



## **Marje: Picture "Already awake?" (2022)**

**€3,620.00**

In this painting the artist deals with the phenomenon of the sleep state, called as "lucid dreaming". The term is derived from the Latin of lucidus, which means spiritual and lucid. It describes a state in deep sleep where we are aware that we are in a dream. During this stage of sleep, people are able to receive and process complex information while asleep. Since the artist experiences this state again and again, she researched about this phenomenon. The special thing about lucid dreaming: the ability to recognize that one is in a dream can even be improved through training. The advantage here is, among other things, to become aware of one's nightmares, for example, and thus less frightened. Sleep conversations could thus also help the dreamer to solve problems, learn new skills or even develop creative ideas. ... And so the work of art was created, as if in a dream.

**Product link:** <https://www.artsolitaire.arsmundi.de/en/marje-picture-already-awake-2022-a1000111483/>