

Overwhelming Wonder: Mind Booster



I often attend cultural activities and art exhibitions. Being a collector by nature, I always pay attention to how events meet the expectations of guests and elevate their mood and engagement. This past March I attended the ART Mosaic event at the Museum of Russian Art (MoRA) in Jersey City, New Jersey.

In addition to unique photography and artwork presented by G. Gurevich, O. Abramova, I. Kaplun, J. Shneberg, and O. Doty, the MoRA presented a solo exhibition by Dr. Olga Zbarskaya. The artist created a truly one-of-a-kind Mind Booster Art collection created from semiprecious stones. Dr. Zbarskaya always surprises people with her unique talents in literature, in science, and, this time, in art.

Olga Zbarskaya is well known as a scholar, author, the President of Oz Credo, Inc., and an expert in the areas of creative thinking and decision-making. Her book *Brainstorm! Practice for Unrestricted Imagination and Original Thought*, along with her Mind Booster Art, became popular around the globe as they helped many people increase their creativity and change their perceptions.

Guests from all different areas of expertise, including psychology, education, health care, administration, computer science, art, show business, and the media, packed MoRA's West Gallery. They all were taking pictures with "Dr. Olga," getting autographs, and expressing their sincere admiration and gratitude.

Psychologists and therapists were discussing how Dr. Zbarskaya's work could be used in therapy, as well as in health care and education facilities, to improve creativity and elevate the mood of its viewers.

They emphasized that these images should also be recommended for corporate offices and other environments because, wherever they are used, they can help stimulate the thought process and build self-esteem.

The artist was smiling, answering guests' questions, and explaining her work. She pointed out that, through the centuries and around the world, people have believed that semiprecious stones may enhance one's perceptiveness, stimulate analytical capacity, and alleviate stress.

All properties, shapes, and colors of semiprecious stones are combined to reduce emotional tension in the viewer and increase the novelty of the work. Coral, pearl, amber, peridot, aventurine, agate, tiger's eye, citrine, quartz, and other semiprecious stones are incorporated into Dr. Zbarskaya's images to support emotional balance and stimulate the imagination. Interactions of colors, textures, symmetry, composition, balance, density, and dynamic provoke shifts in perception as well as an openness to new ideas.

In describing her work Statement, Dr. Zbarskaya explained that it is made of pearl, turquoise, agate, and carnelian. This composition is soothing, calming, and balancing. A shape that is curved and without sharp angles represents completeness, balance, and stability. People have treasured pearls for thousands of years as a symbol of wisdom. Pearl is the gemstone of nourishment and nurturing; it gives the work its soothing and calming effect. The baroque white stick pearls mean peace, balance,



Art Made of Semiprecious Stones

Joy



Poetry



Coherence



purity, and protection, while the baroque beige stick pearls are for calmness, stability, and flexibility. Turquoise is one of earliest stones revered in human history. It represents balance and boosts energy and communication skills. The blue of turquoise symbolizes trust, loyalty, wisdom, confidence, and intelligence. Agate has been used in this work because it protects from stress and promotes creativity. Carnelian is known as a stone of motivation, leadership, and courage. Its warm orange represents joy, enthusiasm, creativity, success, and encouragement.

Dr. Zbarskaya also analyzed the work entitled Coherence, which is made of candy jade, pearl, pink tourmaline, citrine, and agate. "This piece is extremely powerful," she asserted. "It represents balance, stability, steadiness, decisiveness. Jade balances the emotions and eases stress. Pearls, as we have noted, represent nourishment and nurturing as well as wisdom. The soothing and calming presence of white and pink pearls means peace, balance, purity, and protection. Pink tourmaline represents energy, tenderness, and emotional stability. Citrine promotes personal power, creativity, and intelligent decisiveness. Again, agate protects from stress and

promotes creativity. And green is the color of growth, harmony, freshness, and safety."

Dr. Zbarskaya's works of art turned the West Gallery into a wonderland of flowers, happiness, and sensation. Guests were virtually hypnotized by her creations; they were taking pictures, making videos, and expressing pleasure and appreciation. They agreed that this art could not only enliven any room but also help instill confidence, improve self-determination, and decrease anxiety. I myself was overwhelmed with wonder and joy. I hope that Dr. Zbarskaya's art will find its way throughout the world, so everyone can enjoy these truly original mind boosters made of semiprecious stones.

Richard Fishler

If you would like to purchase any artwork from this amazing collection—please feel free to contact us at peterv@alpeon.com

To enjoy the next exposition of Dr. Zbarskaya's art in Manhattan's Amenity Club (252 East 57th Street, 34th floor) on Thursday, May 10, from 5 pm to 9 pm, request an invitation using e-mail address mentioned above.

