

Alexandra Psaropoulou

FLYING 7



Alexandra Psaropoulou was born on the 12th August 1966 in Athens, Greece in the year of the horse of fire. At the age of 16, she went to England to continue her studies at St.Mary's in Wiltshire and Anglia Ruskin in Cambridge. She lived in Paris for a year and New York for a year, before returning to Greece to settle. Her father was a renowned poet and author and had a successful publishing company in Greece. Her mother was a ballet dancer, critic, and teacher as well as president of the Dance Union in Greece. Her family social circles, ever since a little girl, were rich with artists, writers, and academics. She lives with her husband, a classical guitar soloist, and four children outside of Athens by the sea and publishes her own poetry on Amazon. Each of Alexandra's books is a symphony composed of a long poem accompanied by graphic illustrations that convey "The Flying".

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New edition 2020
AlexandraBooks.info
San Francisco, California

To my family for all their support.

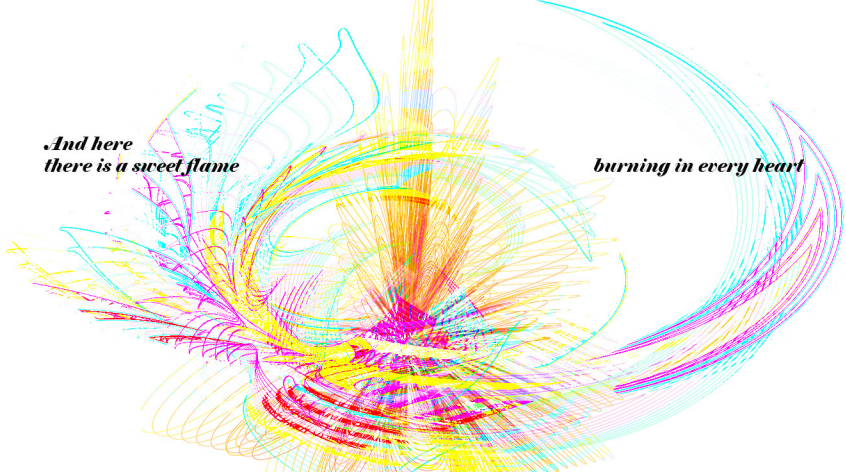


*In the temple
high above the sea*

*a sweet, gentle breeze
blows through
the orange curtains*

*And here
there is a sweet flame*

burning in every heart

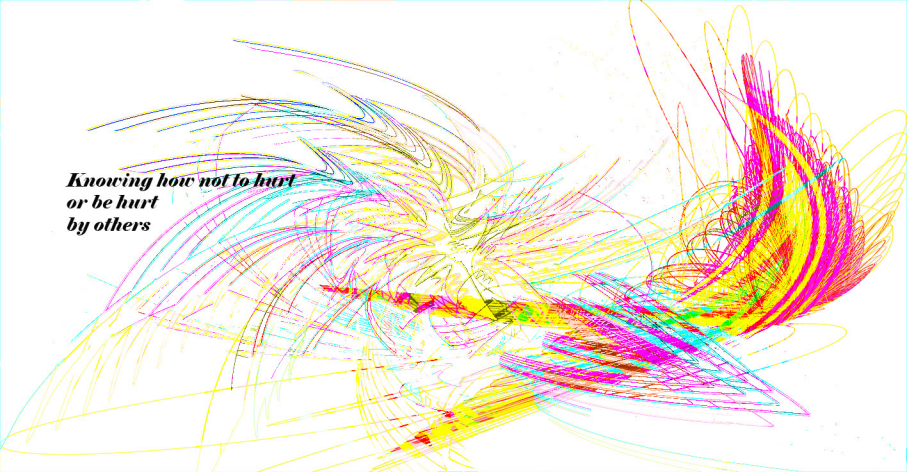




melting all resistance

*under the powers
that guide us
through sorrow and joy
within and without*

***Knowing how not to hurt
or be hurt
by others***





*on earth
as above*

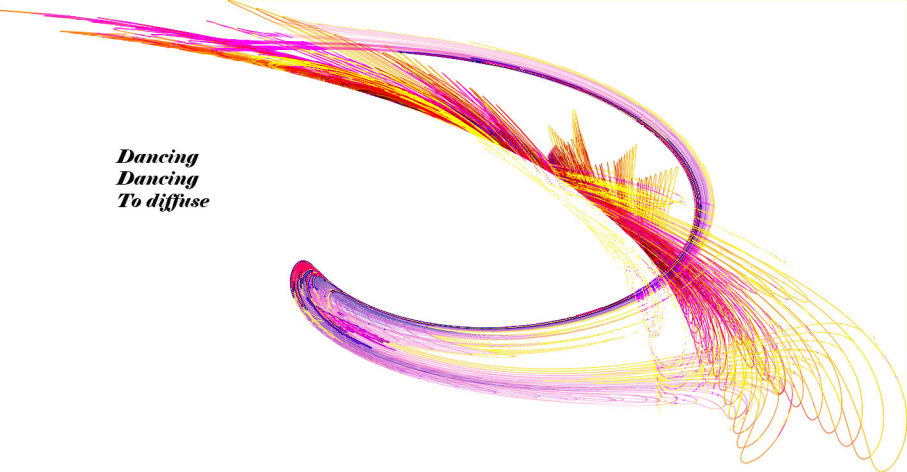
*To be proud
of ourselves*

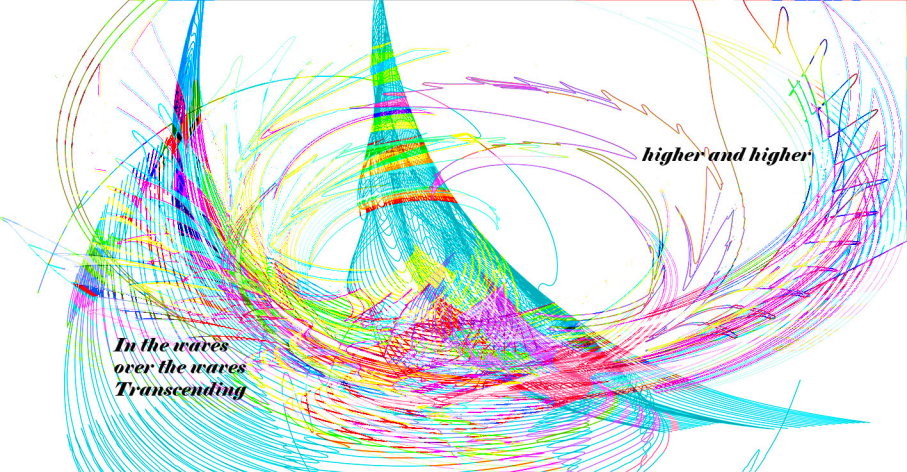


*Using our strength
to protect
to care for*

*Unable to understand
Unable to bear cruelty*

*Dancing
Dancing
To diffuse*





higher and higher

*In the waves
over the waves
Transcending*

An abstract graphic design featuring a central yellow sun-like shape with a textured, grainy surface. Surrounding this center are numerous overlapping, curved lines in various colors including red, orange, yellow, green, cyan, blue, and purple. The lines create a sense of motion and depth, swirling outwards from the center. The background is a gradient from bright yellow on the left to white on the right. The overall composition is dynamic and vibrant.

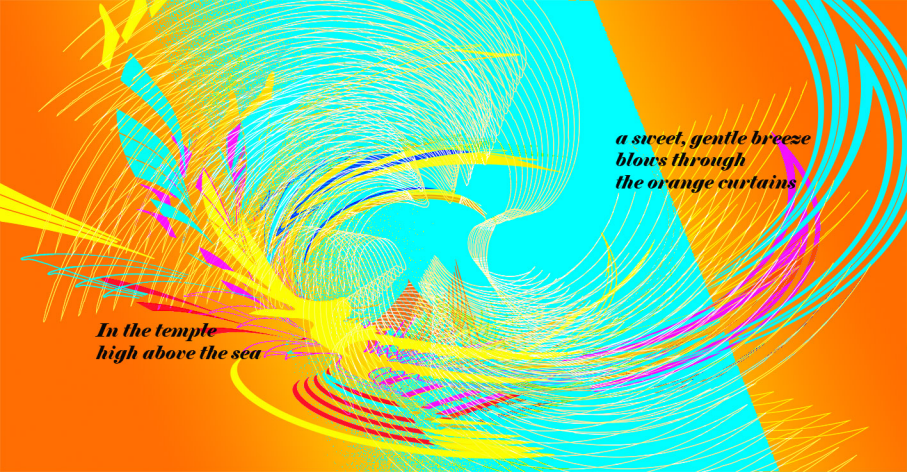
*Wounds
no more wounds*

in the sunlight



*Flying
Flying*

in the Superlight



*a sweet, gentle breeze
blows through
the orange curtains*

*In the temple
high above the sea*



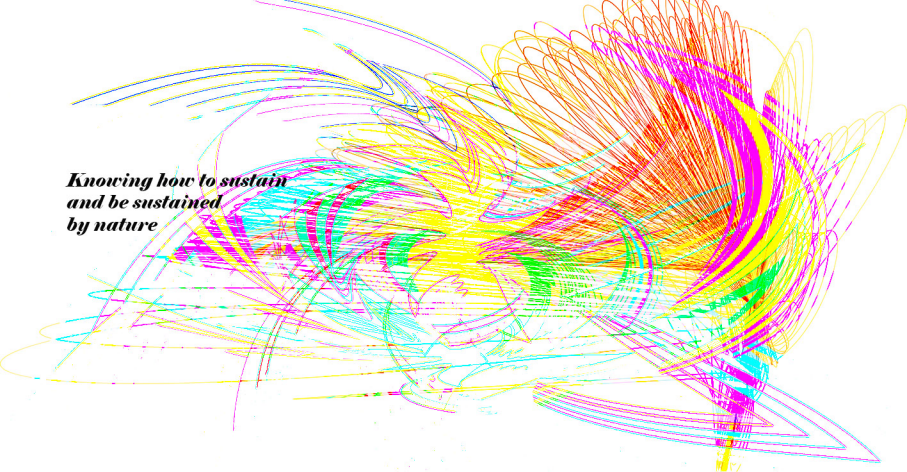
*And here
there is a clean energy*

*in every flower and tree
soil and water
wind and sun*



***Our duty
to our planet***

*Knowing how to sustain
and be sustained
by nature*





*To be proud
of all business people*

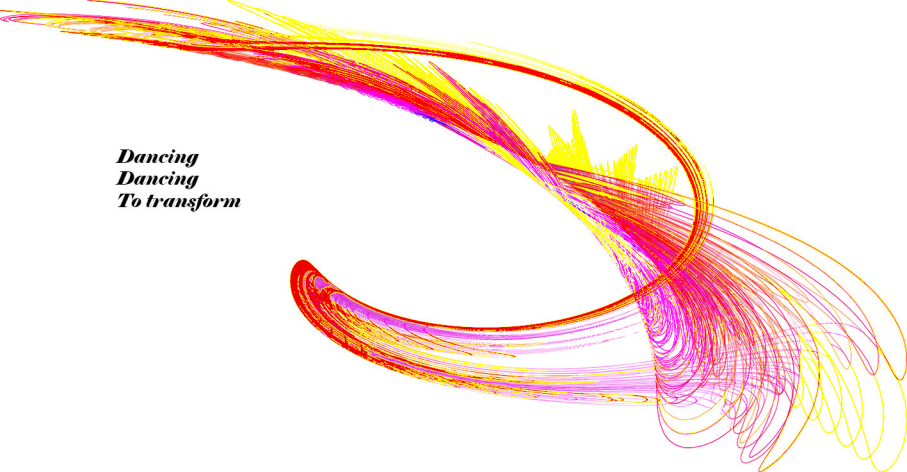
*on earth
as above*

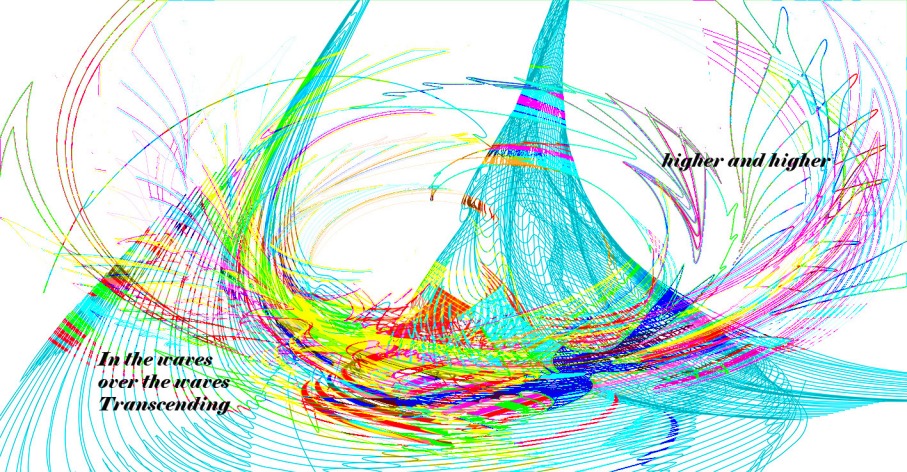
The background is a vibrant, abstract composition of overlapping, swirling lines in various colors including yellow, green, blue, purple, and red. The lines are dense and create a sense of movement and depth. A central circular area is highlighted with a bright yellow glow, containing a faint, stylized figure or shape. The overall effect is one of dynamic energy and emotional intensity.

*Using our kindness
to soothe
to comfort*

*Unable to understand
Unable to bear war*

*Dancing
Dancing
To transform*





higher and higher

*In the waves
over the waves
Transcending*



*Wounds
no more wounds*

in the moonlight



*Flying
Flying*

in the Superlight



*a sweet, gentle breeze
blows through
the orange curtains*

*In the temple
high above the sea*



*And here
there is a safe haven*

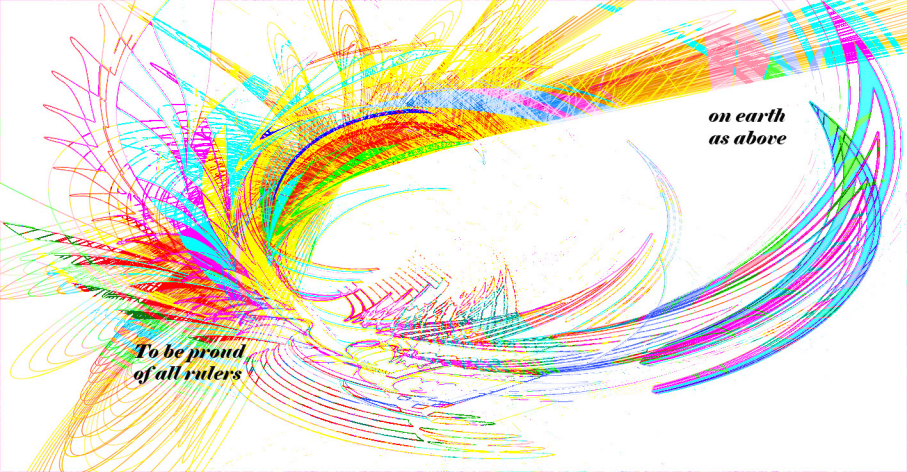
*for every child
woman and man*



***Our duty
to mankind***

The image features a complex, abstract composition of numerous overlapping, hand-drawn lines in a wide spectrum of colors including yellow, orange, red, pink, purple, blue, cyan, and green. The lines are dense and chaotic, creating a sense of movement and depth. The overall effect is reminiscent of a colorful, energetic scribble or a digital art piece. The text is positioned on the left side, partially overlapping the colorful lines.

***Knowing how to treat
and be treated
by others***



*on earth
as above*

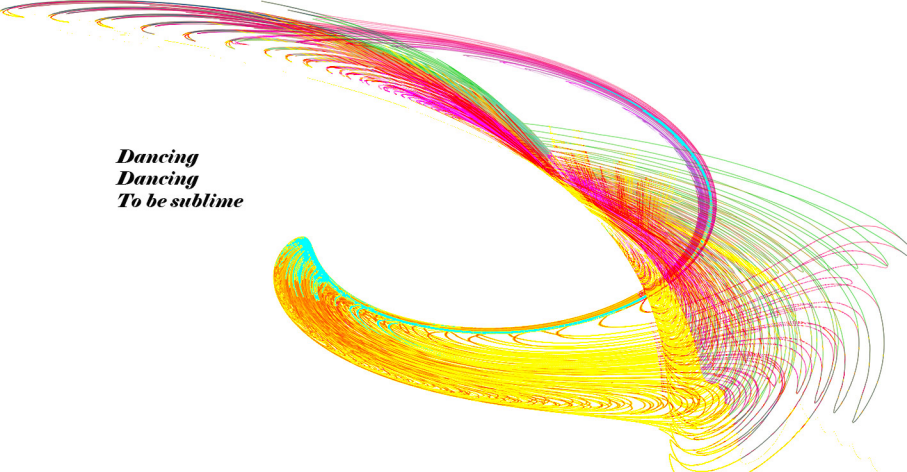
*To be proud
of all rulers*

The background is a vibrant, abstract composition. It features a bright yellow background with sweeping, multi-colored bands in shades of cyan, magenta, and red. Overlaid on these are numerous thin, overlapping lines in various colors, creating a sense of dynamic movement and complexity. The overall effect is one of intense energy and visual richness.

*Unable to accept
Unable to bear degradation*

*Raising our human hearts
to be noble
to create values*

*Dancing
Dancing
To be sublime*





*In the waves
over the waves
Transcending*

higher and higher



*Wounds
no more wounds*

in the starlight



*Flying
Flying*

in the Superlight



*a sweet, gentle breeze
blows through
the orange curtains*

*In the temple
high above the sea*



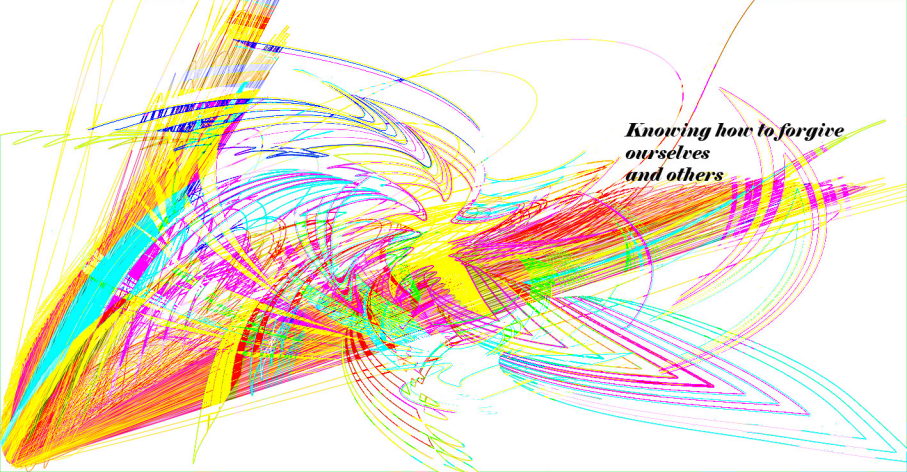
*And here
there is a unity*

*of people
from all nations*

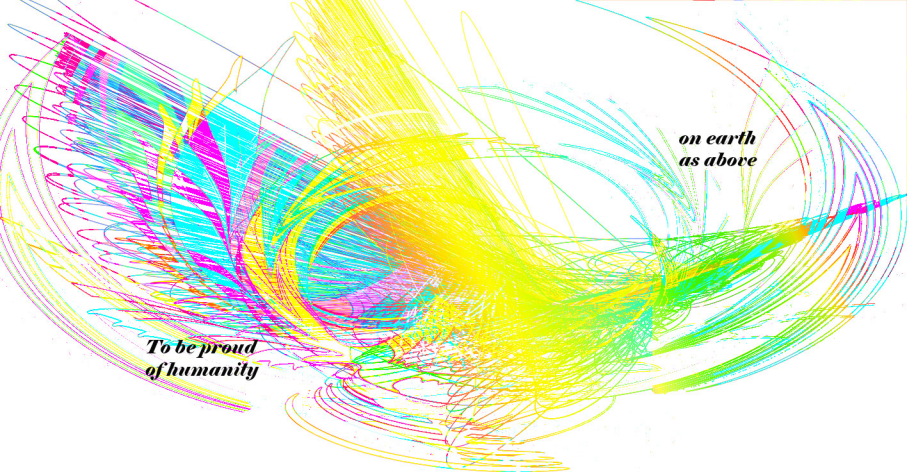


Unlocking the gates

***of our minds
and our hearts
into Salvation***

The background of the image is a complex, abstract composition of numerous overlapping, hand-drawn lines in a wide variety of colors including yellow, orange, red, pink, purple, blue, cyan, and green. The lines are mostly curved and flow from the left side towards the right, creating a sense of movement and energy. Some lines are thicker and more prominent, while others are thin and delicate. The overall effect is that of a dense, multi-colored scribble or a digital collage of brushstrokes.

***Knowing how to forgive
ourselves
and others***



*on earth
as above*

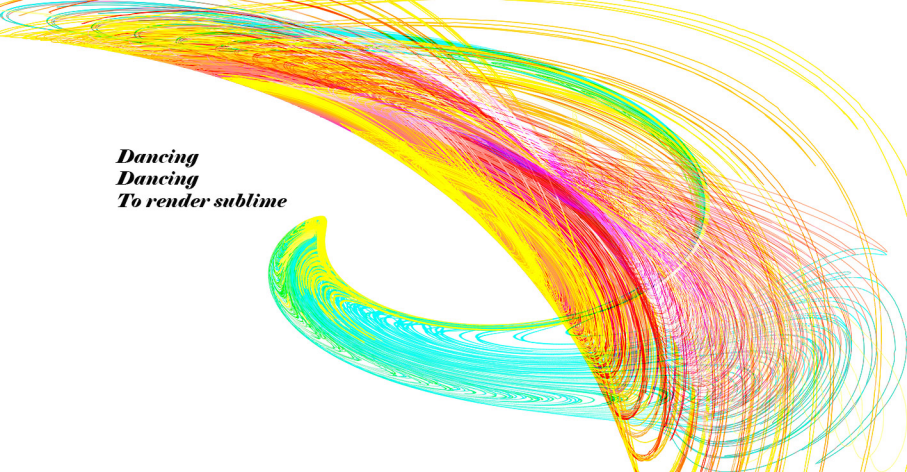
*To be proud
of humanity*

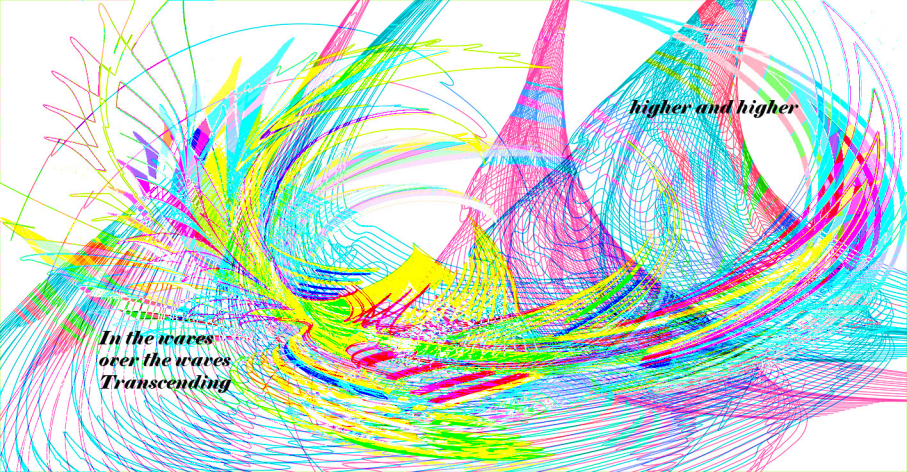


*Raising our human souls
to be noble
to uphold values*

*Unable to accept
Unable to bear discord*

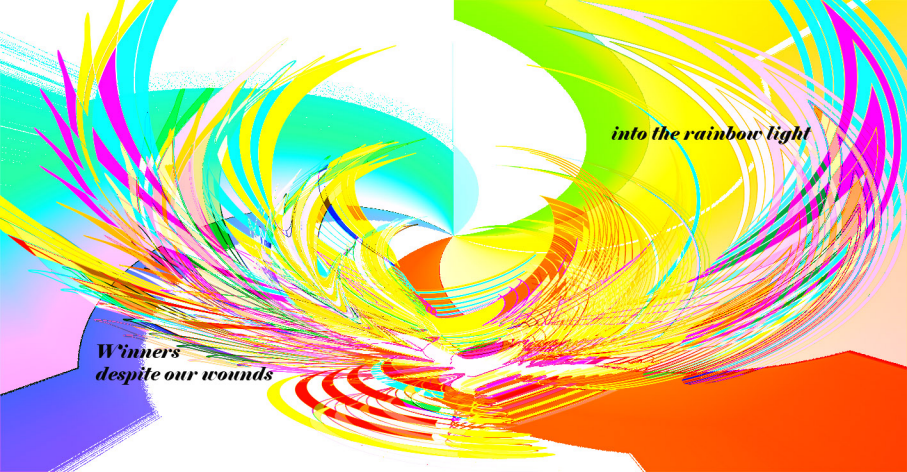
*Dancing
Dancing
To render sublime*





higher and higher

*In the waves
over the waves
Transcending*



into the rainbow light

*Winners
despite our wounds*



***Flying
Flying***

in the Superlight



***Flying
Flying***

***in the
Human
Divine
Superlight***

“The Flying series” is a remarkable visionary journey combined with words that reflects upon life on several dimensions. The words reflect our thought processes and our attempts to cope and understand the challenges of this life. The visual imagery reflects the complex growth that is happening on a subtle visionary level, that many would describe as development of the soul. As words are a very difficult, limited medium to describe what we are and what is blossoming within us day to day as we struggle with common obstacle courses, colours and form are an excellent way for a true visionary such as Alexandra to share how deeply she feels the experiences and subtle, dimensional changes in the fascinating journey of life. When the viewer focuses on both the words and the beautiful series of images, each poetically relating to the previous words and images, it is quite astounding, like an opening of consciousness and has a positive, purifying effect on the psyche.

Zoe Valaoritis, Greek-American poetess/artist 2019

Alexandra’s poems with designs all start from one main theme, which creates its own harmonic ripples as it unravels. The initial theme, melodic and rhythmic, verse and visual, contains the sprouting buds of the entire symphony. Hence, the opening pages of each poem set forth a hypnotising, escalating momentum. The way in which her message expands in each book is similar to a harmonious musical synthesis with vibrant hues. The poem and graphics are amplified in an intensifying pattern and each crescendo culminates in an “inner flight”. Her poetic and illustrative patterns have many personal and universal values, which create the basic source of vibrations from which more vibrations are set in motion, like the butterfly effect in the theory of chaos.

Panagiotis Fakinos, classical guitar soloist, 2020 (translated from Greek)