

SÁNDOR POLGÁRI

VIBRANT

THOUGHTS TRAPPED IN PAINT



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FOREWORD WINDOWS INTO OUR LIVES



**MIKLÓS
SZÉNÁSI**

The simplest and yet most banal question one can ask an artist is: what do you write about, what do you paint, what themes do you explore? Whatever catches your interest, whatever you focus on, whatever you touch—inevitably, you will encounter and reveal the universe. Whether it's a towering tree, a burning gaze, a street scene, a rural farmhouse, a rippling water's surface, a nude, or a portrait that appears on your canvas, it must transcend itself. This is the essence of art: to be able to offer wholeness in a single chord, a single line of verse, a single brushstroke.

Sándor Polgári has shown us the colorful face of the world even in black-and-white photographs, capturing fleeting moments from the swirling current of time with his camera. But ever since he began painting, he has opened new windows for us. And for himself, too, as creation is both a creative and sacred act: it is part of the processes of teaching and learning, of discovery, and the journey towards self-awareness.

Sándor Polgári is interested in everything. He notices everything. I don't know what kind of artist he is—whether he suffers through the act of creation or approaches the canvas and paint with ease—but that doesn't matter. That's not for me, for us, to know. The nada important question about an artist is if we are taken along for the journey when we stand before his painting.

We are. The inner landscape he reveals feels familiar. We are part of the painting, part of the stories behind the surface of the image. We are there in the colors, in the shapes. Each of his paintings is a window that unveils new worlds to us, and in them, we find our home—even as we flip through this beautiful album.

SOLITARY TREES



**KRISZTA
SZABÓ**

Quotes:

„Under you, the earth,
Above you, the sky, within you, the ladder.”
*Sándor Weöres:
Mirrors Turned to Face Each Other*

„What is essential is invisible to the eye.”
Antoine de Saint-Exupéry: The Little Prince

„Here you must live and die.”
Mihály Vörösmarty: Appeal

„Loneliness no more!”
Kurt Vonnegut: Slapstick

Trees. Maypole, Christmas tree, the tree that reaches the sky, the World Tree, the Tree of Life, the Bodhi tree, Yggdrasil, Varsa tree, and the Ents. They are magical. In every sense. They give life, provide nourishment, shelter, and refuge. They are mystical, connecting worlds. They heal, soothe, and recharge. Some of them live for thousands of years, experiencing the world. They are timeless. Especially compared to us. They are special. They communicate, they feel, and they live in communities. Hug a tree, wrap your arms around it for a few minutes, and another world will open up before you—inside you. It’s no wonder they inspire artists...

Lonely trees. I look at the paintings. Some stand as watchful sentinels, some burn in flames, and some freeze the soul. From the ruins of some, new life emerges. Master and apprentice. They have their stories. They are filled with emotions. One, with its dry, bare branches towering over me, makes me feel as though I am in a forest of fear. Another lets me share in the warm caress of the setting sun’s rays—I feel it on my face. Just as I feel the force of the wind on a third tree, pulling at me: „Come with me!” It intensifies the whisper of the leaves. They almost shout, „I won’t go! I’m in a good place! I’m not lonely!” Invisible threads bind them together. Their roots spread in a thousand directions, connecting to the world. To each other. To you. To me. These lines flash through my mind: „Under you, the earth; above you, the sky; within you, the ladder,” „What is essential is invisible to the eye,” „Here you must live and die.” We are connected. The lonely trees and I. „Loneliness no more!”



P

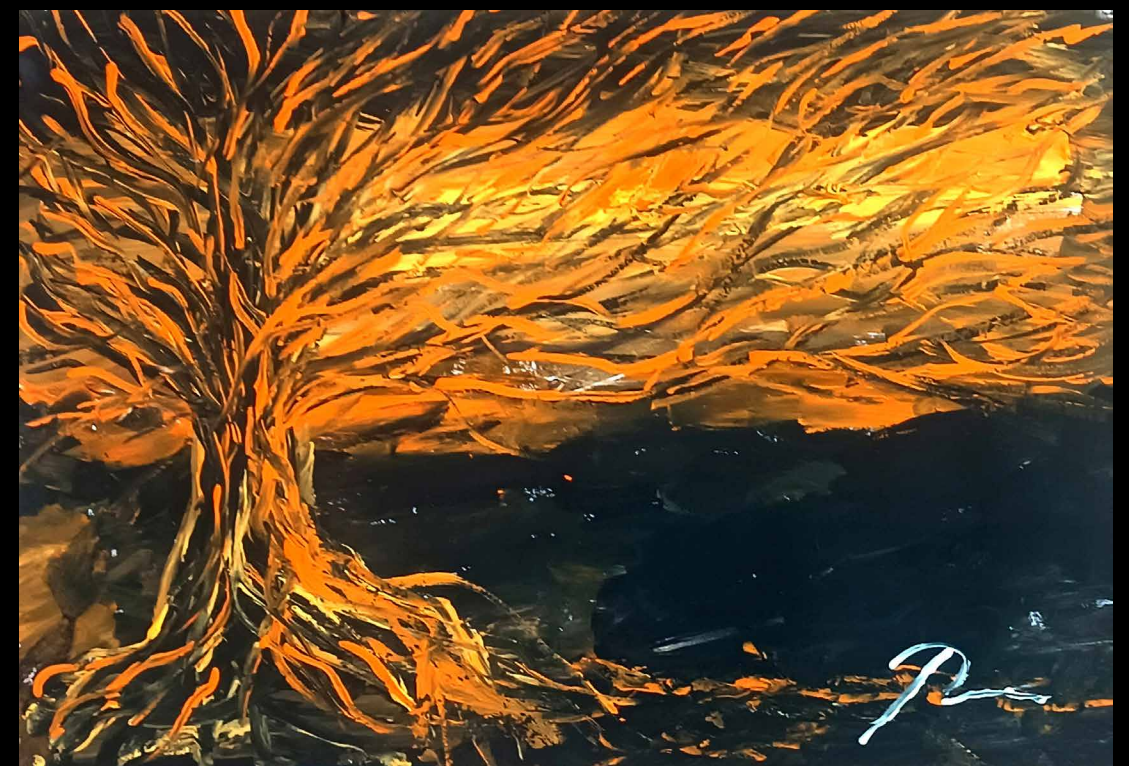
Title: A szél dacoló fája • Size: 95x55 cm • Technique: acrylic on fiberboard • Date: 2023. July 11.



Title: Szétzilálva • Size: 26x38 cm • Technique: acrylic/cardboard • Date: 2023. May 28.



Title: Tóparti hajnal • Size: 45x34 cm
Technique: acrylic/cardboard • Date: 2023. October 13.



Title: Lángoló fények • Size: 30x21 cm
Technique: acrylic/cardboard • Date: 2023. June 8.



Title: Izzó napkelte • Size: 34x49 cm • Technique: acrylic/cardboard • Date: 2023. May 26.



Title: Nippon • Size: 21x29 cm • Technique: acrylic/cardboard • Date: 2023. July 26.



Title: Életcsíra • Size: 45x34 cm • Technique: acrylic/cardboard • Date: 2023. June 8.

SOUL MIRROR



**RÓBERT
PAPP**

If my eyes could see, I would have closed them long ago, because I don't want to see what surrounds me. But I'm lucky—I can't see. I'm simply part of the whole. And when I understand this, I neither see nor feel; I simply exist, like everything else, I exist to be whole together with all things. So, what's the point of view?

Why „Soul Mirror“?

My friend, it's very simple.

If you look into it, it will only show you that you can only become strong if you are able to be weak.

You will truly give when you are able to receive.

You will understand love when you are able to love yourself.

You will create something great when you no longer want to, but simply do it, because it is self-evident why you do what you do.

You will grow wiser when you've made many mistakes.

You will have a pure heart when you have learned in hell that even there, you can help others.

Or you simply feel and know that the things we ponder over for so long are, in truth, just moments that we stretch out so we don't have to face them right then.

But in the end, what's the point view? Well, my friend, it's because all of this is there, in a sincere gaze.

And when we look into each other's eyes, we are searching for that truth.



◀ previous page

Title: Lélektükör • Size: 88x64 cm • Technique: acrylic on fiberboard • Date: 2022. December 8.



Title: Lélektükör II. • Size: 87x64 cm • Technique: acrylic on fiberboard • Date: 2023. April 9.



Title: Kutya
Size: 50x35 cm
Technique: acrylic on fiberboard
Date: 2023. May 29.



Title: Macskaszem
Size: 43x33 cm
Technique: acrylic on fiberboard
Date: 2023. May 27.



Title: Ló
Size: 35x44 cm
Technique: acrylic on fiberboard
Date: 2023. June 24.



Title: Nyúl
Size: 38x33 cm
Technique: acrylic on fiberboard
Date: 2023. June 5.

CITYSCAPE



**ZOLTÁN
TÁRCZA**

The depth of the cityscape lies hidden behind the concrete jungle, where buildings rise toward the sky—manifestations of modern civilization's ambitions. Yet behind the skyline of glass and steel, mysterious stories and concealed lives weave through the city, as the invisible hand of time shapes and molds it.

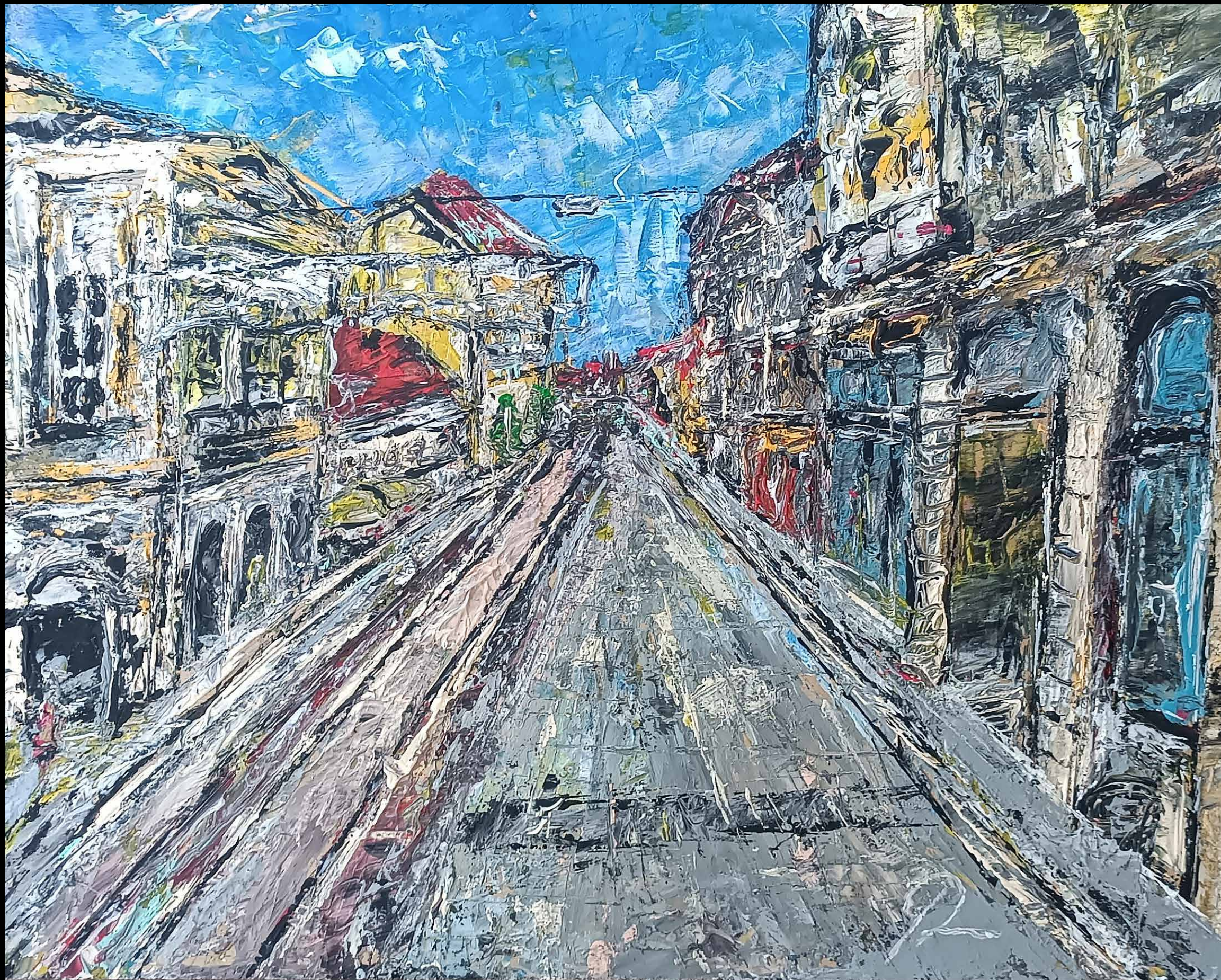
Beneath the cold concrete walls, layered within human desires and hopes, real life emerges. The tangled roads hide unique stories, stories that strangely unite and differentiate those who share the same map every day, acting for or against it.

The play of lights in the urban night reveals romantic and mysterious corners, while invisible lives pulse behind the windows. The cityscape is a kind of symphony, where noise and silence come together in harmony.

It is a kaleidoscope where buildings and space form ever-changing patterns. People, like tiny mosaic pieces, contribute to this vibrant palette, creating the fabric that ties them together on the stage of life.

This cityscape is not merely an external appearance, but an organic unity where human life, architecture, desires, and realities converge to form a colorful, deep, and thought-provoking world—one that can sweep you away with a single glance, sometimes for a lifetime.

Title: A miskolci belváros bája
Size: 44,5x35,5 cm
Technique:
acrylic on fiberboard
Date: 2023. October 9.





Title: Cityscape • Size: 57x57 cm
Technique: acrylic on fiberboard • Date: 2022. November 16.



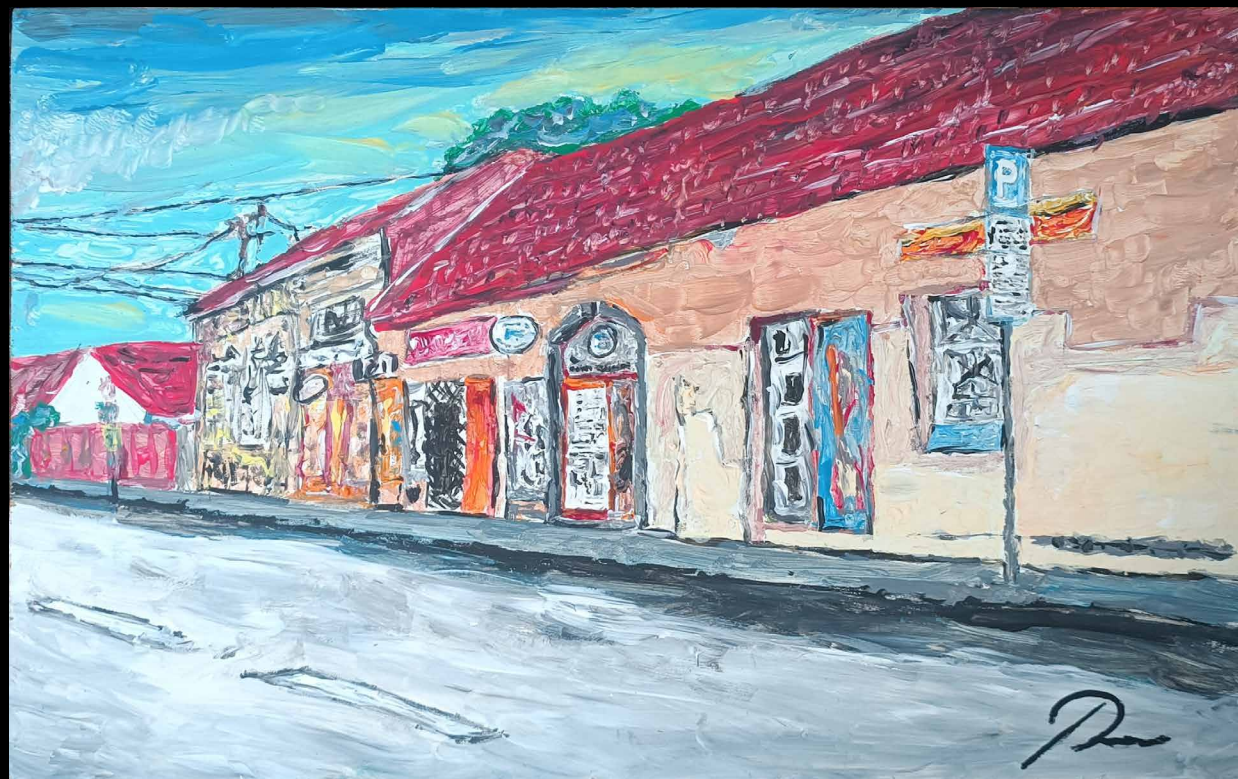
Title: Polli Amszterdamot álmodik • Size: 34x49 cm
Technique: acrylic on fiberboard • Date: 2023. January 3.



Title: Szépül a Kastélykert • Size: 25x42 cm
Technique: acrylic on fiberboard • Date: 2023. April 7.



Title: Ukrán sebek • Size: 41,5x26,5 cm
Technique: acrylic on fiberboard • Date: 2023. January 27.



Title: Képkeretező Diósgyőrben • Size: 39,5x25 cm
Technique: acrylic on fiberboard • Date: 2023. August 30.



Title: Nyári zápor a Nagytemplomnál • Size: 47x44 cm
Technique: acrylic on fiberboard • Date: 2023. May 12.

next page ►
Title: Fény-árnyék a téren • Size: 80x60 cm
Technique: acrylic/canvas • Date: 2023. December 6.



BACK TO NATURE



**MARCELL
PAÁL
HESPERUS**

AUTUMN HEART

Autumn lurks among the trees,
contains blessing and diseases,
the Fall rules almost every roads,
like you captured my empty thoughts.

The Fall has no weight nor the size,
colors blind the gazing eyes,
I walk the path of withered leaves,
and search your face among the trees.

It is all about the pain we bear,
and memories we wear like shell,
the Autumn lurks in empty hearts,
like God paints paths between the stars.

Title: Csónak
Size: 45,5x34 cm
Technique: acrylic/cardboard
Date: 2022. October 5.





Title: Ház a tó partján • Size: 45,5x34 cm
Technique: acrylic/cardboard • Date: 2022. October 20.



Title: Hegyek lábánál • Size: 29,5x21 cm
Technique: acrylic/cardboard • Date: 2022. November 8.

next page ►
Title: Enikő pipacsai a naplementében • Size: 88,5x57 cm
Technique: Acrylic on fiberboard • Date: 2023. October 29.





Title: Délibáb nélkül • Size: 32,5x25 cm
Technique: acrylic/cardboard • Date: 2022. December 1.



Title: Fenyves éj • Size: 27,5x21 cm
Technique: acrylic/cardboard • Date: 2022. December 24.



Title: Út a hegy mellett • Size: 42,5x35 cm
Technique: acrylic/cardboard • Date: 2022. November 2.



Title: Fel a hegyre • Size: 44x35 cm
Technique: acrylic on fiberboard • Date: 2022. December 4.



Title: Naplemente party a Balaton közepén • Size: 45,5x24 cm
Technique: acrylic/cardboard • Date: 2023. August 26.



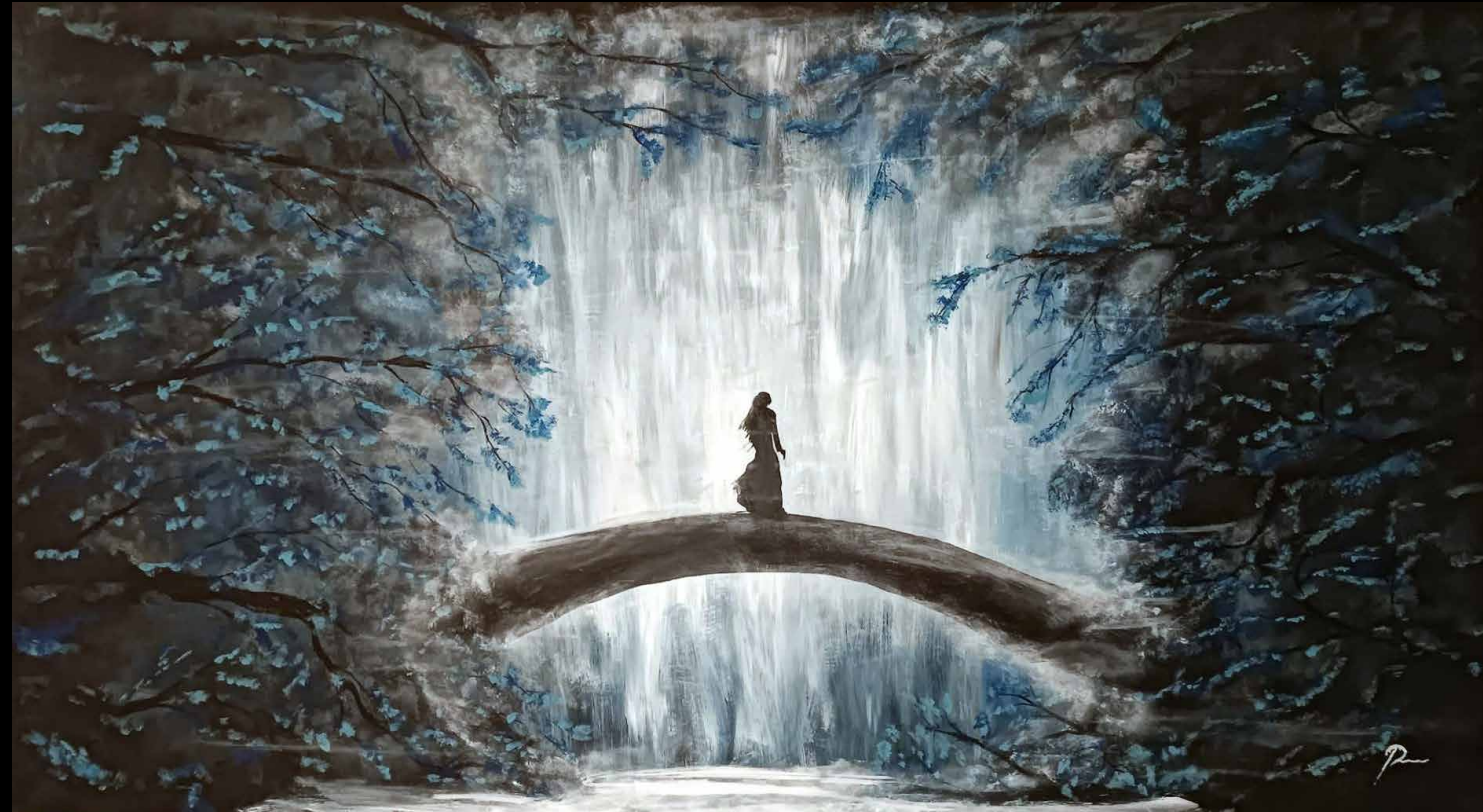
Title: Apa lányával
Technique: acrylic on fiberboard • Date: 2022. December 21.



Title: Tárczáék előtt a világ... • Size: 95x55cm
Technique: acrylic on fiberboard • Date: 2023. August 7.



Title: A kunyhó • Size: 29,5x21 cm
Technique: acrylic/cardboard • Date: 2023. November 25.



Size: 172x95 cm
Technique: acrylic on fiberboard • Date: 2023. May 17.



Title: Őszi séta a pallagi erdőben • Size: 57x34 cm
Technique: acrylic on fiberboard • Date: 2023. October 6.



Title: Hazafelé a friss hóban • Size: 45,5x34 cm
Technique: acrylic/cardboard • Date: 2023. December 21.



Title: Büki színpompa az őszi esőben • Size: 59x34 cm
Technique: acrylic on fiberboard • Date: 2023. October 11.



Title: Nádas a puszta szélén • Size: 30x21 cm
Technique: acrylic on fiberboard • Date: 2023. February 2.



Title: Téli ösvények • Size: 45,5x34 cm
Technique: acrylic/cardboard • Date: 2023. December 21.



Title: Vitorlások a Balatonon • Size: 45,5x25 cm
Technique: acrylic/cardboard • Date: 2023. August 22.



Title: Menedék • Size: 45,5x34 cm
Technique: acrylic/cardboard • Date: 2023. December 20.

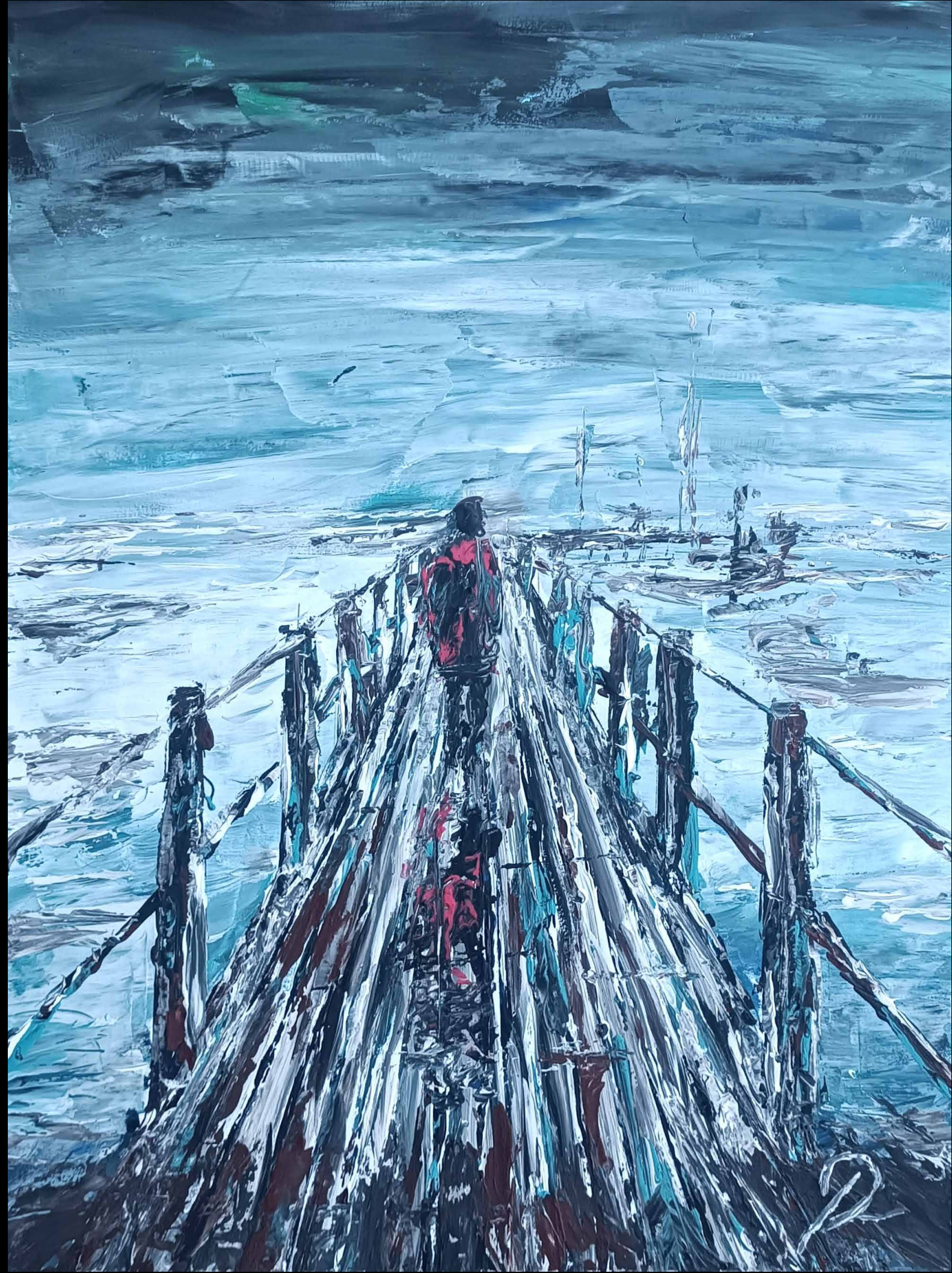


Title: Nyár, Balaton, vitorlák • Size: 45x34 cm
Technique: acrylic/cardboard • Date: 2023. August 18.





Title: A kertben (miniseries) • Size: 29,5x21 cm
Technique: acrylic/cardboard • Date: 2022-2022.



next page ►
Title: A mólón • Size: 45,5x34 cm
Technique: acrylic/cardboard
Date: 2023. December 27.



Title: Orsi virágai • Size: 31x41,5 cm
Technique: acrylic/cardboard • Date: 2023. October 25.



Title: Viharzóna, avagy a kis hajó viszontagságai
Technique: acrylic/cardboard • Date: 2022. December 23.



Title: Férfilelek • Size: 39,5x32 cm
Technique: acrylic/cardboard
Date: 2023. November 17.



Title: Veszély és csend
Technique: akril/farost
Date: 2023. November 15.

next page ►
Title: Polli a réten • Size: 50x34 cm
Technique: acrylic on fiberboard
Date: 2023. March 22.



VILLAGE IDYLL



**JÁNOS
ANDRISKA**

What is this Rustic Idyll? For many, it likely stirs nostalgia, reminding them of the simple and peaceful world of their grandparents and great-grandparents, a world they witnessed or heard stories about—recollections of a life that, though full of struggle, was more human than today's. For others, it evokes not the past but a romantic vision of an imagined, never-to-be future: leaving the city, breaking free from this sterile and mechanical modernity, and returning to nature, seeing in it an idyll conjured by the imagination on the dreamy border of the astral world.

To me, it is neither nostalgia nor romance. It's not a picture-perfect ideal, nor a dreamlike enchantment. It is neither past nor future. It is an eternal present, vivid and still. It truly exists only when there are those who not only look but also see. They need not be many: „Not numbers, but spirit and a free people work wonders,” as Berzsenyi wrote. It is not a tradition left behind like the strange runes of ancient shamans, deciphered arbitrarily without a key, projecting our own meanings while defying reality. It is a living Tradition, a gaze turning from the twilight of the spirit toward the dawn of wisdom, a narrow path leading eastward. Stepping off the wide modern road onto the earth's dirt path, into emerging light, into beginnings, into true knowledge.

While the city represents crowds and decay, this idyll points back to simplicity, to what can be counted on our fingers, from quantity to quality. It isn't located somewhere else, but rather “where even the birds don't fly”: in the hidden landscapes of the soul, yet it remains entirely real.

The rustic idyll—deep within.



Title: Belvív • Size: 34,5x19,5 cm
Technique: acrylic/cardboard • Date: 2022. November 9.



Title: Községhatár • Size: 57x57 cm
Technique: acrylic/canvas • Date: 2022. November 18.



Title: Békés este a faluban • Size: 25x34 cm
Technique: acrylic/cardboard • Date: 2023. October 4.



Title: *Át az úton* • Size: 56x43 cm
Technique: acrylic on fiberboard • Date: 2022. December 5.



next page ►
Title: *Az elhagyatott utcaköz* • Size: 27x33 cm
Technique: acrylic on fiberboard • Date: 2023. September 29.



Title: Az első hópelyhek az udvaron • Size: 45,5x34 cm
Technique: acrylic/cardboard • Date: 2023. December 2.

◀ previous page
Title: Magtár a kis tónál • Size: 29,5x21 cm
Technique: acrylic/cardboard • Date: 2023. November 20.

next page ▶
Title: Szemközt • Size: 29,5x21 cm
Technique: acrylic/cardboard • Date: 2023. December 28.



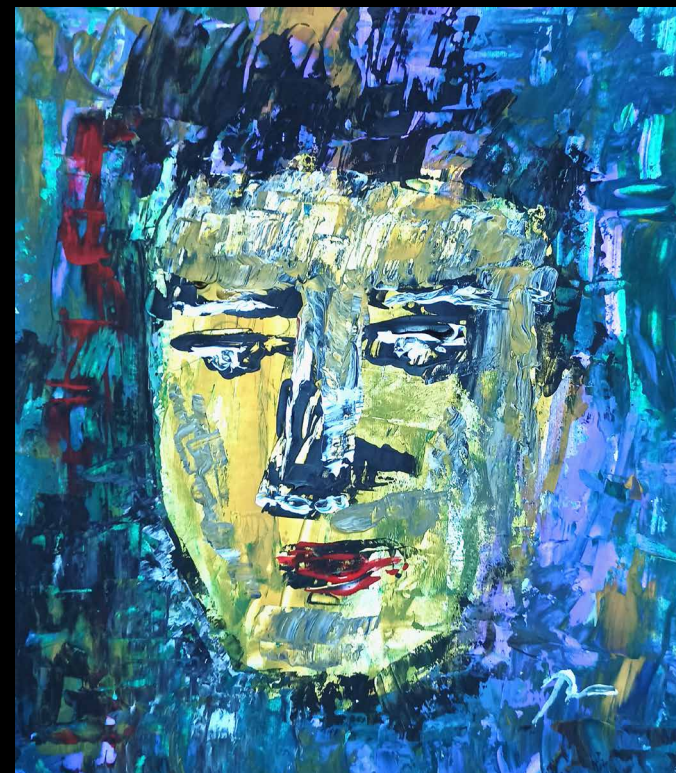
PORTRAITS

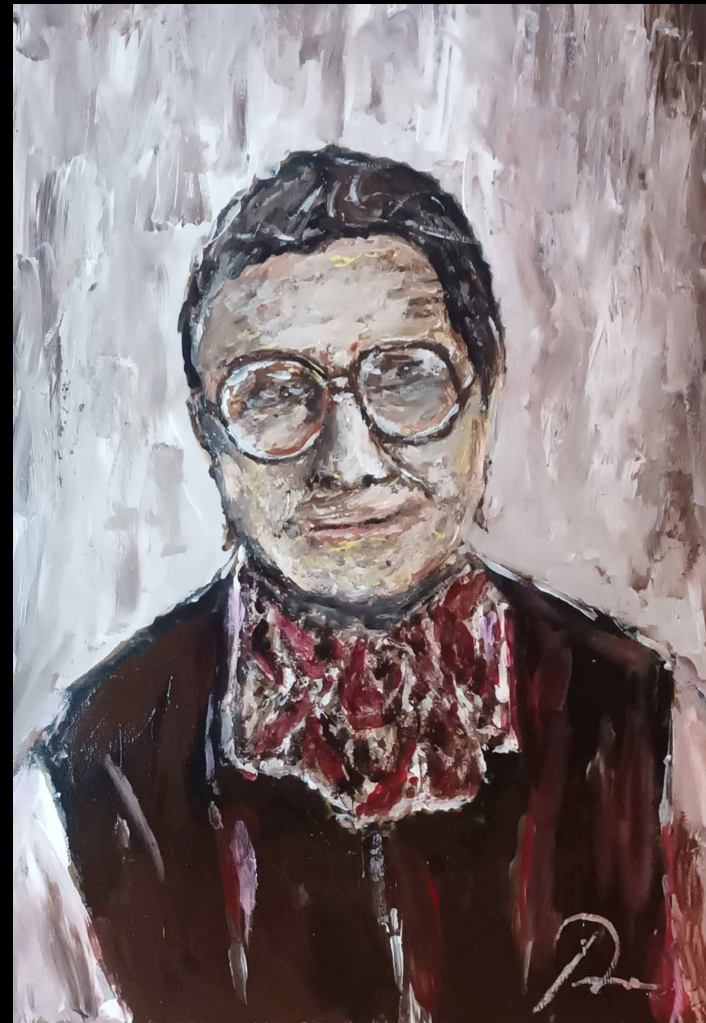


Self-Portrait

At first glance, these images are just paintings. But behind each painted face lie memories and stories. Stories that, due to my personal connections, speak to me on many different levels.

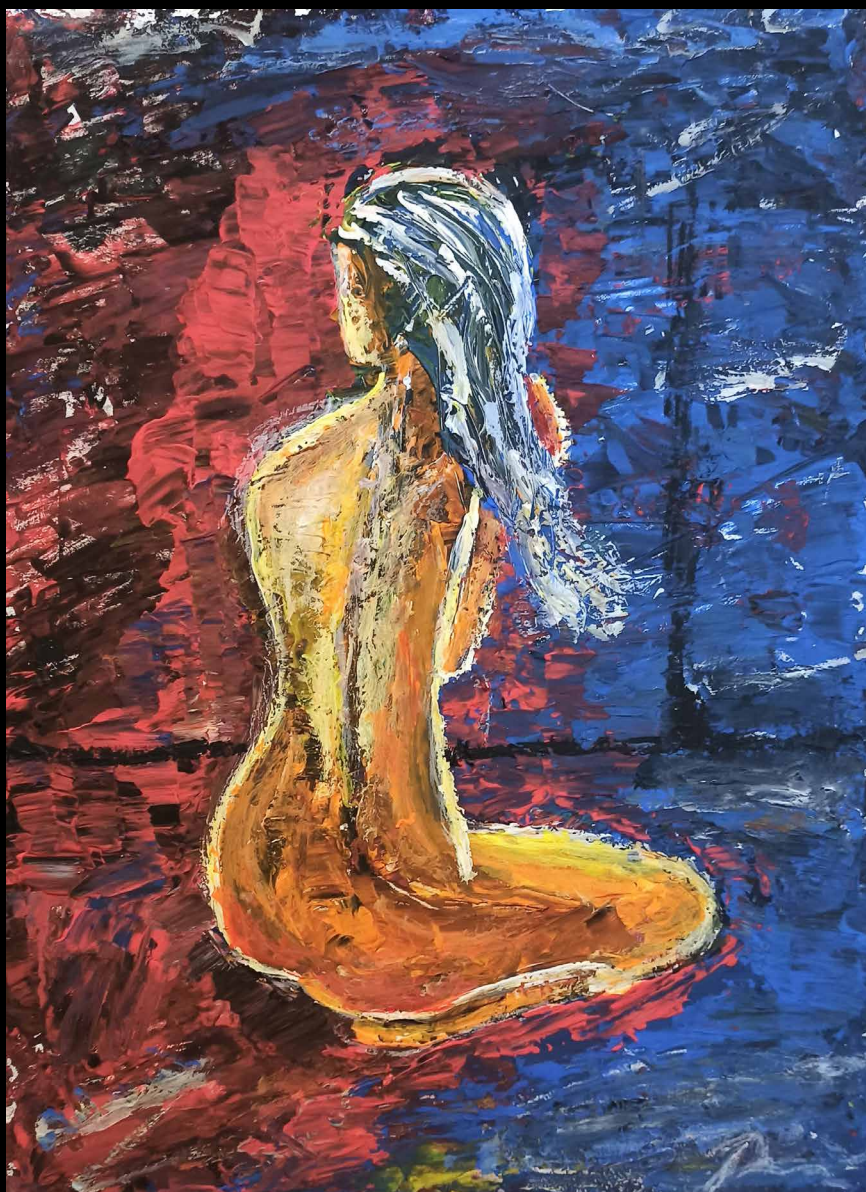
Even though portraiture may not become the main focus of my painting, I am grateful that I had the chance to create these.



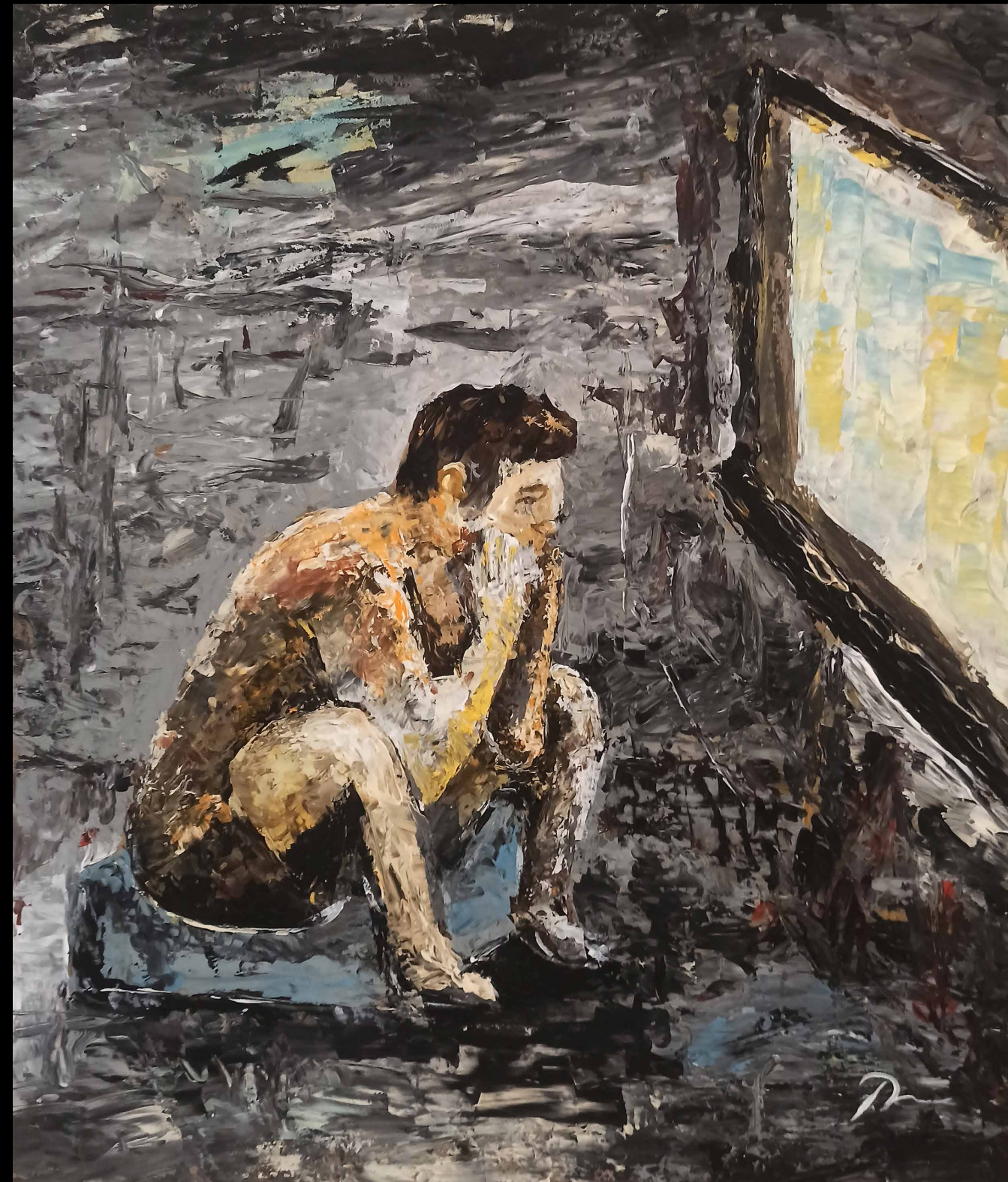




Title: A csók
Size: 29,5x21 cm
Technique:
acrylic/cardboard
Date: 2023. November 9.



Title: Elsóakt
Size: 28x39 cm
Technique:
acrylic/cardboard
Date: 2022. October 21.



Title: A lélek suttogása • Size: 40x47 cm
Technique: acrylic on fiberboard • Date: 2023. January 20.

EXCERPTS

Small Tiny Fragments

I love these tiny, life-filled textures. That's why I felt it was important to showcase them this way.

It feels so satisfying to see how these small parts come together to form something bigger.

The layers of overlapping and raised surfaces add depth and dimension to the image, bringing it to life.

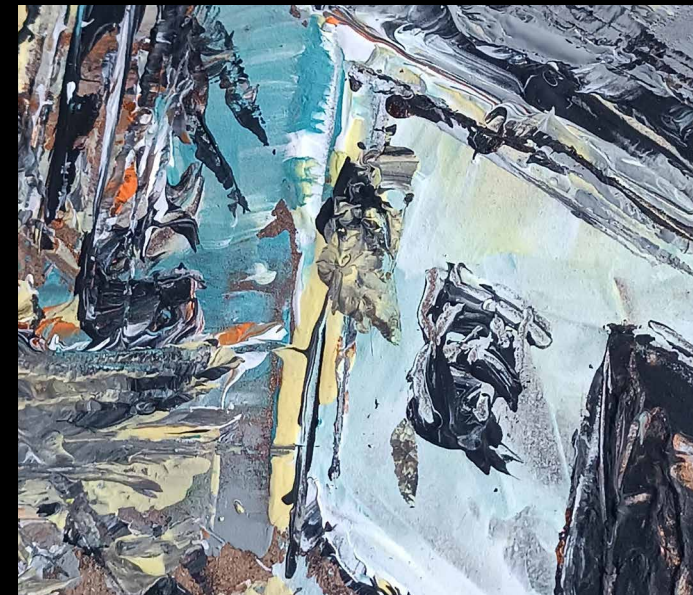
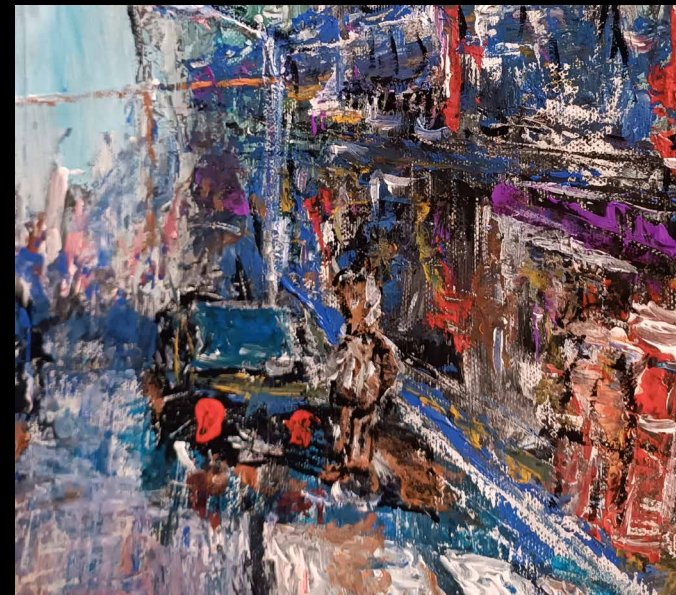
Colors, shapes, lights, and contrasts.

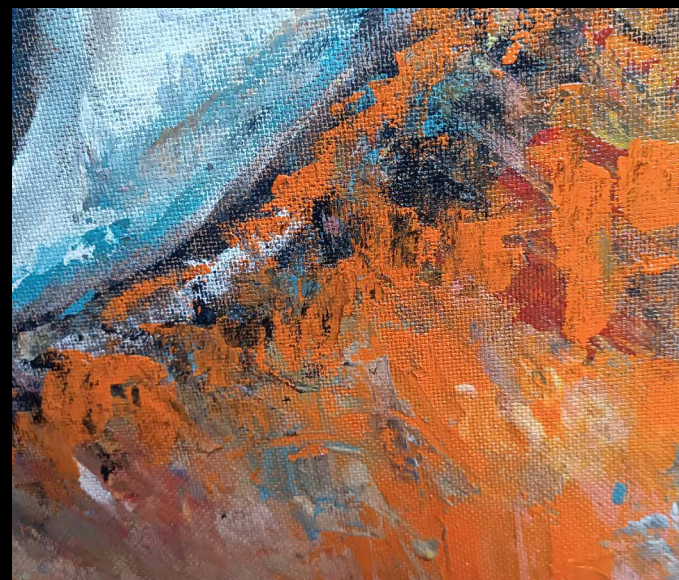
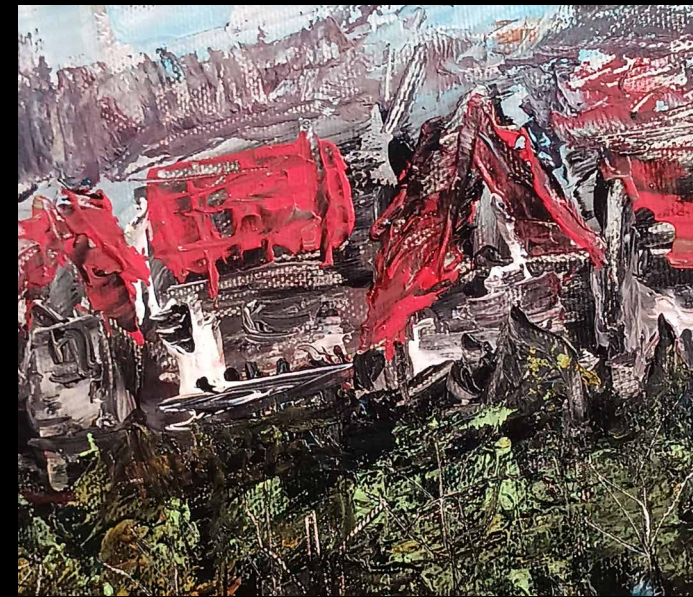
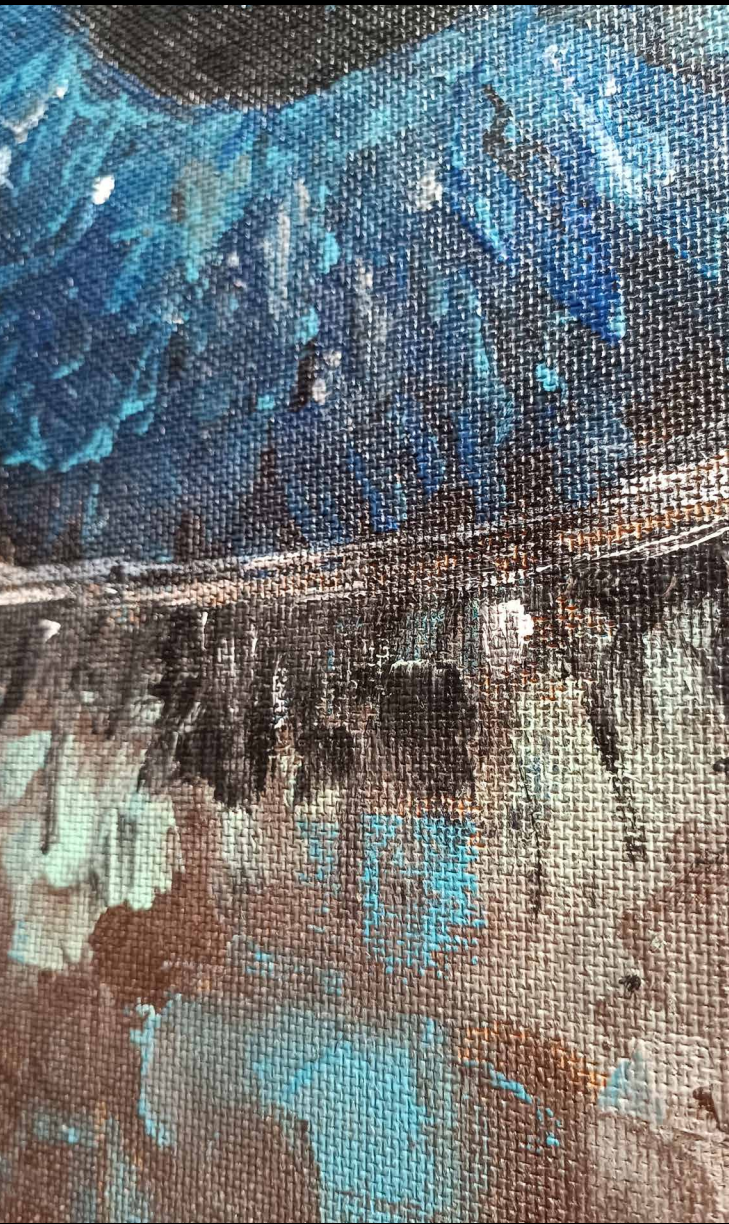
Feelings swirl in the thick layers of paint, tangible beneath your fingertips.

Perhaps the most remarkable thing is that everyone perceives and interprets this in their own unique way.

I love these small details!

► The images on the following pages are not standalone paintings but details from existing works.





AFTERWORD

CREATOR, CREATION, ARTWORK



**MIKLÓS
ZOLTAI**

CREATOR: Invited, called. Artistic talent can be something we're born with. Either you have it or you don't. Sándor Polgári has it. It cannot be taught, nor does it need to be. He knows. The artist is human, yes, but also more than that. They have a mission. „Saundarja Lahari” – emphasizes yoga philosophy – the unveiling and presentation of the miracle, the beauty of life, nature, and humanity, of this magical world through the tools of painting. It is not self-serving. It is impersonal, not driven by interests. He knows: „I am a pen in my Master's hand.” The true artist is a mediator between God and man. A transmitter – a teacher. He wants to help. He wishes for everyone to be happy, peaceful, and joyful. To enjoy life, to discover the magical world, and the true human being. With the message of beauty, seeing and understanding it, to transform, and free oneself from all suffering. To lift the „observer” out of the gray everyday life into a higher sphere.

CREATION: The process in which secrets are revealed. The soul – consciousness soars freely. True art is not the result of thought. The initiate draws from the “Pure Source.” Through the state of meditation, by inner recognition and understanding. They give themselves and the Cosmic Unity. Harmony. Stepping out from the slavery of the material world into the transcendental. Entering into the inspired intuition, where the purity of consciousness and heart leads to radiant Elysian fields. There is no striving, no tension, no struggle with matter. Everything simply “comes,” “happens.” Once realized, it lives in the Infinite Times.

“The inner mirror of existence
Unites with the outer...”

ARTWORK: The creator's fulfillment. The realization of “Pure Consciousness.” A message, a teaching for everyone. The painting is steadfast Silence. It allows us to see and offers experiential knowledge. Colors, shapes, symbols. A reflection of Reality. Soundless, yet a “speaking” universal language.

“In this conceived SILENCE, the SECRET Before our eyes, gives birth to a ready MIRACLE: The SMILE of the ETERNAL MYSTERY Reveals ITSELF openly.”

These poem excerpts are from Mónika Bertalan's collection The Magic of Silence, from the poem So-Ham.

“All knowledge and abilities exist within every human being. It depends on the individual what they bring forth,” asserts the ancient teachings of yoga.

Polgári Sándor not only found this within himself, but brought it forth, cultivated it, and made it a shared treasure, shining on the altar of painting. Follow the path you have found, and do not stray from it.

Touched by the Infinite, manifest what lies “BEYOND...” Explore the depths, open a window, and raise it to the sky.

Create for the joy of yourself and all of us!

Miklós Zoltai

ACKNOWLEDGMENTS

First and foremost, I would like to thank you, dear Reader, for flipping through this rather hefty book.

I am grateful from the bottom of my heart to those who commissioned paintings from me and to those for whom I had the pleasure of creating as gifts. I am thankful that throughout the 16 months, I was able to create sincerely, from my heart and inner drive, always staying true to myself.

I would also like to express my gratitude to everyone whose work and help made this album possible.

I owe thanks to my friends who discovered something special in my paintings and encouraged me to share these works with others, turning them into a public treasure. A special thanks goes to you, my dear friend, Janó.

I can't forget to thank those who contributed writings that added color to this book. A huge thank you and a big hug to: Miklós Szénási, who wrote the foreword; Kriszta Szabó, who reflected on the Lonely Trees series; Robi Papp, who, instead of a poem, shared his insightful observations for the Soul Mirror—which was a delightful surprise to me. Zoli Tárcza contributed to the urban paintings of Cityscape, Marcell Paál Hesperus sent a beautiful poem for the Back to Nature chapter, Janó Andriska delved into the world of Village Idyll—and I must add, unfortunately, we had to cut many parts of his original text to make it fit—and Zoltai Miklós shared his insights in the afterword. I owe him special thanks for allowing me to learn the teachings of the Himalayan Yoga Tradition from a direct and pure source for 16 years.

Last but not least, I would like to thank my supporters for their assistance. Please allow me to reciprocate their generous offerings with a bit of ad space on the next page.

GLASKER



Glasker is a charming family business located in the heart of Miskolc–Diósgyőr. I am deeply grateful to Gabi and Beni for their support and the vintage frames they provided, as my exhibitions would be much harder to realize without them. I wholeheartedly recommend them for anything related to framing, glazing, shower cabins, building film, mirrors, glass railings, tempered glass—basically anything involving glass and framing.

► You can find them here: www.glasker.hu

DEBÚTOR



For many of my paintings, I received the fiberboard from Debútor. Without them, this publication would have been unimaginable as well. I am sincerely thankful for the help and support of Zoli Nyakó. What can I say about him? I could copy from his website that as a carpenter, he makes everything from kitchen cabinets to stairs and wardrobes, but instead, I'll share my impressions. He is precise and relentlessly perfectionist, while also being highly attentive to his clients' needs. As someone who holds a carpentry qualification myself, I have some insight into the field. I've witnessed several times how he offered better technical and financial solutions in his workshop than what the customer had initially envisioned. And yet, he could have easily steered them toward the more expensive option for higher profit.

► If you need a carpenter: www.debutor.hu

CENTERPRINT



I've been working with Pisti Klepács and the Centerprint team for around twenty-five years. In addition to their professional expertise, they possess a unique quality that very few print shops can boast. Beyond their skills, their professional humility and incredibly human approach set them above their competitors. I can't count the number of projects we've completed together—I'd estimate in the hundreds—and I can't recall a single instance where there was an error in the final result. I may be slightly biased, but please forgive me for that. To sum it up: if you need any printed material—whether it's a flyer, publication, brochure, catalog, book, folder, notebook, packaging, box, or even just a business card—look no further than Centerprint in Debrecen.

► Find more info here: www.centerprint.hu



VIBRANT
THOUGHTS TRAPPED IN PAINT

MIKLÓS SZÉNÁSI

"The simplest and, at the same time, most banal question to ask an artist is what they write about, what they paint, what themes they deal with. Whatever interests them, whatever they focus on, whatever they touch, they will find and grasp the entirety. Whether it's a towering tree, a burning gaze, a street scene, a village yard, a rippling water surface, a nude, or a portrait appearing on the canvas, it must transcend itself. This is the essence of art: to be able to offer wholeness in a single chord, a single line of verse, or a single brushstroke."

KRISZTA SZABÓ

"Solitary trees. I look at the paintings. Some stand watchful like guards, some burn in flames, and some freeze the soul. On the ruins of some, new life sprouts. Master and disciple. They have a story. They are full of emotion."

RÓBERT PAPP

"If my eyes could see, I would have long closed them; I don't want to see what surrounds me. But I am lucky, I can't see. I am simply part of the universe."

MIKLÓS ZOLTAI

"**CREATOR:** Invited, called. Artistic talent may arrive at birth. You either have it, or you don't. Sándor Polgári has it. It cannot be taught, nor does it need to be. He knows. The artist is human, yes, but also more. He has a mission. 'Saundarya Lahari,' as emphasized by yogic philosophy – the revelation and presentation of the miracle, beauty, and wonder of life, nature, and humanity through the medium of painting."