

# MEANINGFUL LIFE, *FLOW*-HAPPINESS IN KAZAKH FINE ART

Psychological Analysis of Paintings in A. Kasteyev Museum, Almaty

Presented by **Dr. Zoltan Buzady** (MBA, PhD, Habil.), **CORVINUS University** of Budapest

Director & Academic Ambassador, **Leadership & Flow Global Research Network** [www.flowleadership.org](http://www.flowleadership.org)

*Flow* was discovered by **Prof. Mihaly Csikszentmihalyi**, Founder of Positive Psychology, Happiness Studies, Creativity Guru, Creator of **FLIGBY**, Author of several global best-selling books and a plethora of scientific publications, **Our Colleague & Friend**.



Scan QR Code!

## Q: What about Kazakh Art?

Traditionally Kazakhstan was nomadic. Thus, most of their art is **Applied Art** (jewelry, decoration of practical objects, patterned horse harnesses). Tradition was conveyed through carpet weaving, pottery, and leatherwork. Nowadays, Art of Kazakhstan means unique architecture, fine arts, sculptures.

## Q: What about Fine Art in Kazakhstan?

In Kazakhstan, Fine Art in the classical sense has its origins in the 19<sup>th</sup> century and the influence of Russian artists, who traveled in Central Asia and had a particular influence on the development of the local school of painting. The most famous is Abilkhan Kasteyev, the name given to the State Museum of Art of Kazakhstan. The Kazakh school of art was fully formed by the 1940's with painters, trained under the unified Soviet system of artist education, often using national motifs. An avant-garde movement in the late 1980s, aimed to find fresh ideas and protests against established 'Soviet' Art. Thus their works exemplify a revival of interest in the Kazakh folklore and ornamental style of a range of historical, regional and cultural traditions.



## Q: What constitutes a 'Meaningful Life'?

This most fundamental question of life can be approached by various alternatives. Ranging from religion, family & friendship, science, fame or power, wealth or health, embeddedness and friends, beauty & art to education and political impact.



## Q: What is KOKPAR?

Kokpar (Goat Pulling) is the traditional national sport of Central Asians. Two horse-mounted player teams (tribes) attempt to place a beheaded goat beyond the opponents' goal line. It requires mastery, fitness, creativity & team-spirit and much resilience.

Kokpar is the **perfect embodiment of the 'Individual, Team & Organizational FLOW'**.

## Q: What drives to such danger?

What **really motivates** is 'being part of the game competition'. Winning the game award is 'just an excuse', performance is driven by the inner urge to feel the **FLOW**, thus being part of the whole.



## Q: How to recognize the Flow State?

1. Loss of Ego
2. Alteration of Sense of Time Passing-By
3. Feeling of Being in Control of Actions
4. Only the Present Matters (not the Past/Future)
5. The Feeling of 'Everything is Just Perfect'



## Q: How to 'Find Flow'? How to 'Get into the Zone'?

The 4 universal prerequisites are:

### 1. Goal Setting



### 2. Immediate Feedback



### 3. Balance of Skills & Challenge



### 4. Focus



## Q: So, What are the Key Takeaways for Leadership Training & Management Education?

FLOW is not about being passive. It is a type of happiness when being active. Creates meaning in life.

FLOW is not 'mystic'. FLOW can be measured & reproduced on scientific basis.

FLOW is in all human creativity and art. FLOW leads to top performance and productivity. FLOW brings innovations to work process.

FLOW creates 'Psychological Capital', needed for personal & team success, & org'l growth.

### Csikszentmihalyi's Serious Game:

1. Trains 'Flow-Leadership Practice',
2. Enhances 29 Leadership Skills &
3. Builds 'Good Business' Values.

