

Karla Tallas

INTERVIEW

GO, LOOK AROUND AND FEEL,
SOMETHING ALWAYS HAPPENS!



JANA SEDLMAJEROVA

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The life story of Jana Sedlmajerova, a former model and actress, but above all an artist and therapist, is a manual for understanding the meaning of life and finding a way to yourself. She was born into a well-situated family, where from a material point of view her family lived a fairy-tale. Her mother Zdenka was raised as a young lady. During the Second World War, she met her first great love, the police doctor Zdenek Muller.

They fell in love at first sight. They were married at Namesti Miru in Prague ("Peace Square" in English) in the famous Church of St. Ludmila. But happiness did not last long – war and its pitfalls played their part. Her mother's first husband died in March 1941. As a chief of the anti-Nazi organization, he had taken potassium cyanide before being questioned by the Gestapo, to protect his loved ones and not reveal the names of anyone. Young Zdenka was struggling with great pain, sadness and fear, as well as her unfulfilled desire for a child. Her father, Jan Pokorny, the main director of Hypotecni Banka in Prague, took over the situation. He introduced his daughter to Václav Peska, whom she married shortly thereafter, and in October 1942. their only child was born: the daughter Jana Peskova (Sedlmajerova). From birth she was surrounded by beauty, refinement and elegance. She didn't have to share her child's room with anyone. It was beautiful with an inlaid coffered ceiling where, as a little girl, she imagined and looked



for pictures in the wood. Perhaps it was during this period that her passion and sense of art were born. As it happens in life, nothing is perfect, even though it often appears so outwardly. In the fairy-tale world, something fundamental was missing, something that had nothing to do with expensive furniture, carpets or luxury dresses.

Jana was ten years old when she had to cope with the loss of her father, who died in 1952 after questioning by the state police. Her mother thus lost her second husband. She was overwhelmed by these events, so Jana was forced to mature early and take on a large part of her mother's duties. She took advantage of her gift of beauty, which was given to her by fate. At the age of sixteen, she became a model to help with the livelihood of the family. Photographers liked to take pictures of her, so she was not short of offers. She was very photogenic and had the gift of looking different with each photo shoot. Later she got into the film industry and appeared in more than twenty movies and several series. She has worked with many legendary actors and directors. And she remains in the memory of many as a successful model and actress of the 60s and 70s.

She managed to combine several professions simultaneously, and throughout her life, she has



primarily been a designer. She has managed to combine two things together – the job she loved that brought her joy and the one she also needed because of the money for her family. But in the end, all the jobs were great for her because they led her to her current paintings. She thus managed, by combining several professions, to combine the enjoyable and the useful simultaneously. She always knew internally that the roles of model and actress were temporary.

She couldn't complain about the lack of attention of men. Rather, she refused their offers. She has been married twice in her life. None of the marriages survived because of different life priorities. In the end, Jana decided to walk life on her own, but not in solitude.

The professions of designer, model and actress have led Jana Sedlmajerova to create today's paintings with positive energy, which she named Jewelry on the Wall. The paintings are purely handmade and without using any modern technologies. The paintings are created under the guidance of intuition by airbrush technique. Their uniqueness is underlined by the jewelry embedded in the pictures. And as the author adds, the jewelry on the wall is for everyone who understands the depth of the content in the pictures. In addition to creating pictures, Jana also works as a therapist and regularly organizes seminars. A book "The Detective of My Life" has been published about her life, which explains the meaning of the word "mirroring" based on her life story. She was awarded the Franz Kafka Medal and Frantisek Kupka Prize for her work as a designer.

JANA SEDLMAJEROVA

INTERVIEW

Your life story puts together a very interesting and meaningful whole. For a deeper understanding of all the connections, I would like to start our talk in your childhood. How do you remember the time when you as a child had “everything”?

I grew up surrounded by luxury. Beautiful villa with carved wooden staircase and golden wallpaper. The luxury of the First Republic custom-made equipment, all arranged by my mother. Tapestry and antiques were normal, a fireplace and a five-story garden. Wealth for a lonely child, longing for love, playing with the neighbor's dogs because she was not allowed to have her dog. I felt far from having everything, especially more children around me and freedom. I was engrossed and bound by the love of my mother, who was always afraid that something bad would have happened to me. It was a beautiful period absorbed in the material world, and it taught me to look at the beauty and harmony, elegance and refinement my mother had within her. The grace of colors in her dress and her paintings. There were stressful times in relationships too, but if I hadn't experienced it, I wouldn't have much understanding for people who come to me with similar problems nowadays. We would not believe how many programs and blocks are hidden in childhood.

You were only ten years old when your father died. What was the cause of his death, and how far did his death affect the family's future life?

My dad died after questioning by the Communist

investigators because he was “guilty” of becoming diligent and enthusiastic as a bank director. He did not go home after questioning but went straight to his friend, who was a doctor, and he died there. He had to be really beaten up when they wouldn't even show him to my mother. Reportedly, he died of a heart attack.

What did it do to me? Devastated. I was shattered especially for my mother, who collapsed due to the fact her first husband had already died, and her father, who supported her until his death, had passed away a year previously.

My mother's first husband was a police doctor and the founder of the resistance against Nazism.

When they went to arrest him, he was poisoned by potassium cyanide, and my mother spent several interrogations with the Nazis in Pecek's Palace.

Because of your father's death, you were forced to grow up early and take on a lot of duties from your mom. How did you deal with it as a teenage girl?

I had no choice but to face life. It was much worse to argue in the family. When I pointed out the things that would happen after a wrong decision, I was not heard. What I actually had felt happened in the end, but it was too late. My mother and grandmother thought that at the age of fifteen I was not as knowledgeable about life as they were and did not respect my opinion. Instead of changing the flat in Brno – Prague, my mother



Mum's wedding with Zdenek Muller



Mommy with Jana



Jana's mother – Zdenka Peskova

resorted to her brother, thinking that he would help her. Of course, he did not, and everything was even worse than it seemed. We both paid for it. The truth is that what doesn't kill you makes you stronger, and I came out of it with a lot of knowledge and experience.

You have a gift of beauty and you became a model and actress thanks to that. As a model, you started earning money from the age of 16. How did you perceive this opportunity as a young girl?

Beauty is a gift. It always has some deeper subtext; we just don't have to immediately know which one. I made money by modeling and then filming to feed the rest of my family. My mother was taking care of the household and only selling antiques left over after moving. She just was not able to sell her paintings. Grandma could not adapt to the new life situation at all. I was glad that fate had blessed me by meeting advertising photographers such as Mr. Fred Krammer, Petr Hejduk, Norbert Bezdek and others who offered me the opportunity to become their photo model. I learn fast, so I did quite well.

You've played in over twenty movies and several series. You appeared alongside the greatest Czech actors. What are the most valuable experiences this profession has given you?

I never felt like a professional actress, but as a good photo model I did. As everything is related, so at Barrandov (famous Czech TV ateliers) I have seen make-up and hair styling, so that I can apply it all in modeling. Back then there were no makeup artists

and stylists, we did everything ourselves. Some of us knew more, some less, according to our own skill. I had the advantage that photographers liked me because I looked different in each photo as they needed it. I also used wigs to change my appearance. I got to acting because my school photographic temporary job happened to occur at Barrandov with Mr. Karel Jesatko, who initiated me into the art of photography. I was noticed by director Jaromil Jires, and then also by others, and it then flowed naturally.

What do I take and value from it? Meeting lots of great people, who in many cases, became friends. The point of view of actors and people in film about life is different from other artists or designers. I like to remember the movie *Ukradena Vzducholod* ("Stolen Airship" in English) and the extraordinary Karel Zeman, who, if he had the chance to go abroad, would have become a world-famous director. Those who are the best have no need to exalt themselves above others, like the great directors, Juraj Herz, Vaclav Vorlicek, Zdenek Podskalsky, Jindra Polak and others. Also, a lot of my colleagues among the artists did not look down on me because I am not a qualified actress; instead they helped me. Meeting with Mr. Jan Werich, Cestmir Randa or Zdenek Rehor, who as well became my friend. It was a blessing to me that I did not have to sit behind the art table all day, because life means change.

What has brought you from modeling and acting to the spiritual journey and to the mission of the therapist?



Jana's Dad – Vaclav Peska



Jana's grandfather – Jan Pokorny



Jana's parents with her grandfather

Already as a young woman, I noticed that, to many people, I was the one they could share their secrets and problems with. I enjoyed listening to the fates of people and giving them, to the best of my knowledge and conscience, positive advice. After the regime changed in our country, I started with yoga and attended all possible training and seminars that were available. I have deepened my healing abilities by studying Esoteric Healing for several years. From all the workshops, I took what I felt resonated with me, but the limits of the templates how and where we could go didn't suit me. Everything I learned that enriched me, I used for people in individual ways. By working on myself and by continuing to develop my education, I realized that I can now ask questions directly through a clean channel, and I do not need intermediaries, not even in the form of methods.

What forms of therapy do you offer; how do you work with people?

In therapies, I mainly use experiences from my own life. Every person needs to find themselves. It is important to understand your strengths, name them and use them for your own good and for the good of everyone around you. And they will appear when we get rid of blocks and programs that do not allow us to move on, because they are asking to be healed. They are mostly from childhood and the past, which, despite understanding and forgiveness, we need to also heal. I have the gift of seeing individual problems and their causes, so I try to get the client to figure it out themselves with

appropriate questions. It's more of a joy than when someone tells you straight away. Then we understand everything and forgive in meditation, and relief comes with joy. I will not let anyone go with the unclosed and uncleaned, uncovered problem. Throughout our lives, we have been mirroring everything we need to manage. But how many people know what it is and can work with it? And we get it practically every day.

You have written the book which has been published, entitled "The Detective of My Life" about your unusual and varied life. In the book, you beautifully explain the right meaning of the word "mirroring" to people, based on your life story. Which events in your life have led you to understand the meaning of mirroring in life?

The somersaults of my life and the incredible guidance that I received as a kindness from the guidance of my soul so that nothing bad would happen to me in the end. The condition, however, is to hear, act and not postpone things afterwards, to bring them to finality. Then we will understand in deep and true humility what it means to be carried away on the wave of our being and to be grateful in all situations, as they are always here for our good, only to find love. Everything is a challenge. It depends on how I deal with it. Communication is important. Lots of people are afraid to talk. It is possible to say anything, but it is important the way we choose to say it.

Essential knowledge is achieved mainly on the basis

“If we are positively open to the diversity of life, there is a pleasant mirroring reflection that offers something that will please. Let us not push life, let us drift away with opportunities in life and try them.”

of coping with difficult life situations. How do you perceive the events of your childhood, including your father's death, since you understood the meaning of the word mirroring?

That everything that happened, happened in the way it was meant to be. At that time, I had no idea about mirroring, but I was very pleased with the understanding of events in hindsight. I realized that if my father had not died, he would have been sent to uranium mines and suffered far more than when his soul had decided to instantly give up. No one dies in a way that the soul does not know about it. It is just us on a conscious level who do not know it. But the topic I have just opened could slowly turn into a complex novel. So, I also organize seminars on this subject to facilitate people's understanding of the eternally taboo topic of death. I also organize seminars for women who cannot get pregnant. And I offer seminars for children who face traumas caused by family influence, for example. I was led by the children themselves when they started asking me for such seminars. There are even children who are interested in learning how to meditate properly.

Have you ever encountered situations in your life where fate deliberately stopped you on your journey, so that you could rethink something and choose a different direction? What was the hardest thing for you personally to deal with?

Making decisions was the hardest thing. Will I sell myself for a decree on an apartment and go against my

principles? I did not, and then I got help again thanks to making the right decisions.

Miraculous recovery before appendicitis surgery. As soon as I understood the psychological cause of the disease, my health returned, and the scalpel didn't touch me. I found myself in difficult mental situations before divorce, so the appendix clogged. Why? I couldn't discharge psychic waste out of my body. I went to a friend at the hospital and asked him to have a look at it. The answer for me was to come on Monday, and we will work it out. In the meantime, make enemas. It happened, and on Monday I just went to make sure I was fine.

I realized that divorce was inevitable, and I had to start from zero when I was forty. I had left everything and had fled to the temporary eight square meter studio before I built my whole new life again. I was stopped from working in applied and promotional graphics to understand that my profession is transformed into images and that my work to date is going to be replaced by computers.

Do you have any tips or advice for people in terms of mirroring on how to handle the tests and pitfalls of the outside world in the best way?

It is helpful to often ask yourself why this is happening to me and look at all the situations positively, and sometimes there is deeply hidden love behind all happenings. To learn to understand the laws of life,



Jana in the movie *Petrolejové lampy* (*Kerosene Lamps* in English), 1971



Jana in the movie *Zahoranský hon* (*Zahoransky Hunt* in English), 1968



Jana in the movie *Pan Tau a Claudie* (*Mr. Tau and Claudia* in English), 1972



Jana in the movie *Pan Tau a Claudie* (*Mr. Tau and Claudia* in English), 1972



Jana in the movie *Pane, vy jste vdova* (*Sir, You Are A Widow* in English), 1970



Jana in the movie *Ukradená ozducholod* (*Stolen Airship* in English), 1967



Jana in the movie Noc na Karlštejně (Night at Karlštejn in English), 1973

which are in most cases different from the human ones, but they are still valid the same way in a consistent form. To perceive where life leads me, where my mission is and how much I can be useful to myself and everyone. To find myself and my way of life, which I decided to go for before my birth. Being able to connect with your soul and its guidance. It sounds quite simple, but the decision is sometimes difficult. This requires courage. Anyone can make it they decide to. The person gets help immediately, just be aware to thank and accept every time.

You graduated from the Graphic School in Prague. When did your passion for graphics and art arise in you?

Already in my childhood, I made jewelry from wire and took photos. I have a sense of detail and a good eye to harmonize and balance a photo or image. I don't have to trim it. After all, at school I had photography as a subject. Increasingly and with passion, I took pictures and still do today.

Your journey as a graphic artist and designer was most likely predestined, as evidenced by the way you came to school. Can you share this beautiful story with us?

Yes of course. My entrance to the Graphic School: after the exams I passed at the Academy of Arts, Architecture and Design in Brno, we moved to Prague during the holidays. Mum didn't know what to do with me, so she wanted me to become a hairdresser. But

I insisted, and in October, I started looking for a graphic school at Hellichova Street, one that I would enjoy. At Ujezd (part in Prague), I asked a passerby the way. He assured me he was going that way too. One thing led to another, and I was in the classroom the same day, as he was the principal professor of the school. Later, the result of successful exams arrived from Brno, but miraculously the cadre profile got lost. It all seemed like a coincidence, but I believe I was meant to attend that Graphic School in Prague, instead of the one my mother wanted me to attend.

You have been working in art all your life and you have been awarded for your work. How did the idea of "Jewelry on the Wall" paintings come to life, that is also your own know-how?

It is no exaggeration to say that it has flowed through the Muse of God, after creating the conditions necessary for it. I had four years of creative block, although I knew internally that the new wave would come, but I did not know when. At that time, I was working very hard on myself, learning through training and seminars on healing to unleash a new wave of painting. This way came the completing the delicate world into my own photographs and only then, after solving other private and family issues, I was blessed with new paintings: Jewelry on the Wall.

You create "Jewelry on the Wall" by a combined technique. Can you specify the procedures you use to create them?





As always, I listen and go where I am sent. I got some semi-precious stones that tell me they want to be with me when I pick them. I have modeling art paste and airbrush at home with all the equipment, I only have to buy the colors. And then I just listen to what will “flow” to me and without talking back, I listen and immediately start to create a picture. If I did not start as soon as possible, the vision of the picture would disappear. During the work, which takes several days, I talk with the picture and learn to understand how it will help people. Each painting has its own potential owner, it is only a matter of time before it is picked up.

Due to the use of jewelry and airbrush technique, this is purely handmade. Mastering this technique is not easy at all and requires a sense of detail as well as great skill and patience. How challenging is the creation of such an image both overall and in terms of time?

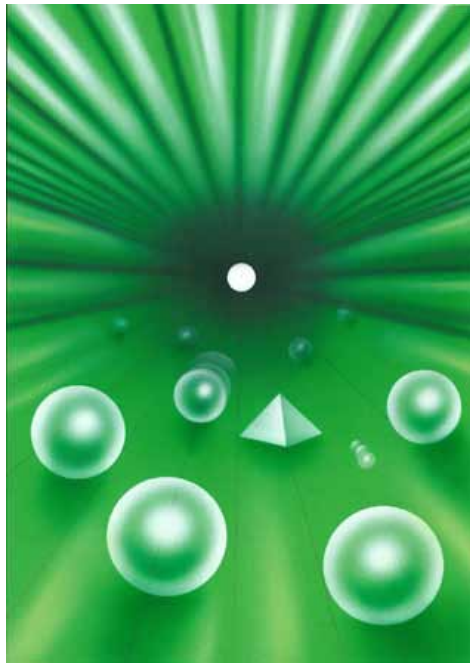
I have also trained in the technique of applied and

promotional graphics, which I did at work and then as a freelancer at the Czech Fund of Fine Arts. For days, I sat at the desk and worked really patiently and carefully. Then it was a pleasure to add modeling and filming to a different world. I have the trained patience and sometimes I need it with people during therapy. Each picture is different and asks for its focused attention at work. Nothing is a template that fits into everything.

Any change is welcome, it is up to us whether we use it or not. I normally had four jobs, and because I loved them all, I managed to do them.

Another original element of your paintings, apart from technology and jewelry, is the energy they emit. What is the effect of such an image?

Each painting attracts its owner and vice versa. The energies of love embedded in the image also work in the direction of radiation out. It is so with everything. Look at something nasty, what will it do to you? Handwork



First paintings

has a different energy from artificially created. It is possible to put into something the emotion of negation or love. We don't like some things, and some do. It is because we are on the same or similar wave that radiates from a work or object.

I wouldn't allow myself to put negative emotions in my image. As a result, they can calm, stroke, recharge, and you can also get advice from them during moments of meditation at crucial moments in your life. Just listen to your inner voice. I have wonderful feedback from people who already live with them, and that fills me with joy. It wouldn't have been possible without feedback. This is the greatest joy, unpaid by money.

How does the image preparation work? Do you have a given theme and know exactly which jewel and which color to choose, or do you leave it mainly to intuition and guidance?

I leave everything to the intuition through guidance, when either the vision of the image or at least a part of it arrives to me and the others during the creation. I let everything flow freely and I definitely put my mind in the service of intuition. Sometimes it happens that I watch with wonder how it has changed and only then talk to it and ask what it will do.

Worth mentioning are also the paintings that you finish with the photos you have taken yourself. They are mostly photos of nature and landscape. What else do you add to your photos?

There, I paint a delicate world that is but cannot be seen. Or depending on to whom, it is possible to open it to us, and sometimes we may wonder how creatures moving in nature can communicate with us. They also like to make fun of us. They are protectors, and it is a pleasure to watch them. It is the same with animals or small children. They know far more about us than we think. When I still had dogs and walked with them to the park, many times I was voluntarily used to catch stray and stressed dogs. They need to get positive energy without a fear. It is a pleasure to heal dogs, cats and horses. I have experience with that.

All your creations are beautiful, and it is difficult to choose one from them. Do you advise the customer how to choose the right image for themselves?

Most people don't need advice to choose, but it's possible. There are several ways to choose when people can't make a choice. For example, when they get stuck in thought and don't let intuition guide them. I can also advise on choosing a gift.

If someone is interested in a custom-made painting, can they address you and give you their ideas?

We can talk about it, but to be bound by someone's exact vision, is not possible. I can feel the needs of a particular person and their desire for me to send the best for them. I was practicing this at Christmas when a request was made to create an image for blind people. I myself was surprised by the vision



Paintings in photos

that came to me and also how I found the best way to create a picture for them. Wonderful challenge that worked out really well!

Where can a prospective customer see or buy your paintings?

On my website: www.sedlmajerova.cz or at Atelier Lucemburská 17, 130 00 Prague 3 – Vinohrady. The potential customer can send me an email and arrange the appointment. It is true that many people tell me there is the difference between the picture on the website and seeing the image in reality. It can't be compared.

What is your life motto or recipe on how to be always full of energy and active the way you are?

Go, look around and feel, something always happens!

If we are positively open to the diversity of life, there is a pleasant mirroring reflection that offers something

that will please. Let us not push life, let us drift away with opportunities in life and try them.

Have a positive psyche and be kind to your body. Let's be active, but don't forget to relax.

Laziness and procrastination are a brake on vital energy. Let us create joy even in the small things every day and be thankful for everything. Let's note at least three things of gratitude a day. This way our thoughts get into the material world and will attract more of the same. Let us create mental well-being through positive emotions, kindness to ourselves and the outside world, let's assemble the meaningfulness of life and positive relationships. Vitality, balanced body and mind, naming your skills and flowing with life. Let's make it a priority.

With love Jana Sedlmajerova

Jewelry on the Wall for anyone who understands the depth of the content in the images.



BLESSED FAMILY

The image is created as a challenge for blind people who can perceive it with their hands and understand its diversity in expression by touch. There is a distinct surface difference and a thick layer of colors. But it can be bought by anyone whom the image speaks to so strongly that the person understands its strength and rarity.



PURITY

*I wish everyone everything,
I owe nothing to anyone, not even myself.
I have a clean table.
Swept in front of my own threshold.
This picture is decorated with ROSES.*

VARIABLES
*The excitement of life comes from changes.
Every change is welcome and brings me knowledge.
Only I can decide*



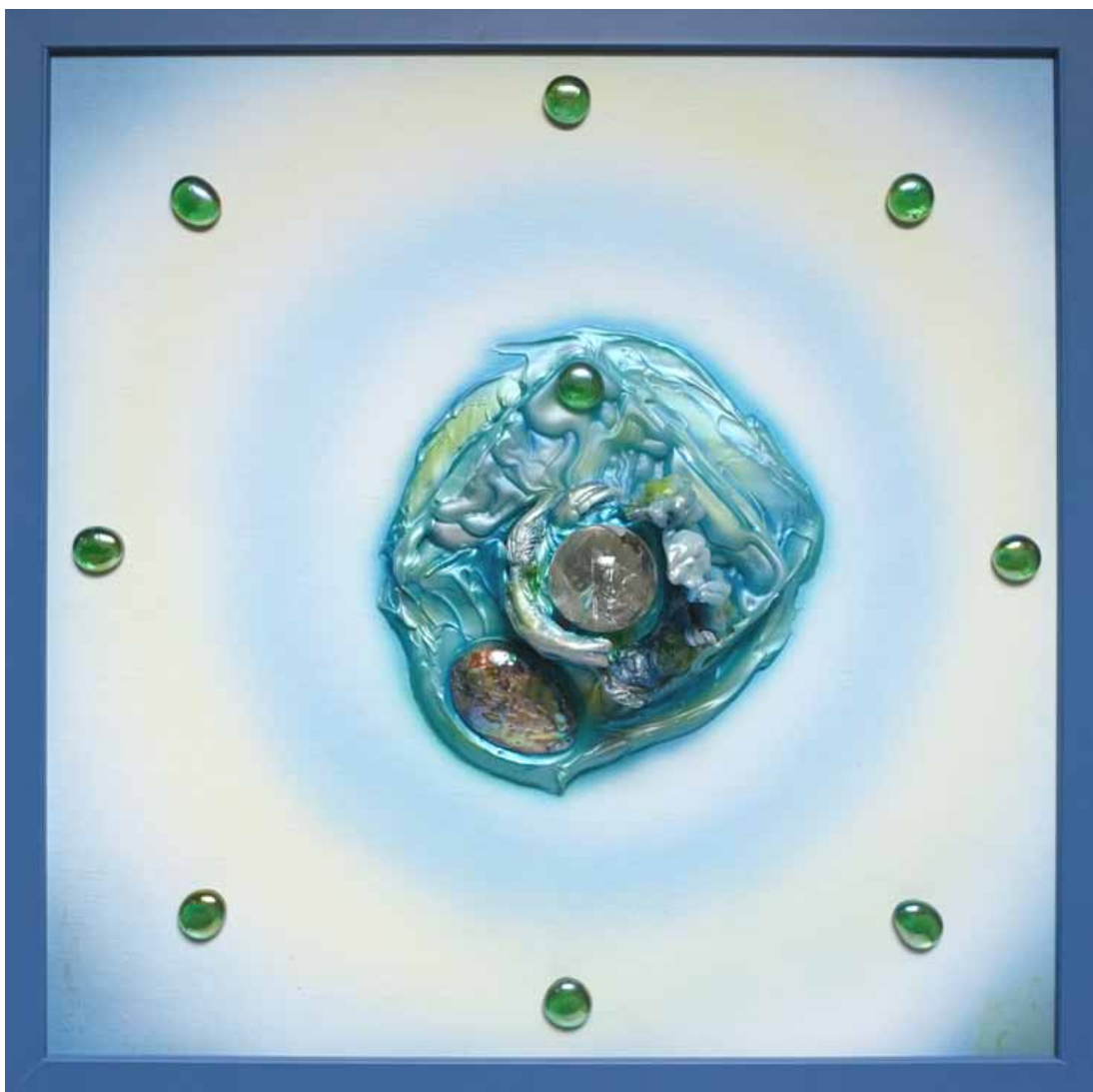
THE CAIRNGORN BUTTERFLY
*I am and I joyfully protect.
I wear CAIRNGORN and CRYSTALS,
creating an environment of well-being and calm.*





THE GUARDIAN ANGEL

*A human being is never alone,
even though it may appear
that way. Just ask for
the presence and feel it.*



**THE NEST
WITH CRYSTAL BALL**

*I, the real crystal ball,
don't have to pretend
anything. I am the way I am.
I can watch from a distance,
have my hiding place,
and I still know everything.*



CENTER AND THE UNIVERSE
Everything is in balance.



MANDALA VISION
*I will allow myself to be carried
away by the voice of my soul,
which does not shout but speaks
very quietly; I am moving into
a state where I know and do not
doubt, because everything
that meets me is right
and I know why.*



ACHAT FRIENDSHIP

*I teach friendship between people
and the understanding of one another,
but I do not forget myself.*



FLOWERING OF FRIENDSHIP

*Am I afraid of relationships?
Am I afraid I will lose my friends,
or am I unable to find an appropriate
relationship with them?
Every friendship leads to flourishing,
learning or mirroring;
it depends only on my approach.
The image is decorated with ACHATES and PEARLS.*

THE NYMPH OF THE MOON

*I am female energy and supply it wherever
it is needed with all my qualities.*



COURAGE

*With courage, I go into all my life
and all its offerings, because
I know that I have a free choice,
and I can always decide otherwise.
The image is completed with GRANATES.*





THE RADIANT COMET

Everything is everything and also the other way around.

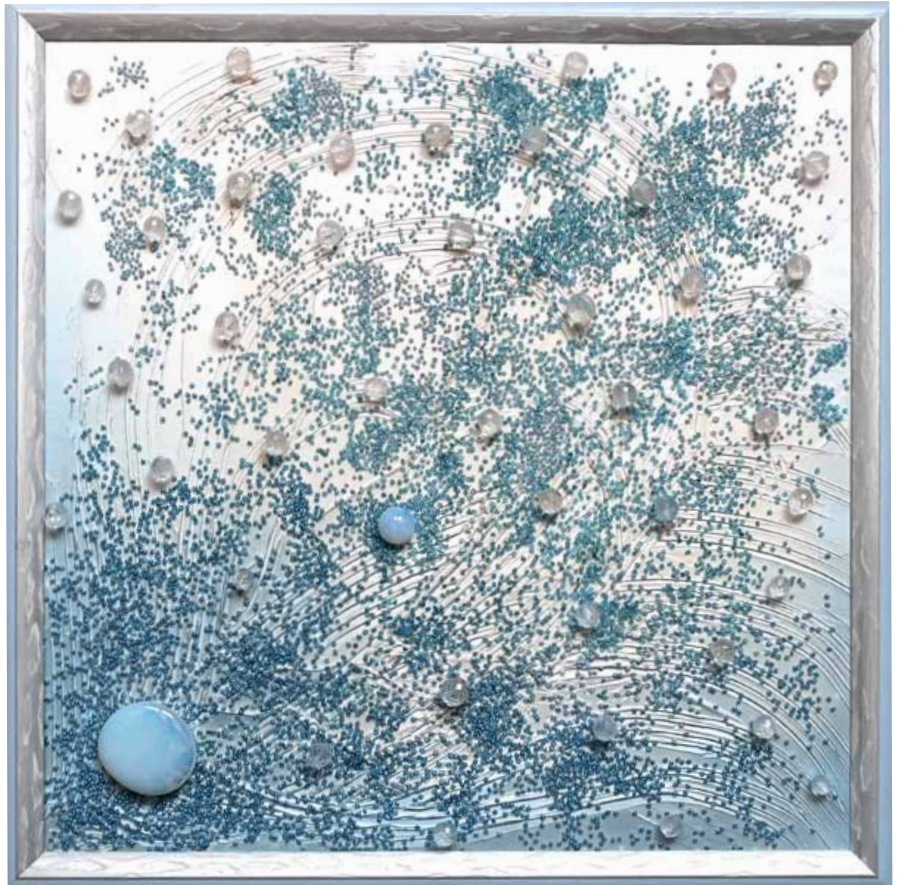


LOTOS

The flower of love and understanding in everyday reflection.

COMMUNICATION WITH THE UNIVERSE

*Everything is unity,
and I support the memory
of everything that is needed.*



THE REBIRTH

The beauty of life in its transformations.





THE GIFT OF LIFE

*I appreciate what I have,
because I know what I have is fine.
It only depends on my quality of life
and what future I will have.
I have all of my thoughts under control.*



THE BUTTERFLY

I am a playful butterfly for the ease of being.



THE WAY UP

*I draw attention to the priorities
of life that every person should know.
I lead to knowledge that enriches me
on my way to self-knowledge.*

THE WAY UP WITH SCENT

*I draw attention to the priorities
of life that every person should know.
I help with the joy of the fragrances that come
to my life to recognize who is who.*



Karla Tallas

www.karlatallas.com



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