



Kavanism is a contemporary art theory and approach invented in 2023 by Israeli artist Avi Albers Ben Chamo. It primarily explores the relationship between the artist's anxiety and the canvas, using a technique of opposing brush directions within the same composition to create tension and force in the artwork.

Key aspects of Kavanism include:

- Representation of Tension: The core idea is to visually represent tension within the compositional space. This is

achieved by applying brushstrokes in different, often conflicting, directions.

- "The Painter Anxiety": Kavanism moves away from traditional idyllic representations of nature and instead focuses on reflecting the artist's reality and level of anxiety, which the artist views as an expression of the inner soul.
- Force and Counter-Tension: The contrasting brush directions result in paintings that appear "charged with force and counter tension".
- The Single Interrupted Line: A key element mentioned in Albers Ben Chamo's work is "The Single Interrupted Line," which symbolizes the journey of breaking from outdated ideas to forge new, independent ones.
- Social and Political Reflection: Albers Ben Chamo views Kavanism as a direct reflection of the artist's relationship with society, mirroring interpersonal and political tensions.

The term "Kavanism" (likely related to the Hebrew word kavanah, meaning intention or direction) was coined by the artist to describe this new, experimental approach to painting that emphasizes sincere expression and engagement with reality over purely commercial motives.



Caption