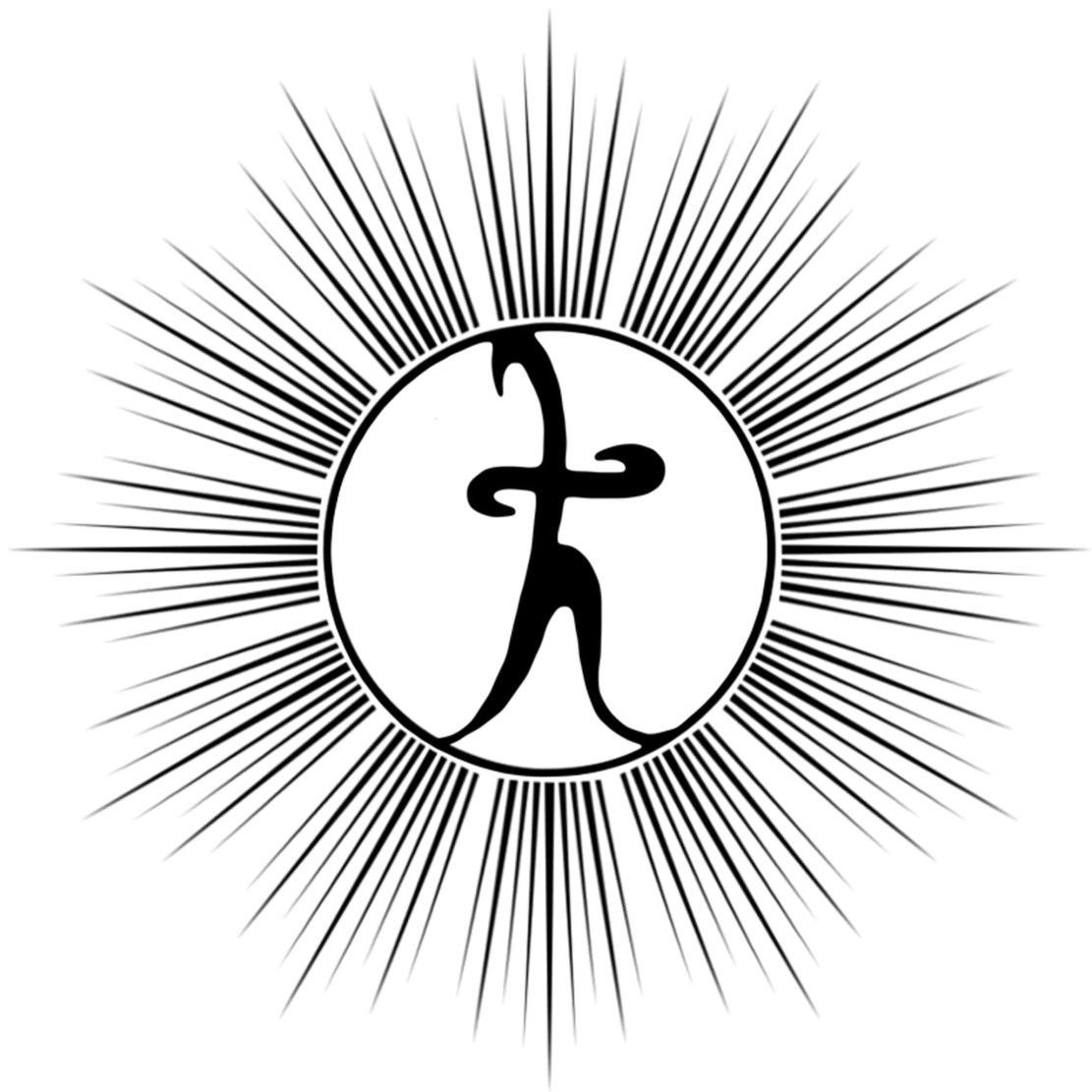


The Art of Pain

Ewell J. Juliana



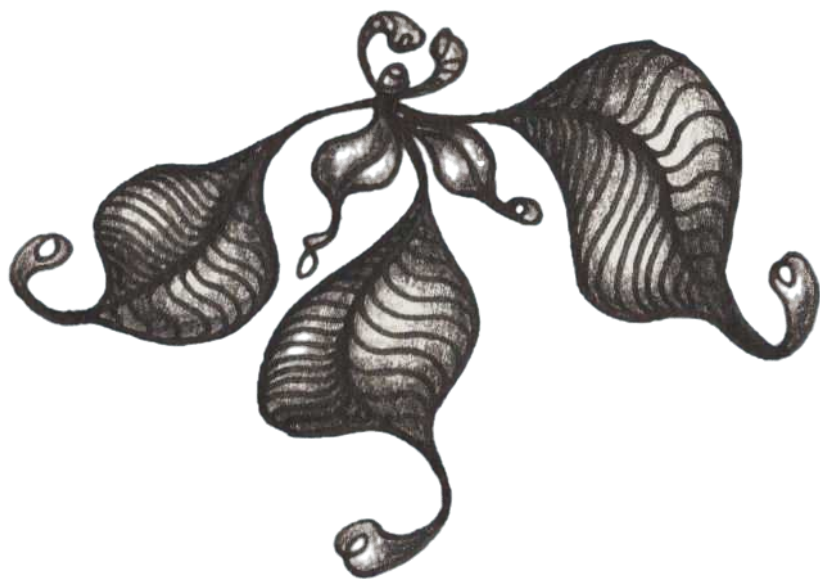
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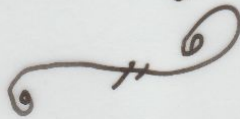
The Internal Black Star
The Art of Mystification

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If you are, in any way not feeling well,
contact a licensed psychologist or doctor.





About the Author

Ewell J. Juliana is an author, musician, and social worker whose work bridges the worlds of psychology, philosophy, and spiritual transformation.

Born in Curaçao and living in the Netherlands, his voice carries the rhythm of two worlds - one rooted in ancestral depth, the other reaching for modern consciousness.

With a background in social work and years of guiding people through emotional and existential change, Juliana writes from lived experience. His words invite reflection rather than reaction - offering language to the silent spaces within the human heart.

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Introduction



The Art of Pain

This book is not about suffering.
It is about what I chose to do with it.
For years, I have been drawing lines that did
not ask for permission.
lines that repeated.
lines that tightened.
lines that refused to disappear.

They were not illustrations.
They were survival.

The drawings you will encounter in this
book were created across different seasons
of my life -

Some in silence,
Some in fracture,
Some in reconstruction.

I did not set out to create beauty.
I set out to understand pressure.

Each page is a confrontation between control
and collapse, between geometry and chaos,
between the part of me that wants to unravel
everything.

Pain, for me, was never only emotional.
It was physical in the hand, repetitive in
the wrist, meditative in the breath.

Stroke after stroke, I discovered something:

When I give pain a pattern, it stops being
a monster and becomes material.

The Art of Pain is not a confession.
It is documentation.

It is evidence of a mind refusing to break
without studying the fracture.

The dense blacks are not darkness -
they are weight.

The empty spaces are not absence -
they are aftermath.

The circles, grids, knots, and waves are
maps.