

Begin Again: A space for restarting

Albanian Post visits Abbas Zahed's installation at Tate Modern



We all know that every person is born, grows up, and dies. But this does not apply to artists.

An artist is born every time an idea appears in his mind, lives through the process of creation, and dies only when the work's name is heard for the last time.

Their magic lies in the ability to give a second life to all the instruments and materials that are integrated into their vision.

This is where the concept of recycling comes in - and this is exactly what London artist Abbas Zahedi has masterfully accomplished, turning disintegration into a beautiful process of rebirth and creation.

During the Albanian Post team's visit to London, at the Tate Modern, we had the opportunity to see this installation up close.

Begin Again emerges as a complex and vibrant space of reflection where loss, disorder, and rebirth come together.



The artwork is an interweaving of sculpture, sound, and social relationships where the installation is not simply an object to be viewed, but a "space" that challenges the traditional experience of the spectator.

Begin Again functions as a sculpture that can be dismantled, reconfigured, and rebuilt over the course of the exhibition - reflecting the idea of continuity and constant change.



The sounds created do not come from a visible source, but are propagated into space through an acoustic device placed on the walls.

Beyond the installation, Zahedi has created a space where people gather once a month to speak openly and share thoughts within this creative environment.

These meetings, conceived as spaces of listening, are an essential part of the work - not simply as a program, but as an element of art practice that requires collaboration and shared reflection.

The artist, with a background in medicine and psychotherapy, creates a safe space where raw feelings and thoughts can be freely expressed and experienced.

Begin Again is more than an installation - it is an invitation to feel and experience art in line with the times we live in, reminding us that starting over is not an end, but an ongoing process.—

Annamorea Tiara Nixha, for the Albanian Post

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