On the verge of two forthcoming painting shows, the artist and filmmaker Julian Schnabel describes what it’s like to escape into his creations.

Everything that I am, and everything that I’ve had, has come out of the practice of painting. It opens a door, or a set of possibilities, that I don’t have when I’m not painting. You don’t have to know if the work is good or bad, or if people are going to understand it. It’s just something you do, like playing a saxophone, hitting a note. Somebody once asked me if painting Andy Warhol’s portrait was like directing Javier Bardem in “Before Night Falls.” I guess the similarity is that you make a covenant with someone. It’s like the murderer and victim are complicit in the act, although maybe that’s a bit grim.