

## Suddhi Room - Painting

### BRIEF:

The brief was to create a painting which was in sync with the theme of Le Sutra Hotel's room 'Suddhi' which reflects purity. Something very white and minimalistic, depicting the process of purification of both body and mind. This piece of art was designed keeping in mind the importance of paintings which are the most indispensable and ancient form of art.



### IDEATION & EXECUTION:

According to ancient texts such as the Rudra Yamala, our body is a living shrine—and a meditation practice called shuddhi is one of the best ways to render that shrine wholesome and pure. Shuddhi in Sanskrit literally means "Purification".

Man's nature is divine, perfect, and infinite, but he is unaware of this because he falsely identifies himself with the body, the mind, and objects of the external world. This false identification, in turn, makes him think he is imperfect and limited, subject to sorrow, decay, and death. The processes of yoga are tools to enable man to cast off this ignorance and become aware of his own true self, which is pure and free from all imperfections.

### REVEALING THE ARTWORK:

The whole process of Shuddhi is to unite the individual self with the universal Self. It is an ascent into the purity of that absolute perfection which is the original state of man; it entails removing the enveloping impurities in both body and mind. Thus it is necessary to purify the mind to make it crystal clear, for as long as the mind is covered with impurities, the light of the true Self cannot shine through.

The painting depicts Shuddhi as the process of removing thoughts from the mindfield, making it one-pointed, and turning it inward toward the center of consciousness. This process introduces man to his deepest layers of your being. The entire work is done in chalk white with a thick layer of Mild Density Fiber on canvas. White is the manifestation of the presence of all color - the complete energy of light. It stands for wholeness and completion, represents openness, truth and purity. The painting shows that the mind and the body of the man had become pure and neutral of all pre-conditioning. The man is shown lying in complete peace on a bed of flowers. A snake which represents active energy is shown over the bed.

An hourglass enclosed in a cube of space signifies confluence of place, events, individuality. It symbolizes the eternal passage of time, the sand slipping away until there is no more, and therefore a continual reminder that life is finite, and that therefore we should make the most of it while we can. Cube of space signifies the underlying conditions of possibility for the formation and existence of human reality as it's experienced by the psyche. The cube is modeled in 3-D which is a virtual psychological reality. Our being is the reflection of energies as existence, life and experience.

The man is shown as a soul which has willingly left the human Body after attaining moksha. This is represented by an angle that has come to gift him a lotus. Lotus represents the concept of primordial birth from the cosmic waters of creation. It is symbolic of the true soul of an individual. It represents the being, which lives in turbid waters yet rises up and blossoms to the point of enlightenment.

An ethereal palette of colors used in the painting reflects calm and tranquil feeling also present on the Sattvik floor of Le Sutra hotel. The painting creates a feeling of involvement with the self through a minimalist treatment of forms and colors.

