

## VISUAL ARTS

# Healing with art

JANIS CLEUGH  
jcleugh@tricitynews.com



The COVID-19 death of Sanjoy Das' cousin last year prompted the Surrey artist to respond to the pandemic with a new body of work.

This and next month, Das will show his series *Harnessing the Power of Colour for Wellbeing* in a solo exhibit at PoMoArts.

The Surrey resident will also talk about his Tantra artwork during the opening reception, which starts tonight (May 20) at 7:15 p.m. via Facebook Live.

"Tantra art is a spiritual form of art, a sacred art to realize the full potential of a human being," Das told the *Tri-City News*.

"The aim is to bring one's attention to the present moment and dis-identify with the ego."

Trained as an architect in

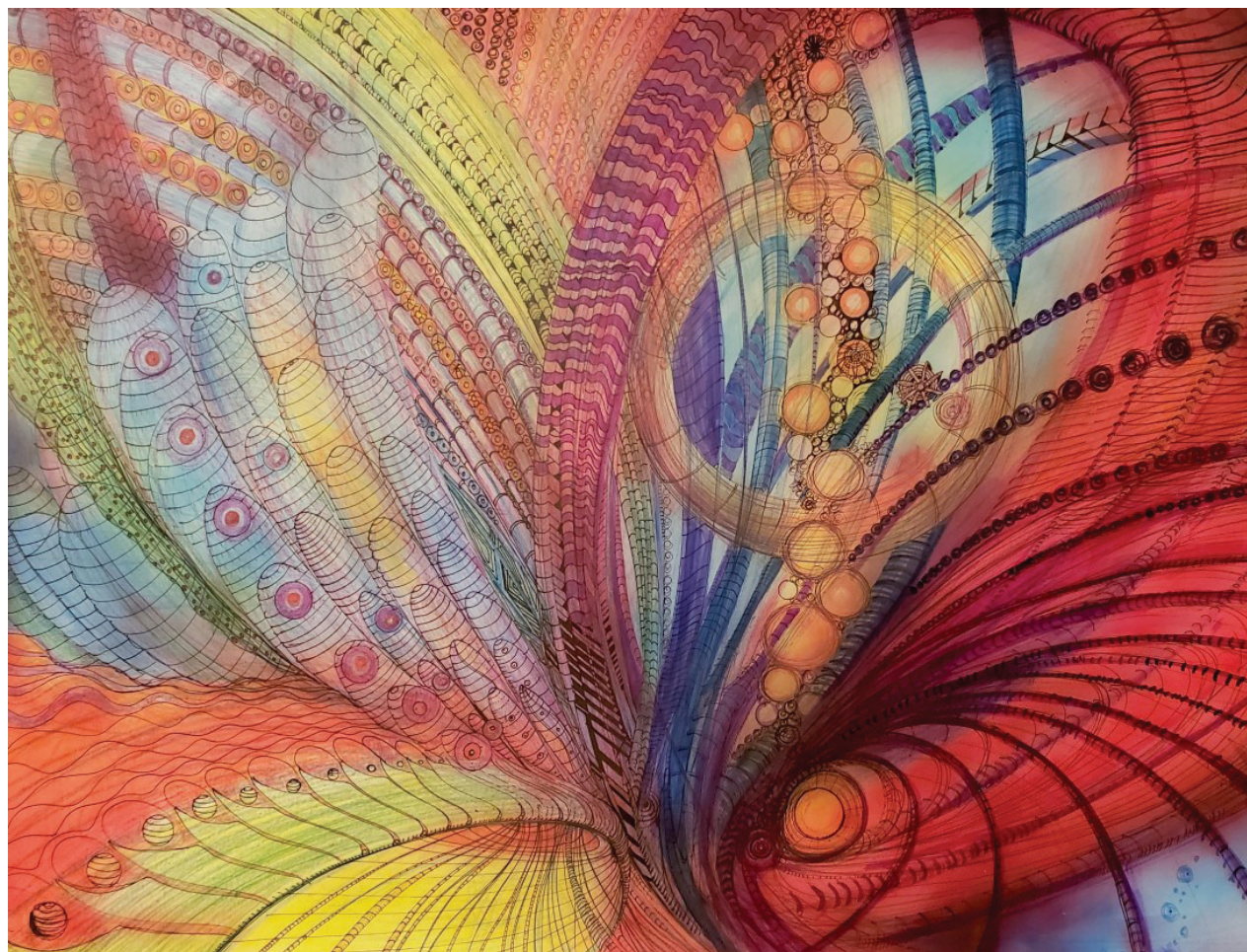
Mumbai, India, Das — who has been doing his sadhana (daily practice) of the art form for the past 25 years — said he chooses his colours based on his intuition.

"It's a spontaneous form of art striving to be free from thoughts," he said, adding, "The viewers will get a different perspective as to the use of colours for healing and well-being. The paintings are pointers only to look within one's own self"

In total, Das will display 33 large pieces and three smaller works at PoMoArts from May 20 to June 20.

And 30% of his artwork sales will be donated for COVID-19 relief in India in honour of his cousin, who was also an artist.

• *The gallery at PoMoArts (2425 St. Johns St., Port Moody) is open on weekdays from 11 a.m. to 8:30 p.m. and on weekends from 10:30 a.m. to 4 p.m. Visit [pomoarts.ca](http://pomoarts.ca).*



Sanjoy Das' artwork — such as "Delirious" (above) — is a by-product of his meditation on the philosophy of Tantra art and the use of colour for healing and therapeutic purposes. **SANJOY DAS VIA POMOARTS**