

Journey of the Mind: touring art exhibition invites visitors to open their minds to new perspectives

- The exhibition of self-discovery arrives in Bristol on Saturday 5 November at Arnolfini
- Visitors will learn about a focused practice for the mind and the means to build a kind, equal and inclusive community



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The travelling art exhibition *Journey of the Mind* will be hosted in Bristol this November at Arnolfini, (Saturday 5 November - Sunday 4 December 2022) before moving on to Nottingham and London in the new year.

Conceived by arts organisation Without Shape Without Form, *Journey of the Mind* combines Sikh teachings with new forms of storytelling to encourage visitors to think about their own minds to help improve mental health. Featuring figurative drawings and digitally created paintings by world-renowned Sikh artist Kanwar Singh, and short films by British animator Christian Wood, the exhibition explores the stories of those who historically attained the highest spiritual levels.

Focusing on ‘the mind’, the exhibition explores the texts of Sikh teachers, along with contemporary works to bridge the gap between art, spirituality, and mental health. Going beyond cultural, racial, and religious boundaries, *Journey of the Mind* aims to overcome the social dilemmas of “Us”, “Them” and “All”, inviting people to understand the commonality that is the mind, providing an alternative approach to understanding something that everyone has in common.

As we deal with constant pressure from a constantly-connected world, suffering through loneliness and searching for peace, happiness and love from those around us, these are troubled times. Similarly, the impact of COVID-19, concern for the health of our planet and widespread social injustice has left many feeling hopeless and lost. Exploring the idea of pain, the exhibition poses the question ‘what is the medicine that can heal the mind?’, aiming to help people find solutions through ideas on how they can improve their own mental wellness.

“We believe that now more than ever, mental wellness is key to healing and understanding oneself and the world. ‘The mind’ is something we all have in common, regardless of age, race, gender, creed, or social background. Visitors will gain an invaluable understanding of Sikhi – and the peace that comes with its practices,” says Deep Kailey, the exhibition curator.

Alongside the Bristol exhibition, there will be a series of free events hosted by Without Shape Without Form, aimed to help visitors experience togetherness, calmness, compassion and the positives of the



mind. Guests can experience performances by Jason Singh, and Gnarly x Nikita Gill, or join an open discussion surrounding cultural topics often considered taboo within South Asian culture.

Gary Topp, Executive Director at Arnolfini said "We are thrilled to welcome Without Shape Without Form to Bristol. Arnolfini has always been about creativity, learning and inspiration, so we look forward to audiences joining Journey of the Mind on their voyage of self discovery. We hope everyone is able to take something away from this thought provoking exhibition, and most of all, enjoy themselves."

The *Journey of the Mind* exhibition is free of charge and is open to the public from Saturday 5 November - Sunday 4 December at Arnolfini. For more information visit www.withoutshapewithoutform.com.

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FOR FURTHER INFORMATION, INTERVIEW REQUESTS, AND HI-RES IMAGES PLEASE CONTACT HOOTON:

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The *Journey of the Mind* book can be purchased on [Amazon](#)

About Without Shape Without Form.

Without Shape Without Form (WSWF) is an arts organisation, led by volunteers based in the U.K. We bridge the gap between art, spirituality, mental health and culture, by creating moments of self-discovery and by sharing contemporary works, stories, and ideas created by artists, writers, poets, musicians, and performers.

We evoke a sense of curiosity about the internal journey of the mind, and positively affect people's lives through the arts, by inspiring contemplation and conversation. And we go beyond cultural, racial, and religious boundaries, in order to overcome the social dilemmas of "Us", "Them" and "All", by promoting alternative ways of thinking and leaving a community legacy wherever we go.

WSWF brings Sikh history and culture to the contemporary context to encourage exchange. Promoting awareness, understanding and discussion about the mind, the gallery and programme have been created to engage with local communities on a regional, national and international level. WSWF's purpose is to connect, engage and share ideas through the arts to help make sense of the world today. Inspiring the mind for hope, inner growth, and clarity.

<https://www.withoutshapewithoutform.com/>

About Kanwar Singh

Kanwar Singh has emerged as a leading artist of Sikh paintings of his generation. Since founding ArtofPunjab.com, Singh's ultimate goal has been to create a legacy of work that will give the Sikh story a prominent place on the walls of our homes and in the hearts of future generations. His work reveals the quintessential moments in Sikh history which have shaped a dynamic Sikh community through its nascent beginnings in medieval Punjab to its present political and spiritual standing in the world today. Born in Amritsar, India, the Canadian artist has been channelling art for as long as he can remember. He is influenced by a host of past masters such as the Sikh painter Sobha Singh, and Western masters such as Caravaggio and J.W Waterhouse to name but a few.

The artwork he creates is wholly original and charts his journey into Sikhism. Growing up in Toronto, Canada, Kanwar explored several paths that would allow him to work as a professional artist including animation and book illustration. However, it was when he started to take a keen interest in Sikh history that he discovered the true source of his inspiration as an artist. Singh says that in his work he seeks to combine the grace and beauty of Sobha Singh's portraits with the dramatic style of classic renaissance and baroque era painters while adding a contemporary edge by using a digital medium. In doing so, he has created a body of work that stands alone within modern Sikh art exploring the spiritual depth, inspiration, and beauty of consummate moments in Sikh history. These works have been universally recognized by Sikh institutions worldwide as some of the finest Sikh paintings of the current era, helping shape the image of Sikh history in the hearts and minds of all. <https://artofpunjab.com/>

About Arnolfini

Woven into the fabric of Bristol since 1961, Arnolfini is an international centre of interdisciplinary contemporary arts, presenting an ambitious and wide-ranging programme of visual art, performance, dance, film, and music. Housed in a prominent Grade II listed accessible building (Bush House) on the city's harbourside, Arnolfini is a pioneering, inspiring public space for arts and learning, offering an innovative, inclusive and engaging experience for all. Bush House is also part of the University of the West of England, Bristol's City Campus with over 300 students and tutors onsite. Arnolfini has welcomed artists from around world throughout its history – sharing works by Paula Rego, Jannis Kounellis, Grayson Perry, Rachel Whiteread, Peter Doig, Richard Long, Chantal Joffe, Sonia Boyce and Frank Bowling, to name just a few - as well as supporting talent from in and around Bristol.

Alongside its exhibition programme, Arnolfini is a centre of everyday creativity and learning, working with a wide range of community and artistic partners, while continuing to explore and develop new opportunities across the city and beyond. Spaces are used regularly by families, schools and colleges, health and wellbeing groups. Through sharing a 60-year archive of exhibition slides, publications and an extensive artist book collection, Arnolfini celebrates its heritage and the wide-reaching impact the organisation has had since its foundation. Since 2019, Director Gary Topp and team have sought to honour Arnolfini's founder Jeremy Rees' principle to 'Enjoy Yourself', welcoming everyone into the space, and inviting engagement, in any number of ways. Arnolfini is an independent charity (CIO) and part of the University of the West of England, Bristol, supported by Arts Council England and the Ashley Clinton Barker-Mills Trust.