




Lifestyle / Arts & Culture

## Artists wrestle with split identity in Hong Kong shows, and find resonance with city's own struggle

- 'The same urge to split from a body is resonating in the different places I have links with,' says Mandy El-Sayegh, whose father is Arab and her mother Chinese

- Christopher K. Ho's installation considers Hong Kong's fate as a place caught between empires

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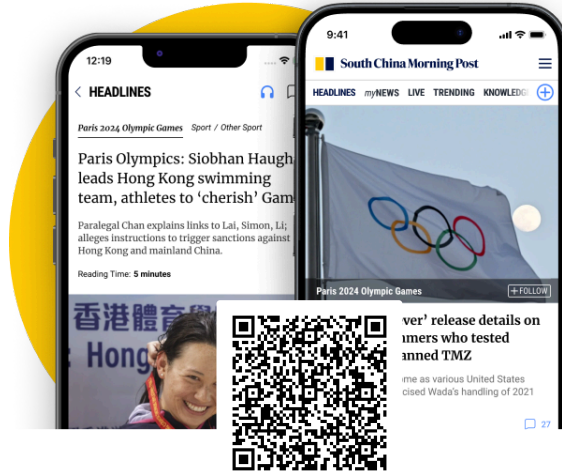
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## How painting calms the mind like meditation – artists in Hong Kong group show on the therapy of repetition

- Mandalas, with their intricate, repetitive designs, help Hindus and Buddhists grow spiritually. Chun Poon sees parallels between making them and painting
- Poon explores that idea in Mandalas, an exhibition of work by five Hong Kong artists. They talk of the freedom, catharsis and calmness that painting brings them

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In Hindu and Buddhist traditions, mandalas are an object of meditation that aid focus and help with a person's spiritual growth, the geometric designs – mostly circular – made up of repetitive colours, shapes and patterns.

The intricate designs of the Tibetan sand mandalas can take days or even weeks to complete.

Hong Kong-based art consultant Chun Poon saw parallels between the making of mandalas and an artist's creative process, from the idea to completion, which can span months.