

Vipassana

A visual artist's series – Cristian Pineda Flores

By: Pascale Naveau

Vipassana is an art series painted in two distinct, geographic locations: Cancun and Juchitan, Oaxaca. The word “Vipassana” may sound very exotic for many people, which leads one to ask, “What is Vipassana?”

Vipassana is a meditation technique, originated from Indian, and is over 2,500 years old. Vipassana meditation aims to arrive at an internal understanding of yourself, your thoughts and your actions. It takes you beyond the intellectual scope, ideas or concepts, at an experimental level. Vipassana meditation can be described as a 10-day experimental process, during which a human being strips oneself of negative thoughts, focuses on one's breathing and looks at and listens to what the body has to say. It is a personal transformation through the observation of oneself, which focuses on the deep interconnection between the spirit and the body.

As an artist, but above all as a human being, Cristian Pineda began this series in order to offer a tribute to the common root between the spirit and the body. Within this series, one can see a lot of faces and heads with various outputs. These represent the extensions of the human mind that permit us connect with not only our body but also the nature around us, which also has presence in the Vipassana art piece. In the Vipassana 2 art piece, one can see perfectly well the idea that we cannot limit the human mind to be one isolated thing, rather we must consider it as splitting away between the body and the spirit. In Vipassana 2, there is an abstract figure embedded in the human face, which can be interpreted as the spiritual aspect of our lives. In the same way, in Vipassana 4, we can see an abstract figure kneeling down on two legs (the human body), a face (the mind) and at the top a figure that represents the eye, which looks within the body and the mind. As a result, this abstract figure can be appointed as the common root between the body and the mind.

For its purity and organic character, the artist chose linen as the working fabric on which to create this series. In comparison to other series, the virgin fabric of colors and designs continues to have an important presence in this artwork.

Cristian Pineda used acrylic paint, pastels, charcoal and, for the first time, neon colors, highlighting the artwork as lightning of colorful light, which contrasts the organic tendency of the linen fabric.

Vipassana consists of 15 art pieces and one installation made from 7 small art pieces. Among the 15 art pieces, the artist once again chose the dimensions 300cm x 300cm for the larger art pieces and 150cm x 170cm for the medium-sized pieces. With respect to the 7-piece installation, the artist experimented by painting over a black background, which will inspire the series The Dark Night of the Soul.

Sources: Vipassana Meditation Center Dhamma Pajjota