



MY INNER WORLD

Sherry Winata

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a solo exhibition

curated by Agung Hujatnikajennong

23 – 30 October 2022
Function Hall
Hegarmanah Residence
Jl. Hegarmanah no.6 Bandung



Sherry Winata's Inner World

The creative process of an artist reflects the true human capacity. This capacity actually exists in every individual, but not everyone realizes it. Only by those who dare to take risks to seek, dig and find it, the humane capacity is manifested into meaningful actions.

In the artistic practice of Sherry Winata (born in Bandung, 1976), the searching process happens in particular fashion. The path she took to become a painter was different from the type of 'career artists' who mostly made their ways through formal (or informal) education. During her course of life, Sherry only attended two painting courses in 2019. She did that only because she had homework to submit and felt she can't paint at all. She had indeed visited several painting exhibitions. But until about four years ago, Sherry never imagined that she could create a painting, let alone pursue a job as an artist.

Since 2017, Sherry has been active in various circles of practitioners of meditation, spiritual healing, hypnotherapy and shamanism. She attended dozens of workshops and trainings, studied with meditation masters at home and abroad. She did it intuitively, and mainly to fulfil her heart's call to find and transform herself. After practicing different meditation, therapy and healing methods, she chose to study sound healing. For this, Sherry has even built a special room in her backyard where she keeps vari-

ous kinds of meditative sound instruments, such as gongs and singing bowls.

In 2019, Sherry attended a workshop session where she was required to make a painting as part of the healing practice. Her work, *Three Worlds and Beyond* is a misnomer. Through the session, she also discovered how strong the wedge between painting and the spiritual exercise. As her meditation became more routine and intense, and with help from information about painting techniques and materials that she got from the internet, Sherry began to paint every day. The COVID pandemic that forced everyone to stay at home gave her a perfect excuse to spend more time in her painting studio. As a result, in two years (2019 – 2020) she was able to finish 130 paintings. Sherry believes that the greatest teacher actually lies in each of us, underneath many layers of buried negative emotions.

In 2020, Sherry submitted one of her works, *Perfection and Destroyer* (2020) to a painting competition in Singapore. Surprisingly, she was able to win the 'Highly Commended Emerging Artist' award. In addition, she is also quite diligent in submitting her works to online exhibitions on the internet.

Sherry's debut solo exhibition, *My Inner World*, has been driven by her desire to take a more serious path as a painter. This exhibition also displays her early works which clearly show her tendency to explore



abstract visual language. Sherry admits that her painting process involves an intention to free oneself from forms that are too tied to certain boxes of dualism. She never works on plans, sketches or designs. She often deals with a blank big canvas with a complete awareness of her inner world instead. She believes that the process she goes through when doing her painting is healing, transforming and ascending for all her consciousness.

In general, Sherry's works can be divided into three groups based on their visualization. The first group is the works that maximize the processing of the most basic painting material, namely paint. *Healing Journey* (2019), for example, relies on brushes and strokes of textured colours that were scratched randomly. The layers of colours were incised and then overwritten with other layers, repeatedly. In creating these paintings, Sherry focused mainly on her inner world, to what she was doing in front of the canvas. She is fully aware that every hand movement and brush stroke will leave traces and bring certain consequences. She treats her painting activities as a method to practice seeing, listening, feeling, knowing, understanding herself through the eyes of "The Perfect Unconditional Love".

Another work, *Half a World Away* (2019), was also created with more or less the same intention. This painting shows a more controlled and centred scratches of line and

colour in some parts of the canvas. Although the lines are still random and irregular, the colour composition of this work begins to show a certain sensibility and her flexibility in composing abstract forms. This symbolised as one of the her transformation journey of awareness, healing to seek for perfect complete picture of unconditional love

There is another group of paintings in this exhibition that show a development in terms of form, including *Mirror on the Wall*; *The Princess' Dance*; *Voice of Courage*; *Song of the Sea* and *Voice of Signature* (2019). These paintings are still made using paint, but showing further processing in the aspect of the presence of objects. Sherry painted distorted organic/non-geometric shapes which at first glance are resembling something, but difficult to identify as a figurative object. We as viewers are left to oscillate between various possible interpretations. These works seem to refuse to be anchored into any meanings based on a single perception. We only see others based on who we are, what we carries within and how we project ourself. This symbolised as one of the her transformation journey to be dare.

Another set of paintings represents Sherry's most recent explorations in painting. These include her works, among others, *What You See in the Outer World Mirror Your Inner World*; *Jewel of an Inner World Healing*; *The World of Cloud*, and; *Crown of Awakened*



Love (2020). For these paintings, Sherry started using resin. Not only that, she also started to apply the collage technique by sticking certain objects such as cloth, stones and beads. Since the beginning Sherry has been very interested in texture as a visual element that can bring another dimension to the illusion of space that appears on the canvas. She can play the texture so skilfully that it becomes a very powerful element in forming a visual composition. In the work *Send Me a Voice from the Future* (2020), Sherry arranges the branches like rhythmic lines. Meanwhile, *Gaia Love Breathe Life* (2020) is composed of folded fabrics, a collage of plants and pigmented resin that altogether form a composition of shades of red fields centred on a red diamond.

By using pigmented resins, Sherry has to work with material that have different characteristics from paint. Because she works on the basis of balance rhythms of dualism dances, she can find certain forms when she starts the process as magical and harmony integration. However, as chemical reactions occur during the drying process, the resin also takes on new, unexpected forms. Her painting *What You See in the Outer World Mirror Your Inner World* resulted from such a process. It is interesting to observe how with such a work process Sherry can still produce works that look balance and coherent in their formal aspects. There is even a lyrical quality that might remind us of the

works of Bandung abstract artists—Ahmad Sadali, Umi Dachlan, A.D. Pirous, for example—who emphasizes control and analytical power over visual elements.

With her background as a writer, meditation teacher and shaman practitioner, Sherry realizes that the strongest urge to paint is for finding ways how to heal our inner world for perfect blueprint as human. She felt *Perfect Unconditional Love* had led her to painting as a tool to discover greatest wisdom. Sherry's works are challenging us again to question the discourse about the intersection of abstract art with spirituality. Her artistic practice seems to be proving Louise Bourgeois' words about the function of art as a path to sanity.

Agung Hujatnikajennong

From 2019 to 2020 I painted one hundred and thirty paintings. I had no previous experience with the painting world. As I began my spiritual journey to learn meditation and become a shamanic practitioner, art became my tool to express what I process, perceive, heal, transform, ascend and envision of my life path to fulfilling my life purpose. There are thousands of languages of intelligent perception besides our physical five senses – like listening to nature to understand the perfect unconditional love, that nature holds for us all. I learned so much in the magical interaction of what nature holds for us in the perfect sacred geometry of Divine interaction with each other. My transformational journey of ascension is proof of union within the perfect unconditional higher consciousness, submerged to unite my consciousness and heal my subconscious mind.

When I enter the world of my paintings, all the colors, forms, textures, vibrations and feelings are all alive and dance amongst themselves in the higher process of creating a beautiful expression of unconditional love. I see my painting and my painting sees me. I hear my painting and my painting hears me. I perceive duality as my greatest teachers who love me unconditionally with their unique rhythms of dancing and singing

together to create a higher language that transforms me back. Truly, negative polarity is my greatest teacher who pushes and pulls my gravitation towards my unique imprint and blueprint in my transformational and ascension journey. Finally I see my own unique design, texture, forms, patterns, vibration and frequency, that contribute to our fabric of the universe. Each of us is connected with the whole fabric of the universe within our voices, lessons and negative emotions, which truly are the magical door to our magical pathway. Together we can redesign a better pattern of our universe that contributes to the whole, without losing one's identity inside the whole. As above so below, as within so without

My painting are the footprints of healing journey to awaken in my highest potential. You live inside your head 24 hours. Nobody is immune to having experienced negative emotions, no matter who they are. Therefore you need to shift your awareness on how you look at your negative emotions as your inner guidance. Only you feel the way you do, nobody else.

What you do to yourself, you also do to the people around you. What you think of yourself, you also think for people around you. What you feel of yourself, you also mirror to other people around you.



You have the solution for all the desires, dreams, and needs that you can imagine. You are responsible for co-creating your own happiness. You are responsible for co-creating your own success. You are responsible for co-creating your own magnificence.

Nobody can understand you, the way you understand yourself. Nobody can know you, the way you know yourself. Nobody can love you, the way you love yourself. Nobody can forgive you, the way you forgive yourself. Nobody can listen to you, the way you listen to yourself. Nobody can care for you, the way you care for yourself. Nobody can respond to you in the way you respond to yourself.

My painting are the footprints of transformational journey for my perfect blueprint.

Negative emotions are not negative although they appear as problems to you. They are your inner indicators, to help you get what you desire, and your true tools of transformation. Your negative emotions will reveal which false self-identification and conditional programs are no longer serving you.

Each negative emotion is serving you by pushing and pulling you towards the inner gravity of your soul's true path. Negative emotions will add layers of buried emotions deep within, if you are unable to listen and

understand the hidden messages behind them.

Actually, whenever you are feeling negative emotions toward others, you are also feeling the same negative emotions toward yourself. Unless the hurt and pain is well understood and helps one transform and reach a higher understanding by developing a new inner self, the events and same emotions will remain in a circle of repetition. This is why all that appears negative to you, might not have a negative effect when you fully process what it is. Everything will make sense, once you find your magnificence within you through processing each of your negative emotions and no longer mirroring into others to fulfill what you need to fulfill within.

Your unprocessed wounds all live within you as inner thoughts, inner chatter and traits of negative emotions. They manifest in other areas of your life as your projections and mirrors. It is your unhealed negative emotional memory, that lives within the adult who awaits healing.

After this process, these emotions will evolve into higher awareness and understanding in the form of unconditional love for self and others. Sadness will bring enlightenment to your understanding of your inner needs. Anger will bring aware-



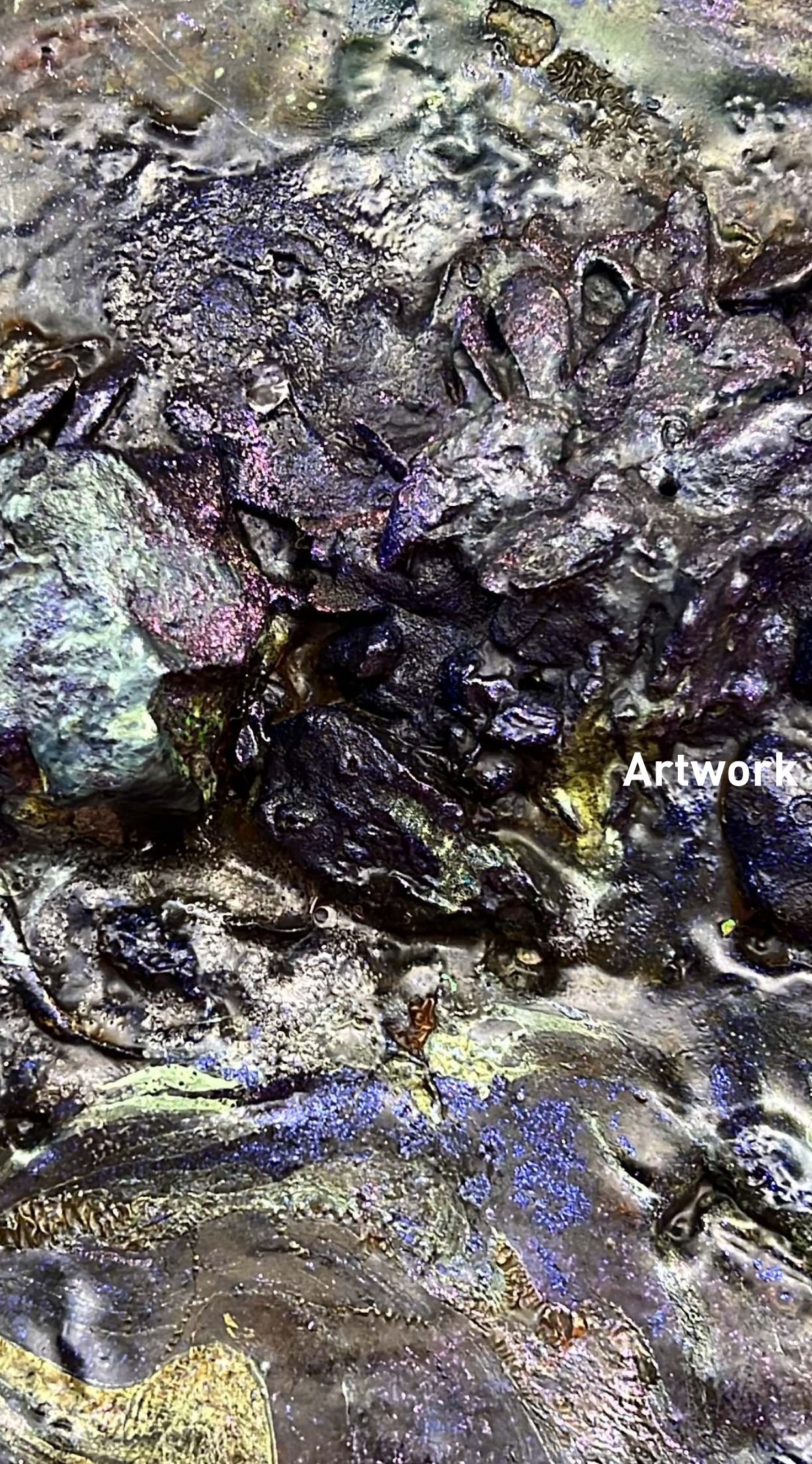
ness to your inner silent expectations, waiting to reveal your power of true transformation within. Fear will help you find your sense of true source of freedom within.

It is the pain within, that is crying out for your own transformation. It is the voice of fear within, that is waiting to be heard. It is the voice of anger within, that is waiting to be understood. It is not that pain is bad, but it is the truth that you need to be owned, acknowledged and unconditionally loved from within.

My paintings are ascension journey for my true magical self.

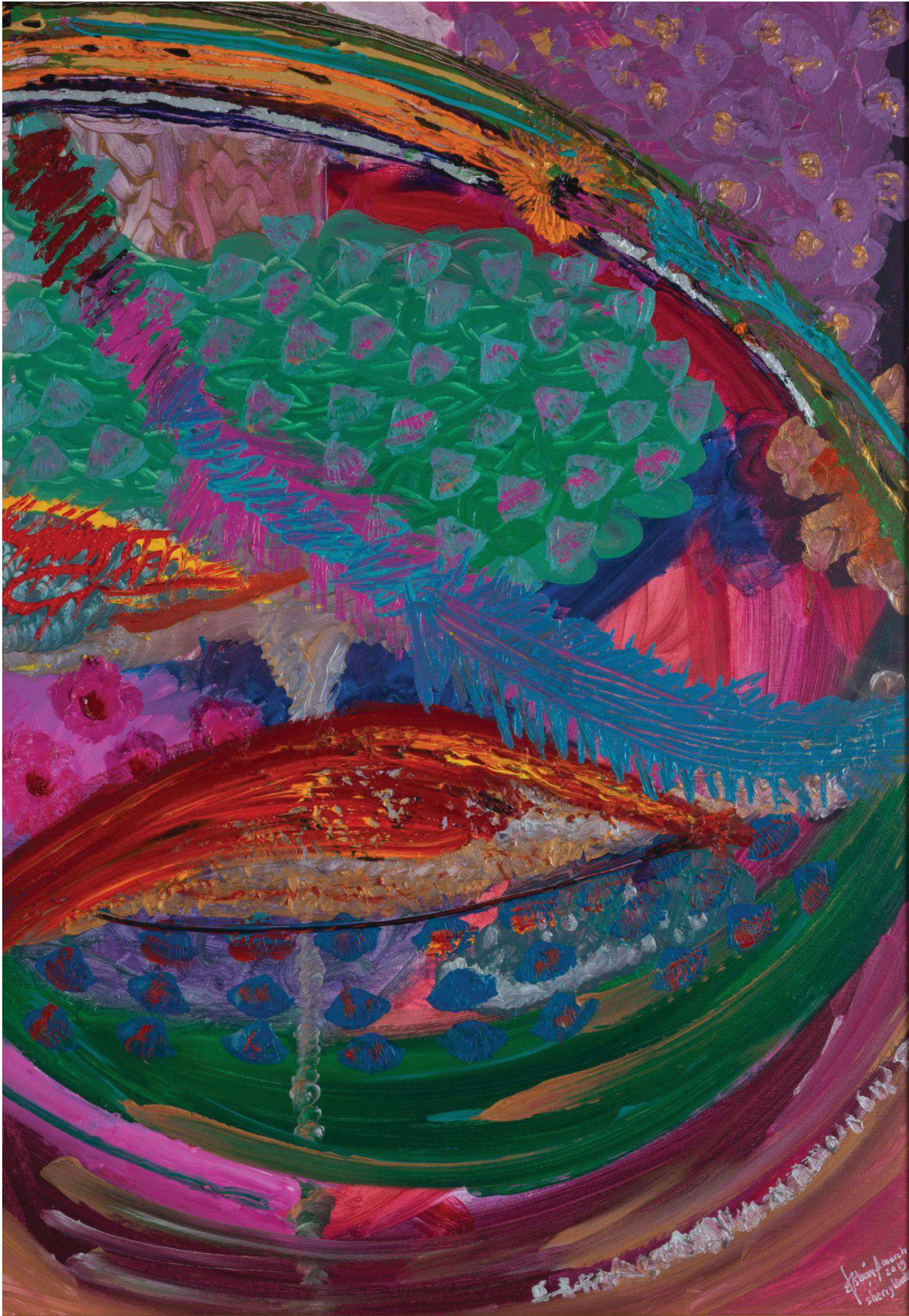
During my spiritual journey to find the missing link to fit my complete picture of what perfect unconditional love is, I had found the strings that connected as above – so below. Each of us is the perfect Divine DNA Design that completes the whole fabric of the universe. Perfect for one and perfect for the whole. Never lose one identity in the whole, but contribute to our unique identity for the whole diversity.

Sherry Winata



Artwork Plates

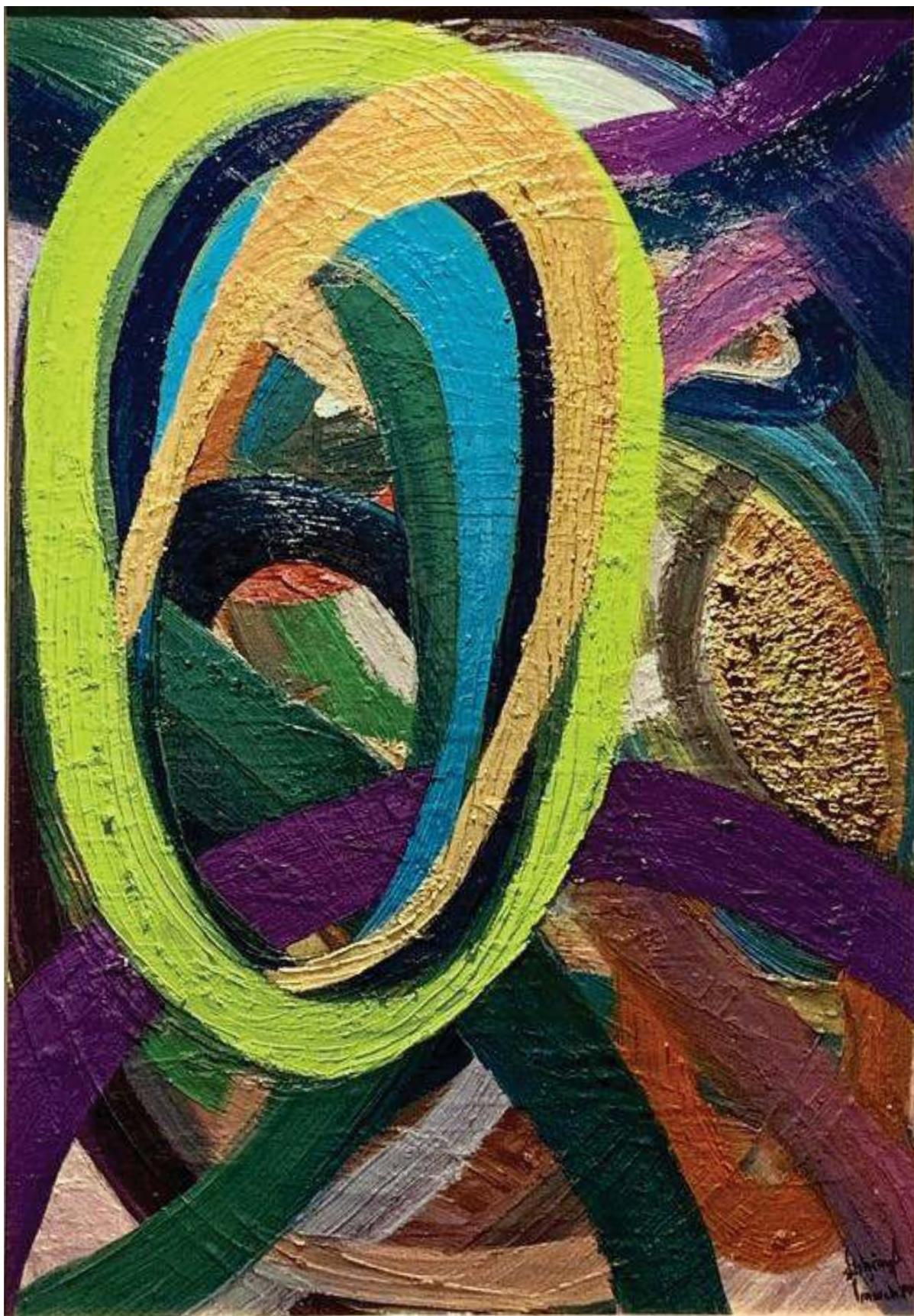




ONCE UPON A TIME IN A STORY BOOK
100 cm x 70 cm
2019
Mixed media on canvas



HEALING JOURNEY
70 cm x 90 cm
2019
Mixed media on canvas



I SEE YOU
70 cm x 100.7 cm
2019
Mixed media on canvas



HALF A WORLD AWAY
35 cm x 27.5 cm
2019
Mixed media on canvas



VOICE OF COURAGE
150 cm x 100 cm
2019
Mixed media on canvas



HEART OF UNIVERSE
120 cm x 100 cm
2019
Mixed media on canvas



THE PRINCESS DANCE
120 cm x 100 cm
2019
Mixed media on canvas



LAW OF ATTRACTION
120 cm x 100 cm
2019
Mixed media on canvas



VOICE OF SIGNATURE
120 cm x 100 cm
2019
Mixed media on canvas



MIRROR ON THE WALL
120 cm x 100 cm
2019
Mixed media on canvas



THE RAIN SPEAKS HER NAME
150 cm x 100 cm
2019
Mixed media on canvas

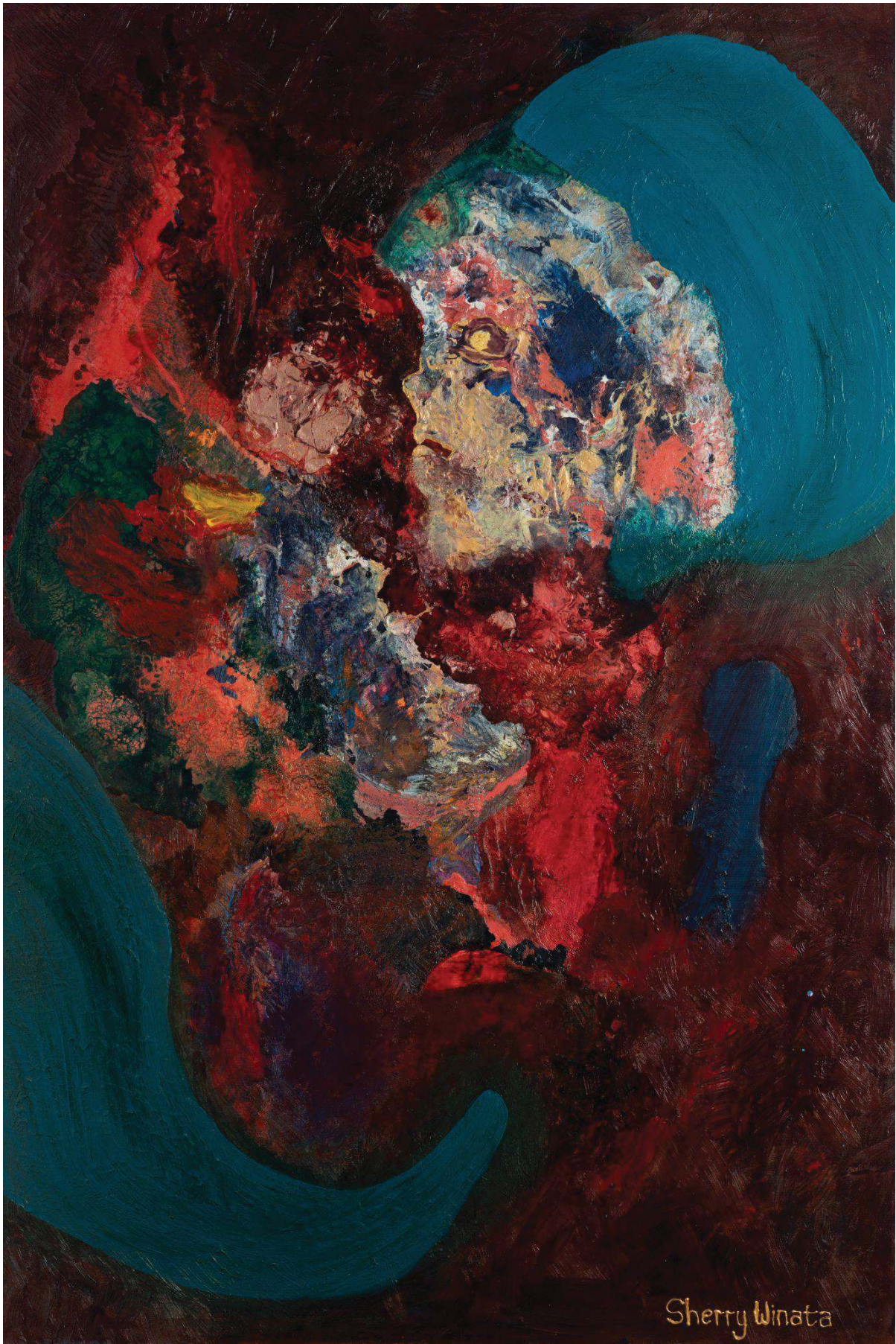


ONE THOUSAND YEARS

120 cm x 100cm

2019

Mixed media on canvas



Sherry Winata

HIGHER SELF
150 cm x 100 cm
2019
Mixed media on canvas



(detail of **HIGHER SELF**)

I am one with my true magical self

I am perfect

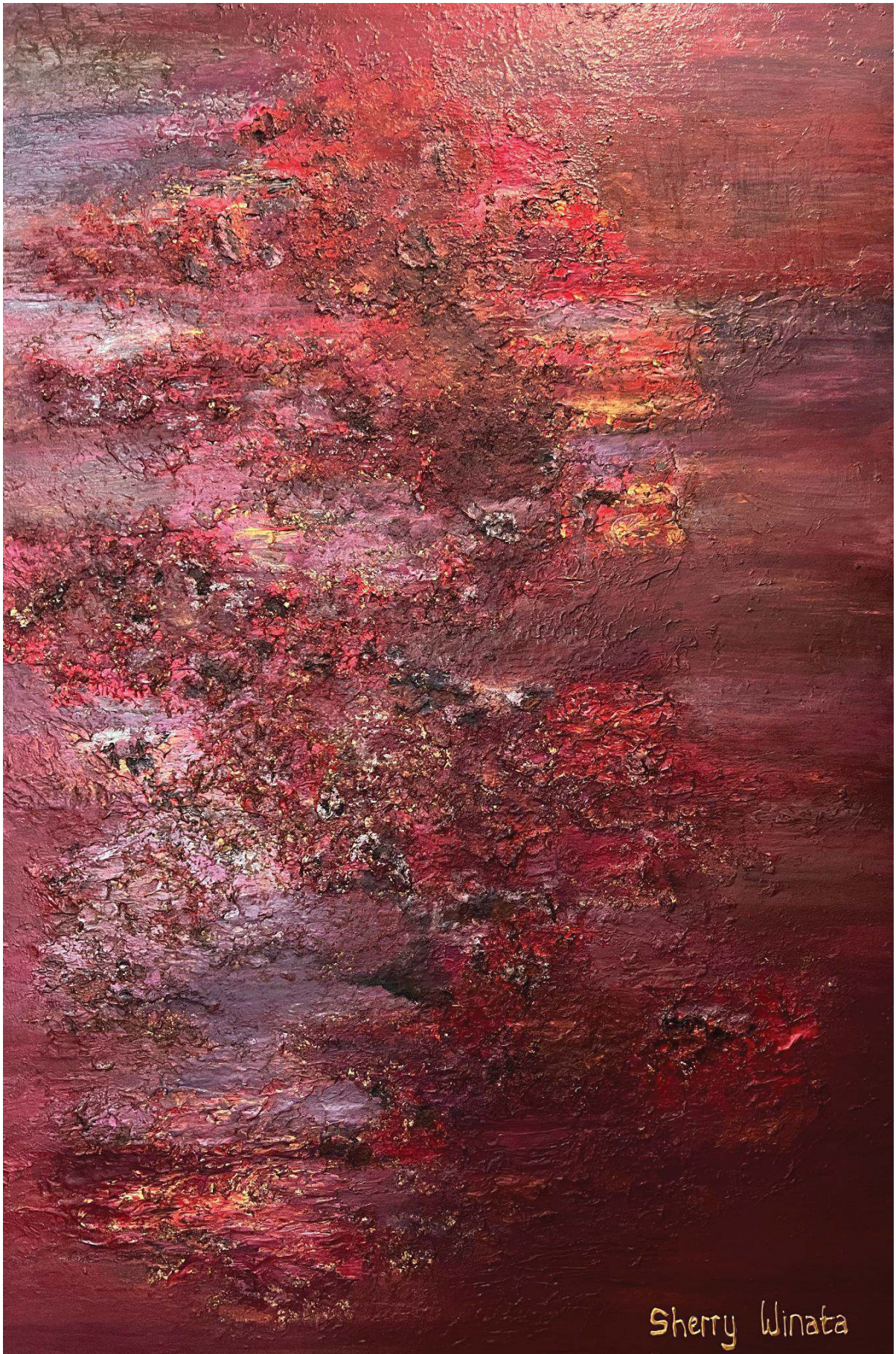
I am enough

I am safe to express who I am

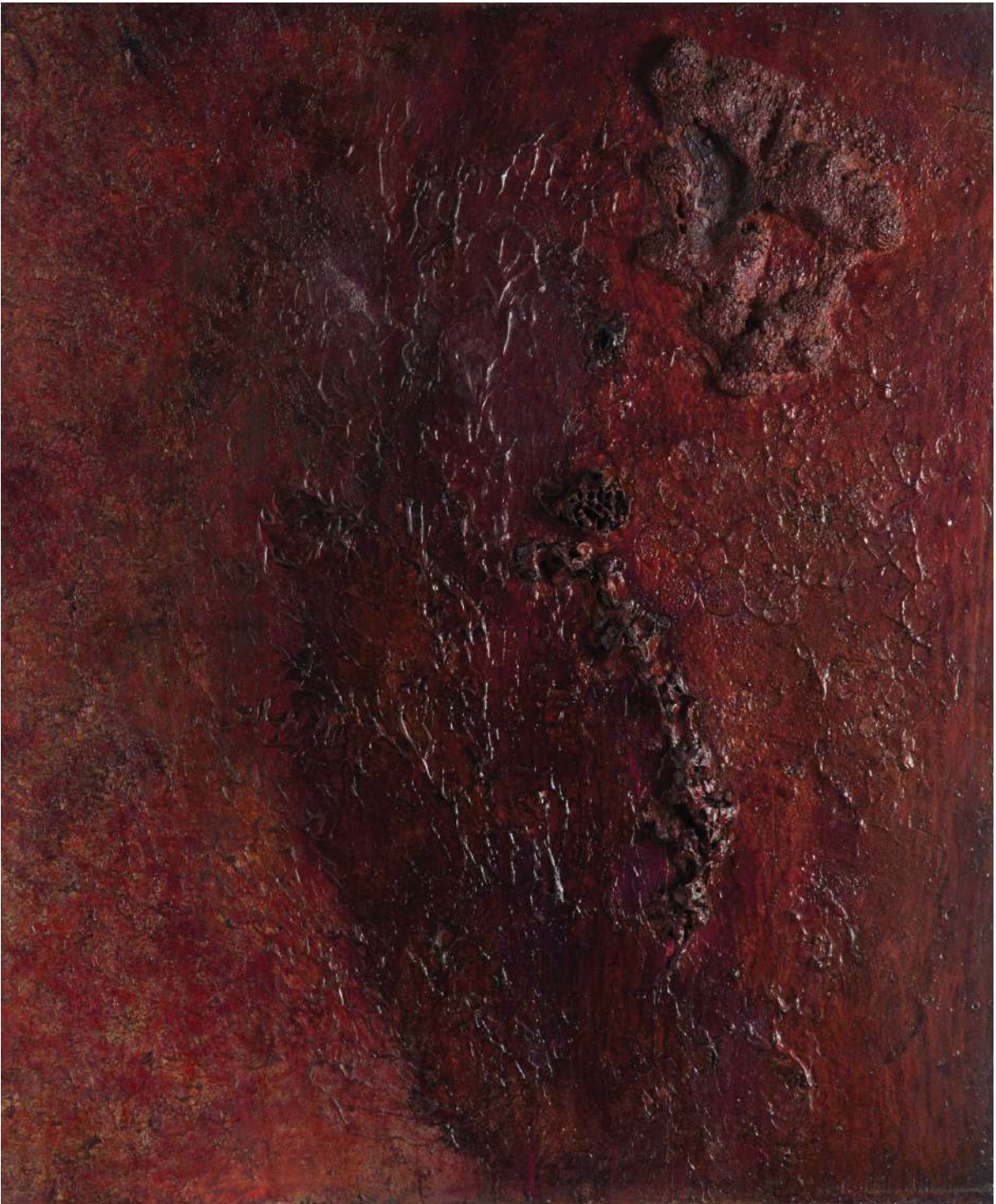
You have your true magical-self within you, who always loves you unconditionally and is waiting for you to merge into one. You possess an unlimited capacity to heal yourself.

When you process and fully understand your negative emotions, they can transform into your small jewels.

You gain higher understanding, acceptance and deeper awareness of knowing unconditional love. Integration of all small jewels is your true magical-self.



YOU ARE THE REASON
150 cm x 100 cm
2019
Mixed media on canvas



PERFECT LOVE OF DEVINE MOTHER
120 cm x 100 cm
2019
Mixed media on canvas



POWERED BY NATURE
150 cm x 100 cm
2019
Mixed media on canvas

Sherry Winata



(detail of POWERED BY NATURE)

What you see and believe about yourself will attract certain roles into your life.

All the negative emotions are variations of stages on inner path to a deeper understanding of your own roles. You are subconsciously attracting other roles, through the same dualistic and judgmental triangle. The judgment of your past wounds will continually project these roles, until you fully understand and learn about all inner worlds.

See Door One about the roles of victim – bully – judge – defender.

Each of the negative emotions that are projected outwards, hold the same thread of negative emotions that you failed to overcome. Reveal the same thread that mirrors the law-of-attraction projection of your own shadow to the outer world.

Whatever we resist on the outside, already persists on the inside.

When you judge others, you create a prison where you see only the rigid perspective of yourself and others.

The truth has many thousand perspectives.

What you resist within, you will compensate by trying to control the outside, while failing to do what is actually right for you.

What you envy others are actually the things you missed to recognize, own and acknowledge within.

What you hate in others, you actually have within.



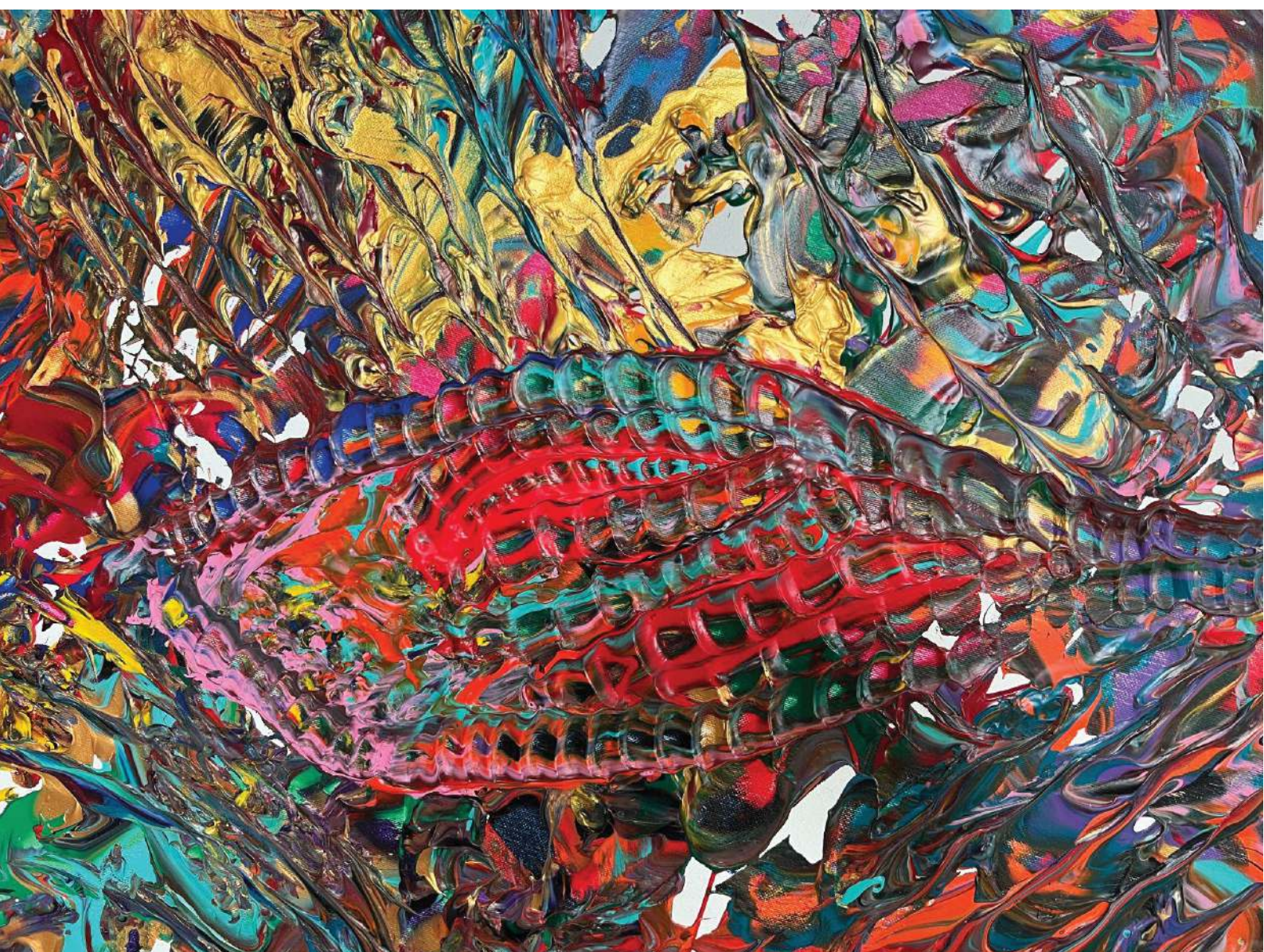
WALKING TO A DREAM
150 cm x 100 cm
2019
Mixed media on canvas



VOICE OF THE FOREST
150 cm x 100 cm
2019
Mixed media on canvas



TRANSFORMATION JOURNEY
120 cm x 100 cm
2019
Mixed media on canvas



(detail of TRANSFORMATION JOURNEY)

Your thoughts automatically broadcast your inner dialogue to make you aware of unhealed wounds and pains.
You need to be present and completely observe and love your thoughts.
Be the witness of your mind.
Be pure consciousness.
Observe what is happening inside of you.
Observing is to be awakened.
Awakening happens when you heal your inner world layer by layer without good or bad judgments.
Watch the flow of your thought pattern.
Watching your thought pattern is like observing flowing water without judgment.
Trust the flow of your life within you.
Become the observer of your thought pattern instead and choose one thought over another.
Watch each thought expressing a message to you.
You can accept or reject each thought.
You are free to choose.
You are a master co-creator and can decide to follow your thought pattern and fully witness, heal, and transform it.
You are so much more than your thoughts.
A particular thought only becomes yours if you decide to accept it. You have full control of your thoughts when you are aware.
Don't be so fully occupied with your thoughts to falsely believe that any thought is the whole of who you are.
You are so much more than Your mind.



DEEP LISTENING TO YOUR INNER WORLD

120 cm x 100 cm

2019

Mixed media on canvas



THE DANCE OF COLORS AND FORMS
150 cm x 100 cm
2019
Mixed media on canvas



(detail of THE DANCE OF THE COLORS AND FORMS)

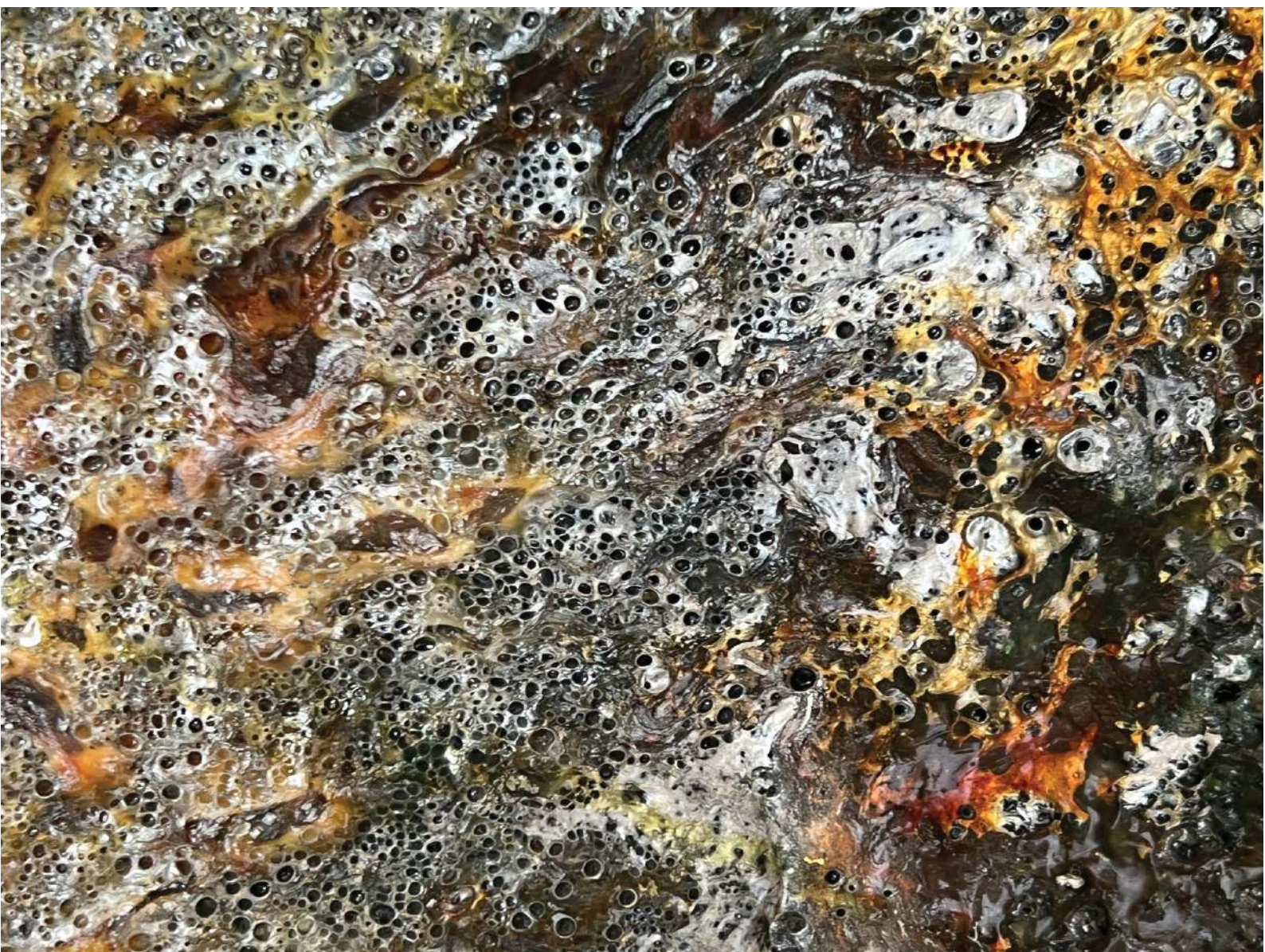
The inner beauty of the dance of each thoughts, emotions, actions, faiths , projections, shadows and mirror. Sing a song of the expressions in the colors, forms , textures, vibrations, depths , and mixes of the sacred painting . When I enter the world of my paintings, all the color, forms, textures, vibration and feelings are all alive and dance themselves in the higher process of creating a beautiful expression of unconditional love. I begin to perceive my subconscious mind coming as energy & vibrations of its own world of dance & singing together to create a higher language that transforms me back. Sometimes I try to control them, but many times Just surrendering to the higher process gives me a more magical miracle and abundance result . The same with life , there are things we can control till a certain limit. Then we must let go and trust that the abundance of the universe is greater than our mind. My paintings are subconscious mind expressions to merge with our best version of ourselves . It is the process of transformation and emotional healing . When I enter the world of my paintings, I see millions of how love expresses itself through freedom, expressing my true feelings in my uniqueness. My paintings are the expressions of the missing link and tapping into the sacred knowledge of our body, soul and spirit. Each of us can go through our own inner world, healing ourselves and merging our consciousness into higher consciousness.



FOR THE WORLD THAT I CLOSE MY EYES TO SEE
150 cm x 100 cm
2019
Mixed media on canvas



FIRE ELEMENT
150 cm x 100 cm
2019
Mixed media on canvas



(detail of FIRE ELEMENT)

See your thoughts as your inner guidance
See your thoughts as your inner companions
See your thoughts as your inner teacher
See your thoughts as your inner healer
See your thoughts as your inner directions
See your thoughts as your inner compass
See your thoughts as your inner parents
See your thoughts as your inner treasures
See your thoughts as your inner maps
See your thoughts as your inner portal to healing and light
See your thoughts as your inner door and keys to open the greatest treasure within you
See your thoughts as your inner wisdom to transform who you are from inside



THE UNIVERSE CALL US
150 cm x 100 cm
2019
Mixed media on canvas



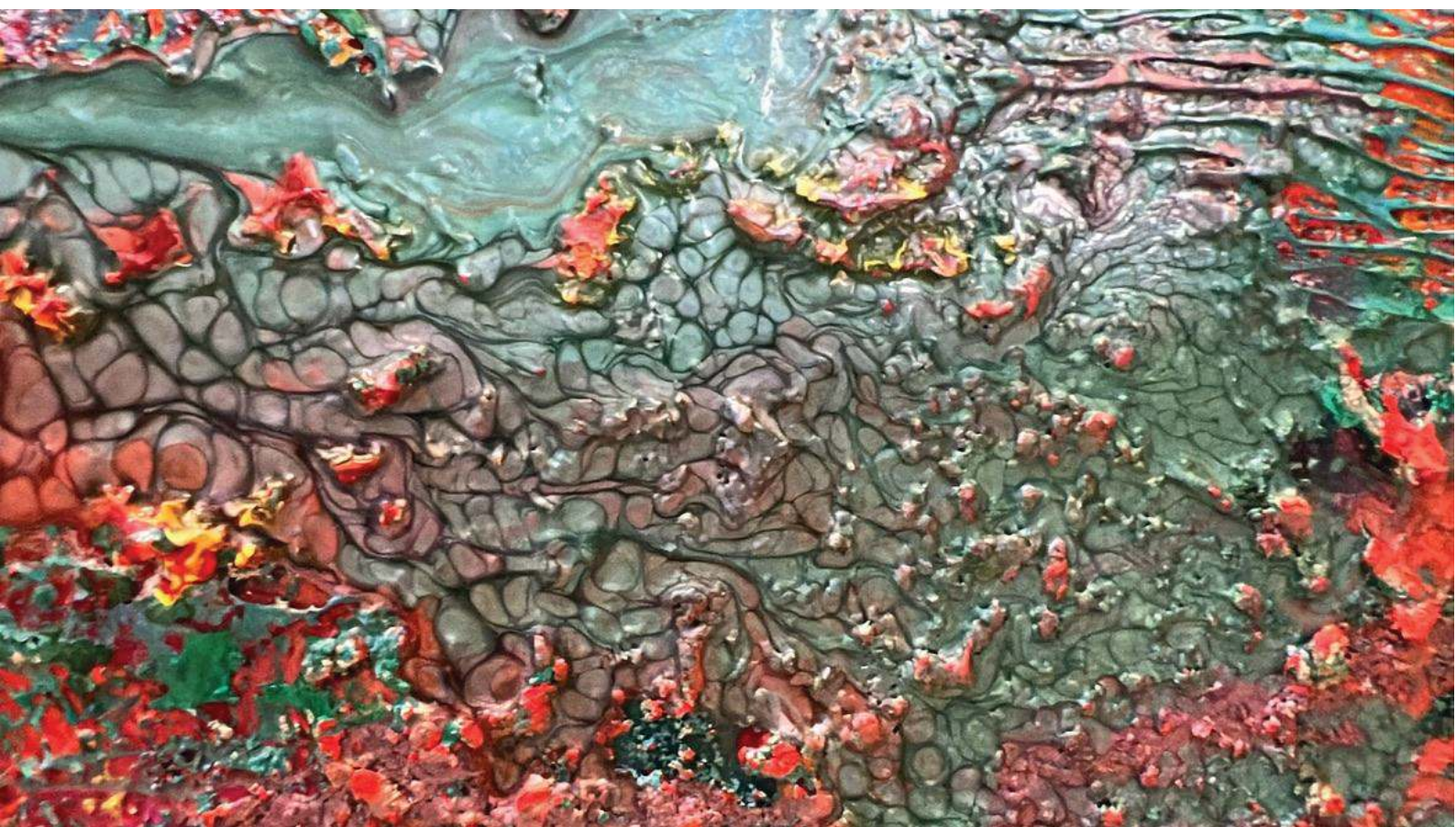
SEND ME A VOICE FROM THE FUTURE
150 cm x 100 cm
2019
Mixed media on canvas



PERFECT BLUEPRINT
150 cm x 100 cm
2020
Mixed media on canvas

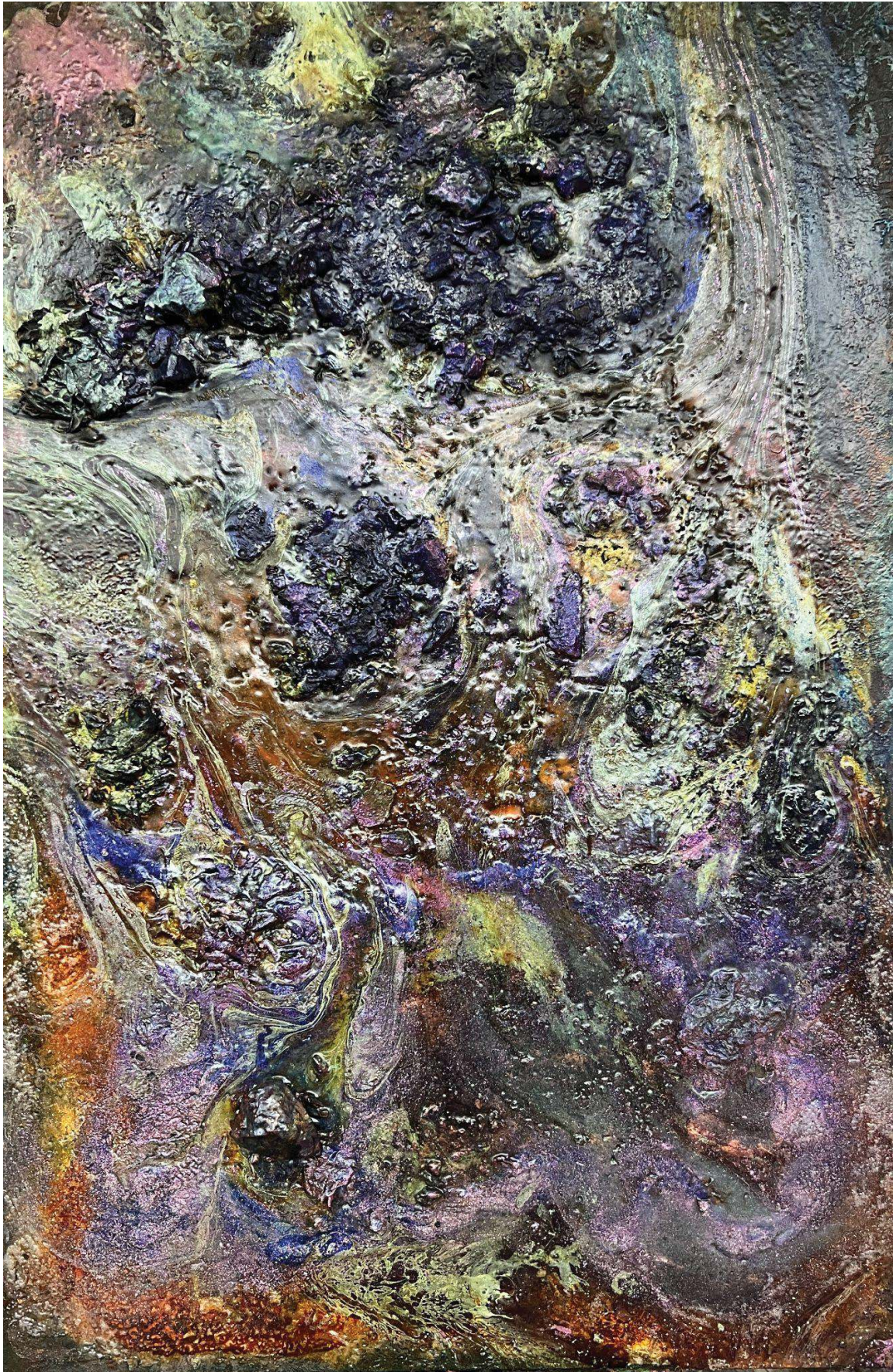


SONG OF THE SEA
120 cm x 100 cm
2019
Mixed media on canvas



(detail of SONG OF THE SEA)

Life has many version & chapters on its own timeline
Each pages with abilities to turn the pages
Each chapter with abilities to move on
Life re-created itself as we live
Across the sea deep down in the blue water, memories travel across life through the sound of the mermaid.
This painting holds the memory of the mermaid sound for remembering her own songs.
All sea creatures are her friends to help her to remember who she was.
Memory can be downloaded across lives through this lifetime.



WHAT YOU SEE IN THE OUTER WORLD MIRROR FROM YOUR INNER WORLD
150 cm x 100 cm
2020
Mixed media on canvas



(detail of WHAT YOU SEE IN THE OUTER WORLD MIRROR YOUR INNER WORLD)

How you see yourself influence how you see others and how others see you
How you hear yourself correspondent how you can hear others and how others hear you
How you feel about yourself correlated with how you feel about others and how others feel about you
How you believe about yourself broadcast how you believe about others and how others believe about you
How you think of yourself push & pull on how you think about others and how others think about you
The key to transformation in life is to look inward to have full control and define who you want to be.
My paintings are the perfect mirror of who you are, what you see, what you carry within you.
Even the subconscious mind that you are not yet aware of.
Your subconscious mind governs your life pushing & pulling people to come into your life to give you the lesson that you need to learn for your soul paths.
We all try to fit in and be accepted, we try in our own secret ways to be loved and confirmed for who we are.
But unless you truly accept who you are, looking for answers outside of yourself only creates another withdrawal and denial, because you are not being true to yourself. Then we rebel in our own way by feeling angry and blame others for not seeing things our way.
When you are not being true to yourself, you deny a part of yourself and exchange it with the illusion that one day you will be fulfilled. You are getting caught in the loopholes of your own buried emotional patterns that will never die or heal, unless you truly fully acknowledge or learn from them.
Only after you've processed your inner world will you develop this kind of understanding and respect because you went through your own processing and are fully healed.



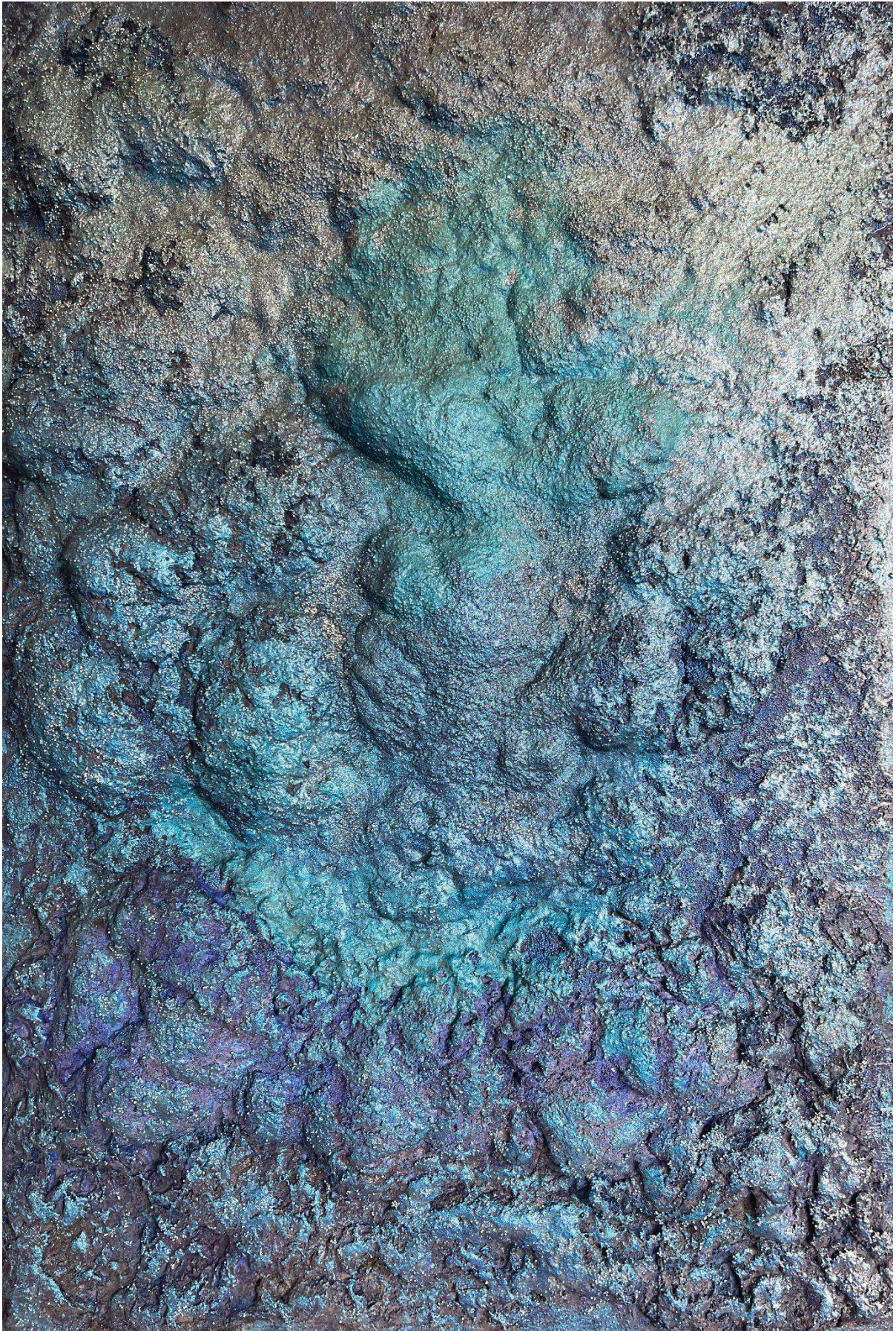
GAIA LOVE BREATHE LIFE
150 cm x 100 cm
2020
Mixed media on canvas



JEWEL OF THE INNER WORLD HEALING
80 cm x 100 cm
2020
Mixed media on canvas



CROWN OF AWAKENED LOVE
150 cm x 100 cm
2020
Mixed media on canvas



THE WORLD OF A CLOUD
150 cm x 100 cm
2020
Mixed media on canvas





Sherry Winata is a writer, meditative painting artist, meditation teacher, sound healer and shamanic practitioner. After finishing her study at the Macquary University, Sydney, Australia (2000, majoring in economy), she decided to go home, and eventually lives and works in Bandung, Indonesia.

A self-taught painter, Sherry has shown her paintings on some group exhibitions including: Southern California Open Regional Exhibitions, Celebration of 3D Art with The Height by Width by Depth (virtual exhibition, 2021)

The Textures 2021, Las Laguna Art Gallery, California (2021)

BBS Bandung Master Gallery Exhibition, Bandung (2021)

She has been awarded Highly Commended Emerging Artist at the UOB Painting of the Year, Singapore (2020)

Her selected meditation, spiritual courses/workshops and practices (2017 – 2021) include:

- Mindfulness Meditation Teacher Training with Punnu Singh Wasu, Bali
- Meditation with James van Praagh
- Meditation by Yantara Jiro — Autumn Equinox
- Meditation with Lorie Ladd
- Meditation with Wakuha
- FSS Asia The Foundation for Shamanic Studies
- Shaman Visionary Circle with Hank Wesselman
- Shamanism Summit 2020
- The Works of Jill Matson
- Gong and Sound Therapy with Gordon Coxon, Taiwan
- Singing Bowl with Laksmi Scalise
- etc.

www.sherrywinatapainting.com

Youtube: Sherry Winata

Sherry Winata would like to extend her deepest thanks to:

- The Perfect Unconditional Love, who always whispers in my inner world;
- Agung Hujatnikajennong, for giving me the guidance to the right direction;
- Syagini Ratna Wulan, who officiates my first ever solo exhibition;
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- Cahyarani Dharmayanti, for designing all the promotional and publication materials
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- Fanny Lie and Prestige Property team for making my dream come true;
- PT. Hegar Amanah Jaya Bersama, Yohanes Chandra and Sofian Gunawan, who keep motivating and supporting me from the beginning;
- My partner exhibitors: PT. Citrakarya Pranata, the official dealer of Mercedes-Benz; and Saladmaster;
- Glen Go Ming Yan, Declan, Dillen and Delyne, who have always been the light, sun, moon and universe in my life;
- Chandra Winata, Lenny Tjandra, Sophia Wibawa and Andreas who have always been there for me all the time;
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