

An abstract painting featuring thick, expressive brushstrokes in a variety of colors including pink, yellow, blue, white, and dark red. The composition is dense and layered, with some areas appearing more saturated than others. The overall effect is one of dynamic energy and emotional intensity.

Solo Exhibition by Avidyā

# Avidyā? Vidyā?





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# **Avidyā? Vidyā?**

@ Women's Art Association of Canada  
September 2024



Words from  
**Organiser**  
The Oneness Gallery

## We are overflowing with joy and gratitude!

First and foremost, we would like to thank our beloved parents and all our ancestors. Without them, we wouldn't be here.

We would also like to thank our Gurus and all auspicious beings in higher realms - to lead us and guide us all the time.

We also extend our deepest gratitude to all our beloved friends for their unconditional love, kindness and support to make this exhibition possible.

After the successful exhibition in London, we are pleased to present our exhibition in Toronto. Hope all of you enjoy the journey....

Much gratitude,

**Carmen**  
Founder of The Oneness

**Avidyā**  
Artist

## Embark on a journey through life.

It is my honour to collaborate with The Oneness Gallery and Avidyā for the second time after the London exhibition.

In simple terms, this exhibition unfolds through the themes of “Dark”, “Light”, and “Childlike”. In our journey through life, we often navigate periods of darkness before enlightenment, emerging renewed like a phoenix into the light. Ultimately, we realize that authenticity, uniqueness, and the playful innocence of childhood are paramount.

I hope this exhibition gives you a bit of sparkle, inspiration, and reflection. As you step out of the gallery, may you feel rejuvenated, ready to view the world as a vast canvas on which to paint your own story.

A stylized, handwritten signature in white ink, consisting of fluid, interconnected loops and strokes that form the letters 'N' and 'F'.

**Nicole Fung**  
Art Curator

# About Avidyā

Born on earth, Avidyā carries within a unique perspective. They are an innocent soul, a child of our Mother Earth, yet their art delves into the profound depths of human experience.

Avidyā, in Sanskrit, signifies ignorance – the veil that obscures our true nature. But for Avidyā, this is not a passive darkness. They use their intuition, expressive and innocent spirit to reveal the forms of suffering woven into the fabric of existence. Their art isn't just a mirror to our pain, it's a catalyst for transformation.

Avidyā's journey doesn't end in darkness. Alongside the whispers of suffering, their art vibrates with love and light. This isn't a naive optimism; it's a conscious choice, a belief in the power of compassion to heal. Avidyā's work becomes an offering, a channel for spreading warmth and understanding into the world.

Here, you'll encounter three levels of Avidyā's artistry.

### **Unveiling Suffering**

Prepare to face the raw truth of human experience. Avidyā doesn't shy away from the shadows, but brings them to light with empathy and understanding. Be ready to confront pain, but also to find solace in the shared journey.

### **Embracing Love and Light**

Though darkness may exist, Avidyā reminds us that it is not the only story. Their art pulsates with the energy of love, inviting you to open your heart to its transformative power. Find moments of joy, of connection, of hope woven into the tapestry of their creations.

### **Innocent Enchantment**

Don't be fooled by Avidyā's childlike wonder. Their playful approach disarms, allowing you to access profound truths without walls or barriers. Let your inner child guide you through their art, and rediscover the magic that exists within us all.

Avidyā's art is a bridge between the depths of suffering and the heights of love. It's a whispered invitation to awaken, to heal, and to remember the light that shines within each of us. Let's explore the world through Avidyā's eyes, and discover the transformative power of art.







### **Sorrow - The Forgotten Hero (Left)**

Oil on Canvas

50 x 60cm

Life Model | D.W.

*The harmful impacts of war are far beyond what we can imagine. From damaging the environment to the lives of all the innocent sentient beings. However, we forget that those armies are also human; they also have families, and their mental and psychological sufferings are long-term. Some harm is not noticeable and cannot be classified for honourable discharge. The artist wants to bring awareness to the public. Dedication to all the veterans.*

### **Sleeping Dragon (Bottom)**

Mixed Media on Canvas

60 x 50cm

Life Model | D.W.

*After experiencing major changes in life, some people choose to sleep and forget who they truly are. Some people choose to take some rest to regenerate themselves for the new journey, which one are you?*





## **Resting**

Mixed Media on Canvas

80 x 60cm

Life Model | D.W.

*After experiencing major changes in life, some people choose to sleep and forget who they truly are. Some people choose to take some rest to regenerate themselves for the new journey, which one are you?*





## **Your Silence Is Killing Me**

Oil on Canvas

80 x 60cm

*Many people are hesitant to share their emotions and true feelings with others. Unfortunately, this can cause significant pain for their loved ones. Have you ever experienced the silence of a loved one, or been the one to use silence as a form of communication?*







## **Delusion (Left)**

Mixed Media on Canvas

100 x 80cm

*Most of the people are enjoying their own delusion that caused huge drama and in a way, they are enjoying it. They created something that didn't exist in their own thoughts based on their own fear.....*

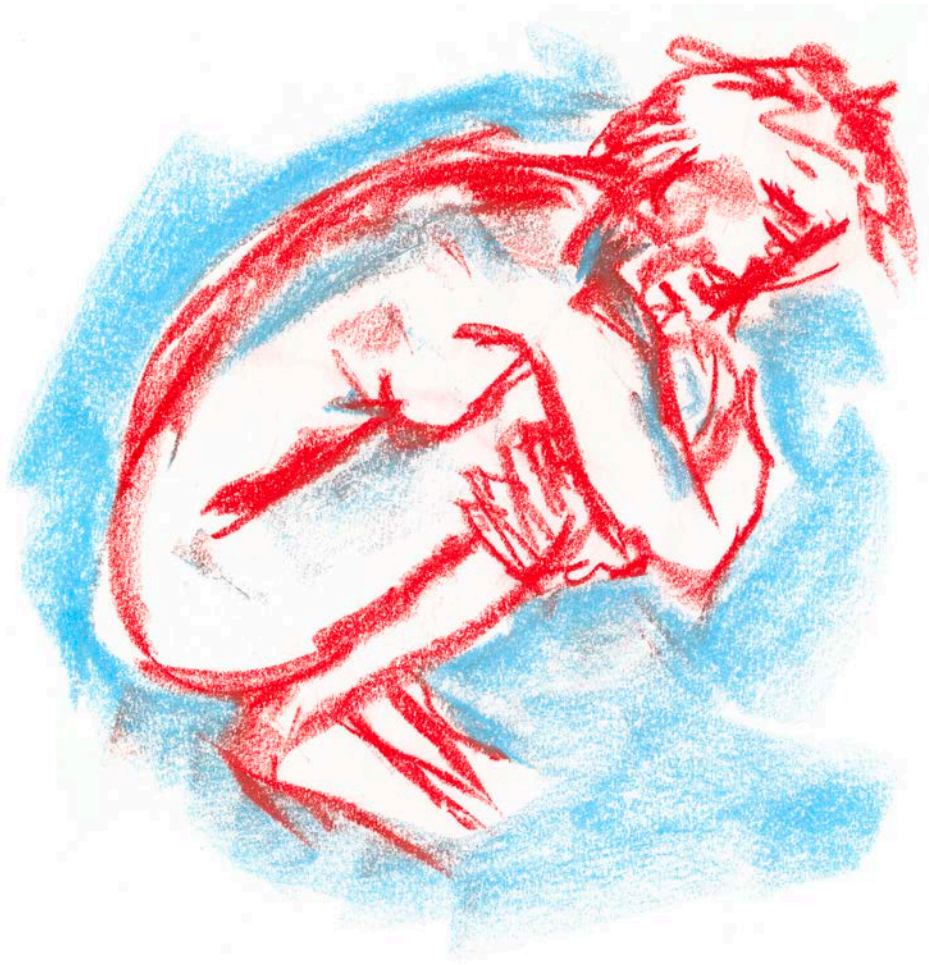
## **Abandoned (Bottom)**

Soft Pastel on Paper

42 x 59.4cm

Life Model | J.L.

*Most people experience trauma at some point in their lives, whether in childhood, adulthood, or even senior years. The question isn't whether the world has abandoned you, but whether you've abandoned yourself.*



W. 019th 2023





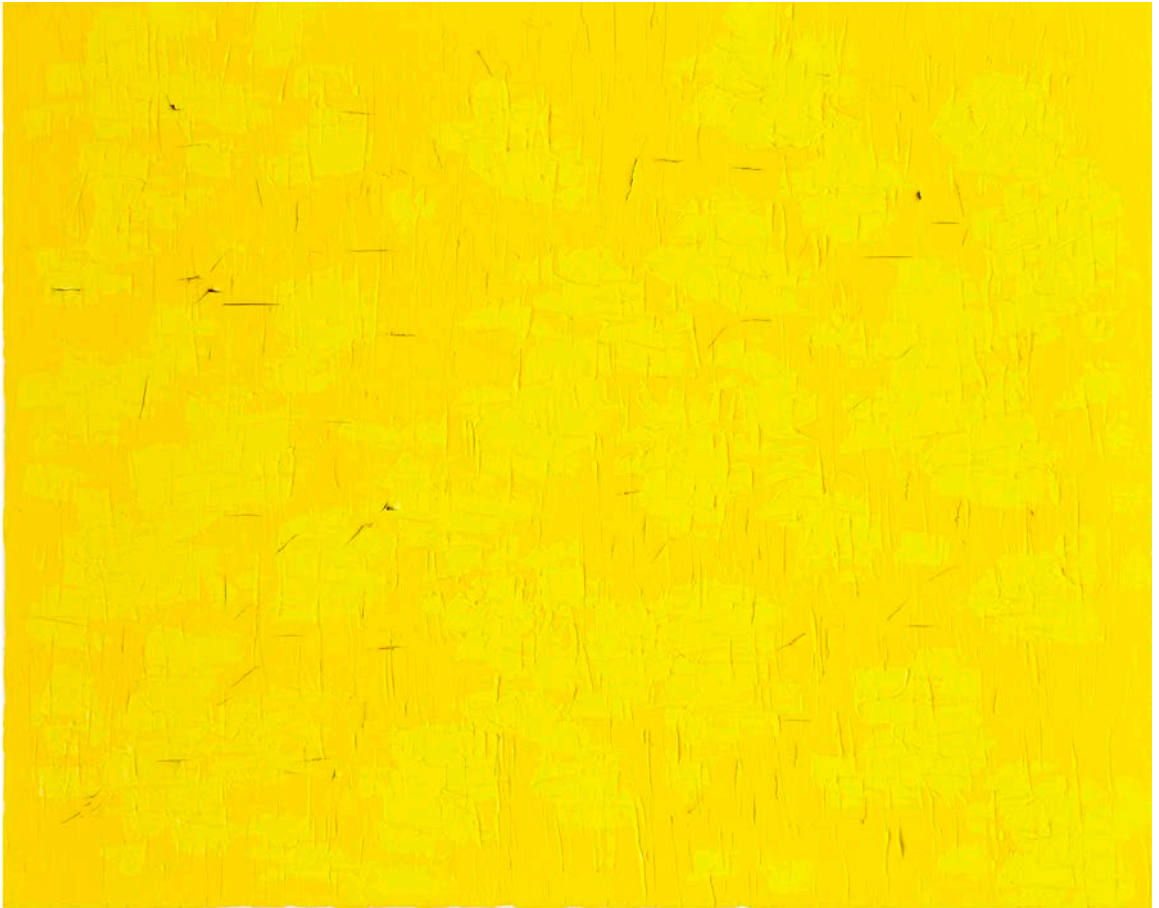


## **Sea of Samsara**

Oil on Canvas

40 x 50cm

*Sadly, many people become trapped in the cycle of samsara, driven by greed and selfishness. This leads to various forms of suffering.*



**Criss-Cross (Up)**

Oil on Canvas

100 x 80cm

*Everyone goes through Criss-Cross at different points in life. Are you feeling that way now, or when was the last time you did? What was the situation, and how did you cope with it?*

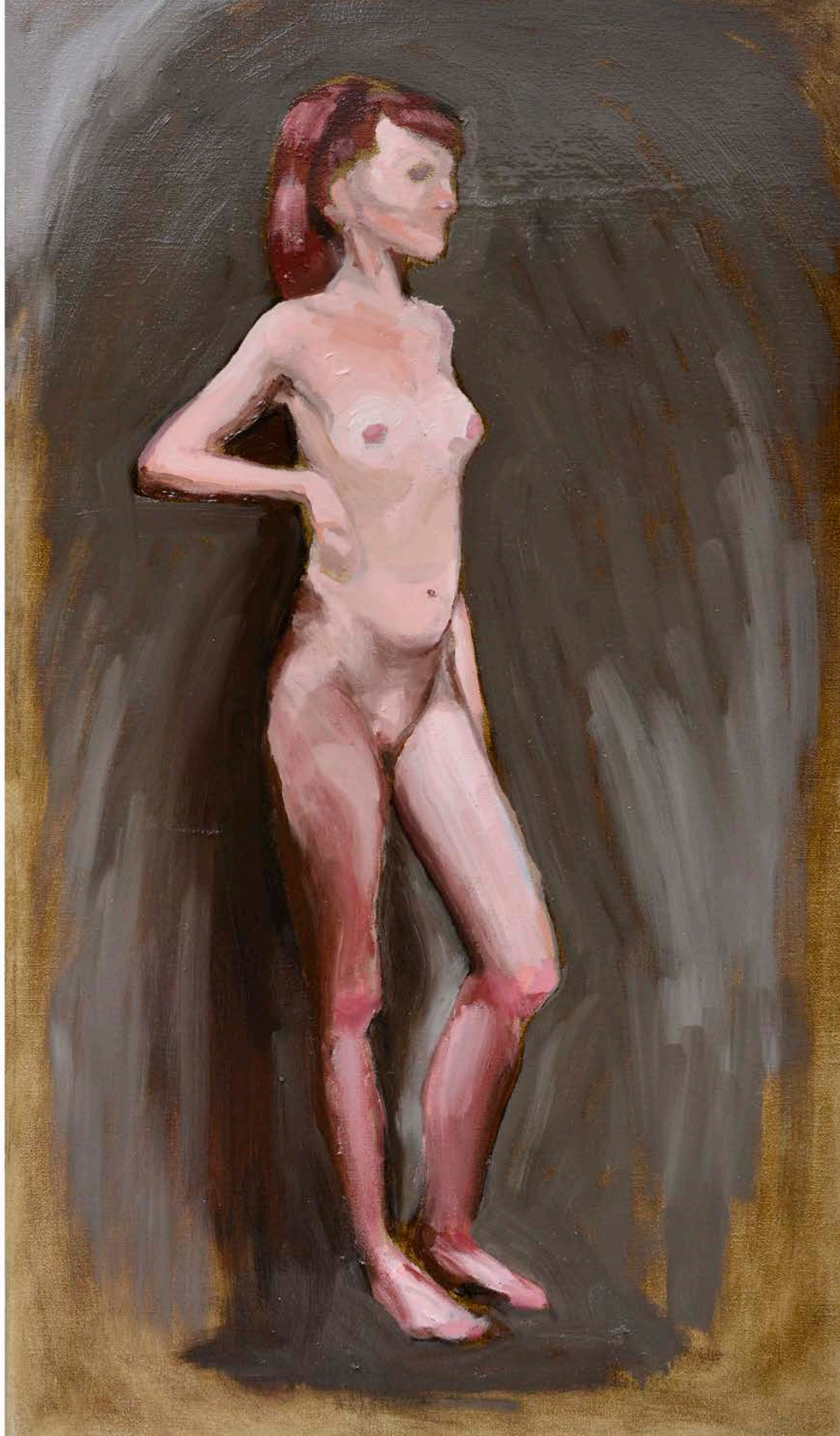
**Glaze (Right)**

Oil on Canvas

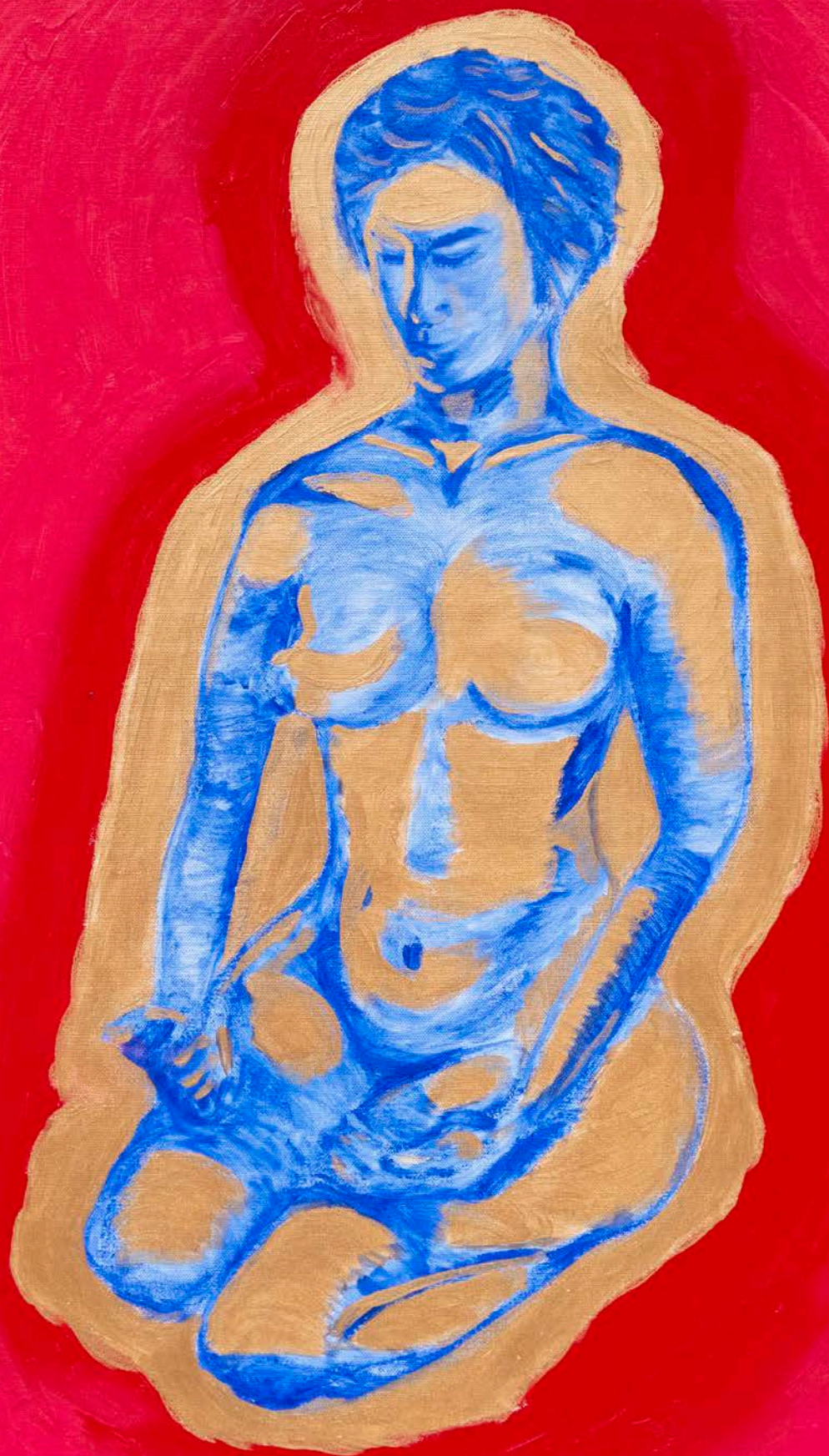
70 x 50cm

Life Model | E.B.

*When we feel disconnected from our current surroundings, we often find ourselves daydreaming about distant places or imagining alternative realities. This longing for where we belong - our ultimate home.*







## **Contemplating**

Oil on Canvas

80 x 60cm

Life Model | E.B.

*Contemplating is necessary in our daily routine. To quiet our mind, to reconnect with our inner self, to recall who we are!*

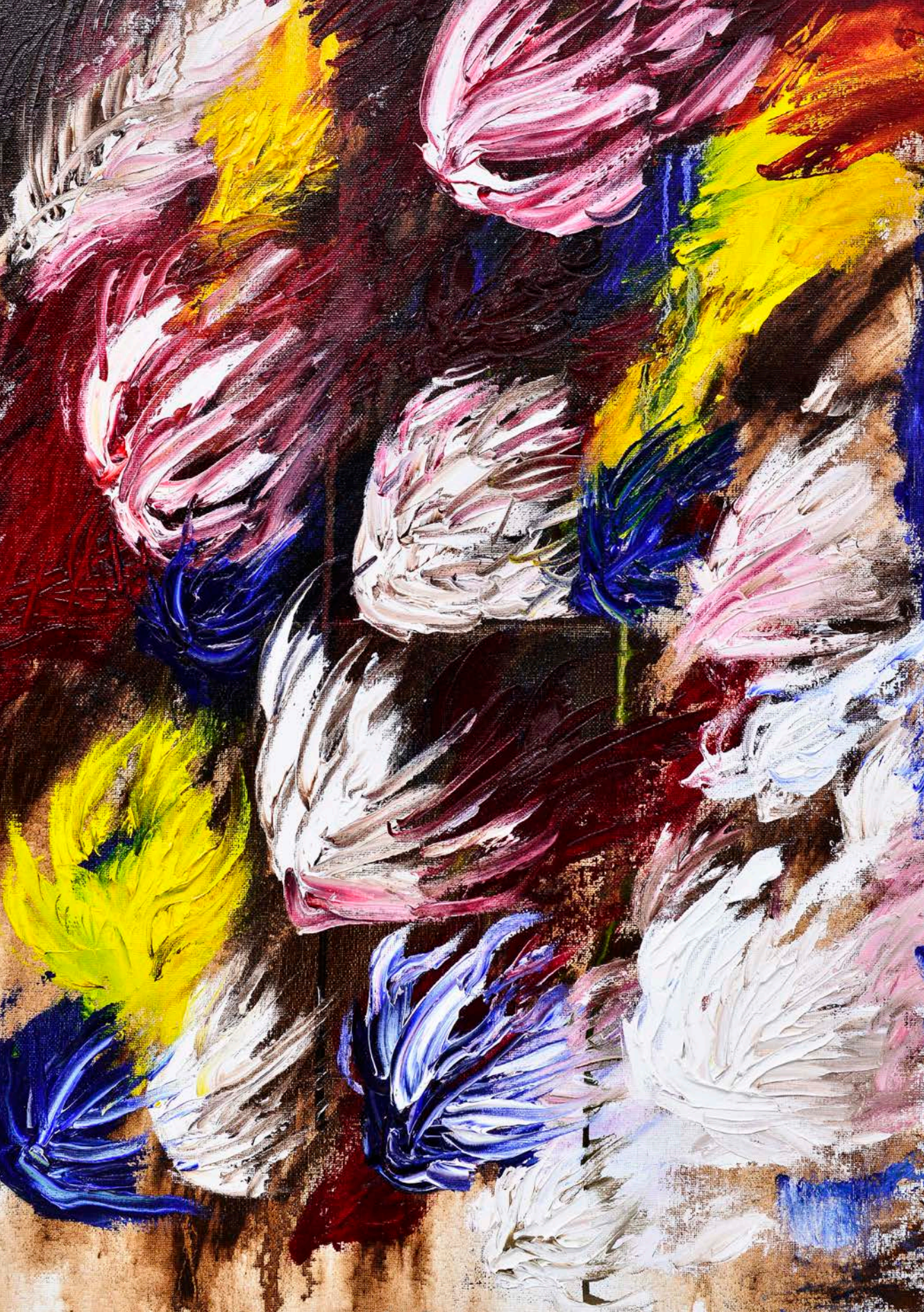
## **Blossom In Your Own Way**

Oil on Canvas

80 x 60cm

*Each of us is unique. We don't have to compare with ourselves with anyone. Just be yourself and blossom in your own way!*









## **Wishing Upon a Star**

Mixed Media on Canvas

80 x 60cm

*Look up into the sky at night and make a wish. Keep on believing! Have faith! Magic is real!*





## **Embrace My Inner Demon**

Mixed Media on Canvas

80 x 60cm

*When we acknowledge and confront our inner demons, we unlock the potential for transformation.  
Even darkness holds the seeds of beauty.*



**Shower of Abundance**  
Mixed Media on Canvas  
80 x 60cm

*Life overflows with abundance, waiting to be embraced. Open your heart with gratitude, for you are enough. Each of us is blessed with unique treasures, forming a tapestry of wealth beyond measure.*







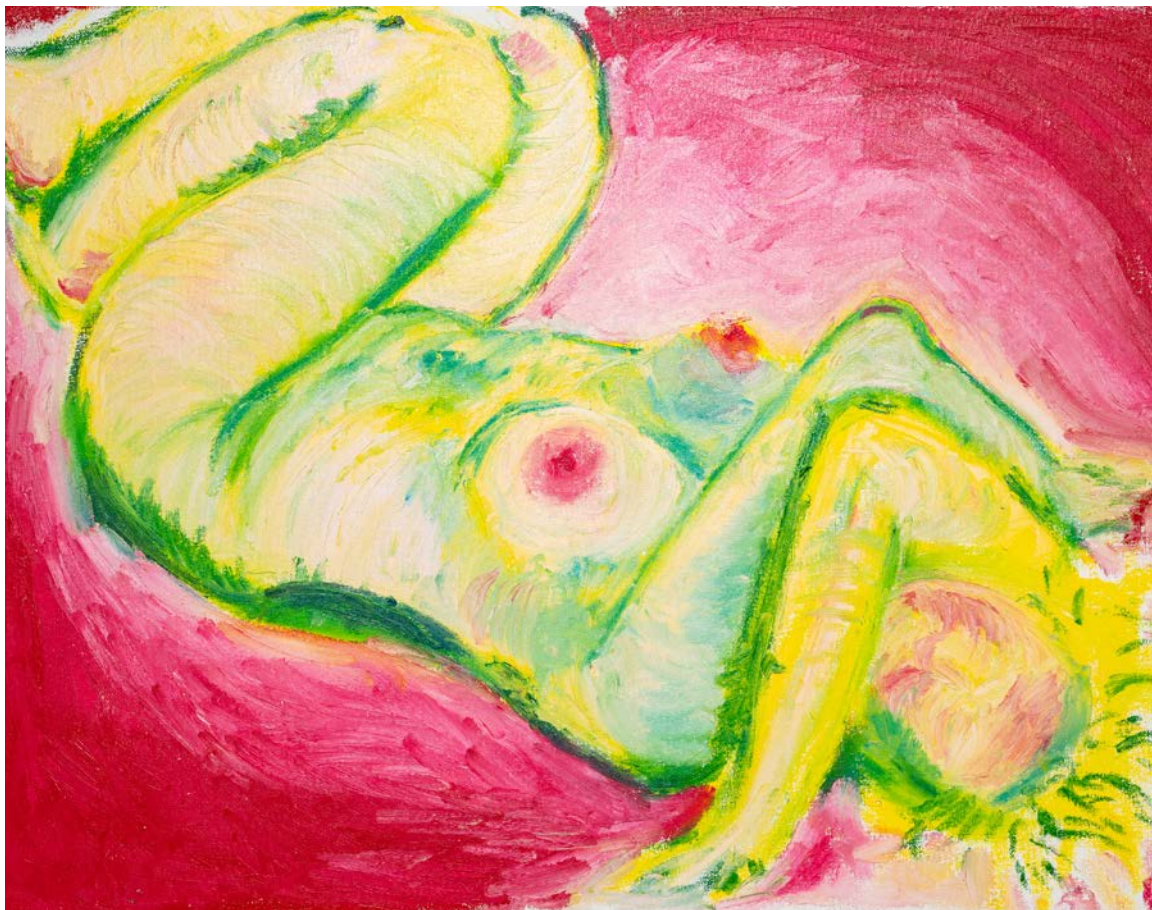
## **Proud of My Scars**

Mixed Media on Canvas

80 x 60cm

*The most battle-tested warriors bear the most scars. The pain of the past shapes who we are today. We wouldn't be us without the scars, and we would never trade them for a life without the battles that forged us.*





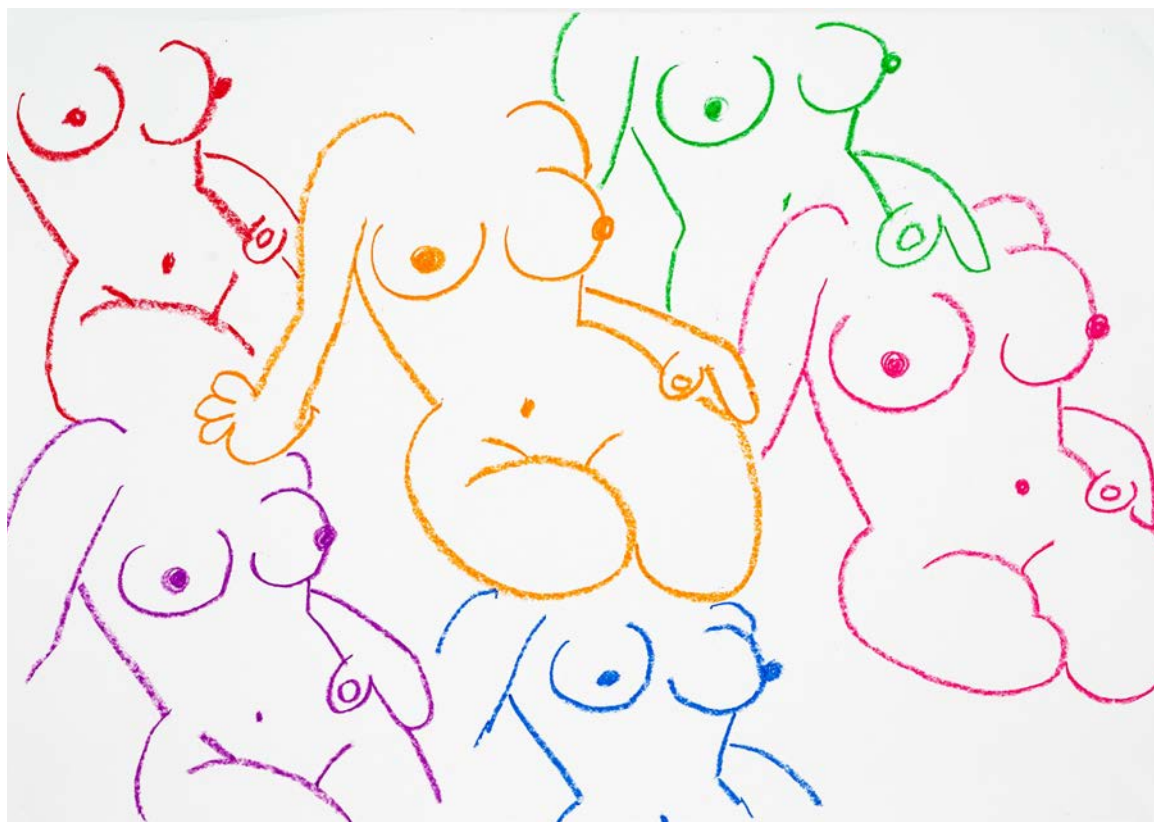
## **Embrace Myself**

Oil on Canvas

80 x 60cm

Life Model | J.L.

*Embracing ourselves is the most important relationship we'll ever have. It's the foundation for everything else in life. Self-acceptance is a journey, not a destination. Our worth isn't defined by others. All of us are worthy of love and happiness just for being ourselves. Embracing ourselves includes celebrating our strengths and working on our weaknesses. We all have room to grow, but it starts with self-compassion.*



**Fun - 1**

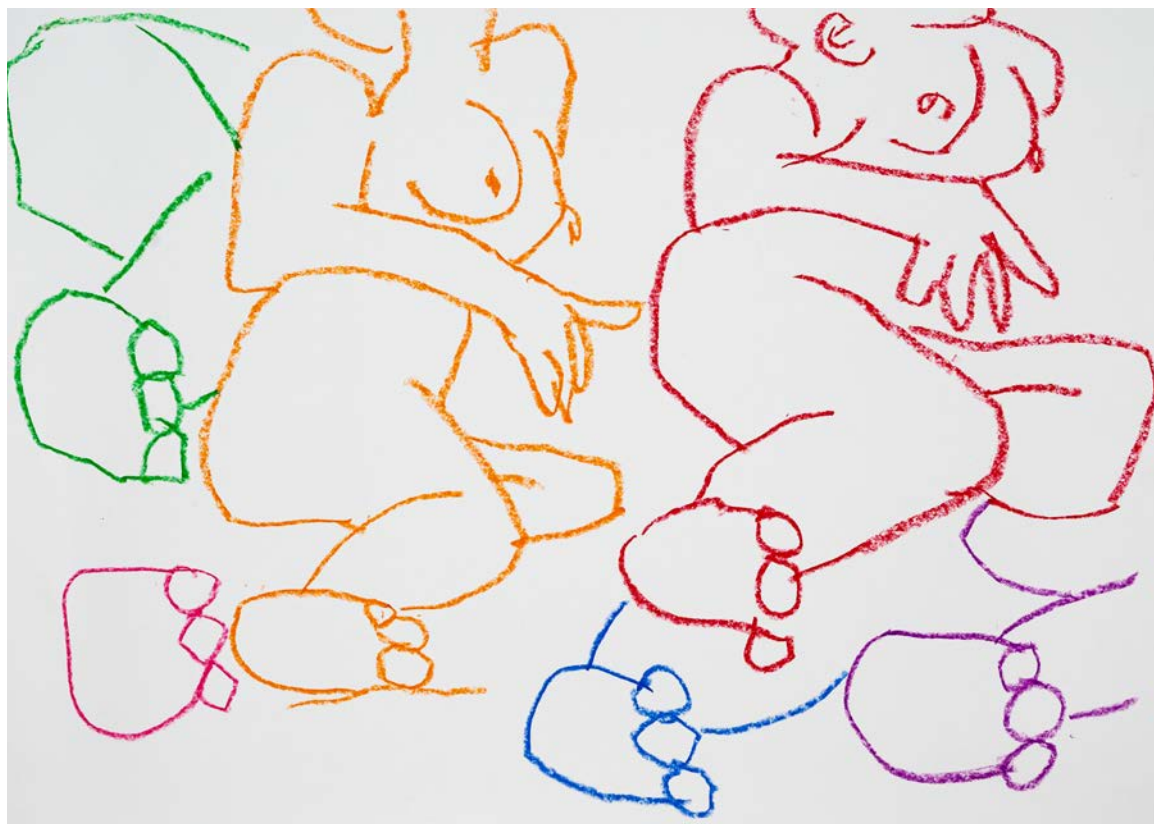
Crayon on Paper

42 x 59.4cm

Life Model | T

*Innocent eyes and a pure approach to seeing the world.*





**Fun - 2**

Crayon on Paper  
42 x 59.4cm

Life Model | T

*Innocent eyes and a pure approach to seeing the world.*



**Pure Love - Set of Two**

Mixed Media on Canvas

100 x 80cm





*Pure love aspires to be a free-flowing gift, freely given without expectation or clinging. It allows loved ones to bloom, untangled by demands. Detachment, unconditional love and healthy interdependence can create a beautiful tapestry woven from respect, support, and shared growth.*



**We are Nowhere.  
We are Everywhere.  
We are Oneness.**

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Designed and Edited by Nicole Fung @ Noran Design

Printed in Toronto, Canada, 2024







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