



SPACE
BETWEEN
US

13-31 DEC 2021

galeri
PRIMA

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13-31 DEC 2021

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Galeri Prima

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SPACE BETWEEN US

Vincent Van Gogh, Edgar Degas, Edvard Munch and Michelangelo are considered heroes of the art world. They bring to the world timeless art that is now being enjoyed by people the world over. But behind the brilliance of these painters is a story of mental illness.

During his short life, van Gogh (1853-1890) suffered from anxiety and depression. His work with bright strokes and colors shows not only incalculable talent but also a troubled mind.

Degas (1834-1917) suffered from depression and meaninglessness but still painted beautiful and carefree pictures of dancers, singers and people at races.

Munch's (1863-1944) most famous image, *The Scream*, is believed to represent the human anxiety that Munch experienced during his lifetime. He suffered from anxiety and hallucinations.

Art historians speculated that Michelangelo (1475-1564) had obsessive-compulsive disorder and suffered from depression and anxiety. Despite leading what he described as "a miserable existence and reck not of life nor honor", he produced two world renowned sculptures, *The Pietà* and *David*, and painted two of the most influential frescoes in the history of Western art: the scenes from Genesis on the ceiling of the Sistine Chapel, and *The Last Judgment* on the altar wall of the Sistine Chapel.

This only goes to show that there can be a positive connection between art and mental health.

While many of us see art as a relaxing and exciting activity, whether we create it ourselves or by simply looking at the art pieces and interpreting them as we see it, artistic expression actually go beyond relaxation and enjoyment.

It is known to lower stress levels and promote mental calmness. It takes our minds off of everyday life and provides a relaxing distraction.

Many studies have shown that art therapy can be very helpful in treating mental health problems. Creating art stimulates the release of dopamine, the chemical that makes us feel happier.

We are not looking for another great artist like Van Gogh, Degas, Munch or Michelangelo. And it doesn't matter to us what media you choose to create your art, be it painting, sketching, making collages or sculpting with clay. It is about being comfortable in expressing your emotions on the canvas, wood or clay or using pencils, acrylic or water colours.

We know so many have struggled and are struggling with mental illness. Many are looking for positive ways to express their emotions. Space Between Us is our way of telling you that we are in this together with you.

Participating Artists

Adeline Alyssa Tan

Amirul Md Nor

Amirul Yazid

Amsyar Ramly

Art Jamila

Badrulzaman Abu

Benedetta Segala

Elly Nor Suria

Faiz Mahdon (Fafa)

Fadzril Fakaruddin

Firdaus Yusof

Grace Chong Lige

Hafidz Musa

Hairi Yaakub

Hanem Mohd Nor

Hirzaq Harris

John Shannon

Kelly Wong

Marisa R Ng

Nadzrin Haziq

Nurina Hashim

Rais Azmi

Sarana Khoo

Shahnaz Azlin

Sharlene Lopang

Syed Zamzur Akasah

Zaharin Mohammad

Zaim Durulaman

ADELINE ALYSSA TAN

Analgesic Poppy
Oil on linen
60cm x 50cm
2020

RM2,400





ADELINE ALYSSA TAN

Waterfall
Oil on linen
67cm x 60cm
2021

RM 3,200



ADELINE ALYSSA TAN

Raindrops (Diptych)

Oil on linen

40cm x 70cm

2021

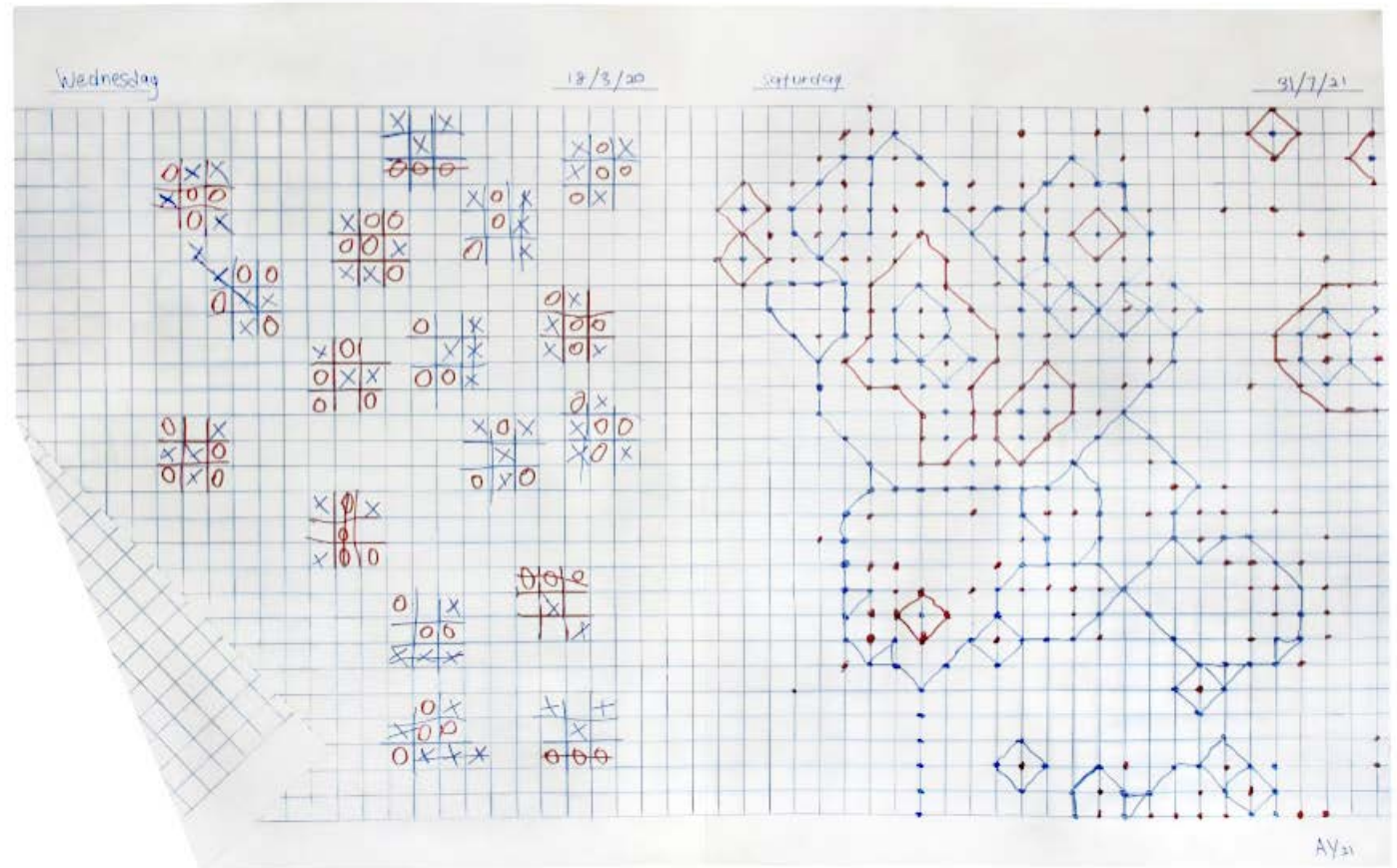
RM 4,480



AMIRUL MD NOOR

Elephant on My Couch
Acrylic, oil paint, charcoal & texture gel on canvas
122cm x 91cm
2020

RM 2,000



AMIRUL YAZID

Thru Possibilities
Mixed media on mild steel
86cm X 137cm
2021

RM 2,800



AMSYAR RAMLY

'Senja Nan Merah'
Acrylic paste & acrylic paint on canvas
76cm x 61cm
2021

RM 1,300



AMSYAR RAMLY

'Fajar'
Acrylic paste & acrylic paint on canvas
76cm x 61cm
2021

RM 1,300



AMSYAR RAMLY

'Redup di Tengah Hari'
Acrylic paste & acrylic paint on canvas
76cm x 61cm
2021

RM 1,300



ART JAMILA

Emotions Series 3
Acrylic on canvas
152.5cm x 91.5cm
2021

RM 9,000



BADRULZZAMAN ABU

'Belukar (Siri Tanah Air)'
Oil & bitumen on canvas
91cm x 91cm
2021

RM 2,500



BENEDETTA SEGALA

Germinazione
Oil on canvas
90cm x 115cm
2017

RM 8,000



BENEDETTA SEGALA

Maternita'
Oil on canvas
115cm x 90cm
2018

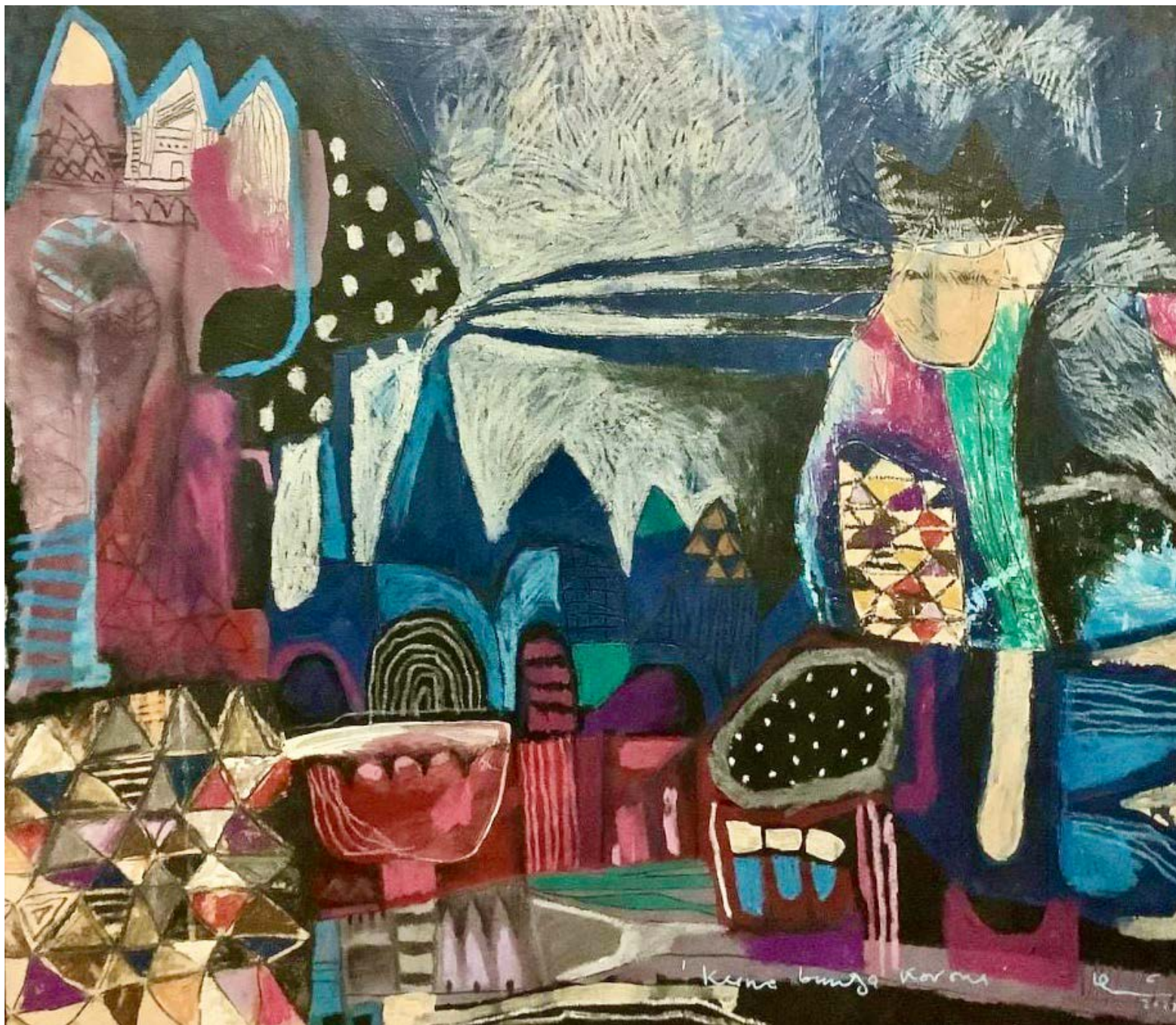
RM 8,000



ELLY NOR SURIA

'Cerita Suri Ber-kurung'
Mixed media on canvas
90cm x 180cm
2021

RM 8,000



ELLY NOR SURIA

'Kerna Korona'
Mixed media on canvas
39.7cm x 91.5cm
2020

RM 4,500



FADZRIL FAKARUDDIN

My View Land II
Oil on canvas
35.5cm x 91cm
2021

RM 1,200



FADZRIL FAKARUDDIN

My View Land III
Oil on canvas
35.5cm x 91cm
2021

RM 1,200



FAIZ MAHDON (FAFA)

Shutdown
Oil on linen
38cm x 76.5cm
2021

RM 3,500



FIRDAUS YUSOF

Against
Mixed media on collage canvas
61cm x 61cm (each)
2017

RM 2,200



GRACE CONG LIGE

The King of Jungle
Batik painting on wau
180cm x 168cm (each)
2018

RM 5,600 (each)



HAFIDZ MUSA

'Nakhoda Kasih Kedua III'
Collage, mixed media on canvas
122cm x 180cm
2021

RM 12,000



HAFIDZ MUSA

'Nakhoda Kasih Kedua IV'
Collage, mixed media on canvas
122cm x 152cm
2021

RM 7,000



HAIRI YAAKUB

Melt Landscape no. 10
Acrylic on canvas
153cm x 140cm
2021

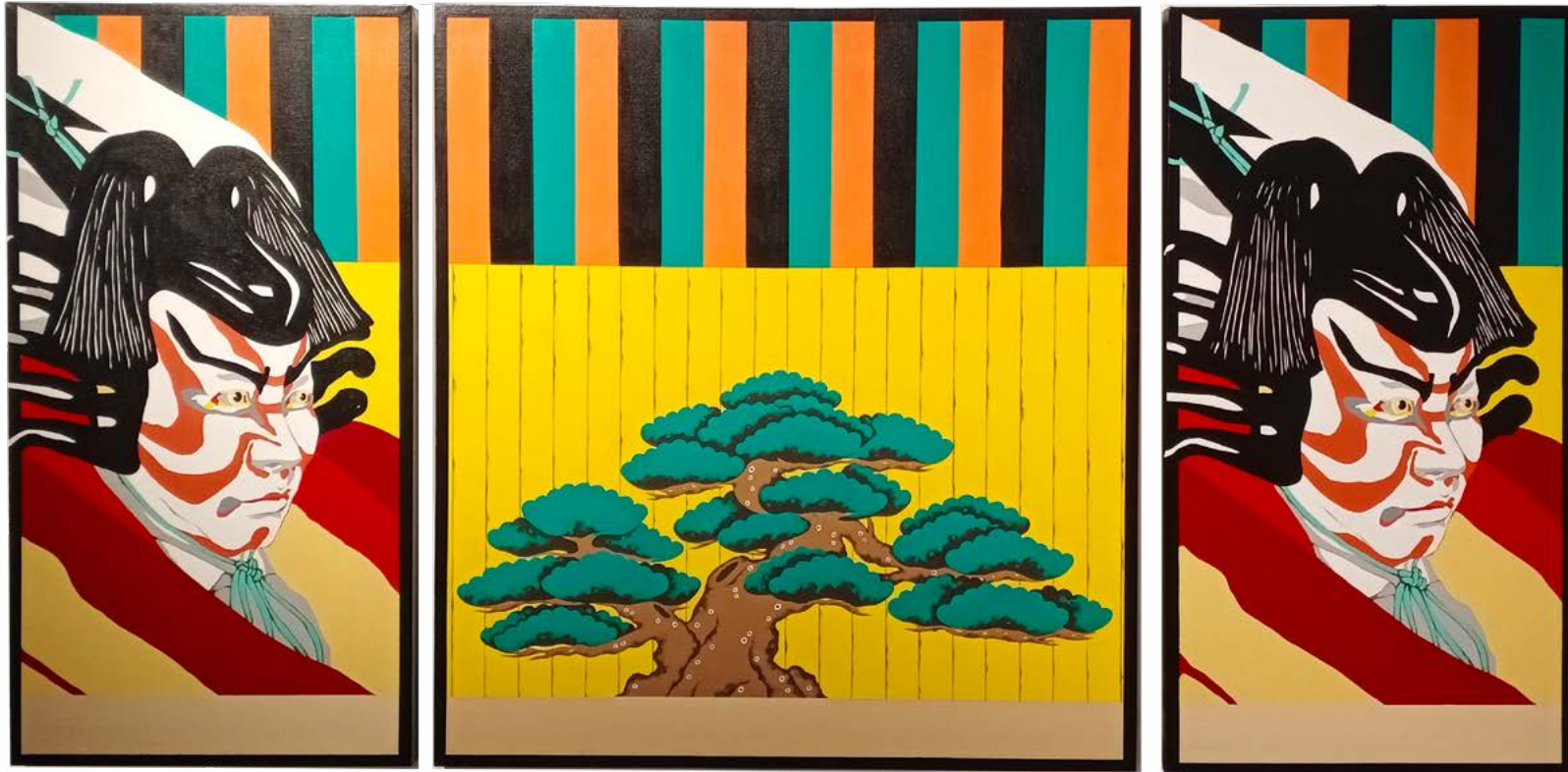
RM 19,000



HANEM MOHD NOR

'Meditasi Alam'
Acrylic & sea sand on canvas
134cm x 125cm
2021

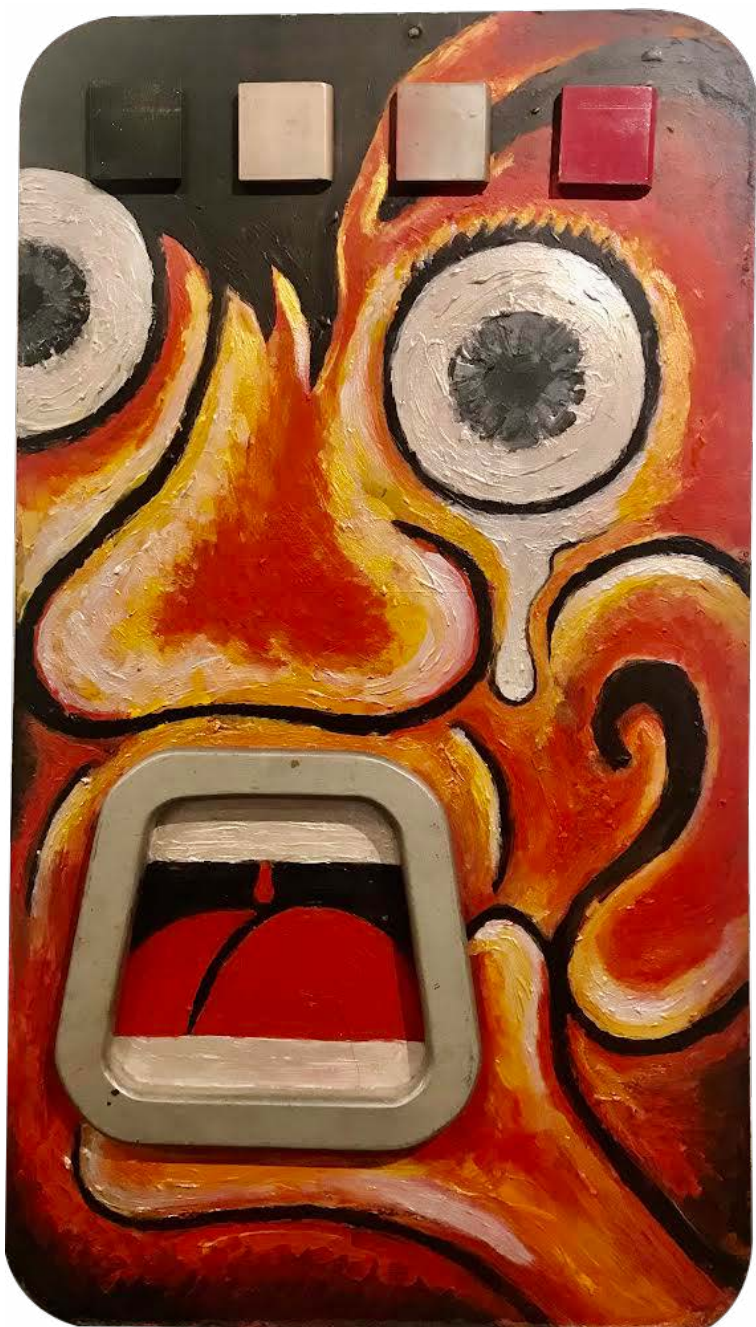
RM 10,000



HIRZAQ HARRIS

Equanimity II
Acrylic on canvas
92cm x 180cm (3 panel)
2021

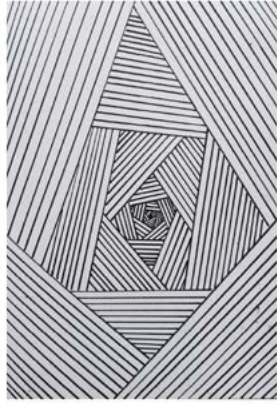
RM 8,000



JOHN SHANNON

I Hear the Scream
Acrylic on board
71.5cm x 40.3cm
2017

RM 500



KELLY WONG

The Space Within Me
Mark pen on paper
17cm x 23cm (each)
2020

RM 300 (Each)



MARISA R NG

My Hope Is In You
Mixed media on canvas
80cm x 80cm (set of 3)
2021

RM 12,750



NADZRIN HAZIQ

'Lalang'
Oil on canvas
60cm x 68cm
2021

RM 1,000



NURINA HASHIM

Mind Traced In The
Moment, In The Present
Being
Embroidery on fabric
60cm x 70cm
2021

RM 1,500



RAIS AZMI

Solitary: Affection
Oil on canvas
85.5cm x 144cm
2021

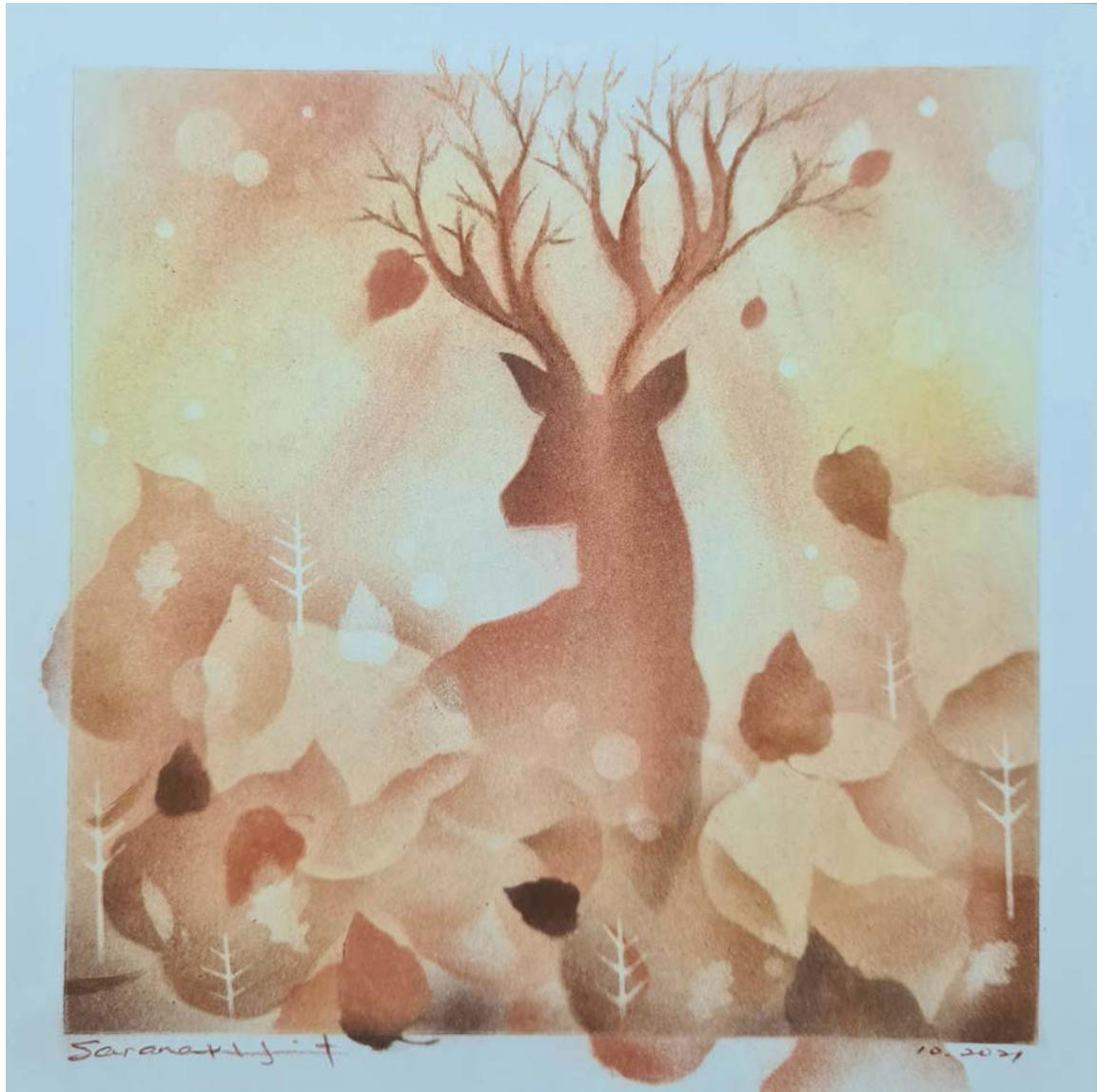
RM 2,300



RAIS AZMI

Solitary: Reluctant
Oil pastel on paper
42cm x 59.4cm
2017

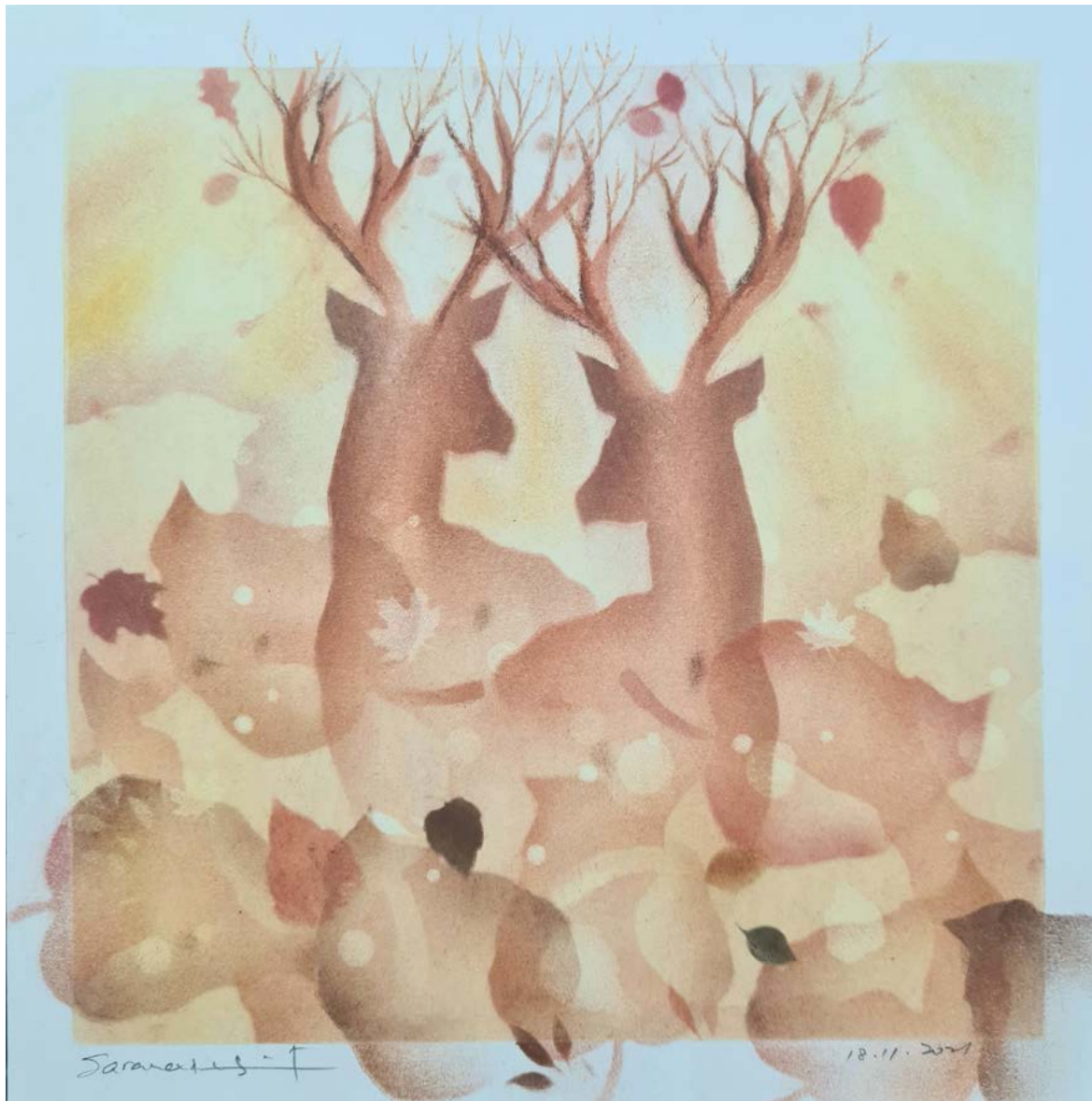
RM 1,200



SARANA KHOO

Dear (Deer) Me
Carre Pastel
23cm x 23cm
2021

RM 440



SARANA KHOO

Dear (Deer) Us
Carre Pastel
23cm x 23cm
2021

RM 440



SARANA KHOO

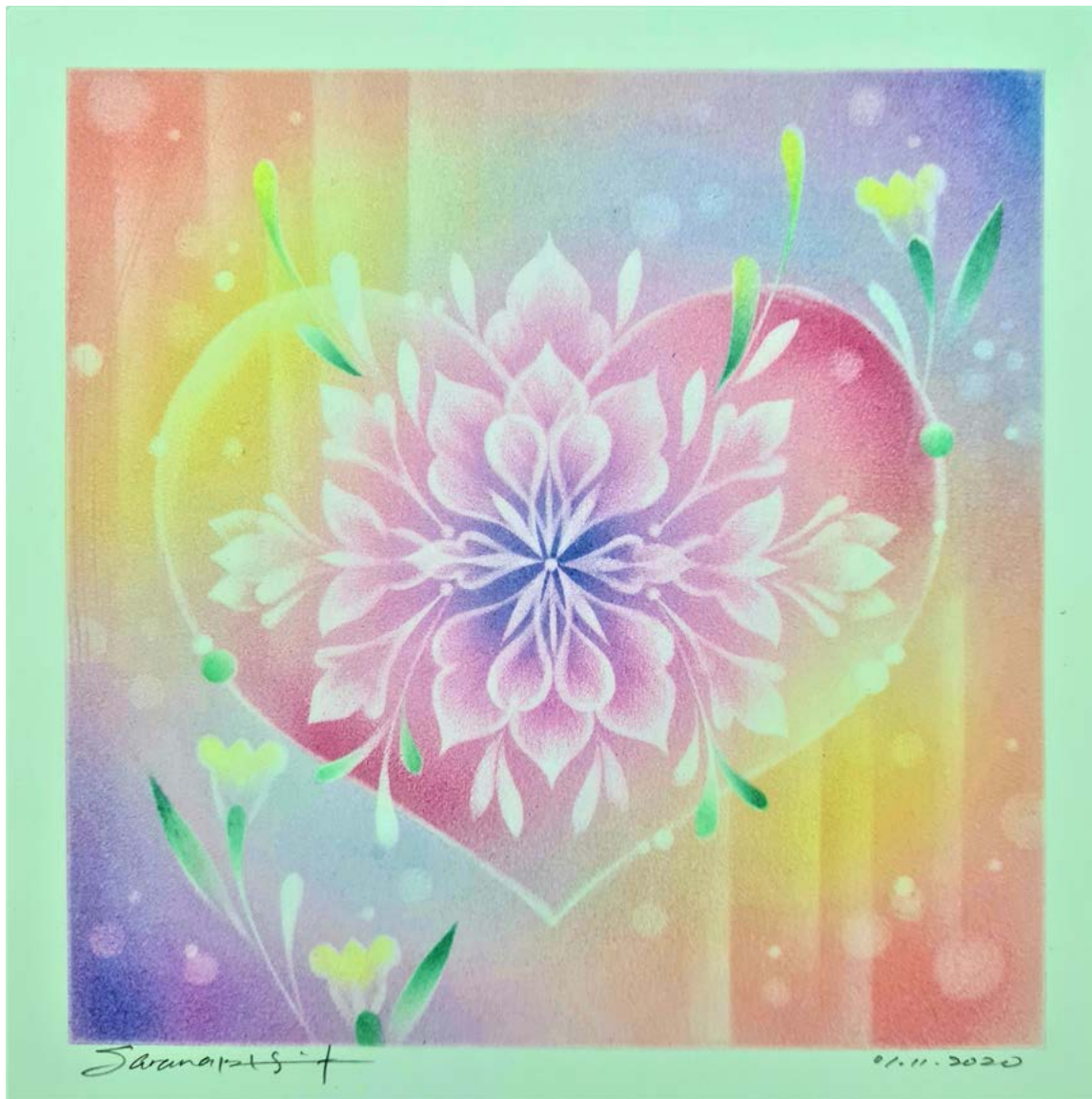
Flower of Love - Acceptance

Carre Pastel

23cm x 23cm

2021

RM 684



SARANA KHOO

Flower of Love - Grace
Carre Pastel
23cm x 23cm
2020

RM 684



SARANA KHOO

Flower of Love - Passion
Carre Pastel
23cm x 23cm
2020

RM 684



SARANA KHOO

Flower of Love - Tolerance

Carre Pastel

23cm x 23cm

2020

RM 684



SARANA KHOO

Flower of Wings - Abundance
Carre Pastel
23cm x 23cm
2019

RM 684



SARANA KHOO

Flower of Wings - Blossom

Carre Pastel

23cm x 23cm

2020

RM 684



SARANA KHOO

Flower of Wings - Delight

Carre Pastel

23cm x 23cm

2021

RM 684



SARANA KHOO

Flower of Wings - Freedom

Carre Pastel

23cm x 23cm

2020

RM 684



SARANA KHOO

Flower of Wings - Magnificent
Carre pastel
23cm x 23cm
2021

RM 684



SARANA KHOO

Flower of Wings - Sacredness

Carre pastel

23cm x 23cm

2020

RM 684



SARANA KHOO

Flower of Wings - Sparkles

Carre pastel

23cm x 23cm

2021

RM 684



SARANA KHOO

Flower of Wings - Togetherness

Carre pastel

23cm x 23cm

2019

RM 684



SARANA KHOO

Flower of Wings - Warmness

Carre pastel

23cm x 23cm

2019

RM 684



SHAHNAZ AZLIN

Reminiscing
Mixed media on canvas
122cm x 122cm
2021

RM 3,500



SHARLENE LOPANG

Curiosity
Acrylic on canvas
124cm x 124cm
2021

RM 7,800



SYED ZAMZUR AKASAH

'Panalaban'
Polymer clay, acrylic & paper on canvas
91cm x 91cm
2020

RM 3,000



ZAHARIN MOHAMMAD

Bunga Emas Series no. 9
Mixed media on canvas
95.6cm x 95.6cm
2020

RM 3,000



ZAIM DURULAMAN

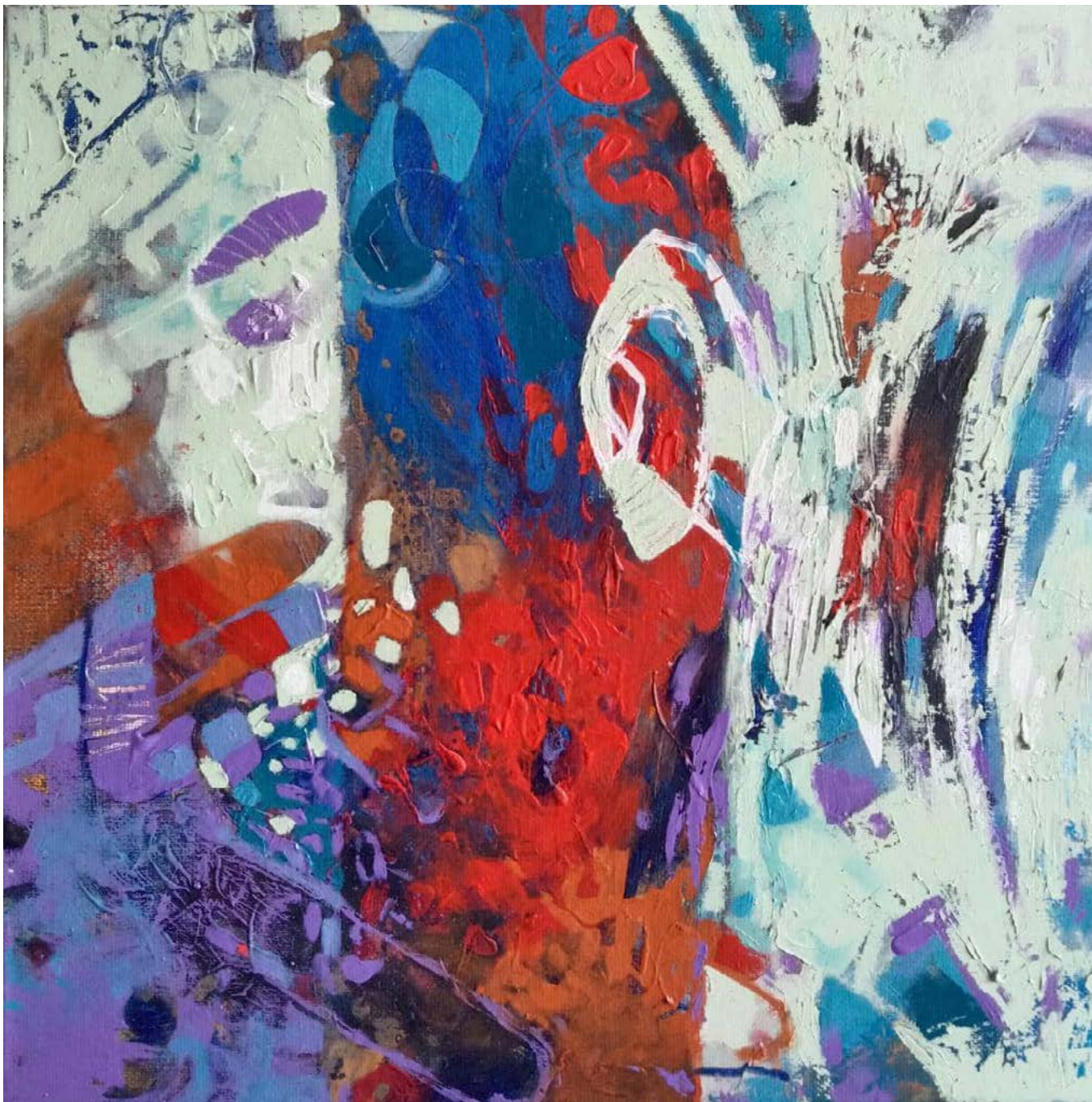
Mindscape - The Begin #16

Acrylic on canvas

51cm x 51cm

2021

RM 2,800



ZAIM DURULAMAN

Trunk
Acrylic on canvas
51cm x 51cm
2021

RM 2,800



ZAIM DURULAMAN

Branches and Beak
Acrylic on canvas
51cm x 51cm
2021

RM 2,800

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