

Sacred Citadel, Cultural Hearth

A visit to Sacred Citadel in Bangsar is always a delight, like a step out from the rushed confusion of modern times into a world where beauty is revered and the importance of spirit is rekindled. Since my last visit, everything seems changed, growing even more wonderful than before.

Sacred Citadel is where you'll find the cultural treasures of Tibet (and the smaller, lesser known areas of India), embodied in the form of gorgeously carved tables, beautiful handmade carpets, pillow cases, chairs... the list goes on and on, and the only real way to understand is to visit it yourself.

The most popular items on offer are the singing bowls, wonderfully adorned with hammered inlay work. With four sizes available, these are not only to be seen, but to be heard, for once you hear their tones enter deep into your soul and bring it a certain peace, you'll know why they're so popular.

Everywhere you look are inspired cultural pieces from this holy place, and you begin to wonder if it's a store or a museum (the only hints are the price tags). To your left, you'll see all sizes of stunning Tibetan prayer wheels, an object that can bring clarity and interest to any room. At centre, you'll find telescopic trumpets and the 'dorge and vajra' bells, their amazing craftsmanship leaving no wonder about authenticity. To the right, you'll see tribal art from India, classic statues that you won't find in markets. The walls are adorned with intricate paintings depicting the 'wheel of life' and other scenes – some taking over 8 months to complete!

All around are the inspired furnishings, delicately carved by master craftsmen and painted in the bright and wonderful colours of Tibet. These will brighten any room, perfect for sunrooms or darker corners of an inner sanctum.

Sacred Citadel also offers a wide selection of smaller items, some very traditional and others that incorporate traditional arts into new pieces. A clock encased in the carved woods of Tibet can make a great present for someone at home – or for yourself.

What's more, the owners are warm and delightful, and will always take time to explain the cultural significance of every piece. You're buying more than a pillowcase or a statue; you're buying a piece of history – along with a story you'll be able to tell your friends.

