

MANIFESTING BUDDHA – ANGO ART PRACTICE, SPRING 2019

Master Dogen taught, “When you arouse your entire mind and let it practice, and when you arouse your entire body and let it practice, eight or nine out of ten are accomplished before questioning, and refrain from unwholesome action is actualized after knowing. When you bring forth your body-mind and practice, and when you bring forth the body-mind and practice of others, the power of practice with the four elements and the five skandhas is immediately actualized.

“When you move mountains, rivers, and earth, as well as the sun, the moon, and stars to practice, they in return move you to practice. This is not the open eye of just one time, but the vital eye of all times. Because it is all the open eye, the vital eye of all times, you move all buddhas and all ancestors to practice, to listen to the teaching, and to realize the fruit.”

FOR THIS ANGO’S ART PRACTICE WORK WITH THE FOUR ELEMENTS: EARTH, AIR, FIRE, WATER

WHAT KIND OF FIRE ARE YOU?

WHAT KIND OF FIRE IS THE WORLD?

WHAT KIND OF WATER, EARTH OR AIR IS THIS BODY-MIND? IS THIS MOUNTAINS, RIVERS, EARTH?

When you arouse and bring forth your entire body-mind and practice of yourself and the earth (mountains, rivers, earth, sun, moon, and stars) you move the earth and the earth in return moves you. The four elements are immediately actualized.

In your art practice sessions, turn your attention to and be in contact with one of the elements both within your body-mind and within the place where you are. Be aware of how that element moves back and forth – permeates – the entire body-mind of yourself and the body-mind of the earth, trees, sun, moon, sky and air.

Throughout the Ango, work with the various elements and put yourself in various environments to explore your body-mind of yourself and your body-mind of this earth, trees, sun and so on.

Let your chosen medium be a vehicle to bring this to life.

If you’re able, present several pieces representing your work over the course of the Ango during the Ango Art Practice Presentation either at ZMM or ZCNYC.