

Fall Art Practice: The Changing of Things

What is the fundamental constant principle?

Moving.

When moving, what then?

You don't see the fundamental constant principle.

The bright summer days are coming to an end and autumn is shifting into position. Curling brown edged leaves, flocks of geese crossing the sky, branches bending with apples, saffron silky skies, emptied cocoons, late blooming flowers for the bees, crisp morning air, shortening days. "Nothing gold can stay," wrote Robert Frost. We see this all around us.

The art practice this Fall is to explore *the Changing of Things*: the art of noticing and experiencing the inevitability of change. Simply and directly express the impermanence you experience directly in front of you, all around you. It is not an idea but an ever-changing process. Practice mindfulness to keep all of your senses open and see. Now, how can you express it?

You may use any medium as you explore this over the coming months.

Dewdrops on a blade of grass,

Having so little time

Before the sun rises;

Let not the autumn wind

Blow so quickly on the field.

— Dogen

Only Impermanence lasts.

— Ikkyu

*For additional art practice prompts, guidance and support, join the monthly on-line sessions with Hojin Sensei beginning **Friday, Sept 3**. Find the information and registration on our webpage. Hope to see you!*

