

Exploration 3:

1. pick an object that does not appeal to you, something not on a screen
place it in front of you where it easily falls within your gaze
2. pause comfortably for a moment
close your eyes for a second and then open your eyes and let them fall on the object
rest like that without doing much, when you feel restless
3. close your eyes and imagine the object, and rest like that without doing much
when you feel restless,
4. open your eyes and let them make contact with the object again, then,
5. don't do anything on purpose, just relax for a moment,
stand up and simply acknowledge to yourself what you noticed

Variations:

Try this with the same object on a different day

Try it with a different object each day

Exploration 4:

Beings usually speak of “seeing the sky.”

Examine this point of how you see the sky!

The Buddha taught that the seeing of phenomena is just like this

– The Concise Prajnaparamitasutra

Ask Yourself:

Am I seeing what is really there, or
am I seeing my idea of what is there?

Variation:

replace “seeing the sky” with
any phenomena that you can sense

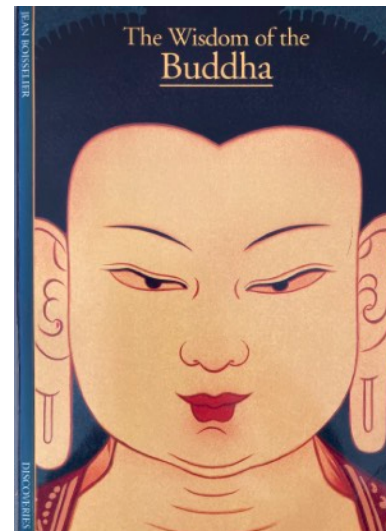
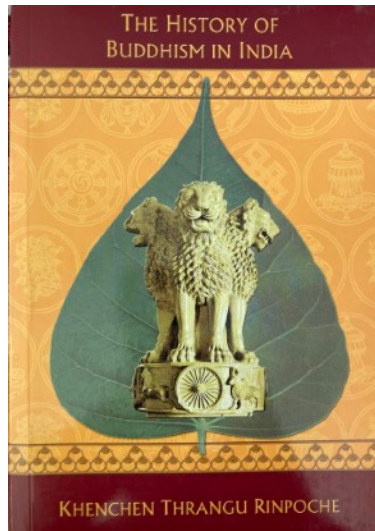
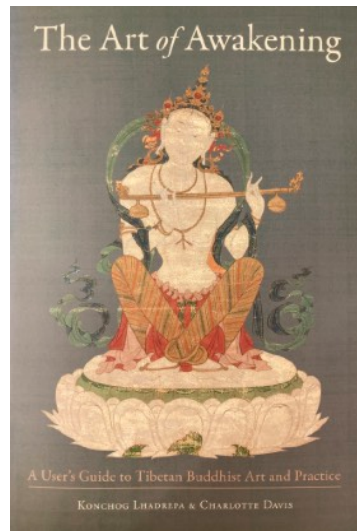
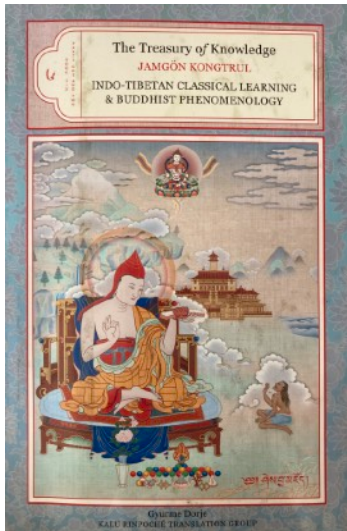
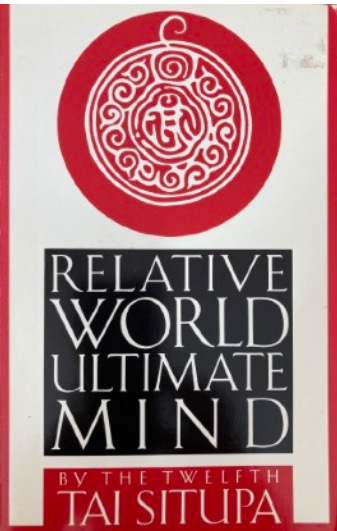


Readings:

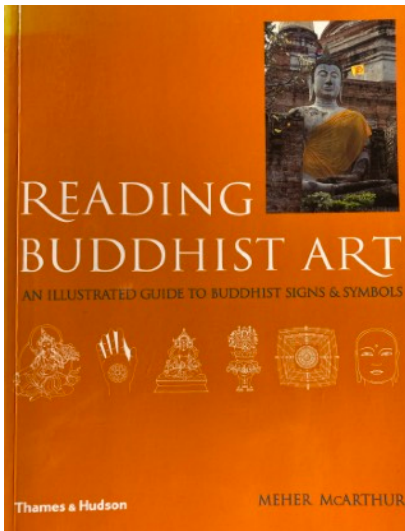
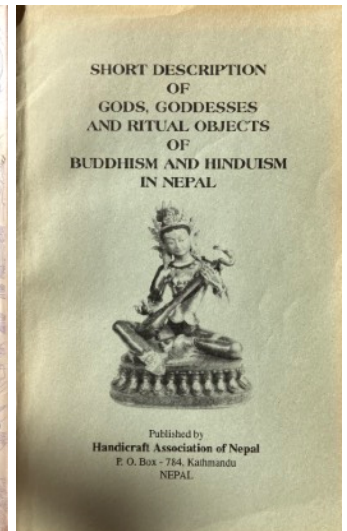
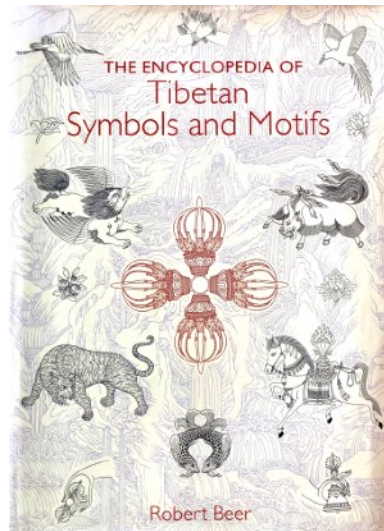
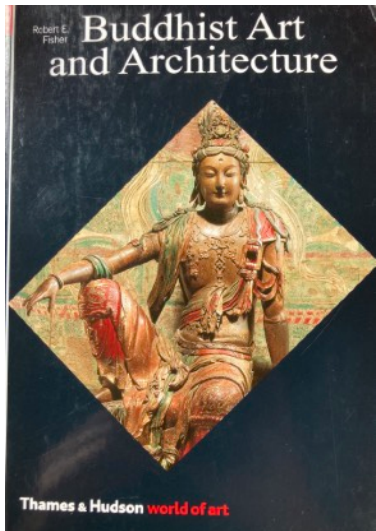
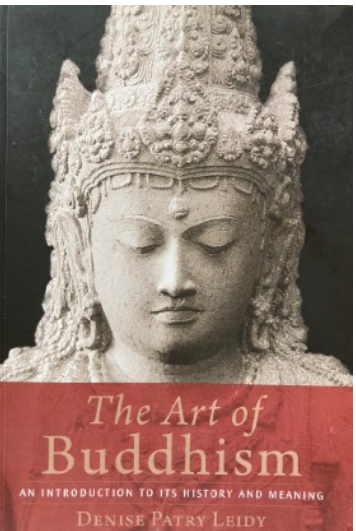
1. *Mind & Its World 1*: Excerpts on Perception and Conception
by Dzogchen Ponlop Rinpoche and Acharya Sherab Gyaltzen
2. Excerpt from *Visual Dharma: The Buddhist Art of Tibet* (exhibition catalog)
by Chogyam Trungpa Rinpoche, published by Shambhala, 1975

Optional:

1. Dzogchen Ponlop Rinopche on the Five Sciences, excerpt from *Mind & Its World 1* (posted on resource page)
2. Dzogchen Ponlop Rinopche on Mental Direct Valid Cognition, excerpt from *Mind & Its World 1* (posted on resource page)
3. *Understanding Comics: The Invisible Art, Chapter 2: The Vocabulary of Comics*, by Scott McCloud, published by Harper Collins 1993.
Can also be read online for free.



Relevant Books for Class 1 and Class 2





Buddhist Visual Literacy: Bodhisattva Ideal Throughout Asian Art



Class 3: Thursday March 17

- NA: 10am PT, 11am MT, 1pm ET, 2pm AT • EU: 6pm CET • Taiwan, March 11, 1am