

## Exploration 7:

Ideally do this exercise over 5 days. Each session is about a half hour, but longer is fine. You will need your phone camera, or paper and something to colour with.

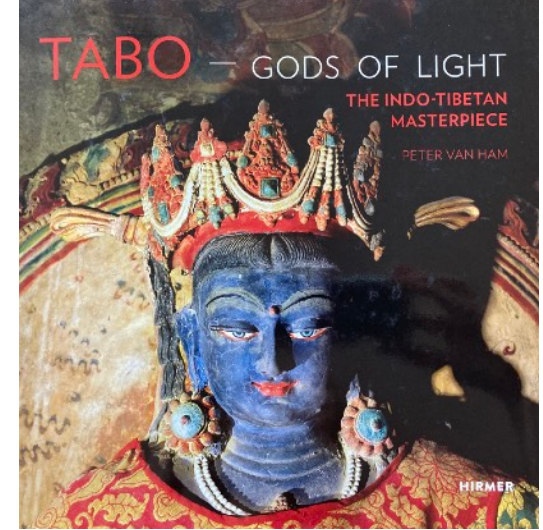
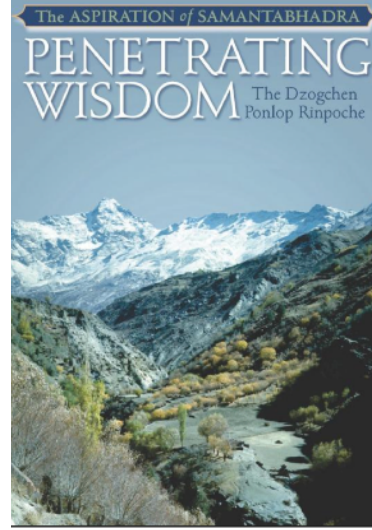
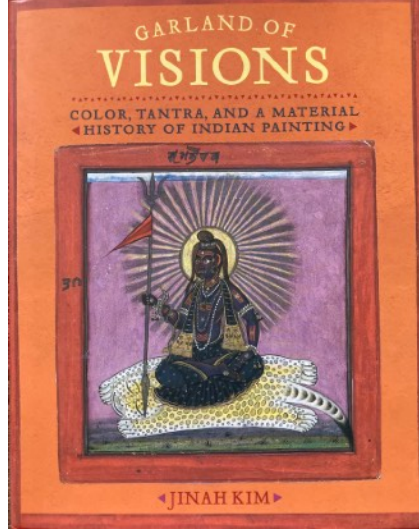
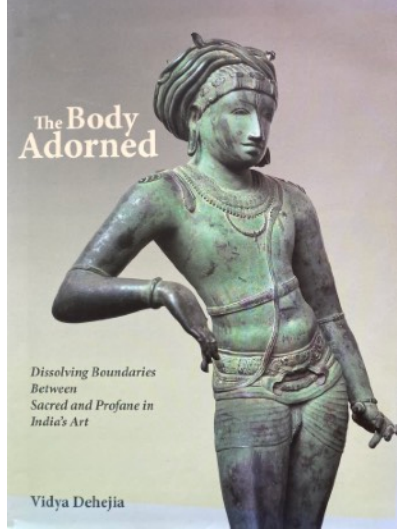
1. Review the main ideas of direct perception, especially the sense direct perception of the eye, and the types of conception that arise on a moment of seeing, i.e., our narrative versus plain sense data. This can be quick, it is not meant necessarily to be a study session, but merely to focus the following activity.
2. Pick one of the five colours: white, blue, yellow, red, green. With that colour in mind, go around your living space or somewhere outside and document examples of that colour alone, Do this as free of imputations, associations, memories, feelings, and likes or dislikes as possible. Document here means to take pictures of instances of that colour or to reproduce them on paper based on direct observation. Remember that the eye sense consciousness can only know colour and shape.
3. Review your captures and ask yourself: What surprised you, if anything? Did you see texture? If so, how is it represented by colour and shape alone?
4. Repeat steps 1-3 the next day using a different colour, and so on, until you have explored all 5 colours
5. Later consider the following:  
When engaging Buddhist Visual Literacy (BVL) why do you think....
  - it's important to consider the relationship between relative and ultimate truth?
  - teachings on the difference between sense direct valid cognition and conception are included?
  - language can enlighten or obscure? how does this happen?

## Exploration 8:

Use the “VTS Handout” and “c4\_Homework Image 1.pdf”. Make the image as big as possible (it is suggested that you print out one of these or both). Resist the temptation to start trying to label and understand the image. See it and use it as freshly as possible.

Have the VTS Handout within reach and place the image in such a way that you can see the whole thing easily when you are seated comfortably.

1. As in previous explorations, settle comfortably in front of the image, take a moment to bring your mind and your body to this present moment, relax, close your eyes and then
2. open your eyes and let the image come to your eyes, just let it sink in—do not try to categorize or label it in any way—“listen” for several seconds or a minute and then stop and relax, let it go. Then, do the same, but this time for a little longer, then stop and relax and let it go
3. then, do the same, but follow the “Look & Listen” section bit by bit, using the VTS questions to ground your findings. There are no right or wrong answers. Between each, pause, bring your body and mind together into the present moment and relax. Continue as much as you like without letting the image in front of you fade into irrelevance.
4. Consciously conclude the exploration by letting it go, relaxing for a moment or two, and in whatever way works for you, acknowledging whatever discovery or discoveries you have made and letting that go too.
5. Later or on another day continue through to the end of the 2nd Section, “Sleuth,” of the VTS Handout.



### *Relevant Books for Class 4*

#### Readings:

1. c4\_5\_B\_families.pdf (a summary chart of the 5 Buddha family associations)
2. c4\_8-foldAuspiciousness.pdf (a supplication to the Buddhas & Bodhisattvas)
3. c4\_8grtBS\_guide.pdf (a summary of the 8 main Bodhisattva associations)

#### Optional:

- On Dunhuang & early mandalas: idp.dl.uk, [https://en.wikipedia.org/wiki/Lotus\\_Sutra](https://en.wikipedia.org/wiki/Lotus_Sutra)
- YouTube: Goethe's Theory of Colours, Parts 1-4, by PehrSall
- *Dharma Art* by Chogyam Trungpa, Chaps: The Process of Perception, Being & Projecting, Five Styles of Creative Expression



# Buddhist Visual Literacy: Bodhisattva Ideal Throughout Asian Art



Class 5: Thursday March 31

- NA: 9am PT, 10am MT, 12pm ET, 1pm AT • EU: 6pm CET • Taiwan, 1am