

Exploration 5:

Use the “VTS Handout” and “Homework Image 1”. 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
3. then, do the same, but this time for a little longer, then stop and relax and let it go
4. 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.
5. 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.

Exploration 6:

Use “Homework Image 2”. Have it in front of you so that you can see it easily.

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
3. Adopt the pose, the feeling tone (i.e., tense, relaxed?) and the facial expression. Sit like that for a bit while looking at the image. Note what the whole thing feels like. When you tire of that, let it go, and relax, then
4. Do the same, but this time without looking at the image. First, for a bit with your eyes closed, and then for a bit with your eyes open. When you tire of that, then
5. 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.

Variations:

Do this on different days and note what changes

Readings:

1. VTS (Visual Thinking Strategy) Handout

Relevant Books for Class 3





Buddhist Visual Literacy: Bodhisattva Ideal Throughout Asian Art



Class 4: Thursday March 24

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