

Exploration 9:

Ideally do this exercise over 5 days and outside if possible. Pick one element and its colour a day: earth/golden, water/blue, air/green, fire/orangey red, space/white or free of colour.

These can be quick, just a taste, and then move on. For each:

1. Remembering the importance of direct perception, being present with body and mind together, take a comfortable and relaxed position and have an example of the day's colour easily within the range of your eye gaze. Sit with the colour simply for a bit. Then...
2. As free of projections, associations, memories, feelings, and likes or dislikes as possible, imagine the element associated with the colour. What does that element smell like? What does it sound like? What does it taste like? What does it feel like? What does it look like? Then...
3. Go back to the colour and imagine the feeling quality of the element with the colour. Then...
4. Let it all go and relax without doing anything in particular until you feel ready to do something else or your thoughts start taking over. Before you stop, acknowledge that you are ending this portion of the exploration, then get up and move on.
5. After, note down some adjectives that describe the qualities, feelings, and energy tone associate with each colour/element combo.
6. Repeat steps 1-5 the next day, and so on, until you have explored all 5 colours and elements.
7. Reviewing your experience do you see how and why these colours and elements may be used as basic symbols for the different flavours of enlightened activity?

Exploration 10:

Who are your favourite Hero/ine, Mentor, Guardian, Legendary Being, Guide, Mythical Figures?

List the adjectives and qualities, descriptors you associate with them.

Briefly, what is it that draws you to them?

What are their identifying characteristics? Do they have a certain outfit? Certain powers?

A signature pose or movement? Something personal that they carry with them or who accompanies them?

A certain hairstyle? A certain place they especially like? Or one they do not?

Think of all the things that signify them and represent their qualities.

If you feel like it and have time, find one or more representations of them.

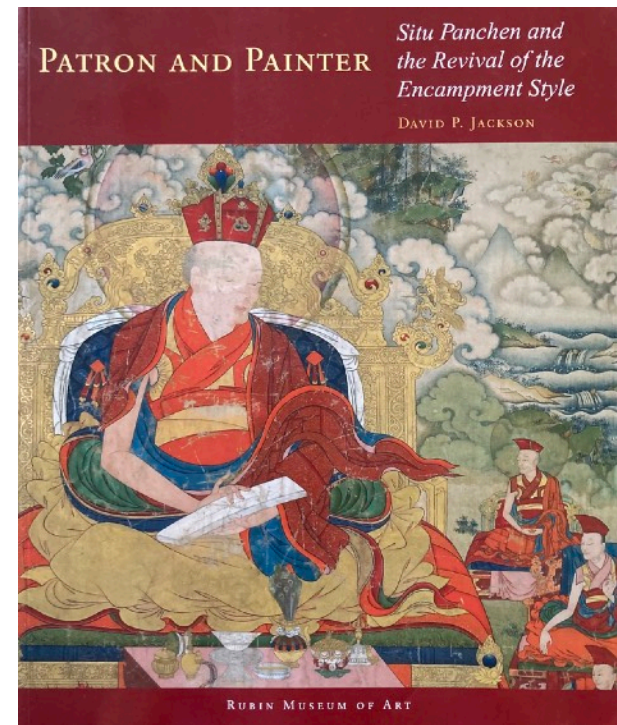
If you feel like it and have time, make a representation of them.

Readings:

Review previous readings or catch up on readings

Optional, but highly recommended, 3 short YouTube clips:

- The Subject of the "Bodhisattva" in Himalayan Art
 - Eight Bodhisattvas
 - Three Bodhisattva Lords
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- website– 84000: Translating the Words of the Buddha
 - website– Himalayan Art Resources, go to Bodhisattva main page
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- *The Iconography of Nepalese Buddhism*, pdf available in English only on resource page





Buddhist Visual Literacy: Bodhisattva Ideal Throughout Asian Art



Class 6: Thursday April 7

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