

# Meditation and art workshop

Art can expand your vision and **open your mind**:  
a mind which is flexible, malleable, wieldy, light is  
able to perceive truth.





Art specifically develops the faculty of perception. The practice of art along with meditation, helps us to understand relationships between the five aggregates







- Brings out a sense of possibility, of worlds beyond ours
- And it reveals the beauty and mystery in ordinary circumstances







**Beauty is truth and truth is beauty,**

**(Keats)**

What we consider ugly about ourselves is more acceptable when we see a wider context. It is harmonious in a wider context, i.e beautiful











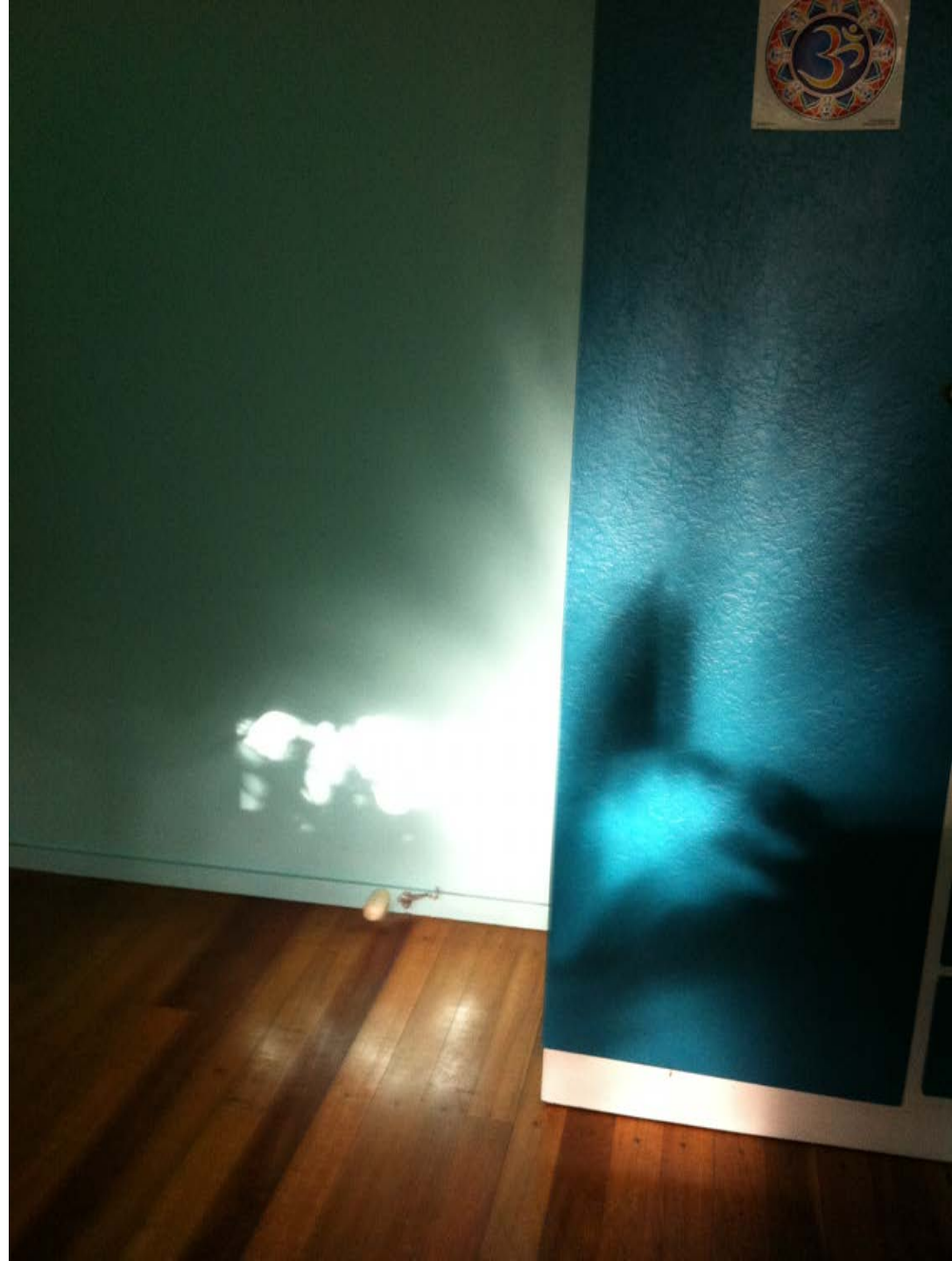




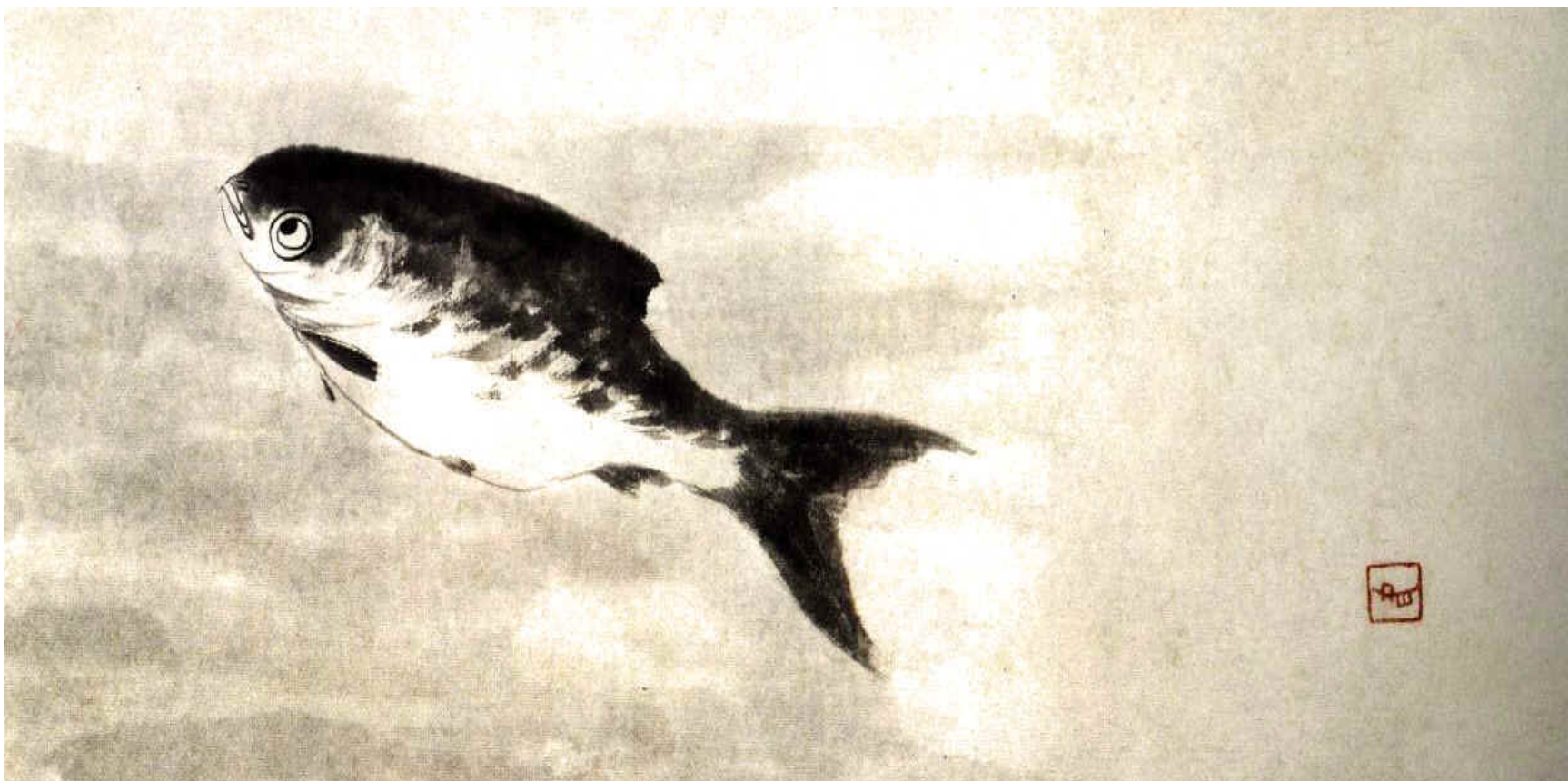
Art is a way to bring movement to  
stuck patterns of thought (stuck  
thinking = depression)



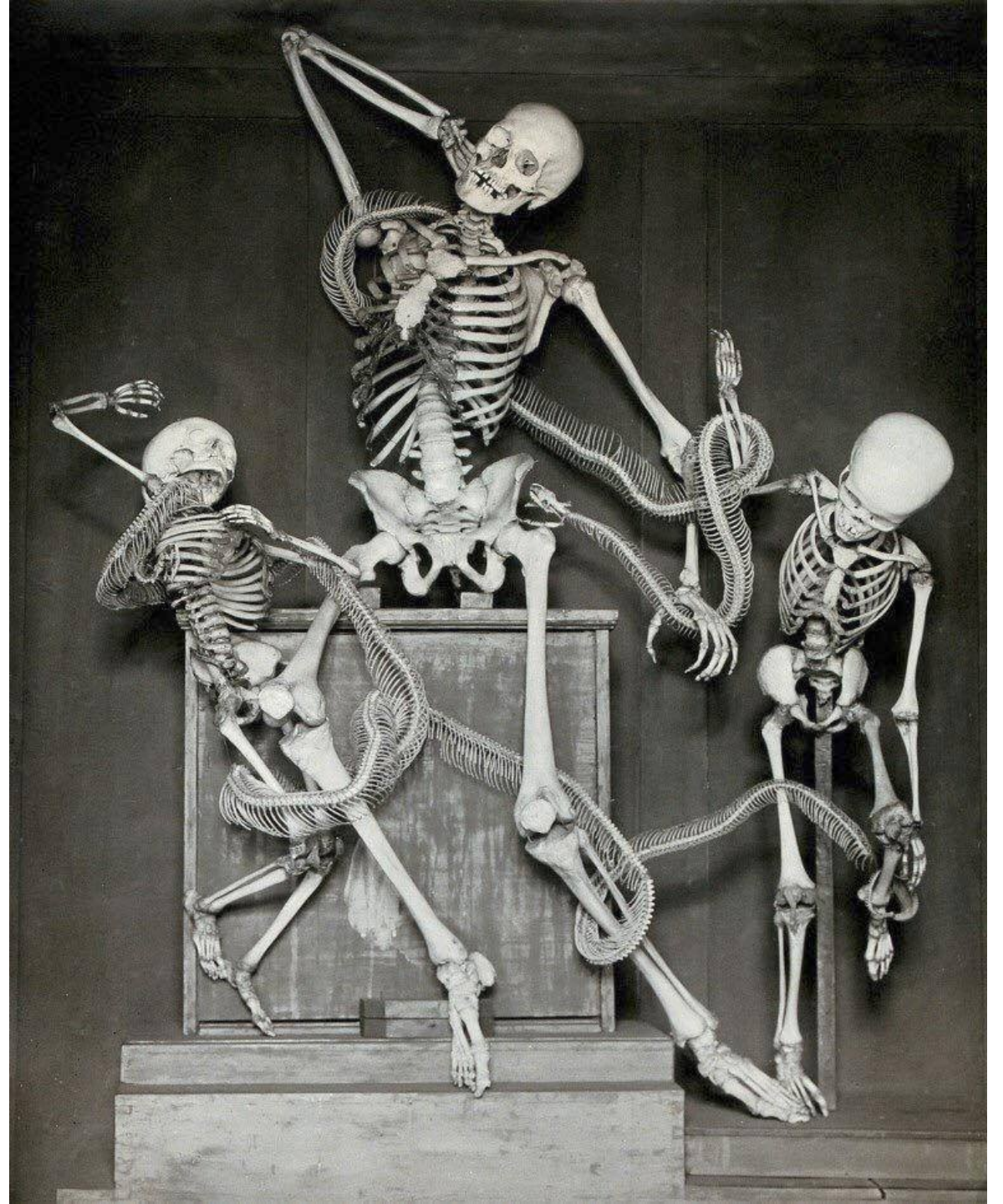
- Art helps to develop attention to the moment (i.e. develop mindfulness)
- It also shows us where we put our attention, and reveals what we value
- Art gives us a way to engage with our environment, and to share what and how we see the world







- Art can bring context to suffering, i.e. it's universal. Remind us of the truth of suffering.
- Give us a way to investigate and explore themes of existence.







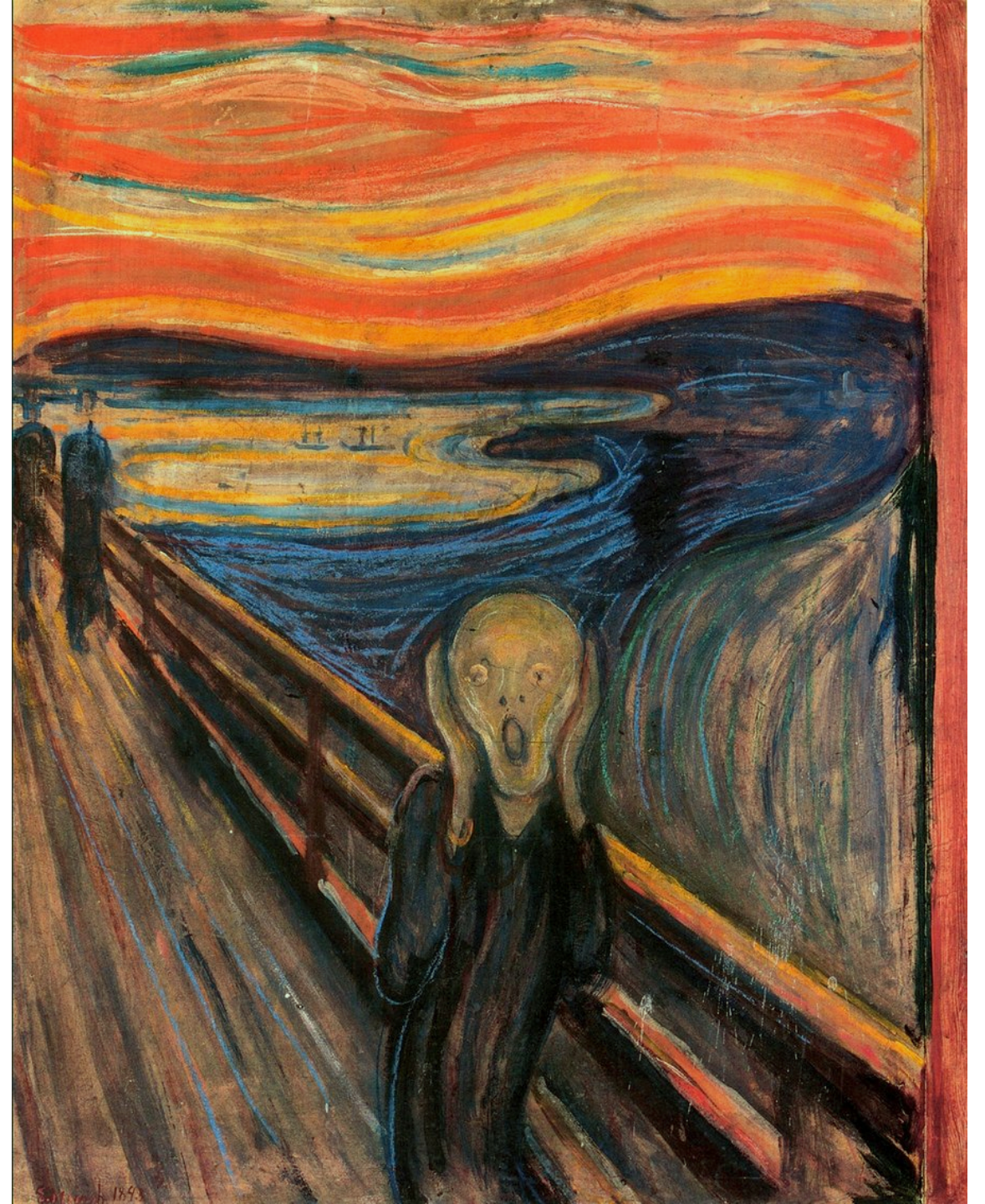


We are always in relationship and  
communication with the world and others;  
art brings an awareness to parts of  
ourselves that might broadcast  
unconsciously

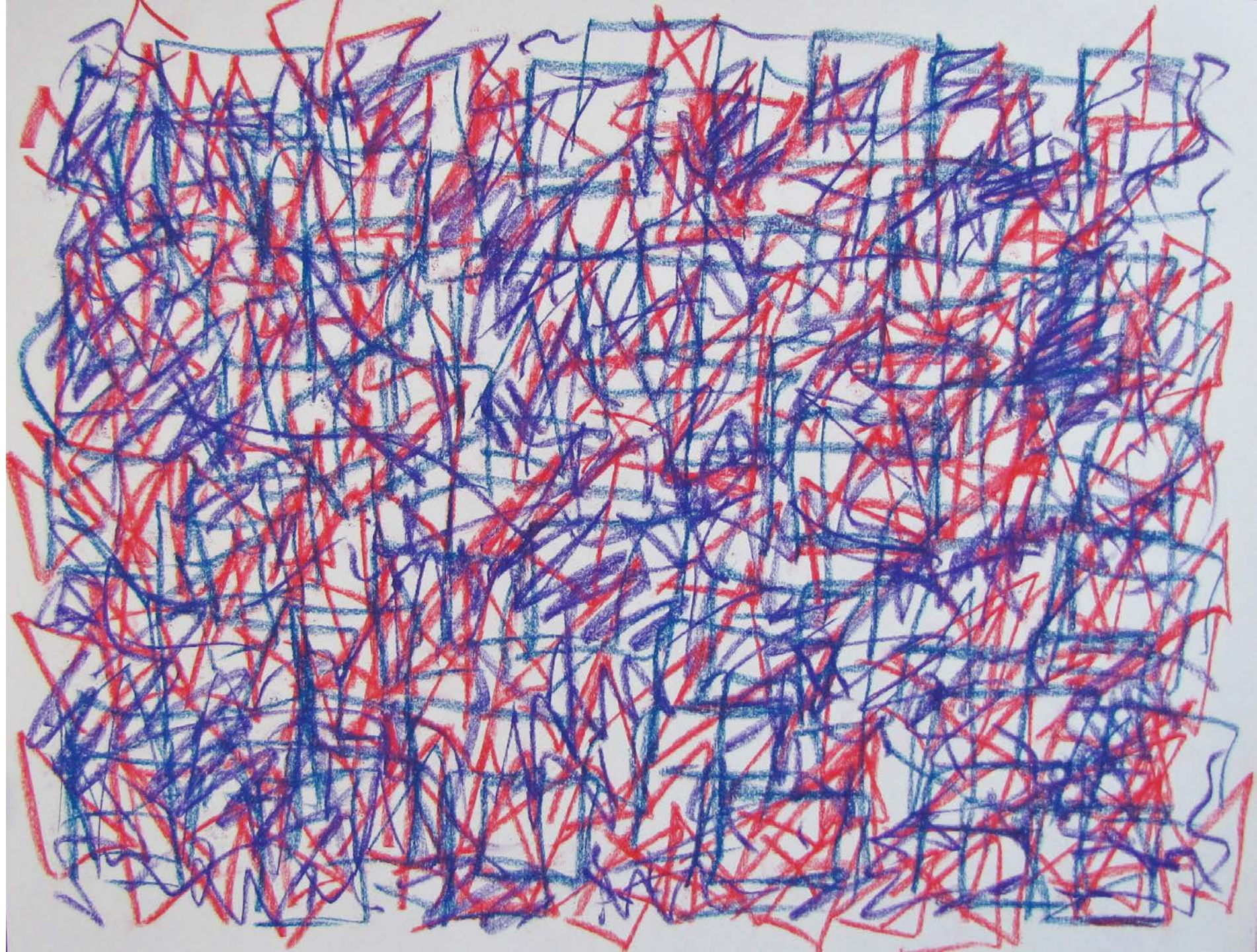




Transformation: there are lots of things in ourselves that we deny, are blind to, or repress! Art lets us express without censure or judgment. Giving the subconscious form is bringing light to darkness. It transforms and reveals.











El horrendo  
"Ojosauro"  
primitivo



Animal  
Antiguo. que  
se quedó muerto  
para lucar en  
las ciencias.  
Mira hacia arriba..  
y no tiene nombre.  
- Le pondremos uno:  
EL HORRENDO OJOSAURO!



Asombrada el qued' de ver  
las estrellas-soles.  
y el mundo vivo-muerto.  
y estar en la  
SOMBRA



Seeing meditation portrayed in different ways, it can embody the sense of wonder and enjoyment in our practice.

“the Dhamma is far too important to take seriously”





**Imagination** helps to remove obstacles and limited thinking. Often our filters to experience are glued in so tight that we cannot see possibilities and cannot be creative in our practice, i.e. we try too hard to “get it right”, when there are so many ways to practice and it is always changing





The childself seems to be sometimes left behind when we “grow up”.

Art allows us to play with others, and to value this innocent, self-healing quality









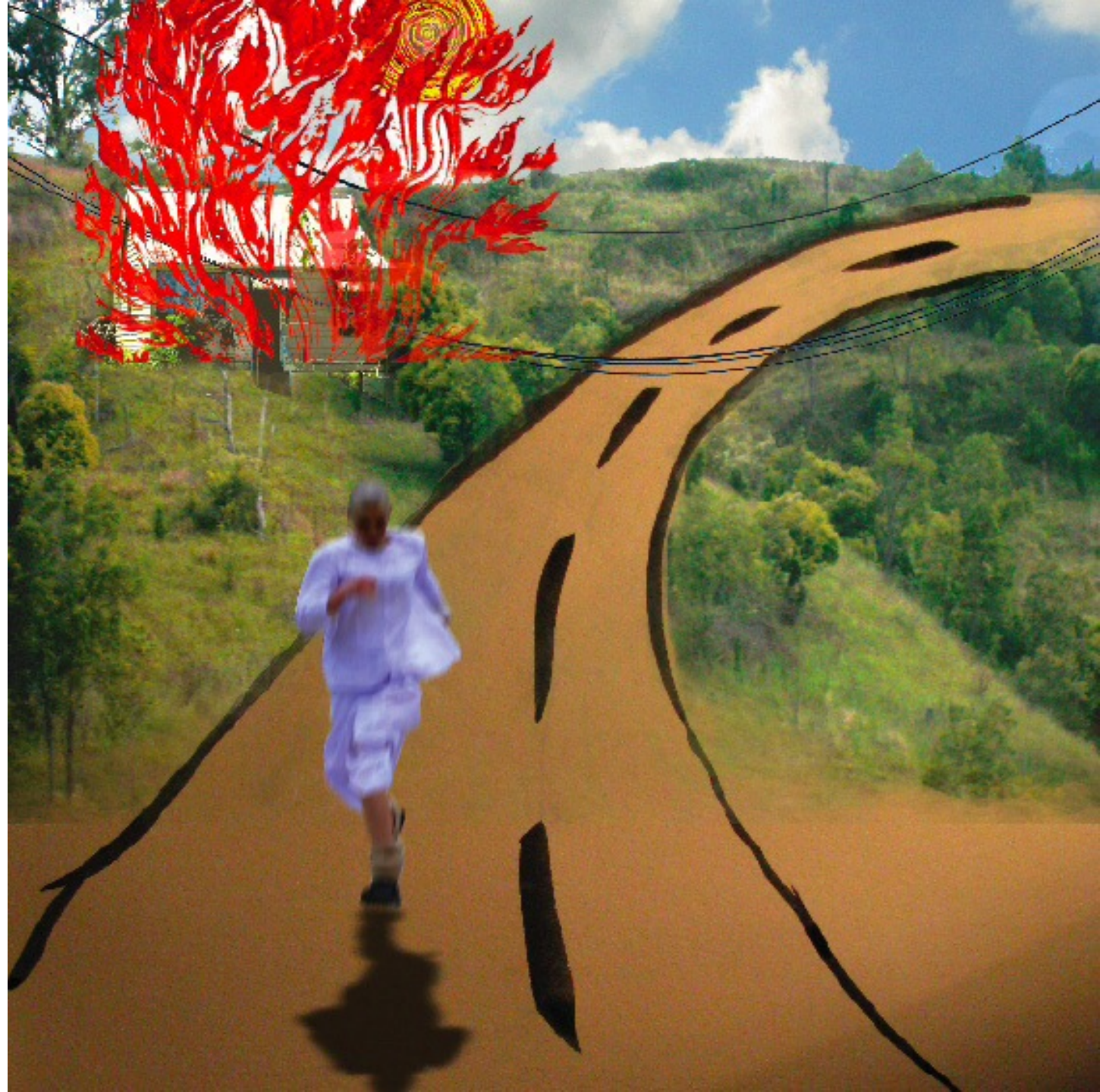
Art gives space to our inner world and  
atmospheres







Seeing those feelings portrayed,  
Symbolically or figuratively or in  
abstraction can help to normalise  
what we feel.





To see our feelings as images can help us to integrate them. This is often more powerful than an intellectual understanding.

For example, this picture might suggest the feeling of alienation or emptiness in modern culture. But the image is actually quite beautiful and haunting.

To see the feeling of alienation, as it appears to us in our culture and society, gives the space for us to experience it safely.

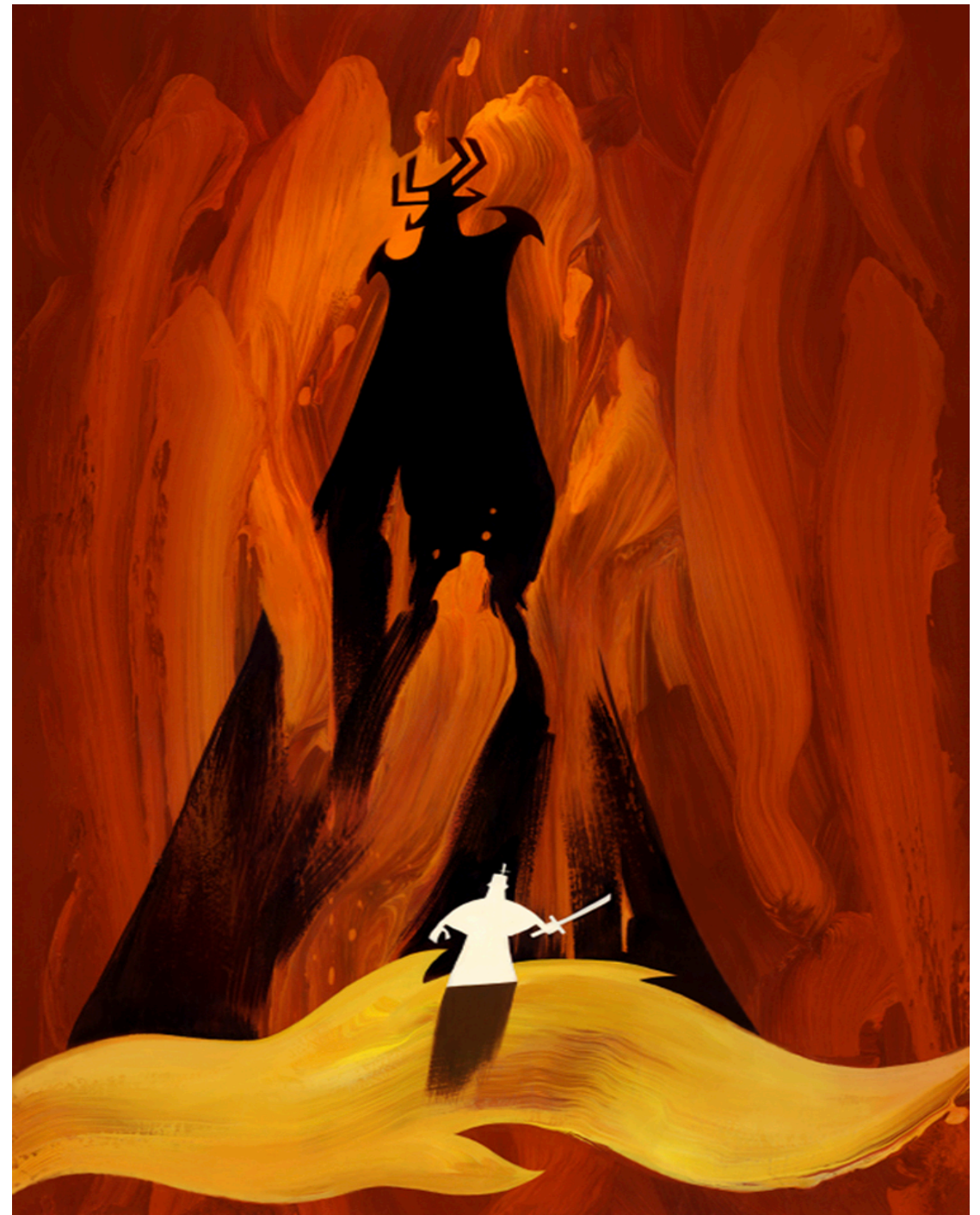
This integration can even, paradoxically, bring about a sense of belonging.



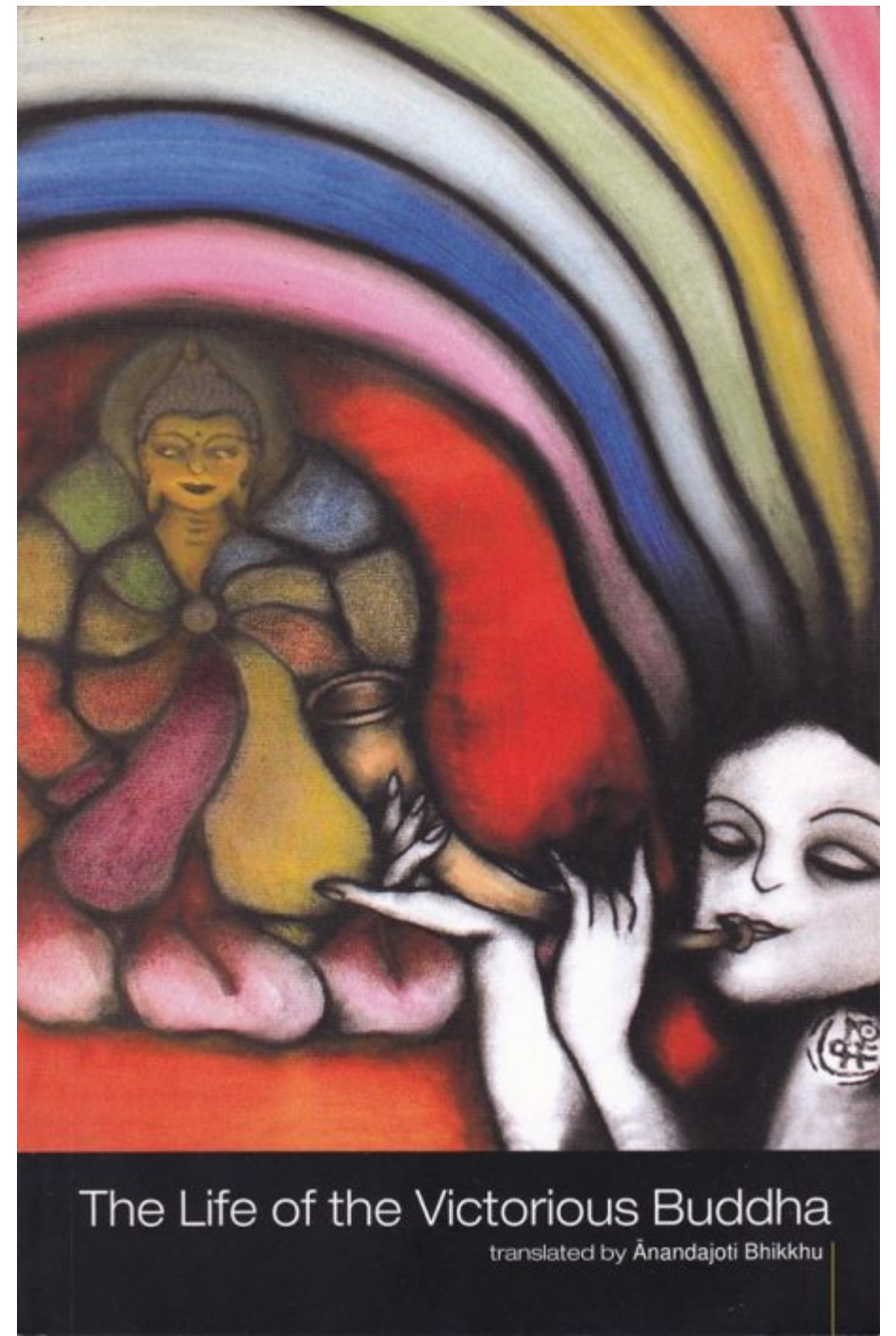


"Art is the safest form of projection"

Fritz Perls.



The Buddha has inspired artists' imagination over centuries





# サンケイ観世能

重要無形文化財

真城 観世喜之  
二人勢 梅若万三郎  
安宅 観世元正  
弱法師 山本博之  
富士太鼓 観世元正  
道成寺 梅若六郎

第二十回記念

昭和四十八年 月 十五日 九時半 二時半 三時半 四時半 五時半 六時半 七時半 八時半 九時半 十時半 十一時半 十二時半

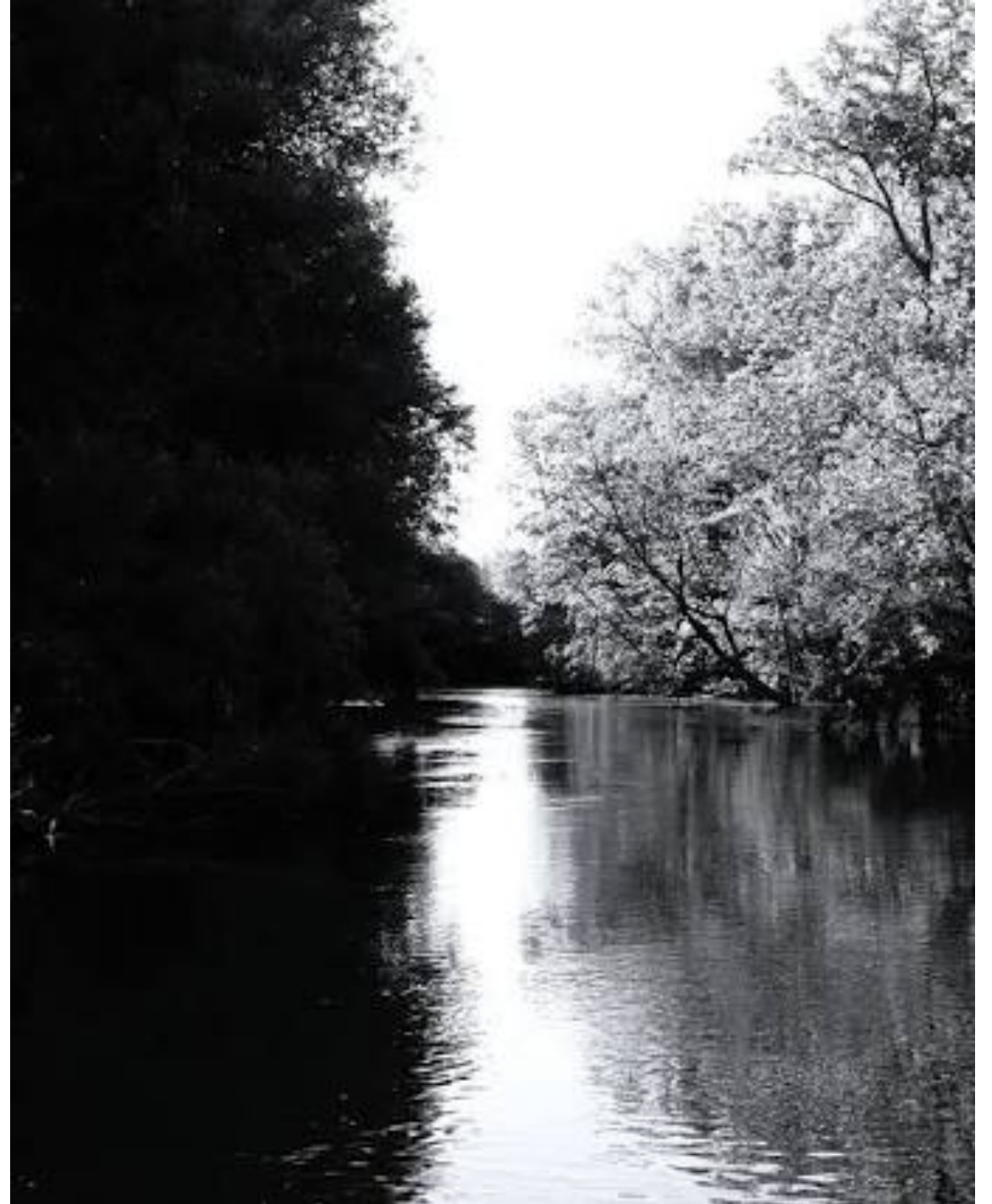






- Balance: art helps us to see a bigger picture, the peace and harmony in the whole.

- Art helps us to see beyond black and white









- Art can support us to nurture and care.
- Art can share love or joy. Eg, images can help us to feel metta
- Art reminds us of different kinds of experiences.
- Art reveals resonance between within and without





You were  
Wild once.  
Don't let  
Them  
Tame you.

~Isadora Duncan

