

The dance of the brush

Sumi-e painting and Zen meditation Work- shop

6th - 14h of January 2018

with Zen monk and Sumi-e Master
Beppe Mokuza Signoritti

Held at the Zen Dojo
“Bodai dojo” of Alba (Italy)

www.sumi-e.it
available in English



Sumi-e painting

The Japanese term “sumi” means black ink, “e” means painting. This way of painting was introduced into Japan by Zen monks and it then became rapidly successful because in this painting-method, as in Zen practice, **reality is expressed by reducing it to its pure, bare form.**

Simply using a brush, a black ink tablet, a stone (suzuri) and a sheet of rice paper, focusing on the here and now, letting the thoughts flow, relaxing body tension, adopting a correct posture and a correct breathing, this way of painting can awake the student’s creativity and sensitivity. While painting you’ll become more attentive, feeling in harmony with the surrounding environment, accepting yourself and your limits, being open-minded and at last, you’ll get in contact with the very source of life that is within yourself.

This way of painting is complete, it involves the whole body. It is not easy at all and working with an expert teacher is necessary, as well as getting used to repeating subjects, or parts of them, an innumerable number of times. The spirit becomes more and more refined and sensitive through constant repetition. **The spirit must be free from any voluntary desire for success and ambition.**

During this workshop, the participants will study the « **Four Gentlemen** » : orchid, bamboo, plum tree and chrysanthemum represent the “Ki” or the vital energy of the four seasons and of the four ages of man.

Zen meditation: zazen

Za means to sit, zen means meditation, truth.

To touch, through correct sitting, the pure, original mind that exists in each of us, often obscured by our thoughts and the emotional storms which perturb us.

The regular practice of zazen, focused on the right posture, on the breathing and with the mind free from any fixation leads to a better balance of the body-mind, strengthening health.

It **eliminates stress and mental agitation** which are the causes of human intolerance and conflicts against oneself and the environment. Through Zazen we enter in an intimate contact with the profound spiritual dimension of our existence, respecting all beings.

Zen is an art of living that stimulates our deep energy and creativit  and allows us to become the "artists" of our lives.

It is not opposed to any religion or personal belief, it goes well beyond, helping us to find a deep and natural faith in what unites us with all living beings.

"If you understand that zazen is the great gate of the law, you will be like the dragon piercing the water or the tiger re-entering the deep forest".

Master Dōgen (1200 - 1253)



Who is Beppe Mokuza Signoritti ?

Beppe Mokuza Signoritti is a Zen monk belonging to the tradition of Soto Zen Buddhism, he is a disciple of Zen Master Roland Yuno Rech. He is founder and responsible of the Zen Dojo “Bodai Dojo” located in Alba, north Italy.

For almost thirty years he has been dedicating himself to Sumi-e and the practice of Zen meditation, exhibiting his works, holding conferences and practical demonstrations throughout Europe. Since the beginning of his spiritual path Beppe Mokuza combines the practice of Zen with Sumi-e.



Programme of the workshop

Possibility to take part only for the weekend (6th-7th or 13th-14th of January)

From the 6th to the 14th:

07:00 – 08:30 zazen

09:00 – 09:30 coffee break

09:30 – 12:30 sumi-e

12.30 – 15:00 lunch break

15:00 – 18:00 sumi-e

18:30 – 20:00 zazen

20:15 diner

Arrival

Friday 5th of January at 5 p.m. There will be an introduction to the Zen Meditation (zazen) at 6 p.m. Diner will be served at 8 p.m.

Rest day

Thursday 11th afternoon and Friday 12th entire day. Activities will start again Friday 12th at 6 p.m.

* On Saturdays, morning zazen will be at 8:00 am.

** The above mentioned programme may be subject to changes.

Cost of the workshop

Registration fees (given as a reimbursement of expenses):

- Entire workshop: € 530 (advance payment of € 180 to be paid upon registration)
- Week-end only: € 170 (to be paid upon registration).

The following items are included in the price:

- annual registration in the Zen Association “Bodai Dojo” (which includes insurance coverage)
- vegetarian meals (breakfast, lunch and dinner) prepared with organic foods
- painting materials (practice paper, rice paper, ink and brushes of different sizes).

Info & Location

The workshop will take place at:

Zen dojo “Bodai dojo”

Via Fratelli Ambrogio, 25

Alba (CN) - Italy

Mobile: +39 328.3863065 (Beppe)

+39 333.1914504 (Alessandro)

e-mail: beppemokuza@sumi-e.it

To bring along

Bring some slippers and comfortable, loose-fitting dark clothing for meditation.