

Project II

ZEN

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Zen is not a religion, not a creed. Zen is not a quest, an inquiry; it is non-philosophical.

The fundamental of zen approach is that all is as it should be nothing is missing.

This very moment everything is perfect.

OSHO

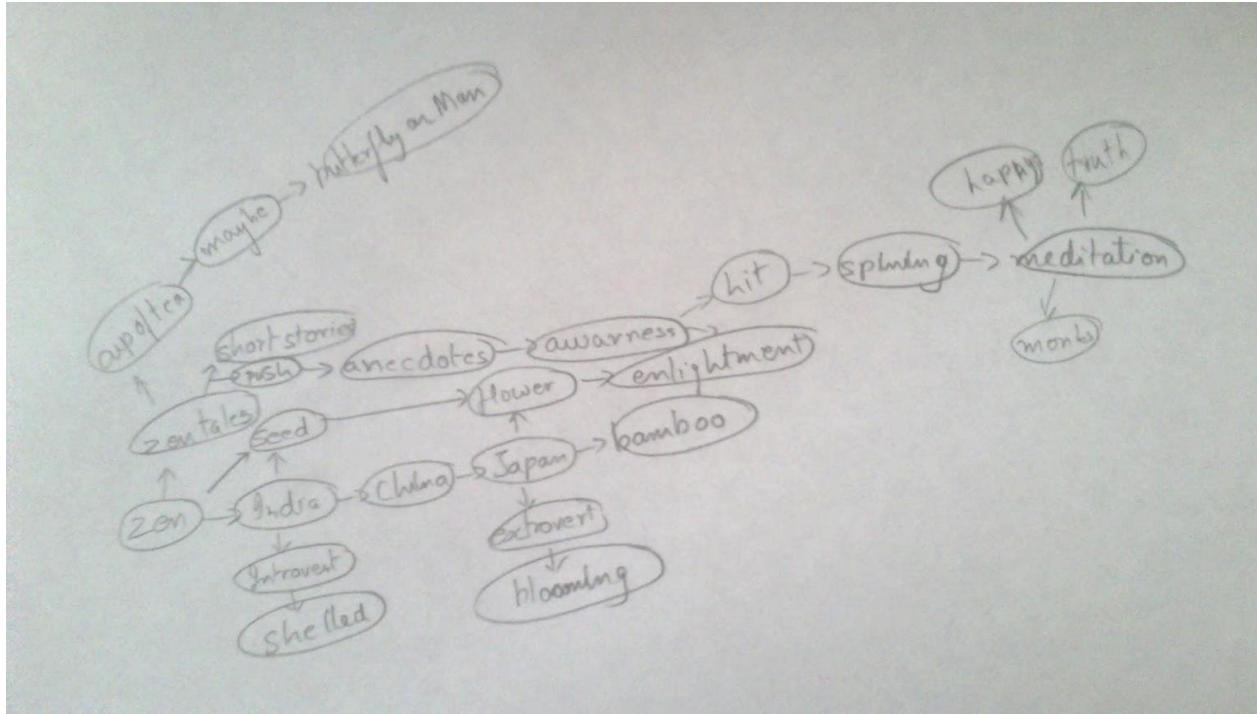
Zen is the ultimate flowering of consciousness

- Zen is just small anecdotes.
- Zen believes in the essentials. It is a condensed and crystalized teaching, but a person must be prepared for it. The only preparation is meditative awareness.
- Zen is like a telegram - the more condensed the meaning, the more striking. The more spread the meaning, the less impressive.

Books Referred

- Zen, Its History And Teachings - Osho
- One Hand Clapping a collection of zen stories
- 101 Zen Tales
- The Way of Zen - Alan Watts
- Zen Shorts - Jon J Muth

Mind Map



- **Seed, Flowering, Shock, Laughter and Enlightenment**
- A seed is an introverted phenomenon
- A seed is an absolute island, isolated, caved in. a seed is a loneliest, most isolated thing in the world.
- The flower is moving outward. The flower releases its fragrance /energy to this outer world.
- Enlightenment - there is no need to seek and search. It is not an achievement, it is recognition

Initial story's

Story 1 – Enlightenment

A monk and a bee

Story 2- Mindfulness and the seed

A man sitting in a park thinking of his past and future
A seed falls suddenly bring him to the present

Story 3 - God and Silence

A man want to find the presence of God
Asks a Zen master to be his student
The master denies
Goes in search of god
Starts to live in the moment

Live in the present moment

“The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.”

- Buddha

Related Zen Stories to Live in the present moment

- Real Miracle

My miracle is that when I feel hungry I eat, and when I feel thirsty I drink. - Bankei

- The Burden
- Thief and The Master
- Archery
- Moon cannot be stolen
- One Hand Clapping
- Chopping wood carrying water

“When an archer is shooting for nothing, he has all his skills
If he shoots for a brass buckle, he is already nervous
If he shoots for a prize of gold, he goes blind or sees two targets
He is out of his mind
His skills has not changed but the prize divides him
He cares
He thinks more of winning then of shooting
And the need to win drains him of power”

Chuang Tzu

Zen Archery

- **Archery** is one of the main philosophy in Zen
- When the archer raises his bow he will begin a process familiar in **Zen meditation**
- There is moment of absolute concentration and can only be achieved with **perfect posture, balance and stillness**.
- When shooting the arrow the archer find the **self** in the target.
- This is the spiritual development which will lead to the ultimate truth and **the discovery of the self**.
- The control of the breath and the mind generate the spiritual powers similar to what one finds in meditation.
- The immediate effect is increased attention in the sensation of thoughts, the final emptying of mind for one brief moment as the arrow is released.
- Narrating a story with an archer practicing archery found to be the apt storyline.

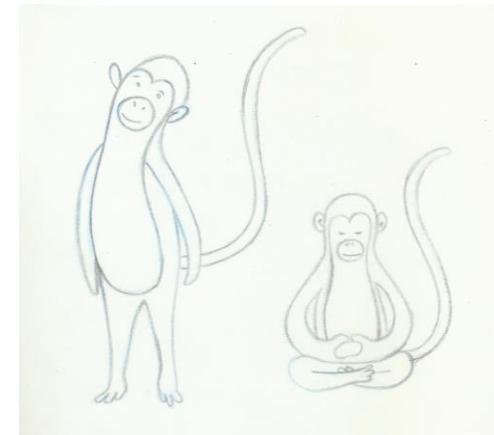
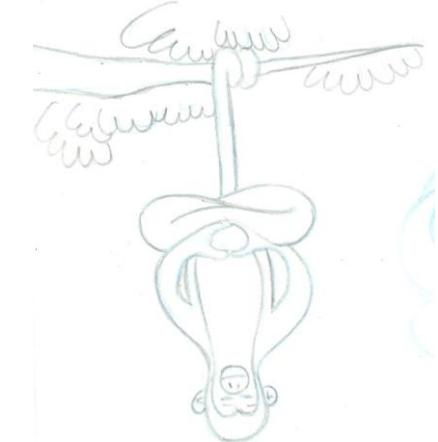
Story 4 – Living in the present and mindful

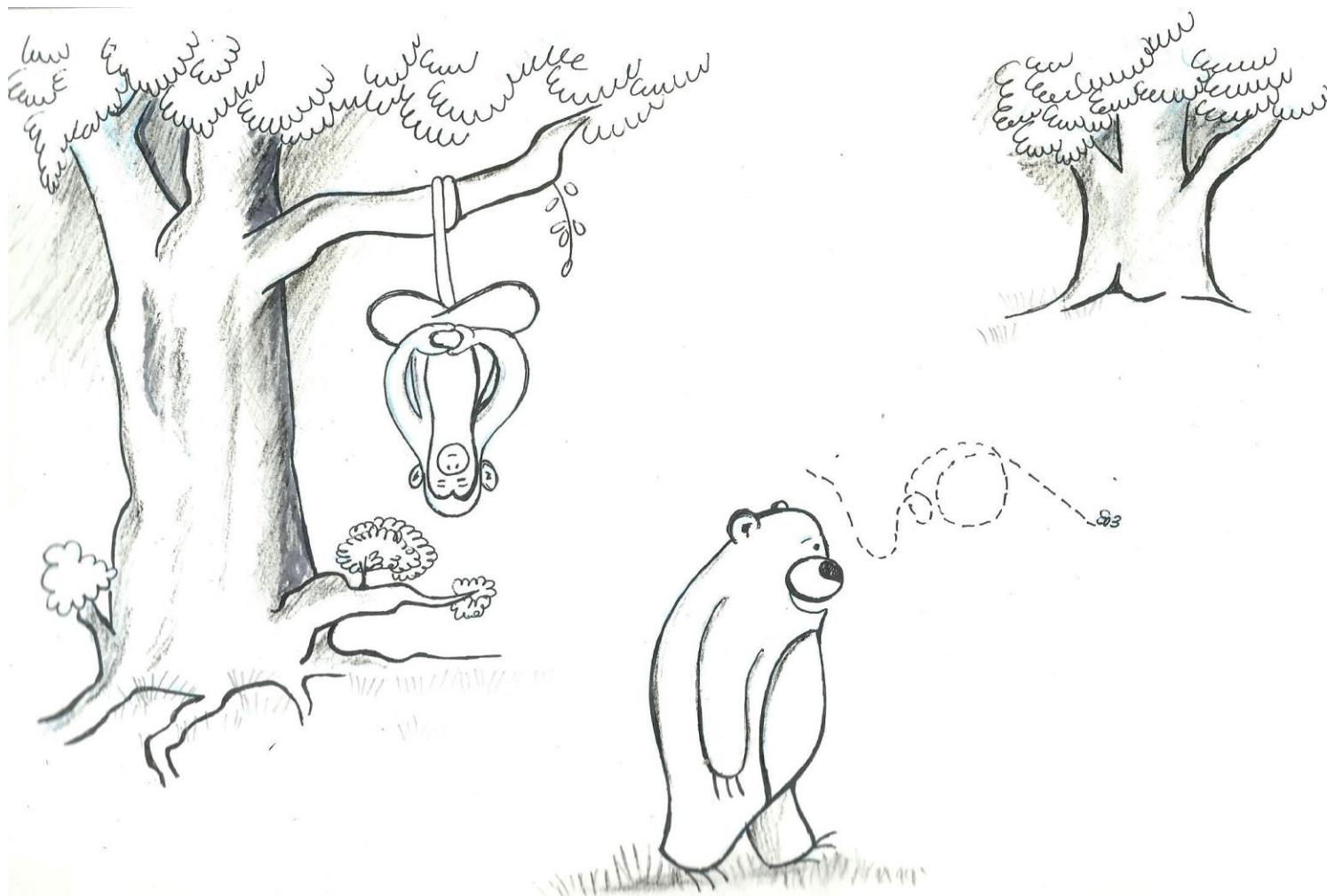
- In a dense forest a monk with his only pupil was practicing meditation and the archery.
- The pupil in-spite of regular practice was not able to hit the target and got frustrated.
- The days went on like every day, the master meditate and the pupil practice, but was not hitting the target.
- Not being mind full in the task he was doing
- On the eventful day the pupil practicing archery saw a tiger is coming close to his master who is meditating. Without thinking he targeted his arrow over a fruit just above the master's head.
- The arrow hits the fruit and the master comes out of his meditation and the tiger ran away.
- The master laughed at the pupil and said, he had finally attained mind fullness and was in “the present”.

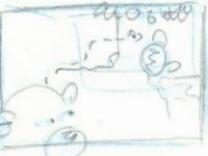
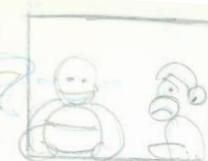
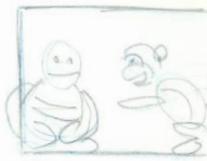
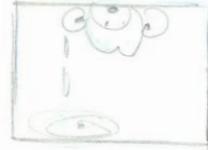
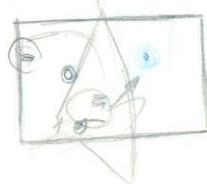
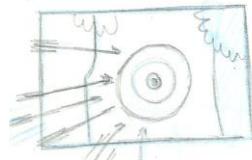
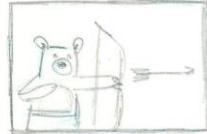
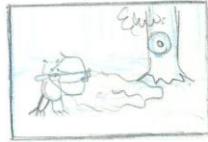
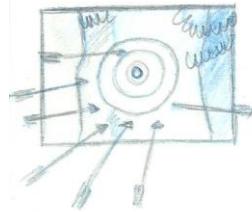
Stage 2 - Story

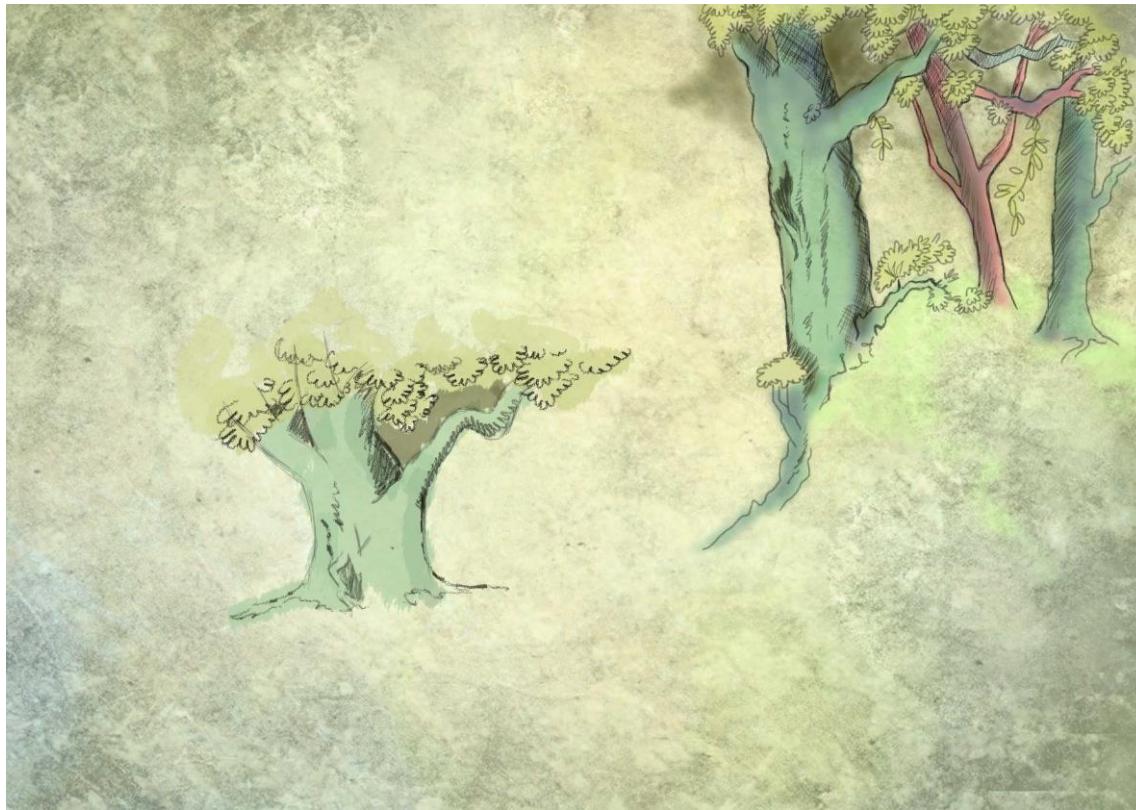
Story 5 - Silence and mindfulness

- Bear wanted to become an **Archer** but was never able to hit a target.
- Monkey working upon finding the answer for **One Hand Clapping**









The Floating Seed

Final story

Your mind is a Garden,
Your thoughts are the seeds,
 You can grow flowers or
 You can grow weeds.

- William Wordsworth

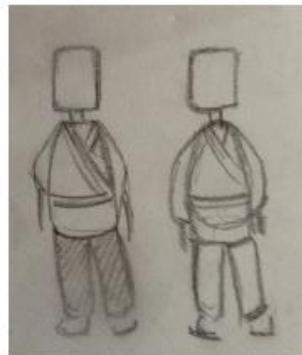
The Floating Seed

- It is a story of an archer practicing art of archery.
- An archer was living in a hillock and daily he comes down from the hillock and practices archery at the main land.
- Daily the practices continues but he fails to hit the target. The archer couldn't find the reasons for his failure.
- On the eventful day when he was coming down from the hillock he accidentally hit a rock on the path and stumble down on the ground. When he get up, a floating seed, land on his hand and a flash of thought comes to his mind,
- When he falls and when the floating seed touches him – he recognize that his mind is also like the floating seed, which is mindless and floating aimlessly.
- The shock brings him to the center which helps him to realize the present moment
- Suddenly he could feel the beauty of his surroundings, he could hear the sound of breeze, he could sense the fragrance of flowers, and he could see the beauty of flowers, water fall, fishes splashing on the stream.
- As he enjoys the journey he reaches his practicing field. He feels total calmness within himself and the surroundings and he just aim the target with calm deep breath and the arrow shoots out like a lightning and hit the target.
- The archer could feel the flowering of his consciousness. His skill of archery.

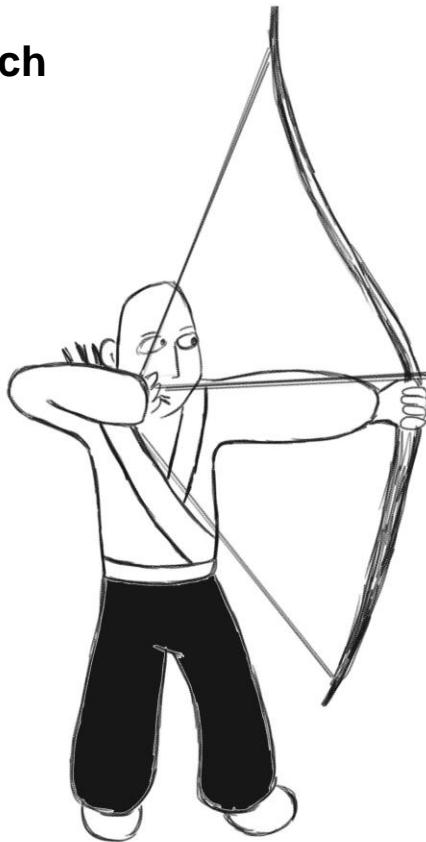
- Metaphoric connection between a floating seed and the mind
- The transformation of seed to flower
- The concept of shock- emptying of mind
- Living in the Present Moment
- Stillness of mind and soul
- Discovery of self
- Combining all with Archery story



Character Exploration



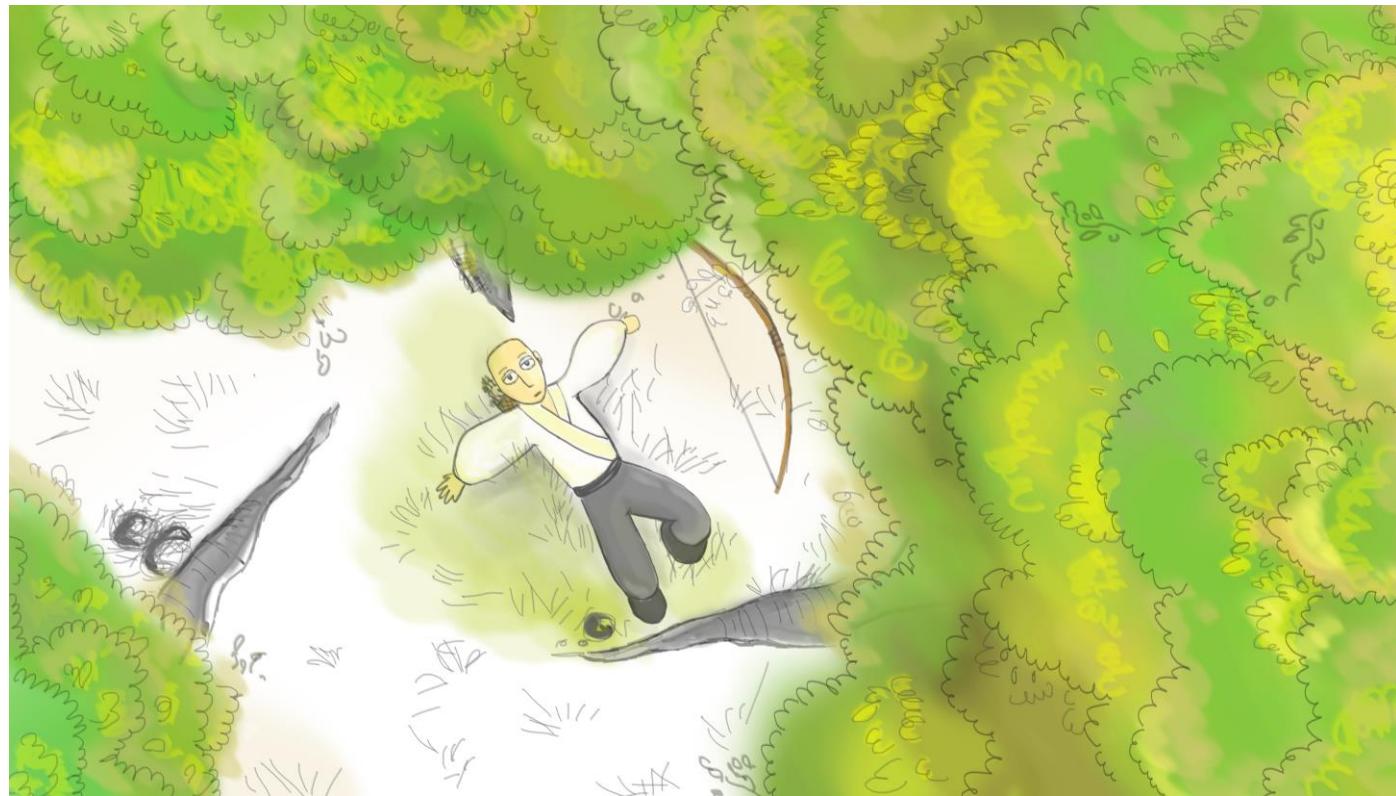
Character Sketch



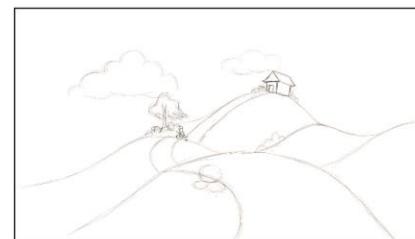
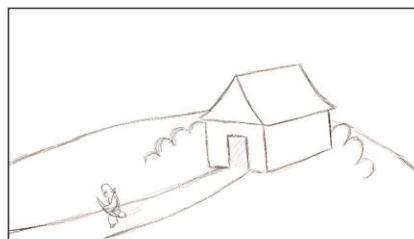
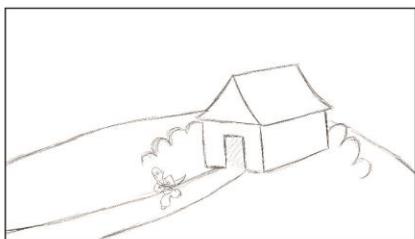
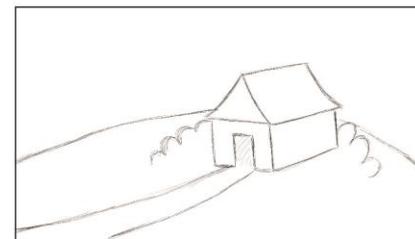
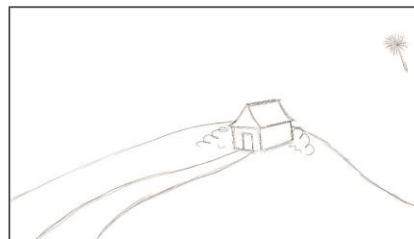
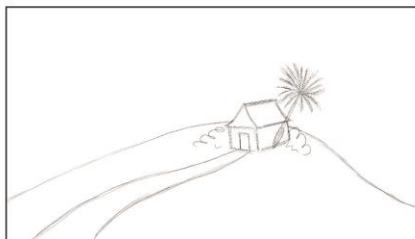
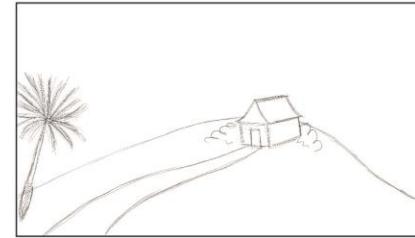
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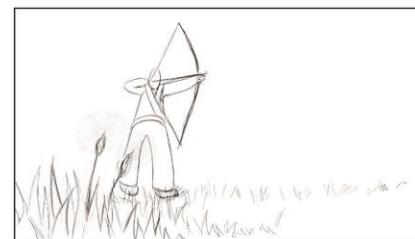
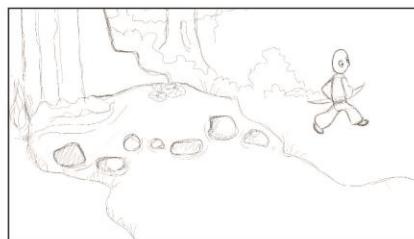
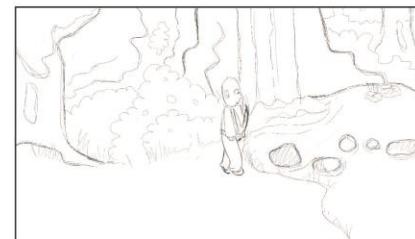
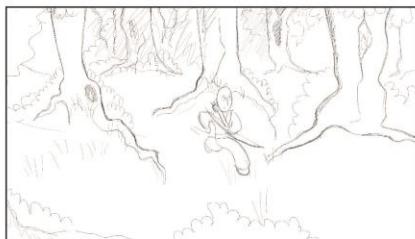
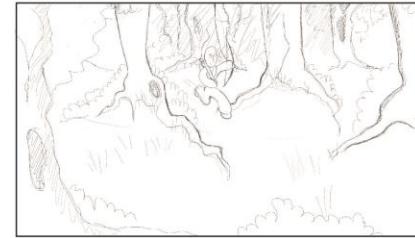


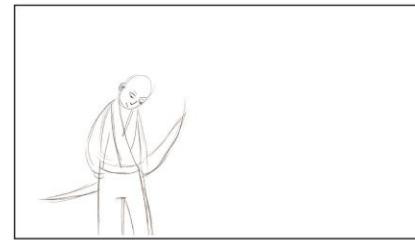
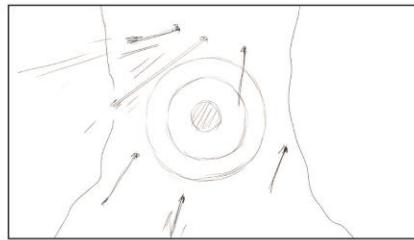
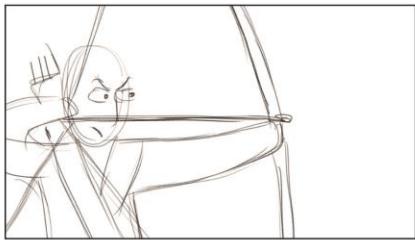
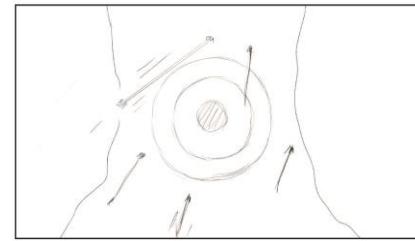
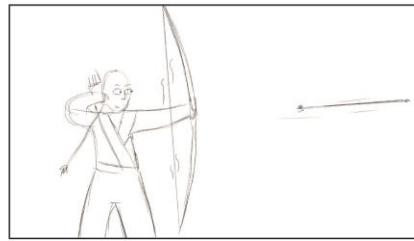
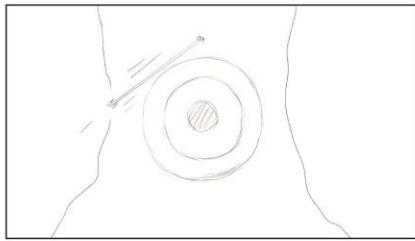
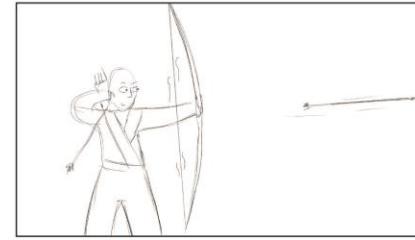
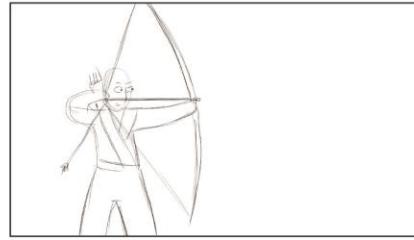
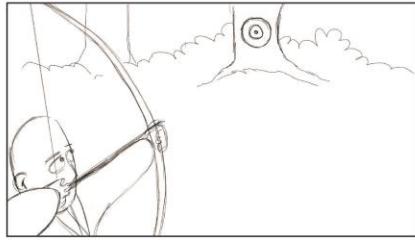
Thumbnail sketch

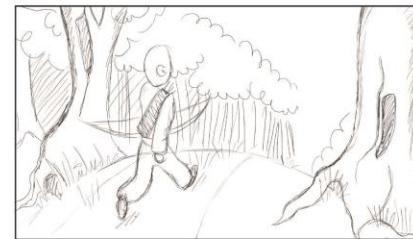
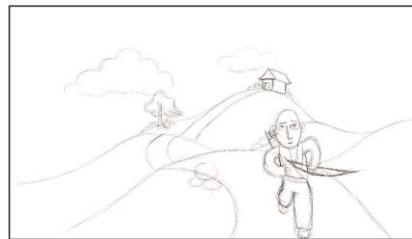
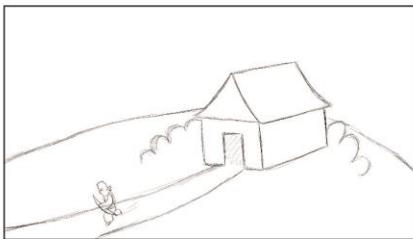
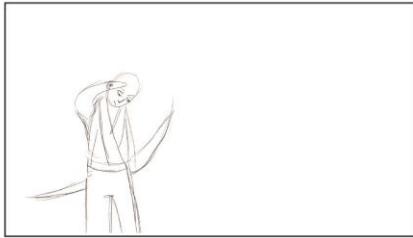


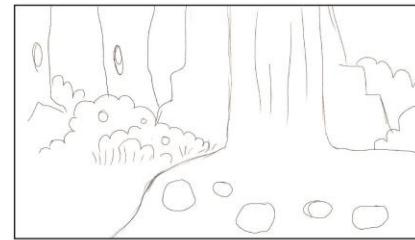
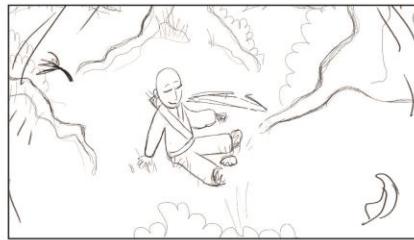
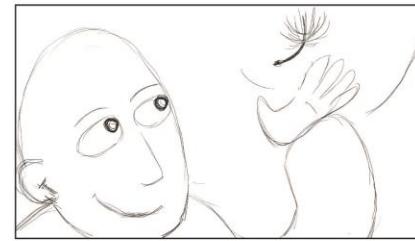
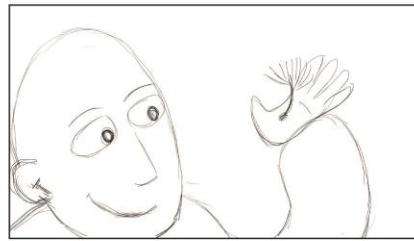
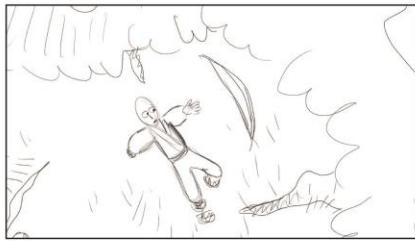
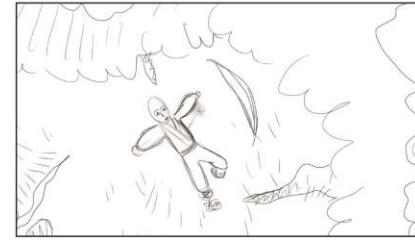
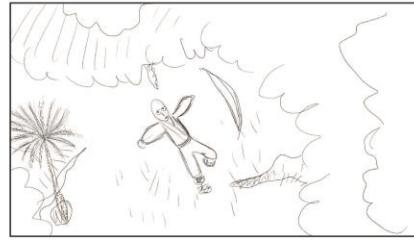
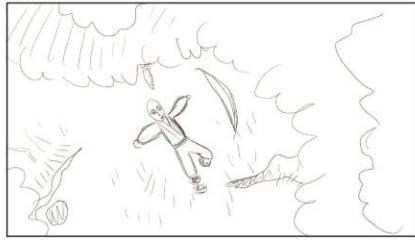
Story Board

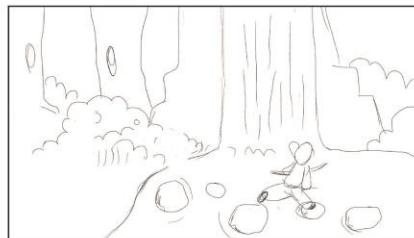
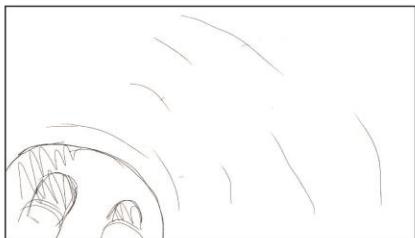
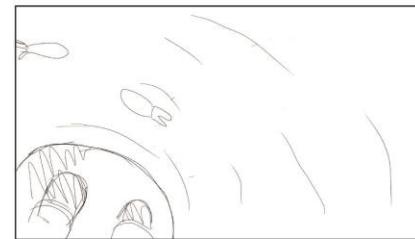
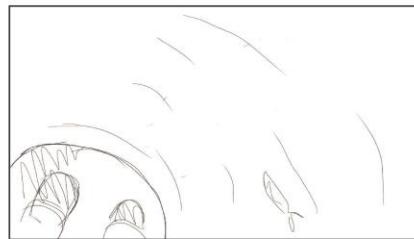
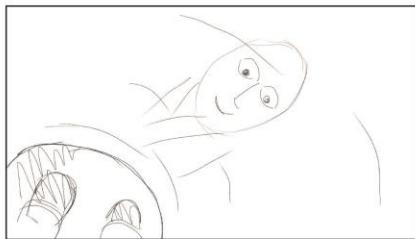
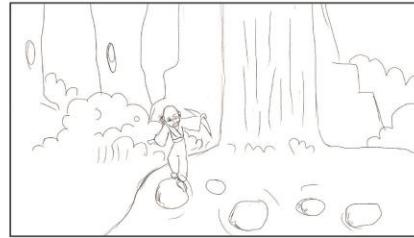
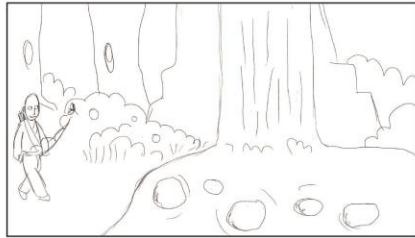


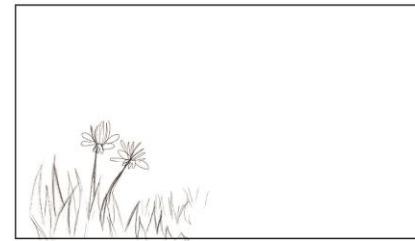
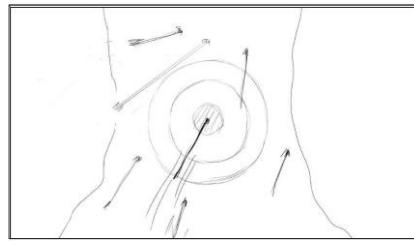
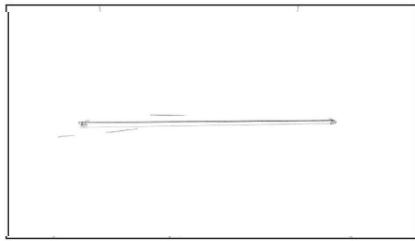
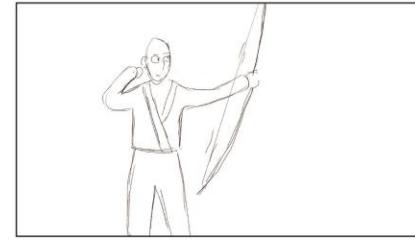
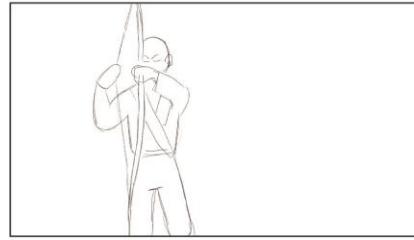
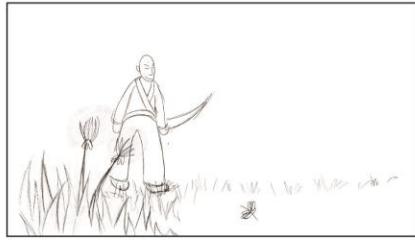












Animatic

Sound

- Natural sound
- Harp Tibetan Music

References

Youtube links

<https://www.youtube.com/watch?v=G9uBtnuxjwU> Zen | Life of Master Dogen
<http://vimeo.com/86930632> Yoga Noga Reyoga
<https://www.youtube.com/watch?v=DDW9AyxajAI> Ten Bulls of Zen in Animation
<http://www.youtube.com/watch?v=z5TsLr0BP30> Kung fu Panda - today is a gift, that is why it is called a present
<http://www.youtube.com/watch?v=uXHIXTmWNRI> chop wood carrying water
http://www.youtube.com/watch?v=MJRYpp_y52M Karate Kid being Still
<http://www.youtube.com/watch?v=EU7vKitN4Ro> life is right now - Jon Kabat Zin on mindfulness
You can heal life - louise hay video
https://www.youtube.com/watch?v=y5w3_7j65Kc peaceful warrior movie

Stories

<http://users.rider.edu/~suler/zenstory/wantgod.html> wanting god
<http://global.sotozen-net.or.jp/eng/library/stories/book9.html> two moon storie
<http://global.sotozen-net.or.jp/eng/library/stories/index.html> zen short stories
Osho - Miracle of ordinariness
Osho - real miracle
You can heal life - louise hay video
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<http://www.myrkothum.com/what-is-the-present-moment/>

Thank You