

**Balance**

The way in which elements (lines, shapes, colors) of a work of art are arranged; may be symmetrical (balanced) or asymmetrical (unbalanced).

**Bodhisattvas**

A set of Buddhist deities who have attained Enlightenment but choose to remain on earth to guide others in their path to Nirvana.

**Chinzō**

The Japanese term for formal portraits of Zen Buddhist Masters and priests executed in two-dimensional or three-dimensional media.

**Daoism**

A Chinese religion and, more broadly, philosophy, possessing many characteristics of a folk religion, including a collection of regional deities worshiped by different adherents according to place and time.

**Enlightenment**

Attainment and understanding of the *dharma* (the essential nature of existence realized by the Buddha). Enlightenment is often referred to within Zen as the “mind to mind” transmission of the dharma. This concept of “dharma transmission” is integral to Zen Buddhism because it asserts the importance of lineage (i.e. under what circumstances one achieved Enlightenment; from whom the dharma was transmitted). Followers of Zen Buddhism seek to attain Enlightenment through an intensive process of sitting in meditation, training with Masters, contemplating koan, and following the Eightfold Path.

**Eightfold Path**

A guide to living proposed by Buddha as the way to end suffering, as outlined in the Four Noble Truths. The concepts to be followed are:

## Wisdom

- Right understanding
- Right intention

## Ethical conduct

- Right speech
- Right action
- Right livelihood

## Mental discipline

- Right effort
- Right mindfulness
- Right concentration

**Four Noble Truths**

These Truths, followed by all adherents of Buddhism, are among the realizations that Buddha discovered when he attained Enlightenment:

- Life is suffering.
- The cause of suffering is desire and attachment to the world.
- Suffering may end when we disassociate ourselves from desires.
- Freedom from suffering is possible by following the Eightfold Path.

**Hotei (Budai)**

A Chinese Zen Buddhist monk who lived during the Liang Dynasty (502-557), who was thought to be the incarnation of *Maitreya Buddha* (the Future Buddha). He is

depicted as a good-natured beggar figure carrying a large staff and a sack full of miscellaneous objects. In Japan, he is known as *Budai*.

### **Koan**

Enigmatic anecdotes, dialogues, questions or statements meant to reflect the enlightened mind and prompt the attainment of Enlightenment within one's own mind. Zen monks are often assigned a specific koan by their Master to consider and meditate on. Their Master will check his pupil's awareness by checking his response to his koan. A popular example of a simple koan is "What is the sound of one hand clapping?"

### **Negative Space**

The area surrounding, between or inside a form or object.

### **Nirvana**

A spiritual state of complete peace and understanding of the dharma attained through Enlightenment. It is the final freedom from the cycle of birth and rebirth.

### **Patriarchs**

Within Zen Buddhism, these are individuals who represent the line of successors to the transmission of the dharma; masters of the teachings of the Shakyamuni Buddha (Siddhartha Gautama). There are reported to be 27 Patriarchs in the Indian tradition, stemming from Siddhartha Gautama himself. Bodhidharma is identified as the 28<sup>th</sup> Patriarch, and is critical in that he is credited with moving the Zen tradition from India to China. Bodhidharma was succeeded by 6 subsequent patriarchs in China, and these 34 individuals are considered the core patriarchs of the tradition.

### **Quality of Line**

The denseness or lightness of a given line including its thickness and relative opacity.

### **Sumi-e**

An East Asian style of brush painting executed in ink. The tools of sumi-e are the same as the tools used for calligraphy. These include ink sticks used to grind one's own ink on a grinding stone (*suzuri*), and animal-hair brushes. Sumi-e was developed in China during the Tang Dynasty (618-907) and was introduced to Japan by Zen Buddhist followers in the 14<sup>th</sup> century.

### **Sutras**

Buddhist scriptures; the teachings of Buddha himself.

### **Tonality**

The lightness or darkness of a color. In grayscale compositions, tonality defines the tints and shades between white and black.

### **Zazen**

Sitting in meditation; its purpose is to calm one's mind and make it receptive to Enlightened thinking. Zazen is central to Zen Buddhism, as the emphasis on spending many hours in meditation in pursuit of Enlightenment is one of the major factors that made Zen fundamentally different from other contemporaneous schools of Buddhism.