

OPEN MIND

In Buddhism mind has central place. It is very difficult to understand what mind is, as it has no Shape, colour, smell and we cannot see it, but it is our mind which experiences the world outside and inside of us. Through our five senses mind experiences things many things both outside and inside of us. But in Buddhism mind itself is considered sixth sense organ which is very much deep vast and subtle. We cannot 'see' our mind ourselves as we cannot see our own eye, we can see reflection of them in a mirror, or we cannot grasp our own hand. Likewise we cannot grasp our mind, But as I said mind is very vast and deep it sees and experiences things inside and outside, which are very difficult to express because they are beyond words. It has capacity of appreciating beauty and truth. So what mind sees and experiences could be expressed through paintings and particularly expressed through abstract paintings. Different colours, shapes and patterns communicate something which is not mundane, something transcendental beyond our ordinary sense experiences. But we are not able to appreciate beauty and truth which is beyond our ordinary experiences because of our block mind. Mind has to be receptive, open in order to appreciate beauty and truth. Sometimes pure arts like classical music, poetry, paintings etc helps us to open our mind to be receptive for the beauty and truth. It communicates something beyond our ordinary existence. We enter in the different world which is much more subtle and beautiful. Particularly while watching abstract paintings we come in contact with our deep mind which helps us to see something which is not seen or grasped. Such paintings communicates inner world of mind. Through such paintings one comes in contact with the inner world of mind and its different hues and colours which enables us to see the mind. Open up the mind. Buddhism says nothing is automatic one has to make efforts to achieve or understand anything in the world. So, in order to understand and appreciate beauty one has to have open mind and receptive heart.

My best wishes for your art book. We always feel very proud of you for your contribution in this field. Because of you we got at least some aesthetic sense and your paintings will continue to fascinate people in general and artists in particular.

With Metta

Amoghsiddhi.