
The Power of Words

Simple Contemplations in Daily Life

By Yeachin Tsai

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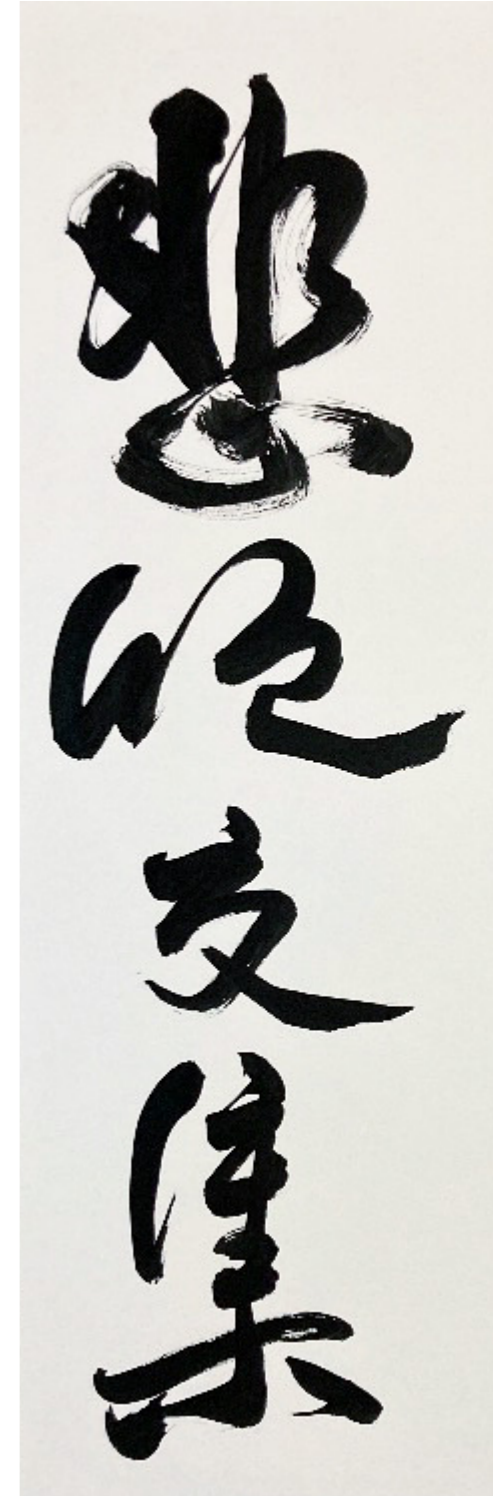
This book is for people who enjoy the richness of symbols in everyday life.

Chinese is mainly a pictorial language. As an artist grew up in Chinese culture, I've always amazed by the sounds and forms of the Chinese characters. Every word has a story – And if you are willing to go deeper, you can enjoy the power of its profound meanings.

May the power of words bring inspiration, peace, joy, and awareness to your day!

May love and meaning be with you here and now!

Image: "Sorrow and joy come together." Chinese pinyin, Bēi xīn jiāojí.



Spring



Some things in life are bad they can really make you mad

Other things just make you swear and curse

When you're chewin' on life's gristle, don't grumble give a whistle

And this'll help things turn out for the best

And always look on the bright side of life

Always look on the light side of life

From MONTY PYTHON - "Always Look On The Bright Side Of Life"

Chinese wording: Spring

Chinese pinyin: chūn

Calligraphy Style: semi-cursive script ("running script")

Joy

Life could be painful at times. Nothing is really what we expected. There is always something or someone that annoys us; it could be very overwhelming sometimes. We cry, we laugh, we feel indifferent... we go through everything at any given moment. But when you step back and look: all is very amazing - and beautiful - this precious life!

Let us enjoy every living moment, and love each other, love our life - why not? If this is all we have?

Chinese calligraphy wording: Joy. Sumi ink on textured rice paper, signed with the seal of the artist, which is an image of a rabbit.

Chinese pinyin: yuè

Calligraphy Style: semi-cursive script



Gentleness

Gentleness is like the spring gentle rain, morning light mist, first snow falling in the early winter... Gentle, but cannot be forgotten; gentle but strong; gentle yet last forever.

Like the empty paper space invites you to paint the first dot, the first stroke - it is a gentle, persist invitation. It is calling you, come here, leave a mark, be yourself.

So be it. When this world is soaked with aggression and violence, let's not forget: we are human beings, we have a soft heart, and, we all share common feelings.

Chinese wording: Gentleness. Sumi ink on paper. The seals are "walking in the sky" at the top; and an image of a bird at the bottom left.

Chinese pinyin: róu

Calligraphy Style: semi-cursive script



Mind and Heart

In Chinese, mind and heart are the same word. This word could mean the feeling (of the heart), or the thought (of the mind.) Here is a calligraphy of it. The Avatamsaka Sutra says: "If a person wishes to know the Buddha of the three periods of time, he or she should see the nature of all phenomena actually made by mind." How we view ourselves and the world creates our inner and outer environment. The world is our mind's projection.

Chinese wording: "Mind, Heart." The seals are: "walking in the sky" at the top; my last name "Tsai" at the bottom.

Chinese pinyin: xīn

Calligraphy Style: semi-cursive script



Light

When night falls - the darkness of outside cannot take away the inner light. The light that is forever warm and bright.

Chinese wording: "Light". Sumi ink on rice paper. The seal is "heart of buddha."

Chinese pinyin: guāng

Calligraphy Style: semi-cursive script



Wu, Nothingness

The Japanese and Korean word “mu”, or Chinese “wu” means "none; not have; without". It is a key point in Buddhism, especially in the Zen traditions. It means "no", "not", "nothing", or "none". Everything is born from the infinite possibility of seemingly nothingness.

"In Buddhism there is no place for using effort. Just be ordinary and nothing special. Eat your food, move your bowels, pass water, and when you're tired go and lie down. The ignorant will laugh at me, but the wise will understand."

By Zen Master Hakuin Rinzai (1689 - 1769)

Chinese Zen (Chan) calls the word “mu” - “the gate to enlightenment”. Entering the gate and you will see the nature of mind. The sudden stop of the conceptual mind creates tremendous power to penetrate the truth of reality.

Character: Wu. Sumi ink on rice paper. Signed with the seal of the artist: "heart of the Buddha."

Chinese pinyin: wú

Calligraphy Style: semi-cursive script



Mind, Spirit, Deity

In the renowned Tibetan Buddhism Master Trungpa Rinpoche's book, "Shambhala: The Sacred Path of the Warrior," he mentioned there are three basic structural principles of the world, in Tibetan called lha, nyen, and lu. Lha, literally means "divine" or "god", "the highest points on earth, wakefulness." Nyen refers to the human domain, or to "the great shoulders of the mountains." Lu refers to "water being," or to "oceans and rivers, the realm of water and wetness." On some occasions he wrote the Chinese calligraphy of "Shen" as the Tibetan "lha", or "drala".

In the Daoist traditions, the "Three Treasures - Jing, Qi, Shen" are the essential forces sustaining human life:

Jing: "essence; extract; seed."

Qi: "vitality, energy, air; breath."

Shen: "spirit; mind; god, deity."

When ourselves or the world lost connection with its natural order, there will be imbalance and chaos. Our spirit will be waning, and all the magic and radiance will be lost. The flourishing of inner and outer phenomenal worlds rely on "shen". "Shen" is the manifestation of the higher principle of existence.

Chinese wording: Shen, Spirit. Sumi ink on paper. The seal is an image of a bird, which is part of one word of my first name.

Chinese pinyin: shén

Calligraphy Style: semi-cursive script



Zen

Zen - the finger points to the moon of ultimate reality, not the moon itself. Zen was developed in China during the 6th century as Chán (Chinese pronunciation) School. From China, Zen spread to Korea and Japan.

Zen emphasizes the attainment of enlightenment - the personal experience of direct insight. The thinking mind is dropped. One encounters the gap, a definite, clear seeing. No more signpost; brilliant moon shines in the sky.

At the ancient pond

A frog plunges into

The sound of water

By Matsuo Basho (1644 - 1694)

Sumi ink on rice paper. Signed with the artist's seal "the heart of Buddha" and my name "Chin" at the bottom.

Chinese wording: Zen, Chan

Chinese pinyin: chàn

Calligraphy Style: semi-cursive script



Feel Good!

We are basically good, always good! Everything is fundamentally possible and workable. We can touch the inner good feeling - It is beautiful, lively, and wholesome - let us feel good!

Sumi ink on rice paper. Signed with the seal of the artist:
"Happiness, wealth, and longevity."

Chinese wording: Cool, Feel Well

Chinese pinyin: shuǎng

Calligraphy Style: semi-cursive script



Tranquillity

Looking at the space in between marks; hearing the true meaning in between lines. The space, that is alive - contains all possibilities. What is unsaid is more important than said.

Chinese calligraphy wording: "Tranquillity, Quiescence". Sumi ink on textured Chinese rice paper. Signed with the seal of the artist: "heart of the Buddha."

Chinese pinyin: jìng

Calligraphy Style: semi-cursive script



Buddha, the Awakened One

"Buddha" means "awakened one" or "the enlightened one." In most Buddhist traditions, Siddhartha Gautama is regarded as the Buddha.

In our mind and heart, we all the the seed of awakening - like the seed waiting for the rain to sprout. We all have tremendous goodness inside. It is there, never diminished.

Chinese wording: "Buddha, the awakened one." Sumi ink on rice paper. Signed with the artist's seal "the heart of buddha."

Chinese pinyin: fú

Calligraphy Style: semi-cursive script



Purity

Chinese calligraphy wording: "Purity, Purification": Cleaning up our mind - the negative emotions and thoughts - the world will be a better place. Accepting everything in a positive sense; forgiving, and letting go. The more we let go, the more richness will come in. Then good things can happen without a doubt!

Signed with artist's seal: "Tao"

Chinese pinyin: jìng

Calligraphy Style: semi-cursive script



The Rain

The rain is falling everywhere: on the rich, on the poor; on the happy people, on the sad people; on the crows, on the squirrels; on the greenery, and on the rocks. The rain is falling on everyone's roof. The rain is falling on everyone's head.

I used to just welcome sunshine, now I also welcome the rain. Precious water drops, precious mellow sounds invoke precious memories of love... So gentle and so tender... Appreciating this precious life.

Chinese wording: Rain. Sumi ink on paper. The seal is an image of a bird.

Chinese pinyin: yǔ

Calligraphy Style: semi-cursive script



The Beginner's Mind

Don't forget your "beginner's mind", always go back to the beginner's mind. The first moment of freshness, the first inspiration, the first touch, the first sight, the first love - remember that!

In Shunryu Suzuki Roshi's book: "Zen Mind, Beginner's Mind", he said: "In the beginner's mind there are many possibilities, but in the expert's there are few."

This work - Chinese wording: "Beginner's Mind." Sumi ink on rice paper. The seal is an image of a bird, and my name "Chin".

Chinese pinyin: chū xīn

Calligraphy Style: semi-cursive script



Health

Mind after mind,

Thought after thought,

Meditation on the breathing is the best cure.

Following the breath, seeing the mind,

Each moment is full of love and life.

We can be strong, trust that;

Wholesomeness is our inherent gift.

Chinese wording: Health. Sumi ink on rice paper, mounted on paper. The seal is: "Happiness, wealth, and longevity."

Chinese pinyin: jiàn

Calligraphy Style: semi-cursive script



Raise our Energy

In cold, raining days, we can raise our inner chi, our energy vibration - In Tibetan, it is called "windhorse". We can ride the energy to where ever we want it to go, if the mind is well trained.

Chinese wording: "Chi, energy". A good energy is vital for the healthy body and healthy mind. It is the vital life force that sustains our lives. We can make it stronger, or make it weaker through our conducts and thoughts.

Signed with the seal of the artist, which is an image of a bird.

Chi (qi)- energy; in Japanese, Ki; in Tibetan, Lung (wind);
Lungta - wind horse.

Chinese pinyin: qì

Calligraphy Style: semi-cursive script



Dance with Me

Let's dance, dance with me. Dance with this element of frozen water; dance with the winter brisk air; dance on the hard, icy ground. The wind can be cold, but the heart can be warm. Dance with a warm, moist human heart. It is warm and kind always.

Chinese wording: “Dance, dancing” in cursive style with a flowing movement. Black sumi ink on textured rice paper. Signed with the seal of the artist: “Emptiness and form are one.”

Let's dance with life,

It is not so hard.

Follow the rhythm,

Listen to the beat:

The ebb and flow,

Coming and going;

Sun and moon rising,

Seasons passing, what a joy!

What a joy - not to ask too much,

What a bliss - just to let go!

Chinese pinyin: wǔ

Calligraphy Style: grass script



Dragon in the Sky

"With the wisdom mind of the dragon, life itself becomes the source of our energy. The more we are involved with our life, the more energy we have. We actually become younger, because we are less burdened, less jaded. When we start a new project or meet a new friend, we don't think, 'Here we go again. I've already done this a million times.' We have an open mind that is genuinely and continually engaged, without any kind of pre-thought."

Sakyong Mipham Rinpoche, *Ruling Your World*.

Chinese calligraphy wording: "dragon". The seal is an image of a fish.

Chinese pinyin: lóng

Calligraphy Style: grass script



Tiger

"The Shambhala teachings introduce four mythical animals—the tiger, lion, garuda, and dragon—which represent the principles of confidence that the ruler develops in order to bring wisdom and compassion into daily life.

The confidence of the tiger is contentment. Contentment comes from discernment, the virtue of touching our feet to the earth of every moment. As we slow down and consider our thoughts, words, and actions with the question, 'Will this bring happiness or pain?' We become like tigers who carefully observe the landscape before pouncing. In looking at what to cultivate and what to discard, we are remembering our precious human life and deciding to use it well."

Four Dignities That Bring Confidence into Everyday Life,
teaching by Sakyong Mipham Rinpoche.

Chinese calligraphy: "Tiger" in cursive style. Sumi ink on textured Chinese rice paper. Signed with the seals of the artist: an image of a lotus flower, and "the heart of Buddha".

Chinese pinyin: hǔ

Calligraphy Style: grass script



Flying

The Chinese character: “Flying”. Sumi ink on paper. The seal is a bird image (which is part of my name).

Be free, be boundless! You can do it!

Chinese pinyin: fēi

Calligraphy Style: semi-cursive script



Discipline

Chinese character: “Discipline”. Discipline is the base of everything. Without discipline, our energy is just spreading into the thin air, without a focal point. With discipline, all our effort will be like an arrow striking the target. It is not goal-oriented per se; it is just effective.

Freedom achieved through discipline. All artists know it well. Sumi ink on rice paper. Seal: “the heart of Buddha.”

Chinese pinyin: jiè

Calligraphy Style: semi-cursive script



Tao - The Way

"The Tao that can be trodden is not the enduring and unchanging Tao.

The name that can be named is not the enduring and unchanging name."

道可道，非常道；

名可名，非常名。

Black sumi ink on rice paper. The seal is: "Emptiness and form are one."

Chinese pinyin: dào

Calligraphy Style: semi-cursive script



Yin and Yan

A good society needs both yin and yang, masculine and feminine energy, well-balanced, so it won't lose control by aggression and fear. Too much violence comes from not respecting space - space between people and beings, space in our mind. Destroying things will not end pain; loving-kindness will end pain. We need to look into our mind and heart - now is the time.

Chinese calligraphy wording: "Yin and Yang", masculine and feminine principles.

Chinese pinyin: yīn yáng

Calligraphy Style: semi-cursive script



Sun and Moon

Calligraphy. "Sun and Moon" in seal script style. Sun has some eternal spots, and moon has textural shadows.

Sumi ink on textured Chinese rice paper. The upper seal is: "walking in the sky", the bottom one is a seal of a fish.

Chinese pinyin: rì yuè

Calligraphy Style: seal script; "ancient script"



Chi, the Flow of Energy

Chinese calligraphy: "Chi". It means energy, vitality. "A good Chi" normally means a person is in good health. In the Chinese culture, Chi is life force that exists in every living being.

The wording is in Seal script. This style is an ancient form of Chinese, which shows the pictorial origin of the language. The air flows through the space in between marks, like a gentle breeze.

Sumi ink on Japanese masa paper. Signed with two seals of the artist.

Chinese pinyin: qì

Calligraphy Style: seal script



Welcoming Spring!

After the harsh winter, how nice to welcome the spring! The ground is soften, the air is moist. Birds are coming back from the south. Human are coming out of their houses. Shoots are young and green; and the toad is showing its face and skin!

Chinese calligraphy wording: "Welcoming Spring!" Sumi ink on paper. The seal is: "Chin's heart."

Chinese pinyin: yíng chūn

Calligraphy Style: semi-cursive script



The Virtue of Gentleness

Chinese calligraphy: "The Virtue of Gentleness" in semi-cursive style.

"With aggression you can only accomplish something; with gentleness you can accomplish everything." Master teachers said so.

Sumi ink on textured Chinese rice paper. Signed with the seal of the artist: "Heart of the Buddha."

Chinese pinyin: róu dé

Calligraphy Style: semi-cursive script



Having Fun!

Living fully in the moment. Having fun. There is no other “Now”, now is now; no other place needs to go, besides here. If I keep chasing after my hope and expectation, I will just lost in my fear of not gaining or losing it.

Chinese calligraphy wording: "Having greatest fun!" in semi-cursive script style.

Sumi ink on Shikishi board, with golden edges.

The seal is a fish, which symbolizes freedom.

Chinese pinyin: jìn xīng

Calligraphy Style: grass script



Middle Way

Chinese calligraphy: "Middle Way", in semi-cursive style.
"Middle Way" is the best way; a balanced way.

According to Sakyong Mipham Rinpche's book: "Ruling Your World":

"People often mistakenly think that middle refers to the way between the two extremes of eternalism and nihilism, between existence and nonexistence. But middle refers to the fact that this approach surpasses existence or nonexistence. It is a balanced view.

According to this view, things exist on a relative level—we have a name and an address, and the car we drive takes us to a restaurant. The objects of our sense perceptions—sight, sound, smell, taste, and touch—appear, but they are not inherently permanent. On an ultimate level, they are as ephemeral as last night's dream. They are beyond the hope and fear of eternalism and nihilism, beyond the concepts of real or not real, existing or not existing."

Chinese pinyin: zhōng dào

Calligraphy Style: semi-cursive script



Windhorse

Chinese calligraphy: "Windhorse, Chi", in cursive style (also called "grass script"). If you have good "windhorse" (in Tibetan), which is good energy, good chi, you will have vitality, and, you will be able to accomplish everything. Original work. Unframed.

As Sakyong Mipham Rinpoche explains: "In the warrior teachings of Tibet, windhorse, or lungta, means vitality. When we have windhorse, our life moves forward in the way we want. On the inner level, windhorse is connected with good life-force energy, which is connected with being able to have a proper feeling for our mind. If we have the ability to feel at home in our mind and direct it, the mind becomes a support and a friend. If we are unable to harness the mind, it becomes a nuisance to us, aggravating our lives with worry and bad dreams. It can even make us sick. Happiness comes from actions that take us forward.

To move forward in daily life, we must be steady and brave. To create this bravery inside, we must learn how to handle our mind. Knowing this, the warrior practices meditation every day to know the mind and harness its energy for the good of all."

Chinese pinyin: fēng mǎ

Calligraphy Style: grass script



Luminosity

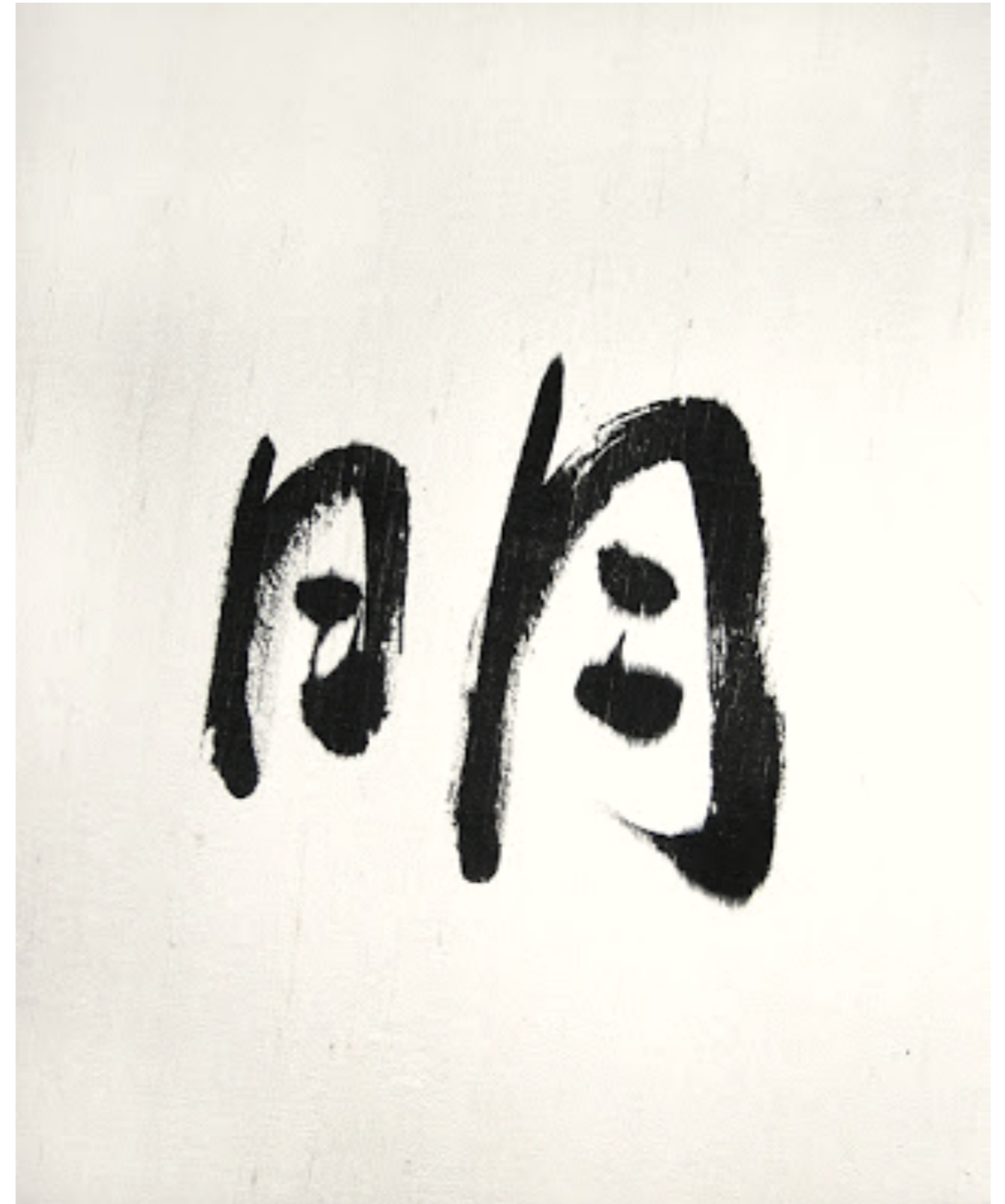
From Rangjung Yeshe dictionary: Luminosity ('od gsal). A key term in Vajrayana philosophy signifying a departure from Mahayana's over-emphasis on emptiness which can lead to nihilism. According to (Great) Mipham Rinpoche, "luminosity" means "free from the darkness of unknowing and endowed with the ability to cognize."

Luminosity is the uncompounded nature present throughout all of samsara and nirvana.

Chinese calligraphy: Luminosity. The word itself is composed of Sun and Moon put together. Sumi ink on raw silk, mounted on board.

Chinese pinyin: míng

Calligraphy Style: semi-cursive script



Dream

This is the Chinese character of “Dream”. Written on rice paper. Life is a dream. I am dreaming it day by day. Sometimes I have some good dreams and sometimes the opposite. Nothing I can hold on to. Nothing is solid.

The seal at the top right corner is: “walking in the sky”; at the bottom left corner is one word of my name: “Chin”.

Chinese pinyin: mèng

Calligraphy Style: semi-cursive script



Peace of the World

May peace come to my mind, my family, this country, and the world. May we treat ourselves and each other with honesty, try to love and understand each other. May earth heals its wound from human greed!

Chinese calligraphy: "Peace". Sumi ink on textured Chinese rice paper. Signed with the seal of the artist: "the heart of Buddha."

Chinese wording: Peace

Chinese pinyin: hé píng

Calligraphy Style: semi-cursive script



An Old Dragon Has No Fear

An old dragon has no fear. He plays with the elements. He flies through the sky and dives into the ocean. The clouds are his home. Thunders are his retinues. He drinks with the wind gods, and laughs with the hail storms. Let it be cold, let it be wet, let it be sunny, let it be hot. It soars and it dives... A dragon is beyond all conditions.

Chinese calligraphy wording: Dragon. Sumi ink on rice paper.

Chinese pinyin: lóng

Calligraphy Style: semi-cursive script



Just Do it!

Chinese calligraphy: "Just Do It."

Action is the key to success. If we have clarity in the view, we can overcome procrastination easily. "Just do it!" As the Tibetan Buddhist Master Trungpa Rinpoche would encourage his students to sit, to meditate.

Sumi ink on textured Chinese rice paper. Signed with the seals of the artist: "Buddha's Heart" at the bottom and "walking in the sky" at the top.

Chinese pinyin: zhǐ guǎn zuò

Calligraphy Style: semi-cursive script



Stay Focus on One Thing

In an era that is constantly flooded with infinite information, it is very hard for us to stay focus on just one thing. Our attention jumps from one object to another; we cannot concentrated; and we have hard time to accomplish anything. However, information are not knowledge, they are not wisdom especially. We need to be able to stay with one thing in order to get into the depth of it. We don't need to be a super multi-tasker all the time.

Chinese calligraphy: “Samadhi”. This word means a non-dualistic state of consciousness; a mind that is very still, thus it is totally alive in the moment, and it could be very strong.

Black sumi ink on textured rice paper. Signed with the seals of the artist.

Chinese pinyin: dīng

Calligraphy Style: semi-cursive script



Hope

Chinese calligraphy: "Hope".

"Now abide, faith, hope, love, these three, but the greatest of these is Love."

- I Corinthians 13:13

Permanent sumi ink on textured Chinese rice paper. Signed with the seal of the artist: "Tao, the Way."

Chinese pinyin: wàng

Calligraphy Style: semi-cursive script



Love

Chinese calligraphy: "Love". Love is like air, like water. Love is all pervasive. Love is warm and moist. Love is non-verbal but could be expressed and experienced. Love is real.

Sumi ink on textured red color, golden flakes and water-marked Chinese rice paper. Signed with the seal of the artist.

Chinese pinyin: ài

Calligraphy Style: regular script



Summer



Don't hit it.

The fly rub the hands

Or rub the legs.

Haiku by Kobayashi Issa

Chinese calligraphy: Summer. Sumi ink on rice paper.

Chinese pinyin: Xià

Calligraphy Style: semi-cursive script

Good Mountain, Good Moon

This picture is a combination of Chinese calligraphy with abstract images: goodness, moon, light, and mountains. The wording of the calligraphy is "Good". The seal at the left is an ancient Chinese pictorial symbol of "moon".

Good moon - bright, gentle, cooling, pure, peaceful and eternal. A good moon represents many wonderful qualities. It is a symbol of compassion and enlightenment. According to the legend, the first king of Shambhala, Suchandra (Tibetan: Dawa Sangpo), requested teaching from the Buddha. In response to his request, the Buddha gave him the teaching of Kalachakra tantra (the Wheel of Time). By practicing the Kalachakra the whole Shambhala became an enlightened society. Suchandra, literally means "Good Moon".

Sumi ink on rice paper, mounted on canvas.

Chinese pinyin: hǎo

Calligraphy Style: semi-cursive script



Motivation

Chinese wording: “Motivation”. Your motivation will lead you to all the necessary action and produce its result. Motivation is the seed of everything. From the first dot, the line extends. Find the first thought, the mind propels the body to start things.

Sumi ink on paper.

Chinese pinyin: fā xīn

Calligraphy Style: semi-cursive script



Dream, Again

Even though everyone knows life is like a dream, but we can't help to take it for real, so real and solid, the drama never ends. Actually, the so-called "real" life has a lucid, forever changing quality; you can take it in many ways, not necessarily just one way. You can follow its flows.

Am I dreaming right now?.....

Chinese calligraphy wording: "Dream". Ink on Shikishi board, with a golden edge around it. The seal is my name: Chin.

Chinese pinyin: mèng

Calligraphy Style: semi-cursive script



Non-Dwell

Chinese calligraphy: "Non-dwell".

Not dwelling in the past, or the future; not get caught in the hope and fear. Living in the now - this precious breath. Each moment is complete new and unique: it never happened before; and will never happen again.

Sumi ink on rice paper. The seals are "emptiness and form are one" at the top, and an image of a bird at the bottom.

Chinese pinyin: bù zhù

Calligraphy Style: semi-cursive script



Spring Dog

The spring is here. Chinese calligraphy: Spring Dog. Calling of the spring...

Sumi ink on bamboo paper, lined on canvas and mounted on wood board. The seals are a red dot and image of a rabbit. Spring is a busy time!

Chinese pinyin: chūn quǎn

Calligraphy Style: semi-cursive script



Ordinary Mind

Chinese calligraphy: "Ordinary Mind", in semi-cursive style (also called "Running Script"). It is from a Zen koan. Nothing special; everything is as it is. Keep an original, non judgmental mind, so we can see the reality truthfully.

Black sumi ink on textured rice paper. Signed with the seal of the artist: "Buddha's heart".

All beings' heart, Buddha's heart. Buddha's mind and heart are the same as ours.

Chinese pinyin: cháng xīn

Calligraphy Style: running script



True Love

Thinking of love. There are so many kinds of love. True love lasts long, without asking anything in return.

"Come a little bit closer

Hear what I have to say

Just like children sleeping

We could dream this night away.

But there's a full moon rising

Let's go dancing in the light

We know where the music's playing

Let's go out and feel the night.

Because I'm still in love with you

I want to see you dance again

Because I'm still in love with you

On this harvest moon.

When we were strangers

I watched you from afar

When we were lovers

I loved you with all my heart.

But now it's getting late

And the moon is climbing high

I want to celebrate

See it shining in your eye.

Because I'm still in love with you

I want to see you dance again

Because I'm still in love with you

On this harvest moon." From Neil Young, Harvest Moon

Chinese calligraphy" "Love"/ Ài. Sumi ink on rice paper.



Ying Yang

Chinese calligraphy: "Yin Yang" in Seal Script style. It means female and male, night and day, feminine and masculine energies. In Chinese culture, Yin and Yang represent the two opposite principles in nature. When they are well balanced the result is harmony.

Sumi ink on textured Chinese rice paper. Signed with two seals of the artist.

Chinese pinyin: yīn yáng

Calligraphy Style: seal script; ancient script



Genuineness

Chinese calligraphy character: Genuineness, Truthful.

To quote Trungpa Rinpoche's words: "the Genuine Heart of Sadness" -- that open, raw and tender part of our heart that is touched by our experience. Ani Pema Chodron said that remaining in touch with this tender, vulnerable feeling is what keeps us from becoming thick-skinned and closed-down to our experience. Staying awake and present with whatever arises creates the space for enlightened qualities of mind to manifest, such as compassion and loving-kindness.

This work, sumi ink on paper board.

Chinese pinyin: zhēn

Calligraphy Style: semi-cursive script



Primordial Energy

Chinese calligraphy: "Primordial Energy".

People often think "Chi" is a mysterious thing, but it is not. It is the life force in the living things, all sentient beings. In China, Japan and Korea, people use this word a lot. We see a person's health directly relate with his or her chi, his yuan chi - primordial energy. It doesn't need to be strong and loud, it can be subtle and quiet.

Sumi ink on bamboo paper, mounted on card board. The seals are my name Chin and an image of a rabbit.

Chinese pinyin: yuán qì

Calligraphy Style: semi-cursive script



Ocean of Wisdom

Calligraphy wording: “Ocean of wisdom”. The profound wisdom that is deep and vast; the inexhaustible source.

Sumi ink on rice paper.

Chinese pinyin: zhì hǎi

Calligraphy Style: grass script



At Ease

Chinese calligraphy: Be free; unrestrained; at ease, at home. Because you are true to yourself, so you feel at home all the time. There is no struggle in your being; you are who you are, fully and whole-heartedly.

You have excellent discipline, therefore you are at ease. You have sovereignty over your mind, and you are a genuine ruler of your world. It doesn't mean that you can do everything you want - on the contrary, you are doing everything to help others.

Sumi ink on rice paper.

Chinese pinyin: zì zài

Calligraphy Style: semi-cursive script



Calming the Mind

If we can calm the mind, we can see the true face of the reality. It will be like the reflection of the mirror; clear, reflective, with depth. We can see through the materialistic outlook - seeing through the illusive layers. We can hear more: pain, joy, and cries... We know better. Calming the mind is the first step towards clear seeing.

Chinese calligraphy: Calming the Mind. Sumi ink on rice paper.

Chinese pinyin: jìng xīn

Calligraphy Style: semi-cursive script



Snake

Jesus said: "Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves." (Matthew 10:16).

All things are happening in a mysterious way. Opening our mind and eyes, we can find the web of interconnectedness.

Chinese pinyin: shé

Calligraphy Style: seal script



Happy and Sad

Chinese calligraphy: “Sorrow and Joy.” Happy and sad are part of life, they always come and go, come and go continuously.

Permanent blue ink on paper. Signed with the seal of the artist.

Chinese pinyin: bēi xīn

Calligraphy Style: semi-cursive script



Diligence

Chinese calligraphy: "Diligence, Work Hard." When work becomes fun, there's nothing can stop us!

Sumi ink on textured Chinese rice paper. Signed with the seals of the artist: "heart of the Buddha."

Chinese pinyin: qín

Calligraphy Style: semi-cursive script



Intoxicated

Chinese calligraphy: "Drunk, intoxicated, enjoying a good time", in semi-cursive style. A state of mind that is relaxed, aware, and open, that is the best drunken state!

Sumi ink on paper. Signed with the seal of the artist: "Chin's heart."

Chinese pinyin: zuì

Calligraphy Style: semi-cursive script



Life and Death, Coming and Going

Chinese calligraphy wording: life and death, coming and going.

We are, simple human beings, standing in between the heaven and earth. When we come, we are naked; when we go, nothing we can bring with us. Just a simple person, no name, no fame, no status, no material gain... Just a simple person coming and going, going and coming. If in every lifetime we can gain some wisdom, learn some lessons - we are doing good.

A life that is full of wonders: happy and sad, sweet and sour. Every moment is so precious! That is the one and the only moment of life. The sunshine, the wind, the bees, the birds, the smile, the tears... every emotion, every memory.

Sumi ink on rice paper. The seals are an image of a bird at the top, and my name "Chin's heart" at the bottom.

Close our eyes... Death and life are always in front of us. We see them everyday; we try not to think about them. But they are there, not particularly sad, dramatic, or tragic. They are with us, like our shadows, our closest friends.

In every split second, our thoughts come alive, and they die out. Like death and life. Nothing is permanent. We can watch the process clearly. And that is good.

From Shunryu Suzuki: "Not Always So":

"In Japan the samurai practiced zazen to master the sword. As long as he was afraid of losing his life, he could not act with his full ability. When he was free from the idea of killing or being killed, he could just react to his enemy's activity, and win. If he tried to win, he might lose. So practicing how to act without fear, which limits your activity, is the most important thing. Although it was a matter of surviving on the battlefield, the samurai fought his fight in the zendo."

Chinese pinyin: shēng lái sǐ qù

Calligraphy Style: semi-cursive script



Floating Clouds

Floating clouds, a Chinese way of describing the ephemeral quality of life.

Here is from William Blake The Book of Thel:

“O life of this our spring! Why fades the lotus of the water?

Why fade these children of the spring, born but to smile & fall?

The Lilly of the Valley, breathing in the humble grass,

Answer'd the lovely maid and said: 'I am a wat'ry weed,

And I am very small and love to dwell in lowly vales;

Ah! Thel is like a wat'ry bow, and like a parting cloud,

Like a reflection in a glass, like shadows in the water,

Like dreams of infants, like a smile upon an infant's face,

Like the dove's voice, like transient day, like music in the air.....”

Black sumi ink on rice paper. The seals are “happiness, wealth, and longevity.”

Chinese pinyin: liú yún

Calligraphy Style: semi-cursive script



Suchness

Suchness.

"Whatever we talk about at any moment is within our mind. Everything is within our mind. But usually we think there are many things: there is this, and this, and this out there. In the cosmos there are many stars, but right now we can only reach the moon. In a few years we may reach some other planets, and eventually we may reach some other solar system. In Buddhism, mind and being are one, not different. As there is no limit to cosmic being, there is no limit to our mind; our mind reaches everywhere. It already includes the stars, so our mind is not just our mind. It is something greater than the small mind that we think is our mind."

Shunryu Suzuki: Branching Streams Flow in the Darkness.

Chinese pinyin: rú rú

Calligraphy Style: semi-cursive script



Follow the Flow

The other day I was at a busy office, I was very curious about a nice lady – how she can face all the stresses and still keep the calmness and the smile. She told me: “Oh, I just follow the flow.”

There is a term in Chinese that is similar to this meaning. It is called “following all the conditions.” You don’t struggle too much with it. However, it doesn’t mean you don’t care – you do care, but you also don’t sweat too much.

Follow the flow – face the constant changes in life, they are inevitable sometimes. You know the situations clearly. And you maintain a good, steady mind. You see everything as it is and learn from it. You don’t let all the hopes and fears wear you out.

Follow the flow; relax; see how it goes.

Chinese pinyin: suí yuán

Calligraphy Style: semi-cursive script



Non Dwelling

"And so, Subhuti, the bodhisattvas and mahasattvas should give rise to the pure aspiration in this way: they should not give rise to the aspiration while abiding in form. They should not give rise to the aspiration while abiding in sound, odor, taste, touch, or concepts. They should give rise to the aspiration while not abiding in anything."

From Diamond Sutra.

Chinese pinyin: yìng shēng wú suǒ zhù xīn

Calligraphy Style: semi-cursive script



Three Thousand Galaxies

"Subhuti, what do you think? If a good son or good daughter were to take all the worlds contained in three thousand galaxies and crush them into tiny particles, would these particles not be numerous?"

Buddha questioned Subhuti, from the Diamond Sutra. Chinese wordings read: "Three thousand galaxies (worlds)."

Chinese pinyin: sān qiān dà qiān shì jiè

Calligraphy Style: semi-cursive script



Bodhisattva

A bodhisattva, or “a being of enlightenment,” is essentially a “buddha to be” - someone who has achieved an advanced state of enlightenment (paramitas, or perfection) and therefore will enter nirvana and be a Buddha. However, they make the choice to remain a bodhisattva in order to help other sentient beings attain the same goal. A Bodhisattva is burdened by love.

Chinese pinyin: pú sà

Calligraphy Style: semi-cursive script



Strong

Chinese calligraphy: "Strong; Good Health; Magnificent" in semi-cursive style. Original work. Unframed.

Sumi ink on textured Chinese rice paper. Signed with the seal of the artist. The calligraphy itself is professionally double-mounted on another piece of thicker paper, so the surface is totally flattened. Ready to be put into a frame.

Chinese pinyin: zhuàng

Calligraphy Style: semi-cursive script



Power

Chinese calligraphy: "Bravery, Martial, Fierce". True bravery is coming from a source of non-aggression; it is the strength to do the right thing.

Sumi ink on textured Chinese rice paper. Signed with the seal of the artist: "heart of Buddha."

Chinese pinyin: wǔ

Calligraphy Style: semi-cursive script



Emotion

Chinese wording: “Emotion, feeling, affection, sentiment.”

"Is anger part of you or something separate? You have to make a greater connection with the anger and yourself. Even just sitting with it is not enough. It could still be like a bad marriage where there is no relationship. Emotions are part of you, your limbs. If you don't have energy or emotion, there is no movement, no way to put things into effect. You have to regard emotions as part of you."

From Chögyam Trungpa, “The Sanity We Are Born With: A Buddhist Approach to Psychology”

Chinese pinyin: qíng

Calligraphy Style: semi-cursive script



Tiger

Tiger. The quality of the tiger is "meek" - according to the teaching from Shambhala tradition. The tiger is completely alert, whatever it is doing. It respects its surroundings. It doesn't rush into things. It senses itself and others. The tiger has thick cushions on its feet: it walks mindfully, sees clearly, knows where it's heading.

Chinese calligraphy: "Tiger" - the tiger with a spirited tail raises in the air!

Sumi ink on vermilion red rice paper.

Chinese pinyin: hǔ

Calligraphy Style: semi-cursive script



Autumn



The autumn air is clear,

The autumn moon is bright.

Fallen leaves gather and scatter,

The jackdaw perches, again flies away.

When will we meet and know each other better?

This hour, this night, I am feeling quite unsettled.

Li Bai's poem, "Autumn Air"

Chinese calligraphy: Autumn. Sumi ink on rice paper.

Chinese pinyin: qiū

Calligraphy Style: semi-cursive script

Seeing Buddha

Chinese wording: "If you see all characteristics to be non-characteristics, then you see the Tathagata (Buddha)."

From Diamond Sutra.

Chinese pinyin: Ruò jiàn zhū xiāng fēi xiān jí jiàn rúlái

Calligraphy Style: semi-cursive script



Happiness

“Happiness” in Chinese. In the book "Ruling Your World" by Sakyong Mipham Rinpoche, he mentioned about the origin of happiness:

"We don't understand that the origin of happiness is right here in our mind. We might experience happiness at times, but we're not sure how we got it, how to get it again, or how long it's going to last when it comes. We live life in an anxious, haphazard state, always looking for happiness to arrive.

When we are confused about the source of happiness, we start to blame the world for our dissatisfaction, expecting it to make us happy. Then we act in ways that bring more confusion and chaos into our life. When our mind is busy and discursive, thinking uncontrollably, we are engaging in a bad habit. We are stirring up the mud of jealousy, anger, and pride. Then the mind has no choice but to become familiar with the language of negativity and develop it further."

Chinese pinyin: fú

Calligraphy Style: semi-cursive script



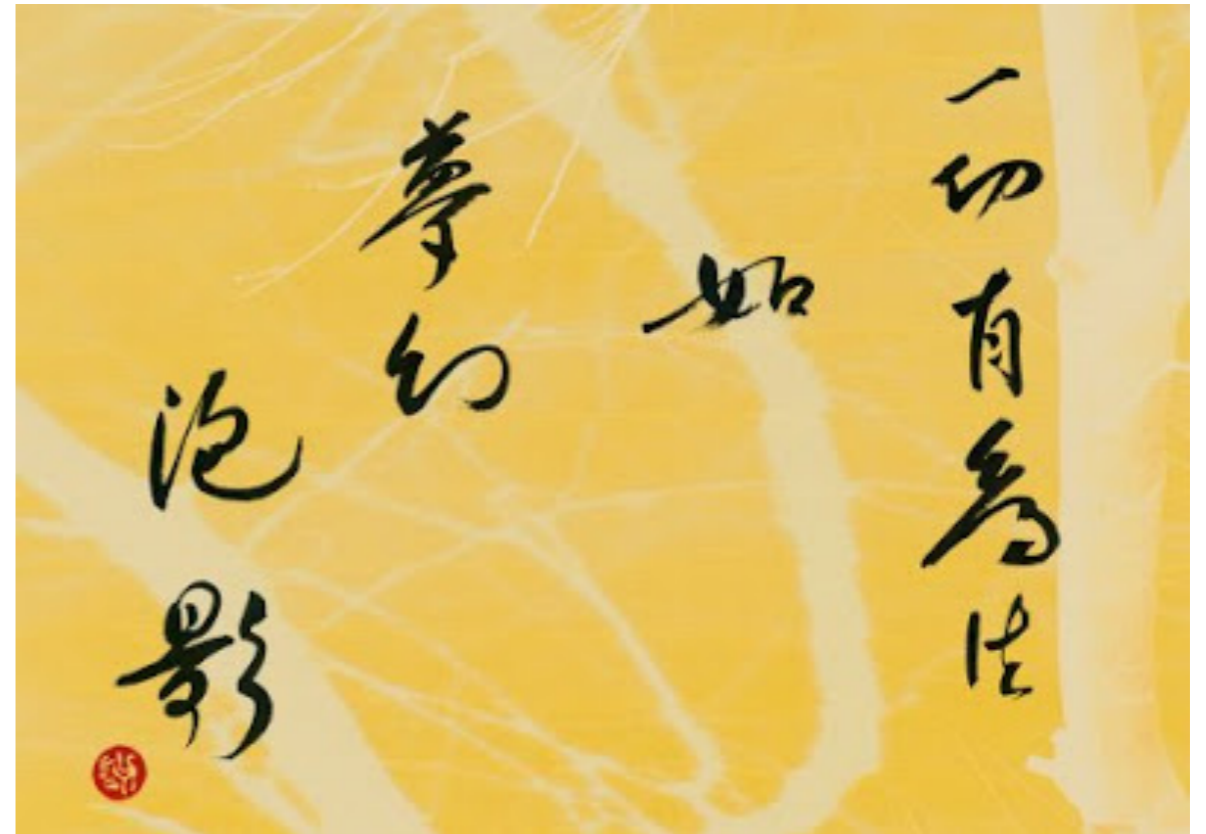
All are Like a Dream

All conditioned phenomena,
Are like a dream, like an illusion,
Like a bubble, like a shadow.
(Like the dew, or like lightning;
You should discern them like this.)”

Chinese stanza From "Diamond Sutra"

Chinese pinyin: Yī qiè yǒu wéi fǎ rú mèng huàn pào yǐng

Calligraphy Style: semi-cursive script



Sorrow

It is hard, very hard, to fathom other people's deepest sorrow - the sorrow of lost, the sorrow of regret, the sorrow of things will never be the same. But at least we can try to understand, even just a tiny bit.

Sorrow is like the cloudy sky - you are under it, you have no place to hide. But one day, maybe, after quite a long time, the sky will reopen again, and you see the sunshine behind it. It is always there.

May the day come soon...

In Chinese this word actually is composed by two parts: the top is "no, not"; the bottom is "heart". When your heart is not your heart any more, when you cannot feel a thing any more, you are very sad, and it is deeper than just being sad. That is sorrow.

Chinese wording: Sorrow, Sadness

Chinese pinyin: bēi

Calligraphy Style: semi-cursive script



Winter



To go in the dark with a light is to know the light.

To know the dark, go dark. Go without sight,
and find that the dark, too, blooms and sings,
and is traveled by dark feet and dark wings.

Wendell Berry, "To Know The Dark"

Chinese calligraphy: Spring. Sumi ink on rice paper.

Chinese pinyin: dōng

Calligraphy Style: cursive script

Karma

Chinese calligraphy: “Karma”. Karma means action. An action creates a result. It is simple, and profound.

Sumi ink on textured Chinese rice paper. Signed with the seals of the artist.

Chinese pinyin: yè

Calligraphy Style: semi-cursive script



Four Karmas

Chinese wording: "Four Karmas" - Pacifying, enriching, magnetizing, and destroying. According to Tibetan Buddhism master Trungpa Rinpoche, the four types of karma, or action, have often been described in the tantric tradition and in the yogic tradition of teaching. These four kinds of activities, if relate with ego, can manifest as ego-fixation habitual pattern, or the opposite, bring forth our innate transcendental wisdom.

Chinese pinyin: xī zēng huái zhū

Calligraphy Style: semi-cursive script



Daily Dharma

Chinese calligraphy: "Wood, Rice, Oil, Salt, Soy Sauce, Vinegar, and Tea" in semi-cursive style. Appreciating daily simple things, no matter how small or trivial. How marvelous to be alive, and enjoy every bit of it! Every minute of living is truly a miracle.

Sumi ink on rice paper. Signed with the seals of artist: "heart of Buddha" at the top; "longevity person" at the bottom.

Chinese pinyin: Chái mǐ yóu yán jiàng cù chá

Calligraphy Style: semi-cursive script



Charisma

Chinese wording: “elegant demeanor.” Literally, it means charisma, like a kind of aura, an atmosphere, around the person and shine out. It draws you in.

Sumi ink on rice paper. The seal is an image of a bird.

Chinese pinyin: fēng cǎi

Calligraphy Style: semi-cursive script



Patience

Patience, endurance. It is one of the six pāramitās — the six practices of a bodhisattva, which leads to the achievement of the final stage of liberation.

The six pāramitās are:

- * Generosity (dāna), or giving;
- * Discipline (śīla);
- * Patience, endurance. (kṣānti);
- * Effort (vīrya);
- * Meditation (dhyāna), meditation and/or contemplation;
- * Wisdom (prajñā), wisdom.

Chinese says the word "patience" has a knife on top of a beating heart. So there is a great enduring quality involved.

Sumi ink on gray color board. The seal is an image of a bird.

Chinese pinyin: rěn

Calligraphy Style: semi-cursive script



Blue Moon

The other night, I was driving back home from a country road. It was full moon. The bright moon was “bouncing” in the clear blue sky. It was magical and enchanting. Quite a sight.

Ink on paper.

Chinese wording: cold moon

Chinese pinyin: lěng yuè

Calligraphy Style: semi-cursive script



Booger!

This fun Chinese Calligraphy, the wording is: “Booger!” Permanent acrylic ink written on bright yellow color background wood board. Humor is spice for life. And why not?

Chinese pinyin: bí shǐ

Calligraphy Style: semi-cursive script



Change

The winter has gone,
The spring is here;
The constellations are moving,
Everything changes.

Zen master Shunryu Suzuki summed up the essence of Buddhism, which is: “Everything changes.” In a world of uncertainty, I wish I remind myself this truth. I should not take anything for granted.

Chinese pinyin: biàn

Calligraphy Style: semi-cursive script



Riding the Wind

Chinese calligraphy wording: "riding the wind." Ink on paper, the seal is a bird. Riding the wind of our mind, we are in control of our lives.

Chinese pinyin: yù fēng

Calligraphy Style: cursive script



Water Moon

Chinese characters: "Water Moon." In Chinese Buddhist culture, Avalokiteshvara (the bodhisattva of Compassion) is always depicted sitting by a pond with the reflection of the moon in the water. This represents the empty and open aspect of awakened mind, and the illusory quality of relative reality, which is just a mirror image of our view.

Ink on paper. The seal at the right corner is a moon; the seal at the bottom left corner is one word of my name: Chin.

Chinese pinyin: shuǐ yuè

Calligraphy Style: semi-cursive script



Today

Today - let's dance with the phenomenal world; let me be receptive, let me be sensitive. I would like to be an empty glass - in order to accept new things, to see things in a new way, I have to empty ourselves first.

Today, let me open my mind, to feel the sunshine, the rain drops, people's words and to hear all sounds,... receive them without too much of my own judgement. Let me dance with the phenomenal world. Let the mutual dance happen.

Chinese calligraphy: Today. Sumi ink on rice paper. The seal is: "Chin's heart."

Chinese pinyin: jīn rì

Calligraphy Style: semi-cursive script



Naga

Nagas often appeared in the ancient China and Hindu art. They could be some kind of snake/serpent beings, or dragons. In Mahayana Buddhism, nagas were water deities who guard the sutras in their palaces.

There was a renowned Buddhist philosopher Nagarjuna: he was an Indian philosopher who lived in the 2nd century. He established the Madhyamika school. Historians know very little about his life; it was said that Nagarjuna was befriended by the nagas.

Chinese calligraphy: Nagas - fish and dragon. Sumi ink on paper. The seal is an image of a fish.

Chinese pinyin: yú lóng

Calligraphy Style: semi-cursive script



Let It Be

Let go; let it be. No matter how hard that is. Sometimes if we hold on it too tight, it just doesn't help anymore. We need to let go, let it be. It doesn't mean we abandon the situation altogether, but we have to wait patiently, with love, joy, and faith... We can accept things as they are.

Sumi ink on paper. Chinese wording: "Let it be" - a famous Zen phrase. The seals are an image of a lotus on the right, and a bird on the left.

Chinese pinyin: yóu tā qù

Calligraphy Style: semi-cursive script



Ebb and Flow

Ebb and flow. We cannot force things to happen. We may think we can, but that always brings lots of suffering and pain; and the final result may not even be what we truly want.

All we can do is to see the situation and ourselves clearly. Expectation is one thing, fear of failure is another. We need to know what we are doing.

Ebb and flow. Chinese calligraphy: “tide, waves.” Sumi ink on rice paper. The seals are an image of a fish at the bottom, and my name: Chin at the top.

Chinese pinyin: cháo

Calligraphy Style: semi-cursive script



Empty the Mind

Chinese calligraphy wording: Empty the mind. Through an empty-mind we can accommodate everything. The mind is as vast as the sky.

Chinese pinyin: xū xīn

Calligraphy Style: semi-cursive script



Non Thought

In Chögyam Trungpa Rinpoche's book: True Perception: The Path of Dharma Art, he talked about the term "Dharma art": "People often start with art and discover dharma after that. But our approach is different: we begin with dharma, and then we try to find if there is any art in it." According to him, the way of the dharma is the way of non-aggression. Out of non-aggression dharma art arises.

Trungpa referred the state of mind is like "black hole of egolessness and no-discursive-thought." This "no-discursive-thought", in Chinese Zen (Chan) texts, often described as "Resting the mind." There is no struggle, no reference point, no chattering; the timeless quality pervades.

Chinese calligraphy. "No-discursive-thought. Resting the mind." Sumi ink on paper.

Chinese pinyin: xī niàn

Calligraphy Style: semi-cursive script



Thinking of You

The Sixth Dalai Lama Tsangyang Gyatso, who was enthroned on the golden throne in the Potala palace in 1697, lived a very special life. Outwardly, he wrote many love songs, and died tragically. However, many people consider his love songs were more than love songs. Whatever it really was, it is timeless.

Below are some love songs from the Sixth Dalai Lama:

"Over the eastern hills rises

The smiling face of the moon;

In my mind forms

The smiling face of my beloved."

"Sleepless I am

Because I am in love;

Fatigue and frustration overwhelm

When day brings not my beloved to me."

"Spring flowers fade in the fall;

It is not for the turquoise bees to mourn.

I and my sweetheart are fated to part;

It is not for us to cry."

Chinese calligraphy, "thinking of you, missing you." Sumi ink on paper.

Chinese pinyin: sī niàn

Calligraphy Style: semi-cursive script



No Intention

Birds chirp,

Crows caw;

Things are just the way they are,

There is no intention behind anything.

Chinese sumi ink on paper.

Chinese pinyin: wú xīn

Calligraphy Style: semi-cursive script



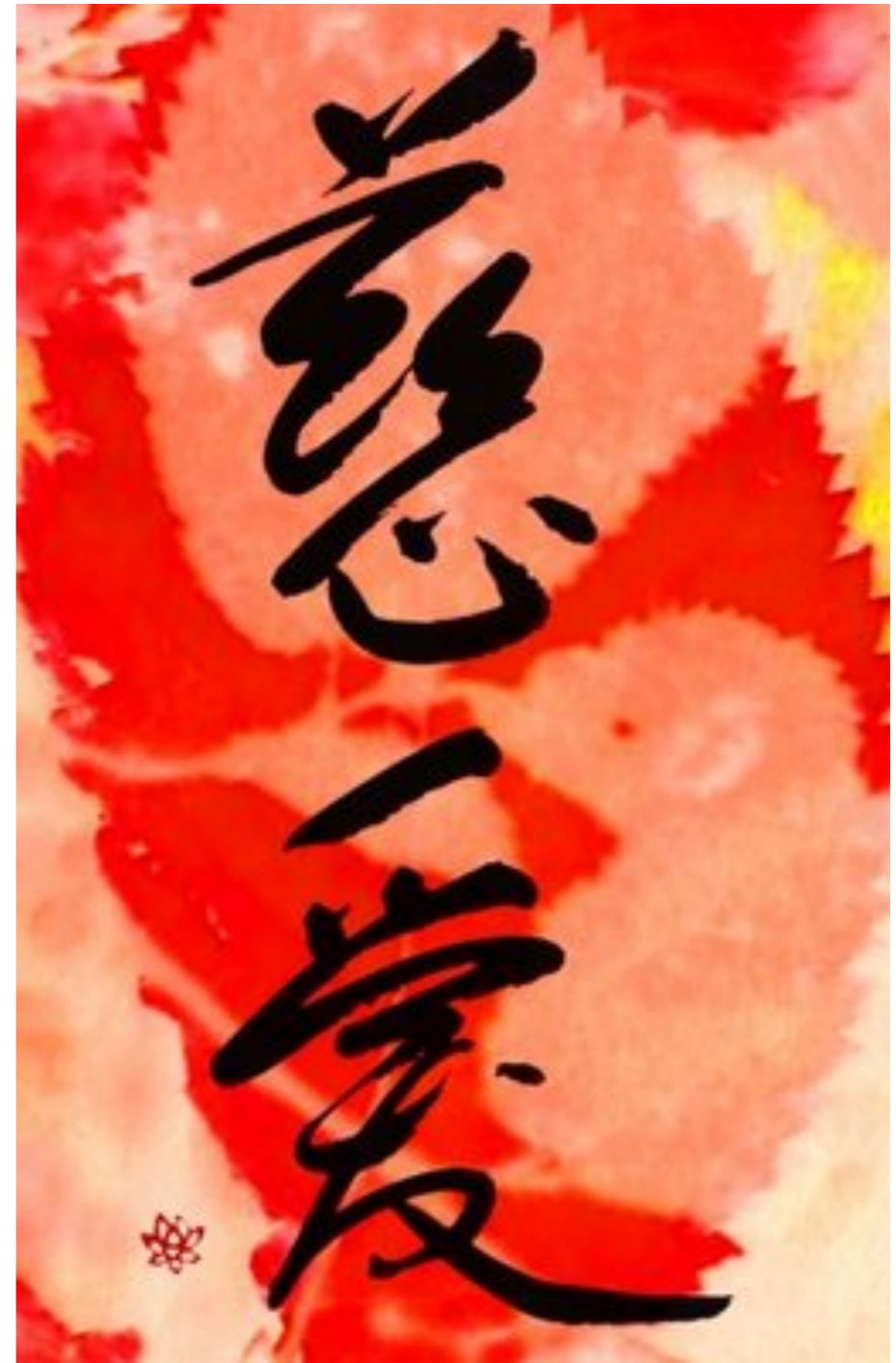
Loving-Kindness

"Maitri" (in Sanskrit), this word has been translated as "loving-kindness" in English. It is love without the burden of attachment. This state of mind can be cultivated, can be brought out. Traditionally in Buddhism, the practice begins with the meditators first cultivate loving kindness towards their loved ones (including themselves), then extend to friends, strangers, enemies, and finally towards all beings.

Calligraphy wording: "Loving kindness." The seal is an image of a lotus.

Chinese pinyin: cí ài

Calligraphy Style: semi-cursive script



Confession

"All the unwholesome actions I have created by my body,
speech and mind,

Now, in front of the Buddhas,

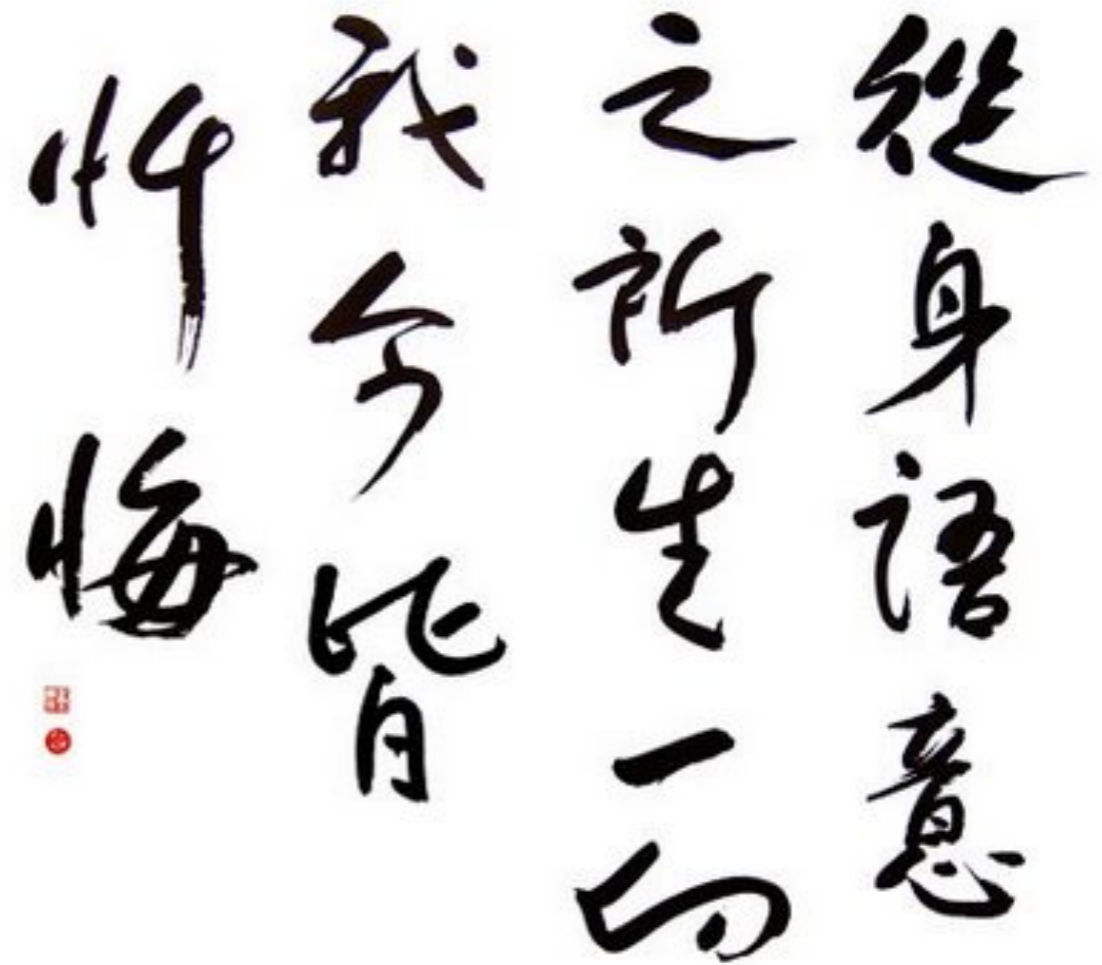
I confess all that."

From Mahayana Chinese Buddhist Daily Chants

Sumi ink on Japanese masa paper. Signed with the seals of
the artist.

Chinese pinyin: chàn huǐ (the last two words)

Calligraphy Style: semi-cursive script



Three Poisons

"All the unwholesome actions (karmas) I have created in the past,

Originate from the beginningless attachment, aggression, and ignorance."

From Mahayana Chinese Buddhist Daily Chants

Sumi ink on Japanese masa paper

Chinese pinyin: tān chēn chī (the last three words)

Calligraphy Style: semi-cursive script

始業造我
貪瞋痴
皆由无
诸惑所

Authentic Presence

Authentic Presence: (Tibetan “wangthang”) means: a “field of power.” “The basic idea of authentic presence is that, because you achieve some merit or virtue, therefore that virtue begins to be reflected in your being, your presence. So authentic presence is based on cause and effect. The cause of authentic presence is the merit you accumulate, and the effect is the authentic presence itself... The abrupt and spontaneous process that brings authentic presence is raising windhorse.”

From Trungpa Rinpoche, Shambhala: The Sacred Path of the Warrior

Chinese calligraphy: Authentic Presence. Acrylic on golden ground board.

Chinese pinyin: zhēn wēi

Calligraphy Style: semi-cursive script



Basic Goodness

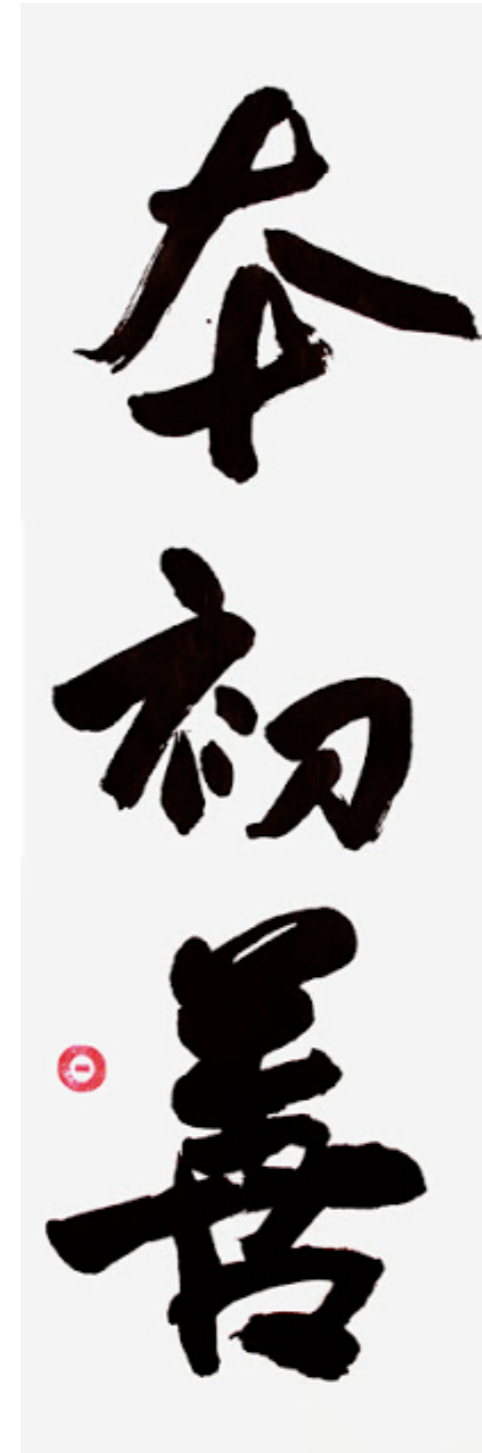
Chinese calligraphy wording: "Basic Goodness, primordial goodness." A term initially coined by the Chogyam Trungpa Rinpoche. His heir Sakyong Mipham Rinpoche said: "The life force called windhorse is the unlimited energy of basic goodness, buddhanature, inherent wakefulness. We connect with it through meditation practice."

Basic goodness is not too hard to find: in genuine smile, in the tears, in fresh morning air, in the sunshine, rain and snow, in the most mundane thing and most ordinary moment. As Trungpa Rinpoche pointed out: "Discovering the basic goodness of human life, the warrior learns to radiate that goodness into the world for the peace and sanity of others." It is a basic quality that we already own, but got forgotten or ignored most of the time.

Sumi ink on rice paper. The seal is a symbol of the primordial sun.

Chinese pinyin: běn chū shàn

Calligraphy Style: semi-cursive script



Great Bliss

Chinese calligraphy wording: "Great Bliss." Ink on paper.

Sakyong Mipham Rinpoche on "Great Bliss":

"Buddhism is basically about how one achieves complete enlightenment and becomes a buddha. What does that mean? It means completely overcoming the obscurity of ignorance; it means realizing that the myth of permanence brings about suffering and cyclical existence in samsara; it means seeing the display of all phenomena as the expression of great bliss, the nature of reality.

The teachings of Shambhala are about king's view, how we rule our world and help others by tapping into the power, magic and brilliance that exist in the cosmic mirror, the natural elements, and the human domain. As Shambhala warriors, we become sane, courageous individuals living in the world, always seeing and proclaiming the Great Eastern Sun."

Khenchen Thrangu Rinpoche: "the nature of emptiness is great peace or great bliss."

Chinese pinyin: dà lè

Calligraphy Style: semi-cursive script



Vimalakirti Sutra

Extract from "Vimalakirti Sutra", Chapter 8: The Family of the Tathagatas.

Vimalakirti replied, "He may follow the ways of desire, yet he stays free of attachment to the enjoyments of desire;

He may follow the ways of hatred, yet he feels no anger to any living being."

The following is the Chinese stanza:

維摩詰所說經，佛道品第八：示行貪欲，離諸染著；示行瞋恚，於諸眾生無有恚礙。

Sumi ink on rice paper.

Calligraphy Style: semi-cursive script

示行貪欲，離諸染著；
示行瞋恚，於諸眾生
無有恚礙。

Vimalakirti Sutra

"Of the true bodhisattvas,

The mother is the transcendent wisdom,

The father is the skillful means;

The venerable teachers are born of such parents."

Extract from "Vimalakirti Sutra", Chapter 8: The Family of the Tathagatas. Original Chinese stanza: 維摩詰所說經，佛道品第八：智度菩薩母，方便以為父；一切眾導師，無不由是生。

Sumi ink on rice paper. Signed by the artist's seal: Chin's heart.

Calligraphy Style: semi-cursive script

智度菩薩母，方便以為父；
一切眾導師，無不由是生。

Human Realm

Calligraphy wording: "Human realm." The world we are living in. The top word means "human"- a person, walk on his or her two legs; the bottom word means "the realm, the world, the space"; the second word actually is an image of a door contains a sun within.

This is the world of the human and all being. It contains everything.

In all happiness and sorrows,

I am in love with the world.

Sumi ink on newsprint paper.

Chinese pinyin: rén jiān

Calligraphy Style: semi-cursive script



Samsara

Samsara, endlessly pursuing of happiness, always wanting. A mind that can never be satisfied ; doing same wrong things over and over again.

"In samsara—the endless cycle of suffering—we are always winning and losing the same game, somehow expecting to make progress. We spend part of our life trying to get it together, and the other part watching it fall apart. We don't realize that if we try to gain something, we had better be ready to lose it. As soon as we have time—'I have a whole hour free'—we are losing it. We work hard to have a relationship, and then it breaks up. We come together for a holiday party, and then it's over. We buy a new car, and the fender gets a dent. "

Extract from Sakyong Mipham Rinpoche's teaching

Original calligraphy. Sumi ink on paper.

Chinese pinyin: lún huí

Calligraphy Style: semi-cursive script



Impermanence

Chinese calligraphy: “Impermanence.”

Everything changes; impermanence. It is such a simple truth, but so hard to keep it in mind. We always want things to be the same as before, we don't like to face the changes - change scares us.

Good moments won't last very long, bad moment won't last too long, either. Everything changes. And it is OK.

Sumi ink on paper. The seals are a bird on the top and my name "Chin".

Chinese pinyin: wú cháng

Calligraphy Style: semi-cursive script



Death and Birth

Ah, the suffering of the world,

How can we ever be liberated from it?

How can we face our pain, and thus see others?

How can we be truly brave, knowing that

Although terrifying, birth follows death?

Chinese calligraphy wording: death

Chinese pinyin: sǐ

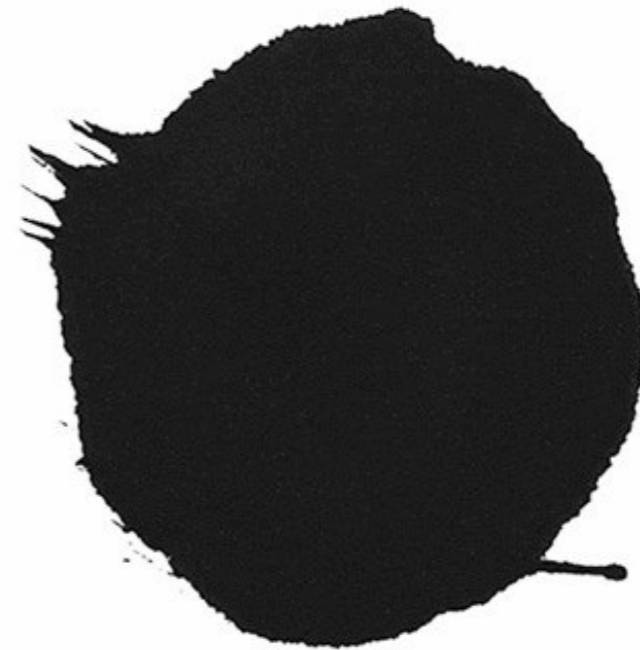
Calligraphy Style: regular script



Primordial Dot

Primordial Dot. The beginning and beginning-less dot. Words escape me.

Sumi in on rice paper.



Auspiciousness

Chinese calligraphy: Auspiciousness. Acrylic on wood panel.
When all the circumstances come together, the seed grow into
flowers and fruits.

Chinese pinyin: jí xiáng

Calligraphy Style: semi-cursive script



Endless Wanting

We make so many things so important for us... Everything. One day the conditions change, all of a sudden we realize that they are not so important any more - they are just "things", one thing after another, endless desires and endless holes, all become memories.

How can we fulfill the hole at the bottom of our heart? Maybe just to see it clearly as what it is.

Chinese calligraphy style: Wu (Japanese: Mu) - Nothing; No; Not; None. Acrylic on canvas.

Chinese pinyin: wú

Calligraphy Style: grass script; cursive hand.



Nothing Special

In memory of a wonderful pioneer Zen teacher: Charlotte Joko Beck, who peacefully passed away on June 15, 2011, at the age of 94. According to her students, among Beck's last words was this statement, "This too is wonder."

Extract from her book: "Nothing Special":

"Waking up means realizing that our situation is hopeless - and wonderful. There is nothing for us to do except simply to live this second.

Sooner or later we realize that the truth of life is the second we are living. In a sense, our life has no duration whatsoever: we're always living the same second. There is nothing but that second, the timeless present moment. With that realization, each second is a source of joy. Without that realization, each second is misery."

Chinese calligraphy: Wu. Acrylic on golden ground. The seal is a round red bird on the left.

Chinese pinyin: wú

Calligraphy Style: grass script



Eternity

Chinese calligraphy: “Eternity”. May all beings look into their tender heart, and find the eternal good, kind heart.

“May basic goodness dawn.

May the confidence of goodness be eternal.

May goodness be all-victorious.

May that goodness bring profound, brilliant glory.”

From Shambhala Chant, Proclamation of Goodness

Chinese pinyin: héng

Calligraphy Style: semi-cursive script



Longevity

If there is no teacher,

There is no light.

If there is no light,

There is no path.

If there no path,

There will be darkness.

May the life of our teachers be long! May they have good health. May all beings realize the innate potentials.

Chinese calligraphy: “Longevity”. Black sumi ink on textured red color, golden dragon line drawing background Chinese rice paper. Signed with the seal of the artist: "Buddha Heart".

Chinese pinyin: shòu

Calligraphy Style: grass script



Primordial

"This original state of being can be likened to a primordial, or cosmic, mirror. By primordial we mean unconditioned, not cause by any circumstances. Something primordial is not a reaction for or against any situation. All conditionality comes from unconditionally. Anything that is made has to come from what was unmade, to begin with. If something is conditioned, it has been created or formed.

In the English language, we speak of formulating ideas of plans, or we may say, 'How should we form our organization?' or we may talk about the formation of a cloud. In contrast to that, the unconditioned is free from being formed, free from creation. This unconditioned state is likened to a primordial mirror because, like a mirror, it is willing to reflect anything, from the gross level up to the refined level, and it still remains as it is. The basic frame of reference of the cosmic mirror is quite vast, and it is free from any bias: kill or cure, hope or fear."

From Chogyam Trungpa - "Shambhala: The Sacred Path of the Warrior"

Ink and watercolor on paper.

Chinese pinyin: běn chū

Calligraphy Style: semi-cursive script



Stability and Calmness

In the midst of chaos, our mind can remain stable and calm. We can see clearly, be strong and steady like a mountain. We don't need to be swayed by the wind - no matter how strong that is.

Chinese calligraphy: "Stability and calmness." The seal is an image of a lotus.

Chinese pinyin: dìng jìng

Calligraphy Style: semi-cursive script



Joy, Bliss

Chinese calligraphy: “Joy, bliss.”

The energy of joy is radiating out like the sun. It is warmth, it is pure light, and it is blissful. It is beyond loss and gain. It is simple be, fully, wholeheartedly, here and now.

Chinese pinyin: yuè lè

Calligraphy Style: semi-cursive script



Clarity

After chaos, a sudden clarity sometimes just emerges by itself. That is the natural ability of the human mind.

Chinese wording: "clear, limpid, transparent." Dusts and dirt settled, then we can see everything in the water.

The mind can be settled as such, too.

Chinese pinyin: chéng

Calligraphy Style: semi-cursive script



Present Moment

Living in the present moment. It is easy to say, hard to do.

“Welcome the present moment as if you had invited it. It is all we ever have so we might as well work with it rather than struggling against it. We might as well make it our friend and teacher rather than our enemy.”

Teaching from Pema Chödrön

Ink and watercolor on paper. The seal is my name : Chin.

Chinese pinyin: dāng xià

Calligraphy Style: semi-cursive script



Great Eastern Sun

Great Eastern Sun - when Trungpa Rinpoche first talked about the term of "Great Eastern Sun", he was not talking about anything oriental in particular, or, for that matter, anything Chinese or Japanese - he was talking about the opposite of the "setting-sun vision" - the way people just don't care about themselves or others, the selfish style of living. On the contrary, "the Great Eastern Sun" is here and now; always fresh, alert, live, aware. People who cares.

If we care, the world will be a better place.

Chinese calligraphy: "Great Eastern Sun." Sumi ink and watercolor on paper.

Chinese pinyin: dōng fāng dà rì

Calligraphy Style: semi-cursive script



Love

My heart is full of love.

Love doesn't need fancy words.

Love comes when our hearts are open,

When there is a deep tenderness and hopeless.

Love is here, beyond space and time;

You think you have lost it?

You can laugh at it, you can turn your back on it.

But the truth is love is always there, longer than we can remember.

This is a simple person's simple love song.

Chinese pinyin: ài

Calligraphy Style: regular script



All Beings Have Buddha Nature

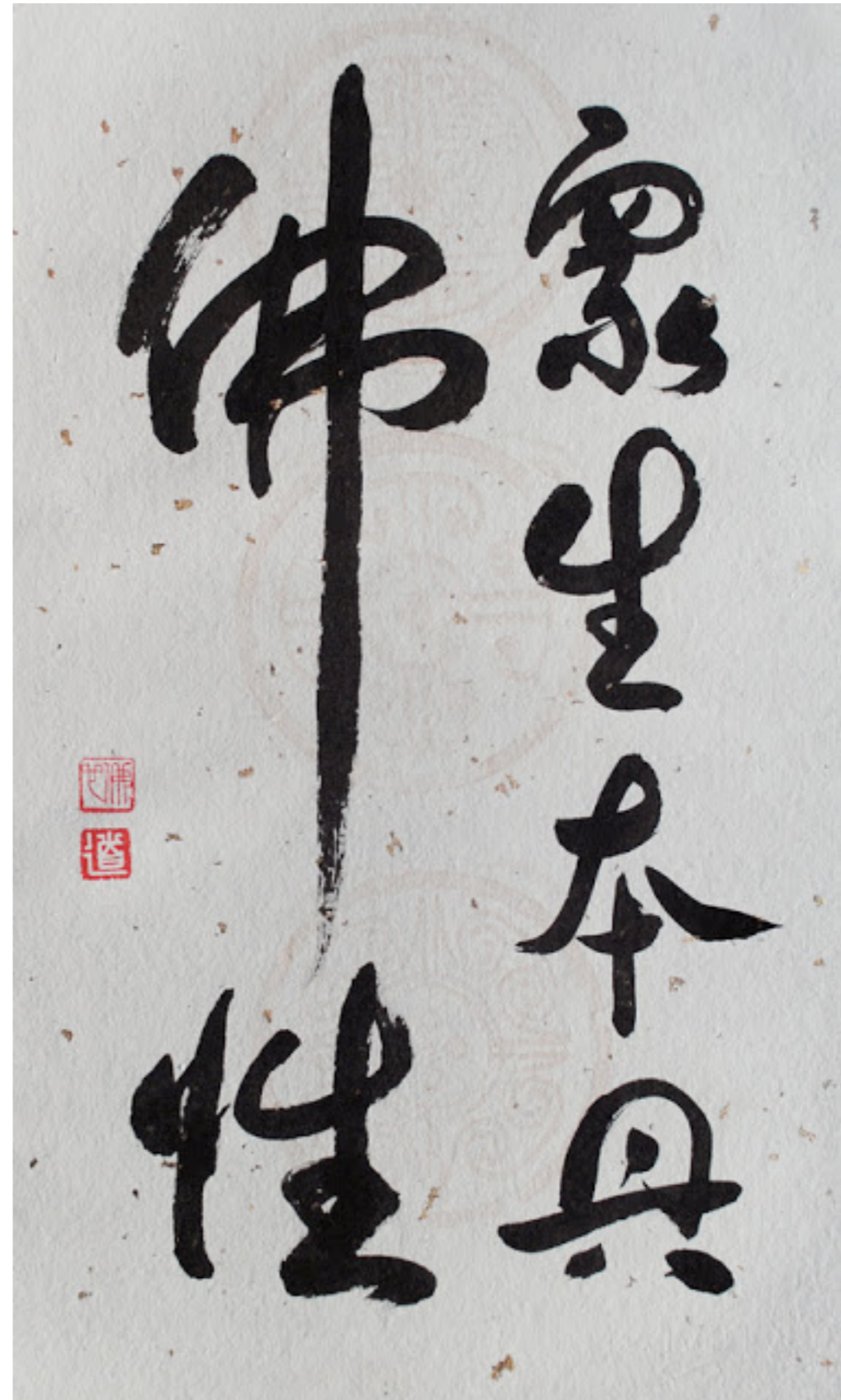
Chinese calligraphy: "All Beings Have Buddha Nature."

All beings have the precious, kind, awake Buddha Nature. All beings has this pure, undefiled, luminous nature of mind. It is our human nature. We don't think about it much, but we all want to love, and love to be loved.; we all want happiness. If a person knows love, he or she would know what is buddha nature. As Trungpa Rinpoche said: "Everyone loves something, even if it's only tortillas."

Sumi ink on textured gray color with golden flakes Chinese rice paper. Signed with the seals of the artist: "heart of the Buddha" and "Tao".

Chinese pinyin: zhòng shēng běn jù fú xìng

Calligraphy Style: semi-cursive script



Treasure

This life, I feel very grateful for my good fortune to have a wonderful human birth, have good teachers, friends, loving families, and spiritual brothers and sisters. That is the true treasure.

I feel so lucky to be alive. In the midst of pandemic, every living moment is a blessing!

May we bring peace and happiness to ourselves and others!

Chinese wording: “Treasure”.

Chinese pinyin: bǎo

Calligraphy Style: regular script



Bravery

Life could be difficult at times. Yet our bravery - willing to face reality, is like a light torch in the darkness. That is extremely rare! We have to know our own worth and strength.

In my darkest hour, I still see your bright face of love...

Permanent golden ink on textured Chinese rice paper..

Chinese wording: “bravery”.

Chinese pinyin: yǒng gǎn

Calligraphy Style: semi-cursive script



Yeachin Tsai

Yeachin Tsai studied traditional Chinese calligraphy and brush painting from an early age growing up in Taiwan. There she also experimented with new materials that characterize modern Western painting. Since moving to New York in 1993 to pursue her MFA degree at Brooklyn College, City University of New York, her work evolved into an unique style, a colorful expression that retains its roots in Chinese painting and embraces the explorative impulses of Western abstraction.

Yeachin has been a journalist, translator, designer, and painter. She is also a devoted meditation practitioner.

To see her abstract painting go to: YeachinTsaiFineArt.com

Ink painting: AuspiciousInk.com