

Awareness, the beginning and the dot.

Awareness is the very beginning of life.



Through awareness we realize that we are living beings. Through awareness we connect with all other living beings. Through awareness everything gets its meaning and significance.



The smallest and most simple thing we can imagine (or become aware of) in our mind is the dot. The dot has no size, nothing measurable, no relative comparison.



If we want to express this thought into the visible three-dimensional world (outer world), so that others also can see our thought (inner world), we can choose how we want to make this dot. We can make it with a pencil, a marker, a crayon, a ballpoint pen, a needle, a brush, a cigarette, our finger, or whatever.



In every case we focus our attention, our awareness to the point of the chosen tool and to the dot we want to create. So, the smallest and most simple expression which can be made is "The Dot". Therefore, the dot is the symbol for the first expression of awareness in the visible world.



By translating the image of the dot from our mind into the visible world it becomes measurable and has some dimension, because in our visible world we can compare it with many things, which are already there. The dot can be very small, but if we put this dot under a microscope it has some volume and circumference and is no longer a dot, but in fact a circle.



In the inner world, our thoughts, there can be the image of a dot, but in the visible world a dot cannot exist. It always has some size. The Greek mathematician Euclid defined the dot as: "**A point is something, that has no parts**".

So, the symbol for awareness is the dot, which can only exist in the invisible reality. The symbol for awareness projected into the manifested world is a circle, because it is the most perfect and harmonious form. It is a whole (holy) form.



In all expression our invisible awareness is always there and focused on the point, on the spot of our activities. Let us look at a few daily examples, how our awareness and the dot (or spot) are always together.

The beginning of creation (awareness expressing the dot) is endless repeated in every act of creativity.



Example 1: Expression of our thoughts or feelings by writing.

The words written with a pencil, ballpoint, a marker or crayon are the extension of the first point that we make with the paper. While writing words which become sentences, the focus of our attention is always on the point of our writing tool, and where it touches the paper. The connection of our awareness and this point are continually there in every real moment of our creation.



Writing on a typewriter, keyboard or laptop makes no difference. Every touch with our finger on the key of our writing instrument is like a point, a dot and our attention is exactly there, where the new letter is created.



Example 2: Expression of our thoughts or feelings by painting.

Painting is done by a brush. If we want to make a fine detailed painting, then the brush needs to have a single point at the end. During the work our awareness must be focused on this single point. A bigger brush, for rougher work has many hairs, each ending in a point. The points touch with the paint and the underground.



Nowadays there is special non-toxic paint, which can be used to paint with our fingers. Children especially like to paint this way. The points of our fingers are dipped into the paint and we make dots or lines by moving our fingers. Again, our attention is there where the action takes place.



Example 3: To harvest and prepare, cook and eat our food.

We can eat, fish, birds or different kind of meat. These animals we can catch with a hook, hunt with a spear or rifle, or butcher with a knife. In all the cases the focus of our awareness is on the points of these tools. If we want to eat grains we have to cultivate the land to plough it, to sow the grains, to weed it, to cut it and to harvest from it. Whether we do this by hand or with a machine, it is the point of the tool with is essential, because the action and attention are in the same place.



Our body needs a lot of different minerals, vitamins, proteins, energy boosters and much more, all of which can be found in fresh vegetables. The cutting of the vegetables is done by a sharp knife and needs therefore concentration and attention on the point where the edge of the knife touches the vegetable. In every new cut there is the starting point. The most usual and safe way to cut vegetables is to cut it in slices, each forming a circle. Even in mundane activities

like cutting vegetables, the awareness of an invisible point into a small or big visible circle is repeated.



The prepared vegetables we cook in water in a round pot or fry in a pan. Before that we have to light the gas cooker or turn on the electric stove. In both cases our awareness is on the end of the matchstick, the spark of our gas-

lighter or on the right point on the regulation button. During the cooking or frying we stir the food. Where the wooden spoon or spatula touches the water, soup, pudding or other food, this is where our attention stays.



We can eat the food with a spoon, a fork and a knife, with chopsticks or with our hands, and still the process is all the same. With every new bite we focus

Example 4: Making music.

The way we write and read music is through notes. Notes are written down as points on lines. By playing sheet music our attention alternates quickly between the notes on the sheet and the instrument we play.



With every instrument we play, our attention on "the point" is always the main clue. Let's look more in detail at some examples.

The most primitive people use percussion instruments. Rhythm is very down to earth, like a horse galloping in the field or the sound of a herd of cows. A beat on the drum with a stick or a part of our hands is focused on this touching-point with our awareness.



The second category is wind instruments like flutes, bugles, trumpets, etc. The air streams from our mouth through the small starting point of our instruments and the points of our fingers on the holes or buttons of the instrument regulate the sounds. Our attention is on the touching-points between our fingertips and the buttons or holes.



The third category is string instruments like guitars, violins, cellos, piano, etc. The point where our fingertips or the stick touches the strings, there is where the sound is made and where our attention is focused.



With the next examples, there are only pictures of the subjects. Wherever the attention is focused on the point, there you will see a pink dot.

Example 5: Body care and body decoration.





Example 6a: Defense.

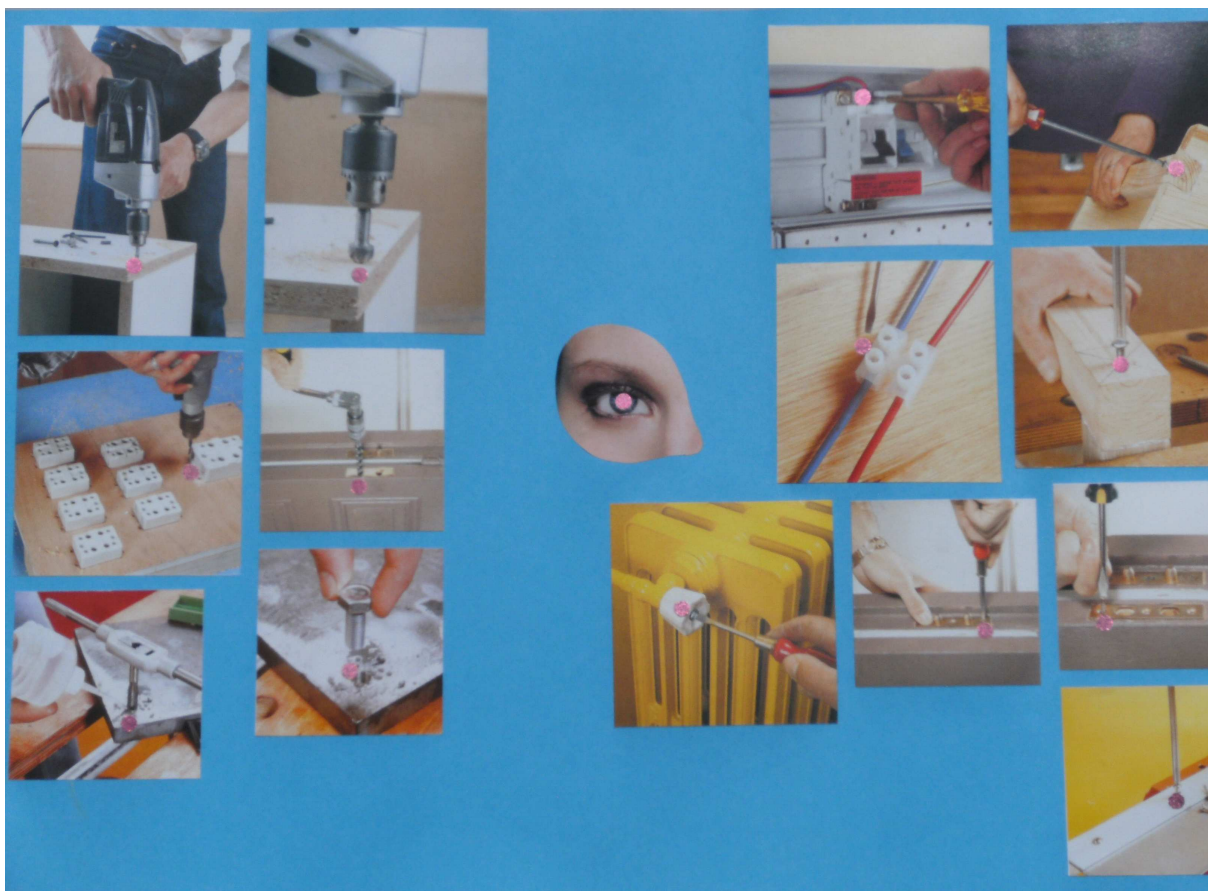




Example 7: Artisanate.











Example 8: Sexuality.



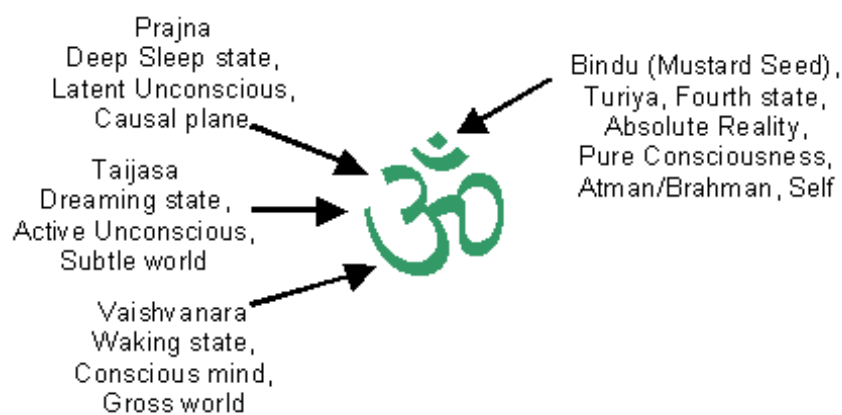
As these examples show, our invisible awareness and attention is always there focusing on the point, on the spot of our activities.

Therefore, in many cultures the point represents "the beginning", the start of expression from the invisible awareness into the manifested visible world and this is also expressed in various traditional artworks.

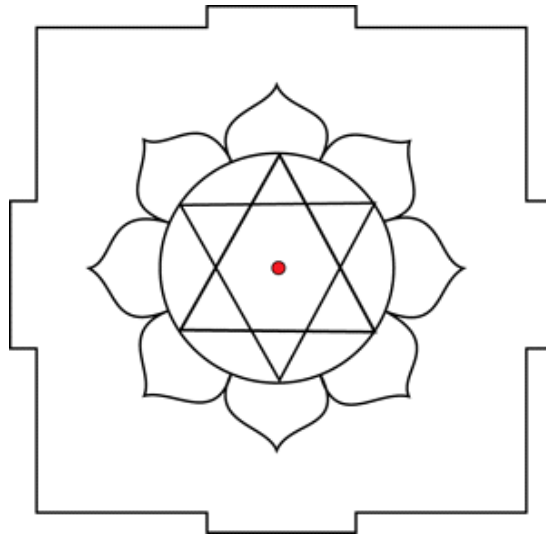
In Hindu culture:

According to the Hindu Swami Jnaneshvara Bharati, the Bindu is piercing the pearl of Non-Dual Wisdom in Yoga, Vedanta and Tantra.

Bindu means Point or Dot, is sometimes likened to a Pearl, and is often related to the principle of a Seed. This is not just a poetic choice of words or philosophy. There is literally a stage of Yoga Meditation in which all experiences collapse, so to speak, **into a point from which all experiences arose in the first place**. The Bindu is near the end of the subtlest aspect of mind itself, after which one travels beyond/or transcends the mind and its contents. It is near the end of time, space, and causation, and is the doorway to the Absolute. To understand this principle is extremely useful, if not essential to Advanced Meditation.



Convergence of practices: Awareness of the nature of Bindu helps tremendously in seeing how these various practices are complementary, not contradictory, with each, in its own way, leading in the direction of the Bindu. The Bindu is the convergence point of Meditation, Contemplation, Prayer, and Mantra, and is part of the mystical, esoteric aspect of many, if not most religions and meditative traditions. The experience of Bindu is an actual, internally experienced reality, which is the convergence point of the highest principles and practices of Yoga, Vedanta, and Tantra. Seeking to experience and then transcend the Bindu serves as an organizing principle and focal point for all of those spiritual or yogic practices intended to lead one to direct experience.



Rangavalli/Rangoli/Kolam, a traditional artform, emanates from awareness through the dot.

In India, it is one of the most popular artforms and is part of the woman's daily routine for domestic decoration after cleaning the house. Rangavalli is about 5000 years old, is one of the sixty-four artforms and embodies a desire to bring awareness, color and happiness to everyday life.

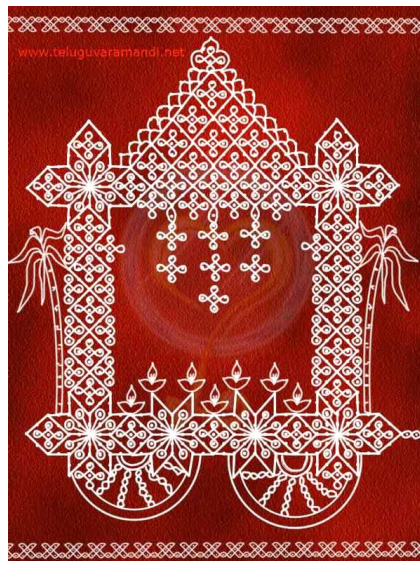


Kolam (in south India) is made on the floor with rice or white stone powder in front of a house and brings protection against distress and bad luck.

Many are geometrical designs consisting of triangles, circles, hexagons, squares, rhombus, etc. but also leaves, flowers, creepers, birds, animals, etc., formed out of a pattern of dots. The first step in kolam is to arrange a grid of dots.

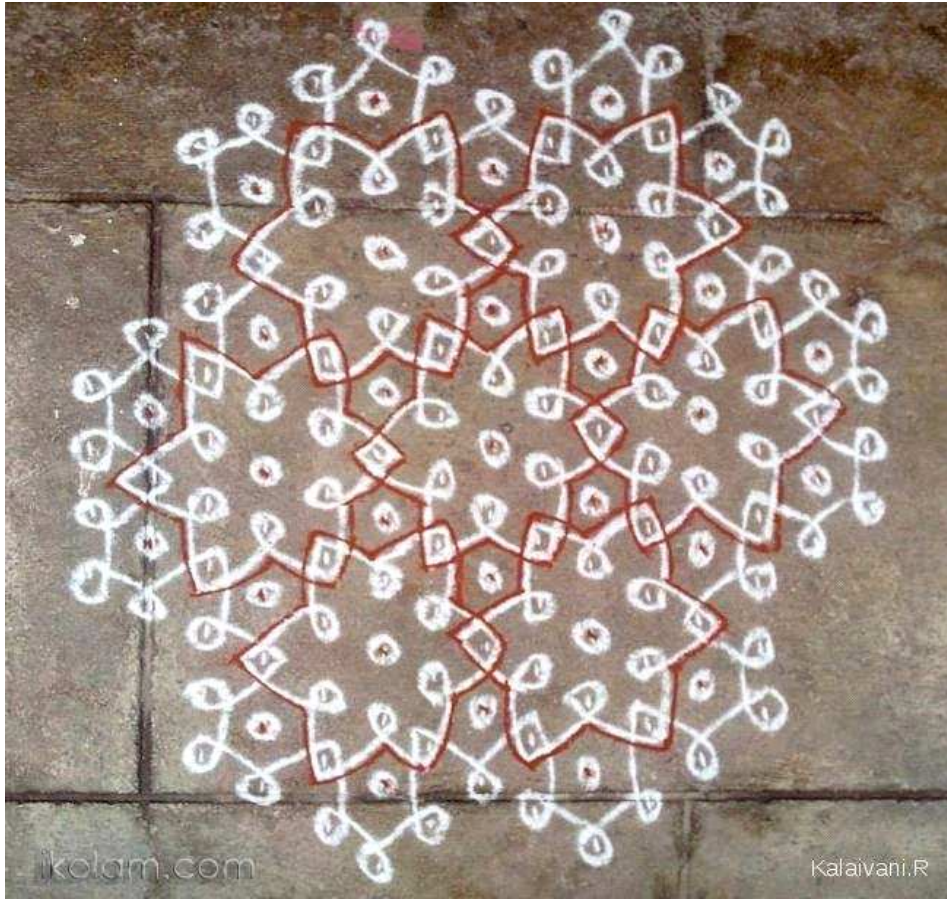


After that the dots are connected with the white powder into a certain pattern.



The patterns and forms can be filled in with powder in different colors, so that beautiful artworks emerge.





ikolam.com

Kalaivani.R



In Tibetan Buddhism , awareness and pointillism



The sand mandalas are unique to Tibetan Buddhism and are supposed to give purification and healing. The Monks create a drawing from memory and begin to fill it in with colorful points. Grains of sand are carefully placed along the drawing with funnels, tubes, and scrapers over a few days, weeks or months.

During the creation process the Monks bring their attention (awareness) to the point of the tube, where the sand points are places on the mandala. In this way the grains of sand are filled up with positive life energy and therefore the whole mandala radiates healing power and energy to the environment and the to the people who view them.

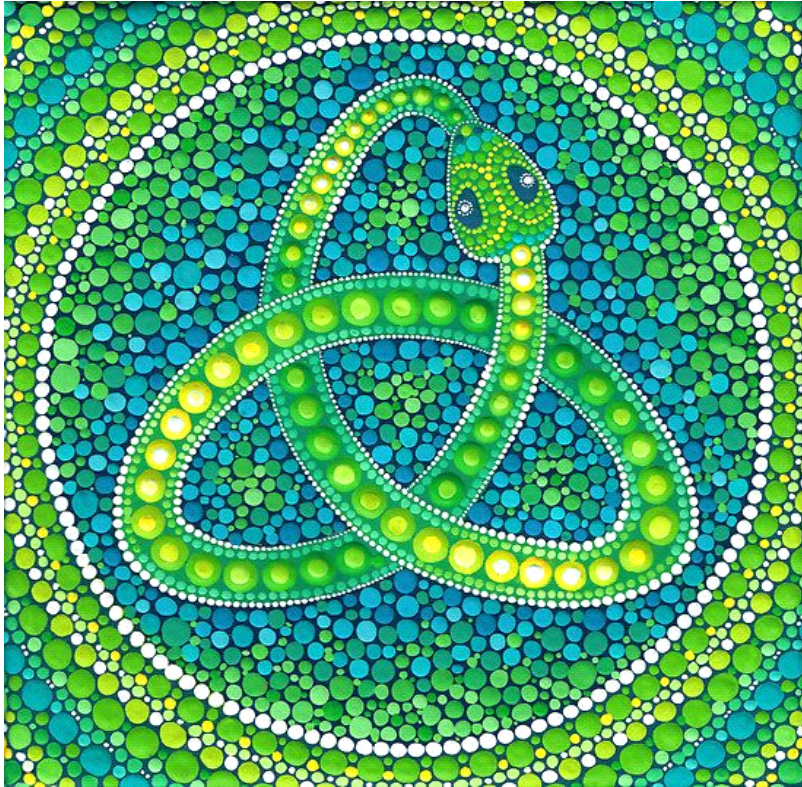
Once it's completed, the mandala is blessed and the sand is swept away and then it is disposed of in water in what's called a "Dissolution Ceremony." The energy of the artwork is pure healing power for the river and carried on by the elements to bless all of reality.

The Australian Aboriginals

Aboriginal People do not have their own written language, and so they make use of many common symbols (often called iconography) in their artwork. A painting may have several levels of story depending on whether the story is being told to children, initiates, or among elders or law people. The meaning of the symbols can change depending on the context of the story concerned. The spiritual stories come from the "dreamtime" or an invisible dimension, a blueprint for our visible world, where inspiration and visions for the paintings are received.

The technical expression for the paintings is in colorful dots. As explained before, the dot is the first expression from the invisible world into the visible manifested world. The dot is the portal for our awareness to bring the stories

from the dreamtime (inner world) into the outer world.



See also:





Islam

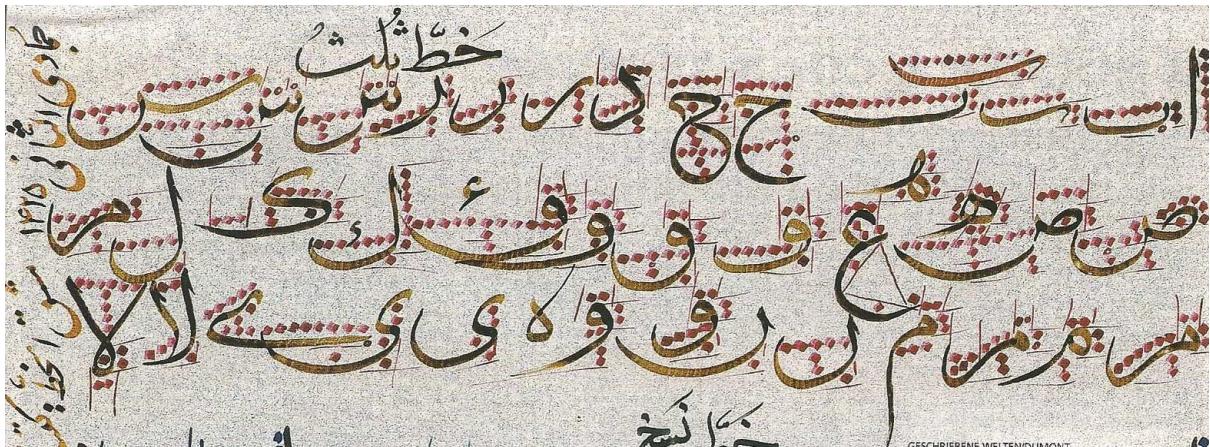
“And it is He who produced you from one soul and [gave you] a place of dwelling and of storage. We have detailed the signs for a people who understand.” Quran - Surah 6.98

The signs used in the Arabic culture and art is calligraphy. In the Arabic calligraphy the point is always the beginning. This does not mean that the point always stays visible at the beginning of the artwork, but that the dot is the central point of all Arabic calligraphy. This point system was a secret for hundreds of years.

First 20th-century the British-Egyptian artist and calligraphy researcher Dr. Ahmed Moustafa unveiled after 14 years intensive studies the mystery of it.

The famous rhombic point is the base of a precise geometric network of circles, triangles and parabolic lines. The rhombic point must be exactly as wide as 24 hairs of a donkey. The intersection of a donkey hair is again a smaller round point. For example, if we look at the arched calligraphic letters forming a

semicircle, then we will see that the diameter is exactly the same as the diameter from the letter "Alif", also based on a certain number of rhombic points. All Arabic calligraphy is built up in these exact geometrical forms and correspond with classical geometry of Euclid from Greece. The point as center of the Euclidian geometry is also the base of the Islamic calligraphy. In the calligraphy itself the point is not visible, but it is the unseen reality behind it. In this way the point, the invisible awareness and "the beginning" is also confirmed in the Arabic calligraphic art.



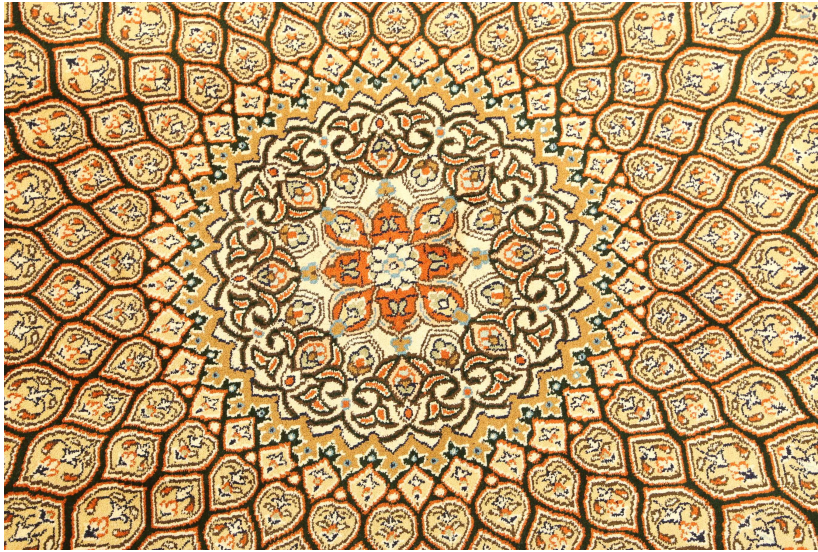




Making carpets

In the Middle East, one domestic art is producing carpets in thousands of different patterns and wonderful colors.





The surface of a carpet consists of hundreds of thousands points of wool, cotton or silk threads knotted one-by-one by hand. Each thread has two ends and both are visible, one on the surface of the carpet.



To follow the exact points of a certain pattern the attention must be on each new knot until the carpet is ready. This work is almost a religious or meditative way to develop one's consciousness and is mostly done by women.

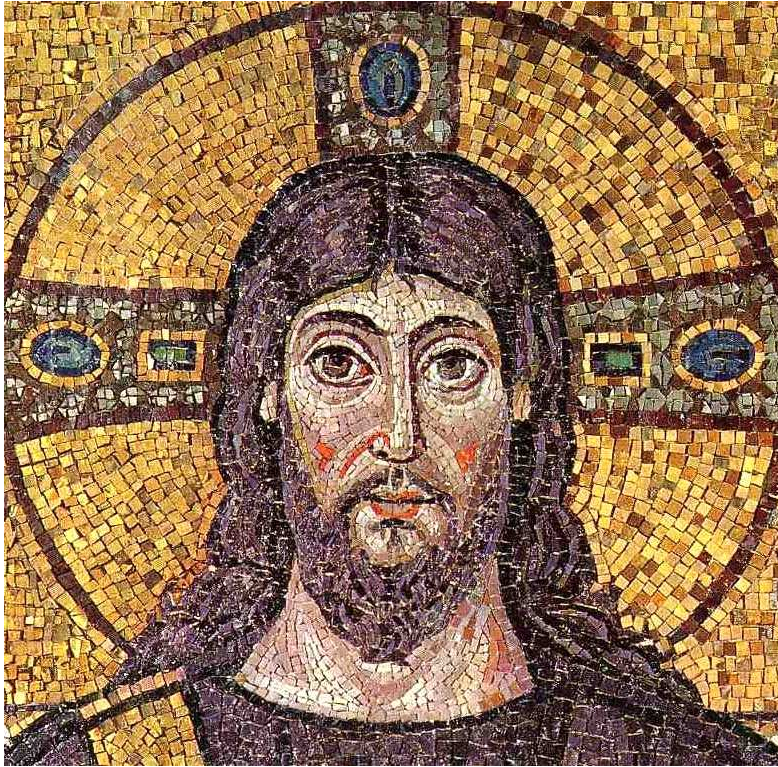


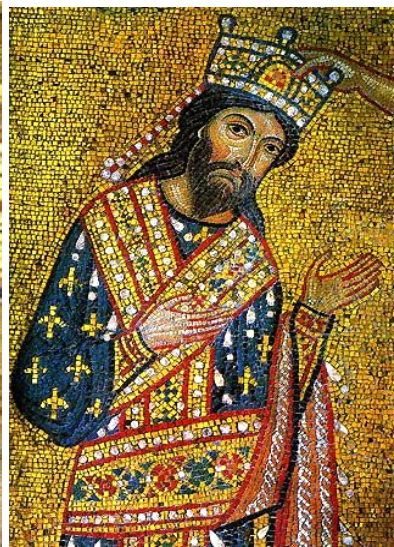
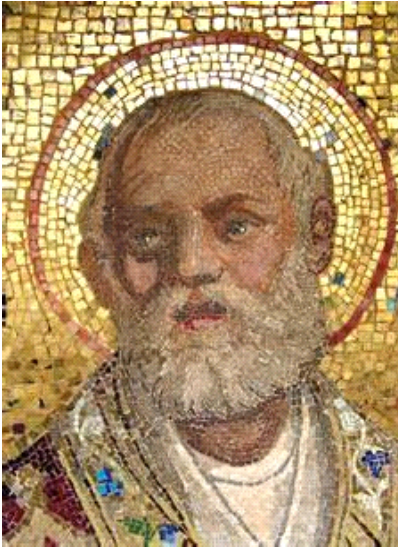
Russian and Eastern European art.

Before and after the Communist period in east Europe the dominant art of this area has been icon-painting as a part of their religious expression. The finished icon was used for contemplation on the holy personage to become part of his/her inner being. The icon is used as a doorway to the inner holy state of the figure.

The roots of this art came from Byzantium. Byzantium was an imperium

around 1025 consisting of (current) Greece, Bulgaria, Turkey, Yugoslavia, Albania, Bosnia, Croatia and the south of Italy. The original icons in Byzantium were made point by point with small mosaic parts. By the arrangement of the mosaic parts in different colors, the portrait of the holy personage is composed.





Later in Russia and other Eastern European countries this style of icon-art became easier by just using painted colors, but in many modern icons the original point by point style can still be found in another way.



Modern Western world

In the Western world the religious influences are not so traditional anymore and the domestic ways of art to support our consciousness in a meditative way is not so attractive anymore for the modern humans.

Point after point techniques to create art, to express oneself or to come into a meditative state takes too long for the modern man to come to a satisfying result. We live in an instant-gratification society with too many possibilities and ways to distract our attention into a jungle of life-energy suckers.

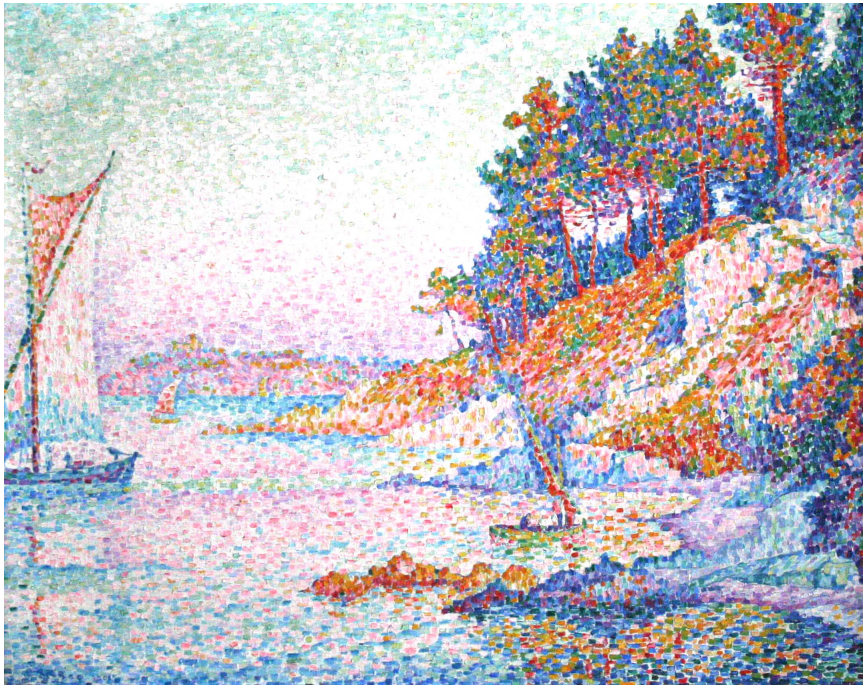
The last modern painters, who used point-techniques in their artworks were the French painters George Seurat and Paul Signac. This art is called "pointillism".



George Seurat



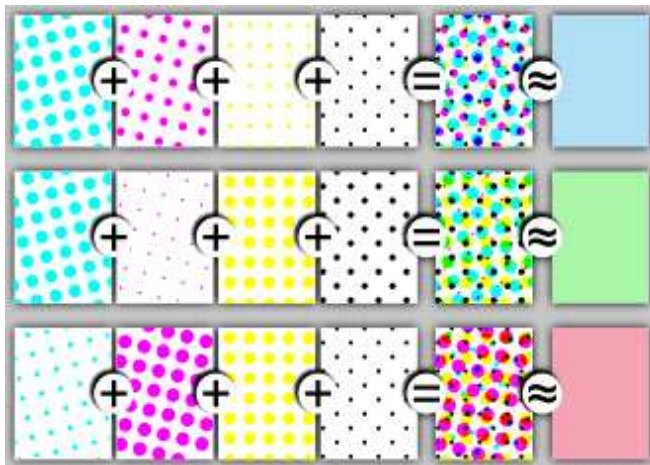
Paul Signac



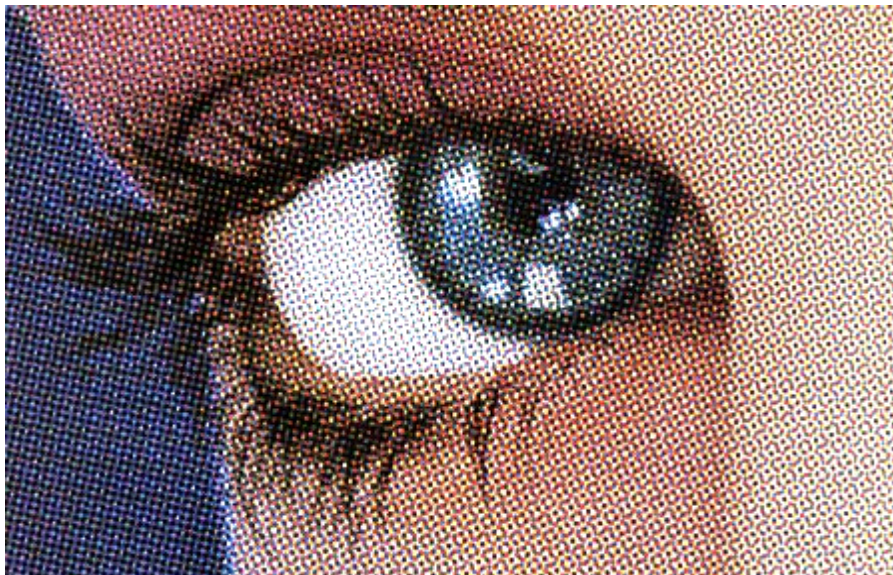
Paul Signac

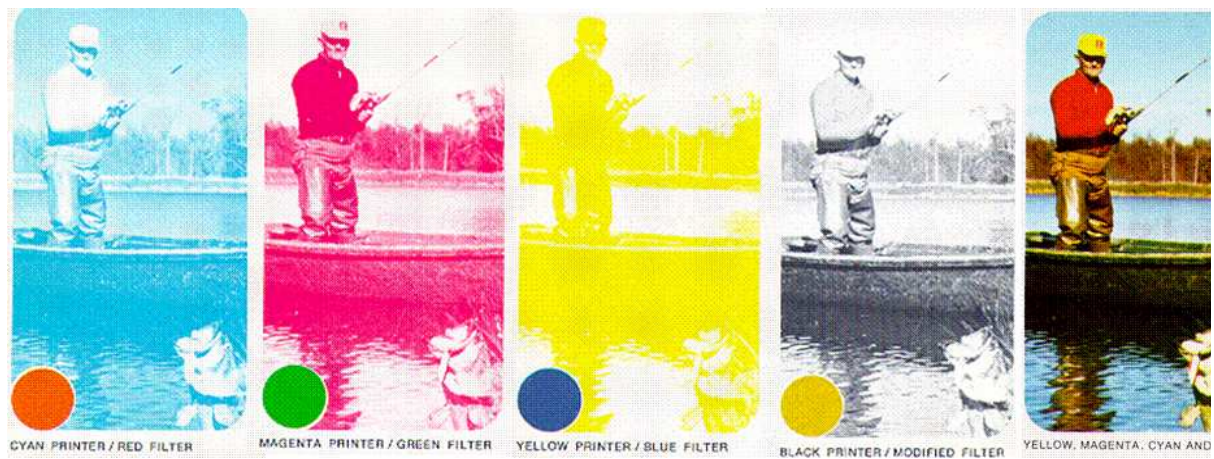
In this art the basic color points get mixed in a lot of different other colors if the observer takes some distance from the painting. The various color points are not seen anymore, but melt together into one picture. Each point made by the attention of the creator forms the world expressed into the picture. In this way the visual world is also created by the attention of all living beings, who are all part of an universal awareness.

The same pointillism technique is used in 4-color printing (most printed materials we see today). 4 different colors are printed in points on the white paper in different positions and size, so that our eye is mixing the colors to see a full-color picture. The colors Cyan, Magenta, Yellow are actually enough to print all the colors. The black color only makes the contrast, so that the pictures have depth.



Positions, color and size of the points.
Cyan 15%, Magenta 75%, Yellow 0%, Black 45%.





4 stages of 4 color-printing.

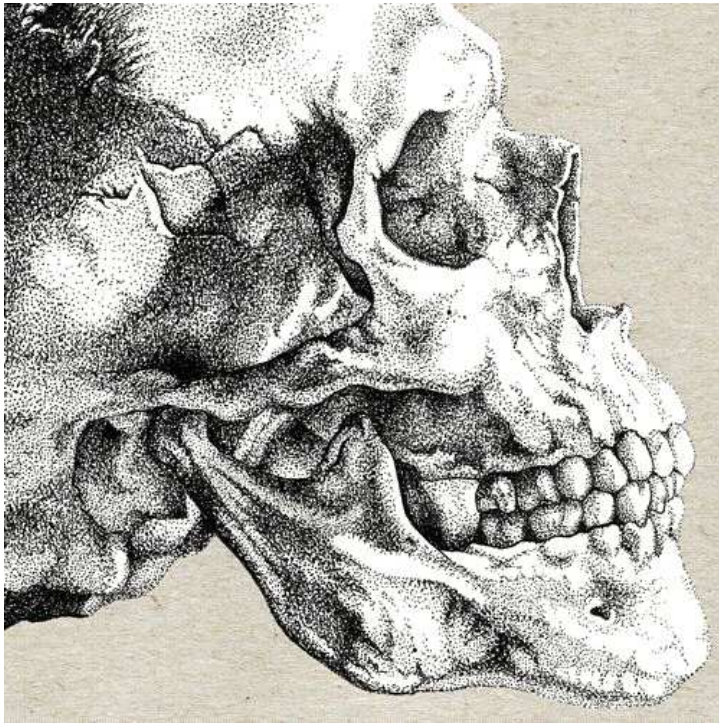
Another drawing technique is used in Western culture by making pictures out of black points in different distances and quantities. In this way a pattern of shadow and light is made to give the illusion of real 3D objects.



Picture made with black points.



Erotic picture made with black points.

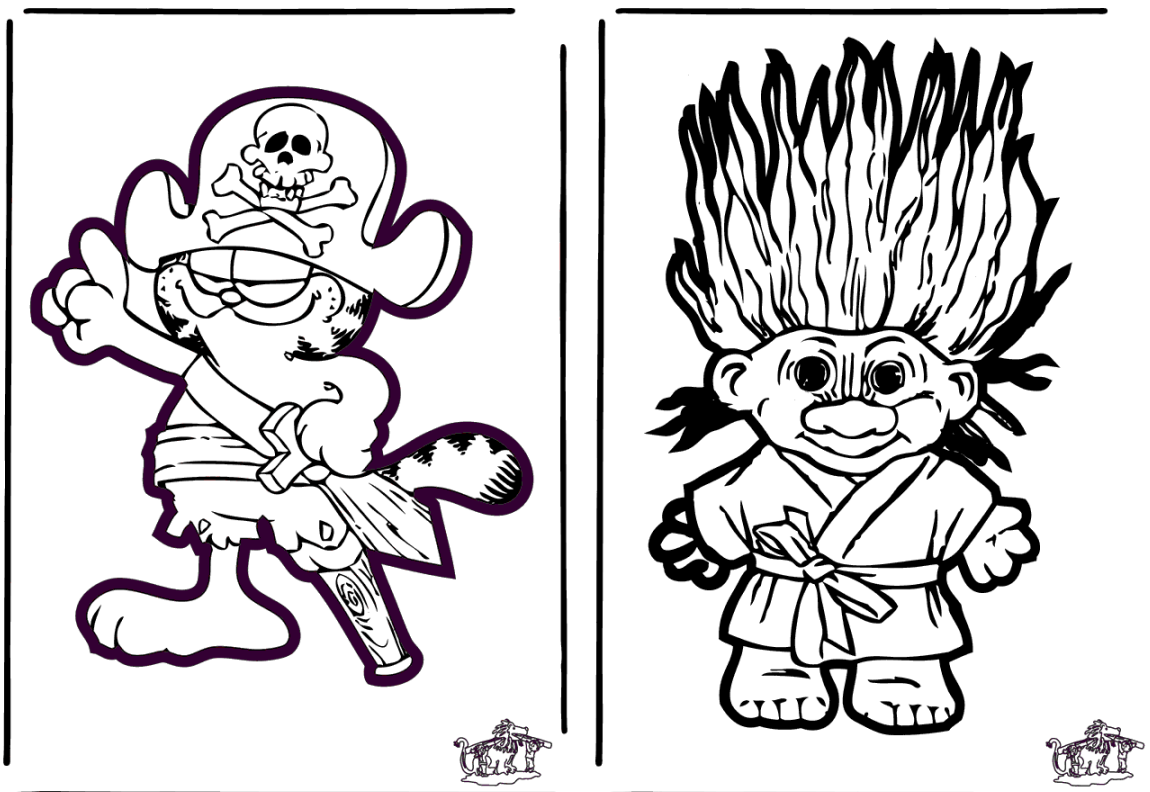


Skull made with black points.

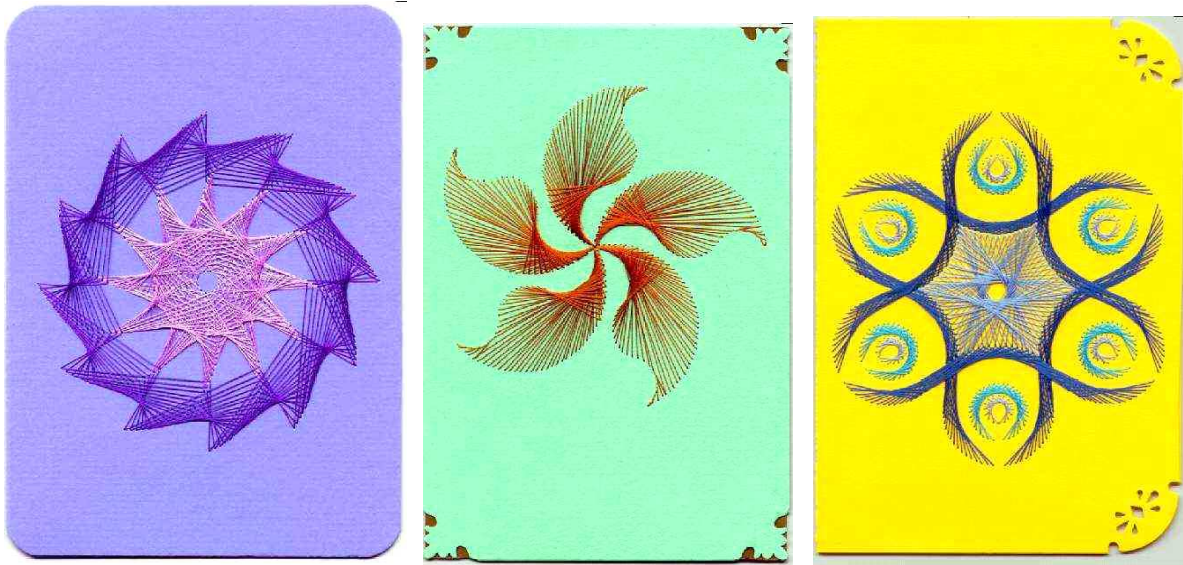
This principle of black points on white paper differs not much from the first photographs in the West. Instead of black points from a pencil the points are made by light through a negative film on a light sensitive paper by silverkorns/points. There, where the light touches the silverkorns the points become black on the paper. After fixing the points with vernis and etching the rest of the silverkorns with acid the picture become an exact positive print of the negative film.



In playschool in Holland the little children learn how to focus their awareness by pricking holes (points) with a needle on the edge-lines of a picture. A figure or form is pricked-out of the paper.



In Germany playschool the little children make the holes in paper with a needle and a thread, so that some pattern or figure is created. The goal is the same; to teach the children how to focus their awareness in a controlled way.



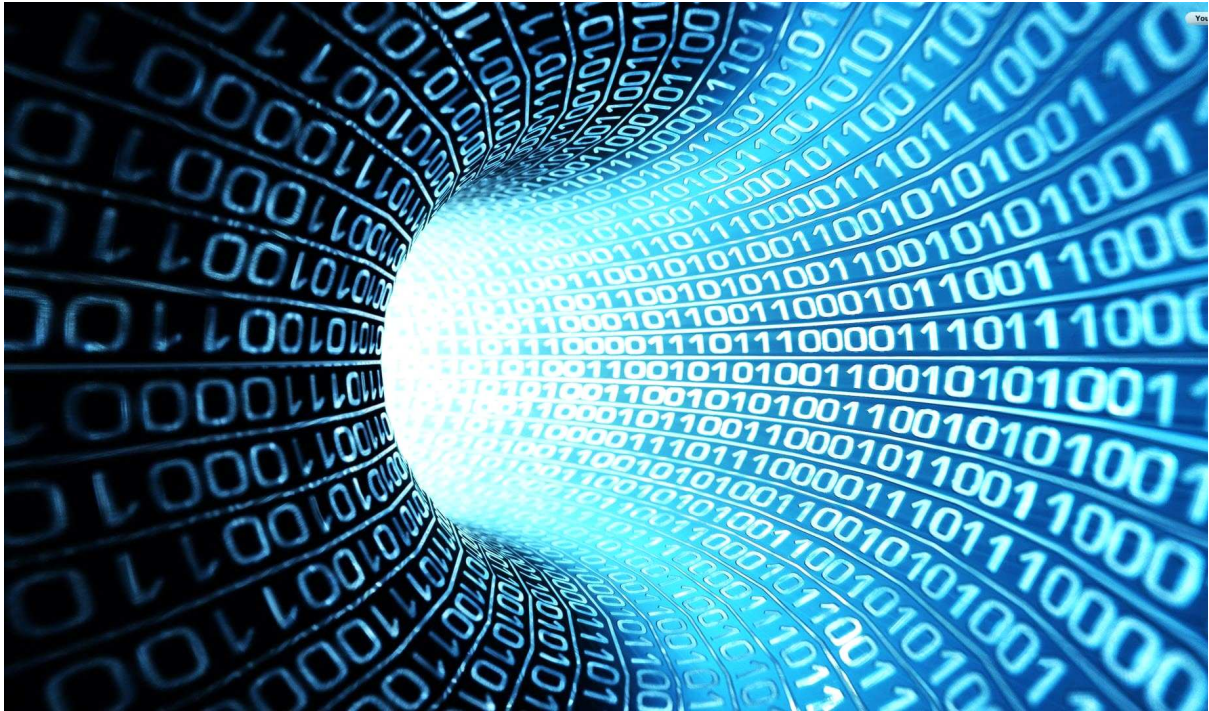
Digital Art expressions.

The first Computers, most of the software and the tools for it are developed in Silicon valley, around the city of San Francisco and San José in California, USA.



It seems, that the unfolding into the digital world is a separate dimension far ahead of the world 50 years ago, but that is not the case. The computer may be faster, more practical, easy to work with, but the principle of "awareness focusing on a point to create" is still the same. The monitor is not more than a screen with pixels showing the calculations and orders of a certain software program on a computer.

A pixel is the same as a point, one unit in a little square/box. For example, if someone worked on a picture to change it with an image-editing software (like Photoshop), they know that it is actually the same as working with a pencil or brush. The difference is, that it is digital, but the creator still has to put his attention to the point of the mouse, digital pencil or brush at the place where he wants to change ore create the picture. The creation process is always the same, no matter how evolved the tools are.



Digital picture 1



Digital picture 2

Above you see how the same essence, the same source, the same awareness through many traditional, religious or modern scientific (digital) ways is expressed into visible forms and colors and how the dot is always the beginning of such a manifestation. Every further manifestation is just a gathering of more dots.

All around the world artists are inspired to create with the dot, express their awareness through the first step of creation and make their individual mark. Here a view more examples of today's artists:



Barbara Takenaga

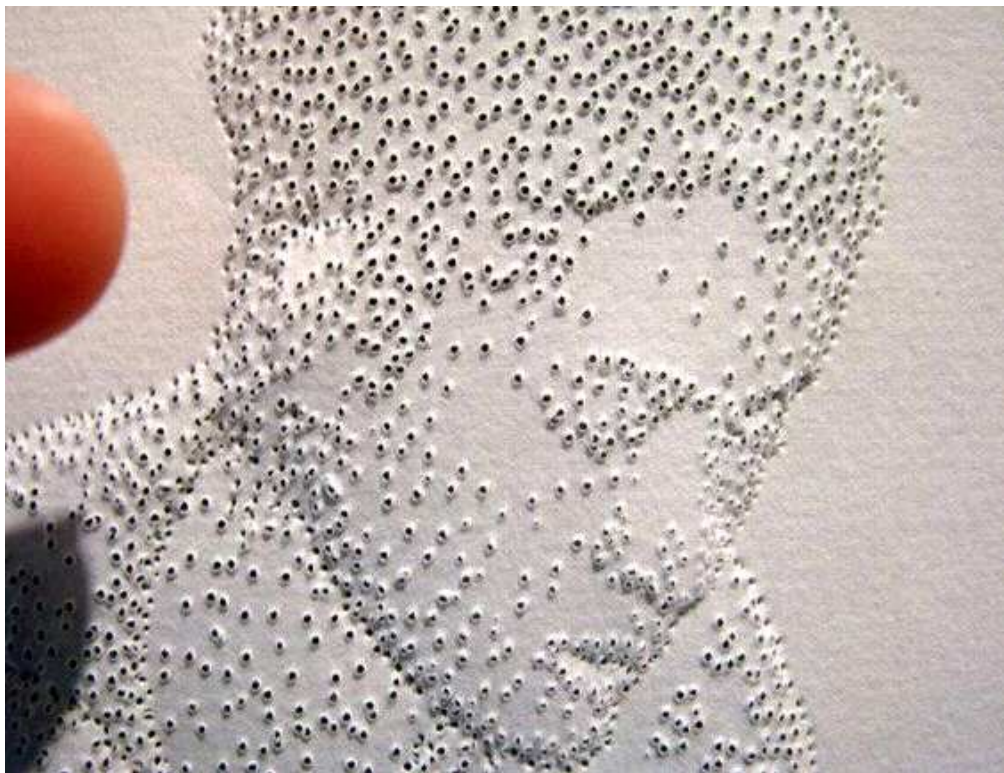




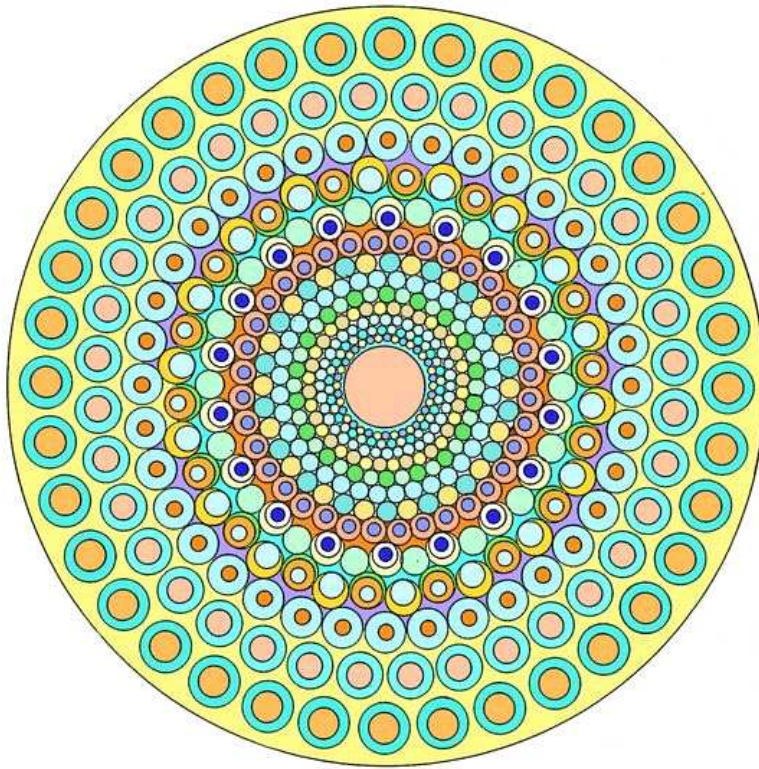
Tatyana Zinkovskaya



Natalia Vorobyona



Braille art with holes.



Dot mandala - Coen Reith



Dot mandala - King Fischer



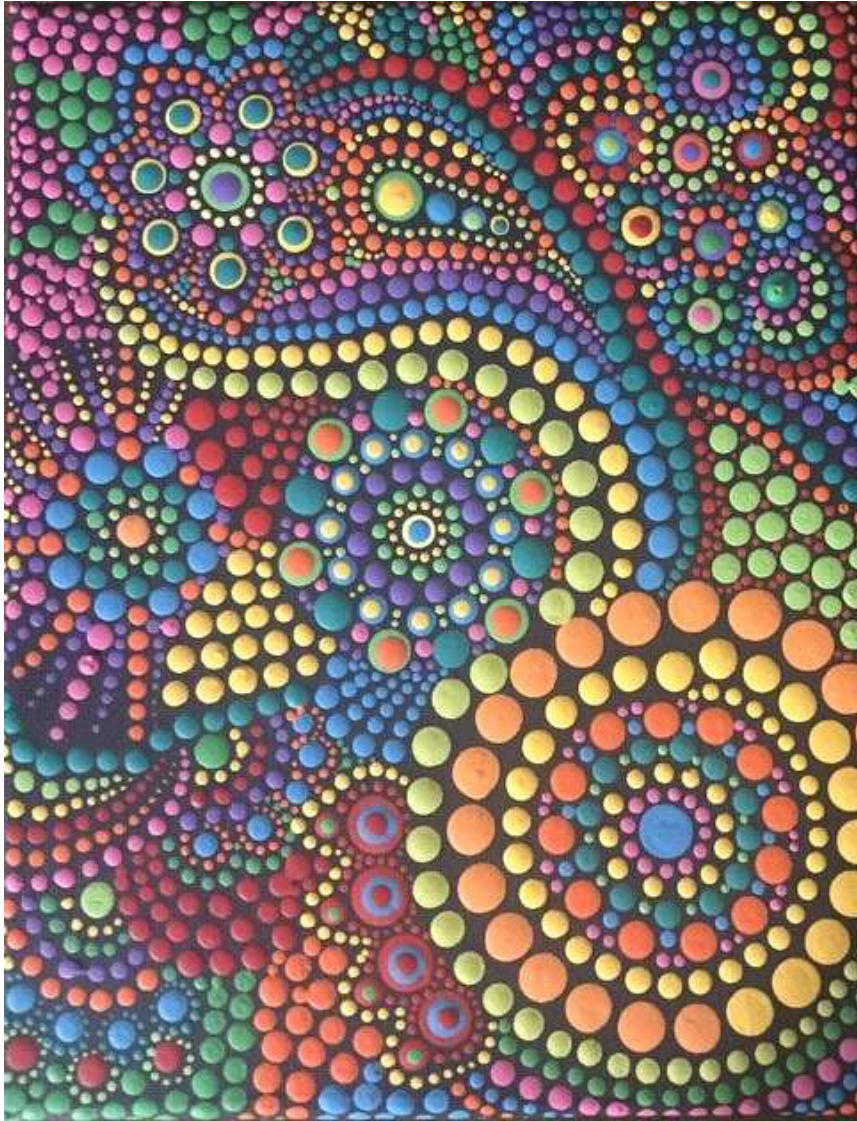
Dot art installation with nails.



Dot on dot technique - Tessa Smits

Assignment for the students

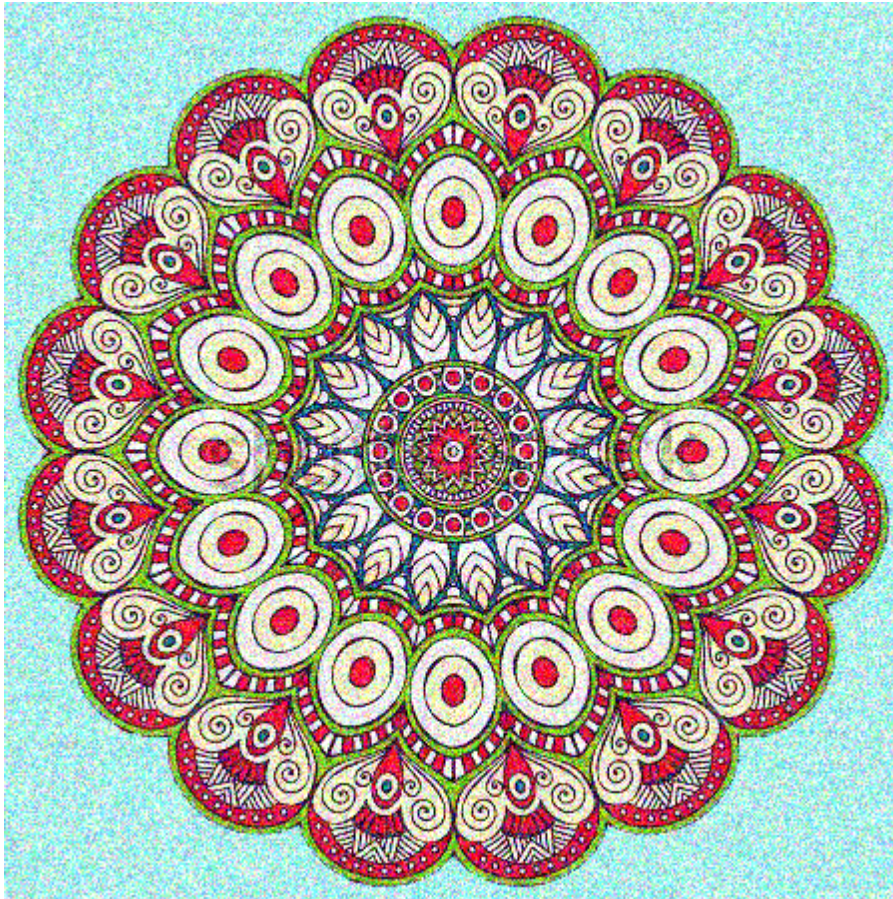
Choose one of the afore-mentioned techniques to create a dot artwork or find your own technique to express yourself with the dot. The expression can be freestyle, traditional, in certain patterns or in some religious symbolic way.



Freestyle dot painting.

- Painting dots with brush and paint.
- Making dots by needle-holes in paper
- Putting nail dots in 3D relief
- Arrange and glue sand dots
- Pixelate marker dots on paper

- Making dots by little color beads
- Glue paper dots made by a hole puncher
- etc...



Sand dots on woodplate

Notice during the creation of the artwork how your awareness, all the time is focused on the point where the actual moment of creation takes place. This process is the same by every participant, indifferent what technique is used and which artwork is made. If this awareness is undisturbed by thoughts, by emotions, by body complaints or by passion, then this awareness is pure and has in every participant the same quality. Therefore, this pure awareness is the source of oneness itself. It is our very essence and the core life force, in which we can experience our connection with all other living beings.

In the process of this assignment the student participants can become aware of the deeper meaning of "Oneness and diversity". Oneness can only be found

inside as pure awareness and diversity can be seen in the outside work as a multiple unique expression of the awareness of an individual living being. Through this understanding, there can be no conflict, no suppression of a certain expression, no belief that one's beliefssystem is the only right one, no law which forbids free speech or another opinion, no reason for war.

Thank you for your attention: Coen Reith