

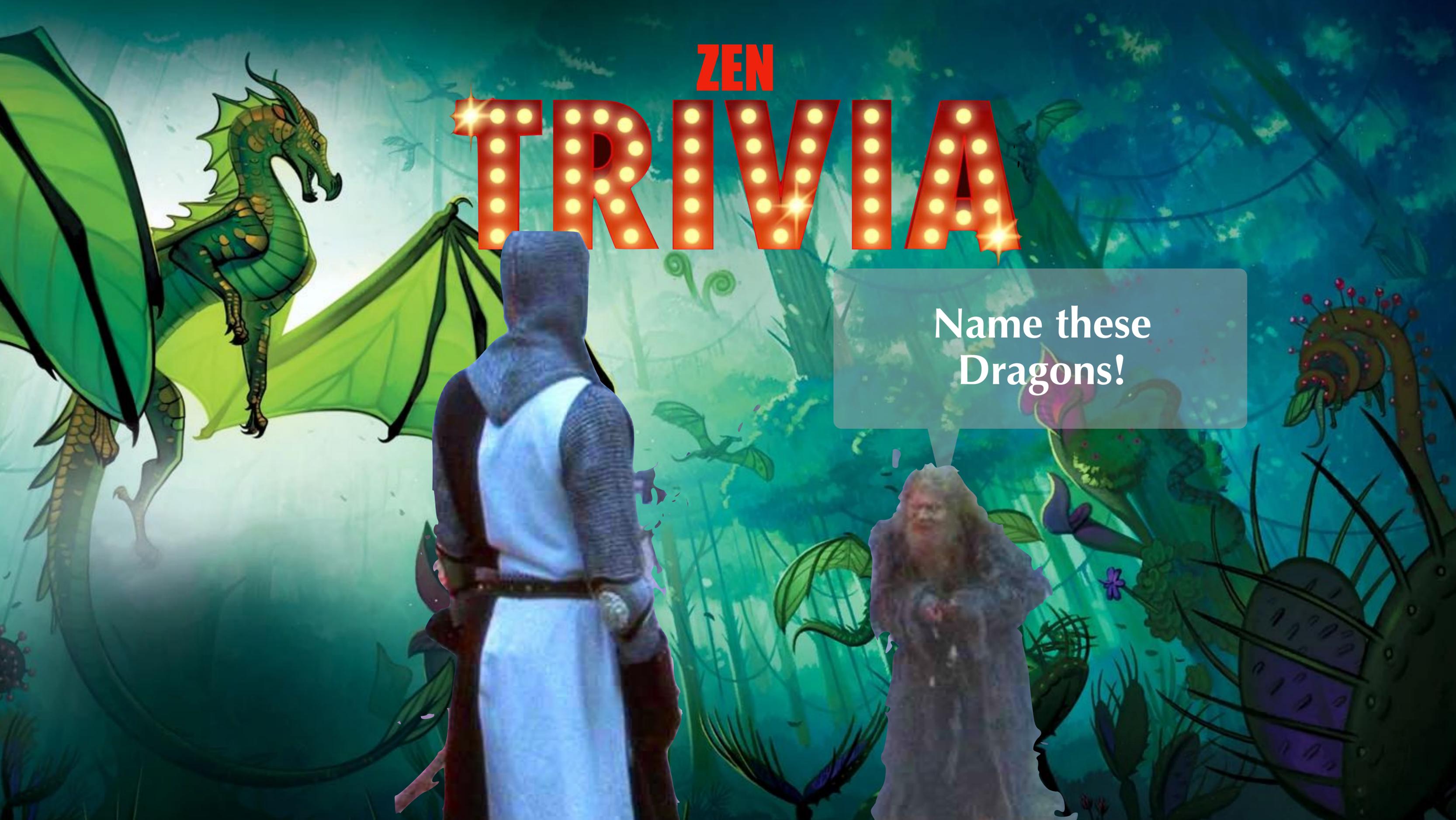
“Dragons 101”

YOUTH PRACTICE LIVE #18



ZEN TRIVIA

Name these
Dragons!





Clay from
“Wings of Fire”





Smaug from
"The Hobbit"





Elliot in "Pete's Dragon"





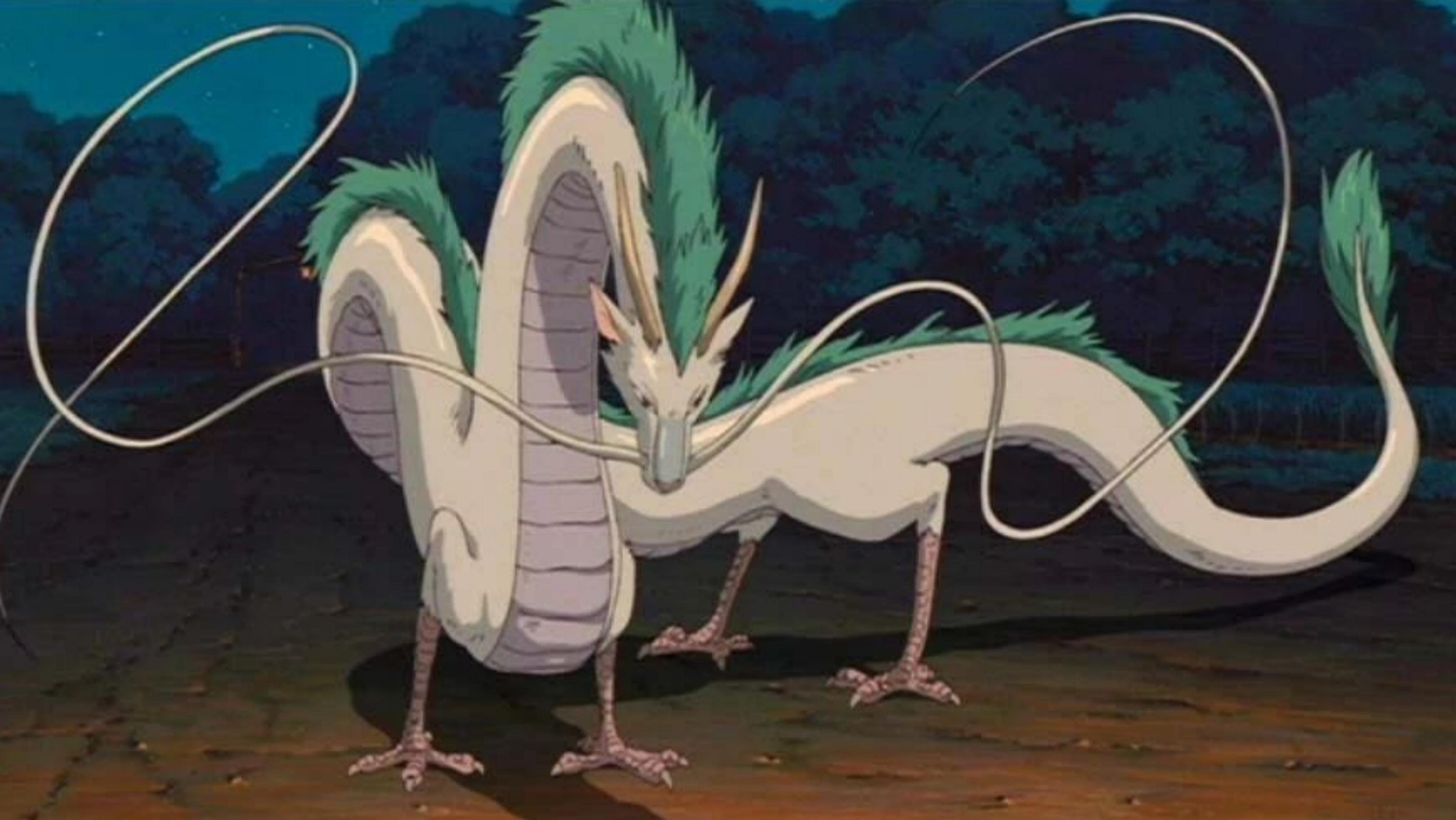
Falkor in
"Never-ending Story"





A black dragon with yellow eyes is lying on a mossy ground. The dragon is facing the viewer, with its head down and wings spread out. The background is a lush, green, mossy landscape.

Toothless in
“How to Train
Your Dragon”





Haku in
"Spirited Away"





The Great Protector
in “Shang-Chi and
the Legend of the
Ten Rings”





Longnü, the daughter of the Dragon King. She is known as the “Dragon Girl” in Buddhism.

In a story in the Lotus Sutra, the Buddha's disciple Shariputra does not believe that a woman can attain Buddhahood. Longnü offers her priceless pearl to the Buddha, and she then attains complete enlightenment.

Dragons show up in many cultures around the world.

Coatyl



2 Wings

No legs

Amphiptere



Welsh Dragon



2 Wings

No legs

Sea Orc



Kilin



4 legs

No wings

Asian Dragon



In Western cultures, Dragons are usually depicted as fearsome creatures that are often slain by heroes.



In Taoism and
Zen Buddhism,
dragons represent
the forces of nature,
and also our own
true nature.



**Here's one way to
think about the
forces of nature,
and ourselves:**



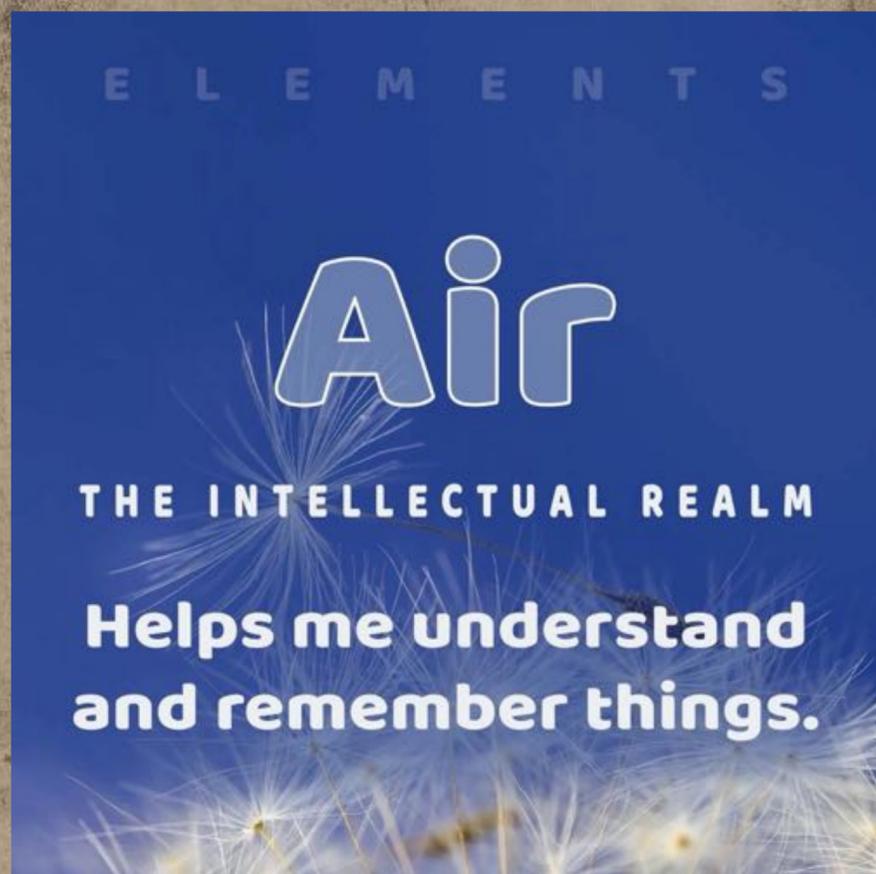
The element AIR
represents the power of
our thinking minds.

E L E M E N T S

Air

THE INTELLECTUAL REALM

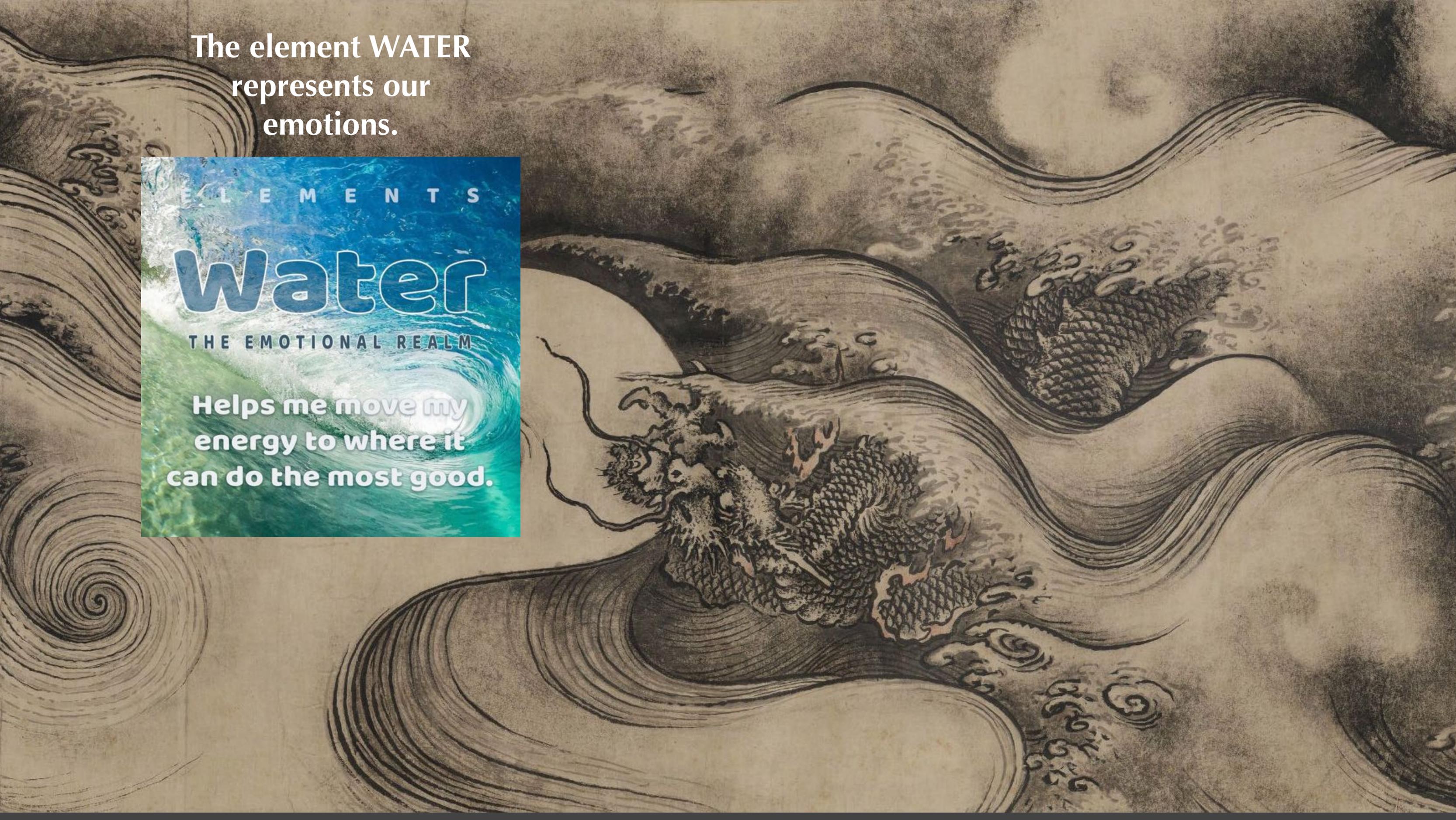
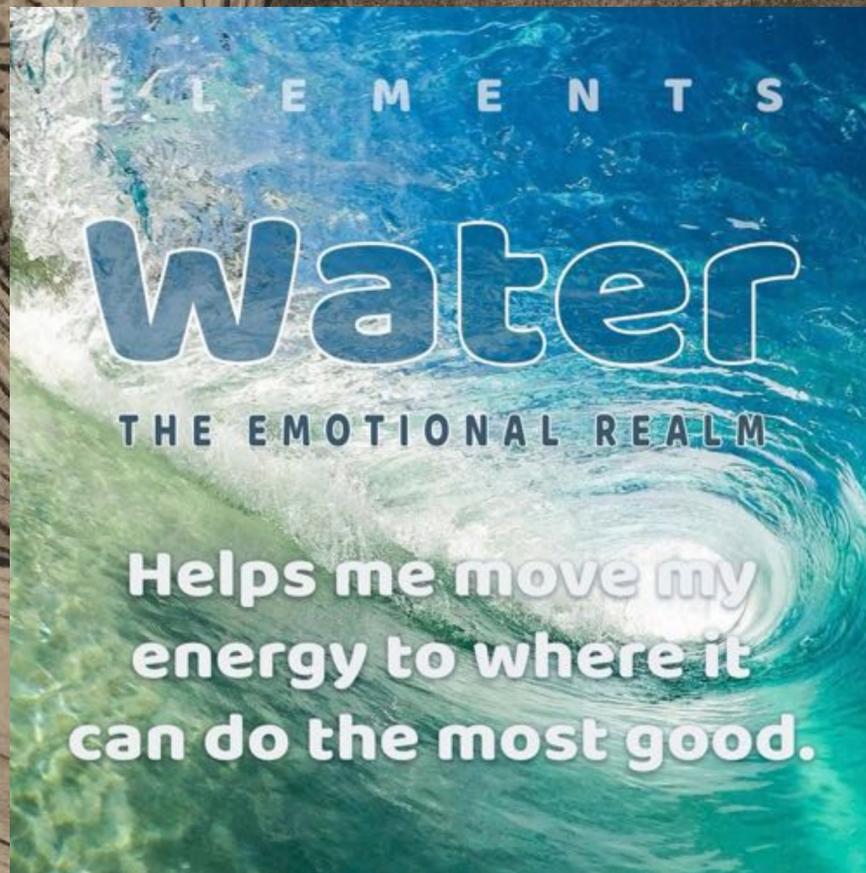
**Helps me understand
and remember things.**



The element FIRE
represents the spiritual
dimension of life.



The element WATER
represents our
emotions.





The element EARTH
represents our body,
and the physical world.



When these elements are in harmony within us, we can see that there's a whole that goes beyond any of them.

This wholeness itself, which is always there, is sometimes called Buddha Nature.



**That is the
True Dragon!**





In Buddhism dragons also represent wisdom.

In Mahayana legend, it was underwater dragons who preserved the deep understanding of the Buddha that the world wasn't ready to hear in the Buddha's own time.

Later, Nagarjuna ("Master of Dragons") went to the dragon realm and retrieved that knowledge.



KATAGIRI, BUDDHA, or DOGEN?



Who was it who said:

**“Please, honored followers of Zen,
long accustomed to groping for the
elephant – do not doubt the true
dragon! Devote your energies to the
way of direct pointing at the real.
Revere the person who has gone
beyond learning and is free from
effort. Accord with the
enlightenment of all the buddhas;
succeed to the samadhi of all the
ancestors. Continue to live in such a
way, and you will be such a person.
The treasure store will open of itself,
and you may enjoy it freely.”**



ANSWER:

EIHEI DOGEN

In "Fukanzazengi".
It's a famous passage.





Movement

Story Time

This is Lani.

She loves cats and drawing and video games, and is really good at swimming. Her favorite color is aqua blue. She dreams of being a marine biologist when she grows up.

And, Lani is a dragon.



Usually, Lani loves school.
But today, Lani got in trouble.
This is how it all started.

There was a new
seat assignment.

Lani's new seat
was next to
Timothy the Frog's
new seat.



“Hi,” said Lani.



Timothy looked at Lani and moved away. He had watched a movie last night with a big and scary dragon.



He said, "I don't want to sit by HER. Everyone knows that dragons are dangerous."



Everyone in the classroom got quiet.

Lani's face felt hot. She tried to say, "that's not true,"

but her voice got stuck in her throat.



Ms. Crane, the teacher, walked into the classroom.

She said, "Come along, children, it's time for class."

Please sit down."



Lani sat down, on the furthest edge of her seat away from Timothy. She tried not to look in his direction.

Timothy sat on the furthest edge of his seat away from Lani.



Class was finally over and it was time for recess.

What a relief!

Some kids were choosing teams for volleyball.



Lani loves
volleyball. She
asked,
“Can I play?”



Sam the Squirrel said, "Dragons are always the bad guys in the movies and they never win.

I don't want you on MY team."



Lani felt shocked.

. . . and then she
felt **VERY ANGRY**.

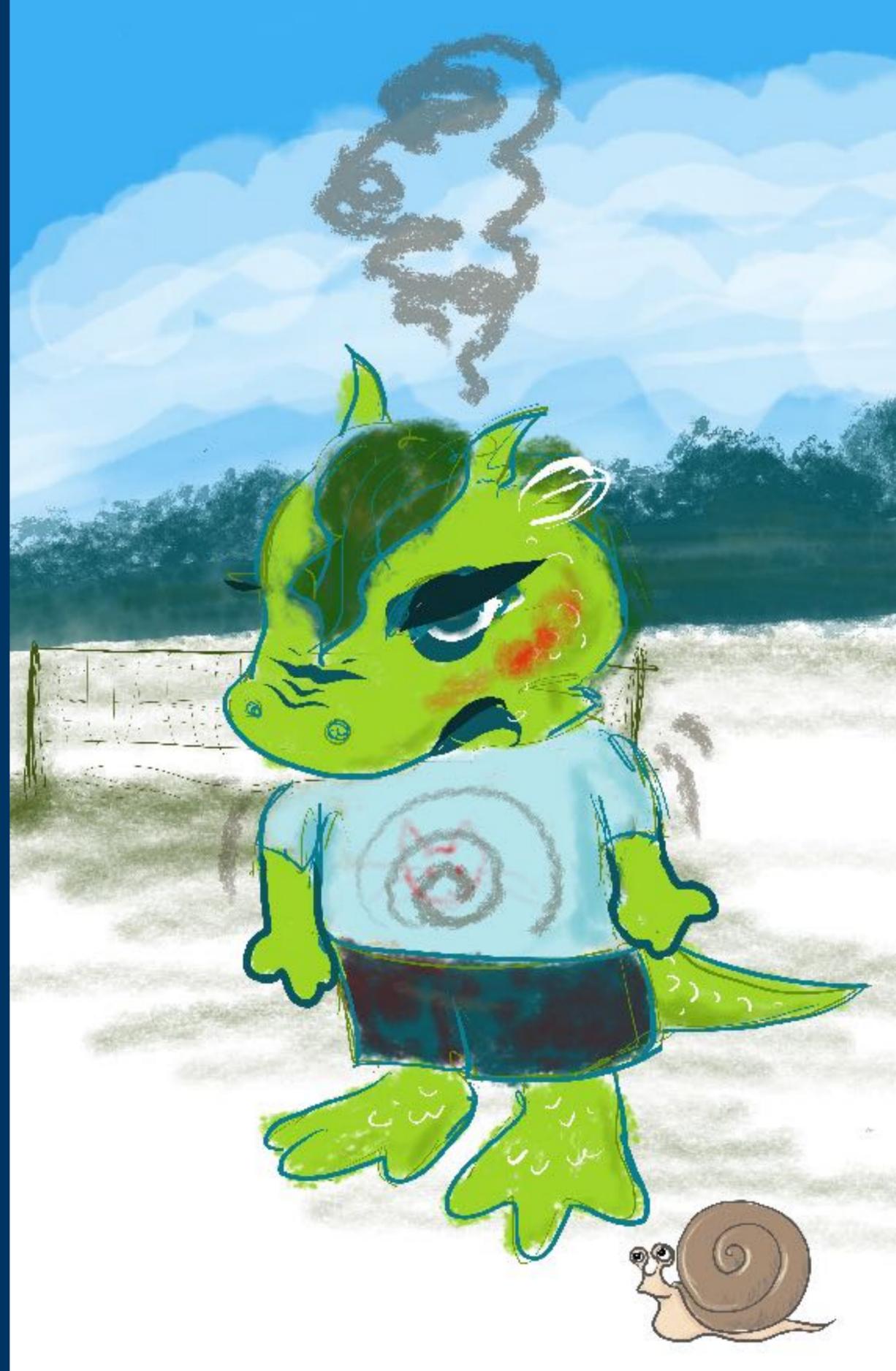


“That’s not
fair!”

She said loudly.

A small puff of
smoke went up into
the air.

(This sometimes
happens when
dragons get angry.)



Polly Parrot saw
Lani and said,

“Don’t be
mad, or
you’ll be a
**BAD
DRAGON!**”



“GRRRR”

Said Lani.



Then Polly had
an idea.

“Hey, that’s a
tongue twister.
Who can say
“Bad Dragon”
Five times fast?”



The children
tossed the ball
back and forth
and chanted,
“Bad Dragon
Bad Dragon
Bad Dragon
Bad Dragon
Bad Dragon!”



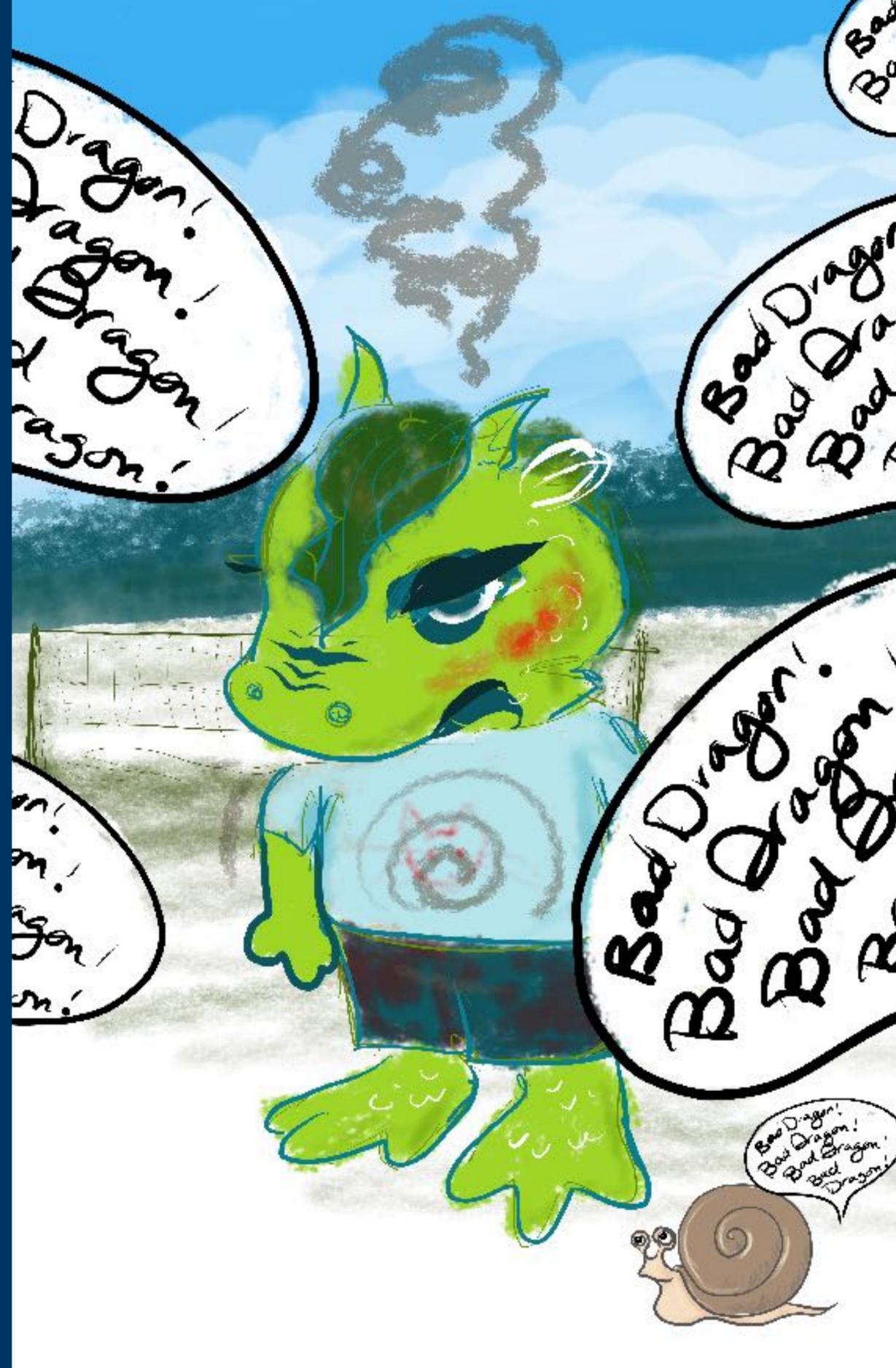
Lani's insides suddenly felt like they were boiling. There was a sour twisting feeling in her stomach.

She had a familiar feeling of pressure rising up.

Oh No.



She hoped that she could control it . . .



Mindfulness Moment

Why is Anger arising for Lani here?

You could ask yourself these questions for anger:

“What must be protected?
What must be restored?” *

What could Lani do with her anger here?

* Questions for anger from “The Language of Emotions” by Karla McLaren, M.Ed.

"Rrrroooooo000000AAAARRRR!!!!!!"

The sound of her voice came out like thunder.

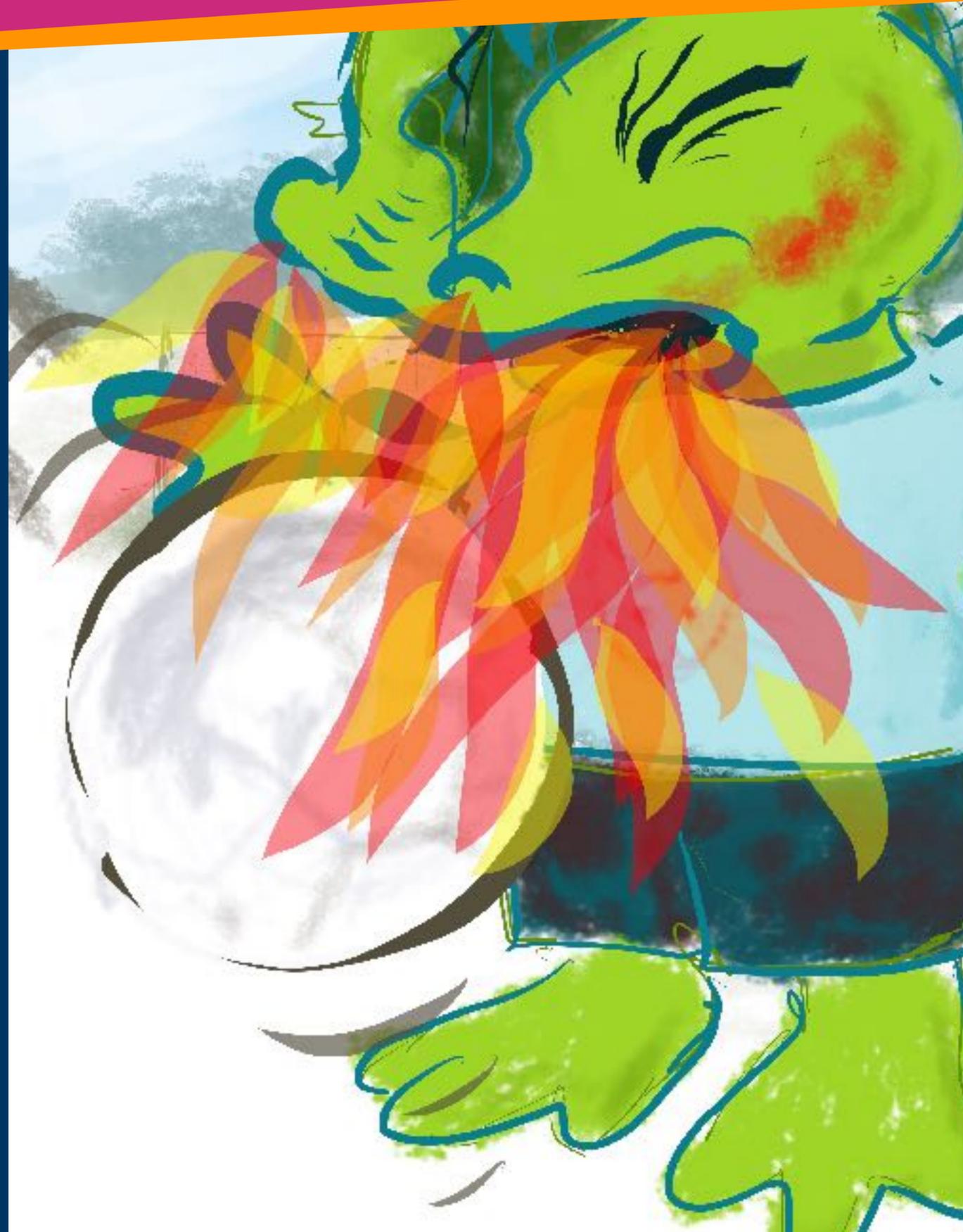
Flames burst out of her nose and mouth.



"Krrroooooo"

The ball, which the children had been tossing, happened to be right in front of Lani.

It burst into flames.



All the other kids
screamed.

Lani stared at the
flaming ball,
shaking.



Ms. Crane came
over swiftly.

She poured a
bucket of water
on the flaming
ball.

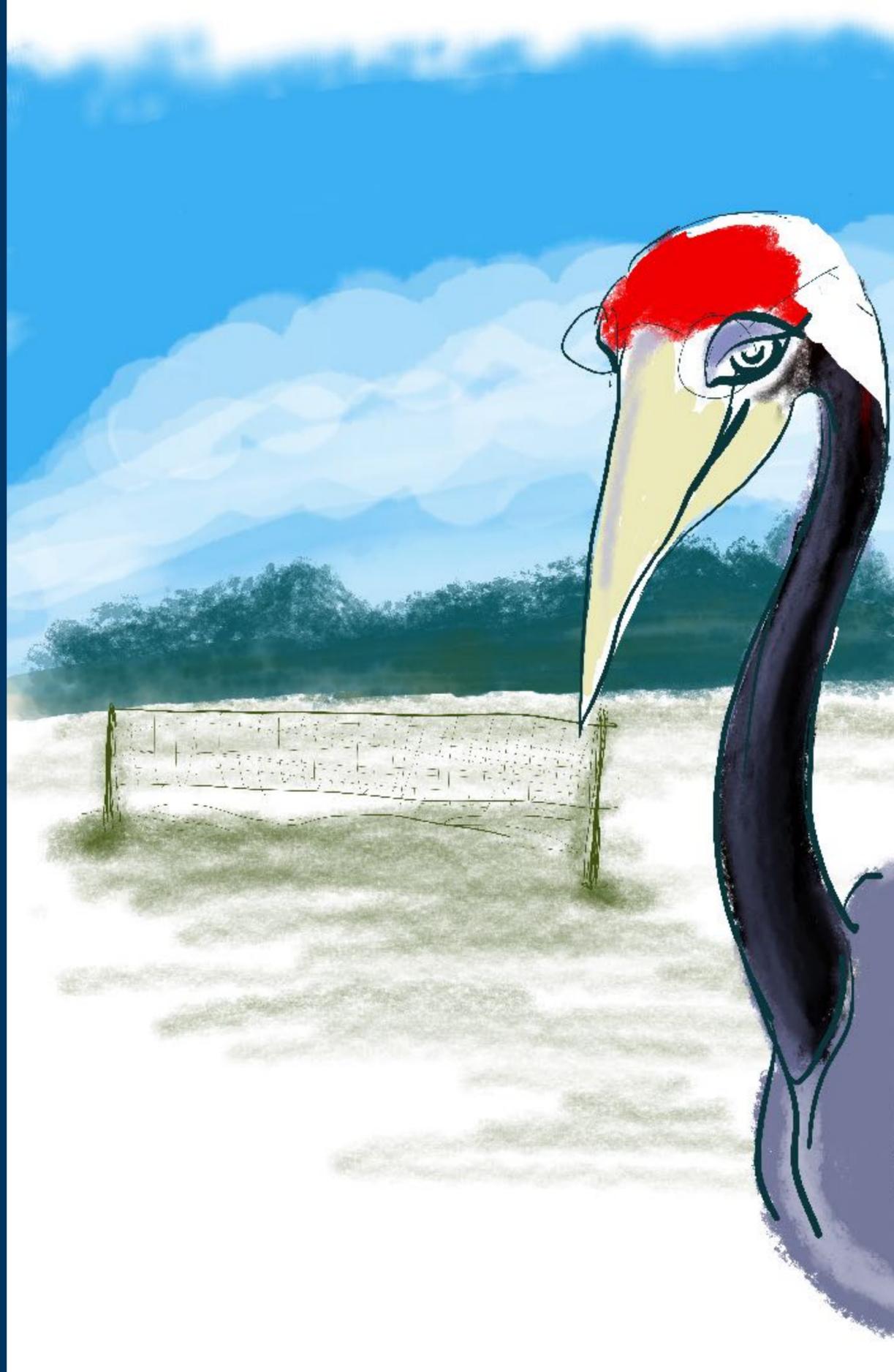
The fire was out.



Then she turned
to the children.

“Who can tell me
what just
happened?”

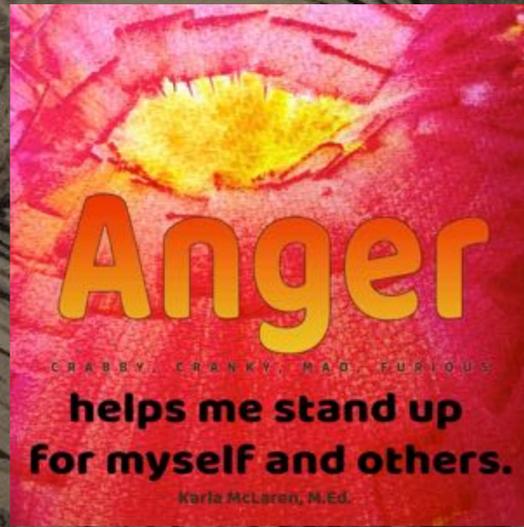
She asked.



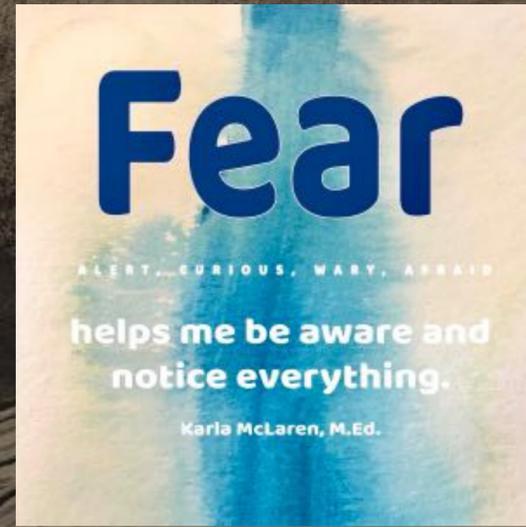
What should happen now?

The Gifts of Emotions

Anger Family



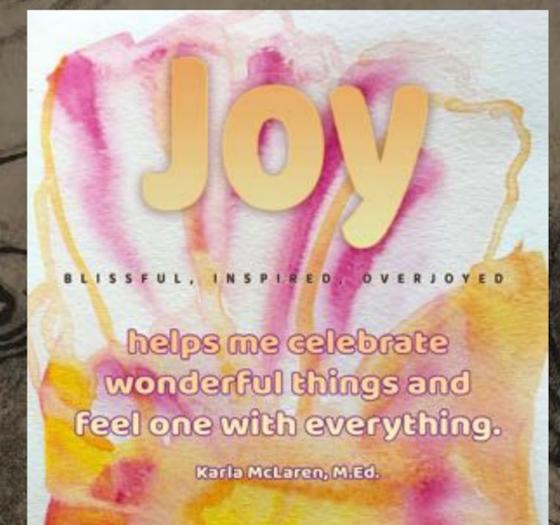
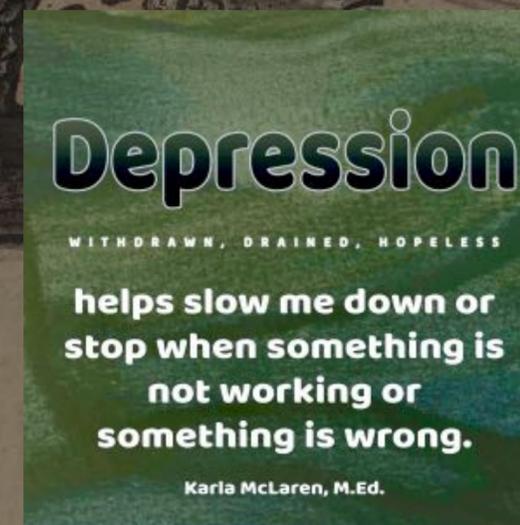
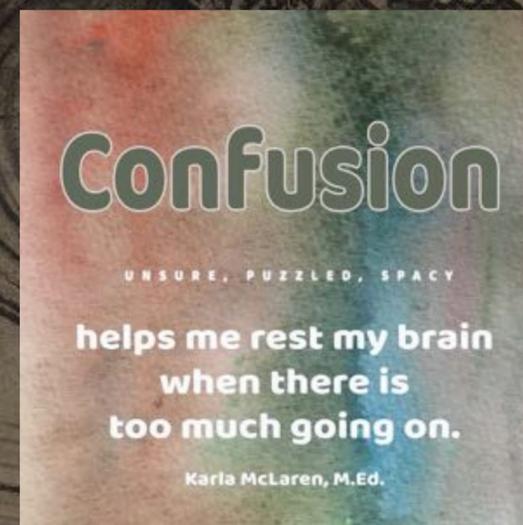
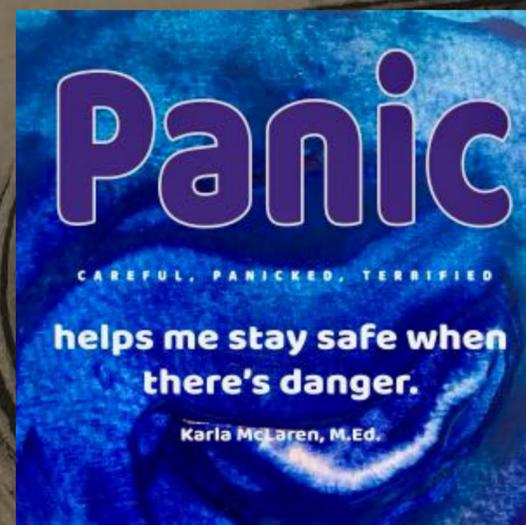
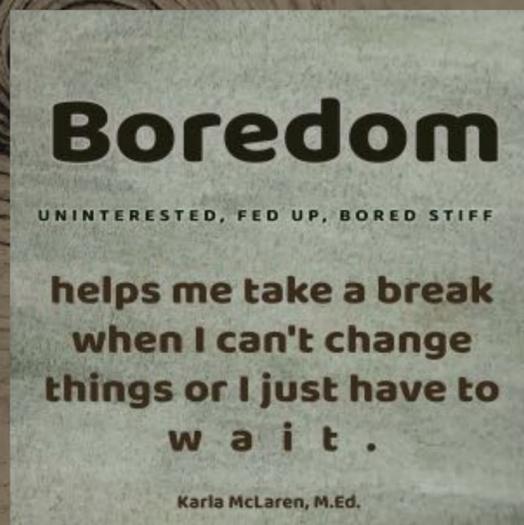
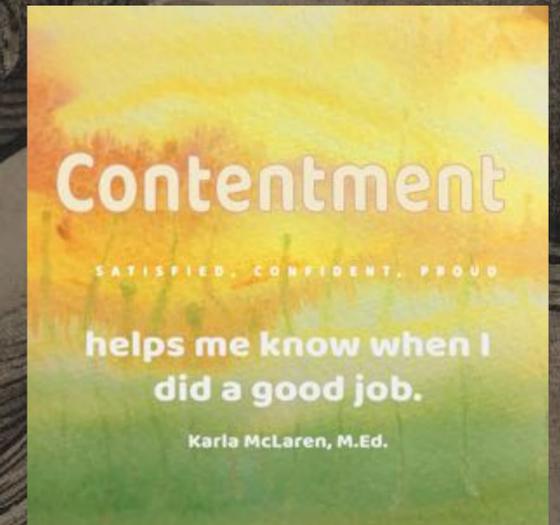
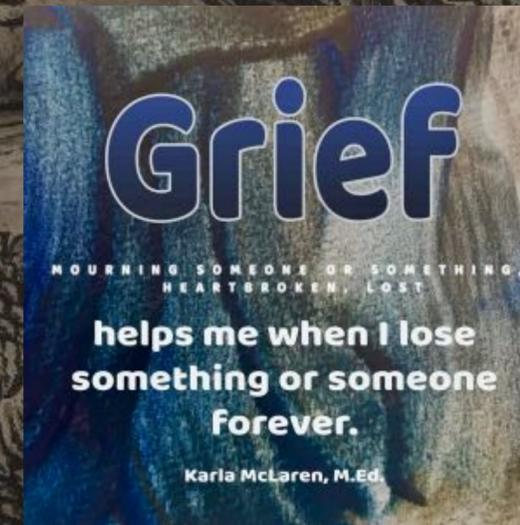
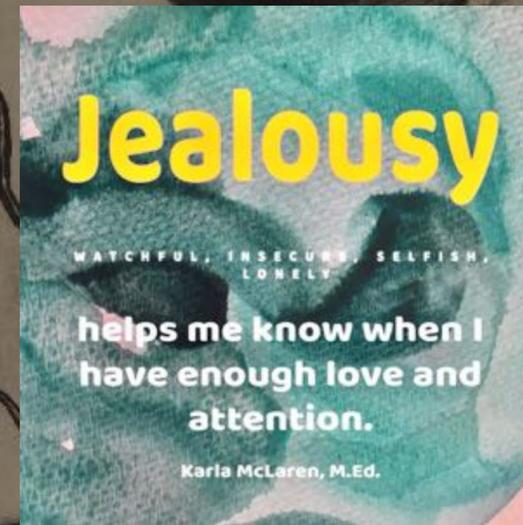
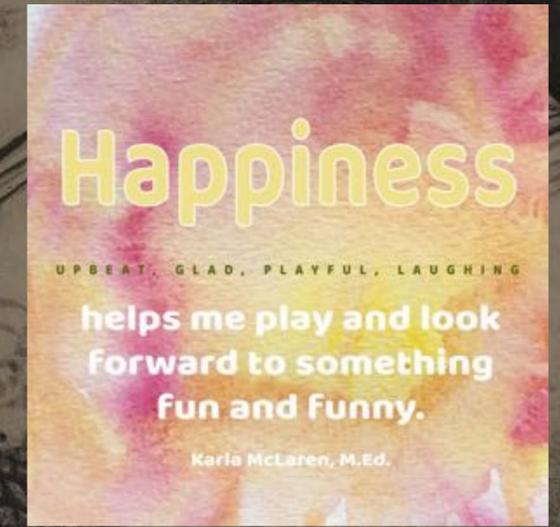
Fear Family



Sadness Family



Happiness Family



You can make these offerings at home! This is Youth Practice; you can be creative. Your computer stand or table can be your altar. It may be helpful to include a Buddha or bodhisattva figure.

Opening the Altar

We will offer:

- A candle, or anything that creates light.
- Lavender buds, incense, or anything with a fragrance, or which looks like a plant or flower.
- And water.

Hold each item up to the camera so that everyone can see.



Lighting the Candle

(Offer anything that creates light)

We light this candle
as a symbol of enlightenment,
a reminder of warmth and
beauty.

Even a small light shows us
what was hidden in
darkness,
allowing us to see clearly.

May we have the courage to
live fully in the light of
awareness.



Offering Lavender Buds

(Offer anything that has a fragrance
or resembles a plant, or incense)

We offer lavender buds as a
symbol of the impermanence
of life.

All things flower but drop
away.

The unopened buds remind us
of our potential to awaken.

The fragrance is boundless and
becomes one with all things.



Placing the Water on the Altar

(Offer a small dish or bottle of water)

We offer water as a symbol of
purity, clarity and calmness.

It is a necessary element
for life.

Water also reminds us to
cleanse our hearts and
minds, so that we may be
open to love and compassion
for all, receiving each
moment just as it is.



Offering Blessings and Concerns:

Children and adults offer a blessing or concern. We 'place it on the altar' by ringing the bell.



Metta Chant
(Boundless Friendliness)

May all beings be free and
safe from harm.

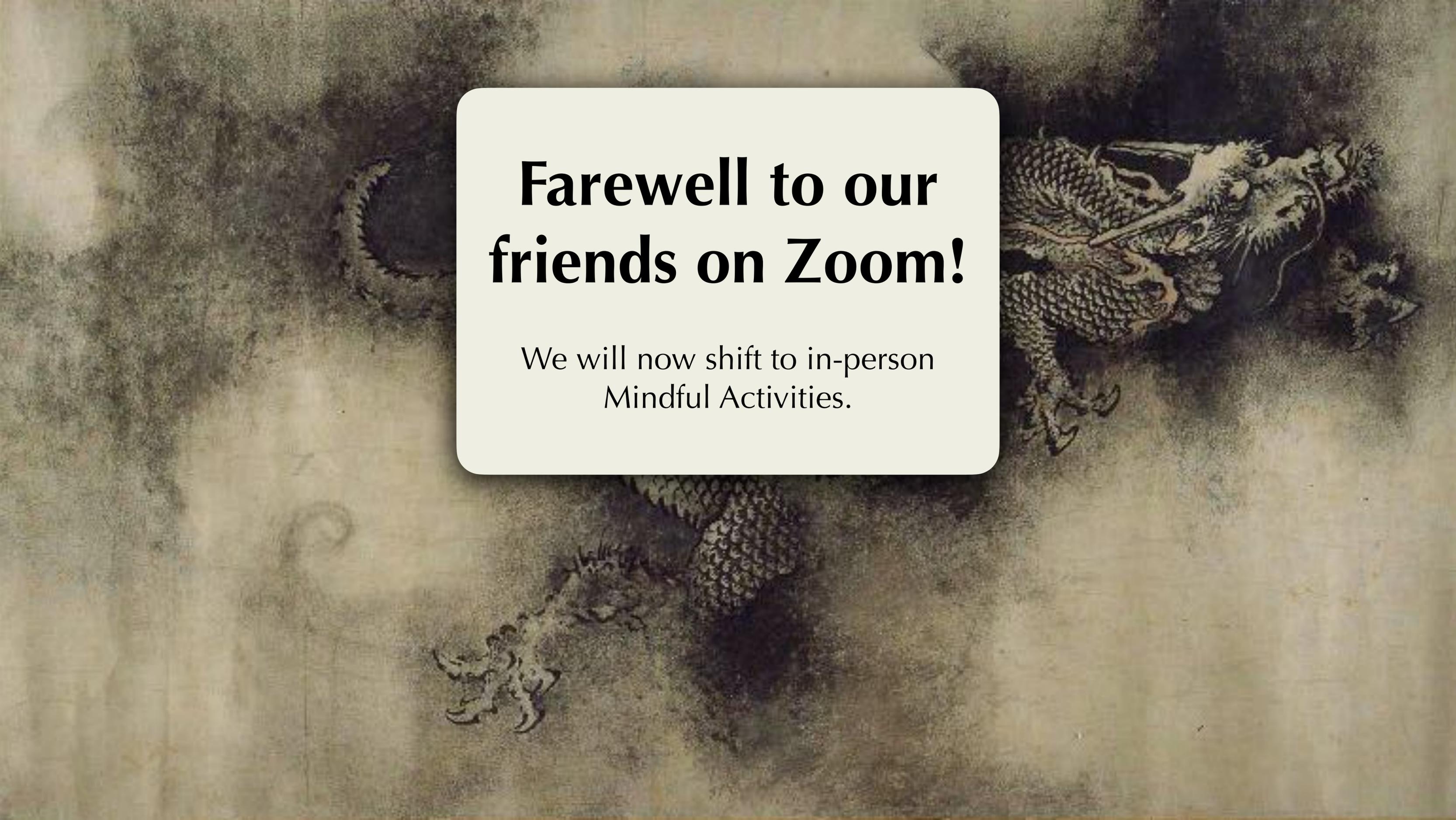
May all beings be happy
and fulfilled.

May all beings be healthy
and strong.

May all beings have ease
and joy in their lives.

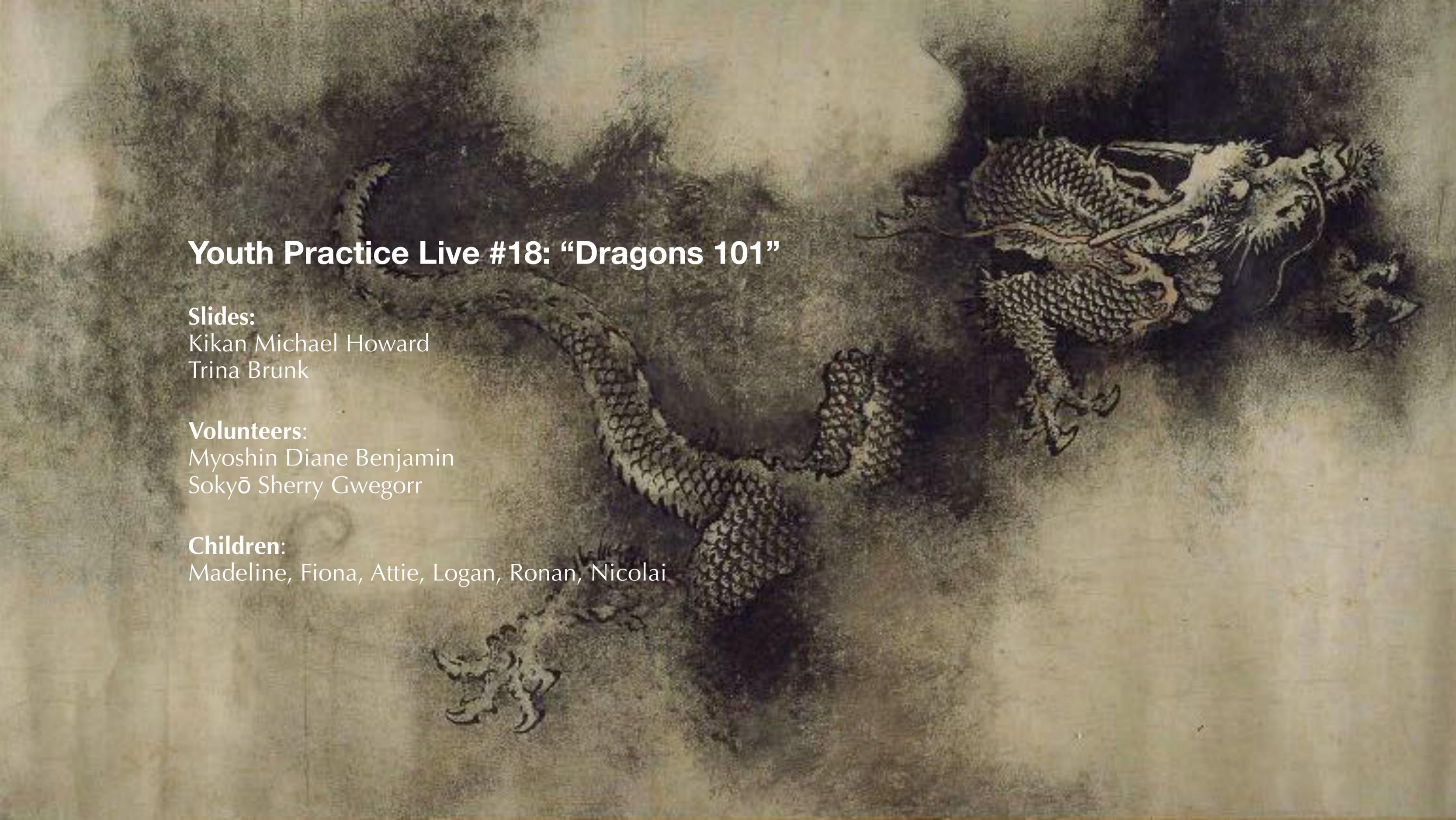
May all beings be free from
suffering.





Farewell to our friends on Zoom!

We will now shift to in-person
Mindful Activities.



Youth Practice Live #18: “Dragons 101”

Slides:

Kikan Michael Howard
Trina Brunk

Volunteers:

Myoshin Diane Benjamin
Sokyō Sherry Gwegorr

Children:

Madeline, Fiona, Attie, Logan, Ronan, Nicolai

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P. BIZARRO.
7-13-17

Save me!



Thanks!