

## Tracing the Heart Workshop

### Shakyō Materials and Preparation

Sutra copying, known as Shakyō in Japanese, is a traditional meditative practice of tracing the characters of a Buddhist text, most commonly the Heart Sutra. During this workshop we will share each other's virtual presence as we give our contemplative attention to the movement of brush and pen. In addition to tracing the Heart Sutra we will have the opportunity to explore copying Zen poetry and other inspiring works.

Traditional materials for Shakyō include a template of the Japanese/Chinese characters, transparent rice paper, and a calligraphy pen, or calligraphy brush and ink.

Shakyō Kits with templates and sheets of special rice paper can be found in Japanese stationary stores or online through Amazon or Etsy (these are typically shipped from Japan and may take extra time to arrive - cost is usually \$30-40). These are not required for the workshop, but can be an enhancement to your Shakyō practice.

Recommended materials for the workshop include translucent rice paper and Japanese brush pens; alternatives are also offered. It is suggested that you have these on hand, and also gather any additional materials you have at home.

Shakyō can also be done very simply with any ordinary pen. The characters can be traced or copied from an example, and it is perfectly acceptable to write the sutra out in English. If you aren't able to buy special materials, you can print a template at home and work creatively with whatever pens and paper you have.

## Recommended Materials

### Printed Template

#### **2 Copies of the Template printed at "Ledger Size" - 11"x17"**

Staples, FedEx/Kinkos, or most other professional copy places can print the template inexpensively for you on 11"x17" paper. You can place the order online and have the prints shipped to you. You will want two copies - one to place under your translucent paper, and one to refer to as you work.

2 copies of the Template printed at letter size. 8 1/2 " x 11"

If you can't get an 11"x17" print, you can work with sheets from your home printer.

### Rice Paper or Tracing Paper 9"x12"

Available at Blick for online purchase or curbside pickup.

**Yasutomo Japanese Sketch Paper - 9" x 12" - Item # 12236-1023 - \$13.55  
(Traditional rice-paper feel, however, some people disliked the way ink spread on this paper - the tracing paper gives a crisper result)**

Blick Studio Tracing Paper Pad - 12" x 18" - Item # 10609-3006 - \$3.43

(Some people prefer this paper for its crisp results)

Feel free to experiment with other rice papers or translucent papers.

### Brush Pen or Sumi Brush & Ink or Any Pen

Available at Blick for online purchase or curbside pickup.

**Tombow Dual Brush Pen - Black - Item # 21334-2000 - \$2.73  
(Classic brush pen, however some people found it too thick - an alternative would be an ordinary roller pen or drawing pen)**

Tombow Fudenosuke Brush Pens (one hard one soft) - Item #:21044-1001 - \$5.76

(Traditional Japanese calligraphy pens)

Yasutomo Bamboo Sumi Brush - Size 0 - Item # 05414-1000 - \$7.30

Yasutomo Liquid Sumi Ink - 2 oz Waterproof - Item # 21135-1002 \$5.51

Feel free to experiment with any pens you have around the house.