

Sojourn on the Silk Road: A Sacred Art Journey - Act 1

A Creative, Interdisciplinary Program of Story, Sacred Art & Mindfulness

A sacred fiction-based, interdisciplinary learning experience — disciplines included: Art, History, Creative Writing, Geography, and Mindfulness — and you, the student, are a Buddhist artist monk, preparing for your **Sojourn to the Caves of 1000 Buddhas**.

To explore further, please visit this [Act 1 Overview Slideshow Presentation](#), and when you are ready to begin your own journey along the Silk Road, start by creating a [Sacred Art Collage](#) by following this tutorial, with additional instructions available in [PDF form](#).

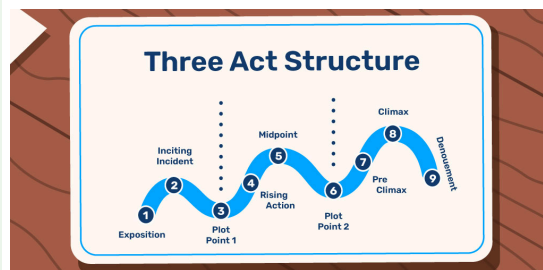
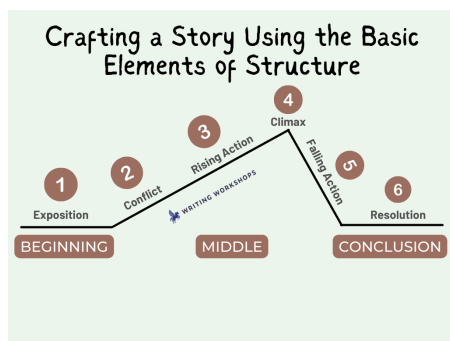
For further inspiration on your creative exploration,
this is a PDF of Student's Introduction to the whole program.

This is another slide presentation for [Act 2 Overview Slideshow Presentation](#) — the journey to the Caves of 1000 Buddhas — with photos of it so you can see how amazing it is.

Please enjoy this original [Welcome To Your Sojourn On The Silk Road Song](#) and [animated mini-adventure](#). And this is a set of [Mindfulness Experience Music](#).

To find out when the next stage of the journey is revealed,
please join my [Facebook page](#) where I will post updates.





Story Structure: The 3 Sacred Acts

ACT	Title	Summary
Act I	<i>The Call to Journey</i>	Preparation. You awaken to your sacred purpose, take vows, and begin planning your journey. Modules 1–4.
Act II	<i>The Sojourn</i>	You walk the Silk Road, face trials, build relationships, and deepen your offerings. Modules 5-8
Act III	<i>The Return</i>	You complete your sacred art, return home transformed, and reflect on your legacy. Modules 9-12



Program Overview

- What this journey is: A sacred fiction-based, interdisciplinary learning experience
- Disciplines included: Art, History, Creative Writing, Geography, Mindfulness
- Student role: You are a Buddhist artist monk, preparing for your Sojourn to the Caves of 1000 Buddhas





Modular Structure: What You Do in Each Module

Each module includes:

- **Sojournal Entry** (Creative/historical fiction prompt)
- **Sacred Art Project** (Visual expression of theme)
- **Mindfulness Practice** (Track provided or listed)

Remember that each artistic monk travels with a Shaolin monk to protect them, so you are in good hands and no real harm can come to you. Yet attempts could be interesting conflicts in your story.

The Silk Road helped people grow as people of all walks of life.



Buddhists were in India, China, and Tibet and Japan, and many other places as it grew. It is not a religion - it is a way of life in harmony with all life - with the Tao of life.

The Silk Road transformed the world—not just through trade, but through connection. Ideas sparked new inventions. Buddhism brought peace into politics. You are traveling not only through space, but through human history—leaving your sacred mark as you go.

Module Breakdown (Act I)

Module 1: Saying YES to the Sojourn

- **Sojournal Prompt:** What empowers you right now?
- **Art Project:** Create a collage using imagery that reflects your inner strengths, values, and sacred identity
- **Mindfulness:** Grounding meditation (Track: *Infinite Om*)

Module 2: Becoming the Artist Monk

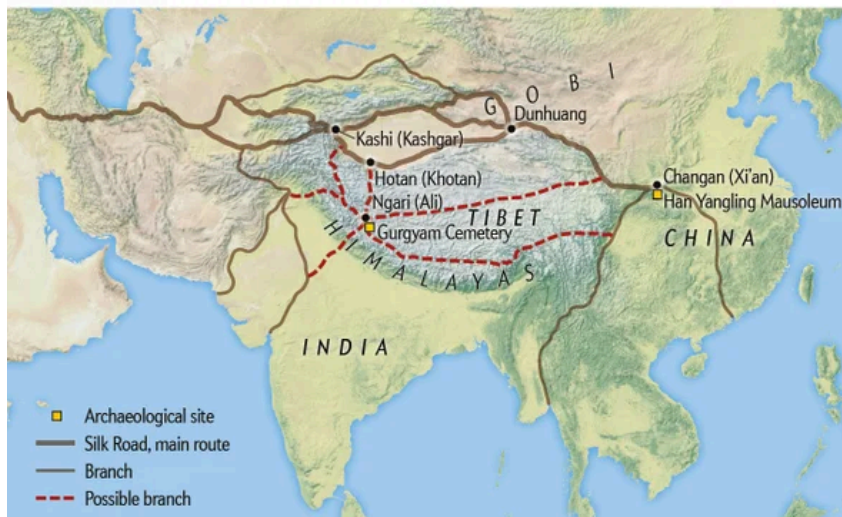
- **Sojournal Entry 2a:** Which monastery did you train in?
Samye Monastery – (central, historic, state-supported)
Yerpa Hermitage – (meditative, remote, mystical)
Tradruk Temple – (ancient, cultural bridge between Indian and Chinese Buddhist)
- **Sojournal Entry 2b:** What is your monk name and what vow guides you?
- **Art Project:** Draw your monk, describe his monastery life
- **Mindfulness:** Candle meditation + visualization (Track: *Inner Flame*)

Module 3: Meeting the Shaolin Monk

- **Sojournal Prompt:** What does your Shaolin companion offer you—strength, balance, protection?
- **Art Project:** Draw your Shaolin guide, his movement, energy, and presence
- **Mindfulness:** Moving meditation (Track: *Qi Flow*)

Module 4: Preparing to Leave

- **Sojournal Prompt:** What will you carry on your Sojourn? What will you leave behind?
- **Art Project:** Create a symbolic travel scroll showing sacred tools and intentions
- **Mindfulness:** Visualization with Guanyin's guidance (Track: *Compassion Light*)
- **Bonus Ritual:** Stone stacking ceremony—your departure altar



Reference Timeline & Cultural Anchoring

Person/Event	Date	Why It Matters
Ashoka (India)	~273–232 BCE	Spread Buddhism outside India
Xuanzang (monk)	602–664 CE	Brought sacred texts to China from India
Tang Dynasty	618–907 CE	Golden Age of Buddhist art (Dunhuang murals)
Song Dynasty	960–1279 CE	Your story's time period—stability, sacred art flourished
Marco Polo	1254–1324 CE	First European to document Silk Road travel
Ferdinand von Richthofen	1877 CE	Coined the term "Silk Road"



Glossary of Sacred Terms

- **Bodhisattva:** One who is devoted to awakening, not just for themselves, but to help others awaken and be free of suffering.
- **Sojournal:** A creative blend of *journal* + *journey* + *soul reflection*. Your monk's inner story told through writing, memory, and imagination.
- **Mandala:** A sacred, often circular design used in Buddhist and Hindu traditions to represent wholeness, spiritual focus, and the universe.
- **Guanyin:** The bodhisattva of compassion in Chinese Buddhism, known for answering the cries of the world and offering gentle protection and guidance.
- **Tao:** The natural order of the universe and the guiding principle for living in harmony with nature. A central idea in Taoism that aligns with stillness, balance, and simplicity.