

Mvo-p: The Basic Framework

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www.mvo-p.com

The Name Mvo-p Refers To:

Mental view and orientation

physical stance, thru to
body-breath-mind-world-space

philosophy or spirituality or religion

perspective

perception

projection

person

practice

paths

planet or world or worlds or world-space

universe

space

prajna

Dogen

Dogen writes, “There is nothing, not a single moment nor a single dharma, that is not part of life. There is nothing, not a single matter nor a single state of mind, that is not part of life.”

– Shobogenzo, by Dogen, translated by Nishijima and Cross, the essay Zenki (“All Functions”). Dogen (1200-1253) was a Japanese Zen Master and the founder of Japanese Soto Zen.

And, with respect to prajna (Sanskrit for “real wisdom” or “intuitive reflection”), bow to Dogen: for his essay on the Heart Sutra in Shobogenzo (the essay Maka-Hannya-Haramitsu) and the various ways he looks at prajna, in that essay. Tractable, traceable-untraceable material. It is through the study and initial practice with Rinzai Zen that I’ve been able to step to the stage of to appreciate, work with, and penetrate some of Dogen’s Soto Zen.

Again, here I’m relying on the version of Shobogenzo translated by Nishijima and Cross, zazen, and the everyday.

The Mvo-p Idea

I derived the mvo-p idea from my own experiential-observational, insight, and perception. It is very much informed by my own interpretation and realization of Zen, my several influences, this world, the world-space we might see, and the everyday. Each individual may be able to bring his or her own perspective and insights to this – and that’s what is also meant.