

Yet Another Clarity of Art Through Sports

I have already mentioned in one of my previous writings that the sport of diving directly reflects true art. Here, I would like to draw another comparison between sport and art in order to supplement my statements on art and the practice of art.

Recently our school Shanghai Theatre Academy 上海戏剧学院 competed in the 9th Shanghai Dragon Boat Competition 上海龙舟比赛. I must confess that our school is quite famous for always taking the last place in each year's competition (i.e. our school had always been the loser). This year, however, we were able to take the first place in the group that we were competing in. We even beat the Shanghai Sports Academy 上海体育学院! Although it was clear that we were the weakest team (we never practiced while some other schools practiced for two months in advance) we were in tune with the art of rowing in the sense that we were in a *rhythmic sync* and *believed that we could do well while never asking why*. When the boat is moving, the rowers are in complete concentration in order to maintain the rhythm. Their concentration puts the audience in concentration. Such total concentration is called 'state of mind' – meditation. And emotion comes only after when the boat crosses the finishing line.

And it directly applies to art. When an artist is creating his/her work of art, he/she must not consider anything including the audience just as the rowers in competition must not think about anything. In order to reach the truth it requires that the artist be in *rhythm* with his/her craft (as it requires for rowers to be in rhythmic sync in order to 'glide' the boat towards the finish line). It is a mistake to think that art is about emotion. When a work of art is honestly created with love and belief (i.e. when it contains rhythm) emotion will surely and naturally follow. There is no need to think about emotion, about anything. '*Do not aim for anything*' is the key. An artist must be in rhythmic sync with his/her heart. And in order to get into rhythm, an artist must believe in his/her medium. I have already written previously over and over again that *belief is none but unconditional love*. And when one truly believes, one never asks why.

It is a common practice among many actors to ask why and look for motivations behind each action in the script. I confidently say that they are then simply not artists. They say with their mouths that they believe in their craft, and that they ask why in order to believe in the characters that they are playing, but it is all bullshit. They want to know why because they are afraid; so they can analyze and hide behind their characters, their masks; they focus on human behaviors but lose sight of life and the spirituality of life that simply coincides with nature in rhythm; their works are only as theoretical as psychoanalysis. In short, they ask why and therefore they do not believe in and love their craft. If you question why you love a person or, say, question the doings of God then only the sufferings of illogic will emerge, for love and belief (together life) are illogical and yet essential. Just how many people love their family but never question why they love their family? It is unconditional love, and it is belief – it is beautiful. '*Do not aim for anything*' is the key. Discard the why and just be in the state of mind (the rhythmic concentration). A great filmmaker David Lynch once said, "Life doesn't make sense, so why should a film be?"

Alexander Kang
2016/06/08
Shanghai, China