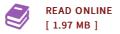


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## The Zen of Creativity: Cultivating Your Artistic Life

By John Daido Loori

Random House USA Inc, United States, 2005. Paperback. Book Condition: New. Reprint. 231 x 185 mm. Language: English . Brand New Book. For many of us, the return of Zen conjures up images of rock gardens and gently flowing waterfalls. We think of mindfulness and meditation, immersion in a state of being where meaning is found through simplicity. Zen lore has been absorbed by Western practitioners and pop culture alike, yet there is a specific area of this ancient tradition that hasn t been fully explored in the West. Now, in The Zen of Creativity, American Zen master John Daido Loori presents a book that taps the principles of the Zen arts and aesthetic as a means to unlock creativity and find freedom in the various dimensions of our existence. Loori dissolves the barriers between art and spirituality, opening up the possibility of meeting life with spontaneity, grace, and peace. Zen Buddhism is steeped in the arts. In spiritual ways, calligraphy, poetry, painting, the tea ceremony, and flower arranging can point us toward our essential, boundless nature. Brilliantly interpreting the teachings of the artless arts, Loori illuminates various elements that awaken our creativity, among them still point, the center of...



## Reviews

Basically no words to explain. I actually have study and that i am sure that i will gonna read once more again down the road. You are going to like just how the blogger publish this pdf.

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Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.