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## The Zen of Creativity: Cultivating Your Artistic Life (Paperback)

By John Daido Looi

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 Looi 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. Looi 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, Looi illuminates various elements that awaken our creativity, among them still point, the center of...



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### Reviews

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

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