



The Japanese Way of the Artist: Living the Japanese Arts & Ways, Brush Meditation, The Japanese Way of the Flower

H. E. Davey

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Ikebana and tea ceremony, karate and calligraphy—all traditional Japanese arts and practices share certain ideals and techniques to achieve the same goals: serenity, mind/body harmony, awareness, and a sense of connection to the universe. This collection of three complete books provides H. E. Davey's unique insights into the rich universe of these Japanese spiritual, artistic, and martial traditions while introducing the reader to practical examples of two Japanese forms of "moving meditation" that exemplify the union of art and spiritual growth.

Living the Japanese Arts & Ways presents 45 essential principles—like wabi, "immovable mind," and "stillness in motion"—that are universal in the Japanese classic tradition. Revealing little-known, ancient, and powerful teachings that link all classic Japanese arts, it explains how they can beneficially transform your life. Living the Japanese Arts & Ways was the recipient of the Spirituality & Health magazine Best Spirituality Books Award.

Brush Meditation introduces beginners and non-artists alike to Japanese calligraphy, and shows how even the most elemental stroke of ink and brush reveals your physical and mental state. It's packed with amazing examples of the author's award-winning Japanese calligraphy.

The Japanese Way of the Flower examines practical methods for looking at nature and leads the reader through simple meditations as a prelude to learning how to create easy ikebana compositions.

This anthology contains an all-new introduction by the author. The entire text is complemented by diagrams, drawings, and photographs, plus information, resources, and glossaries of Japanese terms.

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Why? Because this The Japanese Way of the Artist: Living the Japanese Arts & Ways, Brush Meditation, The Japanese Way of the Flower is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will zap you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the reserve store hurriedly.

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