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Shodo

The Quiet Art of Japanese Zen Calligraphy, Learn the Wisdom of Zen Through Traditional Brush Painting

Tuttle Publishing In this beautiful and extraordinary zen calligraphy book, Shozo Sato, an internationally recognized master of traditional Zen arts, teaches the art of Japanese calligraphy through the power and wisdom of Zen poetry. Single-line Zen Buddhist koan aphorisms, or zengo, are one of the most common subjects for the traditional Japanese brush calligraphy known as shodo. Regarded as one of the key disciplines in fostering the focused, meditative state of mind so essential to Zen, shodo calligraphy is practiced regularly by all students of Zen Buddhism in Japan. After providing a brief history of Japanese calligraphy and its close relationship with the teachings of Zen Buddhism, Sato explains the necessary supplies and fundamental brushstroke skills that you'll need. He goes on to present thirty zengo, each featuring: An example by a skilled Zen monk or master calligrapher An explanation of the individual characters and the Zen koan as a whole Step-by-step instructions on how to paint the phrase in a number of styles (Kaisho, Gyosho, Sosho) A stunning volume on the intersection of Japanese aesthetics and Zen Buddhist thought, **Shodo: The Quiet Art of Japanese Zen Calligraphy** guides both beginning and advanced students to a deeper understanding of the unique brush painting art form of shodo calligraphy. Shodo calligraphy topics include: The Art of Kanji The Four Treasures of Shodo Ideogram Zengo Students of Shodo

Way of the Brush

Painting Techniques of China and Japan

Tuttle Publishing **The Way of the Brush: Painting Techniques of China and Japan** examines the technique, style, traditions, and methods of Chinese ink painting and how they were interpreted in Japanese art. Illustrated with over 250 images and packed with instructions, **The Way of the Brush** covers every aspect of brush painting, from brushstrokes, composition and the painting surface to meaning, perspective and artistic philosophy. Part One is a study of the techniques of Chinese painting and explains the elements, techniques and principles which eventually carried over into Japanese painting. Part Two is devoted to technical challenges and basic problems associated with the art, including the issue of fakes and forgeries of Chinese art in Japan. Also included are three appendices and a full bibliography.

Chinese Brush Painting

A Complete Course in Traditional and Modern Techniques

Courier Corporation "How-to" manual provides all levels of students with detailed methods for painting such simple subjects as bamboo and plum blossoms as well as more ambitious motifs. 150 illustrations, including 82 in full color.

The Spirit of the Brush

Chinese Brush Painting Techniques: Simplicity, Spirit, and Personal Journey

Chinese ink painting is one of the oldest continually practiced art forms in the world. It first appeared in China in the fifth century, and soon traveled to Korea and then to Japan. As old and deeply rooted in East Asian aesthetics and meditation as it is, ink painting is credited with influencing the development of Western modern art. Its minimalist approach to painting continues to have enormous appeal. Artist and teacher Sungsook Setton, who learned the techniques with Chinese and Korean masters in her native South Korea, brings new excitement to this age-old art. While teaching the traditional disciplines for holding and using the brush, she shows students how to turn the techniques and inner meditation toward interpreting their own world: city views, music, and the essence of contemporary life.

Art of Chinese Brush Painting

Ink, Paper, Inspiration

Tuttle Publishing The Art of Chinese Brush Painting is an excellent way for newcomers to experience this ancient Chinese art form. The book introduces traditional Chinese ink painting techniques developed over a thousand years ago. In 35 simple and intermediate lessons, readers will learn to paint towering landscapes; the elegant Four Generals: bamboo, orchid, plum blossom and chrysanthemum; rugged, steadfast pine; animals from the Chinese Zodiac; and basic strokes used in Chinese calligraphy. To better understand "the soft martial art," the book includes an introduction to the Chinese ink painting tradition and detailed discussion of brushes, paper and other tools and accessories. The lessons are instructive for artists at any level of expertise but are directed to the dedicated beginner.

Zen and the Fine Arts

Kodansha Amer Incorporated Examples of painting, architecture, gardens, drama and ceramics probe the relationship between Zen Buddhism and the fine arts

Making Modern Japanese-Style Painting

Kano Hogai and the Search for Images

University of Chicago Press Introduction. Nihonga and the historical inscription of the modern -- Exhibitions and the making of modern Japanese painting -- In search of images -- The painter and his audiences -- Decadence and the emergence of Nihonga style -- Naturalizing the double reading -- Transmission and the historicity of Nihonga -- Conclusion

Japan's School Curriculum for the 2020s

Politics, Policy, and Pedagogy

Springer Nature

Sumi-e

The Art of Japanese Ink Painting (Downloadable Material)

Tuttle Publishing In this Japanese ink painting book renowned Japanese master Shozo Sato offers his own personal teaching on the beautiful art of sumi-e painting. Sumi-e: The Art of Japanese Ink Painting provides step-by-step, photo-by-photo instructions to guide learners in the correct form, motions and techniques of Japanese sumi-e painting. Featuring gorgeous images and practical advice, it includes guided instructions for 35 different paintings. From waterfalls to bamboo, learners paint their way to understanding sumi-e—a style of painting that is characteristically Asian and has been practiced for well over 1,000 years. Although it's sometimes confused with calligraphy, as the tools used are the same, sumi-e instead tries to capture the essence of an object or scene in the fewest possible strokes. This all-in-one resource also provides a timeline of brush painting history, a glossary of terms, a guide to sources and an index—making it a tool to use and treasure, for amateurs and professionals alike. This sumi-e introduction is ideal for anyone with a love of Japanese art or the desire to learn to paint in a classic Asian style.

The Written Image

Japanese Calligraphy and Painting from the Sylvan Barnet and William Burto Collection

Metropolitan Museum of Art

Japanese Ink Painting

The Art of Sumi-e

Sterling Publishing Company, Inc. A guide to Japanese ink painting provides information on techniques and materials needed, along with step-by-step exercises.

Managing Arts in Times of Pandemics and Beyond

Oxford University Press This book seeks to approach arts organizations in India and abroad from a management perspective, against the backdrop of COVID-19 and in the light of the advances made by digital technologies such as blockchains.

How to Look at Japanese Art

Echo Point Books & Media From the striking ceramics of the Jomon period to the serene ink landscapes of the Muromachi era and beyond, this elegant book will elucidate and enhance your appreciation of every aspect of Japan's rich artistic culture. Packed with historical information, cultural context, and wonderful examples, Stephen Adiss and Audry Seo present a comprehensive guide to interacting with the art of Japan. From technical details to broad characteristics and speculative interpretations, the authors offer up a variety of considerations to keep in mind when looking at Japanese art. A captivating lesson in detail, focus, and aesthetics, *How to Look at Japanese Art* makes for a wonderful addition to any art-lover's collection. Readers interested in related titles from Stephen Adiss or Audrey Yoshiko Seo will also want to see: *Art of Zen* (ISBN: 9781635610741).

Brush Writing

Calligraphy Techniques for Beginners

Vertical Inc For many a deep and lasting interest in Japanese culture, its people and its language, begins with a fascination for beautifully drawn characters produced by a master calligrapher. Compared with the squarish, regular representation of Chinese characters reproduced in books, newspapers, and magazines by modern printing techniques, the appealing brush strokes of a handwritten Japanese scroll, letter, or menu is often considered a work of art, and associated with the aesthetic and mystical. *Brush Writing* is dedicated to such enthusiasts of Japanese calligraphy who have searched for a basic and introductory guide in English to this traditional and challenging Eastern art. Any learner of Japanese will almost certainly find this book an invaluable aid to writing kanji, a subject that is rarely dealt with adequately in language textbooks, as well as providing fundamental clues to decipher handwritten Japanese. Through nearly fifty model characters, *Brush Writing* teaches the basic techniques of writing almost any kanji. For each character, we have clearly shown the correct stroke order, major readings in romanized Japanese, and meanings in English. Advice on balance and other practical tips on writing kanji have also been included. Equally important to all non-native learners of Japanese, this book explains the secret of writing attractive hiragana, the key, in fact, to ensuring that handwritten Japanese is clearly legible and leaving the impression that it was penned by an adult Japanese hand. But it does not end there. *Brush Writing* is more than a kanji guide for students of the Japanese language. After working through the systematic instructions carefully explained in this volume, anyone, with an appreciation of the beauty and art of quality brush work, should find little difficulty in creating fine calligraphy of their very own, even if the meanings of the shapes themselves remain a mystery. This volume begins with a comprehensive, but brief introduction to the history of Chinese and Japanese characters to satisfy the curiosity of the enthusiast. For novice calligraphers, not only have we explained how to use the necessary materials and equipment, such as brushes, paper, and sumi ink, but we have also appended a list of stores selling calligraphic supplies throughout the United States. For Japanese language students and aspiring calligraphers alike, *Brush Writing* is the perfect introduction to the art and technique of shodo, Japanese calligraphy.

Zen and the Heart of Psychotherapy

Routledge First published in 2000. Routledge is an imprint of Taylor & Francis, an informa company.

Zen Sourcebook

Traditional Documents from China, Korea, and Japan

Hackett Publishing Introduction by Paula Arai. This is the first collection to offer selections from the foundational texts of the Chinese, Korean, and Japanese Zen traditions in a single volume. Through representative selections from their poetry, letters, sermons, and visual arts, the most important Zen Masters provide students with an engaging, cohesive introduction to the first 1200 years of this rich -- and often misunderstood -- tradition. A general introduction and notes provide historical, biographical, and cultural context; a note on translation, and a glossary of terms are also included.

Ozu's Tokyo Story

Cambridge University Press A collection of essays about Ozu's Tokyo Story.

Heart of the Brush

The Splendor of East Asian Calligraphy

Shambhala Publications Its history, techniques, aesthetics, and philosophy—with an in-depth practical guide to understanding and drawing 150 characters A guide to the history and enjoyment of Chinese and Japanese calligraphy that offers the possibility of appreciating it in a hands-on way—with step-by-step instructions for brushing 150 classic characters. This book is a comprehensive and accessible introduction to the history and art of calligraphy as it's been practiced for centuries in China, Japan, and elsewhere in Asia. It works as a guide for the beginner hoping to develop an appreciation for Asian calligraphy, for the person who wants to give calligraphy-creation a try, as well as for the expert or aficionado who just wants to browse through and exult in lovely examples. It covers the history and development of the art, then the author invites the reader to give it a try. The heart of the book, called "Master Samples and Study," presents 150 characters--from "action" to "zen"--each in a two-page spread. On each verso page the character is presented in three different styles, each one chosen for its beauty and identified by artist when possible. The character's meaning, pronunciation (in Chinese, Japanese, Korean, and Vietnamese), etymology, the pictograph from which it evolved, and other notes of interest are included. At the bottom of the page the stroke order is shown: the sequence of brush movements, numbered in their traditional order. On each facing recto page is Kaz's own interpretation of the character, full page.

The Zen of Creativity

Cultivating Your Artistic Life

Ballantine Books 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 each moment that focuses on the tranquility within; simplicity, in which the creative process is uncluttered and unlimited, like a cloudless sky; spontaneity, a way to navigate through life without preconceptions, with a freshness in which everything becomes new; mystery, a sense of trust in the unknown; creative feedback, the systematic use of an audience to receive noncritical input about our art; art koans, exercises based on paradoxical questions that can be resolved only through artistic expression. Looi shows how these elements interpenetrate and function not only in art, but in all our endeavors. Beautifully illustrated and punctuated with poems and reflections from Looi's own spiritual journey, *The Zen of Creativity* presents a multilayered, bottomless source of insight into our creativity. Appealing equally to spiritual seekers, artists, and veteran Buddhist practitioners, this book is perfect for those wishing to discover new means of self-awareness and expression—and to restore equanimity and freedom amid the vicissitudes of our lives.

Zen Landscapes

Perspectives on Japanese Gardens and Ceramics

Reaktion Books The essential elements of a dry Japanese garden are few: rocks, gravel, moss. Simultaneously a sensual matrix, a symbolic form, and a memory theater, these gardens exhibit beautiful miniaturization and precise craftsmanship. But their apparent minimalism belies a true complexity. In *Zen Landscapes*, Allen S. Weiss takes readers on an exciting journey through these exquisite sites, explaining how Japanese gardens must be approached according to the play of scale, surroundings, and seasons, as well as in relation to other arts—revealing them as living landscapes rather than abstract designs. Weiss shows that these gardens are inspired by the Zen aesthetics of the tea ceremony, manifested in poetry, painting, calligraphy, architecture, cuisine, and ceramics. Japanese art favors suggestion and allusion, valuing the threshold between the distinct and the inchoate, between figuration and abstraction, and he argues that ceramics play a crucial role here, relating as much to the site-specificity of landscape as to the ritualized codes of the tea ceremony and the everyday gestures of the culinary table. With more than one hundred stunning color photographs, *Zen Landscapes* is the first in-depth study in the West to examine the correspondences between gardens and ceramics. A fascinating look at landscape art and its relation to the customs and craftsmanship of the Japanese arts, it will appeal to readers interested in landscape design and Japan's art and culture.

Painting and Understanding Abstract Art

Crowood *Painting and Understanding Abstract Art* is a practical book on how to paint abstracts but it also explains how to approach and understand abstract art. It moves the teaching of art from a doing level of painting a certain subject in a particular medium to a thinking level of 'what am I doing when I paint?' and 'what am I trying to say in this painting?' Using practical exercises with explanatory text, John Lowry develops the thinking and doing processes together and leads the reader to a greater understanding and appreciation of this most exciting art genre. Gives advice on moving from figurative painting towards abstraction, and explains the tools to abstraction - simplifying and exaggerating; eliminating curves and straights; changing colours, lines and items ; emphasising positive and negative shapes; and using contrast. Includes practical exercises to help develop your own style and understand the techniques of the masters, and offers an overview of the lives and times of artists involved in the stage-by-stage evolution from realism to abstraction. Aimed at beginners and the more experienced, and illustrated with 229 colour illustrations.

The Zen Art Book

The Art of Enlightenment

Shambhala Publications Collects 40 famous examples of brush painting and calligraphy that demonstrate Buddhist applications of instructive art, complementing each piece with decoding information and Dharma commentary. Original.

Empty and Full

The Language of Chinese Painting

Shambhala Publications Chinese painting might be called "philosophy in action", for it is one of the highest expressions of Chinese spirituality. Both a medium for contemplation leading to self-transcendence and a microcosm embodying universal principles and primal forces, it is a means for making manifest the Chinese worldview. At the heart of this worldview is the notion of emptiness, the dynamic principle of transformation. Only through emptiness can things attain their full measure and human beings approach the universe at the level of totality. Focusing on the principle of emptiness, Francois Cheng uses semiotic analysis and textual explication to reveal the key themes and structures of Chinese aesthetics in the practice of pictorial art. Among the many Chinese writers, poets, and artists whose writings are quoted, he gives special emphasis to a great Ch'ing dynasty theoretician and painter, Shih-t'ao. Twenty-seven reproductions of the words of Shih-t'ao and other masters illustrate the interpretive commentary.

The Art of Japanese Architecture

Tuttle Publishing By examining the Japanese history of buildings and building designs from prehistory to modern day, lovers of Japan will develop a deeper understanding and appreciation of this island country. Simplicity, sensitivity to the natural environment, and the use of natural materials are the hallmarks of Japanese architecture. *The Art of Japanese Architecture* provides a broad overview of traditional Japanese architecture in its historical and cultural context. It begins with a discussion of prehistoric dwellings and concludes with a description of modern Japanese buildings. Important historical influences and trends—notably the introduction of Buddhist culture from Korea and China, the development of feudalism, and the influence of modern Western styles of building—are all discussed in

detail as facets of Japanese design. Through all of these changes, a restrained architectural tradition developed in marked contrast to an exuberant tradition characterized by monumentality and the use of bold colors. The book provides tremendous insights into the dynamic nature of Japanese architecture and how it reflects an underlying diversity within Japanese culture. The book is profusely illustrated with over 370 color photographs, woodblock prints, maps, diagrams, and specially commissioned watercolors. A classic in the making, *The Art of Japanese Architecture* will be sure to enlighten and delight readers.

To Life!

Eco Art in Pursuit of a Sustainable Planet

Univ of California Press This title documents the burgeoning eco art movement from A to Z, presenting a panorama of artistic responses to environmental concerns, from Ant Farms anti-consumer antics in the 1970s to Marina Zurkows 2007 animation that anticipates the havoc wreaked upon the planet by global warming.

77 Dances

Japanese Calligraphy by Poets, Monks, and Scholars, 1568-1868

Weatherhill, Incorporated The first book on Japanese calligraphy from the significant Momoyama and Edo periods (1568-1868), *77 Dances* examines the art of writing at a time when it was undergoing a remarkable flowering, as illustrated by over one hundred sumptuous illustrations. Everything from complex Zen conundrums to gossamer haiku poems were written with verve, energy, and creativity that display how deeply the fascination for calligraphy had penetrated into the social fabric of Japan. Examining the varied groups of calligraphers creating works for diverse audiences will show how these artistic worlds both maintained their own independence and interacted to create a rich brocade of calligraphic techniques and styles. The book begins with basic information on calligraphy, followed by six main sections, each representing a major facet of the art, with an introductory essay followed by detailed analyses of the seventy-seven featured works. The essays include: • The revival of Japanese courtly aesthetics in writing out waka poems on highly decorated paper • The use of Chinese writing styles and script forms • Scholars who took up the brush to compose poems in Chinese expressing their Confucian ideals • Calligraphy by major literati poets and painters • The development of haiku as practiced by master poet-painters • The work of famous Zen masters such as Hakuin and Ryokan

Digital Painting Techniques

Masters Collection

Taylor & Francis Discover the tips, tricks and techniques that really work for concept artists, matte painters and animators. Compiled by the team at 3dtotal.com, *Digital Painting Techniques, Volume 1* offers digital inspiration with hands-on insight and techniques from professional digital artists. More than just a gallery book - within *Digital Painting Techniques* each artist has written a breakdown overview, with supporting imagery of how they made their piece of work. Beginner and intermediate digital artists will be inspired by the gallery style collection of the finest examples of digital painting from world renowned digital artists. Start your mentorship into the world of digital painting today with some of the greatest digital artists in the world and delve into professional digital painting techniques, such as speed painting, custom brush creation and matte painting. Develop your digital painting skills beyond the variety of free online digital painting tutorials and apply the most up to date techniques to your digital canvas with *Digital Painting Techniques for Animators*.

The Art of Sumi-e

Appreciation, Techniques, and Application

Kodansha Amer Incorporated "At once an appreciation, a "how-to" manual, and a portfolio of some of the world's most beautiful sumi-e," Japanese ink painting.

Chinese Ink Painting Now

Distributed Art Pub Incorporated Text by Jason C. Kuo.

Zen Training

Methods and Philosophy

Shambhala Publications Zen Training is a comprehensive handbook for zazen, seated meditation practice, and an authoritative presentation of the Zen path. The book marked a turning point in Zen literature in its critical reevaluation of the enlightenment experience, which the author believes has often been emphasized at the expense of other important aspects of Zen training. In addition, Zen Training goes beyond the first flashes of enlightenment to explore how one lives as well as trains in Zen. The author also draws many significant parallels between Zen and Western philosophy and psychology, comparing traditional Zen concepts with the theories of being and cognition of such thinkers as Heidegger and Husserl.

Brushes

A Handbook for Artists and Artisans

Lyons Press Here is everything an artist needs to know to acquire and maintain a functional, well-rounded brush collection. "A fine handbook that should be within reach of every serious artist". -- New England Review of Books

A Monk's Guide to a Clean House and Mind

Penguin UK Cleanliness is next to enlightenment. In this Japanese bestseller a Buddhist monk explains the traditional cleaning techniques that will help cleanse not only your house - but your soul. 'We remove dust to sweep away our worldly desires. We scrub dirt to free ourselves of attachments. We live simply and take time to contemplate the self, mindfully living each moment. It's not just monks that need to live this way. Everyone in today's busy world today needs it. The Zen sect of Buddhism is renowned for the cleanliness of its monks, but cleaning is greatly valued in Japanese Buddhism in general as a way to cultivate the mind. In this book, I introduce everyday cleaning methods typically employed in temples, while sharing what it's like to be a monk in training. This book will improve the condition not just of your own mind, but also the people around you. I hope readers will discover that cleanliness is an opportunity to contemplate oneself.'

Brushstrokes

Styles and Techniques of Chinese Painting

University of Washington Press

Zen and the Art of Motorcycle Maintenance

An Inquiry Into Values

Harper Collins THE CLASSIC BOOK THAT HAS INSPIRED MILLIONS A penetrating examination of how we live and how to live better Few books transform a generation and then establish themselves as touchstones for the generations that follow. Zen and the Art of Motorcycle Maintenance is one such book. This modern epic of a man's search for meaning became an instant bestseller on publication in 1974, acclaimed as one of the most exciting books in the history of American letters. It continues to inspire millions. A narration of a summer motorcycle trip undertaken by a father and his son, Zen and the Art of Motorcycle Maintenance becomes a personal and philosophical odyssey into fundamental questions on how to live. The narrator's relationship with his son leads to a powerful self-reckoning; the craft of motorcycle maintenance leads to an austere beautiful process for reconciling science, religion, and humanism. Resonant with the confusions of existence, this classic is a touching and transcendent book of life. This new edition contains an interview with Pirsig and letters and documents detailing how this extraordinary book came to be.

Jackson Pollock

Interviews, Articles, and Reviews

The Museum of Modern Art Published to accompany the exhibition Jackson Pollock held the Museum of Modern Art, New York, from 1 November 1998 to 2 February 1999.

Zen

Masters of Meditation in Images and Writings

University of Hawaii Press This book places Zen art in a new and proper perspective and notes its seminal influences. By concentrating on major figures from Zen history and legend and on some outstanding prelates of the medieval Zen clergy, it is intended to bring these masters into the clearest possible focus, to "re-animate" them by means of their extant works and the interpretative representation of their physical appearances. This new study reveals the intrinsic worth of Zen architecture, sculpture, writings, and paintings themselves, as well as their cultural and historic setting. The book has the character of a richly illustrated compendium of Zen art.

The Art of Haiku

Its History through Poems and Paintings by Japanese Masters

Shambhala Publications In the past hundred years, haiku has gone far beyond its Japanese origins to become a worldwide phenomenon—with the classic poetic form growing and evolving as it has adapted to the needs of the whole range of languages and cultures that have embraced it. This proliferation of the joy of haiku is cause for celebration—but it can also compel us to go back to the beginning: to look at haiku's development during the centuries before it was known outside Japan. This in-depth study of haiku history begins with the great early masters of the form—like Basho, Buson, and Issa—and goes all the way to twentieth-century greats, like Santoka. It also focuses on an important aspect of traditional haiku that is less known in the West: haiku art. All the great haiku masters created paintings (called haiga) or calligraphy in connection with their poems, and the words and images were intended to be enjoyed together, enhancing each other, and each adding its own dimension to the reader's and viewer's understanding. Here one of the leading haiku scholars of the West takes us on a tour of haiku poetry's evolution, providing along the way a wealth of examples of the poetry and the art inspired by it.

Democracy and Education

Read Books Ltd This antiquarian volume contains a comprehensive treatise on democracy and education, being an introduction to the 'philosophy of education'. Written in clear, concise language and full of interesting expositions and thought-provoking assertions, this volume will appeal to those with an interest in the role of education in society, and it would make for a great addition to collections of allied literature. The chapters of this book include: 'Education as a Necessity of Life'; 'Education as a Social Function'; 'Education as Direction'; 'Education as Growth'; 'Preparation, Unfolding, and Formal Discipline'; 'Education as Conservative and Progressive'; 'The Democratic Conception in Education'; 'Aims in Education', etcetera. We are republishing this vintage book now complete with a new prefatory biography of the author.

Ensō

Zen Circles of Enlightenment

Shambhala Publications The enso, or Zen circle, is one of the most prevalent images of Zen art, and it has become a symbol of the clean and strong Zen aesthetic - to the point where one sees ensos on everything from screensavers to restaurant menus. Regardless of how it is interpreted, the enso is an expression of the mind of the artist. It is said that the state of the practitioner can be particularly clearly read in the manner of execution of an enso. Here Zen art expert Audrey Yoshiko Seo brings together a collection of the best examples of traditional enso art to show the wonderful variety of the form and its interpretations, from the seventeenth century to the present. Each piece occupies an entire page, with commentary on the facing page. Seo's commentary focuses on the meaning of the art and the historical context in which it was brushed, as well as providing analysis of each artist's technique. Also included are biographies of the artists - many of whom are important Japanese Zen teachers.

The Eight Gates of Zen

A Program of Zen Training

Shambhala Publications This accessible introduction to the philosophy and practice of Zen Buddhism includes a program of study that encompasses practically every aspect of life. The American Zen teacher John Daido Looi shows us that Zen practice should include not only meditation, the study of Zen literature and liturgy, and moral and ethical

action, but should also manifest in work, artistic, and everyday activities. The Eight Gates are: 1. Zazen, a type of meditation described as "sitting Zen" 2. Face-to-face meetings between teacher and student 3. Academic study of the sutras related to Zen training, other schools of Buddhism, Buddhist history, psychology, and philosophy 4. Zen rites and rituals and their meaning 5. The moral and ethical requirements set in the Buddhist Precepts 6. Art practice as an extension of Zen practice 7. Body practice as an extension of Zen practice 8. Work as an active function of zazen Beautifully illustrated with Loori's own photographs, this edition also includes a new introduction and an updated reading list.