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cultivating your artistic life. [John Daido Looori] -- For many of us, "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 ...

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"The Zen of Creativity" is not just a play on the word "zen." It IS zen. Neither does it mimic the popular format of "Zen and the art of Motorcycle Maintenance" as so many other authors have done. Looi draws the reader into the very nature of the creative process itself, giving far less importance to

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technical skills.

The Zen of Creativity by Looori, John Daido
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by John Daido Looori. For those wishing to
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expression, The Zen of Creativity taps into
the principles of the Zen arts and aesthetic as

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a means to unlock our creativity. Includes stories and anecdotes of Daido Rooshi ' s own spiritual journey.

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In the fall of 1980, after I completed Zen training in Los Angeles with my teacher,

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Maezumi Roshi, I came to the East Coast with the intention of establishing a Zen arts center—a place where Zen training would be used as the vehicle for studying, enhancing, and cultivating a creative life.

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Zen lore has been absorbed by Western practitioners and pop culture alike, yet its artistic tradition hasn't been fully explored in the West. Now, American Zen master Looi presents a book that taps the principles of

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the Zen arts and aesthetic as a means to
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His observations in *The Zen of Creativity: Cultivating Your Artistic Life*, along with writings and artwork from others, and the meditation exercises Looori provides

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throughout the book, are But if you 're pursuing the artist 's path—whether in visual, musical, or the written arts—you may be half-way there already.

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The creative process, like a spiritual journey,

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is intuitive, nonlinear, and experiential. It points us toward our essential nature, which is a reflection of the boundless creativity of the universe," writes John Daido Looi, the founder and abbot of Zen Mountain Monastery in Mount Tremper, New York, where he resides.

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waterfalls. We think of mindfulness and meditation, immersion in a state of being where meaning is found through simplicity.

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John Daido Looori (June 14, 1931 –
October 9, 2009) was a Zen Buddhist rishi

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who served as the abbot of Zen Mountain Monastery and was the founder of the Mountains and Rivers Order and CEO of Dharma Communications. Daido Looi received shiho (dharma transmission) from Taizan Maezumi in 1986 and also received a Dendo Kyoshi certificate formally from the Soto school of Japan in 1994.

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The Zen of Creativity: Cultivating Your
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John Daido Looori, one of the truly great American Zen masters, has given us a simple yet profound guide to art, creativity, and life itself—for they all spring from the same source, the same ordinary magic of this and

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every moment. The Zen of Creativity is a rare, elegant, beautiful book, highly recommended. ”

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The creative process, like a spiritual journey, is intuitive, nonlinear, and experiential. It

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Through exercises, anecdotes and illustrations of his own work and the work of others, he illuminates how in Zen the seemingly different pursuits of awakening and creative expression are actually ...

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