

Zen Of Seeing Drawing As Meditation Frederick Franck File Type

Conceived at the crossroads of Buddhism and indigenous earth-based practice, *The Shamanic Bones* explores the deep human traditions of transformation that are made possible by meditation, ceremony, ritual, dreams, and spiritual connection to one's ancestry. In *The Shamanic Bones*, celebrated author and Buddhist teacher Zenju Earthlyn Manuel undertakes a rich exploration of the connections between contemporary Zen practice and shamanic, or indigenous, spirituality. Drawing on her personal journey with the black church, with African, Caribbean, and Native American ceremonial practices, and with Nichiren and Zen Buddhism, she builds a compelling case for discovering and cultivating the shamanic, or magical, elements in Buddhism—many of which have been marginalized by colonialist and modernist forces in the religion. Displaying reverence for the Zen tradition, creativity, and expressing her own intuitive seeing, and profound gratitude for the guidance of spirit, Manuel traces the path of a seeker unafraid to plumb the depths of her ancestry and face the totality of the world. This book conveys guidance for readers interested in Zen practice including ritual, preparing sanctuaries, engaging in chanting practices, and deepening embodiment with ceremony. "I often felt my anxiety melt away with my practice of Zen. I felt they had led me through other traditions to this practice of ceremony," writes Manuel. "The ancestors needed me to be still and breathe as they approached what they had to offer my life."

Zen Driving can make each driving experience enjoyable, whether it's a daily hour-long drive to work or a ten-minute run to the local Safeway. You may well ask, what is Zen driving? The Japanese word *zen* literally means meditation, and meditation means being fully aware, fully in touch with your surroundings. When you are in a meditative state, you are in your natural self, your Buddha self, and you can do it while driving. But why Zen driving? The purpose of *Zen Driving*, the book, is to invite you to your natural self, which is what remains when you still your mind and ignore your chaotic thoughts. When you do this, you gain confidence in your ability, and finally you are that ability. The frustration of other drivers cutting you off or causing you to sit through two red lights because they're too slow to make a left turn on yellow will no longer make your blood pressure explode. *Zen Driving* will teach you to look, simply observe without qualification, and then make your move. Zen driving is effortless, spontaneous, nondeliberate. It is being one with the road. And in turn, driving becomes a path to self-awareness, an activity that clears the mind and soothes the soul, something to take with you on other times when you're not behind the wheel.

Seeing Drawing as Meditation contains essays by many of the most important twentieth century Japanese philosophers, offering challenging and illuminating insights into the nature of Reality as understood by the school of Zen. In the tradition of such successful books on creativity as *Drawing on the Right Side of the Brain* and *The Artist's Way*, artist and teacher Heather Williams presents a step-by-step approach to personal development — and artistic satisfaction. Many people — including Heather Williams — were not encouraged to embrace their creative side, and this shutting down of part of their inner life caused conflict. This book is an invitation into each person's creative instincts and is designed to lead you toward developing both artistic and spiritual qualities. The book is divided into three sections: *Seeing & Perception* (observing and drawing what you see in the physical world); *Crayons & Consciousness* (drawing the interior landscape of memories, emotions, dreams, and patterns); and *Ink & Intuition* (drawing on the intuitive wisdom within yourself). This book is not intended to make everyone a commercial artist, but it will help readers to see and be in their world more fully.

Zen Training

Seeing/drawing as Meditation

Zen Sourcebook

Zen and the Art of Motorcycle Maintenance

The Art of Asking

The Awakened Eye

Simple Steps to Explore Your Feelings and Heal Your Consciousness

A Dutch artist offers his concept of seeing and drawing as a discipline by which the world may be rediscovered, a way of experiencing Zen.

Introduces the life and work of Albert Schweitzer through the experiences of Bolo, a young patient.

A beautifully illustrated guide to developing a daily photography practice that draws on mindfulness and Zen Buddhism, featuring accessible lessons on the mechanics of photography, in order to tap into one's unique, innate creativity. Zen Camera is a photography and mindfulness program that guides you to the creativity at your fingertips--literally--requiring nothing more than your smartphone or any other type of camera. Over the course of six lessons gleaned from the author's 40 years of teaching photography, you'll learn how to use the camera in your pocket to explore self-expression as a photographer and produce photographs that are both wildly beautiful and uniquely your own. Gorgeously illustrated with 60-75 full-color photographs, David Ulrich's lessons combine mindfulness principles with concrete exercises and the basic mechanics of taking a good photograph. He guides you through a program of taking photos every day (called your Daily Record), similar to a journaling practice. He also offers profound insight into the nature of seeing, art, and attention, pushing you to live more authentically.

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.

Teachings of Zen

Revealing the Ancestral Spirit and Mystical Heart of a Sacred Tradition

Zen in the Art of Archery

The Intimate Heart of Zen

Creative Awakening with a Daily Practice in Photography

My Friend in Africa

Making Art in Dialogue with the Natural World

The Zen of Seeing Seeing/drawing as Meditation Vintage

FOREWORD BY BRENE BROWN and POSTSCRIPT FROM BRAIN PICKINGS CREATOR MARIA POPOVA Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she wordlessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world's most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for--as a musician, as a friend, and as a wife. She learns that she isn't alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of THE ART OF ASKING. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. THE ART OF ASKING will inspire readers to rethink their own ideas about asking, giving, art, and love.

Unlike most other formal religions, the Japanese school of Zen Buddhism has no canonized corpus of sacred literature which will reveal the "truth" to diligent readers. There are, however, numerous collections of anecdotes and aphorisms that may serve to convey the sensibility which underscores the practice of Zen. Drawing on these traditional sources, Dr. Irmgard Schloegl of the Buddhist Society in London has gathered into one short volume a sampling of stories and sayings that are a valuable introduction to the study of Zen. "If in every mind burns a flame of the Buddha's Enlightenment," Christmas Humphreys writes in his foreword to *The Wisdom of the Zen Masters*, "there is nothing to seek and nothing to acquire. We are enlightened, and all the words in the world will not give us what we already have. The man of Zen, therefore, is concerned with one thing only, to become aware of what he already is..." The task of the Japanese Zen master has been to guide his pupils in their awakening. The means used vary--from severe physical discipline to the proposition of enigmatic riddles, or koans--but always to the same end, Enlightenment: experiencing the Great Death of the worldly "I."

Franck, the author of *Zen of Seeing*, the classic guide, returns with more teachings and instructions.

The Shamanic Bones of Zen

The Way of Zen

How to Draw What You See

Simple Ideas on Presentation Design and Delivery

Ideas and Inspiration to Open Your I

The Buddha Eye

Zen drawing a new way to become Mindful

This eBook is derived from the hardcover book called 'the Zen drawing Pack', which was published in October 2014 by Rockpoint publishers and as an eBook called 'The Zen drawing eBook' by the authors. In this eBook version called 'Zen drawing - a new way to become mindful', the reader finds lots of extra background information on Zen Buddhism. It also includes additional meditation techniques that can be combined with Zen drawing. The drawing exercises included in this eBook focus on applying drawing to reach self awareness, inner peace and stillness. Zen drawing is based on the work of Frederick Franck. Artist Michelle Dujardin explains how to use realistic drawing as a meditation technique in a practical and contemporary way. This ebook is for people who are interested in finding new ways to become Mindful. Michelle shows you how to connect with the world around you and achieve a meditative state while drawing. Zen drawing will awaken your 'inner artist' and allow your hands to follow the movement of your eyes. This inner artist will change the way you see a subject, helping you to create art that is more expressive and more beautiful than what you've ever done before. Not great with a pencil? Don't worry, everyone can learn to draw this way and you don't need any special talent or class. For any level of artist, from a beginner with little talent to an illustration expert, Zen drawing is not about making perfect pictures, it is about the experience of drawing, finding inspiration, and connecting to the world around you.

Learn how to bring the power of stillness into your running practice with meditations, guidance, and inspiration from a long-time runner and Zen practitioner. Running is more than just exercise. Running is a practice, a moving meditation, that brings the power of stillness to all the activities in our lives. Vanessa Zusei Goddard combines her experience leading running retreats with her two-decade practice of Zen to offer insight, humor, and practical guidance for grounding our running, or any physical practice, in meditation. When we see running solely as exercise and focus on improving our times, covering a certain number of miles, or losing weight, we miss the deeper implications of this art. Whether you are a new or experienced runner, you will learn how to be more embodied through thirteen running practices to help improve your focus and running form. Using mantras and visualizations, as well as a range of other exercises, Goddard offers ways to practice running as a moving meditation with an eye toward bringing the power of stillness to all the activities in your life.

Ultimately, Still Running is a book about freedom, ease, and the joy of movement; it's about the power of stillness and learning how to use that power to live wholeheartedly.

Zen Buddhism emerged in China some fifteen centuries ago and remained the most dynamic and influential spiritual movement in Asia for more than a millennium. Though the teachings of the first Zen masters are sometimes considered innovation, they were actually a return to the core of Buddhist teaching and to an understanding of the importance of the personal experience of enlightenment. This anthology presents talks, sayings, and records of heart-to-heart encounters to show the essence of Zen teaching through the words of the Zen masters themselves. The selections have been made from the voluminous Zen canon for their accessibility, their clarity, and above all their practical effectiveness in fostering insight.

This eBook is derived from the hardcover book called 'the Zen drawing Pack', which was published in October 2014 by Rockpoint publishers and as an eBook called 'The Zen drawing eBook' by the authors. In this eBook called 'Zen drawing - a new way to become an artist', the authors have put less emphasis on the Zen Buddhism background of Zen drawing and more emphasis on the artistic benefits that can be found by using the techniques described in the hardcover book. For instance by adding a chapter on the use of watercolors and ink. As with all their books on Zen drawing, this eBook is based on the works of Frederick Franck and Betty Edwards. In this eBook artist Michelle Dujardin helps you to awaken your inner artist and add soul to your sketches by ignoring conventional drawing

techniques and focus on really seeing your subject. Michelle helps you achieve a meditative state just by changing the way you see a subject, and allow your hands to follow the movement of your eyes. When you trust your own drawing reflex, the art that you create will become more expressive and beautiful than what you've done before. Not great with a pencil? Don't worry, everyone can learn to draw this way and you don't need any special talent or class. For any level of artist, from a beginner with little talent to an illustration expert, Zen drawing is not about making perfect pictures, it is about the experience of drawing, finding inspiration, and connecting to the world around you.

Drawing as a Sacred Activity

Traditional Documents from China, Korea, and Japan

See Your Way to Mindfulness

A Return to the Spiritual Roots

Presentation Zen

Instant Zen

Making art, says Peter London, is a perfect vehicle for recovering our lost sense of unity with Nature. When we draw closer to Nature through art, we simultaneously draw closer to our Selves, and thereby enjoy a richer, more authentic creativity and a deeper, fuller life. Through exercises, theoretical reflections, poetic meditations, and stories, London presents an innovative approach to creativity that engages body, mind, and spirit. A series of guided "Encounters"—some to be done outdoors, some indoors in the presence of some natural objects, and some entirely in the imagination—invites the reader to investigate Nature's secrets and then to celebrate through making a work of art. Topics and exercises include: the essentials of creative practice, such as time, space, media, and intention; cultivating a simple, firsthand way of seeing Nature in all its subtlety, mystery, and intimacy; creating a personal sanctuary in which to communicate directly with Nature; conducting a sacred conversation with archetypal forms of Nature encountered in the imagination; seeking forgiveness from Nature, with the intention of healing our broken primal relationship with the natural world and rediscovering our rightful place in it.

"It has stayed with me for the last 30 years, a classic portraying Zen mind to our linear thinking." --Phil Jackson, Head Coach of the Chicago Bulls and author of Sacred Hoops

Zen Flesh, Zen Bones offers a collection of accessible, primary Zen sources so that readers can contemplate the meaning of Zen for themselves. Within the pages, readers will find: 101 Zen Stories, a collection of tales that recount actual experiences of Chinese and Japanese Zen teachers over a period of more than five centuries The Gateless Gate, the famous thirteenth-century collection of Zen koans Ten Bulls, a twelfth century commentary on the stages of awareness leading to enlightenment Centering, a 4,000 year-old teaching from India that some consider to be the roots of Zen. When Zen Flesh, Zen Bones was published in 1957, it became an instant sensation with an entire generation of readers who were just beginning to experiment with Zen. Over the years it has inspired leading American Zen teachers, students, and practitioners. Its popularity is as high today as ever.

Colorful Ladybug Cover Sketchbooks are a staple for every young artist. These blank books encourage creativity with art and storytelling. Kids can use these sketchbooks to showcase their sticker collections and they often like to use them as a draw and write diary with their bucket list of favorite activities, Christmas wish lists and more. Our sketchbooks also serve as a treasured keepsake book for kids who want to save their art work and see how they progress as they continue on to the next sketchbook. Extra Large 8 x 11 Drawing Surface Durable, Soft, Paperback Matte Cover 140+ Pages We offer a wide variety of cover selections for you to choose from. You'll find all sorts of creative covers to suit just about every personality. Please browse through our selections and choose a cover that matches your child's style preferences. Made with Standard Paper. Best for crayons, light watercolor paints, colored pencils and light fine-tip markers. Creative Learning Tools is a small family owned business, partnering with Amazon. Many of the graphics we choose to create our books are selected by our own children. Recently we published a few unicorn sketchbooks, sequencing and memory books and several grid-lined notebooks. Thank you for stopping by. We hope you continue to enjoy our books and journals. Have a great day!

'The perfect guide for a course correction in life' Deepak Chopra If we open our eyes and see clearly it becomes obvious that there is no other time than this instant An insightful exploration into the origins and history of Zen

Buddhism from pioneering Zen scholar Alan Watts. With a rare combination of freshness and lucidity, Watts explores the principles of Zen and how it can revolutionize our daily life.

Mystics

An Inquiry Into Values

How I Learned to Stop Worrying and Let People Help

The Moonlight Chronicles

The Snow Leopard

Uncovering a Hidden Kindness in Life

Simenon's Paris

The Allegory of the Cave, or Plato's Cave, was presented by the Greek philosopher Plato in his work Republic (514a–520a) to compare "the effect of education (ἡγεμονία) and the lack of it on our nature". It is written as a dialogue between Plato's brother Glaucon and his mentor Socrates, narrated by the latter. The allegory is presented after the analogy of the sun (508b–509c) and the analogy of the divided line (509d–511e). All three are characterized in relation to dialectic at the end of Books VII and VIII (531d–534e). Plato has Socrates describe a group of people who have lived chained to the wall of a cave all of their lives, facing a blank wall. The people watch shadows projected on the wall from objects passing in front of a fire behind them, and give names to these shadows. The shadows are the prisoners' reality.

A fervent, lifelong student of Zen, Alan Watts shows us that it is both an experience — a singular, powerful moment of realization — and a simple way of life, with an awareness that affects every moment of every day. Adopted by mainstream America in a way that carries only a vague association of its roots in Zen Buddhism, Alan Watts makes it clear that any exploration of Zen must understand and embrace its roots as a form of Buddhist practice derived from its Chinese and East Indian sources. Examining the background of Zen in East Indian religion, Watts shows us its evolution through the religion of China. Zen is a synthesis of the contemplative insight of Indian religion and the dynamic liveliness of Taoism as they came together in the pragmatic, practical environment of Confucian China. Watts gives us great insight into the living moment of satori and the release of nirvana, as well as the methods of meditation that are current today, and the influence of Zen culturally in the arts of painting and pottery.

"It is one of the very first art books which helped artists develop the aptitude for seeing the inner essence of various natural phenomena." —Shambhala Sun "Guide to Capturing a Plum Blossom could fit neatly into any number of contemporary-sounding categories: hybrid text, art book, lyric essay, etc. It is a book that relies on interdependence of image and text, of history and the present, of evocation and concrete image." —The Rumpus "Red Pine introduces Western readers to both the text itself and the traditions it has inherited." —Virginia Quarterly Review Through a series of brief four-lined poems and illustrations, Sung Po-jen aims at training artistic perception: how to truly see a plum blossom. First published in AD 1238, Guide to Capturing a Plum Blossom is considered the world's earliest-known printed art books. This bilingual edition contains the one

hundred woodblock prints from the 1238 edition, calligraphic Chinese poems, and Red Pine's graceful translations and illuminating commentaries. "Tiger Tracks" winter wind bends dry grass flicks its tail along the ridge fearful force on the loose don't try to braid old whiskers Red Pine's commentary: "The Chinese liken the north wind that blows down from Siberia in winter to a roaring tiger. China is home to both the Siberian and the South China tigers. While both are on the verge of extinction, the small South China tiger still appears as far north as the Chungnan Mountains, where hermits have shown me their tracks." Sung Po-ijen was a Chinese poet of the thirteenth century. Red Pine (a.k.a. Bill Porter) is one of the world's foremost translators of Chinese poetry and religious texts. His published translations include *The Collected Songs of Cold Mountain*, *Lao-tzu's Taoteching*, and *Poems of the Masters*. He lives near Seattle, Washington.

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.

Art as a Way

The Zen of Therapy

Zen of Drawing

Seeing through Zen

The Art of Pencil Drawing

A Collection of Zen and Pre-Zen Writings

A Wandering Artist's Journal

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.

This book is about using art as an instrument of personal transformation, enabling us to move from an inherited to a chosen state of being. Peter London offers inspiration and fresh ideas to artists, art students, and art teachers—as well as to people who think they

can't draw a straight line but want to explore the joys of creative expression. Inside every person, he believes, there is an original, creative self that has been covered over by secondhand ideas, borrowed beliefs, and conditioned behavior. By freeing the capacity for visual expression—a natural human language possessed by everyone—we can awaken and release the full powers of that original self. Among the topics and exercises included are:

- How to increase the ability to visualize, fantasize, and dream
- Obstacles to the creative encounter and what to do about them
- Experimenting with art media as true mediators between imagination and expression
- Making masks to reveal the hidden self
- Painting with "forbidden" colors
- Arranging found objects as metaphors for one's life

FOREWORD BY GUY KAWASAKI Presentation designer and internationally acclaimed communications expert Garr Reynolds, creator of the most popular Web site on presentation design and delivery on the Net — presentationzen.com — shares his experience in a provocative mix of illumination, inspiration, education, and guidance that will change the way you think about making presentations with PowerPoint or Keynote. Presentation Zen challenges the conventional wisdom of making "slide presentations" in today's world and encourages you to think differently and more creatively about the preparation, design, and delivery of your presentations. Garr shares lessons and perspectives that draw upon practical advice from the fields of communication and business. Combining solid principles of design with the tenets of Zen simplicity, this book will help you along the path to simpler, more effective presentations.

In *Mystics*, William Harmless, S.J., introduces readers to the scholarly study of mysticism. He explores both mystics' extraordinary lives and their no-less-extraordinary writings using a unique case-study method centered on detailed examinations of six major Christian mystics: Thomas Merton, Bernard of Clairvaux, Hildegard of Bingen, Bonaventure, Meister Eckhart, and Evagrius Ponticus. Rather than presenting mysticism as a subtle web of psychological or theological abstractions, Harmless's case-study approach brings things down to earth, restoring mystics to their historical context.

Waking Up in the Present

Zen drawing - a new way to become an artist

Zen Camera

Zen Driving

BLANK Sketchbook for Kids

Still Running

Zen Flesh, Zen Bones

Part of the Penguin Orange Collection, a limited-run series of twelve influential and beloved American classics in a bold series design offering a modern take on the iconic Penguin paperback Winner of the 2016 AIGA + Design Observer 50 Books | 50 Covers competition For the seventieth anniversary of Penguin Classics, the Penguin Orange Collection celebrates the heritage of Penguin's iconic book design with twelve influential American literary classics representing the breadth and diversity of the Penguin Classics library. These collectible editions are dressed in the iconic orange and white tri-band cover design, first created in 1935, while french flaps, high-quality paper, and striking cover illustrations provide the cutting-edge design treatment that is the signature of Penguin

Classics Deluxe Editions today. The Snow Leopard In 1973, Peter Matthiessen and field biologist George Schaller traveled high into the remote mountains of Nepal to study the Himalayan blue sheep and possibly glimpse the rare and beautiful snow leopard. Matthiessen, a student of Zen Buddhism, was also on a spiritual quest to find the Lama of Shey at the ancient shrine on Crystal Mountain. The result is a remarkable account of a journey both physical and spiritual, as the arduous climb yields to Matthiessen a deepening Buddhist understanding of reality, suffering, impermanence, and beauty.

Shows a variety of drawings of landscapes, buildings, and architectural details, and offers advice on papers, pencils, and erasers, as well as pattern, shadow, texture, and perspective.

Zen of Drawing inspires you to pick up a pen, pencil or an iPad and start drawing what you see with a 'zen' approach. Author Peter Parr has spent his career in animation successfully teaching people to draw and encouraging students to nurture their skills through observational drawing. He advocates a fresh way of looking closely at your subject and enlisting an emotional response, in order to fully appreciate the nature of what you are about to draw. You will learn that whatever you are drawing, it is essential not only to copy its outline but also to ask yourself: is it soft, smooth or rough to the touch? How heavy is it? Is it fragile or solid? Then, having grasped the fundamental characteristics, or zen, of the object, make corresponding marks on the paper - crisp textures, a dense wash, a scratchy or floating line. The chapters cover: keeping a sketchbook; tools (pen, pencil, charcoal, watercolour and iPad); perspective; line and volume; tone and texture; structure and weight; movement and rhythm; energy, balance and composition.

Seeing, really seeing, is like meditation. In a world filled with distraction, seeing mindfully is a way to pay attention, to hit pause and find calm by focusing on what's directly in front of us. See Your Way to Mindfulness is a gift book of inspiration and instruction to help readers open their eyes—and their "I's."

Written by David Schiller, author of the national bestseller The Little Zen Companion, it's a collection of quotes, prompts, exercises, meditations—married with photographs and drawings that bring the words to life. The quotes are from artists, Buddhists, philosophers, poets, and more, all centered on the theme of how "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes" (Marcel Proust). The short, playful exercises and prompts—like Seeing in the Rain, Eye Spy with My Open I, Spend 30 Minutes Taking a Five-Minute Walk, Get Lost—are designed to disrupt routine and inspire readers to see for themselves. Some of the exercises involve drawing, writing, and taking photographs, opening a path to creativity as well as showing how to engage in the moment. Think of it as the Zen of seeing—a new way to look at the world afresh and rediscover joy in the everyday.

Encounter, Transformation, and Genealogy in Chinese Chan Buddhism

Be a Buddha Behind the Wheel of Your Automobile

No Beginning, No End

Drawing Closer to Nature

The Wisdom of the Zen Masters

Zen Seeing, Zen Drawing

A Companion Volume to The Zen of Seeing, Seeing/drawing as Meditation

Franck offers a spiritual celebration and examination of art, illuminating the aesthetics of artists and philosophers as well as presenting his own drawings

A classic work on Eastern philosophy, *Zen in the Art of Archery* is a charming and deeply illuminating story of one man's experience with Zen. Eugen Herrigel, a German professor of Philosophy in Tokyo, took up the study of archery as a step toward an understanding of Zen Buddhism. This book is the account of the six years he spent as a student of one of Japan's great kyudo (archery) masters, and of how he gradually overcame his initial inhibitions and began to feel his way toward new truths and ways of seeing.

Our favorite freewheelin' scribe Dan Price's inaugural collection of vagabond musings, *HOW TO MAKE A JOURNAL OF YOUR LIFE*, was such a hit that we could hardly wait to bring out *THE MOONLIGHT CHRONICLES*. Dan's Moonlight Chronicles zines have long been a cult favorite of art, travel writing, and outdoor enthusiasts. This full-color book version picks up where the zines left off, following Dan as he ambles through the cafes, alleyways, and skyscrapers of New York City; hits the trail for a five-day hike in Hell's Canyon; and wanders through the Sierras, in the footsteps of kindred soul John Muir. Dan's spirited language and charming pictures remind you of the small joys of life and the fact that happiness abounds, just waiting to be discovered along the highways and byways of America.

In *No Beginning, No End*, Zen master Jakusho Kwong-roshi shows us how to treasure the ordinary activities of our daily lives through an understanding of simple Buddhist practices and ideas. The author's spontaneous, poetic, and pragmatic teachings—so reminiscent of his spiritual predecessor Shunryu Suzuki (*Zen Mind, Beginner's Mind*)—transport us on an exciting journey into the very heart of Zen and its meaningful traditions. Because Kwong-roshi can transmit the most intimate thing in the most accessible way, we learn how to ignite our own vitality, wisdom, and compassion and awaken a feeling of intimacy with the world. It is like having a conversation with our deepest and wisest self. Jakusho Kwong-roshi was originally inspired to study Zen because of zenga, the ancient art of Zen calligraphy. Throughout this book he combines examples of his own unique style of calligraphy, with less-known stories from the Zen tradition, personal anecdotes—including moving and humorous stories of his training with Suzuki-roshi—and his own lucid and inspiring teachings. All of this comes together to create an intimate expression of the enlightening world of Zen.

Methods and Philosophy

The Zen of Seeing

The Art of Meditation in Motion

No More Secondhand Art

(Penguin Orange Collection)

The Allegory of the Cave

What Is Zen?

"A warm, profound and cleareyed memoir. . . this wise and sympathetic book's lingering effect is as a reminder that a deeper and more companionable way of life lurks behind our self-serious stories."—Oliver Burkeman, *New York Times Book Review* A remarkable exploration of the therapeutic relationship, Dr. Mark Epstein reflects on one year's worth of therapy sessions with his patients to observe how

training in Western psychotherapy and his equally long investigation into Buddhism, in tandem, led to greater awareness—for his patients, and for himself. Over the years, Dr. Mark Epstein kept his beliefs as a Buddhist separate from his work as a psychiatrist. Content to use his training in mindfulness as a private resource, he trusted that the Buddhist influence could, and should, remain invisible. But as he became more forthcoming with his patients about his personal spiritual leanings, he was surprised to learn how many were eager to learn more. The divisions between the psychological, emotional, and the spiritual, he soon realized, were not as distant as one might think. In *The Zen of Therapy*, Dr. Epstein reflects on a year's worth of selected sessions with his patients and observes how, in the incidental details of a given hour, his Buddhist background influences the way he works. Meditation and psychotherapy each encourage a willingness to face life's difficulties with courage that can be hard to otherwise muster, and in this cross-section of life in his office, he emphasizes how therapy, an element of Western medicine, can in fact be considered a two-person meditation. Mindfulness, too, much like a good therapist, can "hold our awareness for us—and allow us to come to our senses and find inner peace." Throughout this deeply personal inquiry, one which weaves together the wisdom of two worlds, Dr. Epstein illuminates the therapy relationship as spiritual friendship and reveals how a therapist can help patients cultivate the sense that there is something magical, something wonderful, and something to trust running through our lives, no matter how fraught they have been or might become. For when we realize how readily we have misinterpreted our selves, when we stop clinging to falsely conceived constructs, when we touch the ground of being, we come home.

Instant Zen presents the teachings of Foyan, a twelfth-century Chinese Zen master recognized as one of the greatest masters of the Song dynasty Zen renaissance in China. Returning to the uncomplicated genuineness of the original and classical Zen masters, Foyan offers many simple exercises in attention and thought designed to lead to the awakening of Zen insight into the real nature of the self. These successful teachings emphasize independence and autonomy, and show us how to open our own eyes and stand on our own two feet, to see directly without delusion and to know truth without confusion. Translator Thomas Cleary provides an incisive introduction and extensive references from traditional Zen sources, placing the work in both historical and contemporary contexts. Newcomers to Zen will find in this book a useful and sophisticated introduction to authentic inner Zen practices from an impeccable source, without cultural exoticism or religious cultism. *Instant Zen* sheds new light on this vital tradition, making available the immediacy of Zen practice and unveiling our innate potential for conscious awakening.

The tradition of Chan Buddhism—more popularly known as Zen—has been romanticized throughout its history. In this book, John R. McRae shows how modern critical techniques, supported by recent manuscript discoveries, make possible a more skeptical, accurate, and—ultimately—productive assessment of Chan lineages, teaching, fundraising practices, and social organization. Synthesizing twenty years of scholarship, *Seeing through Zen* offers new, accessible analytic

models for the interpretation of Chan spiritual practices and religious history. Writing in a lucid and engaging style, McRae traces the emergence of this Chinese spiritual tradition and its early figureheads, Bodhidharma and the "sixth patriarch" Huineng, through the development of Zen dialogue and koans. In addition to constructing a central narrative for the doctrinal and social evolution of the school, *Seeing through Zen* examines the religious dynamics behind Chan's use of iconoclastic stories and myths of patriarchal succession. McRae argues that Chinese Chan is fundamentally genealogical, both in its self-understanding as a school of Buddhism and in the very design of its practices of spiritual cultivation. Furthermore, by forgoing the standard idealization of Zen spontaneity, we can gain new insight into the religious vitality of the school as it came to dominate the Chinese religious scene, providing a model for all of East Asia—and the modern world. Ultimately, this book aims to change how we think about Chinese Chan by providing new ways of looking at the tradition.

An Anthology of the Kyoto School and Its Contemporaries

Meditation in Action

Guide to Capturing a Plum Blossom

Text by Georges Simenon. Drawings by Frederick Franck