



ZEN SEEING, ZEN DRAWING

MEDITATION
IN
ACTION

Frederick Franck

Author of *The Zen of Zen*
and *The Zen of Zen*

Zen Of Seeing Seeing Or Drawing As Meditation

Louis Brodsky



Zen Of Seeing Seeing Or Drawing As Meditation:

Zen of Seeing Frederick Franck, 1973-09-12 A classic by a renowned Dutch artist that offers a way to rediscover the world and experience Zen through seeing and drawing Drawn and handwritten by the author Seeing Drawing is spiritual discipline a Zen method admirably suited to the active temperament and a way of contemplation by which all things are made new by which the world is freshly experienced at each moment **Zen Seeing, Zen Drawing** Frederick Franck, 1993

Franck the author of Zen of Seeing the classic guide returns with more teachings and instructions **The Awakened Eye** Frederick Franck, 1980 **Messenger Of The Heart** Frederick Franck, 2010-08-01 When mystics like Angelus Silesius speak of God they do so from a vibrant intensity of awareness and in a tone of voice one trusts at once The timeless wisdom embedded in these humble rhymes is beautifully echoed by the observations of the ancient Zen masters which punctuate the text and in the haiku like drawings by Frederick Franck Addressing time and eternity the one and the many bondage and freedom and other topics central to our shared humanity these gems of metaphysical music never fail to direct us towards that Groundless Ground or Ultimate Reality that governs all beings and is to be found reflected in the depths of the heart

The Phenomenology of Observation Drawing Rose Montgomery-Whicher, 2022-09-22 Based on research and grounded in experience this book offers a view into the minds and hearts of people who draw With technology at our fingertips that allows us to record and share what we see within moments drawing seems a remarkably slow and difficult way to make an image And yet drawing from observation continues to be practiced by professional and amateur artists a situation that invites the question What does observation drawing mean in the lives of those who practice it The central chapters of the book explicate the structures of the lived experience of drawing weaving phenomenological reflections into a narrative about the author drawing her sister on a train With lively accounts of drawing from hobbyists art students contemporary and historical artists Montgomery Whicher considers how the act of drawing shapes place time the body and relationships with the world and with others She addresses many facets of drawing including the connection between drawing and thinking the range of emotions felt when drawing a person and the experience of digital drawing Montgomery Whicher concludes that observation drawing warrants a place in general education as well as in the education of artists She argues that drawing will continue to thrive because it is a human practice that deepens and enriches our humanity by giving us access to keener perception greater understanding empathy and wonder This book will be of interest to anyone who has ever wondered about the appeal of drawing including professional and amateur artists philosophers and educators **Mindfulness Based Art** Margaret Jones Callahan, 2016-03-03 Discover the basic principles of Mindfulness and find lesson plans for seven art projects with guidelines for creating a safe class culture and scripts for teaching Mindfulness Through drawing painting expressive calligraphy clay sculpture photography and more students learn to be in the present moment quiet their inner critics and express themselves authentically Back cover **Talking to Ducks** James Kitchens, 1994-09-02 Through examples from the

author's own life and his patients' lives as well as from literature Talking to Ducks guides us to discover the beauty of our internal and external worlds The purpose of life is joy James A Kitchens in this wonderfully engaging book helps us to remember our life's purpose and to realize that the key to our own happiness lies within us in our souls He invites us to experience the happiness love and satisfaction that are ours if we are only willing to look for them even if it is by talking to a duck

Contemplative and Artful Openings Susan Walsh, 2017-07-06 Highlighting an arts based inquiry process that involves contemplation mindful awareness and artful writing this book explores women's difficult experiences in teaching It weaves a strong autobiographical thread with artifacts from several research projects with female teachers By linking innovative approaches to research that involve visual images and poetic writing with feminist poststructuralist theories and Buddhist inspired practices Walsh offers new understandings about what it means to be critical in research and teaching and also what transformation both social and personal might entail

Arts-based and Contemplative Practices in Research and Teaching Susan Walsh, Barbara Bickel, Carl Leggo, 2014-11-13 This volume presents a scholarly investigation of the ways educators engage in artistic and contemplative practices and why this matters in education Arts based learning and inquiry can function as a powerful catalyst for change by allowing spiritual practices to be present within educational settings but too often the relationship between art education and spirituality is ignored Exploring artistic disciplines such as dance drama visual art music and writing and forms such as writing witnessing freestyle rap queer performative autoethnograph and poetic imagination this book develops a transformational educational paradigm Its unique integration of spirituality in and through the arts addresses the contemplative needs of learners and educators in diverse educational and community settings

Hop, Skip, Jump Marney K. Makridakis, 2014-10-30 Most of us view work and play as mutually exclusive opposites but now you can blend them together in your new route to joy filled success The 75 techniques in this book will guide you to be more playful and productive as you move through three vital phases of the manifestation process dreaming Hop experimenting Skip and taking action Jump Discover your Play Personality and learn how to use it to create more experiences in which work feels like play and struggle gives way to momentum ease and joy Includes a FREE downloadable Productivity Pack

Work with Meaning, Work with Joy Pat McHenry Sullivan, 2003 A pioneer of the emerging spirituality and work movement offers an honest insightful and challenging guide to working with meaning in any job

See Your Way to Mindfulness David Schiller, 2016-11-29 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

Design Realities Stuart Walker, 2018-10-16 *Design Realities* explores a wide range of topics on creativity design and spiritual well being Using critique rational inquiry and personal reflection Stuart Walker looks squarely at our contemporary condition demonstrates how current assumptions and material expectations are becoming untenable and most importantly offers constructive new directions that are feasible spiritually enriching and hopeful Comprising short essays lyrical pieces photo studies and longer discourses this book takes us on a highly readable and enjoyable journey through some of the most pressing issues of our time The innovative intuitive format makes these topics readily accessible while providing much food for thought about the changing nature of creativity in today s world Written by a leading thinker in the field this highly original book offers readers something to ponder discuss contest and build upon

The Death of Fred Astaire Leslie Lawrence, 2016-03-01 When in the late eighties the author chooses to raise a child with her lesbian partner she embraces a life outside the lines one full of curious adventures as well as the usual catastrophes and everyday pleasures As a child of the sixties Leslie Lawrence knew she didn t want to duplicate her parents lives yet she never imagined she d stray so far outside the lines of their and her own expectations *The Death of Fred Astaire* opens with the story both wrenching and funny of how Lawrence says her goodbyes to the iconic images she s held since her youth she then proceeds to bear a child and raise him with her lesbian partner Some essays in this debut collection reflect on legacies Lawrence inherited from her Jewish family and culture In others she searches gamely for a rich authentic life a voice a vocation a community even a god she can call her own Always a seeker an adventurer resisting fear Lawrence a city girl creates a summer home in the back woods of the Live Free or Die state She attempts the flying trapeze and takes part in a cross dressing workshop Traveling alone to Morocco she assists a veterinarian tending to an ailing donkey Teaching in a vocational high school in Boston she questions her methods and assumptions about race and class With rare honesty she confronts the complexities of motherhood of caring for her ill partner and of widowhood In *Wonderlust* the collection s most ambitious piece she explores the role of beauty and creativity in our spiritual lives revealing how lifelong learning in dance music and the visual arts can make us all more alive even as we age Ranging widely in length subject and style these personal essays place Lawrence among today s most vital writers of creative nonfiction Her warmth and wisdom her distinctive blend of humor and pathos her reverence for what sustains us food and family community and beauty all make this a book you ll want to share with those you love Leslie Lawrence s essays are sympathetic and patiently observed she ably demonstrates that hard choices call for careful and humane decisions John Irving *The Death of Fred Astaire* assembles a realistic and venturesome portrait of the

author as writer teacher partner mother grieving partner perennial seeker while capturing the complicated texture of the post 1960s decades of American life Lawrence's reach is wide her narrative skills highly honed and her tone is resonant with a sense of truth being told Sven Birkerts author of *Changing the Subject* Art and Attention in the Internet Age *The Death of Fred Astaire* is warm wry and rich in detail A lovely read Kate Clinton comedian In this stirring collection Lawrence boldly plumbs her many lives as lesbian mother writer widow teacher student border crosser each is rich beyond description *The Death of Fred Astaire* is a marvelous book Read it and rejoice through your tears Hilda Raz coauthor of *What Becomes You* This lively and eclectic collection of personal essays will appeal to a wide range of readers educating some about an era of American cultural history and for others providing material for an associational romp through their own memories Additionally *The Death of Fred Astaire* will provide useful material for courses in education nonfiction writing cultural studies and women's studies Pamela Annas University of Massachusetts Boston *The Death of Fred Astaire* is a smart thought provoking collection Leslie Lawrence is at once a wise companionable guide as well as an empathetic narrator who points out and identifies with our collective yearnings and desires our foibles and idiosyncrasies which are after all the central human qualities that link each of us to one another Michael Steinberg author of *Still Pitching A Memoir* *Structure and Spontaneity in Clinical Prose* Suzi Naiburg, 2015-04-10 *Structure and Spontaneity in Clinical Prose* will teach you to read gifted writers for inspiration and practical lessons in the craft of writing apply the principles and techniques of the paradigmatic narrative lyric narrative evocative and enactive modes of clinical prose and put what you learn immediately into practice in eighty four writing exercises Each of the five modes uses different means to construct worlds out of language The paradigmatic abstracts ideas from experience to build concepts and theories The narrative mode organizes experience through time creating meaningful relationships between causes and effects Lyric narratives present events unfolding in an uncertain present The evocative mode works by invitation and suggestion and the enactive mode creates an experience to be lived as well as thought *Structure and Spontaneity* is fundamentally a book about reading and writing in new and different ways It is an invaluable resource for new and experienced psychoanalysts and psychotherapists and for students teachers editors and writers in the humanities and social sciences **The Practical Well-Being Programme** Penelope Moon, 2017-07-05 This book is intended for all those interested in well being and a holistic approach whether it is in schools colleges social settings family support or business The development of the programmes came out of work in Liverpool supporting families of children with severe emotional and behavioural difficulties This book introduces readers to the underlying principles and approaches associated with a holistic approach to well being in educational and other social contexts Originally a specialised within schools programme of therapeutic support for pupils experiencing social behavioural and or emotional difficulties Based on the concept of holism in its fullest sense it utilises both traditional and complementary approaches in support of the whole person mind emotions body and spirit in the context of their whole life incorporating

support for the individual the family school staff within the environment and where applicable the wider community Each chapter consists of two main parts information and background activities that may be used by the teacher as well as in the classroom The exercises at the end of each chapter are developmental in nature and divided into Reflective Journal encourage reflective practises and the development of emotional and spiritual intelligence by recording feeling as well as thoughts and actions wordsmith to encourage the development of interest in words playing with words and defining their terms interpreting meaning and investigating their source etc Activities Knowledge tree using the internet to develop their own knowledge tree and allow imagination to develop activities for the classroom fun ideas that reflect the key points of each chapter and Things to do ideas to develop outside the classroom places to go etc The book also includes Guided Visualisation learning through the use of altered states and relaxation exercises These include a series of guided visualisations which include physical emotional intellectual and creative practices It covers A5 paperback CD 162 pages Poetic Inquiry Pauline Sameshima,Alexandra Fidyk,Kedrick James,Carl Leggo,2017-05-20 In the tradition of a decade of bi annual gatherings of the International Symposium on Poetic Inquiry this volume serves as the fifth refereed symposium anthology Enchantment of Place celebrates poetry and poetic voices theorizing and exploring poetic inquiry as an approach methodology and or method for use in contemporary research practices Poetic inquiry has increased in prominence as a legitimate means by which to collect assimilate analyze and share the results of research across many disciplines With this collection we hope to continue to lay the groundwork internationally for researchers scholars graduate students and the larger community to take up poetic inquiry as a way to approach knowledge generation learning and sharing This volume specifically works to draw attention to the ancient connection between poetry and the natural world with attention to broadening the ecological scope and impact of the work of poetic inquirers *The World Waiting to Be* Louis Brodsky,2012-10-09 In this fifty eight poem collection Brodsky examines the highs and lows authors experience as they practice their craft Portraying everything from writer s block and the terror of the blank page to the overwhelming joy of finishing a work The World Waiting To Be is both lamentation and love song to creative inspiration and the intersection of time and eternity in the act of writing Woman Spirit Awakening in Nature Nancy Barrett Chickerno, Ph.D.,2012-01-09 Dare to Take Ownership of the Wildness and Wonder of Your Truest Self Nature is there for you waiting to reflect your deepest self back to you and to teach you the Creator s wisdom A step into nature s embrace is always a step into a richer fuller life The door is wide open come on out from Beginning This book is your invitation to experience the life energizing process of reclaiming your spiritual roots through nature be it your backyard or the wilds of the forest Nancy Barrett Chickerno a twenty year veteran leading women s retreats guides you on a journey into nature to reconnect with your senses what you see hear touch taste and smell in order to reactivate your ability for personal discovery Combining creativity playfulness and spiritual depth she poses eight life changing questions that help you explore ways to awaken transform and

nurture your spirit Practical exercises for individual or group use encourage you to let go of self judgment and seek balance in your everyday life empowering you to find your own path to spiritual growth Whether you have picked up this book out of curiosity longing even skepticism you will be inspired to get out there into nature to reclaim the person you were created to be

Design for Life Stuart Walker, 2017-04-21 Stuart Walker's design work has been described as life changing inspiring disturbing and ferocious Drawing on an extraordinarily diverse range of sources and informed by creative practice Design for Life penetrates to the heart of modern culture and the malaise that underlies today's moral and environmental crises The author argues that this malaise is deep seated and fundamental to the modern outlook He shows how our preoccupation with technological progress growth and the future has produced a constricted view of life one that is both destructive and self reinforcing Based on over twenty five years of scholarship and creative practice he demonstrates the vital importance of solitude contemplation inner growth and the present moment in developing a different course one that looks squarely at our current precarious situation while offering a positive hopeful way forward a way that is compassionate context based human scale ethically motivated and critically creative Design for Life is an intensely original contribution that will be essential reading for design practitioners and students Written in a clear accessible style it will also appeal to a broader readership especially anyone who is concerned with contemporary society's rising inequalities and environmental failings and is looking for a more constructive balanced and thoughtful direction

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