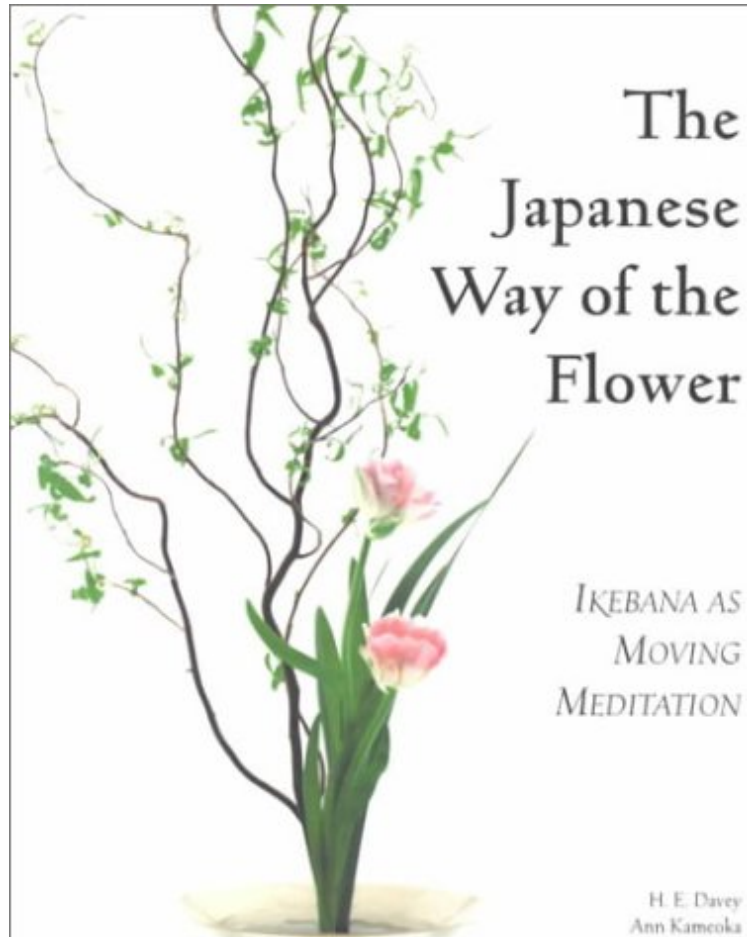


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The Japanese Way of the Flower: Ikebana as Moving Meditation

H. E. Davey, Ann Kameoka

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H. E. Davey, Ann Kameoka : The Japanese Way of the Flower: Ikebana as Moving Meditation before purchasing it in order to gage whether or not it would be worth my time, and all praised The Japanese Way of the Flower: Ikebana as Moving Meditation:

0 of 0 people found the following review helpful. An excellent basic introduction to Kado (The Japanese way of the flower).By Joseph J. TruncateI realize you cannot really learn any martial or cultural art by merely reading a book on the subject without guidance from a Sensei (Teacher); nevertheless, I found this to be a fantastic and very interesting basic guide for anyone interested in Kado. I was familiar with many of the Japanese terms and cultural principles because many of the martial and cultural arts base much of their art on Zen and Shintoism. One small example is the gripping of the hasami (Kado Shears) is indeed the same when using the sword (Katana, Wakizashi, Tanto and Jo/Hanbo) or the staff.This excellent volume covers the following material: A note on the Japanese Language, Kado: Japanese flower arrangement, unifying mind, body and nature, fundamental principles of Kado, simple exercises easy arrangements and sources for instruction and supplies. This book also has numerous beautiful illustrations to help

guide the reader to better understand the subject matter. As emphasized previously, though you can learn some essential basic material about Kado from reading this book; however, the best combination is to not just read this book, but also take actual hands-on lessons from a teacher (Sensei) of Kado at the same time. Rating: 5 Stars. Joseph J. Truncale (Author: Wakizashi-Jutsu: An official manual of Bushi Satori Ryu) 0 of 0 people found the following review helpful. Great book By CheetahWell written and exactly what I was looking for! 0 of 0 people found the following review helpful. Japanese Do portmanteau too scattered. By Kathy Nather Thomas This book is written as though the author is speaking to a group of people instead of to the reader. Also, it refers to other practices constantly while only touching briefly on moments in Ikebana history. Overall it is disappointing and rather frustrating. I'd actually like to return it.

This volume of "moving meditations" shows how simple Japanese flower arranging (ikebana) techniques can be used to refresh the body and restore the spirit. Emphasizing that ikebana is first and foremost a "Way"--a spiritual and meditative art--the book offers solid grounding in Japanese aesthetics and philosophy, with references to Zen, tea ceremony, and other traditional Japanese arts. Line drawings and color photographs show step-by-step arrangements especially for beginners and casual practitioners. The Japanese Way of the Flower is now out of print, but the entire book is included in *The Japanese Way of the Artist* (Stone Bridge Press), which also contains *Brush Meditation* and *Living the Japanese Arts Ways*. Get three popular books by H. E. Davey for the price of one. Order *The Japanese Way of the Artist* from Amazon.com and discover the secrets of Japan's ancient arts, crafts, and forms of meditation. H. E. Davey is Director of the Sennin Foundation Center for Japanese Cultural Arts. He has decades of training in Japanese yoga, healing arts, martial arts, and fine arts. Ann Kameoka is a certified teacher of Ikenobo flower arrangement.

"A very welcome addition to students of Japanese culture, interior decorators, florists, and the non-specialist general reader with an interest in floral arrangements, *The Japanese Way of the Flower* is an impressive, authoritative, and comprehensive introduction." *Internet Book Watch* "There is something for everyone . . . Floral designers in western countries will find it is a very well-grounded, well-organized, helpful guide to the art of ikebana. Those studying Japanese culture and art will see it as a valuable source of information on how aesthetics have become an important part of human psychology." *BellaOnline* From the Publisher *The Japanese Way of the Flower: Ikebana as Moving Meditation* is part of Stone Bridge Press's *MICHI: JAPANESE ARTS AND WAYS* series. From chado--"the Way of tea"--to budo--"the martial Way"--Japan has succeeded in spiritualizing a number of classical arts. The names of these skills often end in Do, also pronounced Michi, meaning the "Way." By studying a Way in detail, we discover vital principles that transcend the art and relate more broadly to the art of living itself. Featuring the work of H. E. Davey and other select authors, books in the series *MICHI: JAPANESE ARTS AND WAYS* focus on these Do forms. They are about discipline and spirituality, about moving from the particular to the universal... to benefit people of any culture. From the Author *The Japanese Way of the Flower* is out of print, but the entire book is included in *The Japanese Way of the Artist* (Stone Bridge Press), which also contains *Brush Meditation* and *Living the Japanese Arts Ways*. Now you can get three of my books for the price of one. Order *The Japanese Way of the Artist* from .com and discover the secrets of Japan's ancient arts, crafts, and forms of meditation. Kado is Japanese flower arrangement. It means, the "Way of flowers," and its one of numerous Japanese arts ending in Do, indicating the Way. Nonetheless, how these arts function as Ways isn't always understood. It's common to state that kado is a Way of life (thus the designation Do), and that by practicing, we can transcend it and grasp the art of living. While this is true, it's uncommon to find a teacher (or book) that can explain how floral art leads to spiritual realization. While some books pay lip service to the ideal of the Way producing spiritual evolution, they also sometimes fail to offer direct explanations and methodologies to help students realize the Way. It's frequently assumed that merely manipulating flowers will produce profound realizations. This is untrue and unfortunate. It's untrue because it's the manner in which we approach the Ways that determines what we learn from them. Spiritual realization isn't guaranteed. It's unfortunate because the conscious practice of Japanese Do forms truly can result in the cultivation of mind and body. But to use flower arrangement as meditation, we must investigate exactly how it can lead to realization. Flower arrangement has been the subject of numerous books. Few of these works, however, have explored how it goes beyond floral sculpture and enters into spirituality. Even fewer have offered methods to practice what can be thought of as "flower meditation," and which are needed for personal growth to take place. Our book was written to answer that need.