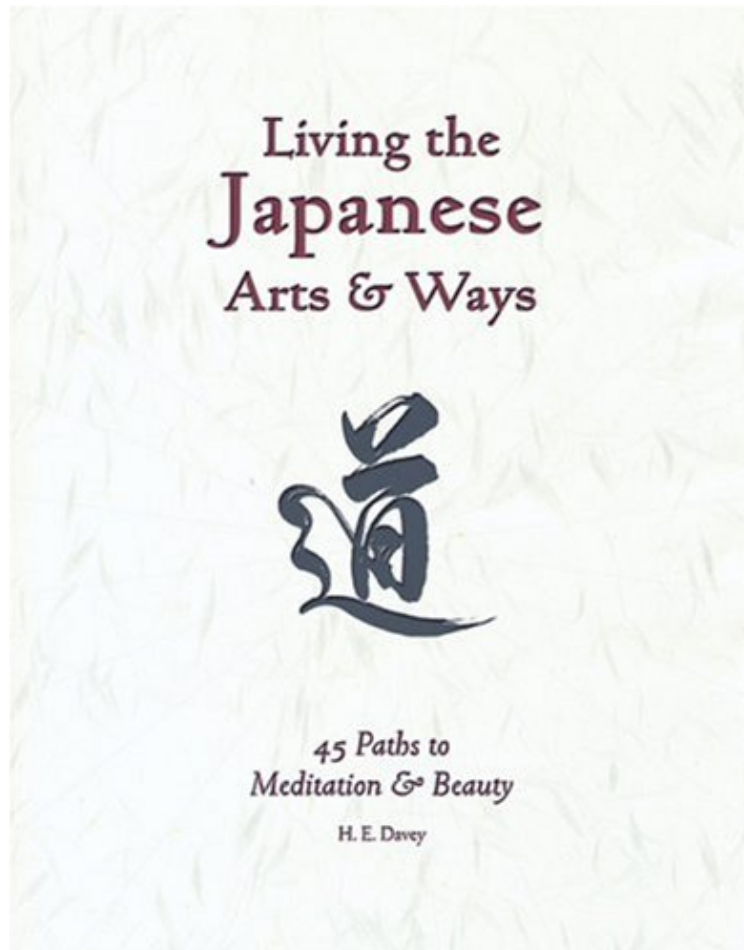


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## Living the Japanese Arts and Ways: 45 Paths to Meditation and Beauty (Michi: Japanese Arts and Ways)

*H. E. Davey*

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**H. E. Davey : Living the Japanese Arts and Ways: 45 Paths to Meditation and Beauty (Michi: Japanese Arts and Ways)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Living the Japanese Arts and Ways: 45 Paths to Meditation and Beauty (Michi: Japanese Arts and Ways):

Ikebana and tea ceremony, karate and calligraphy--what do these traditional Japanese arts have in common? All represent different forms of training and practice, but all stem from shared principles of spiritual practice, moving meditation, and beauty. With practical examples and easy-to-follow exercises, this book concisely introduces 45 living concepts of the Way, from "wabi" and the "immovable mind" to "respect" and "duty," explaining their traditional

Japanese roots and also how to incorporate them into our daily lives for greater serenity, concentration, and creativity. *Living the Japanese Arts Ways* 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 *The Japanese Way of the Flower*. 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.