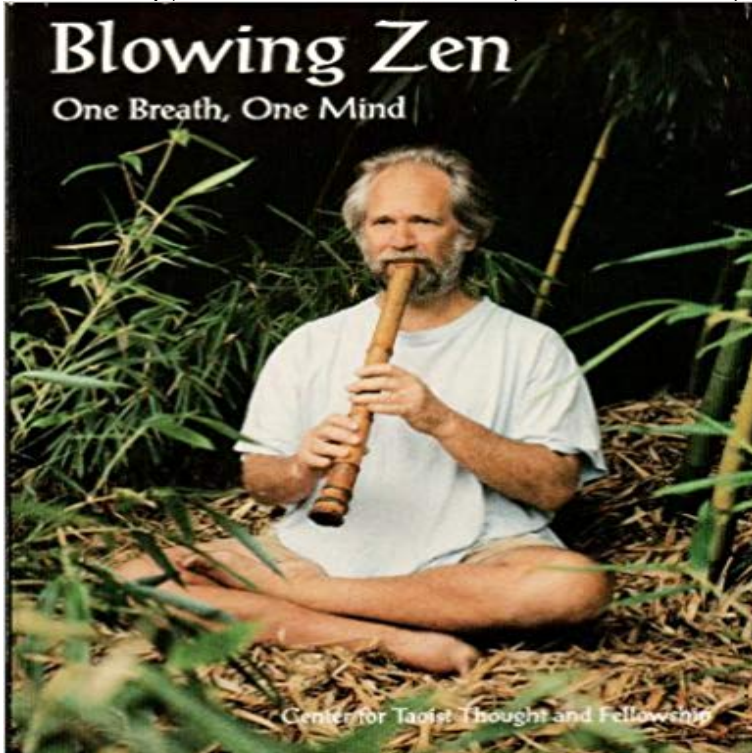


## Blowing Zen: One Breath, One Mind, 2nd Revised Edition



Meditation thought the Shakuhachi Flute. This ancient flute captivates many who cross its path. Hidden in its simplicity is profound possibility. The windy, resonant sound of the Shakuhachi brings deep serenity to sympathetic ears. For the devoted player, it is also a spiritual tool for training the mind and breath. Zen monks have been using the Shakuhachi for Sui Zen for centuries. Sui Zen, which means blowing Zen, is meditation using Buddhist music composed for the Shakuhachi. Shakuhachi Buddhist music seems simple. It doesn't use a great range of octaves or impressive musical techniques. In fact, you can begin your first Buddhist piece within a few months. However, you can easily spend the rest of your life perfecting it. Blowing Zen enables you to learn the Shakuhachi, with or without a teacher or musical talent. The book contains detailed instructions to guide you from making your first sound to playing music. This book includes fully illustrated instructions to guide you step-by-step through the construction of two types of Shakuhachi; there is the easy 60 minute flute anyone can make and the traditional root bamboo flute for those who enjoy a challenge.

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