



Zen in the Art of Flower Arrangement: The Classic Account of the Meaning and Symbolism of the Japanese Art of Ikebana

Gustie L. Herrigel

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Japanese masters have developed the techniques of ikebana over centuries and, while many different styles have evolved, they all share the same fundamental principles. The art embodies aesthetic considerations, knowledge of the natural forms of plants, and a profound understanding of the space around them. This book explains these principles by describing the lessons learned from master arranger Bokuyo Takeda and the underlying Zen symbolism in the art of ikebana. Readers will learn that training in ikebana is a process of achieving spiritual enlightenment and that the craft of arranging flowers is a form of meditation. These lessons provide a perfect escape from the stresses of everyday life and the incomparable satisfaction of creating beauty in the home.

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