



Zen Bow, Zen Arrow (Paperback)

By John Stevens

Shambhala Publications Inc, United States, 2007. Paperback. Condition: New. Annotated edition. Language: English . Brand New Book. Here are the inspirational life and teachings of Awa Kenzo (1880-1939), the Zen and kyudo (archery) master who gained worldwide renown after the publication of Eugen Herrigel s cult classic Zen in the Art of Archery in 1953. Kenzo lived and taught at a pivotal time in Japan s history, when martial arts were practiced primarily for self-cultivation, and his wise and penetrating instructions for practice (and life)--including aphorisms, poetry, instructional lists, and calligraphy--are infused with the spirit of Zen. Kenzo uses the metaphor of the bow and arrow to challenge the practitioner to look deeply into his or her own true nature.



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