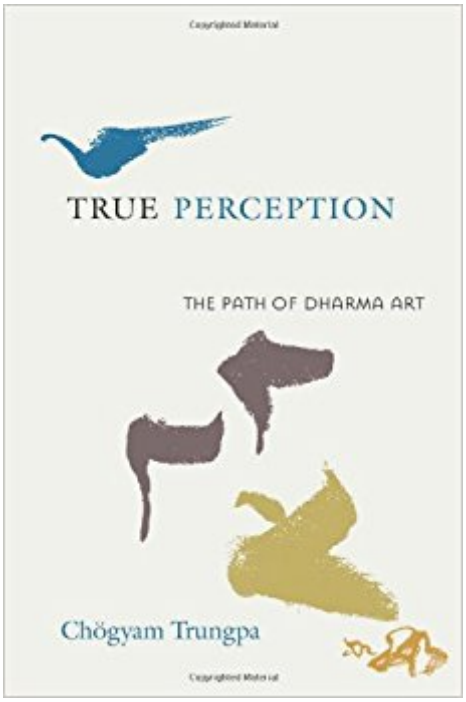
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True Perception: The Path Of Dharma Art



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Synopsis

Genuine art has the power to awaken and liberate. The renowned meditation master and artist ChÃƒÂ¶gyam Trungpa called this type of art Ã¢â ¬Å“dharma artÃ¢â ¬Â•Ã¢â ¬â •any creative work that springs from an awakened state of mind, characterized by directness, unselfconsciousness, and nonaggression. Dharma art provides a vehicle to appreciate the nature of things as they are and express it without any struggle or desire to achieve. A work of dharma art brings out the goodness and dignity of the situation it reflectsÃ¢â ¬â •dignity that comes from the artistÃ¢â ¬â„¢s interest in the details of life and sense of appreciation for experience. Trungpa shows how the principles of dharma art extend to everyday life: any activity can provide an opportunity to relax and open our senses to the phenomenal world. An expanded edition of Trungpa's Dharma Art (1996), this book includes a new introduction and essay.

Book Information

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Customer Reviews

Ã¢â ¬Å“TrungpaÃ¢â ¬â„¢s notion of dharma art is an approach to art as meditation, an attitude of directness and unselfconsciousness in creative work. LiefÃ¢â ¬â„¢s inspired selection and careful editing make this an essential book for those committed to view that the artist should be a spiritual teacher.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly

ChÃƒÂ¶gyam Trungpa (1940Ã¢â ¬â œ1987)Ã¢â ¬â •meditation master, teacher, and artistÃ¢â ¬â •founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university

in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including Shambhala: The Sacred Path of the Warrior, Cutting Through Spiritual Materialism, and The Myth of Freedom.

This is a serious guide towards meshing creativity harmoniously with life. The concepts here are nothing like an occidental art class where you talk of composition and form, but the ideas here could potentially free the inner-creator to realize full potential.I believe this book to offer something truly precious, advice worth cherishing.(Not precious dainty but a real cosmic gift)The earlier printing has nicer quality reproductions of the images...

This is a book about ChogyamTrungpa Rinpoche’s teachings about dharma art, his teachings on applying Buddhist wisdom to the arts...the creative process in general. It can help one learn about both ends of the creative process, the creator end and the appreciating end. It does this by exploring the nature of perception. As my 5 stars indicate, I highly reccomend this book. ...as well as going to a Shambhala center and taking a Shambhala art class to complement the book. ([...])

Exquisite in its mix of directness and depth, Trungpa’s writing can really transform the way one sees oneself and the world ÃƒÂ¢Ã â ¬Ã â œ if one allows the resonance to happen.

Chogyam Trungpa + Art?!!! Does it get any better?! I adore this collection. A wonderful collection for your own library and an excellent gift for any art lover/art maker/mindfulness enthusiast in your life.

This is a slow read, much like some of Weston’s day book writing. I am reminded of Weston and Minor White when I read this. This is a good read for any one interested in the founder - inspirational leader of the Contemplative photography movement aka Miksang

Not too difficult reading re-printed from The Collected Works of Chogyam Trungpa. A very good introduction to some of the general, and particular, elements of contemplative photography from a Tibetan perspective.

One Page at a time.

this book speaks to the experience of perceiving with eloquent yet accessible language. it touches on so many facets of the creative process in ways that I have not heard discussed in other books. full of heart and wisdom.

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