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Shodo: The Quiet Art of Japanese Zen Calligraphy; Learn the Wisdom of Zen Through Traditional Brush Painting

Shozo Sato

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In this beautiful and extraordinary zen calligraphy book, Shozo Sato, an internationally recognized master of traditional Zen arts, teaches the art of Japanese calligraphy through the power and wisdom of Zen poetry.

Single-line Zen Buddhist koan aphorisms, or *zengo*, are one of the most common subjects for the traditional Japanese brush calligraphy known as *shodo*. Regarded as one of the key disciplines in fostering the focused, meditative state of mind so essential to Zen, *shodo* calligraphy is practiced regularly by all students of Zen Buddhism in Japan. After providing a brief history of Japanese calligraphy and its close relationship with the teachings of Zen Buddhism, Sato explains the basic supplies and fundamental brushstroke skills that you'll need. He goes on to present thirty *zengo*, each featuring:

- An example by a skilled Zen monk or master calligrapher
- An explanation of the individual characters and the Zen koan as a whole
- Step-by-step instructions on how to paint the phrase in a number of styles (Kaisho, Gyosho, Sosho)

A stunning volume on the intersection of Japanese aesthetics and Zen Buddhist thought, *Shodo: The Quiet Art of Japanese Zen Calligraphy* guides beginning and advanced students alike to a deeper understanding of the unique brush painting art form of *shodo* calligraphy.

Shodo calligraphy topics include:

- The Art of Kanji
- The Four Treasures of Shodo
- Ideogram Zengo
- Students of Shodo

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