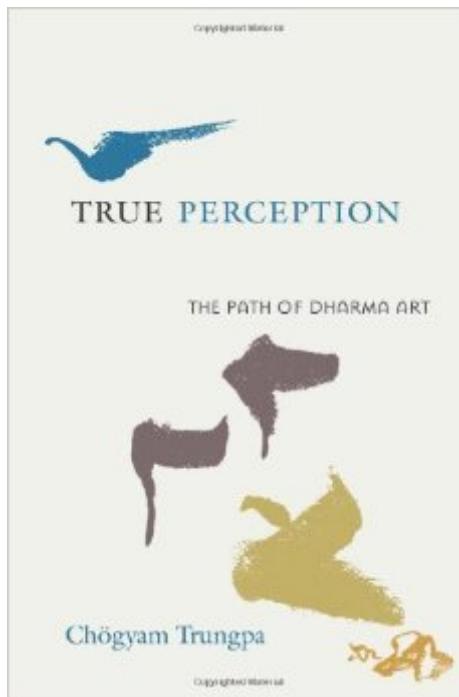


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True Perception: The Path Of Dharma Art



Synopsis

Genuine art has the power to awaken and liberate. The renowned meditation master and artist ChÃ¶gyam Trungpa called this type of art "dharma art" "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 reflects" "dignity that comes from the artist'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

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 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

I was delighted to see a new edition of Dharma Art by crazy wisdom Tibetan teacher, Chogyam Trungpa. His brief life has shone a fresh and awake light in our world. This is an important addition to Trungpa's Shambhala vision and books. May all beings benefit from this vision as it dispells the darkness of confusion.

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.

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 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.

One of the most experiential and profound presentations of how to meet and interact with ourselves and the world. Nonjudgmental, secular and available presentation of how to experience and meet our lives and our world. Will wake you up and inspire you in so many ways. Please..jump in..

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