

# Blowing Zen

## Companion CD



# Blowing Zen Blowing Zen

**Ray Brooks**



## **Blowing Zen Blowing Zen:**

Blowing Zen: Expanded Edition Carl Abbott, School of Urban Studies and Planning Carl Abbott, 2012-04-26 Note The Blowing Zen recordings are available from Kunaki Gumroad and BlowingZen.org <http://bit.ly/kunakiabbott> <https://afm.gumroad.com/l/bzcd> <https://blowingzen.org/learn> The Shakuhachi is an ancient flute that captivates many who cross its path. Hidden in its simplicity is profound possibility. The windy resonant sound of the Shakuhachi brings deep serenity to sympathetic ears. For the devoted player, it is also a spiritual tool for training the mind and breath. Most notably, Zen monks have used the Shakuhachi for centuries to train mind and breath through the practice of Sui Zen blowing Zen using Buddhist music composed specifically for the Shakuhachi. Blowing Zen Expanded Edition is two books in one. The first is the original Blowing Zen 1992 which guides you step by step from producing sound to playing Buddhist Meditation music. Also included are detailed build your own shakuhachi instructions. The Expanded section is Blowing Zen II which contains sheet music for an additional 26 Hon Kyoku compositions, Zen Buddhist music pitch graphs, more San Kyoku Japanese Chamber music, and more Japanese folk music. The Blowing Zen Companion CD, available separately, contains the Japanese folk tunes, chamber music, and Buddhist composition Hi Fu Mi taught in the first section of the book. It also includes examples of timing and standard Buddhist music phrases. Visit [BlowingZen.com](http://BlowingZen.com) for FREE audio and video recordings of the material covered in the book.

**Blowing Zen** Carl Abbott, 2012-04-26 Note The Blowing Zen Companion CD is available through Kunaki and Amazon <http://bit.ly/abbottkunaki> <http://www.amazon.com/Blowing-Zen-Companion-Carl-Abbott/dp/B00BW6S9N6> The Shakuhachi is an ancient flute that captivates many who cross its path. Hidden in its simplicity is profound possibility. The windy resonant sound of the Shakuhachi brings deep serenity to sympathetic ears. For the devoted player, it is also a spiritual tool for training the mind and breath. Most notably, Zen monks have used the Shakuhachi for centuries to train mind and breath through the practice of Sui Zen blowing Zen using Buddhist music composed specifically for the Shakuhachi. Blowing Zen guides you step by step from producing sound to playing Buddhist Meditation music. Also included are detailed build your own shakuhachi instructions. The Blowing Zen Companion CD, sold separately, contains the Japanese folk tunes, chamber music, and Buddhist composition Hi Fu Mi taught in the book. It also includes examples of timing and standard Buddhist music phrases.

**Blowing Zen** Ray Brooks, 2025-09-12 As a young up and coming electrical engineer living in England, Ray Brooks had everything he could want: a high paying job, late nights, and fast cars. All he was missing in his life was the meaning. A series of events brought him to Japan where he met a man who played the shakuhachi, an ancient Japanese flute. That fortuitous interaction motivated Brooks to embark on a journey to learn this very difficult instrument. Through playing the shakuhachi, he began to understand the Zen discipline that is a crucial aspect of Japanese culture. This understanding greatly changed his outlook on life, putting him in touch with his authentic self. Blowing Zen's humor and its irresistible story of cultures converging lets the underlying message come through without preachiness: life is about finding your true calling, not just

what brings you superficial joy Brooks spontaneous approach to the collaboration of art mind body and spirit is inspiring and instructive This uplifting memoir has been entrancing readers since its release in 2000 and it is now being re released with a new chapter and lots of photographs

**Blowing Zen** Ray Brooks,2011-05-16 An uplifting story of the quest for an authentic life and an insightful travel memoir exploring Japan India and the U K Living in London Ray Brooks an outwardly successful but dissolute young man is troubled by despair and lack of meaning He travels to Tokyo to find hi

**The Sound of Bamboo** Monty Levenson,2019-10 Enter the wonderful world of shakuhachi the traditional Japanese bamboo flute brought to you with the aid of Ricoh Corp of Japan s new interactive Clickable Paper technology In this edition of The Sound of Bamboo printed pages throughout the book are linked to a broad array of digital media content including websites music and multimedia videos Download the free CP Clicker app on your iOS or Android tablet or smartphone to enter the portal The Sound of Bamboo is divided into three main sections 1 A discussion of the origins of shakuhachi within the wider context Japanese culture and its close association with Zen Buddhism as a vehicle for meditation 2 A sampling of beautiful and inspiring Zen and shakuhachi themed Japanese sumi e ink brush paintings by two renowned artists 3 Exploration and analysis of the acoustical physics of the shakuhachi in an effort to unravel the mystery of how breath is transformed into sound Embedded in pages of the book however is a fourth section composed of hyperlinks that open you to the wide world of shakuhachi created by many of the instrument s foremost players teachers makers and authorities The beauty of this new interactive technology goes beyond broadening the informational parameters of a printed book It also adds a temporal dimension allowing an edition to be expanded and enhanced past the date of its initial publication Like any online web browser linked content can be updated or otherwise modified well into the future keeping a book relevant and up to date All additions modifications and other changes will be logged online for future reference This is a book that will never become obsolete or limited in scope to the time of its publication

*Blowing Zen II* Carl Abbott,2012-04-26 *Blowing Zen II* contains 26 additional Hon Kyoku compositions Zen Buddhist music pitch graphs more San Kyoku Japanese Chamber music and more Japanese folk music Visit [BlowingZen.com](http://BlowingZen.com) for FREE audio and video recordings of the material covered in the book See also *Blowing Zen Expanded Edition* which incorporates both *Blowing Zen* and *Blowing Zen II* in one book

*Blowing Zen* Carl Abbott,1992

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James R. Heintze,2024-02-02 As the century comes to a close composition of music in the United States has reached little consensus in terms of style techniques or schools In fourteen original articles the contributors to this volume explore the broad range and diversity of post World War II musical culture Classical and jazz idioms are both covered as is the broad history of electronic music in the United States

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