

Zen Guitar

Zen Guitar The Book of Six Strings Zen and the Art of Guitar The Book of Six Strings Philip Toshio Sudo Philip Toshio Sudo Jeff Peretz Philip Toshio Sudo

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draws on eastern religion to present a series of life lessons through the metaphor of music to help readers live their lives with purpose contemplation and harmony

philip toshio sudo founder of the zen guitar movement and guitarist and educator tobias hurwitz present this follow up to the best selling book zen guitar inside are musical examples that help bring the zen philosophy to life on anyone's guitar learning these ancient ideas can help guitarists become more in the moment in their musical approach the book of six strings helps guitarists break out of a creative rut and take playing to the next level this book's centerpiece is one sound one song composed by philip toshio sudo as a musical launching pad for zen guitar exploration included are inspirational quotes philosophical concepts and historical facts mixed in with the musical examples also included is a cd demonstrating all of the examples in the book this book is the ideal choice for those looking to be inspired and to deepen their spirituality and musical understanding

join performer and teacher jeff peretz on a musical journey that will open your mind and improve your guitar playing in ways you've never dreamed of using the practice of skill cultivation one of the principles at the heart of zen philosophy you'll discover ways to develop your powers of concentration let go as a player and become a complete guitarist along the way you'll learn about the history of zen the application of zen to rhythm melody and harmony and new ways of thinking about familiar musical elements you'll find zen and the art of guitar a musical learning experience unlike any you've ever encountered

as the follow up to the best selling book zen guitar the book of six strings presents musical examples that will help you bring the zen philosophy to life on your guitar learn how these ancient ideas

can help you become more in the moment in your musical approach the book of six strings will help you break out of a creative rut and take your playing to the next level this book s centerpiece is one sound one song composed by philip toshio sudo as a musical launching pad for zen guitar exploration you will also find inspiring quotes philosophical concepts and historical facts mixed in with the musical examples if you are looking to be inspired and to deepen your spirituality and musical understanding this book is for you

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