

# [PDF] Zen In The Art Of Archery

## Eugen Herrigel - pdf download free book

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### Books Details:

Title: Zen in the Art of Archery  
Author: Eugen Herrigel  
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### Description:

So many books have been written about the meditation side of Zen and the everyday, chop wood/carry water side of Zen. But few books have approached Zen the way that most Japanese actually do--through ritualized arts of discipline and beauty--and perhaps that is why Eugen Herrigel's *Zen in the Art of Archery* is still popular so long after its first publication in 1953. Herrigel, a philosophy professor, spent six years studying archery and flower-arranging in Japan, practicing every day, and struggling with foreign notions such as "eyes that hear and ears that see." In a short, pithy narrative, he brings the heart of Zen to perfect clarity--intuition, imitation, practice, practice, practice, then, boom, wondrous spontaneity fusing self and art, mind, body, and spirit. Herrigel

writes with an attention to subtle profundity and relates it with a simple artistry that itself carries the signature of Zen. --*Brian Bruya* --This text refers to an out of print or unavailable edition of this title.

**Review** "In this wonderful little book, Mr. Herrigel, a German philosopher who came to Japan and took up the practice of archery toward an understanding of Zen, gives an illuminating account of his own experience. Through his expression, the western reader will find a more familiar manner of dealing with what very often must seem to be a strange and somewhat unapproachable Eastern experience."—D.T. Suzuki, author of *Zen in Japanese Culture*

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