

PHILIP TOSHIO SUDO



zen guitar

"I picked up *Zen Guitar* with great interest.
Perhaps the book would help my playing,
offer a more spiritual perspective on music-making
or at least give my practicing . . . a jump start.
Zen Guitar did all that and more."

—Deirdre E. Schwesow, USA Today

Zen Guitar Philip Toshio Sudo Wglife

Philip Toshio Sudo



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Zen Guitar Philip Toshio Sudo, 2013-08-27 Unleash the song of your soul with Zen Guitar a contemplative handbook that draws on ancient Eastern wisdom and applies it to music and performance Each of us carries a song inside us the song that makes us human Zen Guitar provides the key to unlocking this song a series of life lessons presented through the metaphor of music Philip Sudo offers his own experiences with music to enable us to rediscover the harmony in each of our lives and open ourselves to Zen awareness uniquely suited to the Western Mind Through fifty eight lessons that provide focus and a guide the reader is led through to Zen awareness This harmony is further illuminated through quotes from sources ranging from Eric Clapton and Jimi Hendrix to Miles Davis From those who have never strummed a guitar to the more experienced Zen Guitar shows how the path of music offers fulfillment in all aspects of life a winning idea and an instant classic The Book of Six Strings Philip Toshio Sudo, Tobias Hurwitz, 2007-04 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 *The Book of Six Strings* Philip Toshio Sudo, Tobias Hurwitz, 2013-11-30 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 *Zen rund um die Uhr* Philip Toshio Sudo, 2006

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