



# Zen By the Brush: A Japanese Painting And Meditation Set

*Myochi Nancy O'Hara, Susan Morningstar*

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**Zen By the Brush: A Japanese Painting And Meditation Set** Myochi Nancy O'Hara, Susan Morningstar  
For centuries, Zen monks in Japan have used the traditions of ink painting and poetry to aid them in meditation and express their insights. *Zen by the Brush* offers modern readers a simple, quick, and fun way to relax with Zen art.

The full-color book contains an introduction to the basics of brush painting and Zen meditation. Along with Zen writings and Japanese-style sumi-e illustrations to inspire you, *Zen by the Brush* provides an enjoyable introduction to a meditative art and a means to practice the craft.

*Zen by the Brush* includes a special painting board and brush in a reusable storage case. Using plain water, readers paint their own sumi-e pictures. The ink-like image fades after a minute or two as it dries—simply part of the Zen practice of letting go.

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