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Zen Guitar

Philip Toshio Sudo



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The book starts from a simple premise: Each of us carries a song inside - the song that makes us human. We're all born with this song, but so many of us don't know how to unlock it. Zen Guitar offers the key. By sharing his own experiences with music, Philip Toshio Sudo guides us to rediscover the harmony in each of our lives, as well as to open ourselves to a Zen awareness uniquely suited to the Western mind. Filled with inspirational words from famous musicians, beautiful brush paintings, Zen stories, and samurai maxims, the book unfolds in fifty-eight lessons that go from the four lessons to establish the beginner's mind, to the "Twelve Points of Focus" and "Twelve Common Missteps" through technical excellence, and into more advanced levels of Zen.

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