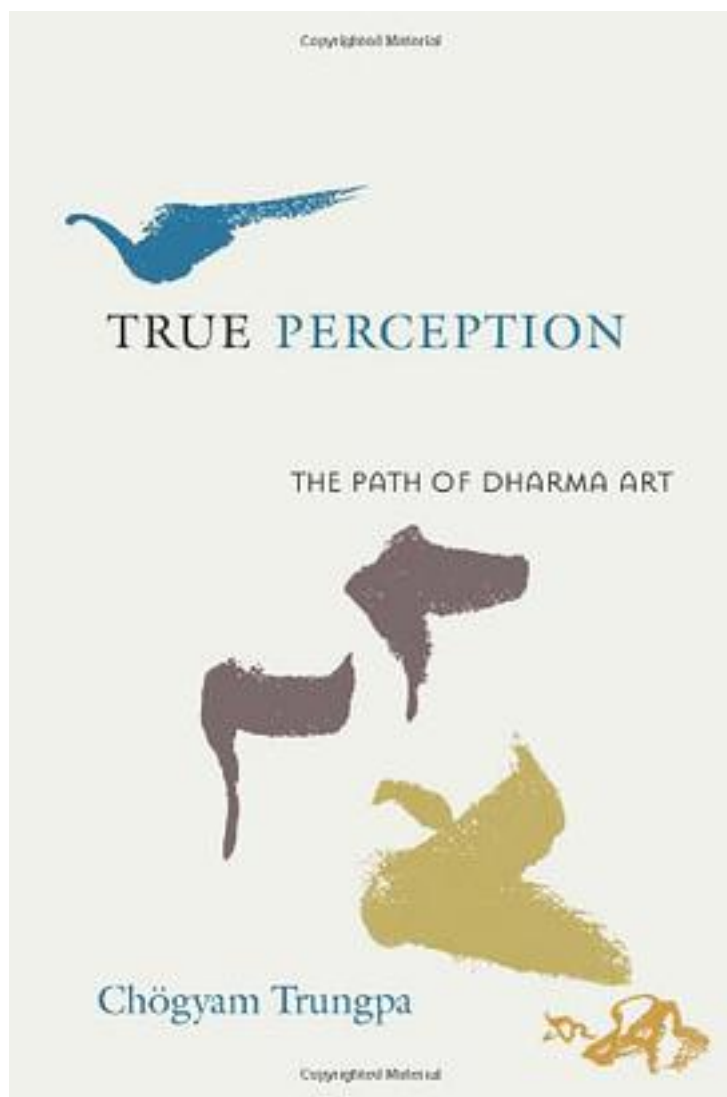


True Perception



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Genuine art has the power to awaken and liberate. The renowned meditation master and artist Chögyam Trungpa called this type of art “dharma art” —any creative work that springs from an awakened state of mind, characterized by directness, unselfconsciousness, and nonaggression. Dharma art provides a vehicle to appreciate the nature of things as they are and express it without any struggle or desire to achieve. A work of dharma art brings out the goodness and dignity of the situation it reflects—dignity that comes from the artist’s interest in the details of life and sense of appreciation for experience. Trungpa shows how the principles of dharma art extend to everyday life: any activity can provide an opportunity to relax and open our senses to the phenomenal world.

An expanded edition of Trungpa's Dharma Art (1996), this book includes a new introduction and essay.

作者介绍:

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