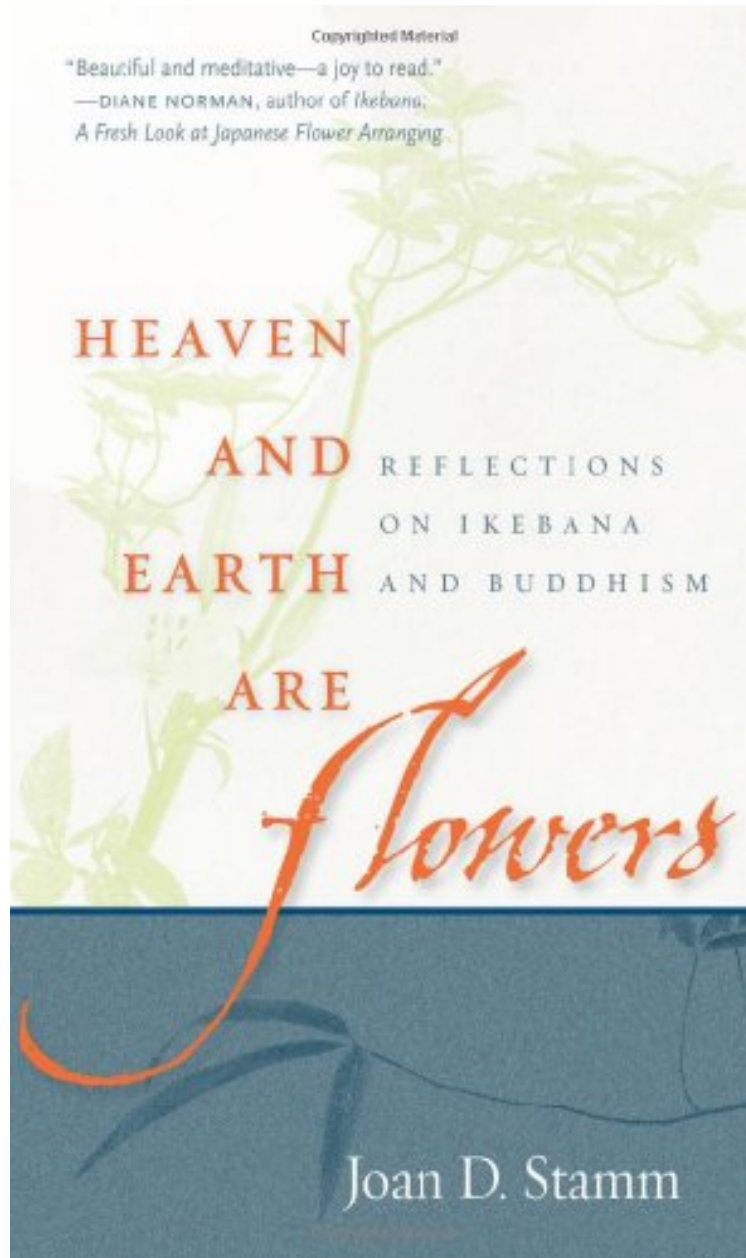


(Download free pdf) Heaven and Earth Are Flowers: Reflections on Ikebana and Buddhism

Heaven and Earth Are Flowers: Reflections on Ikebana and Buddhism

Joan D. Stamm

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Joan D. Stamm : Heaven and Earth Are Flowers: Reflections on Ikebana and Buddhism before purchasing it in order to gage whether or not it would be worth my time, and all praised Heaven and Earth Are Flowers: Reflections on

Ikebana and Buddhism:

5 of 5 people found the following review helpful. Beauty and soul come alive. By Nancy S. Ayer I am struck by this beautiful book; struck mostly by its depth, the depth of the author, and the depth of symbolism, metaphor and image behind Ikebana. I see soul represented in every one of the author's arrangements. I found myself studying the original arrangements and trying to decide which - if I could choose just one - was my favorite. I was struck by several things in this book: the level of water according to the season; the inclusion of a yellowed bamboo leaf or a brown of the Iris and canna leaves to show impermanence, and change of seasons. Ikebana is all new to me but the messages are not! It made me happy to see that the ancient art of Ikebana is also willing to move into the 21 century with "Inoribana". Flowers are the mandalas of the garden and the beauty of the soul. Heaven and Earth Are Flowers injects both into the heart of the reader and thus out into the world. Discover the beauty of your own soul amongst Stamm's arrangements and read this unique book.

1 of 1 people found the following review helpful. An invitation to practice Ikebana. By Lily This beautiful book invites you to practice the art of Ikebana. As well as it is easy to read, it has some passages of depth and harmony which feed the reader's soul. A friend who knows that I practice Ikebana since eight years ago recommended Heaven and Earth are Flowers. As I read it, I was surprised to realize that most of my feelings and sensations are explained in this book. Feelings and sensations that I perceive when I work on flowers and branches. I like also the way that Joan explains the reflexive and meditative states in which one finds meanwhile a floral arrangement is made. Finally, I want to express my gratitude to Joan because she shares part of her life and most of her soul to the readers in this book.

Lily Santur Tun Mexico City

1 of 1 people found the following review helpful. Designs to soothe the Senses and nourish the Soul. By Constanze Through Ikebana, Buddhism and Japanese poetry, Ms. Joan Stamm traces out her life path as she searches for all that is meaningful and life-giving. The Buddhists understand well the transitive nature of life, which Ms. Stamm puts together with text, Ikebana arrangements and glimpses into her personal life. Her flower arrangements are exquisite, if sometimes very intellectual and strict. This book has a slightly gloomy touch, possibly because Ms. Stamm seems not to have had an easy life. It is a book which invites reflection and a meditative mood. For all those who want to see beyond the beauty of Ikebana arrangements, I recommend this book.

In this lovely meditation on Ikebana - the Japanese art of flower arranging - Joan Stamm shows us how her twin paths of Buddhist practice and artistic endeavor converge and indeed become thoroughly intertwined. Stamm's lush, elegant voice weaves childhood memories of her mother's joy at a just-bloomed morning glory with meditations on the symbolic importance of bamboo, of pine, of the lily. She takes us with her on her travels to Japan as she learns the essential principles of Ikebana, and lets us join her as she teaches flower arranging to women in a nursing home who, though they won't recall tomorrow the rules of arrangement or even the flowers' names, nonetheless partake in the joy and love that celebrates all living things, however briefly they endure. And, when Joan shows us the natural symmetry of a blossom, we find that we too have regained our balance. Includes 16 full-color photographs of the author's original Ikebana.

"This is a gentle book, beautiful and meditative, that goes right to the heart of Ikebana. It is a book that I will recommend to my students to take their understanding to a different plane." (Diane Norman, author of *Ikebana: A Fresh Look at Japanese Flower Arranging*) "In this subtle arrangement of real life and ancient teachings, Joan Stamm shows how attention to a single flower reveals ageless wisdom. A loving tribute to a living art." (Karen Maezen Miller, author of *Momma Zen*) "The author shapes stem, leaf, and blossom into a dharma of living beauty." (Lin Jensen, author of *Bad Dog!* and *Together Under One Roof*)

About the Author: Joan D. Stamm received shihan, formal authorization to teach, from the Saga School of Ikebana headquartered in Kyoto, Japan. Her essays have appeared in *Utne Reader*, *Tricycle: The Buddhist*, *The Best Spiritual Writing* series, *Weber Journal* and other publications. She currently lives on Orcas Island, WA.