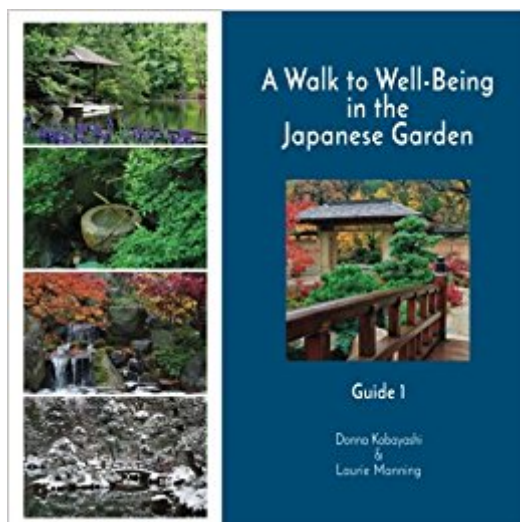


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# A Walk To Well-Being In The Japanese Garden: Guide 1 (Volume 1)



## Synopsis

Japanese Gardens reflect the Japanese ideals of Nature and have found universal appeal in western societies. A "journey" in the Japanese Garden invites the visitor to engage and experience Nature through understanding the Japanese sense of sustaining well-being through Traditional cultural understandings in order to enrich the quality of their lives. In doing so, they learn to experience and appreciate Nature's elements (i.e., air, fire, earth, water) through the senses. The United States is fortunate to have many Japanese Gardens. These gardens have been a beautiful addition to the American landscape and a readily available resource that encourages cultural understanding and appreciation in a natural setting. This Guide will help you gain a deeper understanding of the Japanese Garden, enhance your garden visit, increase awareness and most importantly, support your well-being as you learn about and experience traditional cultural insights and practices. The Japanese Garden is informative and restorative whether the visit is a leisurely stroll or an opportunity to pause and reflect on specific aspects of the garden and self. This Guide contains 2 walks for each season. Each walk focuses on information appropriate to that season and is divided between discussions of Traditional Teachings, the Japanese Garden, Japanese Culture and Well-being. Within each walk there are: • Goals for each walk. • Traditional Teaching principles and a discussion of their relationship to the Japanese Garden and well-being. • Questions to think about. and • Areas for self-reflection, which can serve as a "journal" of your walks.

## Book Information

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## Customer Reviews

Donna's interest in Traditional Teachings, Japanese Gardens and well-being grew out of her studies with Master teachers in Chinese, Native American and Japanese Traditional Teachings. Through her training as a Traditional student, related experiences and her heritage as a third generation Japanese American (sansei), Donna was able to begin connecting Traditional principles with her love of the Japanese Garden as a learning environment. While applying her knowledge as an instructor, docent and consultant in Japanese Gardens, Donna's father attended one of her presentations and suggested that she should serve as a bridge between eastern and western understandings as demonstrated through the Japanese Garden. Encouraged by her teachers, Donna began to design programs that would integrate Traditional Teachings and how the Japanese garden, through its design and cultural content, could support well-being and address western lifestyle issues. Exploring and test-applying possible answers to those questions resulted in the preparation of this Guide. Donna founded Shin ka in 2001. The name "Shin ka" was given to her by one of her Traditional Teachers. Shin ka has provided an organizational vehicle for moving forward in providing programs and information on Japanese Gardens, Traditional Teachings and well-being. Donna met Laurie when she was teaching Tai Chi and Qigong under a Traditional Master. Laurie had been involved not only in teaching, but also in research and writing in the areas of Tai Chi and Qigong including serving as lead writer or author for the preparation of a number of articles and workbooks. Donna and Laurie reconnected when Donna was completing her Masters at DePaul University in: Developing Programs That Explore Traditional Japanese Teachings And Their Relevance To The Western Mindset As Expressed Through The Design And Content Of Japanese Gardens. Laurie's knowledge and experience in learning, teaching and writing about eastern Traditions and philosophy combined perfectly with Donna's own background and interests. They have been working together for more than ten years. This Guide is the result of their collaboration and is based on their mutual interests and experiences as well as their understanding of Traditional Teachings as transmitted to them by their Teachers. They share a deep respect for Traditional eastern teachings and their potential for supporting lifestyle and well-being.

This book is not only beautiful on the inside but a lovely overall concept. I enjoyed learning about the elements of the Japanese garden while relaxing and reflecting on life. I am looking forward to the next garden walk next season!

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