

## Zen Guitar

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Zen Guitar is a simple read for anyone interested in learning guitar by looking within yourself. This IS NOT a technical manual on how to actually play, but how to think and prepare your mind, body, and soul.

**Zen Guitar: Sudo, Philip Toshio:  
9780684838779: Amazon.com ...**

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## **Zen Guitar**

Zen Guitar is a mash-up of Zen and Music. While it is not a method book in the traditional sense, it does offer guidance on how to approach both one's instrument and one's life in a zen way. While it is not a method book in the traditional sense, it does offer guidance

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on how to approach both one's instrument and one's life in a zen way.

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As the name implies, Zen Guitar is based largely on the principles of zen philosophy. Zen is most easily understood as a common-sense

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approach to all things. Some people come to know zen through meditation, others through the martial arts, or archery, or flower arranging. All these are paths to the same wisdom.

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**Zen Guitar by Philip Toshio Sudo,**

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