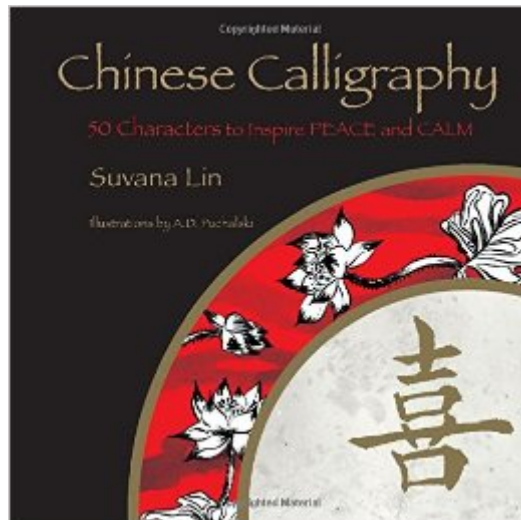


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# Chinese Calligraphy: 50 Characters To Inspire Peace And Calm - Includes Book & Practice Journal



## Synopsis

For centuries, scholars have viewed Chinese calligraphy as a regimen, a practice of calming the mind and nurturing the heart. It is viewed not only as a way to release stress and build patience but also as a path to self-development. It takes time and care to slowly grind the solid inkstone into liquid ink. It encourages good hand-eye coordination to execute the brushstroke. Chinese calligraphy has increased much in popularity nowadays, particularly among the younger generation. It has gained importance as a visual art form that is heavily influenced by culture and heritage. It is an art that most people can enjoy with minimal requirements - ink, brush, and paper. The fifty characters that were chosen all evoke a sense of peacefulness. The book is separated into three sections, with each section emphasizing elements that may affect our state of mind: Nature, Emotion, and Enlightenment. Nature is all around us, greatly impacting our lives. A. D. Puchalski's lovely illustrations help to complement and illuminate the fact that we can find nature in all things. The characters selected for the Emotion section highlight those emotions that, when cultivated, will benefit our overall mental well-being. The characters in the Enlightenment section emphasize the relationship with oneself, and help us recognize how fortunate we are that we can acquire new skills and develop our infinite potential for personal growth. Chinese Calligraphy is bound in a handy slip case to keep the book and journal bound together. The binding of the book allows it to lay flat for easy reference while you craft your characters. By focusing on each individual brushstroke as you practice writing these calming characters, you will learn to appreciate the joy of Chinese calligraphy. It will also help clear and quiet your mind to the noise of your daily life.

## Book Information

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