

1. Record Nr.	UNINA9910464397203321
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Titolo	The zen arts : an anthropological study of the culture of aesthetic form in Japan / / Rupert A. Cox
Pubbl/distr/stampa	Oxon [England] ; ; New York : , : RoutledgeCurzon : , : Royal Asiatic Society of Great Britain and Ireland, , 2003
ISBN	1-136-85551-3 1-315-02891-3
Descrizione fisica	1 online resource (297 p.)
Collana	Royal Asiatic Society books
Disciplina	704.948943927091864
Soggetti	Zen arts - Japan Aesthetics, Japanese Electronic books. Japan Civilization Zen influences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover ; Title Page ; Copyright Page ; Dedication ; Table of Contents ; List of Plates ; Acknowledgements ; Introduction ; 1. Orientalism ; 2. A World Apart ; 3. The Word and the Body in Practice ; 4. Mimesis and Visuality ; 5. Structuring Relations ; 6. Distinguishing Persons ; 7. Culture as Aesthetic Value ; 8. Cracking Culture ; Notes ; Bibliography ; Index
Sommario/riassunto	The tea ceremony and the martial arts are intimately linked in the popular and historical imagination with Zen Buddhism, and Japanese culture. They are commonly interpreted as religio-aesthetic pursuits which express core spiritual values through bodily gesture and the creation of highly valued objects. Ideally, the experience of practising the Zen arts culminates in enlightenment. This book challenges that long-held view and proposes that the Zen arts should be understood as part of a literary and visual history of representing Japanese culture through the arts. Cox argues that these texts