

CREATIVE
COMPANION

PODCAST

THE POWER OF MUSIC THINKING

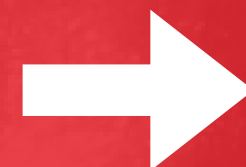
with Christof Zürn



Guest:
JONEN

WALKING WITH A SHAKUHACHI PRIEST

FIVE
INSIGHTS



EPIISODE 68

||: music thinking :||

PRESENCE AND ATTENTIVENESS



“... IN JAPANESE THERE IS A BEAUTIFUL PHRASE, ‘KUUKI WO YOMU’ MEANING ‘READING THE AIR’ SENSING THE MOOD AND THE ENVIRONMENT.”

PLAYING SHAKUHACHI IN A PAVILLION, CLEANING CREW APPROACHING NARA

LEADERSHIP AND ACTIVE MEDITATION



"MEDITATION IN THE MIDST IS BY FAR SUPERIOR ... WHEN I'M WALKING AND MEDITATING, THAT STYLE OF MEDITATION IS WAY BETTER ... YOU'RE ENGAGING MORE THAN JUST YOUR OWN MIND."

IN THE SHOPPING MALL, NARA

ADAPTABILITY AND RESILIENCE



“JUST EVERYTHING IS NATURE. I AM TRYING TO ADAPT MY SHAKUHACHI PLAYING TO HARMONIZE WITH THAT. IT IS WHAT I'VE BEEN WORKING ON.”

AT THE TOP OF THE TEMPLE LOOKING INTO THE VALLEY, NARA

MINDSET AND CONTENTMENT



**"THE REAL SECRET TO IT IS JUST BE
CONTENT. JUST BE CONTENT WITH
WHAT YOU HAVE. HAVING NOTHING
AND HAVING THE MOST, THEY KIND
OF MEET UP."**

WALKING THROUGH NARA ON A HOT DAY IN JULY

POWER OF SOUND



**"IF I COULD GIVE THAT KIND OF PRESENT
TO PEOPLE WALKING BY ME. JUST FOR A
MOMENT OF PEACE WHERE THEY'RE LIKE,
'WHAT'S THAT SOUND?'... THAT'S KIND OF
LIKE TAKING ZEN TO THE MASSES."**

JUST OUTSIDE THE TRAIN STATION, NARA

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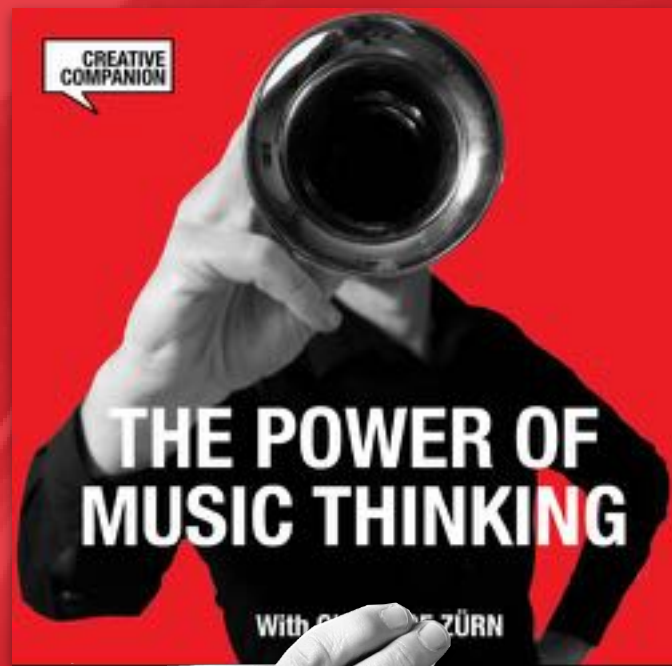
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