

CREATIVE
COMPANION

PODCAST

THE POWER OF MUSIC THINKING

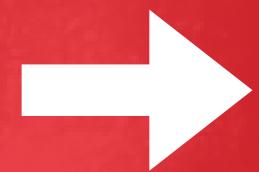


with Christof Zürn

Guest:
JONEN

WALKING WITH A SHAKUHACHI PRIEST

FIVE
INSIGHTS



EPISODE 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.”

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."

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."**

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."

CREATIVE
COMPANION

PODCAST

THE POWER OF MUSIC THINKING

with Christof Zürn



Guest:
JONEN



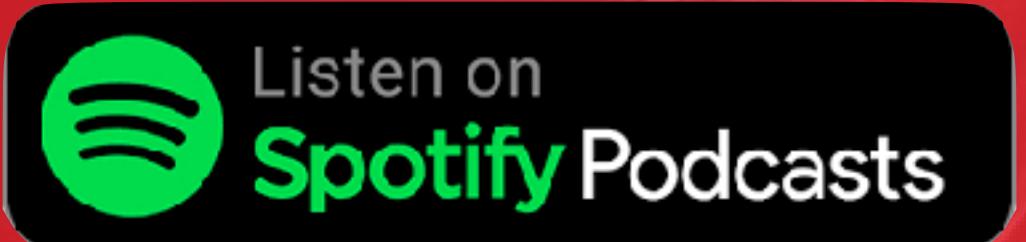
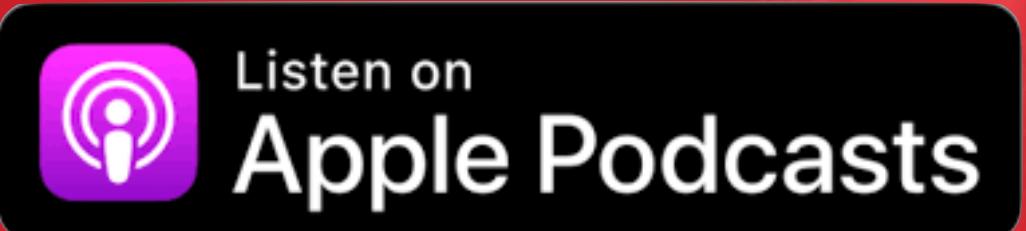
WALKING WITH A SHAKUHACHI PRIEST



SUBSCRIBE

**GIVE US A RATING
OR COMMENT**

Listen on



musicthinking.com