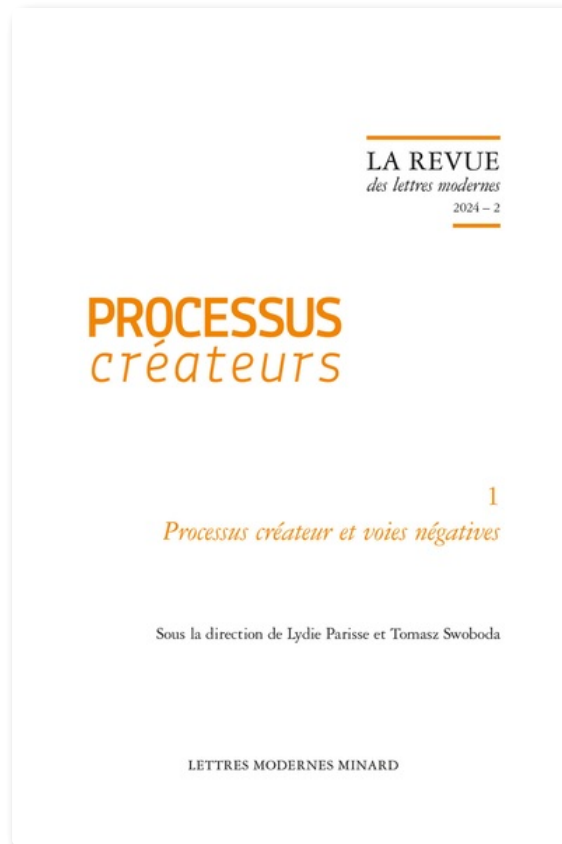




Self “Denial” and the Creative Process in Japanese Zen

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Abstract: Japanese Zen thought leads to the idea that the act of creation is meditative, that is to say, a “negative way”. The meditation practiced in Zen – *zazen* – and the relationship to time, to the interior and exterior of oneself that it conveys, allows for the development of a critical and reflective approach to creative “doing” based on the notions of *Field* and *Nothingness*: the latter is, in the Japanese philosophical sense, the opposite of a sterile void, but the very source from which speech originates.

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