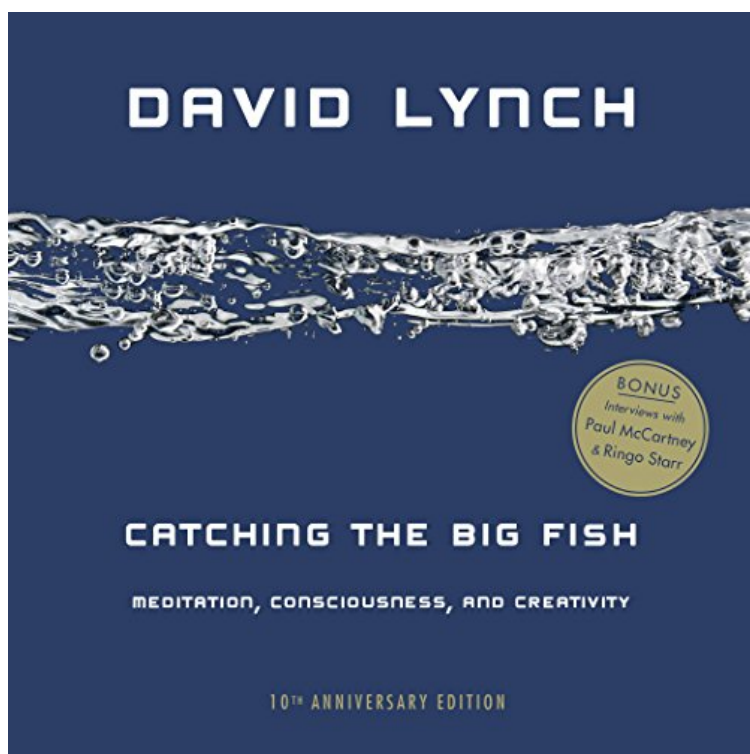


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Catching the Big Fish: Meditation, Consciousness, and Creativity: 10th Anniversary Edition



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[Library ebook] Catching the Big Fish: Meditation, Consciousness, and Creativity: 10th Anniversary Edition

Par David Lynch : Catching the Big Fish: Meditation, Consciousness, and Creativity: 10th Anniversary Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Catching the Big Fish: Meditation, Consciousness, and Creativity: 10th Anniversary Edition:

Description : Description du produitIn this rare work of public disclosure, filmmaker David Lynch describes his personal methods of capturing and working with ideas, and the immense creative benefits he has experienced from the practice of meditation.

Prsentation de l'diteurIn this "unexpected delight,"* filmmaker David Lynch describes his personal methods of capturing and working with ideas, and the immense creative benefits he has experienced from the practice of meditation.Now in a beautiful paperback edition, David Lynch's Catching the Big Fish provides a rare window into the internationally acclaimed filmmaker's methods as an artist, his personal working style, and the immense creative benefits he has experienced from the practice of meditation.Catching the Big Fish comes as a revelation to the legion of fans who have longed to better understand Lynch's personal vision.

And it is equally compelling to those who wonder how they can nurture their own creativity.Catching IdeasIdeas are like fish.If you want to catch little fish, you can stay in the shallow water. But if you want to catch the big fish, you've got to go deeper.Down deep, the fish are more powerful and more pure. They're huge and abstract. And they're very beautiful.I look for a certain kind of fish that is important to me, one that can translate to cinema. But there are all kinds of fish swimming down there. There are fish for business, fish for sports. There are fish for everything.Everything, anything that is a thing, comes up from the deepest

level. Modern physics calls that level the Unified Field. The more your consciousness-your awareness-is expanded, the deeper you go toward this source, and the bigger the fish you can catch.--from *Catching the Big Fish* From Publishers Weekly

Lynch blends biography, filmography, spiritual quotes and his philosophical perspective on the life-changing capabilities of transcendental meditation, all within two and a half hours. Having practiced meditation for three decades, director Lynch discusses how it has influenced his life and helped him to concentrate his energy. Listeners may catch glimpses of creativity and consciousness, but Lynch's rants lack cohesion and substance. Within the audiobook's short chapters, Lynch barely broaches a topic before moving onto the next, leaving listeners to question his emphasis to go "deep." The most interesting aspects arise out of his anecdotes and comments about his films, like *Eraserhead* and *Blue Velvet*. His dry rattling voice hints at the passion behind his statements, but more often comes across as insistent and almost whiny. He reminds listeners that authors do not always make the best voices for their books.

However, on the sound production end, the lightly blowing wind for the quotes from the Upanishads and Sutras adds mystical air to their reading. It's unfortunate that neither his words nor his voice live up to that standard. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Audiofile A charming audio by the film director, artist, and Transcendental Meditation devotee is part memoir, part meditation tutorial, and part layman's guide to finding the big ideas we need to fuel great personal expression. Though Lynch sounds mature and worldly, he brings immense freshness to this lesson. He shares a personally validated creative process that cuts through the noise about artistic expression and gets to the basic realities of unfettered personal discovery. The big fish swim far below, so we have to dive deep to find the ideas that express the strongest parts of who we are and what the world is all about. Lynch's rough voice pushes his material with relentless belief and determination. I can't imagine anyone else reading this as effectively. T.W. AudioFile 2007, Portland, Maine-- Copyright AudioFile, Portland, Maine