

# Sitting in

**WILD HEART JOURNAL:**  
ART, CREATIVITY & SPIRITUAL LIFE

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...is at the core of the inquiry with which the Wild Heart Journal is engaged: *the interplay and synthesis of art, creativity and spiritual life.*

## *What is the relationship between meditation and the creative process?*

Deep silence and whole-hearted expression?

Quiet stillness and free movement?

Prayer and song?

Religious ritual and theater?

The fundamental assumption I made in starting the **WILD HEART JOURNAL** was that the passionate, focused concentration on the arts and the creative process is an authentic spiritual path. Two of our interviews this issue, however, call into question that very premise. Both John Daido Looori, Roshi and Joseph Goldstein doubt the possibility that creative work alone, outside the context of religious tradition or spiritual practice, can lead the practitioner toward genuine self-realization.

Naturally, this point of view, coming from two people that I greatly respect as wisdom-speakers (and in Daido's case, as a talented art photographer as well) had an impact on me, although the verdict is still out. However, it has certainly led me to entertain a new possibility: that for those who choose, the spiritual life and the creative life can arise together, interweaving, each influencing and feeding the other so that one's art becomes more and more an expression of spiritual possibilities and one's spiritual path is progressively imbued with spontaneity and creative imagination.

On the other hand, there is Ram Dass's oft-told story, mentioned on these pages before, about the elderly woman who nodded with understanding throughout one of his rather "far-out" cosmological lectures. When he asked her afterward how she had come to her understanding, she replied with a knowing smile, "I crochet." For some of us, the answer might be, "I dance," or "I'm a stone mason," or "I'm a graphic designer." If you are someone who considers that your creative work, by itself, functions for you as a spiritual practice, or conversely, that your spiritual life is deepened and expressed via the creative process, **WILD HEART JOURNAL** would love to hear from you.

This issue marks the first time the **WILD HEART JOURNAL** will be distributed to select bookstores and newsstands around the U.S. and Canada. Please tell those friends who might be genuinely interested to request it at their local bookstore. Thanks!

—E.S.



# the Wild heart

## Art is...

...the perception and depiction of the sublime, the transcendent, the beautiful, the spiritual. Art is a window to God, an opening to the goddess, a portal through which you and I, with the help of the artist, may discover depths and heights of our soul undreamed of by the vulgar world. Art is the eye of spirit, through which the sublime can reach down to us, and we up to it, and be transfigured and transformed in the process. Art, at its best, is the representation of your very own soul, a reminder of who and what you truly are and therefore can become.”

—Ken Wilber



### ...❖ Losing Face

...more of Adi Da Samraj's  
Transcendental Drawings  
...page 24



COVER PHOTO:  
John Daido Loori, Roshi  
Zen Mountain Monastery Archives

« *Rock and water  
ceaselessly  
practicing together.*

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