

# Mindful Artist: Sumi-e Painting

## Master the meditative art of Japanese brush painting

VIRGINIA LLOYD-DAVIES



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### Description

Japanese ink wash painting, or sumi-e, has a long history that began centuries ago with Buddhist monks, who created sumi-e paintings as a means for practising mindfulness and sharing their beautiful art. Sumi-e paintings remain popular today, with well-known online artists creating weekly videos that receive thousands of views and popular art blogs promoting them. Walter Foster's new *Mindful Artist* series encourages artists to focus on the creative process without worrying about the end result, so that they can view art as an inspiring, relaxing, and meditative experience. In *Mindful Artist: Sumi-e Painting*, artists will learn about mindfulness in art and how to use art to practise mindfulness, and then create their own sumi-e paintings using the exercises, creative prompts, and step-by-step projects featured in the book.

### About the Author

Virginia Lloyd-Davies paints in sumi-e and Chinese brush and is known throughout the world for her engaging, spontaneous technique and exquisite paintings. She posts instructional videos on her popular YouTube channel and has also painted for television programs in the United States, Great Britain, China, and Taiwan. Virginia is an expert on mindfulness, having worked and studied at the Findhorn Foundation programme in Scotland, where she emphasized the meditative aspects of Japanese painting. Learn more about Virginia on her website [www.joyfulbrush.com](http://www.joyfulbrush.com).

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