



# Calligraphic Meditation for Everyday Happiness

*Ilchi Lee*

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## Calligraphic Meditation for Everyday Happiness Ilchi Lee

Discover a world of wonder and wisdom in this collection of brush calligraphy paired with inspirational messages. In each brushstroke, Ilchi Lee has expressed his dream of a world where all are happy. Become enveloped in the secrets of the cosmos, the beauty of the earth, and the sublime in human nature as you observe each painting and discover your own happiness. Every moment of producing this body of artwork was a meditation for Lee, who has over thirty years of experience in developing mind-body-energy practices. With a clear mind focused on his brush, he has communicated his expanded yet deep awareness via paper and ink so that you too can experience a connection to your happiest self. Calligraphic Meditation for Everyday Happiness displays fifty-two pieces of calligraphy that range from Chinese characters to playful images in Lee's unique style. Go into their depths by meditating on the images and words, or let their simple beauty decorate your coffee table.

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