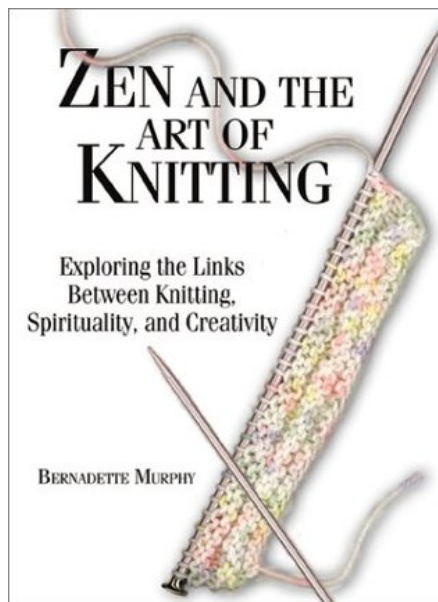




Zen and the Art of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity

Bernadette Murphy

[Download now](#)

[Read Online](#) ➔

Zen and the Art of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity

Bernadette Murphy

Zen and the Art of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity

Bernadette Murphy

This volume uses knitting as a metaphor to discuss the unity of all life and the spirituality involved in all endeavours carried out with mindfulness.

Zen and the Art of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity Details

Date : Published September 1st 2002 by Adams Media Corporation

ISBN : 9781580626545

Author : Bernadette Murphy

Format : Paperback 224 pages

Genre : Crafts, Knitting, Nonfiction, Art, Spirituality

 [Download Zen and the Art of Knitting: Exploring the Links Between ...pdf](#)

 [Read Online Zen and the Art of Knitting: Exploring the Links Between ...pdf](#)

Download and Read Free Online Zen and the Art of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity Bernadette Murphy

From Reader Review Zen and the Art of Knitting: Exploring the Links Between Knitting, Spirituality, and Creativity for online ebook

Helen Southall says

Interesting - good look at how the repetition of an activity like knitting can become a meditative process.

Cris says

This book reinforced how I have always felt about the stitch..the summer of turning 10 I taught myself the continuation of an already 3 inch knitted piece/peace from 2 odd sticks attached to a ball of yarn my Mother had purchased for me at a garage sale in 1968. She handed it to me in a rumpled paper sack. Such a colorful time in our world made the knitting even more soothing...each stitch is a breath that gets laid aside from time to time but always picked up again with joy. Best summer ever.

Margaret says

Knitting for the 1%.

Recently I found this book stashed in a box with its bookmark on page 140 (Sister Elizabeth), and as I read the remaining chapters, discovered why I had never finished the book (or any of my knitting projects for that matter.)

Here's an example from page 136 "It's the planning stages of a knitting project in which Nietzsche takes the most pleasure, and as she talks about it, the process sounds rather like the film editing she so loves..." Nietzsche has used 21 colors in a project that she is proud to say that she has never actually worn. This sounds like privilege to me.

I had hoped this book would help me experience the zen of knitting so that I would actually enjoy knitting. It didn't. Perhaps Judith(pg 54)is right. She believes that "...good psychoanalytic treatment improves the knitter's ability to concentrate and that the finished project reflects this improvement." Maybe I need my head examined.

It feels good to vent. And it feels really good to realize that the reason I first abandoned this book was that it's nothing but pretentious, well written drivel populated with lady lawyers, Meg Ryan look-alikes, and nun wannabees. No thanks.

Lauren says

Brilliant. I bought this book the day after the presidential election in 2004, on Broadway from one of the vendors. I read it that Christmas and adored it. Unfortunately, I left it in my house where it was destroyed thanks to the levees. I need to get a new copy. Cheezy, new age, and totally comforting.

Apryl Anderson says

I don't know what I expected to find between these covers; I already know for myself the beneficially meditative state of creating stitches. As a memoir, 5-stars for effective self-expression. This isn't a how-to-knit guide, so bonus points for "try this" applications. The closest that I can come to identifying why this book doesn't inspire me is that, voila, it simply doesn't inspire me. Perhaps it drives me to read less so that I can knit more...

Leslie says

On my bookshelves are these titles: "The Joy of Knitting," "Cheaper Than Therapy: Joy, Healing and Life Lessons in Fiber," "The Knitting Sutra," "At Knit's End," "The Yarn Whisperer," and "Knitting Yarns." You might guess I enjoy reading what others think about this hobby that so fascinates me. My reaction to Bermadette Murphy's "Zen and the Art of Knitting" probably suffers because I've read so many similar books. I find the book repetitive, had a hard time distinguishing between the women -- and all her knitters were women! -- who find knitting to be meditative, to be therapeutic, to be spiritual, to be creative. To me, those qualities are all so interlocked, I didn't really see the distinctions she was making. The book has many charming aspects. Each chapter starts with a simple knitting pattern and ends with a suggested project to expand your knitting experience. Murphy interviewed many admirable and interesting women. Her own story of learning to knit to cope with a serious dance injury and to build a relationship with a reserved and intimidating Irish aunt is one of the most compelling aspects of the book. I don't know why I continue to read these knitting as spirituality type books. Perhaps because I was a lonely knitter for many years when the craft wasn't very popular, I just enjoy reading about others' perceptions about it. Though I think this genre of books tends to exaggerate knittings' qualities compared to other hobbies. Though I like the idea of it, I can't honestly say knitting puts me in a zen state. In the end, I much prefer Elizabeth Zimmerman's zesty attitude toward knitting than these oh-so-earnest authors who I think make a bit too much of it. She took so much joy in "unventing" a new technique and in excellent workmanship. I highly recommend any of her quirky and highly expert books about knitting.

Jeanna Bosick says

Fantastic. It was like being apart of a huge knitting group.

I recommend this for any fiber lover but especially knitters. I have not until recently been apart of a knitting group. This book brought together stories of all different types of knitters from all over the world. It makes you just sink in and you feel like you're in a cozy room all just sitting around and knitting together.

Kathie Boselowitz says

Anyone who loves to knit but needs just a minute to put down the plethora of projects we tend to have will find this book a great break. It's refreshing, inspiring and a bit spiritual. The author tells her story of how she

came from a very low point in her life, losing her very serious boyfriend to death, losing her career due to injuries, and found solace in knitting. The first chapter she went to Ireland, and her great aunt (I believe) taught her how to knit. Typically of just beginning, it was a series of knots.... but it goes from there.

I love, love, love this book. I keep it by my bedside table, or in my knitting basket. It's well-worn. I wrote an email many years back and received a lovely email in return.

Just a wonderful book.

Nicole Ackley says

I just picked up knitting and received this book as a gift from Mom. I loved it! The stories of women who use this "craft" as a means to overcome depression or illness were inspiring. I like the idea of taking something simple, everyday like knitting and turning it into a spiritual act. Is it art? Practical? Therapy? A means of connecting with others? This book touches on all of that and gave me a lot to think about. Bonus: it also had a few patterns, project ideas, and stitches to try woven into the chapters.

Karen says

I've read many books about knitting as more than just a means to an end (the finished product), and this is the one I return to time and time again when I need to explore just a little deeper. Ms. Murphy captures the essence of knitting on a deeper level with her writing via study and interview. She writes concisely, with just enough anecdotes and patterns to add a little flavor. Her chapter subjects stay on course and don't wander aimlessly, free-styling through her transcendent moments like in some of the other titles on this subject.

I often pack this book into my bag for a bit of inspirational reading, along with my needles and ball of yarn!

Kelly H. (Maybedog) says

Repetitive and not particularly interesting. Kind of a "duh" kind of book. But not so bad if you're into self-help and knit or if you don't know a lot about Buddhism in practice.

Gloria says

I found myself compulsively knitting between sections of the book - it really inspires your hands to start moving! Murphy does an excellent job of interweaving many sub-narratives into a single tome. A lot of the book focuses on the meditative aspect of knitting and the intricate lessons to be learned through the process of creation. The art of patience, endurance, silence and ripping out stitches to start all over again if need be. The diversity of knitters represented offers something for everyone. You don't need to be an expert knitter to enjoy this book. I just picked up knitting again after a long break and this book greatly encouraged me to stick with it. To enjoy the present moment and the magic that results from two sticks and a ball of wool.

Vanessa says

Though it took me quite a while to finish reading this book, I found it very interesting. The author interviewed several knitters to see if they use knitting as a meditation or some other spiritual link. There was a range of answers: several people said that yes, they felt closer to God when knitting, or were able to focus on the act of knitting and using their hands in order to get away from the stress of everyday life; others said it was just a way to make nice gifts for friends and family. This was an interesting idea to think about. I think I fall somewhere in the middle of the above answers. I haven't ever experienced nirvana while knitting, but I do very much enjoy the different textures and colors of yarns and the pleasure of working with my hands to create something special for the people I love. I also enjoy the friendship that a good knitting group offers.

If you're a knitter (or even if you're not), you may find this book interesting.

Nancy says

This is a lovely little book filled with philosophy, insights, and several knitting patterns. What more could a knitter want?

Bernadette Murphy writes about knitting, but the book is much more than this. It is therapy for the knitter. What that creativity means and how inspirational and healing this craft can be. Even if you are not a knitter, you can use her thoughts in any kind of craft you enjoy.

Quotes: "I've learned to make peace with the chaotic nature of life, to sit still when upheaval surrounds me, to do nothing when nothing is required."

"It isn't so much what we do with our lives, but how we do it."

Kristine says

The union of my soul and my best friend's, who slipped this into my bag before a long car trip when I wasn't looking, was more evident to me than ever as I read it and had to figure out some way to knit and read at the same time. The book made me see knitting in ways that felt quite new and at the same time, like they were there all along. I was surprised – me, who thinks I'm so introspective – not to have noticed them before. I don't think of knitting itself as relaxing, although I often actively look forward to knitting in front of the TV as the relaxation reward after a long hard day. As I read this author talk about everything that makes knitting relaxing on deeply sensual levels – the colors, the textures, the very slowness of the process, the impracticality – I had to say: Wow. This really has been here all along and I have been so very dimly aware of it. The shawl I'm working on now is particularly satisfying because of how I got started on it: I love Lion Brand yarn and they have such spectacular colors, and I went to – maybe it was Hobby Lobby? – because I think I looked at Ben Franklin and they didn't have anything that just really made me claw myself with desire, and there was a fantastic array of colors, so I got the three skeins that were there. I'm doing it in Shaker stitch, also very satisfying because it's the first really new knitting stitch I've learned that I could just do and do and do without a pattern to keep track of, and even mt BFF had never heard of it.

The book had lots of good ideas as well as philosophy, one is to knit cotton washcloths – there's a stitch that will make them look like something – wrap up a bar of nice soap and a loofah pad, and give them as a gift. Sounds like something I could do in multiples and give as Christmas presents – This book makes me want to honor my knitting time more. Instead of seeing it as one of the least important things in my life, something I

feel funny to notice I'm looking forward to and sometimes guilty if I spend a half hour of a morning or a few hours of a sunny day doing it, I should embrace it as one of the most loving things I do for myself and people around me. Murphy describes knitting as therapy and meditation and spiritual practice, and I need to notice a little more deeply what a loving thing it is to knit things for people I love. I gave my daughter a hat I knitted for her and it fit beautifully and looked so very warm and she wore it getting on the bus to go to France on a school trip, and I felt like I really had done everything I could do to keep her safe and warm and knowing she is loved, and until I read this book I barely noticed that moment. Ho-hum, made her a hat, got it done in time for her to wear it to France, she seemed to like it. How could I not notice that I "clothe (my) loved ones in our love and we knit that love into every stitch of the blankets, sweaters, and caps they wear"(p. 154) ? Since I read this book I have recommended it to literally dozens of people, some of them knitters and some of them not, because of the loveliness of its meditative good sense.
