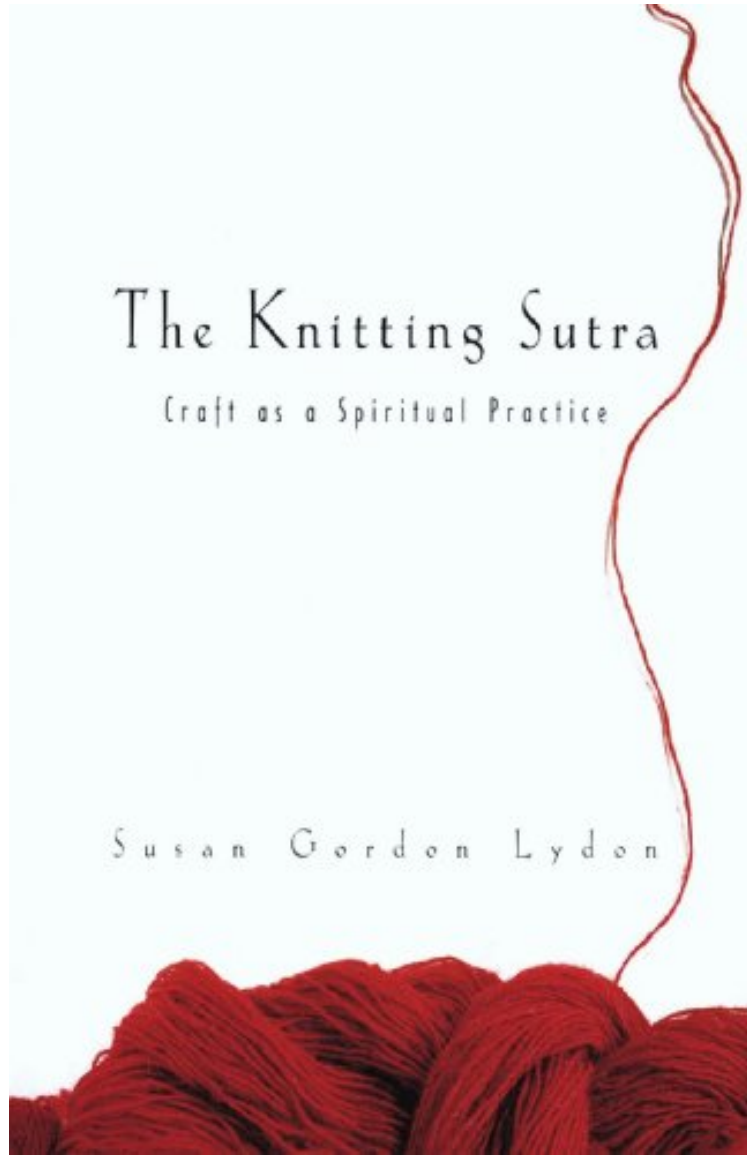


(Mobile library) The Knitting Sutra: Craft as a Spiritual Practice

The Knitting Sutra: Craft as a Spiritual Practice

Susan Gordon Lydon

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Susan Gordon Lydon : The Knitting Sutra: Craft as a Spiritual Practice before purchasing it in order to gage whether or not it would be worth my time, and all praised The Knitting Sutra: Craft as a Spiritual Practice:

0 of 0 people found the following review helpful. An interesting and well-written book for anyone who is into knitting and Zen.By Joseph J. Truncalately I have read and reviewed a few books on the relationship between knitting and Zen mindfulness meditation practice. I just finished reading this interesting and thought provoking (The Knitting Sutra: Craft as spiritual practice by Susan Gordon Lydon) hardcover book.Even though I know very little about

knitting and just learned the basics, I am a lifetime student of numerous martial arts and Asian philosophy. I did find this 161 page book a delightful read. The writer weaves her story which is about her love of knitting, writing and some of the esoteric arts. This text is organized into thirteen chapters. The introduction (The view from the factory) gives some back ground of the writer who clearly is like many of us, a workaholic when it comes to producing various knitting and writing projects. She then moves on to her personal experiences as it relates to knitting and life. The chapters are as follows: A broken wing, knitting the bone, transfiguration of the blues, a life made by hand, spider womans daughters, winged hearts, desperately seeking, Earth walk, God and nature, nature and loth, dreaming of dragons, secret weapon, the knitting sutra and the Zen of nonattachment. This is a book for anyone into knitting, but clearly it is aimed more for women readers than men. I personally found this book a good read, but then I have a very wide and varied reading interest. Rating: 4 Stars. Joseph J. Truncale (Author: Haiku Moments: How to read, write and enjoy haiku). 1 of 1 people found the following review helpful. Brilliant and startlingly beautiful By Helixstrands Susan G. Lydon has written two brilliant and startlingly beautiful books. Parlaying her skills into a series of moving, insightful, humorous, loving and honest autobiographical vignettes, she has captured many emotions and corralled a wealth of feelings into a refreshing package, like a gift. Her work is also deceptively simple. A chapter begins with a thought about knitting and life, recalling the feelings present as one embarks on something new. At chapter's end, she hands us a completed project of sorts, shimmering with the pearls of wisdom she knit into our collective consciousness along the way. I was hoping for many more installments from her, but alas, she has passed on from the breast cancer with which she did battle in the pages of the second book. Seek out and read these. 17 of 19 people found the following review helpful. A Little Gem! By Acuent@aol.com The Knitting Sutra is beautiful, garment-journey, fashioned of pain and joy, light and color, lovingly knitted in the "intarsia" style, by Susan Lydon. . As I read the knitting needles clicked and the words and content became , rows of textured wool nubs, bits of heathered yarns, fragments of shiney gem-like color, all fitting together and patterned into a small hard covered book. Be prepared, the Knitting Sutra takes one on a transcendental journey where time moves quickly thru sunlight and shadow, the heavy texture of yarn juxtaposed against the empty spaces between stitches. With Lydon , you travel through loops of story, spirit, philosophy and the material plane. . Be sure to buy some extra copies just to give as gifts.

Available for the first time in paperback, The Knitting Sutra reveals how women can learn to knit their way to nirvana. When Susan Gordon Lydon was coping with a broken arm, her craft took on new significance. While knitting was essential to strengthening her hands, it also provided her with a newfound sense of peace and creativity. Immersed in brilliant colors, textures, and images of beautiful sweaters, Lydon found healing and enlightenment in a way she had never imagined. Capturing this journey of discovery, The Knitting Sutra recounts her remarkable membership in a community of craftswomen around the world, from sweater makers in Scotland to Navajo weavers, and the adventures that her craft led her on. As she masters new techniques and conquers old obstacles, Lydon's story conveys how the lessons she learned from knitting, such as stillness and interdependence, later sustained her through a cancer diagnosis and even the incapacitation of her hands. The Knitting Sutra is both a meditation on craft and an affirmation for anyone seeking heartfelt comfort.

From Booklist This small, quite wonderful book shows all that knitting and meditation have in common--and it's more than some might suspect. In short essays, Lydon, a longtime knitter and dabbler in spiritual disciplines, winds her way through spiritual quests, physical problems, and, of course, yarn. Any knitter will readily identify with Lydon's take on the frustrations of knitting--the sweaters that don't fit, the half-finished projects that litter the house--but she also takes readers beyond the finished project and shows them how to appreciate the process. Seeing knitting as a road to contemplation may surprise some readers--perhaps even a few knitters--but by the end of Lydon's journey, most will agree that knitting "is the simplest and most ordinary of activities, yet somehow it mysteriously contains within itself the potential for expanding our conscious awareness." Ilene Cooper Lydon is a good enough writer to bring one to tears. San Jose Mercury News A very special book about women Gracefully links handcraft and spiritual practice in our everyday lives. Because she is both a fine reporter and an honest woman, her book will be rewarding to many women, knitters or not, who are trying to untangle their lives. Vogue Knitting International This soul-stirring volume offers proof positive that crafts are much more than creative outlets they can be catalysts for our personal transformation. Body Mind Spirit This small, quite wonderful book shows all that knitting and meditation have in common and its more than some might suspect. Booklist From the Inside Flap Available for the first time in paperback, The Knitting Sutra reveals how women can learn to knit their way to nirvana. When Susan Gordon Lydon was coping with a broken arm, her craft took on new significance. While knitting was essential to strengthening her hands, it also provided her with a newfound sense of peace and creativity. Immersed in brilliant colors, textures, and images of beautiful sweaters, Lydon found healing and enlightenment in a way she had never imagined. Capturing this journey of discovery, The Knitting Sutra recounts her remarkable membership in a community of craftswomen around the world, from sweater makers in Scotland to Navajo weavers, and the adventures that her craft led her on. As she masters new techniques and conquers old obstacles, Lydon's story conveys how the lessons she learned from knitting,

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