

Subject: : Paflyfish General Forum

Topic: : The zen of fly fishing

Re: The zen of fly fishing

Author: : RCFetter

Date: : 2013/4/11 20:49:06

URL:

Quote:

JackM wrote:  
OhhhhhImmm!

Ok, I know that's the sound of the universe or the cosmos or at least that's the sound used to help meditate if you're into yoga or Buddhism.

My understanding is that Buddhism teaches the appreciation of the world and it's life around us. I do recall a book or paper on zen fly fishing but in spite of many searches, I never found it. I also remember something on zen archery.

I once read an article about "playing out of your mind" or some phrase like that. It related to tennis and explained those times when you are "in the zone" or playing perfectly without thinking about it. It happened to me once or twice on a golf course.