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## Lo zen e l'arte di mangiar bene.

By Seigaku

Vallardi A., 2016. Condition: new. Illustrazioni di Tamura K. Traduzione di Di Bernardino F. Milano, 2016; ril., pp. 160. (Sakura. Filosofie e Società nei Prodotti Culturali). Quando i giapponesi si accingono a consumare un pasto, congiungono le mani in segno di ringraziamento e dicono 'Itadakimasu'. Purtroppo, la consuetudine ha ormai quasi del tutto cancellato il senso profondo di questa antica espressione che significa 'Ricevo in dono la tua vita': una forma di rispetto verso il cibo e l'energia vitale che ci offre, e di gratitudine per lo sforzo di chi e di ciò che ha permesso di portarlo alla nostra tavola: il contadino, il pescatore, ma anche il sole, l'acqua, la terra. L'importanza del mangiare e i riti ad esso connessi sono fondamentali in tutte le culture, ma nella scuola Zen assumono un rilievo e una poesia particolari. Esistono regole su come preparare e servire il cibo, come consumare i pasti, come disporre le suppellettili sul tavolo, lavarle e riporle correttamente dopo l'uso. La pratica di queste regole dona energia al corpo e libera la mente, apportando benefici inesauribili, e continuamente rinnovati, alla nostra vita quotidiana. Grazie ai tre anni trascorsi nel più importante monastero Zen del Giappone, Seigaku ha...

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