

A FLOWER

what we find beautiful in a flower is in its fragility. the life that drives through the green fuse blossoms a flower emerges its opens and closes in rhythm with the earth, sun, and mood then soon after they appear they return to the earth flowers represent how fragile our lives are, and how beautiful it is that we get to experience it.

pemberton
kaiden

contact card - *flipover*
manifesto - *open zine*



CONTACT
instagram
ART - @studyofkaiden
ME - @kaiden.charan
email
pembertonkaiden@gmail.com

RISING AND FALLING OF ALL EXPERIENCE

in every moment, we experience the impermanence of life the car passes by, then its roar fades from us, the breeze passes by us, we see the ocean, the waves rise and fall we are no different than the waves.

BOOKS!

no order all genre
not enough space

My Eye is in Love - Federick Franck
The Three Pillars of Zen - Roshi Philip Kapleau
Norweigan Wood - Haruki Murakami
Branching Streams Flow in the Darkness - Shunryu Suzuki
A New Earth - Eckhart Tolle
Narcissus And Goldmund - Herman Hesse
Siddartha - Herman Hesse
On the Road (Original Script) - Jack Kerouac

THE BREATH

i use my breath as the focus for much of my time meditating. i return to it when any stress or anxiety comes, when i am feeling great, or when i am feeling circular. i used this 4 count pattern in my own practice ::

1. Breath in for 4 beats
2. Hold that in-breath for 4 beats
3. Breath out for 4 beats
4. Hold your out-breath for 4 beats
5. count up a number
6. repeat until you get 10 repetitions

NOTES:
when your mind wanders, because it will, let your thoughts rise and fall like waves. our minds are restless. Meditation does not entail being clear-minded, it's just enjoying the breath we have.

ALBUMS

no order all genre
not enough space

Troupeau Bleu - Cortez
Scenery - Ryo Fukui
Live at the Village Vanguard - Bill Evans Trio
Lyrics to Go Vol. 1 - Kota the Friend
Shakey Graves on Audiotree Live (Session #1) - Shakey Graves
Damn - Kendrick Lamar
Live at Maui (Rainbow Bridge Festival) - Jimi Hendrix
The Esher Demos - The Beatles
The Sonic Ranch - Midland
We got it from here... - ATCQ