



# Zen and the Art of Making a Morris Chair: Awaken Your Creative Potential

*Randy Gafner*

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## **Zen and the Art of Making a Morris Chair: Awaken Your Creative Potential** Randy Gafner

The book is not about the chair! The author's journey of making a museum-worthy chair from a stack of oak lumber becomes an allegory for self-exploration and restoration, paving a path from brokenness to wholeness. Mindful consideration of change, fear, acceptance, choice making, and belief through the process of making the chair encourages you to embark upon your own personal creative efforts. The author's ideas will inform your life as you cook, bake, create, and build the future projects of your life. Creativity is a human birthright. Daily life in an office cubicle or at a computer keyboard often lacks embodied creative expression. Humans are genetically endowed with minds and methods to physically create and make real the important things of their lives that point to improved health and happiness. Head, heart, and hands join together to bring forth a personally crafted vision. An anecdotal survey of our lifestyles and homes reflect few inspired personal expressions of our birthright as creative humans. We eat bread that someone else baked, move to music that someone else made. We acquire framed art rendered by others to hang on walls painted by someone else. Creative visions are not explored, container gardens are not planted, songs are not sung. We go to museums to marvel at tools and art that the ancients produced with their technology while we, as descendants of these same people, question our ability to create similar visionary solutions for ourselves.

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