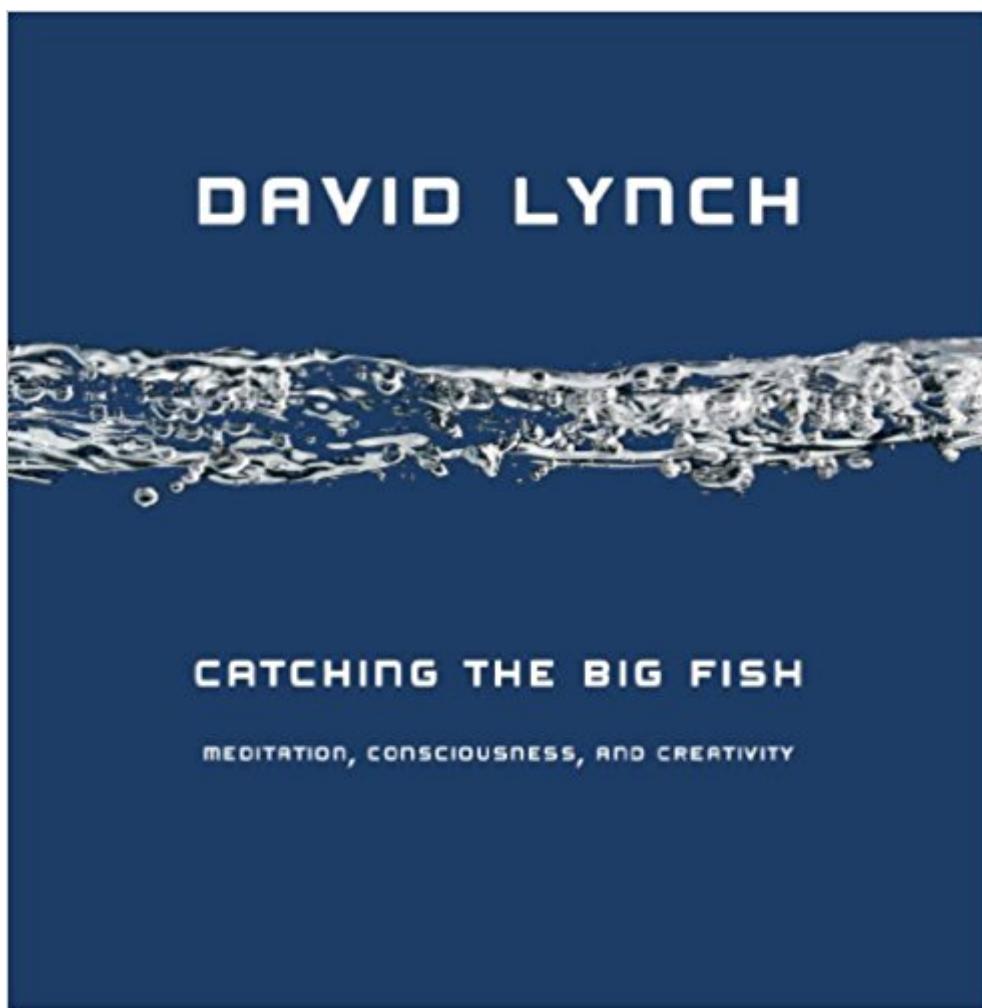


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# Catching The Big Fish: Meditation, Consciousness, And Creativity



## **Synopsis**

In this "unexpected delight,"\* filmmaker David Lynch describes his personal methods of capturing and working with ideas, and the immense creative benefits he has experienced from the practice of meditation. Now in a beautiful paperback edition, David Lynch's *Catching the Big Fish* provides a rare window into the internationally acclaimed filmmaker's methods as an artist, his personal working style, and the immense creative benefits he has experienced from the practice of meditation. *Catching the Big Fish* comes as a revelation to the legion of fans who have longed to better understand Lynch's personal vision. And it is equally compelling to those who wonder how they can nurture their own creativity. *Catching Ideas* Ideas are like fish. If you want to catch little fish, you can stay in the shallow water. But if you want to catch the big fish, you've got to go deeper. Down deep, the fish are more powerful and more pure. They're huge and abstract. And they're very beautiful. I look for a certain kind of fish that is important to me, one that can translate to cinema. But there are all kinds of fish swimming down there. There are fish for business, fish for sports. There are fish for everything. Everything, anything that is a thing, comes up from the deepest level. Modern physics calls that level the Unified Field. The more your consciousness-your awareness-is expanded, the deeper you go toward this source, and the bigger the fish you can catch. --from *Catching the Big Fish*

## **Book Information**

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## **Customer Reviews**

Lynch blends biography, filmography, spiritual quotes and his philosophical perspective on the

life-changing capabilities of transcendental meditation, all within two and a half hours. Having practiced meditation for three decades, director Lynch discusses how it has influenced his life and helped him to concentrate his energy. Listeners may catch glimpses of creativity and consciousness, but Lynch's rants lack cohesion and substance. Within the audiobook's short chapters, Lynch barely broaches a topic before moving onto the next, leaving listeners to question his emphasis to go "deep." The most interesting aspects arise out of his anecdotes and comments about his films, like *Eraserhead* and *Blue Velvet*. His dry rattling voice hints at the passion behind his statements, but more often comes across as insistent and almost whiny. He reminds listeners that authors do not always make the best voices for their books. However, on the sound production end, the lightly blowing wind for the quotes from the Upanishads and Sutras adds mystical air to their reading. It's unfortunate that neither his words nor his voice live up to that standard. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Author David Foster Wallace once observed that, as a filmmaker, David Lynch seems to care more about getting inside the heads of his viewers than about communicating a particular message to them once he's inside. With this book, Lynch offers us a rare glimpse into his own head. A longtime practitioner of transcendental meditation, a set of meditation practices popular in the 1960s, Lynch is primarily interested in communicating to readers the powerful creative vitality that he has tapped through meditation. In 85 brief, airy chapters--many koanlike and some only a sentence or two long--Lynch discusses the techniques with which he expands his consciousness, catches ideas, and gives form to abstraction. (It's not all lofty stuff: milkshakes are, it turns out, a key vehicle for creativity.) In the process, he reveals just enough biographical information, philosophy of film, and general behind-the-scenes dirt (including the connection between Lynch's *Lost Highway* and O. J. Simpson) to keep the attention of those more interested in Lynch's films than in his consciousness. Brendan DriscollCopyright © American Library Association. All rights reserved

This book has a lot of interesting information in it. David Lynch talks about his experience with Transcendental Meditation and its positive effects on him. He also talks about his strategies for living a life as an artist. And there are several different pages about the movies he's made, the actors in them, and his thoughts on film in general. His biggest points are the importance of healthy living, the importance of meditation, and being your natural self. His advice for creativity, I thought, was pretty helpful for just about any artistic medium. The book is pretty short. It doesn't go super in

depth into any one topic. Mr. Lynch spends about a page or two on each idea. It's really interesting to hear everything in his direct voice, but some more detail would have been nice. I loved how positive David Lynch seemed in the whole book. About the biggest thing I took from the book was his advice on being healthy yourself. He says, for an artist, you have to understand things like depression to create conflict in a story. But, if you, yourself, are depressed, it will be very hard to create. So he suggests different ways throughout the book to keep yourself healthy and still make art. This was a great way to see into David Lynch's world through his own words. There's lots of great words, advice, and information, but it is very brief. But, if you're interested in David Lynch and his approach to life strategy, it's a great book.

I read some of the reviews and was curious about David Lynch's connection with meditation and his creativity. I'll admit I have only seen one Lynch product (Blue Velvet) which I found to be an excellent though bizarre film. The book kind of goes through his thoughts on life, meditation, making films and creative methods. It is a short read and feels like reading someone's thoughts that are jotted down in no particular order. I guess I was looking for a book that would really get into the hows and whys of Mr. Lynch's creative process and meditation method vs. short thoughts, feelings and opinions. I guess if you are a huge fan of Mr. Lynch this book would give you bits and pieces of his thought process. Overall, I thought the book was just o.k.

Lynch is a cutting edge artist whose films have become increasingly interesting overtime. This little text is a collection of fragments and reflections regarding his life as a creative artist and his relationship to transcendental meditation. Lynch finds an ocean of abstract ideas in the 'unified consciousness' provided through the technique of TM. There are plenty of useful anecdotes here-both on meditating and the creative life in general. Lynch is clearly a somewhat solipsistic man, but his work continues to expand in beauty and creative depth so he must be doing something right. As he points out, 'he's not very good with words,' so this little book is not exactly a robustly analytic exegesis of his process, but it still provides some fascinating insights all the same.

An interesting angle on Lynch's overview and personal entry into meditation, mixed with personal history, short stories, and anecdotes. Recommended just to hear David narrate. Not everything I'd expected, but as he does, he leaves a bit to mystery. If you enjoy David as a person or have an interest in his work, you'll have a good experience with this book on tape. Not a very exhaustive or authoritative volume on TM, but interesting nonetheless.

Lynch reveals much of his inspiration in his creativity and in his life. It's very revealing about his work, and it is inspiring for an artist to read. It has sparked my interest in meditation and I look forward to giving it a try based on some of his tips mentioned. I'm not sure someone who isn't a Lynch fan would find as much joy in this text, as it's directly woven through his life and films, but I thoroughly enjoyed it.

Catching the Big Fish is an excellent introduction to expanding the conscious capacity of the mind while releasing stress and fatigue on the level of the physiology. Director/writer/musician David Lynch, in an engaging look at the development of consciousness, describes his spiritual and creative growth. This easy-to-read book is ideal for anyone who wants a quick explanation of how consciousness is unfolded and the creative process is enhanced through meditation, specifically the Transcendental Meditation Program. I like to give this book as gifts to friends and family who are interested in unlocking their full creative potential.

I found this book from David very sway in the sense that it is true and honest. It lacks only in length and maybe dramatic build up, though the message that it seems to carry will probably make me appreciate it even more the next time I read it with more insight in meditation and my next film being finished. Regards,

These are just brief, one or two sentence thoughts on his relationship to movie making and TM, yawn.

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