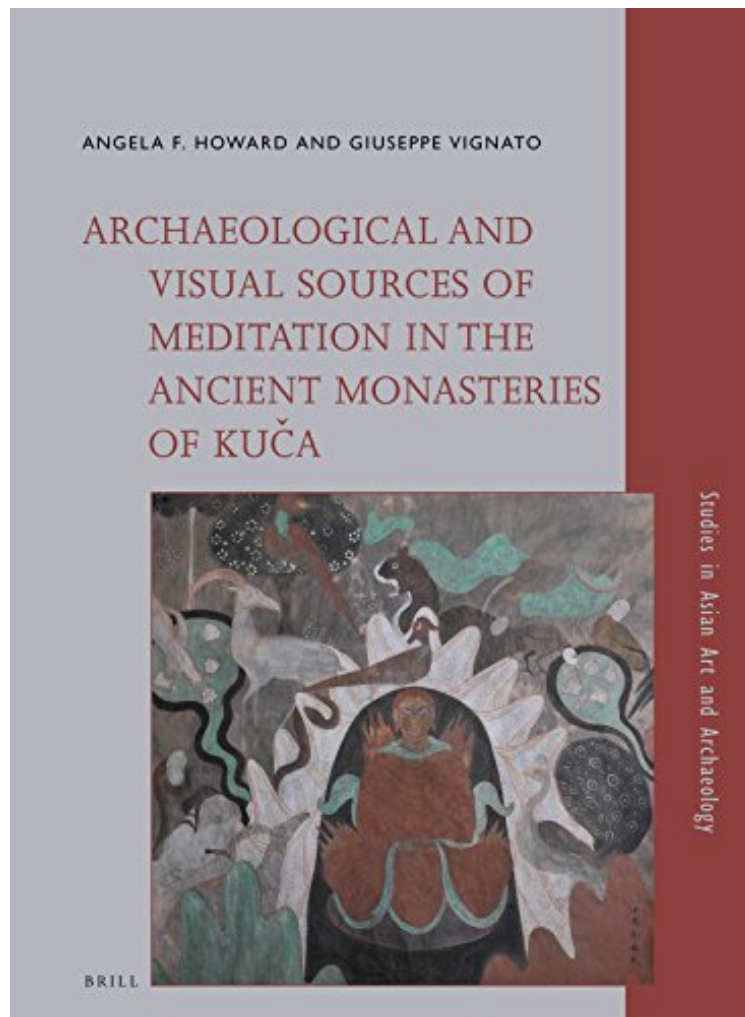


[PDF] Archaeological and Visual Sources of Meditation in the Ancient Monasteries of Kua (Studies in Asian Art and Archaeology)

Archaeological and Visual Sources of Meditation in the Ancient Monasteries of Kua (Studies in Asian Art and Archaeology)

Dr Angela Howard

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In Archaeological and Visual Sources of Meditation in the Ancient Monasteries of Kua, Angela F. Howard and

Giuseppe Vignato use diverse methodological approaches from archaeology, art history and religious studies to reconstruct monastic life and practices in the rock monasteries on the northern Silk Route (ca. 200-650). Analysis of the caves' function, meditation manuals, and the cave murals highlights the centrality of meditation, a fundamental duty of Kua monastics. This interdisciplinary study utilizes hitherto unpublished line drawings, maps, and photographs to reconstruct and interpret the architecture and decor of Kua caves, thus revealing the close links between the spiritual and the physical, between doctrinal teaching and practice and the lay-out and decor of the monasteries.

About the AuthorAngela F. Howard, Professor of Asian Art, Rutgers, the State University of New Jersey is the author of *The Imagery of the Cosmological Buddha*, E. J. Brill 1986, *Summit of Treasures*, Weatherhill 2001, and co-author of *Chinese Sculpture*, Yale 2006. Giuseppe Vignato, Professor of Archaeology, Peking University, is the author of *Districts and Groups, an Archaeological Investigation of the Rock Monasteries of Kucha* (in Chinese), Shanghai Classics Publisher, 2013, in addition to several articles and translations in Chinese of Western scholarly publications.