



# Contemplative Qualitative Inquiry: Practicing the Zen of Research

*Valerie J Janesick*

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# Contemplative Qualitative Inquiry: Practicing the Zen of Research

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## **Contemplative Qualitative Inquiry: Practicing the Zen of Research** Valerie J Janesick

Qualitative researchers incorporate the principles of holism, storytelling, ethics, body and mind links, relational focus, and creativity as key features of their practice. So do practitioners of Zen Buddhism. Leading qualitative researcher Valerie J. Janesick describes how qualitative inquiry can be informed and improved through an understanding of Zen principles. She calls for a contemplative qualitative inquiry that draws on the understandings of both East and West. In the book, she-explains how key Zen principles of impermanence, non-self, and nirvana apply to qualitative research projects;-advocates important Zen-based practices of meditation, journaling, and poetic thinking;-presents Zen stories, meditation techniques, and writing exercises to improve research practice.

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