



# Catching the Big Fish: Meditation, Consciousness, and Creativity

*By David Lynch*

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**Catching the Big Fish: Meditation, Consciousness, and Creativity** By David Lynch

Musical verse accompanies a milkman and his cranky kitty as they make their morning rounds. The milkman knows his hometown; he knows who needs ice cream for a birthday party, who just broke a leg, and who has a new baby. He even helps return a lost dog that's hiding along his route. This pitch-perfect, retro read-aloud's gentle sensibility is ideally matched with beautiful art that powerfully evokes an era of classic illustration.

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### Editorial Review

From Publishers Weekly

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.

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From [Booklist](#)

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 Driscoll*

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### Review

"The quirky helmer known for Boy Scout demeanor and twisted tales shares his creative vision in a surprisingly gentle tome informed by the underlying teachings of Transcendental Meditation. But don't worry: David Lynch, one-time creator of "The Angriest Dog in the World" comic, keeps the proselytizing to a minimum. He addresses topics ranging from working with wood (for it) to director's commentaries (against) in deceptively simple, yet ultimately affirming, chapters. There's much for fans and aspiring filmmakers to enjoy."

—**Variety**

"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," says David Lynch the idiosyncratic filmmaker whose creations include *Eraserhead*, *Blue Velvet*, *Mulholland Drive*, *Inland Empire*, and the cult TV classic, *Twin Peaks*. He claims that he has savored the pleasures of diving deep thanks to a 33-year practice of Transcendental Meditation (TM). He describes the fun of gathering what he calls "firewood" (all kinds of ideas and things for a film), the joy he takes in seeing an aging building or a rusted bridge, and the respect he has for Fellini and Kubrick. Lynch loves making movies and diving deep, and this testament bears witness to both loves."

## —Spirituality & Practice

“In *Catching the Big Fish: Meditation, Consciousness, and Creativity*, David Lynch puts aside his filmic quest to get inside the viewer’s head and lets them instead inside his, an invitation almost as rare as a ticket to fiction’s Wonka Chocolate Factory, and possibly just as out of this world. *Catching the Big Fish* is a blend of thoughts and themes, sometimes random like a stream of consciousness, or — the analogy he personally prefers for creativity — casting a hook into a bottomless sea. The book melds biography, film analysis, philosophy and spirituality with a heart-on-sleeve sincerity, while incorporating a narrative of the author’s passion for charting the world of dreams and ideas and rendering them unto action.”

## —BlogCritics

“With this book, Lynch offers us a rare glimpse into his own head. 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.”

## —Booklist

## Users Review

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**Jo Melvin:**

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