



Wabi Sabi with Simon Brown

Wabi Sabi and the Japanese tea ceremony



Wabi Sabi and the
Japanese tea ceremony



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KEY WABI SABI IDEAS

Living in the moment - escaping unnecessary thoughts of the past and future.

Simplicity - putting the greatest attention into the few things that are most important to you.

Emptiness - leaving the space for new things to come into your life.

Sobriety - retaining dignity, self control, common sense and level headedness.

Intuition - to be able to understand without analytical or logic reasoning.

Transient beauty - an appreciation of beauty that comes and goes.

Nothing is complete - understanding that life is a process without clear beginnings and ends.

Acceptance - to adapt to changing circumstances and make the best of any situation.

Imperfection - embracing and loving people, things, nature as they are.

Asymmetry - to be free from making symmetrical or regimented patterns and layouts.

Appreciation - to cultivate an attitude of endless appreciation for ourselves and the world we live in. Seeing wonder in everything.

Tranquillity - to free ourselves from all the unnecessary noise, clutter and distractions that distract us from find that inner peace.

Naturalness - living close to nature, using natural materials.

Nothing contrived - to express ourselves freely without conforming to fashion.

Non attachment - freedom from doctrines, concepts and beliefs.

Humbleness - being ourselves without projecting our ego. Leading an unassuming, unpretentious, unostentatious life.

Modesty - to live a life that is varied without indulging in excesses or extremes.

Austerity - to be free from pandering to luxuries and enjoying simplicity.

Embracing change - enjoying the idea that everyday is new and different, that our world is full of variables and that nothing is static.

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Wabi Sabi and the chipped vase – learning to embrace imperfection



Wabi Sabi – engaging with the world we inhabit through our senses



Wabi Sabi
meditate on this



Wabi Sabi – transient beauty



Wabi Sabi – in the moment naturalness, freedom from being contrived, matching or co-ordination



Wabi Sabi – reflecting the natural movement and cycles of nature



Wabi Sabi
finding
pleasure in
simplicity



Wabi Sabi
embracing
change and
evolution



Wabi Sabi
individual,
unique,
natural,
spontaneous,
imparts the
natural
intentions of
the creator



Wabi Sabi
taste
smell
texture
sight
variety
engaging





Wabi Sabi
meditative inspiration



Wabi Sabi

rusting
blistering
fading

Life is temporary

Aging is beautiful

Wabi Sabi – engage and make the most of every moment



Wabi Sabi in practice



life is a state of mind

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