

Savoring *wabi-sabi* 侘 寂

Wabi-sabi is hard to explain. It is the traditional, simple style of Japanese design. It is rough and natural. I live in Japan. I walk past Japanese design every day. But often don't notice.

I walked to school today. It is a beautiful day in early spring. I took the time to notice some of the things I saw.

These are things I saw. If you live in Japan, where could you see them? If you live somewhere else, what things – similar or different – are beautiful in your area? Where can you see them?



- Pine trees cut to make beautiful, interesting shapes.
- A path the winds through a long, narrow park instead of going straight. It is like it wants you to slow down and notice.
- Huge rocks in people's gardens.
- A tiny bonsai tree on someone's deck.
- A grove of bamboo at the edge of a kindergarden playground (I savored the children's laughter, too).
- A stone lantern in a garden.
- A tree branch that was tied for years. Now it forms an arch over the entrance to a house.
- Green vines growing wildly to cover a brick wall.
- Bamboo curtains shading a garden.
- Buds and blossoms on plum and cherry blossom trees.

Talk to a friend about what you thought about as you read.
Next time you take a walk, take time to really notice the beauty.

Positive psychology focus: noticing/experiencing good things (mindfulness)
Language focus: describing things

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