



The Zen Way of Managing Stress



8 Aesthetic Insights of the East *

SABI:

Privacy, solitude, your "space," a refuge from daily life, a place to renew one's self; a prerequisite to WABI.

WABI:

Insight, creation, a solution, recognition of the universality and timelessness of life.

AWARE:

Of the transience of life that one cannot hold onto or cling to material things and people.

FUKYO:

To go with the flow, the wind, nature, to get "it," the atmosphere, to live a simple, elegant life, enlightened, knowing, with dignity.

JUDO:

The gentle way – the unity of man and nature, to be one with the universe.

UNSUI:

A cloud/water person, a free spirit.

OBJECT TROUVÉ:

A work of art found in nature.

HORIZON:

An enchanted garden, paradise, heaven.

YUGEN:

A mysterious path, gate, door, mountain that leads one to explore, to hope for something better, to continue the climb, the struggle.