



## Japanese Wisdom for a Perfectly Imperfect Life

How can Wabi Sabi promote positive wellbeing?

### What does Wabi-Sabi mean?

Word for word we can't translate this Japanese word to English. The positive connotation of Wabi-Sabi, referring to the acceptance of imperfection, is relatively recent. 'Wabi' roughly translates to 'the elegant beauty of humble simplicity', and 'Sabi' means 'the passing of time and subsequent deterioration'. Even though it has its origins in Taoism, and was adopted by Buddhism, Wabi-Sabi is not a religion or a spiritual doctrine. It is more of an aesthetic and cultural philosophy that emphasizes the value of simplicity, humility, and naturalness.

### Does Wabi-Sabi promote laziness or apathy?

Wabi-Sabi is not about being lazy or apathetic, but about being mindful and present in the moment. It encourages us to appreciate the value of simplicity, imperfection, and transience, and to cultivate a deeper connection to ourselves, others, and the natural world.

### How to incorporate Wabi-Sabi into our daily lives?

We can incorporate Wabi-Sabi into our daily lives by practicing mindfulness, simplifying our life, embracing imperfection, connecting with nature, and cherishing meaningful objects. This might involve taking a mindful walk in nature, decluttering our home or workspace, finding beauty in the imperfections of a handmade object, or taking time to appreciate the simple pleasures of life. It is a mindset and a way of life that can be applied to any aspect of life, from cooking and gardening to relationships and personal growth.

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*You Don't  
Have To Be  
Perfect To  
Be Amazing*





## Wabi-Sabi and Mental health

Wabi-Sabi also emphasizes the importance of mindfulness and living in the moment. By focusing on the present and appreciating the beauty of imperfection, it encourages people to slow down and appreciate the small and simple moments in life. The best part of embracing Wabi-Sabi is finding comfort in the little things without worrying about everything being exactly perfect.



A great example of Wabi-Sabi is **Kintsugi**, the practice of fixing broken ceramics with golden lacquer to create beautiful, intricate patterns.

While many of us might deem a broken bowl as something to be discarded, Kintsugi celebrates the damage and beautifies the cracks as an important part of the item's history.





## WABI SABI promotes positive wellbeing

### Can the imperfections found in nature teach us about our lives?

Nature changes season after season giving us the opportunity to observe how things weather over time, how living things grow, bloom, and wilt, and be imperfect!

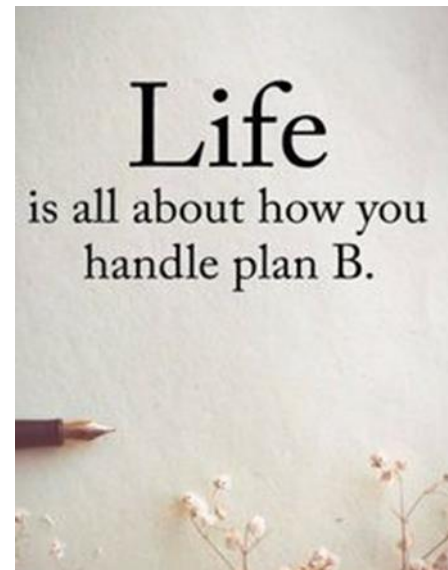
Wabi-Sabi helps us learn from the imperfect beauty of nature, appreciate the passage of time, and accept all things in their incomplete and impermanent forms.

We sometimes get a melancholic feeling seeing a tree shedding its leaves, getting old and dying but the acceptance and appreciation of transience and imperfection can be empowering.

Perfection is an unattainable goal, and living a life chasing it leads to feelings of inferiority, not measuring up and even shame. Pursuing this unattainable goal and pushing ourselves beyond our limits can lead to stress, burnout, low self-esteem, anxiety and even depression.

We are bombarded with advertisements and posts on TV and social media convincing us that through owning a certain product we can buy our way to a perfect look, perfect style, career, social life and more. Sometimes the pursuit of perfection starts from childhood; if one is brought up to believe he/she is "less than", one tends to develop perfectionism as a means to prove their worth. Equally, if we experience unrealistic expectations growing up, or are subjected to excessive praise, we may feel the need to achieve perfection to keep up.

By embracing imperfections we give ourselves the gift of freedom, to live life on our own terms, and show up as the perfectly imperfect human beings we were meant to be, without the burden placed on us that embracing imperfection is one of the most worthwhile things you can do for yourself.





## Words for the Wise

- Let go of attachment to possessions
- Understand Wabi-Sabi and learn to emphasize the value of simplicity, humility, and naturalness.
- Use social media to communicate and not to belittle yourself.
- Recognize that nothing is perfect.
- Look at the cycle of life and beauty in nature.
- We all die, so value our time and make the best of it.
- Accept others for what they are.
- Remember the words of Winston Churchill: "Perfection is the enemy of progress."
- The soft, relaxed and naturally wrinkled look of washed linen proves that beauty lies in imperfections.
- Celebrates the damage and cracks that have been mended with gold just like Kintsugi.
- Embrace imperfections to breed a sense of calm and appreciation.

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**By embracing imperfections we give ourselves the gift of freedom**

We are made up of the same elements found in nature, we are made up of the things that evolve, weather with time and are imperfect. We accept and celebrate nature for what it is so don't you think we should do the same for ourselves: Embrace imperfection, after all, it's only natural !

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**Sources & further reading:** [www.rainn.org](http://www.rainn.org), [www.cdc.gov](http://www.cdc.gov), [www.loveisrespect.org](http://www.loveisrespect.org), [www.lifeoptimizer.org](http://www.lifeoptimizer.org), [www.thoughtcatalog.com](http://www.thoughtcatalog.com); <https://medium.com/know-thyself-heal-thyself/5-wabi-sabi-philosophy-teachings-that-can-dramatically-improve-your-life-584168cd73f1>, <https://www.thespruce.com/wabi-sabi-home-4157535>; <https://happiful.com/wabi-sabi-what-is-it-and-how-can-it-promote-positive-wellbeing>; [www.pixabay.com](http://www.pixabay.com)

