

Wabi sabi

The art of imperfection

By Candace Leigh

In these harsh, hectic times, take solace with a little wabi sabi. No, not the green paste that makes your nostrils flare on sushi night — that's wasabi, smarty, which definitely should be taken in small portions. Indulge wholeheartedly in wabi sabi, a practice rooted in Shinto's reverence for nature that provides most of what we admire about the Japanese aesthetic.

"Wabi" is loosely translated as "fresh and simple things." "Sabi" means "things with the beauty acquired with age." If you're intimidated by the

power colors and mirror placement of feng shui, this offers a low-key path to harmonious living. Wabi sabi style incorporates the transcendental truths of Zen Buddhism: an appreciation for the organic, the innate essence of things. It's all about embracing the imperfect, the impermanent and the incomplete. In other words, things are usually best when left in their natural state.



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