

AI-04530 Wabi-Sabi Living

Here are the 6 principles

1. **Embrace Impermanence**
2. **Simplicity is Powerful**
3. **Authenticity over Perfection**
4. **Appreciate Aging**
5. **Practice Humility**
6. **Appreciate the Incomplete**

Overview: The Philosophy of Wabi-Sabi ⇄

The video opens by describing *kintsugi*—the Japanese tradition of mending broken ceramics with gold leaf. Instead of disguising cracks, it highlights them, turning flaws into a point of beauty. This introduces the broader worldview of **wabi-sabi**, which contrasts with Western pursuits of perfection and longevity by inviting us to find value in the weathered, simple, and transient.

Key Principles

• 1. Embrace Impermanence

Everything in life—both joyful and difficult—is temporary. Resisting change creates anxiety and suffering. Similar to *sakura* (cherry blossoms), whose beauty is heightened by their brief bloom, recognizing that life moves quickly helps us stay grounded in the present moment.

• 2. Simplicity is Powerful

Modern life often equates having "more" with living better, leading to physical and mental clutter. Clearing away excess clutter creates a peaceful environment that calms the mind and clarifies what truly matters.

• 3. Authenticity over Perfection

Mass-produced items can feel impersonal because they lack character. Similarly, appearing flawless creates distance between people. Embracing human flaws, scars, and personal histories builds deeper, genuine connections.

• 4. Appreciate Aging

Rather than viewing signs of aging as flaws to reverse, wabi-sabi sees them as markers of a lived life. Wrinkles and gray hair reflect experience, wisdom, and personal growth.

• 5. Practice Humility

True worth does not require constant praise or attention. Practicing humility frees you from needing to be the center of focus, allowing you to listen more, work intentionally, and engage with those around you.

- **6. Appreciate the Incomplete**

Happiness is often postponed while waiting for goals to be finished or conditions to be perfect. Because life is an ongoing process of growth, finding peace requires enjoying the journey rather than waiting for a hypothetical destination.