**Work ID: JAN25-SHR-132**

**Abstract 1**

**Exploring the Artistic Fusion of Zen Culture in the Design of Cultural and Creative Products**

**Background:** The Zen philosophy of simplicity, mindfulness, and Wabi-Sabi has profoundly influenced modern design. While spiritually rich, material product design following the philosophy of Zen is rarely studied for creative and cultural industries.

**Objective:** The present study investigates the aesthetic fusion of Zen philosophy in cultural and creative product design towards developing a scientific approach that integrates traditional aesthetics and modern functionality.

**Methods:** A multi-method research design was used in this study, which includes, qualitative interviewing with Zen practitioners (36 teachers, 28 artists, and 37 monks); case-based study of Zen-inspired products; and design-based research (DBR) for prototyping. User testing validated usability, emotional resonance, and sensory alignment with Zen aesthetics.

**Findings and Results:** The results indicated that Zen philosophy integration provides critical product authenticity, sensory, and emotional connection. Zen tea sets and meditation cushions were found to provide a successful combination of tradition and modernity. The challenges were to integrate cultural authenticity with functionality and durability within the context.

**Novelty:** This study presents a systematic approach of Zen-inspired design, integrating spiritual philosophy with incremental product development.

**Conclusion:** Zen-inspired design promotes emotional well-being and cultural continuity. This research provides designers and industries with specific guidance for designing significant, sustainable, and user-evaluation products that capture the spirit of Zen in contemporary contexts.

**Abstract 2**

**Integrating Zen Aesthetics into Modern Cultural Design for Emotional and Spiritual Well-being**

The design of the cultural and creative products of today's society needs a spiritual and aesthetic approach and its principles of simplicity, contentment, and wabi-sabi. The aim of the study is to explore how the principles of Zen can be integrated into cultural and creative products to create design trends that enhance the emotional and psychological experiences of the user. During the testing phase, semi-structured interviews were conducted with 37 Zen monks, 28 artists, and 36 teachers to gain a deeper understanding of Zen philosophy and aesthetics. A directed analysis was conducted in this study using real objects based on Zen philosophy in the analytical phase. In the transformative phase, products were developed through Design-Based Research (DBR) and altered several times based on user feedback. Furthermore, user testing, psychometric testing, and sensory evaluation occurred. Findings from the study suggest that designs influenced by Zen aesthetics facilitate emotional connections for users and provide peace of mind, ensuring a spiritual experience through objects. Through this, the challenges faced by designers when balancing tradition and modernity, and the importance of user experience, were revealed. The novelty of this study is that the users’ sensory perceptions are accurately recorded, and those ideas are directly incorporated into the design. The study provides a comprehensive framework for planning the integration of key principles of Zen culture into modern design, which sets out an artistic guide that combines spiritual beauty and user interest. Therefore, the users’ well-being with cultural heritage can be enhanced.

**Abstract 3**

**Title:** **Minimalism and Mindfulness: Integrating Zen Aesthetics into Contemporary Cultural Product Design**

**Abstract**

Zen aesthetics have deep roots in Japanese spiritual and philosophical traditions, offering art and design a comprehensive understanding of simplicity, harmony, and mindfulness/awareness. The focus of this research is the incorporation of Zen aesthetics in cultural and creative product design through principles of minimalism and wabi-sabi. Using Zen aesthetics as a foundation, this research further explicates how these principles are employed in a contemporary context and design practice artistically. Through a multi-method approach, this research was designed to collect qualitative data through semi-structured interviews with 37 Zen practitioners, 28 designers, and 36 educators to investigate the cultural and spiritual implications of these principles. A case-based analysis to look at the current Zen-inspired design sample examined existing product-based Zen principles in which common design features, materials, and/or aesthetic approaches could be identified. The design-based research (DBR) methodology of the study is based on a cyclical process in which attributes can be defined and explored, and later, selected attributes can be developed and tested as an iterative prototype through multiple forms of user engagement on the product within the real-world context. Findings indicate that applying Zen principles in product design increases engaging elements, including sensory experiences and emotional dimensions.