

Zen in Art or Poetry

Objective:

Explore and express Zen aesthetics by creating either a haiku or a piece of minimalist art that reflects the principles of simplicity, nature, and transience (wabi-sabi).

Instructions:

Option 1: Create a Haiku

1. Understand Haiku Structure:

- A haiku is a traditional Japanese poetic form with three lines:
 - **First line:** 5 syllables
 - **Second line:** 7 syllables
 - **Third line:** 5 syllables
- The poem often focuses on nature, the seasons, or fleeting moments, capturing the essence of a single observation or feeling.

2. Reflect on Zen Themes:

- Simplicity: How can you convey a profound idea in just a few words?
- Nature: Consider imagery inspired by the natural world—trees, water, wind, or mountains.
- Transience (wabi-sabi): Highlight the beauty in imperfection or impermanence, such as the falling of leaves or the setting sun.

3. Compose Your Haiku:

- Take a moment to sit quietly and observe your surroundings. Let inspiration come naturally.
 - Write a haiku that reflects your interpretation of Zen principles.
-

Option 2: Create Minimalist Art

1. Understand Minimalist Art:

- Zen-inspired minimalist art focuses on simplicity, balance, and the use of negative space. It emphasizes harmony and avoids unnecessary details.

2. Reflect on Zen Themes:

- Choose a subject inspired by nature or transience, such as a tree branch, a rock, or a ripple in water.
- Consider how to express your subject with as few lines, shapes, or colors as possible.

3. Create Your Artwork:

- Use any medium you prefer (pen, pencil, watercolor, or digital tools).
- Focus on creating a sense of calm, balance, and mindfulness in your piece.

