



The power of beauty

Nothing is more important today than to fill ourselves with positive inputs as much as we can, and focus on what is beautiful and inspiring around us, what adds passion and value to our lives.

When we appreciate something as beautiful, we also activate the beauty inside ourselves, that will then raise our vibrations and attract more positive things into our life.



But first - what is BEAUTY? Why do we find things beautiful?

Often beauty is a concept in the society, a creation in our mind more than a vibration in our heart...

François Cheng writes in his book FIVE MEDITATIONS TO EXPLAIN BEAUTY: *"Beauty is the inner invisible quality of being authentic and, in this way, perfect"*.

In the Japanese wabi-sabi philosophy beauty is seen in a very different way than in the western culture, close to the ideas of François Cheng. Here the beauty of an object is its uniqueness, like something marked by time or a ceramic teacup that is not perfect but has its unique authentic forms. Something is considered beautiful that fades away, moving towards nothingness.

"Wabi-Sabi is a beauty of things imperfect, impermanent, and incomplete", writes Leonard Koren in his wonderful little book "Wabi-Sabi for Artist, Designers, Poets and Philosophers"

"Wabi-sabi is an intuitive response to beauty that reflects the true nature of life"

"Wabi-sabi is an appreciation of the impermanent, imperfect and incomplete nature of everything"

"the secret of wabi-sabi lies in seeing the world not with the logical mind but through the feelings in our heart"

Beauty is something that vibrates, that we can feel in our hearts.

In Japan beauty is often seen as “the aesthetic values of simplicity”, where the “emptiness” (that are never empty), is essential as well as the asymmetric composition being much more interesting than something completely symmetric.

This is also in deep connection to harmony (that I will soon write about)

The Japanese concept of wabi-sabi is then the opposite of “good taste”, but instead can at first glance seem odd, wrong and even ugly. So it is more an [inner beauty](#) we are searching... It is about getting rid of all that is unnecessary. Peel it off like peeling an onion to find the inner authentic centre. It is in some way to let things be as they are as much as possible and see that there is inner meaning in the way nature creates, or things become by “mistakes” in the creative process. I can feel myself when creating in my studio, the excitement when things are just falling into place like unfolding by themselves when I put my ego aside, not trying to control the outcome.

It is about a natural simplicity. Most of the time we try to complicate things too much!

An authentic beauty can then connect to something deep inside us, our inner soul, our inner authentic being and activate our own “beauty”. To reconnect with this inner center is so essential today! We can reconnect when walking in nature, or just feel through our heart when looking at art or design or listening to poetry. But to reconnect we must learn how to stop our thoughts and just be in the **present moment**... We don't have to analyze or try to understand! We just must be totally [here and now](#) and let the vibrations come to us, fill us and inspire us.

Try it!
Try to see the beauty in the small details around you, just stop for a second and be aware of the present moment, see the colours and the forms without concepts our thoughts and connect to it. Let the authentic beauty create a gratitude inside you, that then nourish your soul.

In my art and textile design, I often use [AUTHENTIC NATURE](#) images and my “mission” as a creator has, for many years, been to reconnect us to nature and through the beauty in nature, connect and awaken the authentic being that are always existing deep inside us. I want to bring authentic nature patterns into our daily life, on cushions, curtain, table runners, trays but also through paintings. You can find more on my website. I have realised some very interesting projects with Japan with the label “The inner language of nature” and in Sweden with poetry and authentic nature images on textiles for our homes.

Art can then be a tool, and be seen as a therapeutic way to reconnect with ourselves!
The beauty in the world are activated by us when we see it. We create the beauty.
In adding more beauty into your life we higher our vibrations.

Much more texts to come! I also prepare texts to put on my website for this [ADD-BEAUTY INSPIRATIONS](#) if you would like to read more...(My website is in FR and in ENG)

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