

# Everyday Spirituality

by Colleen Foye Bollen



## Wabi Sabi: Everything Old Is New Again

*There is a crack, a crack in everything  
That's how the light gets in.*

— Anthem by Leonard Cohen

Recently I came across a Japanese philosophy called Wabi Sabi that celebrates my imperfections... and yours. At its essence, Wabi Sabi is the Japanese art of finding beauty and

acceptance in the transitory states of nature and in the natural cycle of growth, decay and death.

Instead of treasuring things that are in perfect condition, it embraces flaws. While there are no set rules, there are three main tenants of Wabi Sabi: all things are temporary; all things are imperfect; all things are incomplete.

## Creating Abundance

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cause people to believe that they must work very hard in order to have money. They may end up creating financial abundance, but find that they are working all of the time. Saturn has given them the message that they must assume too many responsibilities (Saturn is the planet of responsibility, and on the negative side, Saturn can overdo responsibility). Creating abundance needs the right balance between work and play. Remember, we want to feel good while we are creating abundant lives.

As you work on finding

your own balance with Jupiter and Saturn in creating a more abundant life, don't forget to do things that bring you feelings of joy, aliveness, and empowerment. These things do not have to be expensive. Take a walk on a sunny day, dance, sing, listen to music, draw, paint, take photographs, journal, watch fun or funny movies, think thoughts that bring you joy; do whatever gives you a sense of well-being.

Activities that increase your sense of spiritual connectedness can also be very abundant for you. The more you feel your deep connection to God, Spirit or Source,

the more abundant you are likely to feel. As you find your own balance with Jupiter and Saturn and trust yourself and your feelings, the right ideas will be there to help you to create the abundant life of your dreams.

*Nancy Kahn has 30 years of experience as a professional astrologer. She is also a clinical hypnotherapist with much hands-on experience assisting her clients with healing childhood wounds. In addition to natal astrology, yearly updates, and compatibility, Nancy specializes in relocation and medical astrology. She can be reached at (206) 284-1143 or visit [www.astrologyforliving.net](http://www.astrologyforliving.net).*

The first tenant, impermanence, points out the obvious: no matter how well you reinforce the structure of a building, secure a treasured item, or take care of your body, it will not last forever. Everything — from belongings to thoughts to actions — is impermanent. Many people spend vast resources on anti-aging, exfoliating moisturizers to firm fine lines and reduce wrinkles. But we can no more stop the aging process than we can stop fall leaves from dropping off of trees. As much as we may wish the colors of fall would stay forever, we would have to give up winter's snow-blanketed mountains, the riot of spring colors, and warm summer evenings. The same is true for our bodies. Each season of life brings its unique gifts.

Many states of being appear to be permanent, but in reality, they are just periods of inactivity or of things momentarily being in equilibrium. In time, adjustments will occur, sometimes by degree and at other times in one colossal swoop. Even though we wonder, as Dr. Seuss did, "How did it get so late so soon? It's night before it's afternoon. December is here before it's June," we know the only certainty in life is change.

Embracing imperfections may be a little bit more difficult. After all, imperfection is the antithesis of our youth-worshipping, consumerism culture. Instead of focusing on botoxing, sanding and repairing, Wabi Sabi celebrates marks of time, including age lines, cracks, rust and frayed edges. Imperfections are honored, not hidden.

One joy that comes with embracing imperfection into our lives is that we can accept ourselves for who we are, not who we think we should be or how others "expect" us to be. There is a certain liberation in dropping out of the eternal quest for perfection. Instead of whitewashing our personalities, we can

embrace our idiosyncrasies, knowing that our endearing quirks are what make us memorable. The same thing applies to old buildings with sloping floors and chipped paint. No one drives even a mile off their route to see communities with identical homes all painted shades of white. But in Europe, tourists flock to see the charm and history found in Roman, Greek, and gothic architecture.

The idea that things are always incomplete is reminiscent of early 20th century author Gertrude B. Stein's famous quote, "There is no there there." Over the years, I have encountered people who say they will be happy when \_\_\_\_\_ (fill in the blank). Some people believe happiness is assured after they acquire wealth; for others it is after they marry their soulmate. A lot of folks think happiness is guaranteed after they retire. Wabi Sabi teaches us that the key to happiness is living with what is, not the life that is just out of reach. There is only the now. The future is not yet here, the past is gone. We only have the present.

Wabi Sabi explains that all of the beauty and knowing in life is not "out there" to be discovered. It is in this moment, right in front of us. According to this world view, we can find more joy in our lives by emphasizing spiritual richness over material possessions.

*Colleen Foye Bollen is a healing arts practitioner offering personalized treatments using Jin Shin Jyutsu; reiki; and sound healing at her healing arts studio, in hospitals and through distant healing. For appointments call (206) 367-0491 or visit her website at [www.floatingstillness.com](http://www.floatingstillness.com). Fall quarter Colleen will be teaching The Art of Jin Shin Jyutsu and Everyday Spirituality at the University of Washington Women's Center. <http://depts.washington.edu/womenctr/>*

## WASHINGTON STATE Holistic CHAMBER of COMMERCE

### Upcoming Events

**SEATTLE CHAPTER: September 13, 6-8 p.m.**  
**Networking Social, Chen's Acupuncture Associates**, 13400 Northrup Way #28, Bellevue, (425) 644-2056. An evening to network and socialize. No reservations required. \$5 donation includes complimentary snacks.

**NORTH END CHAPTER: Saturday, Sept 8, 2007**  
**Organizational Meeting of the North End chapter of the WSHCC 11:30-1:30 p.m., Mystik Moon**, 826 C Metcalf St., Sedro-Woolley. For more information please contact Janet Hickox at (360) 855-2991 by phone or by email at [mystik\\_moon@msn.com](mailto:mystik_moon@msn.com).

**SPOKANE CHAPTER:** For meeting information, contact Charles Lightwalker (509) 389-7290 or email [charleslightwalker@yahoo.com](mailto:charleslightwalker@yahoo.com)

To learn more about the Washington State Holistic Chamber or to join, go to [www.washingtonholisticchamber.org](http://www.washingtonholisticchamber.org)



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"Astrology", September 23<sup>rd</sup>, 10:00 AM – 5:00 PM;  
"Attaining Higher Consciousness", September 30<sup>th</sup>, 2:00 PM – 5:00 PM

Upcoming Events and Workshops  
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