



JOY, BEAUTY AND CHANGE
– MONO NO AWARE

JOY

- A strong feeling happiness, delight, pleasure or deep contentment
- Often comes from meaningful experiences, connections, or a sense of fulfillment
- A sense something feels right
- What might give you joy?
 - Being with loved ones
 - Achieving something important
 - Experiencing beauty
 - Moments of peace or gratitude

JOY

- If you “Google” joy, you will find there are various types of joy
 - **Three Colors of Happiness - Cannot create a full color palette without all three primary colors**
 - **The Happiness of Pleasure** – Immediate, physical joy of experiencing life, eating a good meal, feeling warm, or enjoying a moment of rest
 - **The Happiness of Grace** - Gratitude, awe, and appreciation, such as realizing you are loved or observing nature.
 - **The Happiness of Excellence:** The pursuit of meaning, growth, and flow, such as accomplishing a challenging goal

JOY

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- **Three Types of Temporal Joy**

- **Retrospective Joy:** Vividly recalling past joyful experiences (e.g., remembering a loved one).

- **Resurrection/Restorative Joy:** Finding joy in healing or repairing something, such as apologizing or overcoming a struggle.

- **Futuristic Joy:** Finding hope and joy in anticipating future meaning or beauty.

JOY

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Three Types of Spiritual Joy

- **Joy in Salvation:** The deeper joy of spiritual security.
- **Joy in Success:** The excitement of achieving goals or service.
- **Joy in Sovereignty:** The joy found in God's wisdom and authority

BEAUTY

- Beauty is the quality that evokes admiration, awe, pleasure, or deep emotional resonance. It can be found in people, nature, art, ideas, music, character, or fleeting moments.
- Beauty is very subjective. What one person finds beautiful may not move another. Yet certain things—sunsets, human tenderness, symmetry, music, acts of sacrifice—tend to resonate across cultures.
- Many philosophers and artists have suggested that beauty is not merely decoration, but a way of perceiving meaning, truth, or connection in the world.



BEAUTY

- **Physical beauty** — harmony, proportion, color, form, movement
- **Moral beauty** — kindness, courage, compassion, integrity
- **Artistic beauty** — expression that reveals truth or emotion
- **Natural beauty** — landscapes, seasons, light, impermanence
- **Intellectual beauty** — elegant ideas, simplicity, insight

CHANGE

To make or become different – Note - no value

- Could be in a particular way or aspect
- Could be radically different
- Could be a different position, course or direction
- Replace with another
- Make a shift from one to another
- Undergo a modification

MONO NO AWARE

- The Japanese aesthetic and philosophical concept of the 'pathos of things'—an awareness of impermanence
- An emotional sensitivity that finds beauty in fleeting moments, aging and change
- Originated in the Heian period in Japan (794-1185)
- Classical literature : *The Tale of the Genji* (circa 1008)
 - Written by a woman (Murasaki Shikibu), considered the first novel to have global recognition
- Symbolic image: Falling cherry blossoms

MONO NO AWARE

- Characteristics
- **Impermanence:** The core philosophy is recognizing that all things fade, which makes them precious
- **"Ah-ness" of Things:** The term implies a sudden, involuntary "wow" or "oh" (aware) triggered by the "objects" (mono) of existence
- **Bittersweet Emotion:** It combines a tender sadness for passing moments with a quiet joy in having experienced them
- Mono – Thing, No – of, Aware - measured surprise

MONO NO AWARE

- Motoori Norinaga (Edo-period scholar and also a physician for 40 years– 1730-1801)
 - Literary and moral idea
 - To understand *mono no aware* was to understand the heart of the world
- The awareness of the transience of all things heightens the appreciation of their beauty and evokes a gentle sadness at their passing

MONO NO AWARE

- Murasaki complained about the constricted life of women in the Heian society
 - ‘How can we enjoy prosperity in life or dispel the tedium of the ephemeral world when we must hide within ourselves understanding of things that are deeply moving (mono no aware)?’

MONO NO AWARE

- Not just a solitary contemplation
- Mono no aware is experienced and then shared
- Composing poems, creating paintings or craft objects for others to appreciate
- Sharing an emotional experience which eases sorrow and reinforces delight
- In our world today
 - It informs mindfulness, design, and environmental thought

MONO NO AWARE

Appreciate the moment, because the beauty experienced in it will never be the same. It will pass, It will end.

Life changes, new beauty, perhaps of a different kind, will arrive.

Each season the cherry blossoms die. But every year they come back again

