



## Mini Zen Garden Kit

**Kit Contents:** black saucer, sand, stone, 2 mini succulents, wooden fork.

**Step 1:** Pour sand in the black saucer. If you have an essential oil (not included) add a few drops in the sand.

**Step 2:** Gently shake the container from side to side to even it out.

**Step 2:** Place the stone in your garden.

**Step 3:** Add the miniature succulent plants for a touch of green.

**Step 4:** Create your sand pattern with the wooden fork provided or utensil of choice.

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# Zen Garden Kit



# The History of Zen Gardens

Japanese rock gardens came about with the rise of Zen Buddhism. Zen philosophy was introduced into Japan from China in the 12th century and became quite popular with samurais and warlords who admired it for its focus on control and self-discipline.

In the 14th and 15th centuries, during the Muromachi period—which was happening at the same time as the Italian Renaissance—special gardens began to appear at Zen temples. Particularly in Kyoto, which is still home to some of the most incredible Zen gardens in the world, monks began designing rock gardens that had esoteric meaning.

By stripping out water features and using stones, they were making a timeless landscape that was almost abstract in form. In China, compositions made from stones were already common, but this usage in Japan was revolutionary at the time. Water was represented carefully raking the sand into wavelike patterns, while the garden was often designed to be viewed from one perspective on a platform.

The white sand doesn't only represent water, but also provides negative space in the composition and therefore emptiness. Instead, the rocks are used to represent different elements of a typical landscape— islands, mountains, trees, and animals. Arranged in a balanced (but not symmetrical) fashion, and often in groups of threes, the seeming simplicity of a Japanese rock garden reveals complex ideas through meditation.

With such meaning behind Zen gardens, it should come as no surprise that the world's oldest garden planning manual— Sakuteiki—was published in the 11th century to help practitioners. The manual guided designers in the selection of rocks, placements of stones, and how to perfect raked patterns. (<https://mymodernmet.com/japanese-zen-gardens/>)

# Benefits of a Mini Zen Garden

## **Compact Alternative to Traditional Zen Gardening**

If you live in an apartment or have a small yard, there isn't enough space for a traditional Zen garden. A mini Zen garden is a compact alternative that will fit anywhere in your home. You can still practice Zen gardening without the expense or labor of installing rocks and gravel in your yard. These kits are also very affordable for newbies or people interested in learning more.

## **Mindfulness at Any Moment**

In addition to your regular meditation practice, it's nice to incorporate little moments of mindfulness throughout the day. This is especially good to help combat stress and anxiety during hectic moments. I find a desktop Zen garden is the perfect mindfulness accessory for work. Often taking a moment to meditate is impractical in an office setting, but pausing for a few moments to care for your garden can bring you the same calm and focus.

## **Tool for Stress Relief and Relaxation**

Combing and arranging a zen garden is a very calming and relaxing activity. The appearance of the garden and added accessories (like small plants or Buddha statues) can foster peaceful energy. It's great for a work desk, bringing calm and providing a relaxing break from computer work.

## **Zen Gardens Stimulate Creativity**

Meditation alone helps clear the mind, stimulate creativity, and help with problem-solving. The meditative nature of arranging a zen garden helps you clear and focus your mind. It also gives you space to be playful in your arrangements and designs, which can put you in a creative headspace and make you open to experimentation and going outside your comfort zone.

<https://awakeandmindful.com/desktop-zen-gardens-for-peace-at-work/>