



Linda's T'ai Chi Weekly Handout

December 12, 2021

The Art of Doing Nothing

Niksen (nik.sə(n), the Dutch word for “doing nothing”. Imagine, doing nothing. Letting your mind wander as you sip tea, gazing at the scenery, day dreaming, taking a walk with no purpose in mind. This concept from the book “the Art of Doing Nothing” by Olga Mecking, is not a new concept. The Italians refer to the “sweetness of doing nothing” as “La Dolce Far Niente.” The Japanese have a term for it - Boketto - which literally means 'gazing vacantly into the distance without thinking about anything specific'

Doing nothing is not mindfulness. A better definition would be mindful relaxation. Doing nothing, but with a purpose to do nothing or no purpose at all has the capacity to help decrease anxiety, awaken our creative spirit and make us more productive when we return to a task that has purpose.

Doing nothing allows the brain and the body to rewire from the stress of day-to-day life. We need to rest the mind just as we need to rest the body. It is a stillness to which many of us are not accustomed. Some think we are wasting time. But this is the heart of the matter. Niksen encourages us to loosen our concept of time and productivity and to allow our mind to wander with seemingly no real purpose.

Niksen is not laziness, boredom or meditation. It is taking a moment every day to calm, soothe and relax by letting our mind wander. It is letting go and letting the flow of our minds journey where it will. Niksen removes the words, “I need to, have to, want to” momentarily while we embrace the deep calm of doing nothing.

It is a moment of sheer relaxation of the mind, body and soul.

Perhaps we can explore this art and find peace, calm and relaxation one moment at a time.



Peace, *Linda*