

Bonsai: an excellent way to blend with the nature

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People engaged in various activities during their leisure time to get some relief from the stress of their daily tedious chores.

Among such types of hobbies, Bonsai has a special place due to it being a living art. Bonsai is an art which provides continuous challenges to the creator. This art stimulates ones passion and imagination and is very close to the heart. It could never be called boring. The main challenge for a bonsai artist is to produce a miniature plant which could recreate the image of a huge old tree that you see in nature.

The relationship between trees and animals date back to the beginning of life on the earth. This relationship continued to flourish during the passage through different era and is deeply embedded within animals. Almost all the activities of the pre-historic man directly depended on the environment they lived in. Therefore, even after the man came out of the woods to occupy modern settlements, his craving to be closer to the environment keeps pulling at his heart strings. Art of Bonsai addresses this craving by bringing people close to the nature.

Those who engaged in Bonsai as a hobby will get several benefits out of it. A person of any age group; teens, adults or elderly can get involved in this beautiful art. Since a bonsai artist can create his bonsai to suit any size of space, it can be accommodated in a small room, an office or any other place that he or she desires. Currently, due to high pressure on land, the space available for man to live in is getting smaller and smaller. Therefore, it is very difficult for people to take up hobbies like gardening that involves a lot of space. Bonsai is an ideal alternative of recreation activity for people who love nature and greenery. People who occupy a small land in urban areas or who live in apartments can easily maintain one or two bonsai plants in their houses. They are ideal for people who live in rented houses and need to change their houses from time to time. Since bonsai plants are easy to be carried from place to place, even those occupying rental housing can easily make their new environment close to the nature.

Today, interior designers and landscape artists all over the world use plants to beautify all types of buildings such as houses, officers, hotels, etc. Bonsai provides a great value addition in such instances. You can add colour and vibrance to these places by introducing bonsai trees with colourful flowers and fruits. Visitors to these places are given the opportunity to enjoy the pleasure of nature which will enchant them. According to architectural and interior designing principals, one can attract universal energy inside a building by placing trees in a certain manner. Countries like Japan use Bonsai plants for this purpose abundantly.

Those who choose bonsai as their hobby can show their creative ability and imagination power to the world. You can create bonsai plants in various styles according to your preference. Bonsai is considered as a living art because it has living tissues that will continue to grow throughout the life of its creator. A bonsai artist creates these formations in nature in such a way, that they make viewers amazed and enchanted just by looking at them. Bonsai is a creation of art without an end. From time to time, the same bonsai tree can take different forms according to the liking of its creator. Therefore, bonsai trees change their appearance with time making them more and more intriguing. Through the passage of time the bonsai artist and the bonsai plant develops a great bond between them, which is similar to the bond of a parent and a child. A Bonsai tree can be considered as a pet in a way since it can be there for you for the rest of your life, chasing away your loneliness.

Another major benefit of Bonsai is that it can add exceptional qualities to your life as well as develop good qualities you already possess. Today human lifestyle is very fast and un-caring. Bonsai will help to control it and make you relaxed. When dealing with bonsai, you need to slow down your pace to such a level that you need to go with the nature's own time. It improves your patience and concentration abilities. Bonsai will increase your focusing power and it will make your mind calmer, peaceful and serene. This peace of mind may direct you towards a state like meditation.

The art of bonsai does not only help you to have a good mental health it will also help improve your physical health. It will get rid of your stress and depression conditions, regulate your blood pressure levels and make

you relaxed. Bonsai being a tree will make your atmosphere purify by supplying oxygen and absorbing carbon dioxide. Having better air to breath your body will become healthier.

A bonsai tree can live for more than hundreds of years with proper care and maintenance. Therefore, this treasure can be passed through generation to generation in a family as a memorable heritage. An old bonsai tree has its own story to recite and it will certainly evoke the imagination of the viewer.

You can enjoy all the above benefits by choosing bonsai as your hobby and sacrificing some of your time regularly to learn and understand this amazing art. You also need to take care of them by providing of water, light and fertilizer adequately for the plant to grow healthy. With the above-mentioned essentials and with your love and care, you will be the proud owner of a beautiful bonsai plant that can adorn your small garden, your veranda or your balcony as you wish.

The Sri Lanka Bonsai Association (SLBA) formed by a group of bonsai lovers in the country holds an annual bonsai exhibition. This year being the thirtieth anniversary of the SLBA, an exhibition called "Reflections 2020 – Living Images" will be held from 15 -16 February 2020 at the Anthurium Hall of the Galadari Hotel, Colombo. The exhibition will be opened to the public from 11.00 a.m. to 6.00 p.m. on Saturday, 15 and from 9.30 a.m. to 6.00 p.m. on Sunday, 16. At 11.00 a.m. on Sunday, a special demonstration is scheduled by British Bonsai Master Mr. Peter Chan. All bonsai lovers are invited to visit this enchanting event.