

景与心会

Integration of Landscape and Heart

王红荔 蒋森丽 潘富鸾 编

日式庭院设计
Japanese Garden Design



设计为先 禅意中启发哲思
Wisdom Inspired by Zen
文 / 潘子闻 Pan Ziwen

有位设计大师说过，设计是构思如何进行视觉表现。我想，设计更是真正的艺术工作。

日式庭院设计与禅宗美学关系紧密，说到禅宗美学设计，自然会想到日本的艺术设计。日本的艺术设计是在禅宗美学的启发下，将禅宗思想纳入现代设计之中，并将其意识升华，以此来寻求形式上的突破，进而使作品充满了“优雅、朴素”的精神内涵。下面从三个方面对日式庭院的设计与日式禅宗美学的关系进一步进行阐述。

意蕴深长的禅意

“禅”的真理究竟是什么？佛学家认为“禅”完全依靠个人的体验，而不诉诸理智作用或系统的学说。因为理智作用或系统的学说拘泥于技术性细节，常常是肤浅的，根本触及不到事物的核心。理论化的东西难以直接表现人类灵魂的艺术或者真正获得生活的艺术，而实际上，与“创造”的本意相关的任何事物，都是“只可意会，不可言传”的，都要超越推论式的理解。因为，“禅”的格言就是“不立文字”。

在日本设计美学思想中，设计之道一直遵循自然之道。这其中包括两方面的含义：第一，设计创作源于对自然生命的感知；第二，设计创作不矫饰，不夸张做作，不违背自然事物的状态以及人的自然天性和情感。同时，禅宗的自然观也符合日本本土尊崇自然的思想。尽管日本的禅学源于中国，但演变至今却发展出不同的风貌。日本的审美更加趋向于禅的空寂与枯淡，因而具有禅的简朴、自然、幽玄、脱俗等特征，它不但是一种艺术表现，更是一种象征艺术和联想艺术。特别是在园林设计、建筑设计、室内设计、书道、茶



道、花道等中积累下来的审美格调和艺术品位，已成为日本现代艺术设计取之不竭的灵感源泉。从某种意义上说，禅宗是日本艺术设计所追求的最高境界。正如日本佛教学者铃木大拙所说：“禅造就了日本性格，也表现了日本性格。”

宁静中启发哲思

在禅宗的精神触发下，日本的室内设计往往将观念性的物体浓缩并缩小到最低的程度，呈现出一种“无相”和“空相”，以此达到禅宗冥想幽玄的精神之美，这也是日本室内设计独特的文化内涵之一。如此形成一种独特的“空、间、寂”的日本美学特征，营造出室内“禅境”。

众所周知，艺术设计与禅宗精神形影不离，设计师们常常将禅宗精神与艺术设计相结合，在宁静的思考中得到启示。艺术设计在日本文化中居于相当重要的位置，设计师常以一种东方传统的思维方式和感受力来表现作品内容，有时借助于民族传统的视觉符号，有时又在艺术上似乎不含任何传统元素。他们超越了对视觉符号表面的形式关注，认为美也存在于非具象的事物中，将人对视觉的通常解读由表及里，深入到心灵的感知。同时对传统的造型进行简化，更以一种现代的思维方式和从传统文化中提取适用于当代的智慧。以“空灵、虚无”的禅宗美学观为基础，追求艺术中的优美和宁静，丰富设计的视觉语言，开阔设计的视野，如日本设计界的代表人物安藤忠雄的建筑设计、五十岚威畅的产品设计、三宅一生的服装设计、佐藤晃一的平面设计，都可以让观赏者从其作品中感受到一种“静、虚、空灵”的禅宗美学境界。





设计为先 注重细节

在禅宗美学的影响下，造园家即园林设计师总是在庭院设计中融入禅宗思想，将园林的审美体验与诗画的审美体验相融合，常常将“画境”“诗境”上升为“意境”。造园者不是复制大自然，而是把自然作为一种原材料，从中获得灵感并利用想象来造园，无论是公共景观还是小庭院，日式景观中最具代表性的要数枯山水庭院了。

所谓枯山水，就是以沙代水，以石代山，用来突出大自然和生命的主体。枯山水的写意方式极其简约与抽象，表面看起来舍去水体的枯山水是无痕迹的，但它表现的却是从自然之中截取的片段。将这种片段凝固下来，使其获得一种不变的“永恒”，充分表达了禅宗美学独有的审美意境，体现出一种至美。在修行者眼里，它们就是海洋、山脉、岛屿、瀑布，一沙一世界，这样的园林无异于一种具有震撼力的精神园林，能对人的心境产生神奇的力量。

日式庭院风格深受中国文化的影响，可以说是继承和发展了中国古典园林风格。细节处理是日式庭院最精彩的地方，这与它独特的自然景观是相通的，较为单纯和凝练。

首先，日式庭院常常采用一方山水而容万象的理念。枯山水、竹篱笆、小瀑布、石组、蹲踞等元素都要经过精心挑选，它们的形态、质感、色彩组合都要提炼成神化的山水，不是自然恰似自然的景观，是人们对自然的向往。设计的精心和细腻触动了观赏者的感官：把墨绿的松针摆放在石板地上，聚散有致，一株红枫在竹林深处，井边的石头包上了厚厚的青苔，细流潺潺地从竹槽中抑或假山中流出……这种细微而注重细节的设计，以小见大；这种对大自然的提炼，尤其是纯净化的景象给人留下了大片的想象空间，力求让观者感受和谐的自然之美。

综上所述，日式庭院设计不是以美眩人，而是力求渗入自然深处，表现出纯洁与简朴之感，这样一种平淡、含蓄、单纯和空灵之美，使得观赏者从自然的艺术形态中体验一种空寂的景象，品味出幽玄之美，保持超脱的心灵境界，使设计成果成为灵魂的栖息之所。

A design master once said that design is to meditate on how to display visual presentation. And I think design is more than that, it is also art work.

Japanese garden design has close relationship with Zen Aesthetics. We would think of the art design of Japan when speak of Zen Aesthetics. Because Japanese art design is inspired by it, and designers make a breakthrough of form by sublimating its meaning so that their works are filled with spiritual connotation of elegance and simplicity. We can elaborate on this relationship between Japanese garden design and Zen Aesthetics through three aspects.

Deep Implication of Zen

What is the true meaning of Zen? Buddhist thinks that Zen depends on personal experience instead of systematic theories. Because theories are limited to the details of technology which are usually shallow and can't touch the core of things. What's more, theories are very difficult to express directly human beings, art of soul and life. In fact, everything that relates to the real intention of creation can only be sensed. The motto of Zen is Don't put to words.





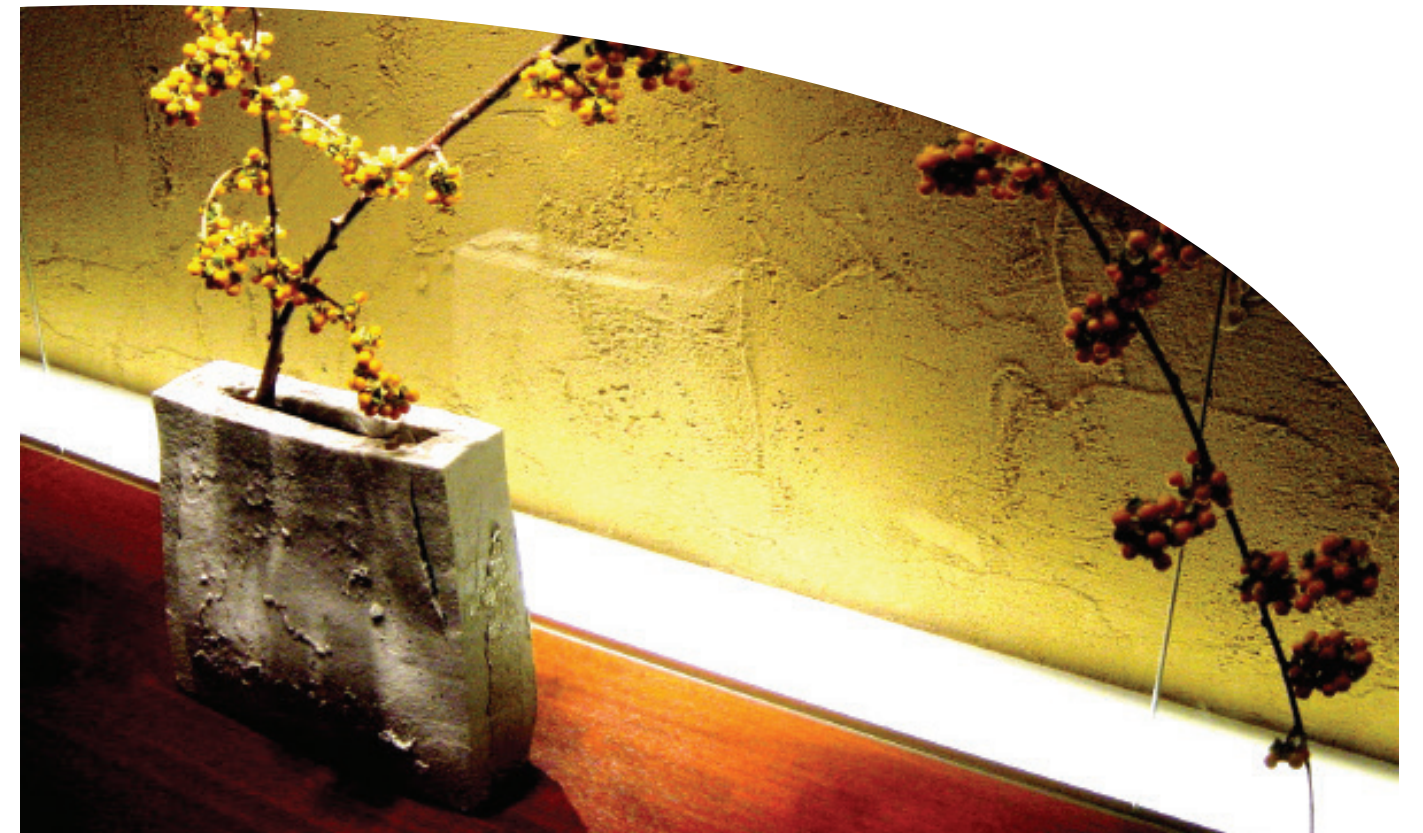
In the Japanese design aesthetics, the design rule is to follow the nature law, which includes two aspects. First, the design is based on the perception of natural life. Second, the design must not go against the natural law and human beings' nature and emotion. Zen's conception of nature accords with Japanese tradition of worshiping nature. Though Japanese Zen originated from China, it has developed to a totally different level. "Japan's aesthetic tends to the conceptions of empty and simplicity." That's why

Japanese Zen has the features of being simple, natural and peaceful. It is not only an expression of art, it is also an art of symbol and association, which can be specially seen in gardens, architectures, interiors, teaism and ikebana. In some sense, Zen aesthetics is the highest level Japanese artists try to reach. Just as a famous Japanese Buddhist scholar Daisetz Suzuki says, "Zen forms the Japanese character and shows it."



Inspire Wisdom Thought in Peace

With the influence of Zen aesthetics, Japanese interior designers usually concentrate ideogenetic objects to create peaceful beauty of mind through "alaksana" and "tong zuk", which is also one of unique cultural features of Japanese interior design. Designers usually fuse art design with Zen spirit and inspire wisdom thought in peace. Art design has very important status in Japanese culture; it applies traditional oriental way of thinking and sense to express connotations. Sometimes via traditional ethnic vision signs, sometimes



it seems totally to break through traditions. Japanese designers think that beauty also exists in non-representational forms, which through vision can touch deep into people's hearts. At the same time, it uses modern way of thinking to extract from traditional culture the wisdom which suits the contemporary era. Based on Zen aesthetics, famous Japanese designers like architect Tadao Ando, product designer Takenobu Igarashi, fashion designer Issey Miyake and graphic designer Sato Koichi, their works give people the experiences of Zen of "being peaceful, modest and intangible".

Design Comes First, Details Emphasized

Under the influence of Zen aesthetics, garden designers try to fuse Zen ideas into gardens, which create picturesque and poetic scenes and turn them into artistic conceptions. Garden designers do not just copy nature, they just take them as raw materials and attain inspirations from it. Be them gardens or courtyards, the most outstanding ones are classic landscape layout of Japanese rock gardens.

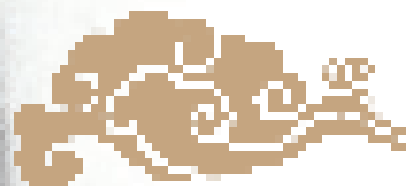
Japanese rock gardens use sand to represent water while stones mountains, which stand out the subjects of nature and life. Though simple and abstract, rock gardens show some fragments of nature. Designers have frozen those fragments to keep them "eternal" and to express the utmost harmony. Because they are seas, mountains, islands and waterfalls, a spiritual garden that can exert magic influence on people's minds. Though Japanese garden design has been deeply influenced by Chinese garden, it has its own excellences of being simple and pure.

It is its conception of being all-inclusive in a small space. All elements like bamboos, waterfalls, stones and so on are carefully selected. Their colors and forms give people wonderful feelings. Designers attach importance to details to make people feel the natural harmony.

In a word, Japanese garden is not splendid, but it seeps deep into nature to express the beauty of peace, modesty and simplicity, which can calm and relax people's minds and souls.

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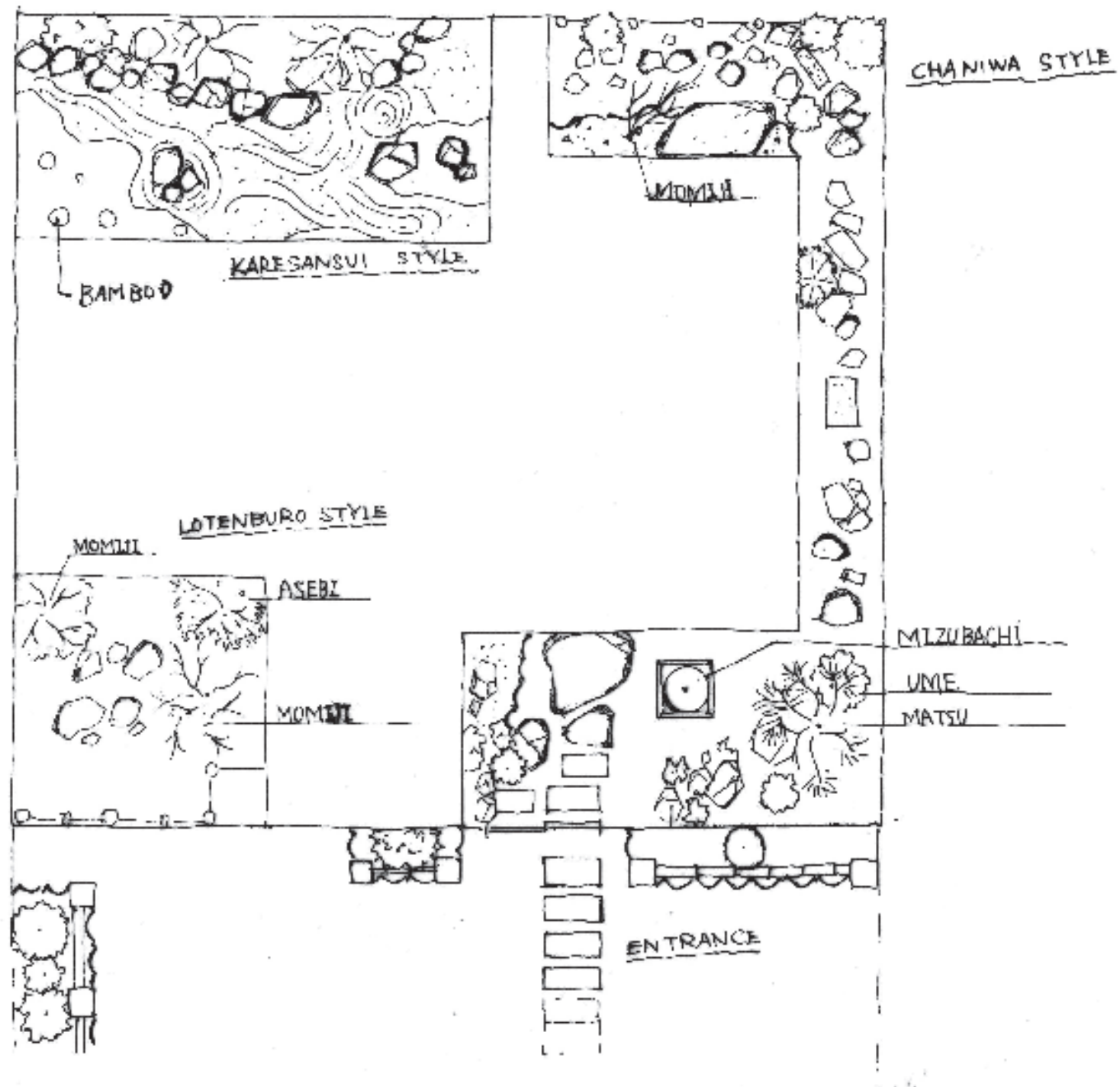
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Japanese Combination Small Garden 日式组合小庭院



项目名称：枯山水庭院
设计公司：山口园有限公司
设计师：山口昭彦
摄影：山口昭彦

Project Name: Japanese Rock Garden
Design Company: Akihiko Yamaguchi Garden Design Ltd.
Designer: Akihiko Yamaguchi
Photographer: Akihiko Yamaguchi



本案位于住宅区，设计师在住宅周围分别圈出一小块地设计了四个不同功能的日式风格庭院，营造了经典的日式茶庭和枯山水石庭。

枯山水石庭，是指不使用水，仅用石子和沙砾来表现水流的庭院布景方式。巨大的花岗石和假山用来表示大陆，而白色沙砾则寓意大海或者河流。日式庭院中常常需要考虑景观元素的比例关系，在这里，设计师以和谐原则，利用寓意大海的沙砾和代表海岛的石块组成一幅枯山水画面。

竹篱笆是日式庭院中必不可少的景观元素，主要用作围屏。在该案另一个功能区中，在原来的石砌墙壁上增加竹篱笆以加强遮挡，白色沙砾和黑色本那智石的黑白对比让空间更显美妙绝伦。再加上长条花岗石铺设的石径，既可点景又可当脚踏石的石块，散布其中的几株山茶，设计师就是通过这简单的元素构造出了一道立体景观。

一个精致的设计可以平复人们的心灵，庭院外围竹栏杆中种植了一株姿态优美的山茶，充分展现了设计师的创意。

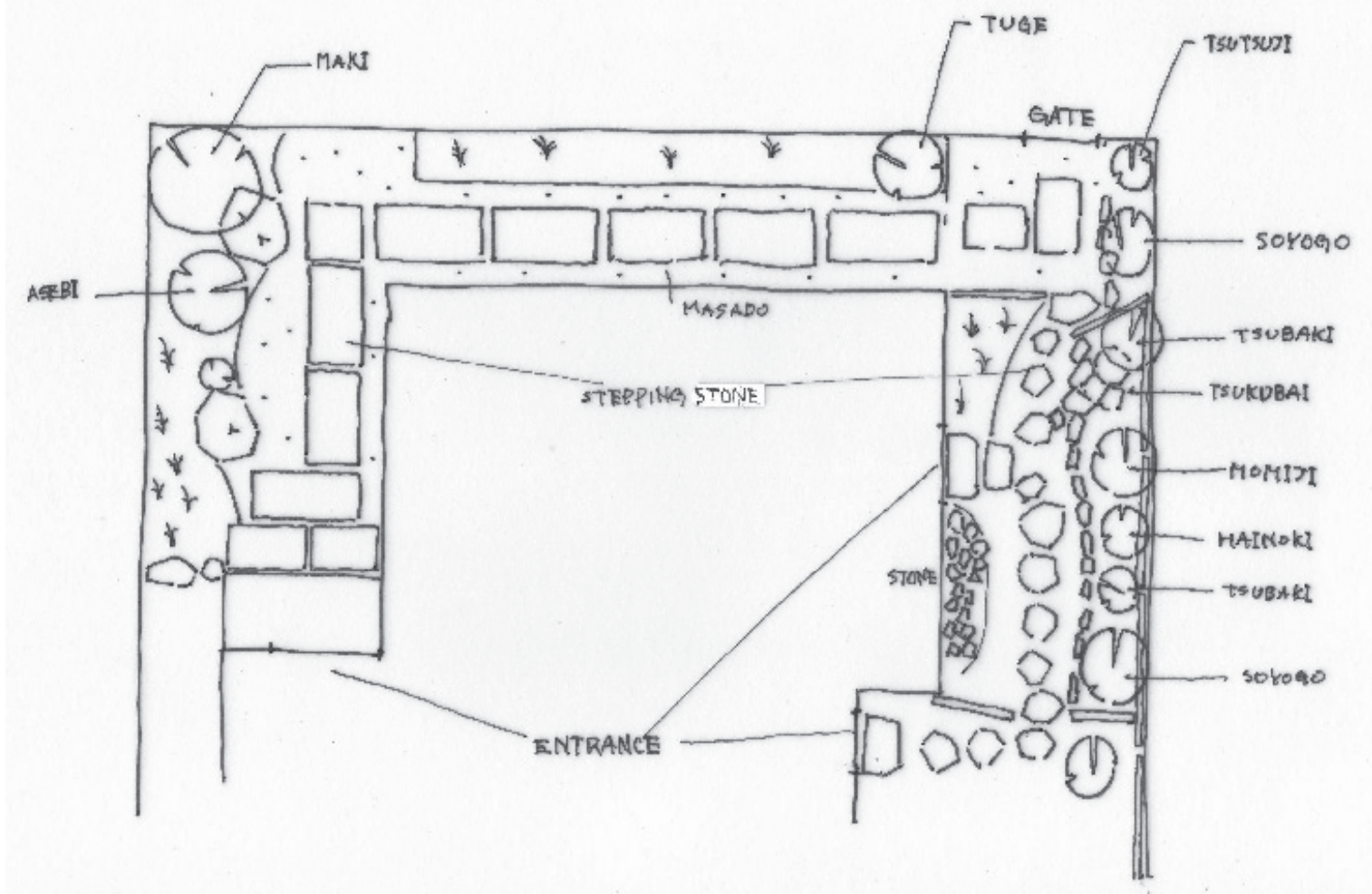
This is a courtyard of a residential area. Designer planned four designs for different functions to create the natural atmosphere of teahouse and Japanese rock garden. Rock garden means using materials like stones and gravels to express the concept of water and stream, while huge granites and artificial mountains represent land. White gravel, most of the time is the symbol of the sea and stream. The proportions of garden elements are very important when planning a Japanese garden. In this case, designer followed the rule of harmony, applied gravels and stones to express sea and island images, whose lines are harmonious with each other. Bamboo fence is an important landscape element of Japanese garden. The bamboo fence added on the stone wall blocks some light. White gravels and black stone make a harmonious contrast. Long granite pathway, stones that act also as stepping stone and some camellia all these simple elements make a vivid landscape.

A delicate design can soothe people's mind. The entrance with a camellia is dancing on the bamboo which shows the creativity of the designer.





Japanese Wonderful Teahouse 新和风妙境茶室



项目名称: 新和风庭院 1
 设计公司: 山口园有限公司
 设计师: 山口昭彦
 摄影: 山口昭彦

Project Name: New Japanese Style 1
 Design Company: Akihiko Yamaguchi Garden Design Co.,Ltd.
 Designer: Akihiko Yamaguchi
 Photographer: Akihiko Yamaguchi



日式庭院中的茶庭也叫露地，是源自茶道文化的一种园林形式。随着景观设计在建筑设计和室内设计中的地位不断提高，茶庭的景观美化作用逐渐大于实用功能，人们往往希望能在自家的庭院里设计一个可以让心灵歇息的庭院。

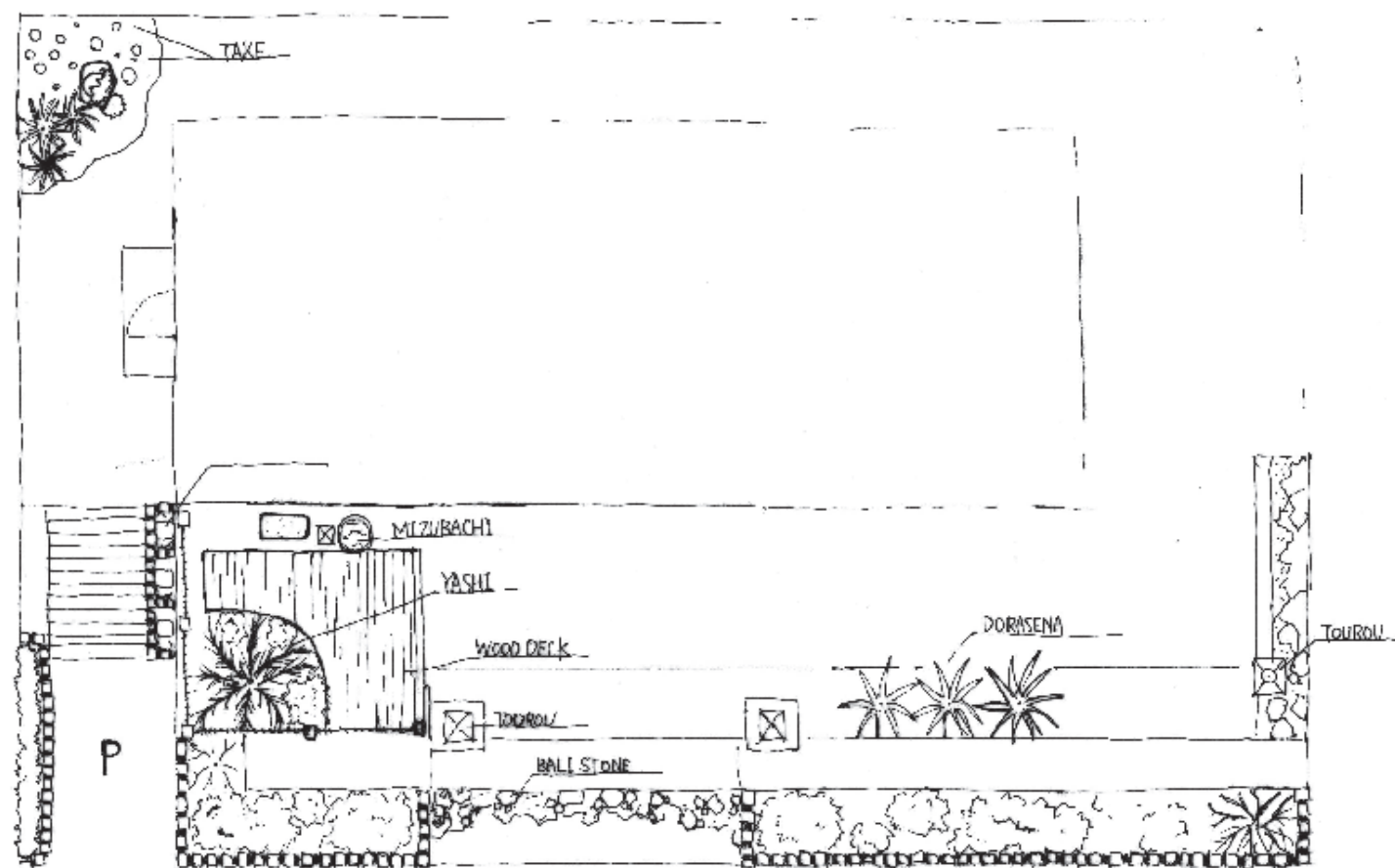
本案的业主是一位茶道大师，他希望能在家庭院里建造一个茶庭。传统中的茶庭式园林一般是在进入茶室的一段空间里，按一定路线布置景观。而设计师在本案的设计中，除了尊重传统的设计手法，也突出了几个创新点。在庭院里以冬青、山矾为中心，在其下面种植地被草。围屏使用的是黑竹篱笆，营造出一种安详、和谐的氛围。而其他地面则用沙土铺设，以拙朴的步石象征崎岖的山间石径，以地上的草类植物寓指茂盛的森林，蹲踞式的洗手钵让人联想到清冽的山泉，而沧桑、厚重的石灯笼营造了和、寂、清、幽的茶道氛围，具有很强的禅宗意境。具有如此环境氛围的茶庭真是美妙极了！

The tea house in Japan is also called patio, a kind of garden originated from tea ceremony culture. With the landscape design becoming more and more important in architecture and residential designs, tea house as a landscape element has gradually expanded its functions. People tend to own a garden that can soothe their minds.

The owner of this garden is a master of tea ceremony, so he wishes to build a tea house in his garden. The traditional tea house is usually in the inside part of a garden and landscaped along fixed pathway. In this case, designer not only respected the traditional design method, but also made some creative points. Holly tree and symlocaceae are the center of garden, under which grasses are planted to protect the earth's surface and fenced with black bamboo to create an air of peace and harmony. Other parts of the floor are paved with sandy soil, in which natural stepping stones mean the humbly path, while the lush grasses mean the forest. The squatting hand washing bowl reminds people of the stream while the stone lantern brings a peaceful tea ceremony feeling of Zen. It is really a wonderful atmosphere for a tea house garden.



Asian Resort Style Garden 1 亚洲度假风庭院 1



项目名称：亚洲度假风庭院 1
设计公司：山口园有限公司
设计师：山口昭彦
摄影：山口昭彦

Project Name: Asian Resort Style Garden 1
Design Company: A kihiko Yamaguchi Garden Design Ltd.
Designer: A kihiko Ymaguchi
Photographer: A kihiko Yamaguchi





该案为一栋别墅的小后院，设计师利用亚克力色板打造篱笆围屏，把此处设计成一个亚洲度假风格的庭院。庭院中置入了各种风情的景观元素，这些精致小景给人们以极其丰富的视觉印象。麻雀虽小却五脏俱全，木质甲板作为桥梁连接小院和屋内，铁锈色的石块围成一个小池塘，池塘中的雕塑是出水口，池中种满了荷花、莲花以及水草。为了表现业主钟情的“巴厘岛早晨”的感觉，设计师在庭院中特别设置了可以制造雾气的机器，在机器下方摆放一个铁锈色接水盆，使业主在庭院里也能享受池水的声音。同时，庭院还多处使用了最具日式风格的石头雕塑。

一只雕塑水钵、一张木质甲板、几块铁锈色的石块与翠绿的植物搭配，将幽深致远的东方风情在这个小庭院里发挥得淋漓尽致。无论从视觉或听觉上来说，这都是一个令人憧憬的庭院。

This is a backyard of a villa. Designer applied small wooden boards of acrylic color to build fences, making it Asian resort style. There are many landscape elements of different appeals which bring people abundant visual enjoyments. A wooden board acts as a bridge connecting the yard with interior. Stones of rusty color build a small pond in which many lotus and waterweeds are planted. Water is drawn from statue into the pond. To create the impression of "morning on the Bali Island" which the villa owner loved, designer has set specially a machine that can produce liquid smoke in the yard. Under the machine is a water salver which allows owner to enjoy the sound of water dropping down. There are some stone statues of Japanese style.

Statues, wooden board, rusty stones and green plants exert oriental appeal of deep vision to the most. This is a yard appealing to both senses of vision and hearing.





Asian Resort Style Garden 2 亚洲度假风庭院 2



项目名称：亚洲度假风庭院 2
设计公司：山口园有限公司
设计师：山口昭彦
摄影：山口昭彦

Project Name: Asian Resort Style Garden 2
Design Company: Akihiko Yamaguchi Garden Design Ltd.
Designer: Akihiko Yamaguchi
Photographer: Akihiko Yamaguchi





日式庭院常常以含蓄、恬静、淡泊为美，注重精神层次的塑造，追求一种清净无为、天人合一的境界。鉴于业主希望在家里的庭院里能经常感受亚洲度假村的的想法，设计师在房子入口的墙角处进行景观塑造。象形雕塑和多边形石砌灯笼为左边墙角景观的视觉焦点。铁锈色沙砾和六方石的颜色很接近。大株的绿植和小株的植被以深色系木板栅栏为背景。照明灯具被藏在不易察觉的小株植被里。这样的景观元素组合体现出设计的人性化。如果说左边墙角的景观设计体现的是中式古典园林风格，那么中式与日式的安静、凝重相糅合的新型亚洲度假风格也在该庭院中无处不在。

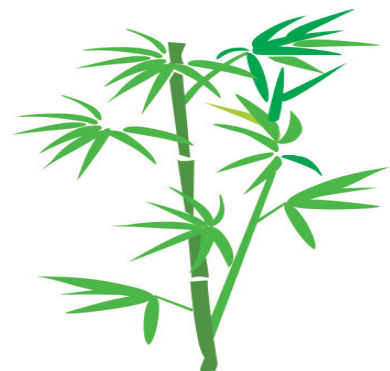
右边墙角利用花岗岩和铁锈色自然石铺成了层层叠叠的石阶，石阶之间只以干净的小沙砾铺填，软化了石材坚硬的棱角和冰冷感觉。这些干净的边线围合出不同层次的园林景观。小花园中用自然石围砌出种植池，种植了一些玉簪和羽蕨。典型的亚洲元素的植入，构筑出了一个充满亚洲度假村风情的庭院。



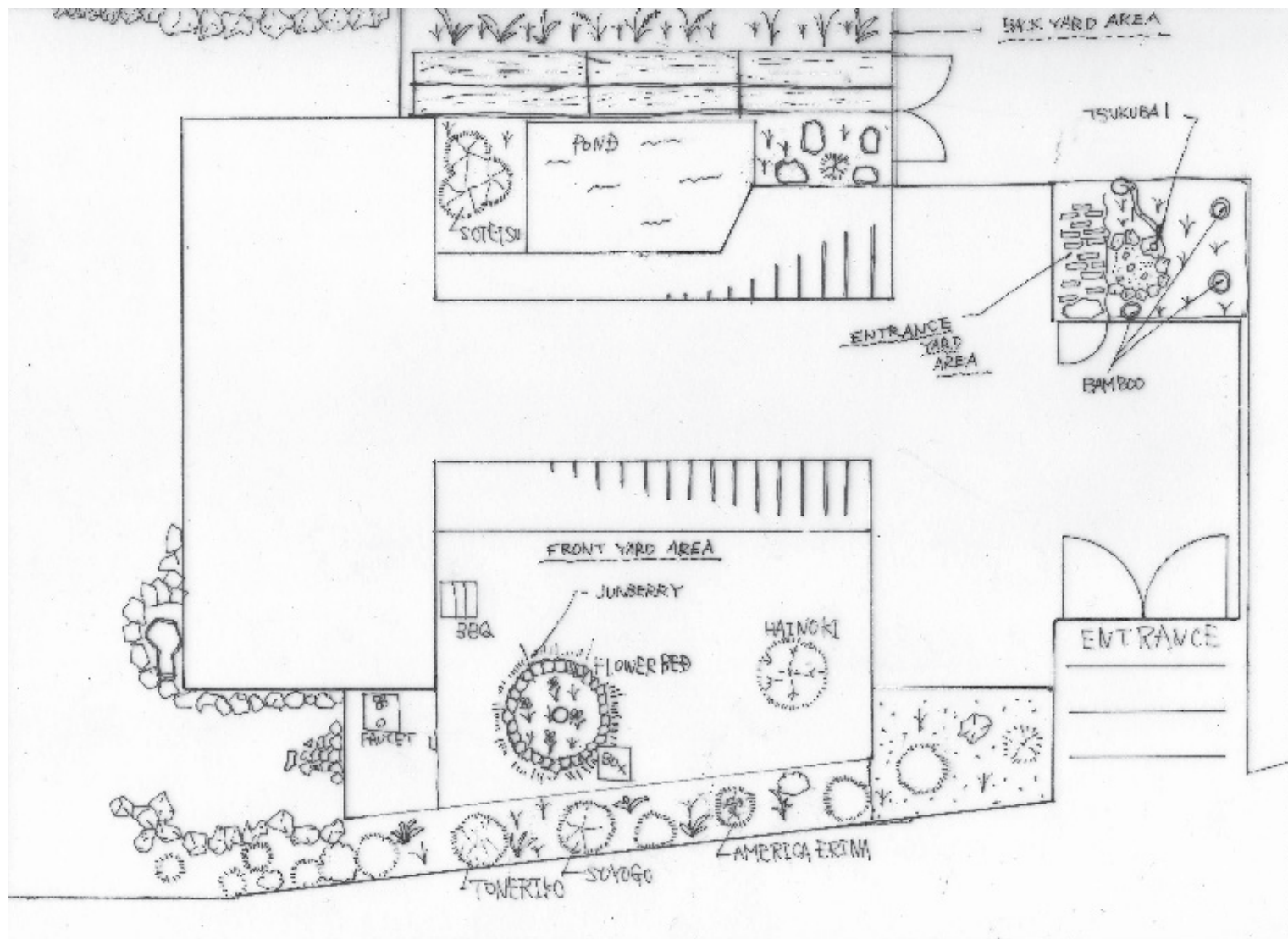
Japanese gardens usually express spiritual state of discarding all desires and worries from one's mind through modest, quiet and peaceful ways. The owner wishes to experience the appeal of Asian resort style in his garden, so the designer started landscaping from both sides of the entrance. On the left side, statue and stone lantern are the visual focus, large and small plants are decorated with dark color wooden fence. Rusty color is in harmony with nocerite stone. Lightings are hidden in the plants. The combination of these elements expresses a cultural sense.

On the right side, stairs are paved with granites and rusty color stones, between them are clean soft gravels which soften the hardness and coldness of the granites. Their clean lines create a multi-level landscape. The small flower garden built with natural stones is beside them, in which there are some Asian plants such as hosta and abietinella. They add the sensation of Asian resort style to the whole garden.





New Japanese Style 2 新和风庭院 2



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设计公司: 山口园有限公司
设计师: 山口昭彦
摄影: 山口昭彦

Project Name: New Japanese style 2
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设计师山口昭彦在该案的设计上突破了以往日式庭院的设计手法。一进入庭院，所有的景观便一览无余。整个庭院分为内庭和外庭，小廊道的周围有一些低矮的假山。内庭有一个池塘，池塘一侧栽种了苏铁。道路的旁边种植了各种各样的草，加强了色彩的对比效果。而外庭和内庭在景观的设计上有所区别，外庭大量使用混凝土，以确保庭院空间的宽敞，在接近烧烤区的地方设计了一个植物组团，种植了不同高度和不同品种的树木，地面以碎木片覆盖。外庭与内庭连接的部分，采用天然石镶边，并用沙土铺设。另外，内庭有一块狭长的区域，这里铺设了沙砾，虽然仅用了简单的元素搭配，但也是一处不可多得的风光。

The designer has applied a different way to design this garden. We can see through the garden right from the gate. It is planed into two parts, inner and outer yard, with low rockery around the pathway. There is a pond in the inner yard with sago cycas. Along the crosstie and pathway, the designer planted kinds of grasses to make it look colorful. Different from inner yard, lots of concrete are used to make the garden spacious. Near the BBQ area is a planting area which contains trees of different heights and species and is paved with thin wooden boards while the joint of these two parts is paved with natural stones and soil. In addition, the long narrow landscape built with small stones and gravels is an extension of the inner yard, though simple, it is unique scenery, too.

