



**JOURNAL OF TOURISM,  
HOSPITALITY AND  
ENVIRONMENT MANAGEMENT  
(JTthem)**  
[www.jthem.com](http://www.jthem.com)



**ZEN AESTHETICS AND GUEST EXPERIENCE:  
EXPLORING THE ENVIRONMENTAL AND EXPERIENTIAL  
IMPACTS OF ZEN-INSPIRED DESIGN IN MODERN LEISURE  
RESORTS**

Wu Pei Feng<sup>1\*</sup>, Nadia Nasir<sup>2</sup>

<sup>1</sup> City Graduate School, City University Malaysia  
Email: 1023210855@qq.com

<sup>2</sup> City Graduate School, City University Malaysia  
Email: nadia.nasir@city.edu.my

\* Corresponding Author

**Article Info:**

**Article history:**

Received date: 22.06.2025

Revised date: 16.07.2025

Accepted date: 11.08.2025

Published date: 08.09.2025

**To cite this document:**

Wu, P. F., & Nasir, N. (2025). Zen Aesthetics and Guest Experience: Exploring the Environmental and Experiential Impacts of Zen-Inspired Design in Modern Leisure Resorts. *Journal of Tourism Hospitality and Environment Management*, 10 (41), 267-287.

DOI: 10.35631/JTthem.1041018

This work is licensed under [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/)



**Abstract:**

This study explores the influence of Zen aesthetics on the environmental design and guest experiences within modern leisure resorts. Rooted in the principles of simplicity, harmony, and mindfulness, Zen design offers a unique framework for enhancing guest satisfaction, emotional well-being, and connection with nature. However, the increasing commercialization of Zen aesthetics poses challenges in maintaining authenticity and philosophical integrity. Through an exploratory qualitative approach, this research investigates how Zen-inspired elements—such as natural materials, minimalist spatial design, and integrated nature components—are applied in resort environments and how they affect guest perceptions and experiences. A purposive sample of 20 participants, including resort managers and guests, was selected to provide insights through semi-structured interviews. Thematic analysis revealed five major research themes: the identification of key Zen design components, their role in attracting guests, their contribution to guest tranquility, their ability to foster human-nature connection, and the impact of Zen-inspired activities on guest engagement and well-being. Results indicate that Zen design successfully promotes calmness and introspection through elements such as open spaces, earthy tones, and meditative zones. Zen-related cultural practices—like tea ceremonies, calligraphy, and yoga—were found to enrich guest experiences and encourage cultural appreciation. Despite the positive impacts, the study highlights the need for balance between modern luxury amenities and traditional Zen values. Furthermore, it emphasizes the importance of integrating sustainable practices aligned with Zen philosophy. This study contributes to both academic literature and industry application by offering a conceptual framework that links Zen aesthetics to environmental psychology, design theory, and hospitality experience. Recommendations

include designing with ecological awareness, preserving cultural authenticity, and curating immersive experiences rooted in Zen philosophy. Ultimately, Zen-inspired design emerges as a transformative approach for redefining the standards of sustainable and mindful tourism in the contemporary hospitality industry.

**Keywords:**

Zen Aesthetics, Guest Experience, Tranquility, Nature Connection, Resort Design

**Introduction**

The aesthetic of the surroundings in contemporary places that are influenced by Zen society has a number of significant issues that require to be solved. One of these problems is the threat of not being real and stealing from other cultures. Some people worry that Zen culture will be used in resort projects without an in-depth knowledge of or regard for its initial significance and historical context. This would imply that Zen values would be shown in a shallow way. This encourages evaluating the aspects of Zen culture if it is becoming too commercialised and watered down, which could hurt the real experience it gives.

Modern vacation locations try to offer high-end rooms and cutting-edge amenities that might interfere with the straightforwardness and modesty of the Zen style (Xu et al., 2022). A big issue that requires to be solved is how to combine modern benefits with the Zen-inspired style and atmosphere in a way that works well.

Another problem is creating environments for peace and quiet. Zen society stresses the value of quiet reflection and tranquillity, but modern places frequently feature massive initiatives with a lot of tourists. In the middle of a busy hotel, it takes careful planning to make places where guests can go to relax and be alone. It is important to give people quiet, private places where they can feel the peace that comes with Zen ideals.

Also, one of the most important things to consider is associated with employing environmentally conscious design concepts and other eco-friendly methods. As stated by Huang & Liu, (2018), Zen culture puts a lot of emphasis on being in balance with nature, but some contemporary settings might not fully use environmentally friendly techniques. For a lodge to be built and run in an ethical manner, it needs to combine a Zen-inspired style with practices that are good for the natural world, like using reusable materials, installing energy-efficient structures, and encouraging ecological protection. It is important to deal with such issues if Zen society is to be successfully incorporated into the planning of modern vacation places. By recognizing genuineness, finding equilibrium between contemporary society and Zen appearance, developing tranquillity and privacy, and accepting viable practices, resort builders and architects may develop circumstances that honour the core principles of Zen tradition while giving guests an unforgettable and relaxing experience. The specific objectives of study are as follows:

- To examine the key design components derived from Zen aesthetics that are incorporated into the environmental design of modern leisure resorts.
- To identify effective components and factors derived from Zen culture that improve the environmental design of modern leisure resorts, aiming to enhance guest experience and satisfaction.
- To assess the impact of Zen-inspired environment design on the perceived tranquility and relaxation experienced by guests in modern leisure resorts.
- To analyze the relationship between Zen-inspired environment design and guests' connection with nature in modern leisure resorts.
- To investigate the influence of Zen-inspired activities and experiences on guests' engagement in mindful practices and their overall well-being in modern leisure resorts.

### Literature Review

The scholars, out of their own artistic requirements for their living environment, would seek out artisans who understood their design intentions and aesthetic interests to create garden rooms and custom-made furnishings. The creations made by the literati had a refined lifestyle and a gentle temperament. The Changwu Zhi records and evaluates the artefacts of the Zen culture Dynasty from the perspective of literati aesthetics. Through years of compiling and researching objects and documents, in *Long Objects: Material Culture and Social Conditions in Early Modern China*, Kollege (2019) examines the exact date when the Long Objects was written, sorting out the relationship between the Kao Pan Yishu, the Zunsheng Bajian, and the Long Objects, written from a sociological perspective, the author takes a unique view of the period's. The book is written from a sociological point of view, with a unique perspective that compares the people, events, and objects of the period with the Europe of the time. The vivid and detailed descriptions in Coghlan's reference to the Long Story and its contemporaries allow the reader to imagine and depict exactly what it looked like even without the physical objects. This book is an interpretation of The Long Object, during which the depiction and imagination of Zen culture artefacts is quite informative.

According to Zeng (2021), Zen culture is frequently described as an approach that does not rely on language or characters. Nonetheless, the custom has resulted in a large number of texts. The work expands the topic of the Zen paradox by stressing the plethora of material goods present in diverse Zen traditions. Zen emphasizes awareness and freedom from material possessions, enabling individuals to view the outside world with a peaceful and dispassionate perspective. Zen's vastness is founded on the pursuit of philosophic disposition in feeling empty, representing the life pursued in the path of living awareness of everything on earth having nothingness; and concealing large thinking space that appears indifferent but contains rich intellectual content. This will come as expected for anyone who has considered the importance of representing material culture within Zen; within the religion of Buddhism, items are frequently considered as physical manifestations of all three jewels dharma, buddha, and sangha.

The materialistic aspects of Zen stated in the aforementioned group of articles can be thought of as a vehicle as well as a physical representation of the Buddha, the teachings of the Buddha (rags, temple construction, calligraphy, the beverage bowls along with utensils), and the

members of the sangha (calligraphy, tea bowls, sculpture, and utensils, in addition to masters' robes along with staffs). Consequently, Zen materialistic products reflect the three precious stones, rendering abstract ideas and principles tangible through the objects that people meet every day. The present-day research on Zen culture artefacts has also achieved certain results, mainly divided into systematic artefact studies and specific artefact studies. The macroscopic studies grasp the development and meaning of Chinese artefacts as a whole, while the specific studies analyse the history, folklore, and aesthetics of a particular type of artefact.

Zen culture, stemming from the teachings of Zen Buddhism, is a multifaceted concept that encompasses philosophical, artistic, and lifestyle elements. At its core, Zen culture emphasizes simplicity, mindfulness, and a deep connection with the present moment. While often associated with Japan, Zen culture originated in China and has roots in ancient Chinese philosophy and aesthetics. One of the key aspects of Zen culture is its emphasis on non-verbal communication and the transcendence of language. Despite this, Zen has generated a rich body of texts and artistic expressions. This paradoxical nature is central to Zen philosophy, highlighting the tension between the material world and the pursuit of spiritual enlightenment. Zen encourages individuals to cultivate awareness and detachment from material possessions, allowing them to perceive the world with clarity and equanimity.

Zen culture is deeply intertwined with the arts, particularly calligraphy, painting, and tea ceremony. These artistic practices serve as vehicles for self-expression and spiritual exploration. Zen calligraphy, characterized by its spontaneity and simplicity, reflects the practitioner's state of mind and inner peace. Similarly, Zen painting often features minimalist landscapes or abstract representations of natural elements, inviting viewers to contemplate the beauty of impermanence and emptiness. The tea ceremony, or *chanoyu*, is another integral aspect of Zen culture, embodying principles of mindfulness, hospitality, and harmony with nature. Through the meticulous preparation and serving of tea, participants engage in a ritualized form of meditation, fostering a sense of presence and connection with the surrounding environment. Each element of the tea ceremony, from the choice of utensils to the arrangement of the tea room, is imbued with symbolic meaning and aesthetic significance.

In addition to the arts, Zen culture encompasses various material artifacts and practices that embody its philosophical principles. For example, Zen temples are architectural marvels designed to create serene and contemplative spaces conducive to meditation and introspection. The layout of Zen gardens, with their carefully arranged rocks, gravel, and vegetation, reflects the harmony and balance inherent in Zen philosophy. Moreover, Zen culture places a strong emphasis on the value of simplicity and austerity in everyday life. This is evident in the design of Zen-inspired living spaces, which prioritize clean lines, natural materials, and uncluttered surroundings. By minimizing distractions and embracing simplicity, individuals are encouraged to cultivate inner peace and mindfulness in their daily lives.

However, the materialistic aspects of Zen culture, such as temple artifacts and ritual objects, serve as tangible manifestations of its abstract principles. These artifacts, including calligraphy brushes, tea bowls, and meditation cushions, not only facilitate Zen practices but also embody the sacredness and interconnectedness of all things. Therefore, Zen culture encompasses a rich tapestry of philosophical insights, artistic expressions, and everyday practices aimed at fostering mindfulness, inner peace, and spiritual awakening. By embracing simplicity, mindfulness, and a deep reverence for the present moment, Zen offers a transformative path to self-discovery and enlightenment in an increasingly complex and chaotic world.

The concept of Zen culture originates from the profound spiritual traditions of East Asia, particularly Japan, where Zen Buddhism flourished as a way of life emphasizing simplicity, mindfulness, and harmony with nature. Zen transcends religious practices, evolving into an aesthetic and philosophical guide that has profoundly shaped Japanese architecture, art, and daily living. It promotes detachment from materialism, a focus on the present moment, and a deep appreciation for imperfection and impermanence — notions encapsulated in the Japanese concept of "wabi-sabi" (Miller, 2022). This cultural backdrop offers a rich foundation for understanding how Zen informs the design and experience of modern leisure spaces.

Zen aesthetics are grounded in the belief that beauty lies in austerity and subtlety, a perspective that opposes the extravagance and ornamentation typical of Western luxury ideals. Within a Zen framework, natural materials, muted colors, and asymmetrical compositions are favored to evoke tranquility and introspection. Such principles are critical when designing spaces intended for leisure and retreat, where the environment must nurture a sense of mental clarity and emotional well-being (Cheng, 2023). This fundamental divergence from Western aesthetics positions Zen as a powerful counterbalance in the modern world's increasingly sensory-saturated culture.

### Conceptual Framework

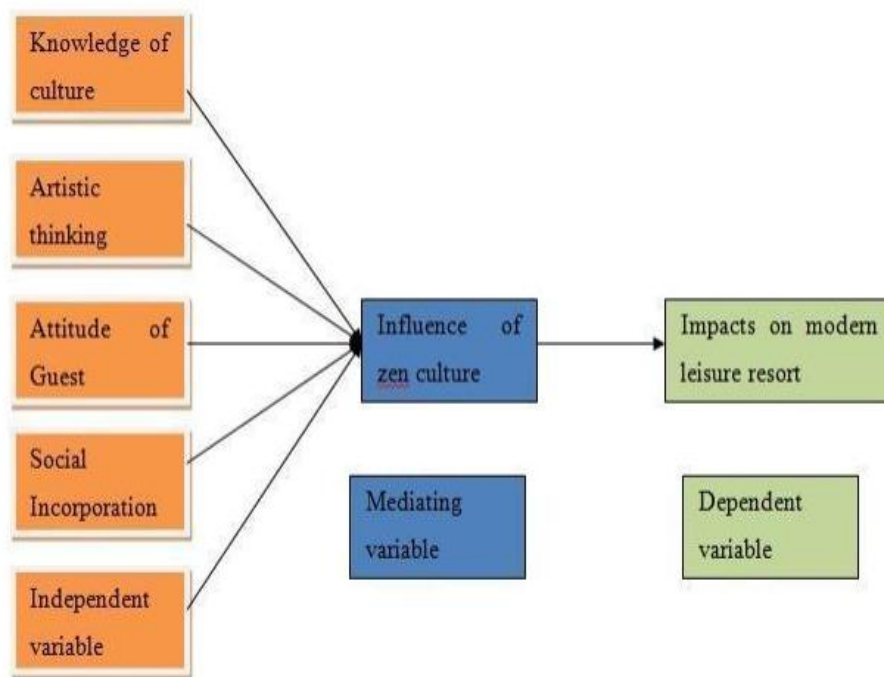
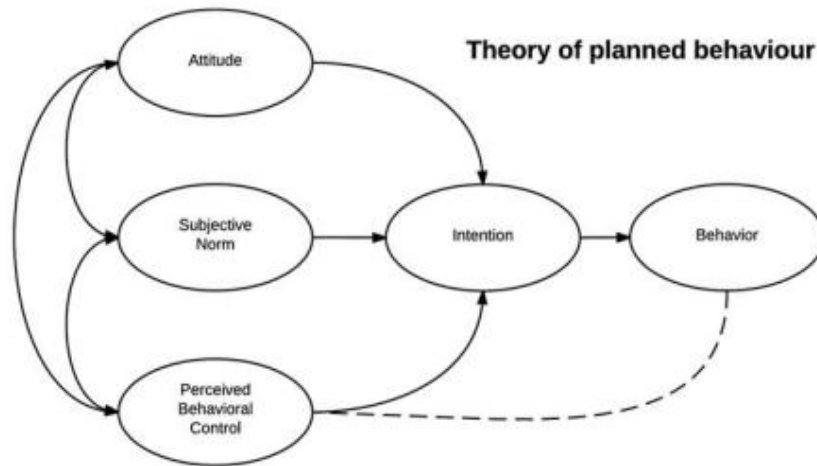


Figure 1: Conceptual framework

(Created by the researcher)

## Theoretical Framework



**Figure 2: Theory Of Planned Behaviour**

(Source: Hagger, et al. 2022)

According to the theory of planned behaviour it has been identified three determined factors such as perceived behaviour control, attitude and subjective norms (Hagger, et al. 2022). Personal attitude depends on a particular behaviour. As per the personal attitude, all sums of knowledge prejudice and attitude either go positive or negative. For example, the individual attitude such as smoking makes them feel good or keeps them in a relaxing mode. On the other hand, smoking tobacco may cost a lot of money and smell bad. The theory of planned behaviour explains all the behaviours over ability. It can successfully predict the wide range of drinking, smoking, substance and others. It distinguishes between three types of belief such as control, behavioural and normative. Behavioural intention refers to a motivational factor. Subjective normal refers to the belief that people approve of the behaviour. Therefore, Zen culture is seen in various modern leisure resorts.

## Research Methodology

The exploratory research design has been used in the study. Exploratory research design is suitable because it can change easily and discover new things while being just right for understanding how Zen culture affects modern relaxation resorts nowadays (Wang, 2021). The focus on making guesses, being able to change how the researcher gets data and gaining a better understanding of tough things matches the goals of learning. Other types of designs, for example, those that explain and compare causes, might not have the same level of searching or idea-making needed in this research.

The target population for this study comprises two main groups: managers of leisure resorts that incorporate Zen-inspired elements into their design and amenities, and guests who stay at these resorts. For this study, a total of 20 participants will be selected using purposive sampling. This includes 10 managers of leisure resorts that incorporate Zen-inspired elements into their design and amenities, as well as 10 guests who have recently stayed at these resorts. The sample size of 10 managers of leisure resorts is deemed appropriate as it allows for gathering



insights from a diverse range of professionals with extensive experience in the hospitality industry. This number of participants is sufficient to capture a variety of perspectives and approaches to implementing Zen culture within resort environments, while also ensuring depth and richness in the data collected.

Thematic analysis has been chosen as the data analysis technique for this study due to its suitability for capturing and interpreting rich qualitative data obtained from interviews and observations. Thematic analysis involves identifying, analyzing, and reporting patterns or themes within the data, allowing researchers to explore the underlying meanings and experiences shared by participants (Braun & Clarke, 2019).

## Results

**Table 1: Research Questions and Themes**

Research Question	Themes Identified
<b>RQ1: What are some significant design elements of Zen aesthetics?</b>	<ol style="list-style-type: none"> <li>1. Simplicity in Spatial Design</li> <li>2. Integration of Natural Elements</li> <li>3. Balanced Use of Light and Shadows</li> <li>4. Minimalistic Materials and Textures</li> <li>5. Harmonious Arrangement</li> </ol>
<b>RQ2: How do Zen-inspired design components attract guests?</b>	<ol style="list-style-type: none"> <li>1. Creation of a Tranquil Atmosphere</li> <li>2. Aesthetic Appeal</li> <li>3. Guest Responses to Features</li> <li>4. Support for Wellness and Mindfulness</li> <li>5. Sustainability and Cultural Appeal</li> </ol>
<b>RQ3: What are the impacts on guest tranquility?</b>	<ol style="list-style-type: none"> <li>1. Spatial Tranquility Design</li> <li>2. Natural Lighting &amp; Open Spaces</li> <li>3. Calming Meditative Areas</li> <li>4. Nature-Integrated Relaxation</li> <li>5. Holistic Guest Well-being</li> </ol>
<b>RQ4: How does Zen design connect guests with nature?</b>	<ol style="list-style-type: none"> <li>1. Fostering Guest-Nature Connection</li> <li>2. Zen in Landscaping and Design</li> <li>3. Indoor-Outdoor Complementarity</li> <li>4. Personal Nature Experiences</li> <li>5. Sustainable Nature Integration</li> </ol>
<b>RQ5: What are the impacts of Zen-inspired activities on guest engagement?</b>	<ol style="list-style-type: none"> <li>1. Diverse Zen Activities</li> <li>2. Enhanced Guest Satisfaction</li> <li>3. Guest Feedback</li> <li>4. Emotional/Transformative Impact</li> <li>5. Cultural Enrichment and Memory-Making</li> </ol>

The findings from the study illustrate that Zen-inspired design in modern leisure resorts is multifaceted, combining spatial aesthetics with psychological and environmental harmony. RQ1 and RQ2 focus on the physical and experiential elements, showing how design principles like simplicity, integration with nature, and balance create environments that visually appeal to guests and support wellness. These components not only attract visitors through beauty and calmness but also contribute to the uniqueness and sustainability of the resort experience. Guests reported emotional satisfaction from aesthetically minimal spaces that blend seamlessly with the natural surroundings.

On the other hand, RQ3, RQ4, and RQ5 delve deeper into the experiential and emotional outcomes. Zen design fosters tranquility by using spatial harmony, natural light, and meditative zones to influence mood and stress levels. The connection to nature, both physical and symbolic, emerges as a consistent thread across themes—enhancing mindfulness and evoking deeper emotional responses. Meanwhile, Zen-based activities such as meditation, tea ceremonies, and art workshops deepen engagement by enriching guests culturally and spiritually. Together, these design and activity elements result in transformative guest experiences that foster loyalty, relaxation, and holistic well-being.

### Discussion and Conclusion

The researchers came to the conclusion that environmental design that is influenced by Zen considerably improves the experiences of guests by promoting tranquility, mindfulness, and a stronger connection with nature. By placing an emphasis on simplicity, harmony, and cultural authenticity, Zen design is able to create settings that are transforming and resonate with modern tourists who are looking for leisure and for a better understanding of themselves. In order to satisfy the growing desire for travel experiences that are both meaningful and environmentally responsible, the findings highlight the significance of including natural materials, minimalist aesthetics, and wellness activities that have been carefully selected. The report also highlighted areas that could be improved, such as increasing cultural inclusivity, improving procedures that are sustainable, and adjusting to the preferences of a varied range of guests. While it was noted that the study had certain limitations in terms of its scope and methods, it does give a solid platform for future research on the global applicability of ideas that are inspired by Zen beliefs. The conclusion of this chapter is that it reinforces the potential of Zen-inspired design to reinvent the standards of modern leisure resorts. It also provides significant insights for industry stakeholders and advances scholarly discourse on the subject.

### Acknowledgement

This research would not have been possible without the unwavering support and encouragement of many individuals. First and foremost, I would like to express my deepest gratitude to my supervisor for their invaluable guidance, constructive feedback, and continuous encouragement throughout the entire research process. Their expertise and insightful advice have been instrumental in shaping the direction and depth of this study. I am also grateful to the faculty members and administrative staff at university for their support in facilitating data collection and providing the necessary resources to carry out this research effectively. I would like to extend my sincere appreciation to all the students and faculty members who participated in the interviews and generously shared their experiences and insights. Their openness and enthusiasm brought depth and authenticity to this study. Additionally, I am thankful to my family and friends for their constant encouragement, understanding, and emotional support, which kept me motivated during challenging times. Their belief in my work has been a source of strength throughout this journey. Lastly, I acknowledge the broader academic community and all those whose work has inspired and informed this research, reminding me of the transformative power of education and the arts.

### References

- Abraham, R., Basole, A., & Kesar, S. (2022). Down and out? The gendered impact of the Covid-19 pandemic on India's labour market. *Economia Politica*, 1-28.  
<https://link.springer.com/article/10.1007/s40888-021-00234-8>



- Abdullah, S. (2020). The 1980s as (an Attempt in) the Decolonialization of Malaysian Art. *Southeast of Now: Directions in Contemporary and Modern Art in Asia*, 4(1), 3-29. <https://muse.jhu.edu/pub/43/article/752969/pdf>
- Al-Hanawi, M. K., Angawi, K., Alshareef, N., Qattan, A. M., Helmy, H. Z., Abudawood, Y., ... & Alsharqi, O. (2020). Knowledge, attitude and practice toward COVID-19 among the public in the Kingdom of Saudi Arabia: a cross-sectional study. *Frontiers in public health*, 8, 217. <https://www.frontiersin.org/articles/10.3389/fpubh.2020.00217/full>
- Alison, H. (2022). *An Illustrated Brief History of Chinese Gardens: Activities, People, Culture*. Shanghai Press. <https://books.google.com/books?hl=en&lr=&id=BbCAEAAAQBAJ&oi=fnd&pg=PT12&dq=Jiuhua+Mountain+lies+southern+part+from+Anhui+Province,+the+surrounding+area%27s+architectural+design+incorporates+regional+features,+integrating+local+and+religious+traditions&ots=4frMTtSrGV&sig=yDcSWnYivVvOblbTN0OhlJS6vOY>
- Alnawas, I., & Hemsley-Brown, J. (2019). Examining the key dimensions of customer experience quality in the hotel industry. *Journal of Hospitality Marketing & Management*, 28(7), 833-861. <https://www.tandfonline.com/doi/abs/10.1080/19368623.2019.1568339>
- Amin, M. E. K., Nørgaard, L. S., Cavaco, A. M., Witry, M. J., Hillman, L., Cernasev, A., & Desselle, S. P. (2020). Establishing trustworthiness and authenticity in qualitative pharmacy research. *Research in Social and Administrative Pharmacy*, 16(10), 1472-1482. <https://www.academia.edu/download/63350466/1-s2.0-S1551741119309155-main20200518-71810-11ov8k5.pdf>
- Atmadi, T., Putra, Y. M., & Ramadhan, A. (2019). Local Wisdom in Designing Interior Design, Review of Cultural Arts and Design Style. *Review of Cultural Arts and Design Style* (November 26, 2019). <https://www.academia.edu/download/89566592/2886.pdf>
- Arai, P., & Cho, E. S. (2022). *Buddhist Practice in East Asia*. The Oxford Handbook of Buddhist Practice, 53. <https://books.google.com/books?hl=en&lr=&id=DiNsEAAAQBAJ&oi=fnd&pg=PA53&dq=ZEn+frequently+dangerous+to+speaking+about+dynamic+and+varied+cultural+practises+such+as+yoga+or+Japanese+Buddhism+with+generating+static,+crystalline+&ots=fmRbg-bK4J&sig=ELquj8AfoovX4L2ZWIEqrHtXzQo>
- Baak, M., Koopman, R., Snoek, H., & Klous, S. (2020). A new correlation coefficient between categorical, ordinal and interval variables with Pearson characteristics. *Computational Statistics & Data Analysis*, 152, 107043. <https://arxiv.org/pdf/1811.11440>
- Baek, J., & Ok, C. M. (2017). The power of design: How does design affect consumers' online hotel booking?. *International Journal of Hospitality Management*, 65, 1-10. <https://www.sciencedirect.com/science/article/pii/S0278431917300701>
- Bai, H. (2020). A critical reflection on environmental education during the COVID-19 pandemic. *Journal of Philosophy of Education*, 54(4), 916-926. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10016755/>
- Bullen, R. (2019). Chinese sources in the Japanese tea garden. In *Gardens at the Frontier* (pp. 5-16). Routledge. <https://www.tandfonline.com/doi/pdf/10.1080/14601176.2015.1076667>
- buddhazen-hotel.com. (2023). How far is the hotel from Chengdu Shuangliu International Airport?. *Buddha Zen Hotel Chengdu - Official Website*, Online booking discount. <http://www.buddhazen-hotel.com/en/>

- Brandt, P., & Timmermans, S. (2021). Abductive logic of inquiry for quantitative research in the digital age. *Sociological Science*, 8, 191-210. [https://sociologicalscience.com/download/vol-8/june/SocSci\\_v8\\_191to210.pdf](https://sociologicalscience.com/download/vol-8/june/SocSci_v8_191to210.pdf)
- Braun, V., Clarke, V., Boulton, E., Davey, L., & McEvoy, C. (2021). The online survey as a qualitative research tool. *International journal of social research methodology*, 24(6), 641-654. <https://uwe-repository.worktribe.com/index.php/preview/6634609/The%20Online%20Survey%20as%20a%20Qualitative%20Research%20Tool%20UWE%20Repository%20Version%20%281%29.pdf>
- Brown, H., Lee, K., Mireshghallah, F., Shokri, R., & Tramèr, F. (2022, June). What does it mean for a language model to preserve privacy?. In *Proceedings of the 2022 ACM Conference on Fairness, Accountability, and Transparency* (pp. 2280-2292). <https://dl.acm.org/doi/pdf/10.1145/3531146.3534642>
- Brown, A., & Szacka, L. C. (2019). The architecture exhibition as environment. *Architectural Theory Review*, 23(1), 1-4. <https://www.tandfonline.com/doi/pdf/10.1080/13264826.2019.1616369>
- Borup, J. (2021). Introduction: Japanese Buddhism in Europe. *Journal of Religion in Japan*, 10(2-3), 113-133. [https://brill.com/view/journals/jrj/10/2-3/article\\_p113\\_1.xml](https://brill.com/view/journals/jrj/10/2-3/article_p113_1.xml)
- Carter, S. M., Shih, P., Williams, J., Degeling, C., & Mooney-Somers, J. (2021). Conducting qualitative research online: challenges and solutions. *The Patient-Patient-Centered Outcomes Research*, 14(6), 711-718. <https://link.springer.com/article/10.1007/s40271-021-00528-w>
- Carvache-Franco, M., Alvarez-Risco, A., Carvache-Franco, O., Carvache-Franco, W., Estrada-Merino, A., & Villalobos-Alvarez, D. (2022). Perceived value and its influence on satisfaction and loyalty in a coastal city: a study from Lima, Peru. *Journal of Policy Research in Tourism, Leisure and Events*, 14(2), 115-130. [https://repositorio.ulima.edu.pe/bitstream/handle/20.500.12724/12641/abstract\\_references.pdf?sequence=1&isAllowed=y](https://repositorio.ulima.edu.pe/bitstream/handle/20.500.12724/12641/abstract_references.pdf?sequence=1&isAllowed=y)
- Casula, M., Rangarajan, N., & Shields, P. (2021). The potential of working hypotheses for deductive exploratory research. *Quality & Quantity*, 55(5), 1703-1725. <https://link.springer.com/article/10.1007/s11135-020-01072-9>
- Cerwén, G. (2020). Listening to Japanese gardens II: expanding the soundscape action design tool. *Journal of Urban Design*, 25(5), 607-628. <https://www.tandfonline.com/doi/pdf/10.1080/13574809.2020.1782183>
- Cerwén, G. (2019). Listening to Japanese gardens: an autoethnographic study on the soundscape action design tool. *International journal of environmental research and public health*, 16(23), 4648. <https://www.mdpi.com/1660-4601/16/23/4648/pdf>
- Chan, S. W. (Ed.). (2019). *The Routledge encyclopedia of traditional Chinese culture*. Routledge. <https://books.google.com/books?hl=en&lr=&id=gkPBDwAAQBAJ&oi=fnd&pg=PT18&dq=Jiuhua+Mountain+Resorts+depends+on+the+organic+circumstances+and+geographical+surroundings+of+Chizhou+County,+including+a+philosophical+idea+&ots=BLNIwtsSYf&sig=JVM-ZcljT05INzYe8JnnmToVoA>
- Chang, T. F. (2020). Energy, joy, mindfulness, and engagement at work: A pilot study of an “Inner Engineering” approach. In *The Routledge Companion to mindfulness at work* (pp. 448-462). Routledge. [https://www.academia.edu/download/65072260/OLS\\_MindfulnessRoutledge.pdf#page=485](https://www.academia.edu/download/65072260/OLS_MindfulnessRoutledge.pdf#page=485)

- Chen, F. (2021). Research on Design Strategies and Methods of Rural Hotels with Regional Characteristics (Doctoral dissertation, University of Hawai'i at Manoa). <https://scholarspace.manoa.hawaii.edu/bitstreams/87c2c63e-c382-4921-9255-03301c2d52dd/download>
- Chen, F. (2021). Research on Design Strategies and Methods of Rural Hotels with Regional Characteristics (Doctoral dissertation, University of Hawai'i at Manoa). <https://scholarspace.manoa.hawaii.edu/bitstreams/87c2c63e-c382-4921-9255-03301c2d52dd/download>
- Colom, A. (2022). Using WhatsApp for focus group discussions: Ecological validity, inclusion and deliberation. *Qualitative Research*, 22(3), 452-467. <https://journals.sagepub.com/doi/pdf/10.1177/1468794120986074>
- Dawson, G. (2021). Zen and the mindfulness industry. *The Humanistic Psychologist*, 49(1), 133. <https://www.jpx.voh.mybluehost.me/wp-content/uploads/2021/09/Dawson-Zen-and-the-mindfulness-industry.pdf>
- Danese, A., & Widom, C. S. (2020). Objective and subjective experiences of child maltreatment and their relationships with psychopathology. *Nature human behaviour*, 4(8), 811-818. [https://kclpure.kcl.ac.uk/portal/files/127518434/Objective\\_and\\_subjective\\_experiences\\_DANESE\\_Accepted6Apr2020\\_GREEN\\_AAM.pdf](https://kclpure.kcl.ac.uk/portal/files/127518434/Objective_and_subjective_experiences_DANESE_Accepted6Apr2020_GREEN_AAM.pdf)
- Dawadi, S., Shrestha, S., & Giri, R. A. (2021). Mixed-methods research: A discussion on its types, challenges, and criticisms. *Journal of Practical Studies in Education*, 2(2), 25-36. <https://oro.open.ac.uk/75449/1/Dawadi%2C%20Shreshta%20and%20Giri%202021.pdf>
- Dawson, G. (2021). Zen and the mindfulness industry. *The Humanistic Psychologist*, 49(1), 133. <https://www.jpx.voh.mybluehost.me/wp-content/uploads/2021/09/Dawson-Zen-and-the-mindfulness-industry.pdf>
- Davis, B. W. (2022). The legacy of Ueda Shizuteru: A Zen life of dialogue in a twofold world. *Comparative and Continental Philosophy*, 14(2), 112-127. <https://www.tandfonline.com/doi/full/10.1080/17570638.2022.2124051>
- De Paoli, D., Sauer, E., & Ropo, A. (2019). The spatial context of organizations: A critique of 'creative workspaces'. *Journal of Management & Organization*, 25(2), 331-352. <https://biopen.bi.no/bi/xmlui/bitstream/handle/11250/2489043/DePaoliRopoSauer2017Critique.pdf?sequence=2>
- Doyle, A. (2020). Aviators Grounded by COVID-19 (But Mediators Are Ready to Fly). *CMJ*, 18. [https://heinonline.org/hol-cgi-bin/get\\_pdf.cgi?handle=hein.journals/crpmidn2020&section=8](https://heinonline.org/hol-cgi-bin/get_pdf.cgi?handle=hein.journals/crpmidn2020&section=8)
- Du, L. J. (2022). Zen and the psychological significance of meditation as related to believing. *Frontiers in Psychology*, 13, 1033021. <https://www.frontiersin.org/articles/10.3389/fpsyg.2022.1033021/full>
- Duxbury, N., Bakas, F. E., Vinagre de Castro, T., & Silva, S. (2020). Creative tourism development models towards sustainable and regenerative tourism. *Sustainability*, 13(1), 2. <https://www.mdpi.com/2071-1050/13/1/2/pdf>
- Ehrlich, A., Duche, D., Ouedraogo, G., & Nahmias, Y. (2019). Challenges and opportunities in the design of liver-on-chip microdevices. *Annual review of biomedical engineering*, 21, 219-239. <https://www.annualreviews.org/doi/full/10.1146/annurev-bioeng-060418-052305>

- Elkhwesky, Z., & Elkhwesky, E. F. Y. (2022). A systematic and critical review of Internet of Things in contemporary hospitality: a roadmap and avenues for future research. *International Journal of Contemporary Hospitality Management*, (ahead-of-print). <https://www.emerald.com/insight/content/doi/10.1108/IJCHM-01-2022-0090/full/>
- ERDOGAN, E., ESER, A., & ERDOGAN, H. A. (2022). Importance of Furniture in Interiors' Styles After Modernism. *Online Journal of Art & Design*, 10(4).<http://adjournal.net/articles/104/10418.pdf>
- Floričić, T. (2020). Sustainable solutions in the hospitality industry and competitiveness context of “green hotels”. *Civil Engineering Journal*, 6(6), 1104-1113. <https://scholar.archive.org/work/7hl237oyurevkn4zlc7w7ctfa/access/wayback/https://www.civilejournal.org/index.php/cej/article/download/2171/pdf>
- Geertsema-Sligh, M. (2019). Making meaning of media development today. *International Journal of Communication*, 13, 20.<https://ijoc.org/index.php/ijoc/article/download/10688/2669>
- Haberlin, S. R. (2019). Supervision in every breath: Enacting Zen in an elementary education teacher program. *University of South Florida*. <https://digitalcommons.usf.edu/cgi/viewcontent.cgi?article=8998&context=etd>
- Hahn, T., & Kinski, N. (2021). Science-Industry Cooperation: Delivering Innovations for Marine Carbon Monitoring. *Sea Technology*, 20-23.[https://oceanrep.geomar.de/id/eprint/54220/1/SeaTechnology\\_10\\_2021.pdf](https://oceanrep.geomar.de/id/eprint/54220/1/SeaTechnology_10_2021.pdf)
- Hagger, M. S., Cheung, M. W. L., Ajzen, I., & Hamilton, K. (2022). Perceived behavioral control moderating effects in the theory of planned behavior: A meta-analysis. *Health Psychology*, 41(2), 155.<https://jyx.jyu.fi/bitstream/handle/123456789/83588/Hagger888164-Accepted.pdf?sequence=1>
- Haklay, M. M., Dörler, D., Heigl, F., Manzoni, M., Hecker, S., & Vohland, K. (2021). What is citizen science? The challenges of definition. *The science of citizen science*, 13.[https://library.oapen.org/bitstream/handle/20.500.12657/46119/2021\\_Book\\_TheScienceOfCitizenScience.pdf?sequence=1#page=20](https://library.oapen.org/bitstream/handle/20.500.12657/46119/2021_Book_TheScienceOfCitizenScience.pdf?sequence=1#page=20)
- Hartinger, T., Grabher, L., Pacífico, C., Angelmayer, B., Faas, J., & Zebeli, Q. (2022). Short-term exposure to the mycotoxins zearalenone or fumonisins affects rumen fermentation and microbiota, and health variables in cattle. *Food and Chemical Toxicology*, 162, 112900.<https://www.sciencedirect.com/science/article/pii/S0278691522000989>
- hotel-yangshuo.com. (2023). Yangshuo Zen garden resort. YANGSHUO ZEN GARDEN RESORT | ★★★★★ | CHINA | SEASON DEALS FROM \$105. <https://yangshuo-zen-garden-resort.hotel-yangshuo.com/en/>
- Huang, C. E., & Liu, C. H. (2018). The creative experience and its impact on brand image and travel benefits: The moderating role of culture learning. *Tourism Management Perspectives*, 28, 144-155. <https://www.sciencedirect.com/science/article/pii/S221197361830076X>
- Huang, H. (2020). Study on the oil painting language study of the image of Lotus in ancient poems. *Open Journal of Social Sciences*, 8(11), 111-119.<https://www.scirp.org/journal/paperinformation.aspx?paperid=104100>
- Jawabreh, O., Shniekat, N., Saleh, M. M. A., & Ali, B. J. (2022). The strategic deployment of information systems attributes and financial performance in the hospitality industry. *Information Sciences Letters*, 11(5), 110504. <https://digitalcommons.aaru.edu.jo/cgi/viewcontent.cgi?article=1426&context=isl>

- Jiang, A., & Sun, J. (2020). The Desolation of Nihility: Aesthetic Analysis of Japanese Domestic Ceramics from the Perspective of Japanese Zen Culture. In *E3S Web of Conferences* (Vol. 179, p. 02095). E3S Web of Conferences. [https://www.e3sconferences.org/articles/e3sconf/pdf/2020/39/e3sconf\\_ewre2020\\_02095.pdf](https://www.e3sconferences.org/articles/e3sconf/pdf/2020/39/e3sconf_ewre2020_02095.pdf)
- Johnson, J. H. (2020). Hiding in the Open: Religious Art after Abstraction with Joseph Beuys, Yves Klein, and Andy Warhol. *Literature & Aesthetics*, 30(1). <https://openjournals.library.sydney.edu.au/LA/article/view/14743/12989>
- Klein, M., & Spsychalska-Wojtkiewicz, M. (2020). Cross-sector partnerships for innovation and growth: can creative industries support traditional sector innovations?. *Sustainability*, 12(23), 10122. <https://www.mdpi.com/2071-1050/12/23/10122/pdf>
- Karlsson, T., Brusk, J., & Engström, H. (2022). Level Design Processes and Challenges: A Cross Section of Game Development. *Games and Culture*, 15554120221139229. <https://journals.sagepub.com/doi/pdf/10.1177/15554120221139229>
- Lacan, A. (2019). Think tank: Meaningful management in a postmodern society. *Global Business and Organizational Excellence*, 38(3), 6-10. [https://www.laboratoire-agipi.com/wp-content/uploads/sites/7/2019/02/Article\\_GBOE\\_0219\\_AL.pdf](https://www.laboratoire-agipi.com/wp-content/uploads/sites/7/2019/02/Article_GBOE_0219_AL.pdf)
- Lasker, K., Boeynaems, S., Lam, V., Scholl, D., Stainton, E., Briner, A., ... & Shapiro, L. (2022). The material properties of a bacterial-derived biomolecular condensate tune biological function in natural and synthetic systems. *Nature communications*, 13(1), 5643. <https://www.nature.com/articles/s41467-022-33221-z>
- Liu, Q., Browne, A. L., & Iossifova, D. (2022). Creating water demand: bathing practice performances in a Chinese hot spring tourist town. *Journal of Sustainable Tourism*, 30(4), 685-703. <https://www.tandfonline.com/doi/pdf/10.1080/09669582.2021.1876716>
- Li, B. (2019). The application of artificial intelligence and zen space in interior design. [https://webofproceedings.org/proceedings\\_series/ART2L/ADMC%202019/ADMC009.pdf](https://webofproceedings.org/proceedings_series/ART2L/ADMC%202019/ADMC009.pdf)
- Li, B. (2019). The application of artificial intelligence and zen space in interior design. [https://webofproceedings.org/proceedings\\_series/ART2L/ADMC%202019/ADMC009.pdf](https://webofproceedings.org/proceedings_series/ART2L/ADMC%202019/ADMC009.pdf)
- Li, M. (2020, December). Study on ecological environment and ecological planning of small summer resort based on user experience. In *IOP Conference Series: Earth and Environmental Science* (Vol. 615, No. 1, p. 012045). IOP Publishing. <https://iopscience.iop.org/article/10.1088/1755-1315/615/1/012045/pdf>
- Li, Y., & Xu, Y. (2022). A Study on Landscape VR Design of Special Neighborhood Based on Traditional Culture. *Wireless Communications and Mobile Computing*, 2022. <https://www.hindawi.com/journals/wcmc/2022/7596883/>
- Li, Y., & Xu, Y. (2022). A Study on Landscape VR Design of Special Neighborhood Based on Traditional Culture. *Wireless Communications and Mobile Computing*, 2022. <https://www.hindawi.com/journals/wcmc/2022/7596883/>
- Lin, C. (2020). Understanding cultural diversity and diverse identities. *Quality education*, 929-938. [https://www.researchgate.net/profile/Jason-Cong-Lin/publication/335608907\\_Understanding\\_Cultural\\_Diversity\\_and\\_Diverse\\_Identities/links/5dc791c7299b1a47b272b27/Understanding-Cultural-Diversity-and-Diverse-Identities.pdf](https://www.researchgate.net/profile/Jason-Cong-Lin/publication/335608907_Understanding_Cultural_Diversity_and_Diverse_Identities/links/5dc791c7299b1a47b272b27/Understanding-Cultural-Diversity-and-Diverse-Identities.pdf)
- Liu, Q., Browne, A. L., & Iossifova, D. (2022). Creating water demand: bathing practice performances in a Chinese hot spring tourist town. *Journal of Sustainable Tourism*,



- 30(4),  
703.<https://www.tandfonline.com/doi/pdf/10.1080/09669582.2021.1876716>
- Liu, R., Tan, D., & Hu, J. (2023). Classification of Healthcare Ecotourism Resources and Construction of Evaluation Index System in Gannan, Southern Jiangxi. *Tourism Management and Technology Economy*, 6(2), 48-58.[http://www.clausiuspress.com/assets/default/article/2023/06/02/article\\_1685698597.pdf](http://www.clausiuspress.com/assets/default/article/2023/06/02/article_1685698597.pdf)
- LIU, Y., WANG, Z., WANG, A., & SONG, S. (2021). Study on Rural Ecotourism Development in Yingshan Area of Chengyu Urban Agglomeration. *Journal of Tourism and Hospitality Management*, 9(3), 165-172.<http://www.davidpublisher.com/Public/uploads/Contribute/6116457ed14a9.pdf>
- Logan, D. (2020). Searching for Pōhakuloa: a Citizen Scientist's Journey in Aloha 'Āina (Doctoral dissertation, City University of New York).[https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=5091&context=gc\\_etds](https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=5091&context=gc_etds)
- Martínez, S. J. D. (2022). Time and perceptibility in Agnes Martin's mature paintings. *Revista de humanidades*, (47), 113-138.<https://dialnet.unirioja.es/descarga/articulo/8922076.pdf>
- Mayoh-Bauche, J. D. (2021). Pandemic Trauma Dreams. *The Currere Exchange Journal*, 5(1), 36- 44.<https://cej.lib.miamioh.edu/index.php/CEJ/article/download/131/79>
- McCartney, P. S. (2022). Dilution, Hybrids and Saving Space for the Sacred: Yoga across Kansai, Japan. *Alternative Spirituality and Religion Review*.  
[https://www.academia.edu/download/84242820/ASRR\\_07\\_McCartney\\_FINAL\\_PROOFS\\_converted\\_reformatted.pdf](https://www.academia.edu/download/84242820/ASRR_07_McCartney_FINAL_PROOFS_converted_reformatted.pdf)
- Misra, S., & Goyal, A. K. (2022). A Study on the Trend of Gardens Present in the Hotels in Delhi: A Qualitative Study.[https://amity.edu/UserFiles/admaa/ec091AJAB%209-20%20\(1\).pdf](https://amity.edu/UserFiles/admaa/ec091AJAB%209-20%20(1).pdf)
- Morley, S. (2020). The 'Zen' in the western monochrome. *Journal of Contemporary Painting*, 6(1-2), 55-78.[https://www.academia.edu/download/94208896/JCP\\_6\\_1\\_art\\_Morley.pdf](https://www.academia.edu/download/94208896/JCP_6_1_art_Morley.pdf)
- Morley, S. (2021). Haptic Perception and the Non-Western Monochrome. *Third Text*, 35(5), 624-642.[https://www.academia.edu/download/103401380/Third\\_Text\\_Haptic\\_Perception.pdf](https://www.academia.edu/download/103401380/Third_Text_Haptic_Perception.pdf)
- Naia, L., Carmo, C., Campesan, S., Fão, L., Cotton, V. E., Valero, J., ... & Rego, A. C. (2021). Mitochondrial SIRT3 confers neuroprotection in Huntington's disease by regulation of oxidative challenges and mitochondrial dynamics. *Free Radical Biology and Medicine*, 163, 163-179.[https://leicester.figshare.com/articles/journal\\_contribution/Mitochondrial\\_SIRT3\\_confers\\_neuroprotection\\_in\\_Huntington\\_s\\_disease\\_by\\_regulation\\_of\\_oxidative\\_challenges\\_and\\_mitochondrial\\_dynamics\\_/13366151/1/files/25757096.pdf](https://leicester.figshare.com/articles/journal_contribution/Mitochondrial_SIRT3_confers_neuroprotection_in_Huntington_s_disease_by_regulation_of_oxidative_challenges_and_mitochondrial_dynamics_/13366151/1/files/25757096.pdf)
- Nanu, L., Ali, F., Berezina, K., & Cobanoglu, C. (2020). The effect of hotel lobby design on booking intentions: An intergenerational examination. *International Journal of Hospitality Management*, 89, 102530.  
<https://www.sciencedirect.com/science/article/pii/S0278431920300827>
- Navarro-Remesal, V., Mora-Cantalops, M., & Hino, Y. (2021). The Dream of MSX Cinema: An Interview with Ikko Ohno, Creator of The Flying Luna Clipper. *ROMchip*, 3(2).[https://www.romchip.org/index.php/romchip\\_journal/article/view/127](https://www.romchip.org/index.php/romchip_journal/article/view/127)



- Nishihira, T., & Rappleye, J. (2022). Unlearning as (Japanese) learning. *Educational Philosophy and Theory*, 54(9), 1332-1344. [https://www.academia.edu/download/66508535/Nishihira.Rappleye.2021.U\\_nlearning\\_as\\_Japanese\\_learning.pdf](https://www.academia.edu/download/66508535/Nishihira.Rappleye.2021.U_nlearning_as_Japanese_learning.pdf)
- Pais, A. S., Reis, S., Laranjo, M., Caramelo, F., Silva, F., Botelho, M. F., & Almeida Santos, T. (2021). The challenge of ovarian tissue culture: 2D versus 3D culture. *Journal of Ovarian Research*, 14, 1- 12. <https://link.springer.com/article/10.1186/s13048-021-00892-z>
- Panizza, S. C. (2023). Perception, Self, and Zen: On Iris Murdoch and the Taming of Simone Weil. <https://philarchive.org/archive/CAPPSA-2>
- Primadewi, S. P. N., Sueca, N. P., Dwijendra, N. K. A., & Siwalatri, N. K. A. (2021). Emerging architect's design method in designing tourist accommodation case study: tourist accommodation in ubud, bali. *Civil Engineering and Architecture*, 9(2), 271-280. <https://www.academia.edu/download/96287266/CEA1-14821176.pdf>
- Perks, M. R. (2020). The skylark's song: Tibetan literary and religious themes in Chögyam Trungpa's English Poetry. <https://escholarship.mcgill.ca/downloads/d217qv347>
- Qian, J. (2019). Redeeming the Chinese modernity? Zen Buddhism, culture-led development and local governance in Xinxing County, China. *Environment and Planning A: Economy and Space*, 51(1), 187-205. <https://journals.sagepub.com/doi/pdf/10.1177/0308518X16687555>
- Russell, S. A. (2023). Diary of a citizen scientist: Chasing tiger beetles and other new ways of engaging the world. *Open Road Media*. <https://beetlesinthebush.com/page/14/?wvsessionid=ww6da4539580214145a074b90a6729bfd2>
- Sakamoto, T., & Bao, M. (2020). Design Method of Zen-Style Bracket Sets Recorded in the Japanese Carpentry Manual Kamakura Zoei Myomoku (Part 1): A Comparative Study with the Chinese Manual Yingzao Fashi—A Secondary Publication. *Journal of Chinese Architecture and Urbanism*, 2(1), 259. <https://api.journal.accscience.com/uploads/file/asp/20221206114129c50ef9562.pdf>
- Savanchiyeva, A., Atasoy, E., Berdenov, Z., Mambetaliyev, K., Muzdybayeva, K., & Khamitova, D. (2023). TOURIST RESOURCES AND TOURIST POTENTIAL OF MINDORO ISLAND IN THE PHILIPPINES. *GeoJournal of Tourism and Geosites*, 48(2spl). <https://avesis.uludag.edu.tr/yayin/124bb3e0-6495-4c37-8980-abb74ec455ff/tourist-resources-and-tourist-potential-of-mindoro-island-in-the-philippines/document.pdf>
- Shi, D. O. N. G. (2022). An exploration of the influence of Zen-inspired poetic nature painting on contemporary abstraction (Doctoral dissertation, RMIT University). [https://researchrepository.rmit.edu.au/view/pdfCoverPage?instCode=61RMIT\\_INST&filePid=13305960690001341&download=true](https://researchrepository.rmit.edu.au/view/pdfCoverPage?instCode=61RMIT_INST&filePid=13305960690001341&download=true)
- Skinner, H., & Soomers, P. (2019). Spiritual tourism on the island of Corfu: Positive impacts of niche tourism versus the challenges of contested space. *International Journal of Tourism Anthropology*, 7(1), 21-39. [https://e-space.mmu.ac.uk/621233/1/X%20SKINNER\\_203469.pdf](https://e-space.mmu.ac.uk/621233/1/X%20SKINNER_203469.pdf)
- Smith, B. J. (2021). Grassroots glasnost: experimental art, participation, and civic life in 1980s East Berlin. *The American Historical Review*, 126(2), 623-654. <https://scholar.archive.org/work/qxw17464j5c4lk351z2kgdzife/access/wayback/https://watermark.silverchair.com/rhab201.pdf?token=AQECAHi208BE49Ooan9>

kkhW\_Ercy7Dm3ZL\_9Cf3qfKAc485ysgAAAtMwggLPBgkqhkiG9w0BBwagggLA  
MIICvAIBADCCArUG

- Spence, C. (2022). Sensehacking the guest's multisensory hotel experience. *Frontiers in Psychology*, 13, 1014818. <https://www.frontiersin.org/articles/10.3389/fpsyg.2022.1014818/full>
- Szeto, K. Y. (2021). Lin Hwai-min's Water Stains on the Wall: A Cosmopolitical Perspective. *Critical Stages/Scènes Critiques*, 23. <https://www.criticalstages.org/23/lin-hwai-mins-water-stains-on-the-wall-a-cosmopolitical-perspective/>
- Tsai, W. H., Li, G., & Song, W. (2023). Agent politics of Chinese think tanks and cultural industry governance in China's "new era". *Critical Asian Studies*, 55(1), 20-39. <https://repository.um.edu.mo/bitstream/10692/117381/1/agent%20politics%20of%20Chinese%20think%20tanks.pdf>
- Van Overmeire, B. Though Gold Dust Is Valuable, in the Eyes It Causes Cataracts: Two Modern Zen Autobiographies. *Cahier voor Literatuurwetenschap*, (12), 79-90. <https://hcommons.org/deposits/download/hc:47714/CONTENT/van-overmeire-2020-%E2%80%98though-gold-dust-is-valuable-in-the-eyes-it-caus.pdf>
- Wang, S., & Bi, D. Marginal Diminishing Effects in Intangible Cultural Heritage Experience—Case Study on Guangzhou Qixi Natural Resort. *Academic Journal of Humanities & Social Sciences*, 6(7), 104-113. <https://francispress.com/uploads/papers/lsCwovd10pkJMMpAcuNf9h1WYo90arTGdUo5UNuw.pdf>
- Wang, Y., & Xiao, Y. (2023). Chinese Chan Buddhism and the Agrarian Aesthetic in the Garden. *Religions*, 14(5), 681. <https://www.mdpi.com/2077-1444/14/5/681>
- Wang, Y., Segal, A., Klatzky, R., Keefe, D. F., Isenberg, P., Hurtienne, J., ... & Barrass, S. (2019). An emotional response to the value of visualization. *IEEE computer graphics and applications*, 39(5), 8-17. <https://inria.hal.science/hal-02317718/document>
- Wang, S., & Bi, D. Marginal Diminishing Effects in Intangible Cultural Heritage Experience—Case Study on Guangzhou Qixi Natural Resort. *Academic Journal of Humanities & Social Sciences*, 6(7), 104-113. <https://francispress.com/uploads/papers/lsCwovd10pkJMMpAcuNf9h1WYo90arTGdUo5UNuw.pdf>
- Wilson, J. (2022). Pennies from the Pure Land: Practicing the Dharma, Hanging Out, and Raising Funds for the Oldest Buddhist Temple Outside Asia. *Journal of Global Buddhism*, 23(1), 63-78. <https://www.globalbuddhism.org/article/download/2002/2808>
- Wilson, S. (2022). Buddhist Poetics, Beat Cosmo-Politics, and the Maker Ethos: Asian Americanist Critiques of Whiteness in Midcentury American Beat Writing. *The University of Oklahoma*. [https://shareok.org/bitstream/handle/11244/335272/2022\\_Wilson\\_Sara\\_Dissertation.pdf?sequence=2](https://shareok.org/bitstream/handle/11244/335272/2022_Wilson_Sara_Dissertation.pdf?sequence=2)
- Winters, D. A. (2021). Landscape and divinity spoken in the same breath. *Religions*, 13(1), 27. <https://www.mdpi.com/2077-1444/13/1/27>
- Wong, Y. Y., & Faikhamta, C. (2021). Reconnecting self, others, and nature. *Cultural Studies of Science Education*, 16(3), 867-880. [https://www.researchgate.net/profile/ChatreeFaikhamta/publication/352866760\\_Reconnecting\\_self\\_others\\_and\\_nature/links/64a7c325b9ed6874a501d7c2/Reconnecting-self-others-and-nature.pdf](https://www.researchgate.net/profile/ChatreeFaikhamta/publication/352866760_Reconnecting_self_others_and_nature/links/64a7c325b9ed6874a501d7c2/Reconnecting-self-others-and-nature.pdf)
- Wood, E. K. D. (2023). Wild Wild Country: Netflix, Orientalism, and the Guru. <https://stars.library.ucf.edu/cgi/viewcontent.cgi?article=2487&context=honorsthesis>

- Wu, X. (2022, December). Research on the Development Status of Hot Spring Tourism Resorts in Northern Guangdong Mountainous Areas from the Perspective of Data Footprint. In 2022 3rd International Conference on Big Data and Social Sciences (ICBDSS 2022) (pp. 167-174). Atlantis Press.<https://www.atlantis press.com/article/125980782.pdf>
- Wu, X. (2022, December). Research on the Development Status of Hot Spring Tourism Resorts in Northern Guangdong Mountainous Areas from the Perspective of Data Footprint. In 2022 3rd International Conference on Big Data and Social Sciences (ICBDSS 2022) (pp. 167-174). Atlantis Press. <https://www.atlantis press.com/article/125980782.pdf>
- Wu, X. (2023, February). Research on the Development Status of Wechat Official Account of Hot Spring Tourism Resorts in Northern Guangdong Mountainous Area. In 2022 4th International Conference on Literature, Art and Human Development (ICLAHD 2022) (pp. 638-646). Atlantis Press.<https://www.atlantis press.com/article/125984402.pdf>
- Xiaoyi, H. (2007). The Influence of Zen Culture on Chinese Art Design/INFLUENCE DE LA CULTURE ZEN SUR LE DESIGN ARTISTIQUE CHINOIS. Canadian Social Science, 3(2), 92. <https://core.ac.uk/download/pdf/236296382.pdf>
- Xu, J., Li, M., Huang, D., Wei, Y., & Zhong, S. (2022). A comparative study on the influence of different decoration styles on subjective evaluation of hotel indoor environment. Buildings, 12(11), 1777. <https://www.mdpi.com/2075-5309/12/11/1777/pdf>
- Yamada, C. J. (2021). Architecture and the Nature of Materiality (Doctoral dissertation, University of Hawai'i at Manoa). <https://scholarspace.manoa.hawaii.edu/bitstreams/77498a67-19e4-4d22-b592-923c8d65781a/download>
- Yang, J. (2021). The Meaning and Expression of Wabi-Sabi in Environmental Art Design. Pacific International Journal, 4(2), 45-48. <https://relss.com/index.php/pij/article/download/15/86>
- Yang, X. (2021, September). The view on the feature orientation of online marketing of homestay in the suburbs of Beijing. In 2nd International Conference on Management, Economy and Law (ICMEL 2021) (pp. 267-271). Atlantis Press.<https://www.atlantis press.com/article/125960772.pdf>
- Yang, X., Li, F., Ning, H., Zhang, W., Niu, D., Shi, Z., ... & Shan, A. (2022). Screening of pig-derived zearalenone-degrading bacteria through the zearalenone challenge model, and their degradation characteristics. Toxins, 14(3), 224.<https://www.mdpi.com/2072-6651/14/3/224>
- Zhang, H. (2022). Analysis of the Overall Development Mode of Cultural Tourism under the Creative Economy Environment. Journal of Environmental and Public Health, 2022.<https://downloads.hindawi.com/journals/jeph/2022/3498622.pdf>
- Zhangyi, S. N., & Kongjit, C. (2022). KNOWLEDGE CO-CREATION IN MEDITATION SERVICE DEVELOPMENT AMONG CHINESE MEDITATION LOVERS FOR THAILAND WELLNESS RESORT BASED ON DESIGN THINKING PROCESS. Integrating Values of Humanities and Social Sciences for Sustainable Future, 570. [https://www.researchgate.net/profile/Iylia-Mohamad/publication/368652349\\_Pandangan\\_Ibu\\_Bapa\\_Dalam\\_Pemberian\\_Vaksin\\_PICKid\\_Pandangan\\_Dari\\_Sudut\\_Islam\\_Sebagai\\_Ikhtiar/links/63f2d6af2958d64a5ce35a68/Pandangan-Ibu-Bapa-Dalam-Pemberian-Vaksin-PICKid-Pandangan-Dari-Sudut-Islam-Sebagai-Ikhtiar.pdf#page=585](https://www.researchgate.net/profile/Iylia-Mohamad/publication/368652349_Pandangan_Ibu_Bapa_Dalam_Pemberian_Vaksin_PICKid_Pandangan_Dari_Sudut_Islam_Sebagai_Ikhtiar/links/63f2d6af2958d64a5ce35a68/Pandangan-Ibu-Bapa-Dalam-Pemberian-Vaksin-PICKid-Pandangan-Dari-Sudut-Islam-Sebagai-Ikhtiar.pdf#page=585)
- Zhang, H. (2022). Analysis of the Overall Development Mode of Cultural Tourism under the Creative Economy Environment. Journal of Environmental and Public Health, 2022. <https://downloads.hindawi.com/journals/jeph/2022/3498622.pdf>

- Zeng, S. (2021). Why does Lee say what he says the way he says it? A socio-cognitive approach to understanding the Chinese character in East of Eden. *Pragmatics and Society*, 12(1), 132-145. <https://www.jbe platform.com/content/journals/10.1075/ps.19071.zen>
- zenhotspring.com. (2023). Zen Springs Resort. <https://www.zenhotspring.com/en/>
- Zong, J. T., Sun, J., Dai, J. M., & Rao, F. M. (2020, February). Research on development of health tourism products in Qinling Mountains. In *International Academic Conference on Frontiers in Social Sciences and Management Innovation (IAFSM 2019)* (pp. 64-71). Atlantis Press. <https://www.atlantis press.com/article/125934500.pdf>

## Appendix I: Questionnaire

1. **The incorporation of Zen aesthetics in resort design promotes a sense of tranquility and relaxation.**
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
2. **The use of natural materials such as wood, stone, and bamboo enhances the visual appeal and authenticity of the resort environment.**
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
3. **Zen-inspired design elements (e.g., minimalistic furniture, open spaces) create a comfortable and harmonious atmosphere.**
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
4. **Zen-inspired resorts effectively utilize natural elements (e.g., gardens, water features) to foster a connection between guests and nature.**
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
5. **The spatial arrangement of Zen-inspired design promotes mindfulness and awareness of the surroundings.**
  - Strongly Agree
  - Agree
  - Neutral
  - Disagree
  - Strongly Disagree
6. **The simplicity of Zen interior design contributes to reducing stress and enhancing mental clarity.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**7. The presence of Zen-inspired meditation spaces and wellness areas positively impacts overall guest satisfaction.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**8. Zen gardens and landscapes (e.g., rock gardens, koi ponds) significantly enhance the aesthetic value of leisure resorts.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**9. Activities such as yoga, meditation, and Tai Chi offered in Zen-inspired resorts contribute to guests' physical and emotional well-being.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**10. Zen culture elements, such as tea ceremonies or calligraphy workshops, increase guests' engagement and cultural appreciation.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**11. The integration of Zen aesthetics in resort design has a positive influence on guests' perception of resort quality.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**12. The Zen-inspired environment in leisure resorts encourages guests to disconnect from daily stress and focus on self-reflection.**

- Strongly Agree

- Agree

- Neutral

- Disagree

- Strongly Disagree

**13. The overall layout and design of Zen-inspired resorts provide a balanced blend**

**of luxury and tranquility.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**14. The use of neutral and earthy color schemes in Zen-inspired resorts promotes a calm and peaceful environment.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**15. The incorporation of large windows and open spaces enhances the sense of openness and connection with nature.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**16. Zen-inspired resorts effectively balance modern amenities with traditional aesthetics to create an authentic guest experience.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**17. The emphasis on sustainable and eco-friendly practices in Zen-inspired resorts aligns with guests' expectations of environmental responsibility.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**18. Zen-inspired leisure resorts offer a unique experience compared to other types of resorts due to their focus on cultural and spiritual elements.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**19. The layout and design of Zen-inspired resorts positively influence guests' desire to revisit.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree



**20. Overall, Zen-inspired design elements contribute to an enhanced sense of well-being and relaxation during the stay.**

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

**Interview Questions**

**RQ1: Significant design elements of Zen aesthetics facilitating environmental design**

1. What specific design elements in modern leisure resorts do you believe embody Zen aesthetics?
2. How do you think principles such as simplicity, balance, and natural harmony influence resort design?
3. Can you provide examples of materials, textures, or spatial arrangements in your resort that reflect Zen aesthetics?

**RQ2: Contribution of Zen-inspired design components to environmental design and guest attraction**

1. How do Zen-inspired design elements enhance the overall atmosphere of the resort?
2. What aspects of Zen-inspired design do you think most effectively attract and retain guests?
3. In your experience, how do guests respond to features like Zen gardens, minimalist interiors, or water elements?

**RQ3: Impacts of Zen-inspired environment design on tranquility**

1. What role do Zen-inspired spaces play in creating a sense of tranquility for guests?
2. How do features like open spaces, natural lighting, or meditative areas impact guest relaxation?
3. Can you describe feedback or observations from guests about the calming effects of the resort's design?

**RQ4: Connection between Zen-inspired design and nature**

1. How does the resort's design foster a connection between guests and nature?
2. What Zen principles are reflected in the resort's landscaping or integration with the surrounding environment?
3. How do indoor and outdoor Zen-inspired elements complement each other in promoting a natural connection?

**RQ5: Impacts of Zen-inspired activities on guest engagement**

1. What Zen-inspired activities or practices are offered at the resort, and how do guests engage with them?
2. How do these activities contribute to the overall guest experience and satisfaction?
3. What feedback have you received from guests regarding activities like meditation, tea ceremonies, or Zen art workshops?