

‘Less is more’

Less is more

- Text in noh is poetic. Poetry reveals the essence of ideas.
- Similarly, movement in noh cuts out the extraneous. Minimal movement is a powerful means of expression. Symbolic movements and minimalism suggest the essence of character aided by the mask.
- Finally, music also has limited elements. These are chant, one flute and two or three drums. The drummers also use intense vocal ‘calls’.

‘Essence’

- Nothing is added - just ‘essence’ (the flower)
- Those who know this **watch noh with their minds**, not their eyes
- Form is emptiness. Emptiness is form.