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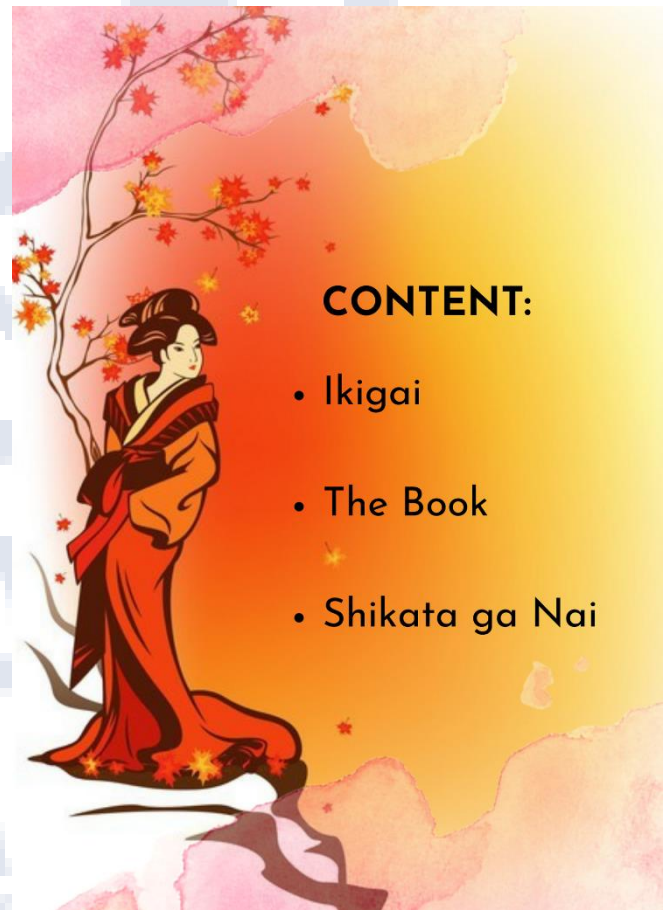
(The Informative Project)



Have you discovered your ikigai? This is a Japanese concept that means "a reason for being".

The origin of the word ikigai goes back to the Heian period (794 to 1185). Clinical psychologist and avid expert of the ikigai evolution, Akihiro Hasegawa released a research paper in 2001 where he wrote that the word "gai" comes from the word "kai" which translates to "shell" in Japanese.

During the Heian period, shells were extremely valuable, so the association of value is still inherently seen in this word. It can also be seen in similar Japanese words like hatarakigai (働きがい) which means the value of work, or yarigai ~ga aru (やり甲斐がある), meaning "it's worth doing it".

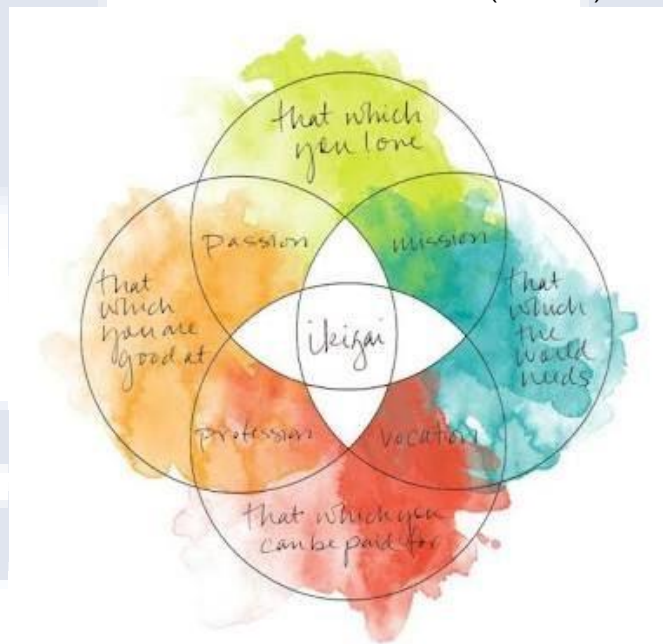


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Everyone has an "ikigai", and you can get close to your purpose following this 4 questions:

1. What do I love? (passion)
2. What am I good at? (vocation)
3. What can I be paid for? (profession)
4. What does the world need? (mission)



You Love It

This sphere includes what we do or experience that brings us the most joy in life and makes us feel most alive and fulfilled. What we love in this sense might be sailing, writing poetry, rock climbing, singing in a rock band, reading historical novels, spending leisure time with friends, etc.

What is important is that we allow ourselves to think deeply about what we love, without any concern for whether we are good at it, whether the world needs it, or if we can get paid for doing it.

You Are Great at It

This sphere includes anything you are particularly good at, such as skills you've learned, hobbies you've pursued, talents you've shown since an early age, etc. What you are good at might be, for example, playing the piano, being empathic, public speaking, sports, brain surgery, or painting portraits.

This sphere encompasses talents or capabilities, whether or not you are passionate about them, whether the world needs them, or if you can get paid for them.

The World Needs It

The "world" here might be humanity as a whole, a small community you are in touch with, or anything in between. What the world needs might be based on your impressions or needs expressed by others. The world's needs might include skilled nursing, clean water, home heating, Election Day volunteers, or improved police training.

This domain of ikigai connects most explicitly with other people and doing good for them, beyond one's own needs.

You Are Paid for It

This dimension of the diagram also refers to the world or society at large, in that it involves what someone else is willing to pay you for or "what the market will bear." You might be passionate about writing poetry or very good at rock climbing, but this does not necessarily mean you can get paid for it.

Whether you can get paid for your passions or talents depends on factors such as the state of the economy, whether your passions/talents are in demand, etc.

THE BOOK

Hector Garcia, a writer who has released a number of books on this theory, including *Ikigai: The Secret to a Long and Happy Life* released in English last year, believes, however, that this ikigai shouldn't just be linked to the elderly folks. In fact, it's currently more popular than ever with younger people both in and outside of Japan.

In his book, Garcia says that studying the ikigai ideology has changed the way he shapes his day.

"I have improved my morning routine to start my days doing what is most important to me before getting busy with others." In other words, he prioritizes the duties that give him purpose. "This means that I have a cup of green tea, do 15 minutes of easy yoga poses and then write for one hour. Before leaving home, I have dedicated time to my health and one of the activities that give ikigai to my life: which is writing books."



Like most of the advices for a best quality of life, finding your Ikigai is not an insurance of happiness. You must be aware that depends on you the changes on the way you think after find it, and the main goal is to feel better with the way you are driving the decisions for your future. So what this wonderful philosophy aims, is to bring a more satisfying day to day for yourself, in order to create a life filled with the things that make sense for you, which is the purpose of everything.

Shikata Ga Nai: The Japanese Art Of Letting Go



“Shikata Ga Nai means letting go. It’s about accepting what you cannot change and doing your best to let it roll off your back.”

Life isn’t always pleasant and suffering is part of the life. So we become more mindful of both positive and negative feelings and embrace reality while living in this present moment. So I wanted to take this opportunity to emphasize the beauty of the phrase “shikata ga nai” and it isn’t always bad to say the phrase. Especially, if you are constantly stressed and overworked, perhaps you can give yourself a little break and say “shikata nai ne...”



SOURCES:

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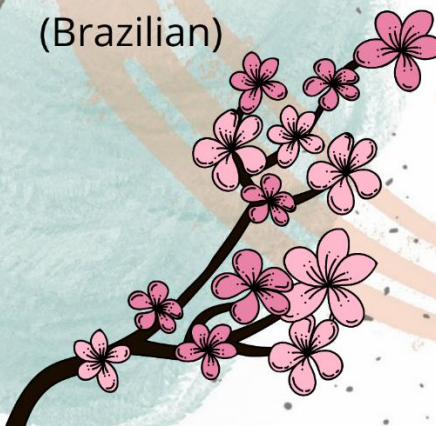
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