

IIN 通常例会報告

2024. 10. 19(土) 14:00~

クリエイイト102室

会員27名参加

見学1名

Guest speaker : Tomoka Nguyen

Title: J-Wellness

-Secrets to Well-being everybody is inspired except the Japanese

Abstract: 01. About me & SO.WA, 02. What is J-Wellness

03. Are we really well?, 04. Kintsugi, 05. Ikigai, 06. Conclusion

Kintsugi : The art of repairing broken pottery, embracing imperfection in ourselves and the others, and the willingness to mend what is broken

Ikigai : the practice of being present and mindful in each moment, paying attention to your thoughts, feelings, and surroundings without judgment. In the context of Ikigai, awareness helps you tune into your true passions, talents, and how your life aligns with your deeper purpose. the act of recognizing and appreciating the good things in your life, both big and small. It's about shifting your focus from what you lack to what you already have. In the context of Ikigai, gratitude is essential because it helps you find contentment and joy in your current circumstances. When you are grateful for your abilities, your relationships, and even the challenges you face, you develop a deeper sense of purpose.

