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# Sustainability Harmonist

How can we build harmonized communities  
for sustainability?

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# Purpose of the workshop

Increase people's understanding ikigai and encourage perception of the unique and important value that each person, including yourself, brings as a contributor to their community/ies

1. The workshop helps for participants to accept who you are, and recognize your potential contribution to the communities with their own pace and scale.
2. Everyone has Ikigai (purpose of life) which can be a small and make you happy
3. Respect others' values, spaces, and paces as same as you accept yourself
4. Encourage lifestyle (sustainability can be a lifestyle) can change
5. Encourage we can harmonize together instead of criticizing or fighting each other

# The Stranger - A potential to erase loneliness



# Video - Sustainability Harmonist

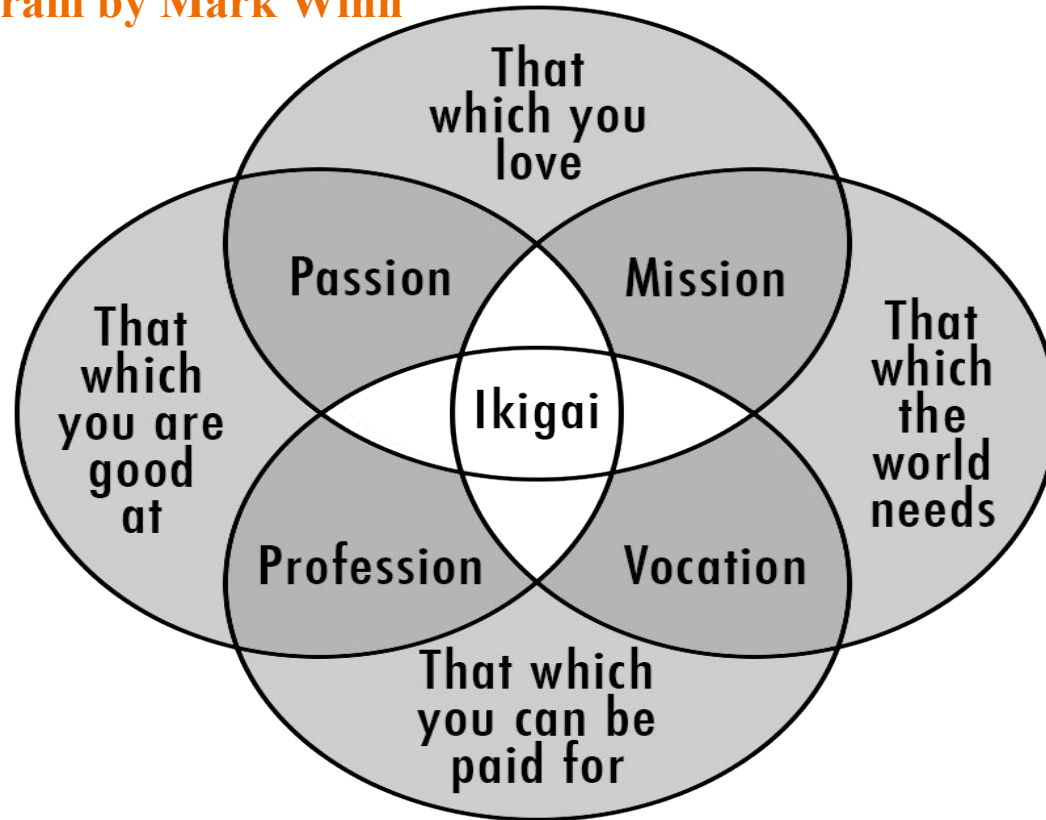
- with Ikigai live happy as a part and whole of sustainability -



# Let's find out your Ikigai!

Image: <http://theviewinside.me/what-is-your-ikigai/>

Based on a diagram by Mark Winn



# Let's find out your Ikigai!

## Five Pillars of Ikigai

1: Starting small

2: Releasing yourself

3: Harmony and sustainability

4: The joy of small things

5: Being in the here and now

## Questions:

- Do you have some insights that would help you sort out the problems in life?
- Are you more inclined now to try things, by small steps, while not necessarily seeking immediate external rewards?
- Would you now see the crucial link between harmony and sustainability?
- Do you feel you would be more relaxed about the particularities that make you, while being more tolerant towards the idiosyncrasies of other people?
- Are you more likely now to be able to find pleasure in small things?

# More Ikigai rules and The Power 9

## 10 rules of Ikigai

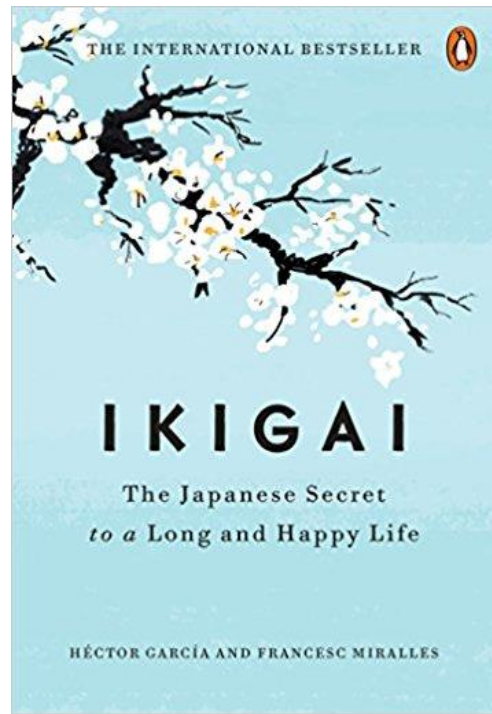
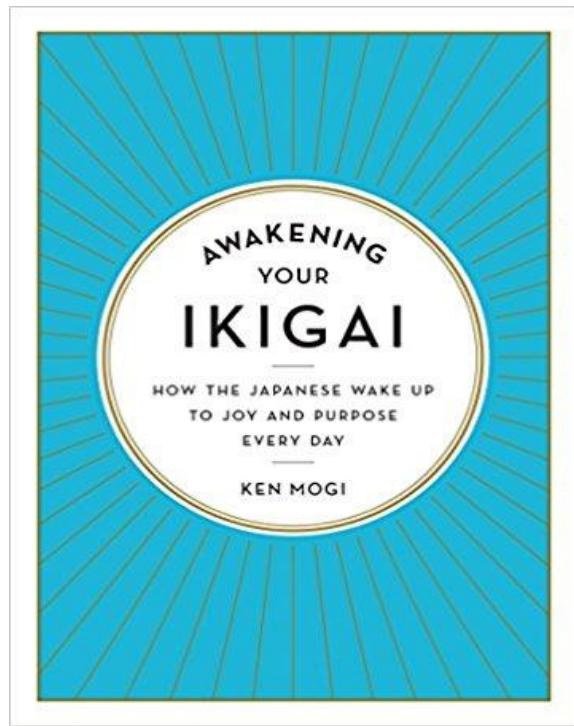
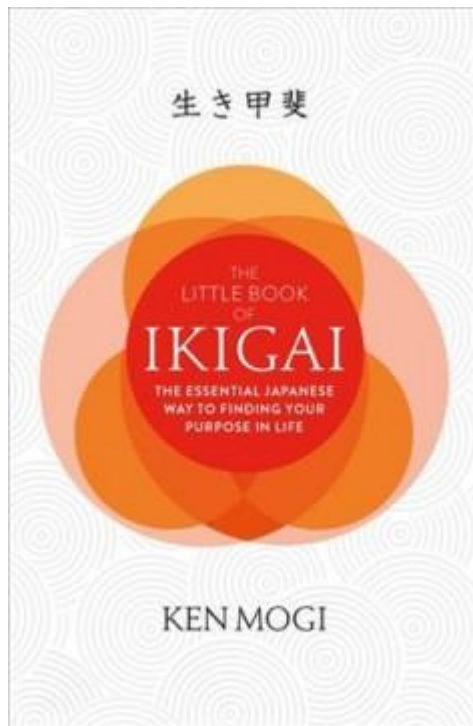
from the wisdom of the long-living residents of Ogimi (Okinawa):

1. Stay active: don't retire
2. Take it slow.
3. Don't fill your stomach.
4. Surround yourself with good friends.
5. Get in shape for your next birthday.
6. Smile.
7. Reconnect with nature.
8. Give thanks.
9. Live in the moment.
10. Follow your ikigai.

**Blue Zones - The Power 9** – Live longer by applying these principles from the people who have lived longest!

1. Down shift – Reverse disease by finding a stress relieving strategy that works for you.
2. Purpose – Wake up with purpose each day to add up to 7 years to your life
3. Plant Slant – put less meat & more plants on your plate.
4. Wine @ Five – Enjoy a glass of wine with good friends each day.
5. Family First – Invest time with family & add up to 6 years to your life.
6. 80% Rule – Eat mindfully & stop when 80% full.
7. Move Naturally – Find ways to move more! You'll burn calories without thinking about it.
8. Right Tribe – Surround yourself with people who support positive behaviors.
9. Belong – Belong to a faith-based community, & attend services 4 times a month to add 4-14 years to your lifespan.





# How can we become sustainability harmonists?

## Individual Psychology (Adlerian Psychology) - Lifestyle

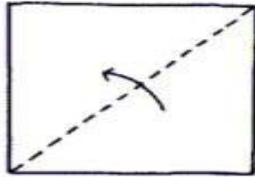
- 1.individuality and individual forms of creativity,
- 2.ways in which we solve life's problems.
- 3.our own attitudes towards life,
- 4.ways in which we compensate for inferiorities.
- 5.what life means to us,
- 6.our entire unitary personality
- 7.our goals and means of achieving them.
- 8.opinions we have of ourselves and others,
- 9.ways in which we fulfill our strivings for superiority and social interest, and
10. expressions of our entire personality.

# Important Points of Individual Psychology

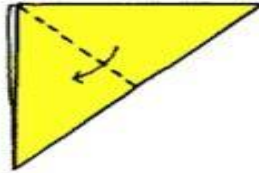
1. Encouragement
2. Segregation of Task
3. Social Interest
4. The Feeling of Community

# Orizuru - 折り鶴

①



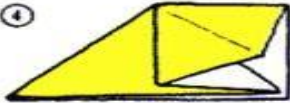
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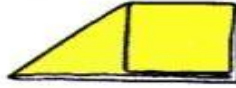
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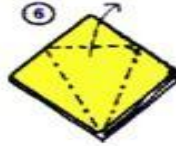
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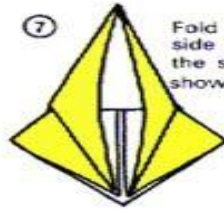
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⑥



⑦



Fold the other side and do the same as shown in step 6.

⑧



⑨

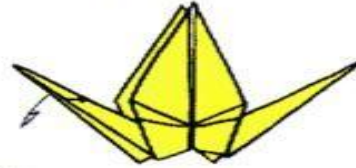


Fold the other side the same as shown in 8.

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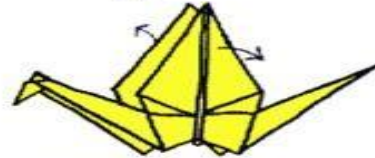


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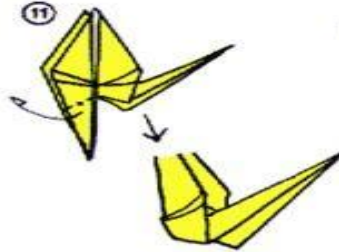
Make face by folding toward inside.

⑬



Stretch the wings, and blow up the body through a hole underneath.

⑪



Finished

# Share your thoughts and experience in your community

Sustainability Humanist Forum:

<https://blogs.ubc.ca/collaborativesustainabilityedu/category/sustainability-humanist-forum/>

Don't be a stranger - Past stranger forum:

<https://blogs.ubc.ca/dontbeastranger/category/past-stranger-forum/>

# Thank you for your participation!

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