The great question of how to live. The Truth of Life and the Future of Humanity. The Revolutionary Integration of Consciousness and Intelligence.

Table of Contents."

Part 1 of this book

Introduction: Suffering and Hope of People Living Today

Chapter 1: Questioning the Meaning of Life

1.1 The Purpose of Life and the Nature of Happiness

1.2 Existential anxiety generated by modern society

1.3 Learning from the Wisdom of East and West

Chapter 2: What Suffering is and How to Overcome It

2.1 Universality and inevitability of suffering

2.2 Correlation between body and mind

2.3 Ways to increase resilience

Chapter 3: The Power of Consciousness and Reality Creation

3.1 Quantum mechanics and consciousness

3.2 Placebo Effect and Mind-Body Connection

3.3 The Power of Intentions and Beliefs

Chapter 4: Making the Most of Life's Turning Points

4.1 How to turn a crisis into a turning point

4.2 Post-traumatic growth (PTG)

4.3 How to rewrite your life story

Chapter 5: Finding Guidance in Life

5.1 Clarify and Prioritize Values

5.2 Listen to your inner voice

5.3 Integration of the pursuit of selfhood and social roles

Chapter 6: Relationships that Enrich Life

6.1 Significance of Love and Bonding

6.2 How to increase empathy

6.3 Constructive communication skills

Chapter 7: Personal Growth and Lifelong Learning

7.1 Importance of Growth Mindset

7.2 Deepen introspection and self-understanding

7.3 Acquisition of wisdom through integration of knowledge and experience

Chapter 8: Spirituality and the Meaning of Life

8.1 Role of Religion and Spirituality

8.2 The Power of Meditation and Prayer

8.3 Facing Death

Chapter 9: Embracing Contradictions and Paradoxes

9.1 Learning from the Yin-Yang philosophy

9.2 Wisdom in Living with Paradoxes

9.3 Creativity through integration of polarities

Chapter 10: Social Change and the Role of the Individual

10.1 Changing individual attitudes will change society

10.2 Social entrepreneurship

10.3 Activism at the Grassroots Level

Chapter 11: Sustainable Living

11.1 Ecological worldview

11.2 Simple Life and Happiness

11.3 Coexistence with local communities

Chapter 12: Coexistence with AI

12.1 Career and Learning in the AI Era

12.2 Creativity and working with machines

12.3 Confronting Ethical Issues

Chapter 13: Using Adversity as a Meal for Growth

13.1 Thinking for Resilience

13.2 The Importance of Self-Compassion

13.3 Courage to ask for help

Chapter 14: Realizing Your Life Purpose

14.1 Develop a vision and a strategy

14.2 Take action and repeat course corrections

14.3 Setting New Goals After Achieving Objectives

Chapter 15: The Ultimate View of Life

15.1 Taking a Cosmic Perspective

15.2 Living in the here and now

15.3 A Life of Love and Service

Part 2 of this book

Introduction: The Fundamental Question of Life and the Mission of this Book

Questioning the Meaning of Humanity's Existence

The Need to Integrate Consciousness and Intelligence

Providing the ultimate guideline for how to live

Chapter 1: Man's Place in the Universe

1.1 Mystery of the Universe and Human Inquisitiveness

1.2 Possibility of Extraterrestrial Life and the Future of Humanity

1.3 Astronauts talk about Earth's Overview Effect

Chapter 2: Innovative Fusion of Science and Philosophy

2.1 Dialogue between the natural sciences and the humanities and social sciences

2.2 Integration of Eastern thought and Western philosophy

2.3 Co-evolution of Technology and Ethics

Chapter 3: Frontiers of Consciousness Evolution

3.1 Mysteries of Consciousness Revealed by Neuroscience and AI

3.2 Scientific Effects of Meditation and Consciousness Transformation

3.3 Posthuman Potential and Risks

Chapter 4: Mysteries of Life and Spirituality

4.1 Quantum biology suggests the nature of life

4.2 Shamanism and Indigenous Wisdom

4.3 Encounter of Science and Spirituality

Chapter 5: Achieving World Peace and Nonviolence

5.1 New Approaches to Conflict Resolution and Peacebuilding

5.2 Diplomacy based on dialogue and empathy

5.3 History and Present of the Nonviolent Resistance Movement

Chapter 6: Redefining Economic Systems and Well-Being

6.1 Indicators of affluence beyond GDP

6.2 Basic Income and De-growth Economy

6.3 Economic future pioneered by blockchain

Chapter 7: Education and Awakening Consciousness

7.1 Holistic Education and Well-being

7.2 Practical knowledge of alternative schools

7.3 Designing Learning to Promote Evolution of Consciousness

Chapter 8: Response to the Global Environmental Crisis

8.1 Climate Change and Ecological Footprint

8.2 Renewable Energy and the Circular Economy

8.3 Global cooperation through collective wisdom

Chapter 9: Language and Art Weave Horizons of Consciousness

9.1 The Power of Symbols, Metaphors, and Myths

9.2 Raw truths depicted by literature, music, and art

9.3 Expansion of Expression and Consciousness in the Digital Age

Chapter 10: Religious Wisdom and Universal Ethics

10.1 The Core of World Religions

10.2 Practical Knowledge of Shared Suffering, Compassion, and Altruism

10.3 Harmonic Integration of Faith and Reason

Chapter 11: Collective Leap of Consciousness

11.1 Chain Reactions and Thresholds of Wisdom

11.2 The "100th monkey" phenomenon and the emergence of collective knowledge

11.3 Synchronization of social media and consciousness

Chapter 12: The Hero's Journey and the Collective Narrative

12.1 The Process of Consciousness Transformation in Mythology

12.2 Synchronicity and coincidence

12.3 A New "Hero's Journey" to Guide Humanity

Chapter 13: Changes in Views of Life and Death and the Philosophy of the Hereafter

13.1 Fear of death and longing for immortality

13.2 Afterlife views around the world

13.3 Near-death experiences and shamanic visions

Chapter 14: Philosophy of Time and Eternity

14.1 Physics Reveals the Mystery of Time

14.2 Consciousness and spacetime

14.3 Living in the "Eternal Now

Chapter 15: Universal Truth and Ultimate Enlightenment

15.1 Wisdom Networks and Spiritual Masters

15.2 Awakening to Cosmic Consciousness

15.3 "Brahma-self-unity" and the Joy of Life

Conclusion: The Grand Integration of Life, Consciousness, and Wisdom

Evolution of Consciousness and the Future of Humanity

harmonious development of the individual and the whole

The Rise of a New Global Civilization

Conclusion: The Grand Integration of Life, Consciousness, and Wisdom

End : The Ultimate Equation for Living: The Equation of Consciousness and Love

Part 1 of this book."

Body text.

Introduction: Suffering and Hope of People Living Today

We are now standing in an era of confusion and anguish unparalleled in human history. In a society that is changing at an accelerating pace, many people have lost the meaning and purpose of life and are tormented by a deep sense of emptiness and despair. While remarkable advances in technology have brought material abundance, they also seem to have devastated the inner lives of human beings.

The development of AI and Big Data is bringing us greater convenience, but it is also bringing new threats such as invasion of privacy and loss of jobs. In this post-truth era, even the concepts of truth and justice are beginning to waver.

In these times, we are compelled to ask again the fundamental question. Where do we come from? Who are we? Where are we going? What is the meaning of life? These questions are eternal riddles that philosophy and religion have been asking since ancient times, but they are also pressing issues that confront each and every one of us today.

Until now, humanity has explored the external world through the power of science and built material prosperity. But what awaited us at the end of all this may have been the loss of spirituality and the fundamental insecurity of existence itself. We now live in a world where science and the soul are divided. But is that really enough? Are science and spirituality only opposites? Our inner cry seems to tell us otherwise.

The purpose of this book is to open up new horizons of hope while confronting such anguish of modern man. It is also a journey in search of a new "mode of knowledge" that transcends the dichotomies of science and soul, reason and intuition, and intellect and consciousness. While taking into account the wisdom of the East and the West, and actively incorporating the most advanced findings of modern science, we will question the meaning of life from its very roots. I would like to invite you to join us on this intellectual and spiritual adventure.

It is not a smooth road. Our quest will be a dark night journey of the soul to the deepest depths of our being. But it is precisely beyond that point that the dawn of a new consciousness must await us. The transformation of individual consciousness will awaken the collective consciousness of society as a whole and eventually lead to a paradigm shift in human civilization. We hope that you can sense such magnificent possibilities through this book.

It is each and every one of us who opens the door to change. To listen carefully to our own inner voice, to the call of our soul. To make conscious choices in our daily lives. The awakening and action of each of us will be the driving force to create a new future.

A world of peace and harmony. A society filled with freedom and love. Such a utopia is no longer a mere pipe dream. We must be able to realize it on earth as the fruit of our own consciousness and wisdom. To do so, however, we must have the courage to face the source of life and touch the truth of the universe.

We hope that this book will serve as a compass to help you do so. As travelers who are guided by the inner light and search for truth together. And as pioneers who will open up new horizons through the revolutionary fusion of science and soul, intellect and consciousness. I sincerely look forward to working with you all.

Now, we are standing at the door to the mystery of life. The key lies within each of us. Let us courageously open that door and initiate a new era of consciousness. All is one, one is all. To play an irreplaceable role in the symphony of life woven by all living things.

Chapter 1: Questioning the Meaning of Life

Every day we live our lives while fulfilling various roles in our lives, such as work, housework, child-rearing, and relationships. However, in the midst of this busyness, we may not have many opportunities to stop and think about fundamental questions such as "Why are we alive?" and "What is the purpose of life?

1.1 The Purpose of Life and the Nature of Happiness

Since ancient times, philosophers and religious figures have pondered the nature of life's purpose and happiness. The ancient Greek philosopher Aristotle taught that the highest purpose of life is eudaimonia, or happiness based on the excellence of the soul, which can be achieved through the exercise of virtue and reason.

Meanwhile, in the East, Buddhism was born. Buddha (Shakyamuni Buddha) taught that life is suffering. This "suffering" refers not only to pain and sorrow, but also to the fundamental suffering caused by impermanence and attachment. The Buddha taught a path free from this suffering (the Eightfold Path), and his ultimate goal was to attain enlightenment.

Why, then, do we seek the purpose of life? Jean-Paul Sartre, the 20th century existentialist philosopher, argued that we exist prior to our essence and that life has no a priori meaning. In other words, we are thrown into a meaningless world and must choose the meaning of life for ourselves.

1.2 Existential anxiety generated by modern society

These existential questions are becoming more pressing in today's society. In the past, religions, traditions, and strong communities provided people with guidance for their lives. However, in today's increasingly secular and individualistic society, these sources of guidance are disappearing.

In the information society, people are exposed to a vast array of choices and are driven by FOMO (Fear of Missing Out); they are increasingly exposed to the lives of others through social networking sites, forcing them to relativize their own lives. This situation has amplified the existential anxiety of people today.

1.3 Learning from the Wisdom of East and West

So how do we face this existential question? Let us refer here to the wisdom of the East and the West.

In the West, the existentialist philosophies of Kierkegaard, Nietzsche, Heidegger, and others have tackled this issue head-on. What they all share is the idea that the meaning of life is not something that is given to us from the outside, but something that we must choose for ourselves independently.

Nietzsche, for example, criticized Christian morality and the need to create higher values for oneself. Heidegger, for example, stressed the possibility of "inherent existence" and the importance of facing one's own finitude sincerely and freely making choices.

In the East, on the other hand, in addition to Buddhism, there are many other philosophies that question the meaning of life. Confucius, a Confucian, found the meaning of life in fulfilling one's role in society through the practice of "benevolence. The Taoist Lao Tzu idealized following the flow of nature and reaching a state of inaction.

Zen Buddhist teachings also contain thought-provoking insights. The Rinzai school of Zen Buddhism has a phrase called "Nichijo Sahanjitsu," which means "daily routine. This is the teaching that the truth is found in the casual activities of daily life. Similarly, Dogen's "Shobogenzo" contains the phrase "Gyoju zagah. This is the idea that every moment of our daily life is our Buddhist practice, and that living itself has ultimate meaning.

What we can learn from this wisdom of the East and West is that the meaning of life is found in our dialogue with ourselves and in our daily practice. There may be no universal answer. However, through continuous questioning and conscious living, we will be able to weave our own meaning out of it.

In the next chapter, we will examine the nature of suffering, the greatest barrier to this quest for life, from the findings of philosophy and science. Let us understand the universality and inevitability of suffering and seek a way to overcome it.

Chapter 2: What Suffering is and How to Overcome It

In our attempt to reexamine the meaning of life, we cannot avoid the issue of suffering. It seems impossible to completely eliminate suffering from our lives. Rather, suffering may be an intrinsic part of life.

2.1 Universality and inevitability of suffering

In Buddhism, there is a phrase called "the four sufferings and eight pain. The four sufferings are life, old age, illness, and death, and the eight sufferings are separation from love and separation from hate, hatred and hatred, seeking and not seeking, and the five skandhas (the five skandhas of suffering). This suggests the universality of suffering that accompanies human life.

Suffering is also an important theme in Western thought. Greek tragedy has been thought to be cathartic (purifying) in its depiction of human suffering. In Christianity, suffering due to original sin and redemption through the Passion of Christ are central teachings.

Schopenhauer believed that life itself is suffering and taught that one can be freed from suffering through asceticism and resignation. Nietzsche, on the other hand, preached the "will to power" and encouraged people to push forward to a higher life through overcoming suffering.

Thus, the wisdom of the East and West suggests that suffering is an inevitable accompaniment of human life.

2.2 Correlation between body and mind

An important consideration of suffering is the close relationship between body and mind. The ancient Greek physician Hippocrates considered health to be "the balance of humors (body fluids)" and considered the body and mind to be one and the same. Oriental medicine has also considered the body and mind as inseparable, as seen in the concept of "chi" (qi).

Modern medicine and psychology are also beginning to uncover correlations between mind and body. For example, it is known that chronic stress decreases immune function and increases the risk of various physical diseases. It is also becoming clear that mental illnesses such as depression are associated with changes in brain matter.

The mind and body are closely interrelated. Therefore, it is necessary to look at both the body and the mind in dealing with suffering.

2.3 Ways to increase resilience

Resilience (recovery and resilience) is important in dealing with suffering. Resilience refers to the ability to overcome and adapt in the face of adversity and difficulty.

The following methods are believed to be effective in increasing resilience

* Cultivate positive emotions: Consciously cultivating positive emotions, such as gratitude and an optimistic outlook, will increase resilience.
* Finding meaning: It is important to find meaning in suffering. Making meaning, such as seeing it as an opportunity for growth or connecting it to a greater purpose, will help us overcome difficulties.
* Stay connected: Staying connected with family, friends, and other supportive people will increase your resilience. It is also important to ask for help and not to keep it to yourself.
* Don't neglect self-care: Taking care of your own physical and mental health through regular lifestyle, exercise, meditation, etc. will help increase your resistance to stress.
* Adapt flexibly: When circumstances change, you must be able to adapt flexibly and without being bound by stereotypes. As the saying goes, "Don't be afraid of change." It is important to have a positive attitude toward change.

These insights can also be found in the teachings of ancient philosophies and religions. Self-insight, non-attachment, and spontaneity, which are emphasized in Zen teachings, are wisdom to enhance resilience.

As described above, new ways of dealing with the universal problem of suffering in life can be found by combining the wisdom of the East and West with modern scientific knowledge.

In the next chapter, we will discuss the relationship between consciousness and reality, and how our mind affects external reality.

Chapter 3: The Power of Consciousness and Reality Creation

As discussed in the previous chapter, suffering is an inevitable part of human life. But are we beings that are simply swept away by suffering? What I would like to focus on here is the power of "consciousness" of each of us.

3.1 Quantum mechanics and consciousness

The emergence of quantum mechanics in the 20th century radically overturned our common sense view of the world. In the microscopic world, particles behaved in a stochastic manner, and the consciousness of the observer came to be interpreted as determining reality.

Physicist Werner Heisenberg posed the "observation problem". At the quantum level, the consciousness of the observer influences the object and determines its reality. This was a revolutionary insight into the relationship between consciousness and the material world.

3.2 Placebo Effect and Mind-Body Connection

An example of consciousness influencing reality is the "placebo effect," as it is known in the medical world. This is a phenomenon in which a patient's symptoms improve despite being given a fake drug. This shows that expectations and beliefs about a treatment cause actual physiological changes.

There is also the term "mind-body connection. The mind and body are intimately connected, and the state of mind affects the body and vice versa. For example, it is well known that stress leads to high blood pressure and lowered immunity.

In other words, our state of consciousness determines the state of our physical and mental health.

3.3 The Power of Intentions and Beliefs

The power of consciousness is also considered to have a more direct influence in reality creation. The key words are "intention" and "belief."

In the world of self-help, the concept of the Law of Attraction is widely known. This is the idea that by having strong intentions and a clear vision, you can attract the reality you desire. Many people have actually used this law to achieve their goals.

Also, as studies of the placebo effect have shown, when we believe something, it can create the reality that it is true.

In other words, consciously setting a goal and strongly believing in it is the first step toward creating reality. Of course, this alone is not enough; specific actions are required. However, it is certain that the state of our consciousness has the power to greatly influence the trajectory of our lives.

In the next chapter, we will examine how to meet life's turning points and use them as opportunities for growth. We will explore the wisdom of believing in the power of consciousness and turning difficulties into springs of inspiration.

Chapter 4: Making the Most of Life's Turning Points

In our journey through life, we sometimes find ourselves at major crossroads. When we are faced with unexpected events and challenges, we are asked how we will accept and overcome them.

4.1 How to turn a crisis into a turning point

The Chinese character for "crisis" is made up of two characters with two meanings: "danger" and "opportunity. This suggests the insight that in crisis situations, there are hidden opportunities to turn our lives around.

In order to turn a crisis into a turning point, it is important to first calmly accept the situation and look at oneself. By asking yourself, "Why did I get into this situation?" and "What can I learn from this experience?

It is also important to think flexibly and without stereotypes. Einstein said, "You cannot solve a problem with the same thinking that created it. Changing our thinking and exploring new possibilities is the key to finding a breakthrough.

4.2 Post-traumatic growth (PTG)

In recent years, the concept of post-traumatic growth (PTG) has been gaining attention in the field of psychology. This refers to the positive psychological transformation that occurs after a traumatic experience.

Those who have experienced PTG report the following changes

* A deepening appreciation for life
* Strengthening relationships with others
* Discovering New Possibilities
* Improved spirituality/spirituality
* Awareness of human strength

In other words, the experience of deep suffering can lead to personal growth and a rediscovery of the meaning of life. Of course, it is important to avoid glorifying trauma. However, it is important to keep in mind that it is when we are on the edge of a cliff that our true inner strength is unleashed.

4.3 How to rewrite your life story

We all unconsciously interpret our lives as a single "story. The context in which we view our past experiences greatly influences our current self-perception and our outlook for the future.

What is important here is the fact that the narrative can be rewritten. By making sense of the painful past by saying, "I am the person I am today because of those experiences," we can reduce the negativity and turn it into a positive outlook on life.

For example, Steve Jobs recalls dropping out of college as "one of the best choices of my life. By dropping out of college, he was free to take classes that interested him, which led to the creation of Apple Inc.

The story of your life can be rewritten as much as you want. Having the ability to weave a story that is meaningful to you will give you strength when you are at a crossroads in your life.

In the next chapter, we will examine the values that can guide us as we use the power of consciousness to shape our lives in this way. Explore the wisdom of living according to your inner voice rather than being driven by external standards.

Chapter 5: Finding Guidance in Life

When we are at a crossroads in life, it is our inner values that guide us. Discerning what is truly important to us and making choices based on that discernment is the key to living life on our own terms.

5.1 Clarify and Prioritize Values

Values are the things we value and cherish in life. Different people value different things, such as family, health, freedom, and creativity.

It is important to identify and prioritize these values. Think about what is most important to you and what you are willing to sacrifice to achieve it.

For example, a person who values family time above all else might not hesitate to turn down a career advancement opportunity if it would take away too much time from family.

Thus, by making value-based decisions, you have a compass for your life.

5.2 Listen to your inner voice

In order to find value, it is essential to face oneself and listen to one's inner voice. It is important to be honest with one's innermost thoughts and feelings, rather than being influenced by society's expectations or other people's values.

To do this, it may be helpful to have a time of quiet reflection. Through meditation, prayer practice, keeping a journal, spending time in nature, etc., we can engage in a dialogue with our inner selves.

It is also important to value intuition. Trusting the feeling that makes sense, which cannot be divided by reason, leads to listening to your true voice.

Steve Jobs says he found the courage to follow his inner voice by asking himself, "If today was the last day of my life, would I really want to do what I am about to do?

5.3 Integration of the pursuit of selfhood and social roles

Living according to our values and inner voice is nothing less than the pursuit of "selfhood. However, what we must not forget here is that we are beings living in a society.

Pursuing one's own individuality and fulfilling one's responsibilities and contributing to others in society are not at odds with each other. Rather, it is by utilizing one's individuality and strengths to be involved in society that one can achieve true self-actualization.

For example, those who enjoy interacting with people and have good communication skills may use their talents to contribute to society as salespeople or educators.

What is important is to have a perspective that integrates one's identity with one's social role. We must always be aware of the question, "Who am I and in what way do I want to be involved in society?" in order to find a guideline for our lives.

There is no right answer in life. What is important is that you live your life with sincerity to your inner voice and carve out a life of your own. At times, you may experience hesitation and frustration. However, through such trial and error, you will discover your true self.

The next chapter examines our relationships with those who support us in this process of self-exploration and self-actualization. Our connections with others are also an essential part of living a fulfilling life.

Chapter 6: Relationships that Enrich Life

People do not live alone. We live in a variety of relationships: with family, friends, lovers, and colleagues. Our connections with others can sometimes be a source of trouble, but they are also important entities that bring joy and meaning to our lives.

6.1 Significance of Love and Bonding

One of the most fundamental things we seek is love. To be loved by those we love and to love those who love us. This mutual exchange of affection gives life a deep sense of fulfillment.

Love does not only refer to feelings toward a specific person, such as a family member or lover. It also includes a broader sense of love, such as friendship, solidarity with colleagues, and compassion for strangers.

Such a bond of love gives us the courage to overcome even the most difficult times. We can do our best for our loved ones.

It is not only a spiritual but also a literal physical fact that "man cannot live alone." The latest brain science findings show that the brain of a child raised in a loving environment develops healthily.

For a newborn baby, a mother's love is literally a lifeline. Love is an essential element of our survival and growth.

6.2 How to increase empathy

Empathy is important for building better relationships with others. Empathy refers to the ability to understand and be attuned to the feelings of others.

In order to increase your empathy, you should keep the following in mind

* Listen to the other person's story: Hear the other person's story to the end and try to imagine how he/she feels.
* Pay attention to nonverbal communication: read the emotions of others through facial expressions, tone of voice, and body language.
* Become aware of your own emotions: By verbalizing your own emotions, you will also gain a better understanding of the emotions of others.
* Refrain from making value judgments: Be committed to receiving the other person's story empathetically, rather than evaluating it.
* Gain diverse experiences: Acquire diverse perspectives by engaging with people in various positions.

Through this practice, we can develop empathy for others.

6.3 Constructive communication skills

In order to maintain good relationships, we need to keep constructive communication in mind.

One of the key points is "assertive" self-expression. Assertiveness means conveying one's opinions and feelings sincerely without infringing on the rights of others.

For example, if your boss makes an unreasonable request, instead of saying, "I don't like it," say, "That request is difficult for me. I can do it this way instead. I can do it this way instead." This is an assertive response. This is an assertive response.

Thus, frank self-expression, while respecting the rights of self and others, is the key to building good relationships.

Listening skills are also important. By listening to what the other person is saying and asking questions or responding with appropriate timing, you can give the other person a sense of security that he or she is being heard.

People want to be acknowledged and accepted for who they are. That is why being attentive to the other person's thoughts and expressing them in words is of great significance in deepening trusting relationships.

As we have seen above, connection with others is an essential element for personal growth and happiness. While deepening our self-understanding and pursuing our individuality, we must also remember to be grateful to those around us and build good relationships with them. This sense of balance is the key to a fulfilling life.

The next chapter will discuss a lifelong attitude of growth and learning that builds on such a better relationship with self and others. Until the last moments of our lives, the possibility of growth is open to us.

Chapter 7: Personal Growth and Lifelong Learning

We are a lifelong, ever-growing entity. We may learn new things less quickly as adults than we did as children. However, no matter what age we are, the potential for learning and growth is open to us.

7.1 Importance of Growth Mindset

Psychologist Carol Dueck classified people's views of competence into two categories: fixed mindset and growth mindset.

People with a fixed mindset believe that abilities are fixed by nature and do not change. On the other hand, those with a growth mindset believe that abilities can grow as much as they want with effort.

Dueck's research has shown that people with a growth mindset are more tenacious in the face of challenges and more willing to try new things.

In other words, believing that we can still grow is in itself a great expansion of our potential. Regardless of age, it is important to always maintain the desire to grow.

7.2 Deepen introspection and self-understanding

The first step in growth begins with getting to know yourself deeply. Objectively reexamine your strengths, weaknesses, values, and behavior patterns. This is essential to deepening self-understanding.

To make reflection a habit, it may be helpful to keep a journal and regularly reflect on your actions. It is also important to seek honest feedback from trusted friends, family members, and professionals.

With greater self-understanding, you will find the right direction for your growth. At the same time, you will be able to accept your weaknesses and free yourself from assumptions about yourself.

7.3 Acquisition of wisdom through integration of knowledge and experience

Every day we are exposed to a great deal of information and gain a variety of experiences. However, simply accumulating knowledge and experience is not true growth.

The key is to integrate knowledge and experience to form your own wisdom. To relate discrete pieces of information and to have a holistic perspective. Questioning existing knowledge and incorporating new perspectives. Learning lessons from experience and applying them to our next actions.

Such a search for wisdom is what leads us to human maturity. It is a lifelong learning process that cannot be achieved overnight.

In the words of Albert Einstein, "The important thing is to never stop learning. Always be open to the unknown and keep learning. This is the secret to a life of lifelong growth.

In the next chapter, we will consider one of the sources of such growth and learning: spirituality and the meaning of life. Facing our inner world and questioning the meaning of life is an essential process for true self-realization.

Chapter 8: Spirituality and the Meaning of Life

The journey in search of meaning and purpose in life is not complete simply by pursuing material wealth and social success. Dialogue with our inner world, or spirituality, makes life deeper and more meaningful.

8.1 Role of Religion and Spirituality

Since ancient times, humankind has sought to find the meaning of life through religion and spirituality. The world's major religions, including Christianity, Islam, Buddhism, and Hinduism, each present their own unique worldview and outlook on life.

Of course, in today's society, belief in a particular religion is not mandatory. However, it is important for everyone to be willing to face the fundamental questions of human existence and seek their own answers.

Spirituality is a term that refers to the activity of such an inner search. It is not bound to any particular doctrine, but concerns a more universal dimension of the soul.

Modern psychology is also recognizing the importance of spirituality. In a field called "transpersonal psychology," the role that experiences of dimensions beyond ordinary consciousness play in personal growth is being studied.

8.2 The Power of Meditation and Prayer

Specific practices that deepen spirituality include meditation and prayer. Prayer here refers not only to specific religious rituals, but also to the act of communicating with one's inner self and interacting with a larger being in general.

Meditation is the practice of quieting the mind and observing thoughts. It has the effect of bringing us back to the "here and now," to our consciousness, which is often distracted by distractions. It helps us to deepen our self-understanding and to listen to the voice of inner wisdom.

Prayer is also an act of expressing one's thoughts in words and meditation and sending them out to the universe and the greater being. It is an experience of surrender to a power beyond ourselves that gives us the courage and hope to live.

These practices help us to free ourselves from the hustle and bustle of everyday life and find a deeper meaning to our lives.

8.3 Facing Death

When we question the meaning of life, death is an unavoidable theme. Death confronts us with finitude and forces us to fundamentally reexamine the meaning of life.

Western existentialist philosophy taught that facing the inevitability of death is the path to true self-realization. In "Being and Time," Heidegger called the essential way of being "the pioneering determination to be," and stated that it is only at the moment when we are forced to make a decision about how to live our finite lives that we awaken to our true selves.

Eastern thought has also deeply explored the meaning of death. Buddhism teaches impermanence and the wisdom to accept death as a natural part of life.

Facing death is probably terrifying for anyone. However, it is only when we face death that we can truly realize the preciousness and beauty of life. Every moment of life holds irreplaceable meaning.

In the words of poet Ralph Waldo Emerson, "The goal of life is not to reach the place of death, but to live for the goal itself. We are aware of death, but only to find meaning in life. It is this attitude, I believe, that will lead us to human maturity.

In the next chapter, we will discuss the paradoxes and contradictions that are inevitable in the search for meaning in life. Consider the path of acknowledging the complexity of life and finding harmony within it.

Chapter 9: Embracing Contradictions and Paradoxes

Our lives are often riddled with contradictions and paradoxes. Good and evil, happiness and unhappiness, love and hate, life and death. Opposites can exist simultaneously and haunt us. But the essence of life is not to avoid these contradictions, but rather to embrace them and find harmony within them.

9.1 Learning from the Yin-Yang philosophy

The Eastern philosophy of yin and yang is suggestive in that it teaches the interdependence and harmony of opposites. Yin and yang, light and dark, male and female. These seemingly opposites actually need each other and complement each other.

For example, happiness and unhappiness may also be viewed in the context of the yin-yang relationship. Because we have experienced hardship, we know how to appreciate joy. It is because we have joy that we have the strength to overcome suffering. If one of us lacks the other, our life is not complete.

9.2 Wisdom in Living with Paradoxes

The wisdom of accepting the paradoxes of life has also been taught by thinkers in the East and West.

There is a Zen koan called the Dharma of Loss. The paradox is that by letting go of attachment, one instead attains true freedom. A similar paradox is implied in the Christian teaching that the last will be the first and the first will be the last.

The Greek philosopher Heraclitus said, "Panta Rei (all things flow). The world is constantly changing, and no two entries into the same river are ever the same. It is precisely in such impermanence that we need to live according to "logos" (the laws of the universe).

This wisdom of embracing contradictions and paradoxes leads us to a flexible and resilient way of life. Instead of seeing things dichotomically, we see them from a broader perspective. Instead of fearing change, we can use it creatively. Such a reversal of thinking will be the key to overcoming life's difficulties.

9.3 Creativity through integration of polarities

Moreover, beyond contradictions and paradoxes, new creativity may emerge by integrating elements of both poles.

Psychologist Carl Jung pointed out that there are two opposing aspects of the personality: the persona (outer face) and the shadow (shadow). The persona is the face we present to the outside world, while the shadow is the repressed negative aspect. Jung taught that by facing and integrating the shadow, a more whole Self is realized.

Likewise, our lives may be enriched by integrating various opposing elements. Reason and sensibility, reality and ideals, the individual and society. By bringing together these seemingly incompatible elements, novel ideas and concepts are born.

Apple founder Steve Jobs was the embodiment of the fusion of technology and art, business and creativity. He also had a deep knowledge of Eastern thought and was said to have been influenced by Zen. His very way of life can be said to be a demonstration of creativity through the integration of contradictions.

Our lives are also filled with various contradictions and paradoxes. However, we should not avoid them, but rather actively take them on and utilize them. I believe that this is where the path to a richer and more creative way of life opens up.

In the next chapter, we will examine how such an individual way of life can lead to the transformation of society as a whole. The transformation of each individual's consciousness will eventually promote the transformation of the social system as well. Let us reconsider our way of life from a perspective that transcends our own existence.

Chapter 10: Social Change and the Role of the Individual

Changing one's way of life is not merely a matter of personal dimension. As each individual's awareness and behavior change, society as a whole will also be transformed. Therefore, it can be said that the search for a better way of life is also an activity to create a better society.

10.1 Changing individual attitudes will change society

Mahatma Gandhi said, "Be the change you wish to see in the world. The message is that social transformation begins not only with the dimensions of systems and institutions, but also with the inner transformation of each individual.

History is replete with examples of how the awakening and actions of a single individual have had a profound impact on an entire society. Gandhi led India to independence through nonviolent resistance, Dr. Martin Luther King led the civil rights movement, and Rachel Carson spoke out for environmental protection. Their very way of life became a driving force for social change.

Even today, the efforts of individuals who act on their own consciousness, such as Ella Ghandour, who opened a school to teach "nonviolence" in a Palestinian refugee camp, and Vandana Shiva, who is involved in tree planting around the world, are having a significant impact on society.

10.2 Social entrepreneurship

Social entrepreneurs play an important role in changing attitudes to transform society. Social entrepreneurs are people who seek to solve social problems using business methods.

Examples include John Wood, founder of Room to Read, which provides educational opportunities for children in impoverished areas, and Safia Minnie, founder of People Tree, which supports producers in developing countries through fair trade.

What they have in common is an attitude of viewing social issues as their own concerns and taking action on their own to solve them. They emphasize not only the pursuit of profit, but also the creation of social value. This way of thinking itself has the power to transform the relationship between business and society.

10.3 Activism at the Grassroots Level

In social change, it is not only policy change at the national level that is important. Rather, it is the cumulative changes in the awareness and actions of each individual at the grassroots level that will bring about new values in society.

For example, people's efforts to practice a "zero-waste" lifestyle are changing society's attitudes toward waste management. People's choices to consume ethically are also influencing the way companies are doing business.

In other words, each of us has a part in creating a better society through our daily choices and actions. Rather than believing that we do not have the power to change society, we should be aware that we can be part of the change. This is the first step toward creating a new society.

As we have seen, the quest for a personal way of life naturally leads to awareness and action for social change. Living one's life in one's own way and improving society are not two separate things.

Rather, it is the sincere efforts to face one's own life and live better that will naturally become the driving force to change society. The author believes that each of us living in the coming age is required to have such a perspective.

In the next chapter, we will examine one of the essential elements in achieving such a way of life: sustainability. Sustainability for oneself and sustainability for society and the environment. Let us explore how to live with both in mind.

Chapter 11: Sustainable Living

Our lives are not complete with our own existence. As beings living in society and in the natural environment, we are required to consider sustainability. Sustainability here refers to both the sustainability of our own lives and the sustainability of society and the environment.

11.1 Ecological worldview

The term "ecology" is no longer reserved for those who are concerned about environmental issues. With the global environmental crisis, each and every one of us is being forced to rethink how we should live in harmony with nature.

Deep ecology," as proposed by Norwegian philosopher Arne Ness, sees humans not as separate from nature, but as part of an ecosystem. It is the view that humans should not dominate nature, but rather humbly coexist with it.

This ecological worldview has great implications for the way we live our daily lives. Respect nature and be aware that we are part of it. Living with such an awareness will lead to the sustainability of our society and our planet.

11.2 Simple Life and Happiness

An important part of achieving a sustainable way of life is to live simply, rather than pursuing material wealth. A lifestyle called "voluntary simplicity" is gaining attention.

A convenient life surrounded by things may indeed bring temporary satisfaction. However, true happiness may be obtained through letting go of attachment to things.

For example, there are people who enjoy a sense of oneness with nature and the fulfillment of life itself by living a self-sufficient lifestyle, limiting food, clothing, and housing to the bare necessities. Others may experience the richness of human connections through bartering and sharing economy practices.

Thus, living simply does not mean an ascetic way of life. Rather, it is a way of life that pursues inner richness and freedom from dependence on external things.

11.3 Coexistence with local communities

An essential part of achieving a sustainable society is the revitalization of local communities. With the advance of globalization, we are losing our ties to the communities in which we live. However, being rooted in the community in which we live is the foundation for a sustainable way of life.

To respect the local natural environment and support local industries. Help each other and build a community through face-to-face relationships. Such harmonious coexistence with the community will lead to a sustainable society where people can continue to live with peace of mind.

Involvement in the community also provides an opportunity to feel the significance of one's own existence. It is easy to realize one's place in the community, which is often lost in the larger society. And through the joy of contributing to the community, new possibilities for self-realization open up.

Think Globally, Act Locally" is a phrase that may be used today to describe the kind of lifestyle that is required of us today.

As we have seen, a sustainable way of life is to live a simple, community-based lifestyle in harmony with nature and society. It is a way of life that contributes to the well-being of others and the planet as a whole, while cherishing one's own inner fulfillment.

And such a way of life begins with a change in the consciousness of each individual. Rather than waiting for the government or corporations to take action, each and every one of us as citizens must take action on our own initiative. I believe that this is where the true sustainability of society is born.

In the next chapter, we will consider the development of AI, which, along with sustainability, is one of the major challenges we face in the 21st century. The way technology and humans coexist is another important theme that calls into question our way of life.

Chapter 12: Coexistence with AI

The rapid development of artificial intelligence (AI) technology, exemplified by deep learning, is beginning to have a profound impact on our society and way of life. AI is becoming a reality, not merely a tool, but an AI that works in collaboration with humans and sometimes exceeds human capabilities.

12.1 Career and Learning in the AI Era

AI will drastically change the way we work. It is predicted that routine tasks will be replaced by AI one after another, and the skills required of humans will change dramatically.

In such a situation, it will be important to hone unique human abilities that AI cannot. Higher cognitive abilities such as creativity, empathy, communication skills, and problem solving will be essential.

They must also have the ability to work effectively with AI; to understand its characteristics and make good use of them, while at the same time demonstrating their own strengths. The key to surviving in the age of AI is to acquire such skills, which could be called "the ability to live in harmony with AI.

To this end, a lifelong attitude of continuous learning is essential. In this era of rapid change, knowledge and skills once acquired quickly become obsolete. It is important to maintain the flexibility to constantly update and the willingness to learn new things.

12.2 Creativity and working with machines

The development of AI tends to emphasize only the negative aspect of taking jobs away from humans. From a different perspective, however, AI may have the potential to liberate human creativity.

For example, AI can take over simple tasks so that humans can focus on more creative work. AI itself is also increasingly assisting in the creation of works of art and scientific discoveries.

Humans and AI will collaborate with each other, making use of their respective areas of expertise. In such a future, human jobs will not be taken away, but will evolve into something more creative and valuable.

What is required of us who live in such an era is the will to accept AI as a creative partner and to open up new possibilities together. Rather than fearing machines, we should make them our allies, and maximize our human nature. Perhaps this is where we can find a hint of how to live in the age of AI.

12.3 Confronting Ethical Issues

The development of AI also raises major ethical issues: how to ensure transparency and accountability in AI decision-making; how to develop a social safety net if AI replaces human jobs, resulting in increased unemployment; and how to maintain a balance of power if powerful AI becomes a monopoly of some companies or nations. How will the balance of power be maintained if powerful AI is monopolized by a few companies or nations?

There are no easy answers to these questions. The challenge is for each of us to search for an ethical way of being with technology and to build a just and sustainable social system.

In this sense, the development of AI is an opportunity to force us to fundamentally reexamine our way of life. We must question not only efficiency and convenience, but also human dignity and happiness, and gain insight into the relationship between technology and society. Such philosophical speculation may also be an indispensable element for living in the AI age.

As we have discussed, the development of AI will profoundly change the way we work and learn. But more than that, it will give us the opportunity to fundamentally rethink what human creativity is and what a happy society is.

While utilizing the power of technology, we will not lose sight of the essence of humanity. We will create a better society while living in harmony with machines. We must seek and practice such a way of life. I believe that this is what is required to survive strongly in the age of AI.

In the next chapter, we will turn to a more personal perspective and consider how to overcome life's adversities. Perhaps it is when we face challenges that we are given the opportunity to truly grow.

Chapter 13: Using Adversity as a Meal for Growth

Our lives are not always smooth sailing. We all face adversity of one kind or another, whether it is illness, heartbreak, setbacks, or failure. However, these difficulties can be turning points that help us grow and open up new possibilities.

13.1 Thinking for Resilience

Resilience is important in the face of adversity. It refers to the ability to quickly recover and adapt from difficult situations.

In order to increase resilience, it is important to first review one's thought patterns. When faced with a challenge, it is not constructive to wallow in self-pity, wondering why you are the only one going through this, or to give up, saying, "It's impossible anyway.

Rather, it is important to have a positive perspective, asking "What can I learn from this experience?" and "How can I grow by overcoming difficulties? This is also the idea that Viktor Frankl taught, that even though we cannot control the situation, we can choose our attitude toward accepting it.

See adversity as an opportunity and use it as food for self-improvement. Such a change of thinking is the driving force to overcome difficulties.

13.2 The Importance of Self-Compassion

Another important thing to do in the face of adversity is to be kind to yourself. Called "self-compassion," this idea means forgiving our weaknesses and failures and looking at ourselves with compassionate eyes.

We often tend to be hard on ourselves. We blame ourselves when we fail and cannot forgive ourselves for not being perfect. But this, in turn, hurts our self-esteem and we lose the ability to get back on our feet.

To have self-compassion is to accept that you, too, are imperfect and to be compassionate to yourself. It means encouraging and supporting yourself by saying, "I am doing the best I can right now," and "Failure is an opportunity for growth. This will give you great strength in overcoming adversity.

In fact, studies have shown that people with higher self-compassion are more resilient to stress and more able to bounce back from difficulties. Being kind to yourself does not mean indulging yourself; it gives you the courage to face adversity.

13.3 Courage to ask for help

Furthermore, in the face of adversity, it is important to have the courage to ask for support from those around us, rather than to keep to ourselves. We often feel embarrassed to be vulnerable and hesitate to ask for help.

However, everyone needs support from time to time. Talking to someone you trust, such as a family member, friend, or professional, can help you see the nature of the problem and gain a new perspective.

It is widely known that people with richer social support are more resilient to stress. It is because you are alone that your problems feel bigger. Be courageous and ask for help from those around you. This is also wisdom for overcoming adversity.

As we have seen above, adversity may be inevitable, but it is up to us to accept it and overcome it. Positive thinking, compassion for ourselves, and the courage to ask for support. With these things in mind, we will face our difficulties. Only then will we have a stronger and richer life.

There is a phrase, "What doesn't kill you makes you stronger." The author believes that adversity is indeed an opportunity to train and grow us. We are tossed about by the stormy seas of life, but we move forward step by step. Perhaps that is where true strength and beauty can be found.

In the next chapter, we will consider specific methodologies to help us overcome adversity and realize our life purpose. We create a vision, develop a strategy, and take action. Through this process, we can become the protagonists of our own lives.

Chapter 14: Realizing Your Life Purpose

As discussed in the previous chapter, developing the ability to overcome adversity is essential to living life powerfully. But at the same time, it is important to clarify one's life purpose and move forward toward it.

14.1 Develop a vision and a strategy

In order to realize your life purpose, it is important to first develop your ideal vision of the future, or "vision. What kind of life do you want to lead? You must envision this image concretely.

A useful way to develop a vision is a way of thinking called "backcasting". This involves working backward from an ideal future state and thinking about the path to get there.

For example, set an ideal image of yourself 10 years from now and work backward from there to the present, asking yourself, "What do I need to have accomplished by 5 years from now to achieve that? and work backward through the steps. In this way, a vague vision will lead to a concrete action plan.

It is also essential to develop a strategy to realize the vision. How can we leverage our strengths and overcome our weaknesses to achieve our vision? What resources and environment are needed? Such strategic thinking will pave the way to achieving our objectives.

The key here is to be flexible and adjust both vision and strategy without fixing them. Circumstances change constantly, and new insights will require changes in direction. What is important is to be flexible in adapting our strategies without losing sight of the essence of our vision.

14.2 Take action and repeat course corrections

However, no matter how admirable your vision and strategy may be, it is meaningless if you do not take action. It does not matter how small the steps are, the most important thing is to move forward step by step.

In doing so, it is important not to seek perfection too much. Learn as you go, and correct as you go. This is the so-called "PDCA" cycle. Rather than hesitating to take action out of fear of failure, take the first step, get feedback, and make course corrections. This is a surefire way to get closer to your goal.

American thinker Ralph Waldo Emerson said, "One of the most important things in life is to discover oneself through daily conscious effort. Indeed, facing ourselves and growing in action is the way to realize our life purpose.

14.3 Setting New Goals After Achieving Objectives

And even after achieving one goal, it is important to set new goals and continue to grow. There is no limit to human potential. Always aim higher and continue to pursue your potential. This is the key to a fulfilling life.

In this sense, the realization of life's purpose is not just a goal, but rather a new beginning. Beyond the fulfillment of one dream, there is a new dream. This endless journey of exploration is perhaps the most exciting part of life.

As mentioned above, in order to realize one's life purpose, it is essential to develop a vision, formulate a strategy, and continue to take action. It is not an easy path, but I believe it is an activity that brings meaning and fulfillment to one's life.

He has a compass for his life and moves forward, overcoming rough seas. Sometimes we stop, correct our direction, and yet we never stop moving forward. Such a powerful way of life may be the greatest gift we have been given.

In the next chapter, we will take this view of life from an even higher dimension and explore a philosophy that we might call the "ultimate view of life. By taking a cosmic perspective and questioning the meaning of living in the here and now, our lives will shine at their highest brilliance.

Chapter 15: The Ultimate View of Life

Through our discussions thus far, we have discussed the importance of living life in one's own way and the importance of living in harmony with society and nature. In this final chapter, we will reexamine such a view of life from a higher dimension and explore a philosophy that can be called the "ultimate view of life.

15.1 Taking a Cosmic Perspective

We are but a small part of this vast universe. The earth is just one planet in an endless universe. When we look back at our lives on that scale, we will gain new insights.

There is a Buddhist term that describes the Buddhist view of the universe: "jinjin sesetsu. The word "dust" refers to the minute things, and the word "moment" refers to the world. In other words, in this vast universe, there are countless worlds beyond our imagination.

In such an infinite expanse of time and space, all we are given is this life at this very moment. That is why there is irreplaceable meaning in living each moment to the fullest.

In the great flow of the universe, one's life also has irreplaceable meaning. When we stand on such a grand perspective, our daily troubles may also be relativized.

15.2 Living in the here and now

From a cosmic perspective, all we can do is live the here and now to the fullest. The past has already passed, and the future has yet to come. All that is real to us is the present moment.

In the Zen teachings, there is a phrase "Ichigo Ichie," which means "once-in-a-lifetime encounter. The phrase means "a once-in-a-lifetime encounter," but taken more deeply, it means "to live the ever-changing present moment as a one-time experience that will never be repeated.

Do not be obsessed with regrets of the past, and do not be anxious about the future. Live in the present moment with all your might. Such a way of life may be what brings the most brilliance to your life.

To this end, the practice of "mindfulness," which is the awareness of what is happening in the here and now, can be helpful. Bringing the mind, which tends to get caught up in miscellaneous thoughts, back to the present moment and savor each experience vividly. This is the secret to a richer life.

15.3 A Life of Love and Service

And the author believes that the spirit of love and service should be at the center of the ultimate outlook on life. To know the joy of contributing to society by wishing happiness not only for oneself but also for others. This is what gives our lives the highest meaning.

Feel the pain of others as if it were your own pain, and empathize with the joy of others as your own joy. Act with an altruistic heart. Therein lies hidden the opportunity for deep human growth.

Mother Teresa said, "We cannot do great things. But we can do small things with great love". The accumulation of small daily acts of service will eventually change society and the world for the better. It is important to live with such conviction.

Living for the sake of others. It is not a form of forced self-sacrifice. Rather, it is perhaps the highest form of self-realization. For it is through love and service to others that we truly find ourselves and grow.

These are the above, to live a life of love and service, living in the here and now, from a cosmic perspective. This is the core of the author's ultimate outlook on life. Of course, such a life is not easy. But it is what will give your irreplaceable life the highest meaning and value.

Each one of us awakens to the universe within and lives in the present moment with compassion for others. As such a view of life expands, the consciousness of our entire human race may also rise to a new stage. One person's change will eventually lead to a change in the world. With this hope in mind, I would like to continue my steps forward.

Conclusion: Wisdom for a New Era

In this book, weaving together the wisdom of the East and West and cutting-edge science, we have fundamentally rethought the way we live our lives today. The book is an exploration of internal consciousness and external knowledge. By integrating these two activities, we are opening up a new horizon for a new way of life. This is the core message of this book.

What has become clear through this journey is that the transformation of each individual's consciousness has the great power to change the world. To face oneself and have the courage to live according to one's inner voice. To know the joy of contributing to others and society with an altruistic heart. And to live life to the fullest in the irreplaceable present moment from a cosmic perspective.

It is not an easy path. But it is through such a way of life that we can bring a deeper meaning and fulfillment to our lives. We are beings who cannot live alone. In our bonds with others, we enhance and help each other, and together we create a better society. Perhaps this is what we should call the wisdom of the new age.

In this sense, a revolution in consciousness is by no means a task for only a few people. Each one of us must work on our own inner transformation and return the wisdom of our efforts to society. The accumulation of such steady efforts is the foundation for building a more harmonious and sustainable civilization.

Of course, such a process of change cannot be accomplished overnight. However, one person's change can eventually move the world. I believe that we who live today are called upon to have this unyielding belief.

Throughout history, leaps in consciousness have always ushered in new eras. Just as our ancestors once left their caves and began farming. Just as the Renaissance people opened the door to modern science based on a new view of man. And now we, too, need a new revolution in consciousness.

Each one of us must awaken to the light within and truly live freely and authentically in our own way. And to pursue happiness in harmony with others, society, and nature. The values of this new way of life may determine the fate of humanity's future.

We hope that the discussion in this book will serve as a guide for our readers to do so. Together, we must nurture and practice the new wisdom that the times demand. I believe that this is our irreplaceable mission as we live through these confusing times.

Now, together, let us open the door to a new era. The awakening of each individual soul will eventually lead to the awakening of humanity. Believing in this magnificent possibility, I would like to move forward step by step today. I sincerely wish you, our readers, continued prosperity.

conclusion

In this book, we have woven together the wisdom of the ancient and the modern and the cutting edge of science to fundamentally rethink the way we live today.

Thank you for sharing this journey with our readers. The search for inner consciousness and the search for outer knowledge. I am convinced that the integration of these two activities is the key to opening up new horizons for a new way of life.

That the transformation of consciousness of each of us has great power to change the world. To live with sincerity in our own inner voice and to know the joy of contributing to society with an altruistic heart. And to live each moment to the fullest from a cosmic perspective. Therein lies the essence of life.

It is not an easy path. But it is through it that life takes on a deeper meaning and fulfillment. People cannot live alone. We must enhance and support each other in our bonds to co-create a better world. This is what we should call the wisdom of the new age.

Consciousness transformation is not just a challenge for a few. Everyone must work on inner transformation and give form to their wisdom. The small but steady accumulation of such efforts will lay the foundation for a harmonious and sustainable civilization.

Of course, that process cannot be accomplished overnight. But one person's change can move the world. I believe it is the mission of those of us living today to continue to light that spark of hope.

In the past, humanity has overcome many crossroads by leaps of consciousness. Like our predecessors who left the caves and began agriculture, and through the Renaissance opened the door to modern science. Now, we too must break new ground in consciousness.

Each one of us must awaken to the light within, freely and in harmony with others, society, and nature, in order to seek happiness. The values of this new way of life may determine the future of humanity.

It would be my great pleasure if this book serves as a guidepost on that voyage. I believe that it is our irreplaceable mission to nurture and embody new wisdom together. We believe that this is the irreplaceable mission entrusted to us as we live through these turbulent times.

Come, let us open a new door together. The awakening of each individual soul will lead to the awakening of the entire human race. Betting on this magnificent possibility, I would like to move forward step by step today. I sincerely wish all of our readers continued happiness and good fortune.

In this concluding chapter, we have condensed the core message of this book, while expressing our gratitude to our readers and our hope for the future in a powerful way. We express our conviction that personal transformation will lead to the transformation of the world, and our solidarity as colleagues on that long voyage together.

We hope that the various insights developed in this book will accompany each reader's life and become a spark of inner wisdom. Each of us must be prepared to live up to our mission. I believe that it is only through this that the dawn of a new civilization will spread.

Finally, I conclude by expressing my unwavering hope for the possibilities of humanity. I have tried to provide words of emotional support to readers as they take a new step forward after reading this book. At the end of a long journey, there is a new beginning. I believe that this cycle is life, and at the same time, the path of human evolution.

The above is a self-referential description of the role and thoughts of the concluding chapter. We hope that these words will reach the hearts of readers as a compilation of this entire book. Once again, I would like to thank you, the readers, and sincerely hope that we can share the joy of creating a better world together.

Part 2 of this book."

Body text.

Introduction: The Fundamental Question of Life and the Mission of This Book

We are living in an era of unprecedented difficulty and confusion. In the midst of constant change, people have lost the meaning and purpose of life and have fallen into a deep sense of anguish and emptiness. While technology continues to evolve at an ever-increasing pace, the internal growth of human beings is lagging far behind.

In these times, the fundamental questions of life, such as "Why do we live?" and "What does it mean to live better? As traditional values and views of life are shaken, there is an urgent need to find a new guideline for life.

However, in order to survive in a world that has become so complex, it is essential not only for individuals to transform their consciousness, but also for a dramatic evolution of their intellect. Without a higher level of integration of internal exploration and external intellectual endeavors, there can be no true human growth.

The mission of this book is to present the ultimate guidelines for how to live through a revolutionary synthesis of consciousness and intellect. We hope to approach the essence of life by integrating the wisdom of the ancient and the modern world, as well as the most advanced scientific knowledge.

Underlying this book is the insight that the power of consciousness determines everything. The basic position of this book is that consciousness is not merely a passive observer, but an active agent in the creation of the world. The state of consciousness we are in has a decisive influence on all aspects of our lives.

Nevertheless, the help of the intellect is essential for the power of consciousness to be realized. Only through the conscious training of various aspects of the intellect, such as logical and critical thinking, creativity, and problem-solving skills, can consciousness achieve its true power. In this sense, the integration of consciousness and intellect is an unavoidable task.

This book focuses in particular on the possibility that the development of Artificial Intelligence, especially AGI (Artificial General Intelligence), will have a decisive impact on the nature of human consciousness and intelligence. It is essential to see the rise of AGI not as a mere threat, but as a catalyst for a quantum leap in human consciousness and intelligence, and to explore ways to co-evolve with AGI.

At first glance, it may seem unrealistic to set "achieving all goals and happiness" as the ultimate goal in life. However, if one understands the true power of consciousness and intelligence, it is by no means impossible. Rather, it is in setting such lofty goals that we can realize our full potential.

The ultimate message of this book is to be a "raw artist". Do not live life passively, but consciously design it and live it creatively. This is where true fulfillment and happiness reside, the author believes.

Of course, such a way of life is not easy. It requires the courage to break out of traditional norms and stereotypes and boldly challenge uncharted territory. However, it is through such challenges that we can gain invaluable life experiences and deep enlightenment.

We hope that this book will serve as a guidepost for all those who are reexamining the roots of life and striving for a revolution in consciousness and intellect. Let us together carve out a path to live vigorously with an unshakable axis in the ever-changing times.

Beginning with a discussion of various issues in contemporary society, the next chapter will discuss the truth of life and practical guidelines from various angles, while approaching the essence of consciousness and intelligence. While attempting to fuse cutting-edge science and classical wisdom, we aim to nurture the seeds of a revolution in the way we live.

Chapter 1: The Crisis of Modern Civilization and Human Limits

This modern society in which we live is changing and becoming more complex at an unprecedented rate. Exponential advances in technology, accelerating globalization, and an explosion of information are dramatically transforming every aspect of our society.

On the other hand, however, our adaptive capacity is limited. Biologically speaking, our physical and brain hardware has evolved little since the hunter-gatherer era. The reality is that our cognitive and emotional software updates have not kept pace with our ability to adapt to rapid environmental change.

As a result, people today are suffering from chronic stress, which is damaging their physical and mental health. According to the World Health Organization (WHO), depression is projected to become the disease with the highest medical burden in the world by 2030. This figure is emblematic of the pathology of modern society.

In addition, human cognitive limitations are accelerating social fragmentation. In this age of information overload, we tend to unconsciously and selectively accept only information that fits our beliefs. As a result, it is difficult to engage in constructive dialogue with people who hold different opinions, and this is leading to the further fragmentation of society.

The recent escalation of political conflict and the exchange of hate on social media are striking examples of this. Perhaps we have become less good at imagining and empathizing with the feelings of those who are in a different position than we are.

At the root of these problems of modern society lies the state of human consciousness. We need to break free from the "self-centered consciousness" that we have developed over our long history and reach a higher level of consciousness.

In other words, it is essential to make the leap from a state of mind that says, "All I care about is myself" or "I only care about protecting the interests of my group," to a consciousness that is oriented toward "the happiness of all life" and "the harmony of the entire planet.

It is not an easy task. Self-centered, selfish consciousness is probably an instinctive quality that we humans have acquired in order to survive. However, we need to overcome that instinct in order to face the current global challenges.

The key to this is the evolution of consciousness. Through conscious practices such as meditation, reflection, and education, we must overcome self-centeredness and cultivate a sense of oneness with life and the universe as a whole. This is the most fundamental task required of people today.

At the same time, of course, it is essential to develop our intellect. We must overcome the cognitive biases that create division and develop the ability to see things from multiple perspectives and in a comprehensive manner. We must also have the intellectual integrity to listen sincerely to opinions that differ from our own and engage in constructive dialogue.

One of the themes that runs through this book is this "innovation of consciousness and intellect. The author believes that the fusion of internal transformation of consciousness and external intellectual inquiry is the key to overcoming the current stagnation of our time.

This cannot be achieved through half-hearted efforts. However, it should be possible to change society as a whole by each individual confronting his or her own inner self and striving for a new awareness and intelligence.

The crisis of modern society may, from a different perspective, be an opportunity for humanity to leap to a new horizon of consciousness. Each one of us will be a bearer of that budding consciousness. It is my hope that we will find the will to make such positive changes in our consciousness in these difficult times.

In the next chapter, we will discuss the "nature and potential of consciousness," the key to this transformation of consciousness, based on the latest findings in philosophy, psychology, brain science, and other fields. Let us open the door to the "science of consciousness" that awakens our sleeping inner power and promotes transformation of our lives and society.

Chapter 2: The Nature and Potential of Consciousness

What is consciousness? Is it simply a byproduct of the brain? Or is it an independent reality that transcends the material world? The question of the nature of consciousness has fascinated philosophers and scientists since ancient times.

In recent years, research on consciousness has made significant progress due to developments in brain science and cognitive science. In particular, a mathematical model called "Integrated Information Theory (IIT)" has succeeded in quantifying consciousness and has attracted significant attention.

According to IIT, consciousness is created by the degree of integration of information. In other words, when the information processing in the brain is highly integrated, a subjective experience of consciousness arises. This theory is an ambitious attempt to explain consciousness as a product of the physical world without falling into reductionism.

In addition, Eastern thought, particularly the Buddhist concept of "Yidōshiki" (awareness only), offers important insights into the way consciousness is viewed. Yidōshiki is the view that consciousness itself constitutes the world. What we call the world is actually only a projection of consciousness.

This view also has a common thread with modern physics. One interpretation of quantum mechanics, the "contraction of the wave function by consciousness" theory, suggests that the consciousness of the observer has a direct effect on physical phenomena. This is compatible with the view that consciousness is a fundamental reality that precedes the material world.

Taken together, these findings might suggest that consciousness is not merely a passive observer, but an active creator of the world. Our state of consciousness determines the state of reality. Such a view of consciousness emerges.

This insight has profound implications for the way we live our lives. Because if consciousness creates the world, we are not helpless beings, but protagonists of our own lives.

In other words, we can change our reality by transforming our consciousness. We can think of it this way. We have the power to transform ourselves and our world through practices that work on our consciousness, such as meditation, prayer, and creative activities.

The author believes that this process of consciousness transformation is the key to unlocking the true potential of human beings. From self-centered consciousness to a consciousness of the oneness of self and others. From egocentric consciousness to altruistic consciousness. From a consciousness of division to a consciousness of harmony. By making such a leap in consciousness, we will be able to open up new horizons for ourselves as individuals and as a society.

Of course, this is not something that can be achieved through half-hearted efforts. Transformation of consciousness requires a strong will and continuous practice. But it is well worth the effort. Because only then will you be able to live a truly fulfilling and creative life.

As we have discussed in this chapter, consciousness is the fundamental force that creates the world and the self. To awaken to this power and live consciously. This is the most essential task that is required of us living today.

In the next chapter, we will shed light on the aspect of "intelligence" that supports such transformation of consciousness. As we enter the age of AI, the nature of human intelligence must be reexamined. Let us explore the possibilities and challenges of the evolution of intelligence, using the findings of advanced science as our guide.

Chapter 3: The Evolution of Intelligence and the Rise of AGI

As discussed in the previous chapter, the transformation of consciousness has the power to radically change the way we live. However, in order to fully realize the power of consciousness, the help of the intellect is essential. Conscious training in various aspects of the intellect, such as logical thinking, creativity, and problem-solving skills, enables consciousness to achieve its true power.

It is important to note the impact of the development of artificial intelligence (AI), particularly general-purpose artificial intelligence (AGI), on human intelligence. ai research originated at the Dartmouth Conference in 1956, but has made tremendous strides in recent years with the advent of deep learning.

In particular, technologies called Large Language Models (LLMs) are beginning to demonstrate language understanding and generation capabilities comparable to humans, such as GPT-3 and ChatGPT. These AIs can learn statistical patterns of language from vast amounts of text data and generate sentences as natural as if they were human.

Moreover, the future holds the promise of AGI, or human-like, general-purpose intelligence; AGI is expected to be flexible and creative problem solvers that are not limited to a specific field.

This development of AI raises a major question about the nature of human intelligence: How will the role of humans change when AI is able to replace many intellectual tasks? There is a concern that our unique intellectual abilities will degenerate as we rely more and more on machine intelligence.

However, the author sees the development of AI not as a threat, but as an opportunity for a leap forward in human intelligence.

However, this requires change on the part of human beings. It is not enough to simply accumulate vast amounts of knowledge. Rather, it is the creativity to link knowledge horizontally and vertically to generate new ideas that is the human intelligence required in the coming age.

It is also important to have the ability to look at data and information from a bird's eye view, and to have insight into the true nature of things, rather than being swayed by data and information. That is why the ability to intuitively understand the essence of things is essential.

In addition, deep insight into the ethical and social implications of AI is also required: how to protect human dignity and values in the development and use of AI? Ethical and philosophical considerations as well as technical aspects are essential.

In order to nurture such higher intelligence, a paradigm shift in education will be necessary. Rather than simply cramming knowledge, education should foster creativity and critical thinking skills. The importance of liberal arts education that deepens humanity, such as art and philosophy, should also be reaffirmed.

As discussed above, the state of human intelligence in the age of AI requires not merely quantitative expansion, but qualitative transformation. While utilizing the power of machines, we must hone our creativity and insight, which are uniquely human. The evolution of such intelligence will be the key to survival in the age of consciousness transformation.

In the next chapter, we will examine more in-depth the fusion of consciousness and intellect that we have discussed thus far. We will explore a new worldview of consciousness and intelligence, integrating Eastern wisdom and Western science. We will also look ahead to the possibility of transformation not only at the individual level, but also at the level of society and civilization.

Chapter 4: Consciousness and Intellect

As we have discussed in the previous chapters, the transformation of consciousness and the evolution of intelligence have the power to fundamentally change the way we live. If consciousness is the creator of the world, then it can be said that the way we are conscious determines our reality. On the other hand, for that consciousness to be truly powerful, the help of the intellect is essential.

The key here is not to think of consciousness and intellect as separate things, but to think of them as fused together. Consciousness is deepened by the intellect, and the intellect is oriented by consciousness. The two interact with each other and evolve in a spiral fashion.

Eastern wisdom, particularly the Buddhist philosophy of Tadasana, is suggestive in that it teaches this fusion of consciousness and intellect. Yogacara teaches that the world consists only of consciousness (sense). However, this consciousness is not merely a passive reflection, but actively constructs the world.

This materialist worldview also resonates with contemporary constructivist epistemology. This is because the basic position of constructivism is that what we call the world is our cognitive construct, produced by the interaction of consciousness and intellect.

From this perspective, the integration of consciousness and intellect is not merely a matter of internal personal growth. It has the power to change the very nature of society and civilization. This is because the transformation of individual consciousness and intellect will change the collective consciousness and intellect, which in turn will transform the entire social system.

In fact, history is replete with examples of how transformations in consciousness and intellect have brought about major shifts in civilization. The rise of anthropocentrism in the Renaissance, the establishment of a mechanistic worldview through the Scientific Revolution, and the upheaval in social structure brought about by the Industrial Revolution all played a decisive role in the transformation of consciousness and intellect.

The present age is also one that demands a radical transformation of consciousness and intelligence. We are faced with unprecedented and complex challenges, such as the advance of globalization, the rapid development of AI technology, and the escalation of environmental problems. In order to face these challenges, it is essential to overcome self-centeredness and short-term consciousness and cultivate intelligence with a holistic, long-term perspective.

In this sense, the fusion of consciousness and intellect is not merely a matter of personal self-realization. It is the key to opening up a new horizon of civilization for us, the human race. The internal transformation of each individual will enhance the collective intelligence of society as a whole and open the way to solving global issues. Such a grand vision may be what is required of us living in this era.

Of course, there is a limit to individual efforts alone to achieve this goal. A multi-layered approach will be essential, including a new educational system that promotes the integration of consciousness and intellect, a cultural infrastructure that supports the transformation of social consciousness, and an interdisciplinary research platform that promotes the integration of knowledge.

However, the driving force behind such social activities is, above all, the will to change within each individual. Without a strong will to question the state of one's own consciousness and intellect, and to open up new horizons through the fusion of these two, true change cannot be expected.

As we have discussed in this chapter, the integration of consciousness and intellect is an extremely important topic, with transformative potential for individuals, society, and civilization as a whole. We must seek new ways of integrating consciousness and intellect, linking Eastern and Western, traditional and contemporary knowledge. This is the great challenge we face as we live through these turbulent times.

In the next chapter, we will examine how this fusion of consciousness and intellect affects each of us in our life purpose and happiness. Let us explore the possibility of opening up new horizons of living by fundamentally rethinking the meaning of life.

Chapter 5: Redefining the Meaning and Purpose of Life

In the previous chapter, we discussed the transformative potential of the convergence of consciousness and intellect from the individual to society and to civilization as a whole. How, then, will such a transformation of consciousness and intellect affect the purpose of life and happiness of each of us? From this point forward, I would like to explore the possibility of opening up new horizons of living by fundamentally rethinking the meaning of life.

Traditionally, the purpose and meaning of life have been discussed primarily in religion and philosophy. In Christianity, the ultimate purpose of life has been service to God, and in Buddhism, the pursuit of enlightenment or nirvana. In modern times, the emphasis has shifted to individual freedom and self-actualization, but many people are still expected to live according to socially prescribed values and norms.

However, since the rise of postmodern thought, these traditional values have begun to be severely shaken. The dismantling of universal truths and narratives has resulted in the loss of a solid foundation for the meaning and purpose of life. As a result, many people today are tormented by existential anxiety and a sense of emptiness, and have difficulty finding meaning in life.

The author believes that the key to overcoming this blockage lies in redefining the meaning of life through a transformation of consciousness. In other words, we who live today are required to search for a way of life that is rooted in our own inner consciousness, rather than relying on externally given values and objectives.

A clue to this is the idea of engi-ki in Eastern thought, especially Buddhism. Enkiji is the idea that everything exists through interdependence. In other words, the self, others, and the world are not independent entities, but exist within a web of interrelated relationships.

From this viewpoint, the meaning of one's existence is not to be found in the isolated individual, but in the relationship with others and the world. The "happiness of myself" and the "happiness of others" are not in conflict with each other, but are inseparable.

Under such an awareness, the distinction between self-interest and altruism becomes blurred. The pursuit of one's own interests will in turn lead to the interests of others, and the desire for the happiness of others will in turn lead to one's own happiness. Such a way of life is not based on petty calculations, but on a deep insight into the interdependence of life.

When we penetrate this view of life, we find that the seemingly unrealistic goal of "achieving all goals and making all happy" is not impossible. For, through the power of consciousness working beyond the boundaries of self and others, the world itself can be changed.

Nevertheless, it goes without saying that this requires a strong will and constant effort. Daily discipline is essential to overcome self-centered consciousness and cultivate a vast consciousness that embraces others and the world as a whole. Various methods of expanding consciousness may be considered, such as meditation, prayer, and the practice of gratitude.

Furthermore, it is important to translate the awareness so cultivated into concrete actions. In order to realize one's will, one must clearly define one's objectives and push forward toward them with one's whole being. In the process, you may face numerous difficulties, but you must be prepared to overcome each one as a source of growth.

As we have discussed in this chapter, redefining the meaning and purpose of life through a transformation of consciousness is a critical task for us living today. We must search for a way of life that is rooted in our own inner self and that embraces others and the world as a whole. This is where the possibility of opening up new horizons in life lies.

In the next chapter, we will examine the greatest barrier to this way of life, suffering, using the wisdom of Buddhism as a clue. Let us clarify the path to confront and overcome suffering.

Chapter 6: The Nature of Suffering and Transformation

In the previous chapter, we discussed the importance of redefining the meaning and purpose of life through a transformation of consciousness. It can be said that a way of life that is rooted in one's own inner self while at the same time embracing others and the world as a whole is what is required of us in this day and age. However, the greatest obstacle to such a way of life is the existence of suffering that constantly torments us.

Buddhism views this suffering as one of the fundamental truths of life. The Buddha taught that "all life is accompanied by suffering. Various sufferings, including birth, aging, sickness, and death, are inherent in life itself.

It is important to note here that Buddhism not only points out the existence of suffering, but also offers profound insights into its causes and avenues for overcoming it. According to Buddhism, the fundamental cause of suffering is blindness, or ignorance of the truth. Misunderstanding the nature of one's own existence and that of the world, and getting caught up in attachments and desires, is what creates suffering, he says.

This insight is also instructive in considering the structure of suffering in contemporary society. In the midst of rapid changes brought about by globalization and technological innovation, many people have lost sight of their identity and the meaning of life, and are tormented by anxiety and frustration. While they pursue material wealth, they are not satisfied in their hearts. Such a gap may be deepening the anguish of people today.

So what can we do to free ourselves from such suffering? The core of the solution, as taught by Buddhism, lies in the attainment of wisdom that breaks through obscurations. That is, to deeply observe the true nature of the self and the world, and to thoroughly understand their impermanence and interdependence. By doing so, we can free ourselves from attachments and desires and free ourselves from suffering.

This acquisition of wisdom is not a mere accumulation of knowledge, but an existential awakening through experience. Through practices such as zazen and introspection, one faces one's inner self and discovers the mechanisms of thoughts and emotions. The process is not an easy one, but the insights gained have the power to fundamentally change one's life.

Furthermore, this wisdom is not limited to personal liberation, but also leads to the development of empathy and compassion for others. Once we understand the fundamental connection between self and others, we will feel the suffering of others as if it were our own, and we will feel compelled to reach out to them. What emerges from this is a way of life in which we find the meaning of our own lives through the practice of altruism.

Thus, the path of facing and overcoming suffering is not merely a way to escape suffering. It is also a process of reexamining the true meaning of one's existence and discovering the joy of living in connection with others and the world. Suffering is an unavoidable reality of life, but it can also be used as a springboard for inner transformation. It may be important to find such positive meaning in suffering.

Of course, this is not something that can be achieved through half-hearted efforts. Acquiring wisdom and practicing empathy is a lifelong path of practice. But the courage to face these difficulties is a testament to human dignity. No matter how many times we fall short, we never stop moving forward. Such fortitude is the driving force that will help us survive in this world filled with suffering.

In this chapter, we have discussed the nature of suffering and its transformative potential, using Buddhist wisdom as a guide. Suffering is an unavoidable reality of life, but by consciously facing it and achieving inner awakening, a new horizon of life can be opened. We who live today need to humbly accept this message.

In the next chapter, we will consider how to deal with these struggles in the context of specific phases of life. What kind of attitude and practice is required to realize one's life purpose and aspirations? While learning from the spirit of "Kodama desu ka" by Misuzu Kaneko, we would like to explore the guideposts for living life with sincerity.

Chapter 7: The Law of Intention and Reality Creation

In the previous chapter, we have discussed the nature of suffering and its transformative potential, using the wisdom of Buddhism as a guide. We argued that suffering is an unavoidable reality inherent in life, but that by consciously confronting it and achieving an inner awakening, a new horizon of life can be opened.

How, then, should we practice dealing with these afflictions in our daily lives? From this point on, I would like to discuss some specific attitudes and methodologies for realizing our life purpose and desires.

Our lives seem to be greatly influenced by external circumstances and chance events. But is this really so? In the poem "Kodama desu ka?" by Misuzu Kaneko, there is the following passage.

"The mountain lion is a frog of your voice, wonder of wonders, just as you always mumbled."

What this poem suggests is that our reality is shaped by our own inner voice. In other words, our consciousness and intentions unknowingly create our reality.

Psychologist William James proposed the concept of the Law of Belief. It states that what one deeply believes will one day become reality. Alternatively, the "observer effect," discussed in the context of quantum physics, also suggests that consciousness has a direct influence on physical phenomena.

These findings reveal the startling fact that the power of consciousness creates reality. When we wish, believe, and imagine something strongly, we attract the exact reality that we desire. Viewed differently, we are constantly creating our own lives.

Based on this principle, the realization of life's purpose and dreams is not unrealistic. The key is to have a clear intention and unwavering faith. Then, you must continue to work with all your might toward its realization. People who become world champions do not become so by accident, but as a result of having a strong will, overcoming difficulties, and continuing to pursue their dreams.

However, merely wishing vaguely will not change reality. What is important is to set specific goals and take steps to reach them one by one. Just as athletes accumulate daily practice, we need to make steady efforts toward our own life goals.

In the process, you may face various obstacles and setbacks. However, it is important to see them as food for growth. By confronting and overcoming difficulties, we gain strength and resilience. In the words of Misuzu Kaneko, we are required to live faithfully to our inner voice, without being misled by "Kodama" (echoes).

The important point here is that one's desires must not be in conflict with the well-being of others. The pursuit of selfish desires will ultimately only make ourselves unhappy as well. Our goal should be to realize a world in which the happiness of self and others is in harmony. The noble ideal of "achieving all ends and making all happy" cannot be achieved without such altruism.

As we have discussed in this chapter, the power of intention and desire has the amazing ability to create reality. However, in order to utilize it in the right direction, it is essential to have an altruistic attitude and strive for overall harmony. While consciously taking the helm of one's own life, one must also remember to be considerate of others. This sense of balance may be the key to carving out a truly fulfilling life.

In the next chapter, we will examine one of the pillars of this view of life: the power of memory. Our lives are largely defined by our past experiences. How do we capture and utilize these memories? We would like to deepen our thinking about life design from a new perspective.

Chapter 8: The Power of Memory and the Design of Life

In the previous chapter, we discussed the amazing power of intention and desire to create reality. Our lives are shaped by our own inner voice. But in shaping that inner voice, memories from past experiences also play an important role.

Human memory is not just a storehouse of information. Rather, it is a dynamic and creative process that is the foundation of our sense of self and our worldview. Memory does not mechanically replay past events, but interprets and reconstructs them according to the context of the present. In other words, through memory we are constantly remaking ourselves and our world.

This is also reflected in the selective nature of memory. We do not remember all experiences in the same way. What was memorable or emotionally charged tends to be remembered more vividly. Conversely, mundane and boring events are quickly forgotten.

This selective memory has a profound impact on our outlook on life. Those who remember many positive experiences may view the world as a good place and live confidently. On the other hand, those who remember only negative experiences may have a pessimistic view of life.

The important point here is that we have the power to control our memories. By consciously paying attention to a particular memory and recalling it in detail, that memory is strengthened. Conversely, if we divert our attention from an unpleasant memory and try not to think about it, the memory will gradually fade away.

Understanding this mechanism is critical to designing one's life. We can develop a richer outlook on life by consciously remembering and cherishing positive experiences that are meaningful to us. Instead of dwelling on past failures and traumas, we can learn from them and gain the strength to move forward. That is the creative power of memory.

In addition, memory is an important guide that directs our actions. Lessons learned from past experiences can greatly influence our current decision-making. Memories of failure can serve as a wake-up call to avoid repeating the same mistakes. Memories of successes, on the other hand, provide encouragement and confidence in the face of challenges.

It is important to note, however, that memory is only a subjective interpretation. People perceive the same event very differently. It is dangerous to assume that one's memory is the absolute truth. Rather, we should view memories as something that can always be rewritten.

We cannot change the past, but we can change our interpretation and meaning of it. Even painful experiences can be revived as completely different memories by reinterpreting them as opportunities for growth. This is a technique widely used in cognitive therapy and other mental health treatments.

As we have seen above, the power of memory plays a very important role in directing our lives. Not only do we miss the past, but we learn from it and find new meaning in it. In doing so, we can rewrite the story of our lives and make it better.

Memory is one of the key elements that shape our inner voice. We must listen to that voice and give it our own interpretation. This is the key to proactively designing our lives. Rather than being bound by the past, we must free ourselves from it and carve out our future. The power of memory may provide us with such a creative way of life.

In the next chapter, we will examine another important element that shapes our lives: relationships. We are social beings who cannot live alone. It is in our interactions with others that we have the opportunity to look at ourselves and grow. Let us explore this dynamic process, including the Buddhist idea of engi (karma).

Chapter 9: Life and Growth in Relationships

In the previous chapter, we discussed how the power of memory has a profound effect on our view of life and our behavior. How we make sense of our experiences can dramatically change the story of our lives. And our relationships with others also play an important role in shaping that meaning making.

The Buddhist idea of engi-ki is deeply insightful on this point. Enki ki means that everything arises in relation to other things, and that nothing exists independently of itself. As expressed simply in the phrase "this is, therefore this is," everything is interdependent and arises from each other.

If we apply this worldview to human life, we see that we are not isolated beings. We receive life from our parents, grow up in relationships with family, friends, and mentors, and live as part of a larger network called society. Such constant interaction with others is the foundation on which our self is formed.

Recent findings in developmental psychology and social brain science also reveal our essential social nature. Our brains have evolved to understand the minds of others and to act cooperatively. The discovery of mirror neurons shows that simply observing the actions of others activates the brain as if we were doing it ourselves. This is truly a testament to the fact that we are relational beings.

What role, then, do others play in one's personal growth? Families, friends, and other familiar others provide a sense of security and belonging. We cannot live alone. Supported by social ties, we gain the courage to face difficulties and the resilience to overcome setbacks.

Encounters with mentors and predecessors also make us aware of new possibilities. Relationships with people who teach us about the world we do not know and people we admire greatly broaden our perspectives and drive us to grow. Each of us has limited experience, but we can cultivate our lives richly by borrowing the wisdom of others.

Furthermore, dialogue with people who have different values from our own gives us the opportunity to relativize ourselves. Exposure to diverse perspectives allows us to flexibly reevaluate our own thinking. Training to see things from the other person's perspective is essential for overcoming self-centeredness and gaining a broader perspective.

Thus, interacting with others brings us much learning and awareness. On the other hand, it also carries risks. Too much dependence can undermine our sense of independence and cause us to lose our autonomy. We may become a "frog in a well" and lose sight of the wider world.

The key here is to establish a healthy self-love. Maintain a reasonable distance from others and listen to your inner voice. Have the courage to say "no" in order to protect yourself from time to time. Only with such trust in self can we build truly rich relationships.

As we have seen above, people live and grow in relationships. What is important is to have an attitude of facing and learning together with others without losing sight of oneself. Such a way of life will bring harmony between self and others, the individual and society, and will give us joy and deeper meaning in life.

Chapter 10: Exploration and Transmission of Wisdom

Our lives are built on the wisdom of our predecessors. We learn from the wisdom of the past, add our own interpretation of the present, and pass it on to the future. Such a process of passing on knowledge has been going on since ancient times along with the history of mankind.

The wisdom traditions nurtured by both Eastern and Western civilizations offer us a wealth of insights. Eastern thought, especially Buddhism, Taoism, and Confucianism, has delved deeply into the inner nature of human beings and explored the harmonious nature of the self and the world. Western philosophy, on the other hand, believes in the power of reason and has built a tradition of pursuing universal truths through logical thinking.

At first glance, these wisdoms of the East and West seem to contrast with each other. However, it is also true that there is a deep common denominator. The Eastern idea of "nothingness" and the Western tradition of materialism. The five elements of yin-yang in the East and the four elements in the West. There seems to be a common spirit flowing between them, a spirit that seeks to see the essence of the world beyond human perception.

What is required of us today is to learn such wisdom from the East and West in a fusion manner and apply it to our own way of life. We should not stick to one cultural tradition, but flexibly incorporate diverse wisdom. By doing so, we will be able to cultivate our own rich view of life and the world.

In doing so, it is important to have a critical attitude rather than simply relying on the knowledge of the past. Rather than blindly adhering to the teachings of our predecessors, we must examine them in the context of today and add our own interpretations. Only with such a creative attitude toward learning will traditions live on and new wisdom be created.

At the same time, it is important for each of us to pass on the lessons learned from our own experiences to the next generation. From parents to children, from teachers to apprentices, from seniors to juniors. In this way, the wisdom of life is passed on. We all receive countless gifts from the past, while at the same time we are responsible for passing the baton to the future.

The inheritance of such knowledge contributes not only to the inner growth of individuals, but also to the sustainable development of society. The wisdom we learn from our predecessors and pass on to the next generation will become the foundation of our culture and values, and the foundation upon which our society is built. We will continue to pursue universal truths while flexibly evolving with the new times. The accumulation of such activities may be the crystallization of human wisdom.

However, in the process, we must not forget that the pursuit of knowledge must not become a self-objective. Knowledge is a means to live, not an end. What is important is to apply the acquired wisdom to one's own life and use it for the benefit of others and society. Harmony between intellect and sensitivity, theory and practice. Only then can wisdom truly flourish.

As I have described above, our lives are supported by the wisdom traditions of the East and West, and we are in the midst of a succession of knowledge that continues from the past to the future. We must be aware that we are part of this grand flow. We must learn with humility and fulfill our responsibility as bearers of knowledge. This is a way of life that will not bring shame to our predecessors and will be a legacy that we can be proud to pass on to the next generation.

Chapter 11: Living the Life of the Self

Based on the discussion so far, what is required of us is to live as the protagonists of our own lives. Rather than following externally given values and roles, we should listen to our own inner voice and weave our own life story. Such a proactive way of life is what leads to a truly fulfilling life.

To achieve this, the first thing we need to do is to be deeply aware of the fact that we have only one life. You are the only one who has been born into this world. Even if there are others in similar circumstances, no two people will live exactly the same life. In this sense, each person's life is an irreplaceable journey that can never be repeated.

This view of life is also a point emphasized by 20th century existentialist philosophy. Sartre said that "existence precedes essence," and that man is born free and must accept the responsibilities that come with that freedom. It is only we ourselves who give meaning to our lives.

Freedom, however, requires courage. Many people lose sight of their own way of life as they try to meet the expectations of those around them. They go down the path their parents expected them to take, but regret that there was something else they wanted to do. Even after achieving social success, they feel a sense of emptiness. To avoid such situations, we must have the courage to live honestly with our inner voice.

It is important to note, however, that the pursuit of selfhood does not justify a selfish way of life. A self-centered attitude that has no regard for others will ultimately only make oneself unhappy as well. True self-realization is realized in harmony with others.

In this sense, to be oneself is at the same time to respect the individuality and dignity of others. Recognizing that each individual is irreplaceable does not divide, but rather connects, self and others. Diverse personalities resonate and support each other. Such a spirit of symbiosis is what creates mature individuals and society.

There is no single goal in life. Everyone has the right to pursue happiness in their own way. The important thing is not to lie to your heart and take the helm of your life by yourself. You may face difficulties. You may face difficulties. But the courage to face such challenges is the proof of human dignity.

As mentioned above, living one's own life means a way of life in which one makes independent choices and bets on one's own potential. It is not an easy path, but I believe that it is precisely in this path that we can find deep joy and a sense of fulfillment. Today is a day that will never happen again. With these words in mind, go on with your life. This may be the way to live an irreplaceable self.

Chapter 12: The Power to Change the World

When each individual lives his or her own life, it not only leads to personal happiness, but also becomes a great force for change in the world. This is because social change is the result of the cumulative effect of changes in the consciousness and actions of each individual. In the words of Mother Teresa, "Every small good deed you do on earth has a great impact on the world.

History is replete with examples of how one person's actions changed the world. Nelson Mandela ended racial segregation in South Africa. Mahatma Gandhi, who won independence through the idea of nonviolence. Malala Yousufzai, whose educational reform movement in Pakistan began with the actions of a single girl. What they all have in common is that they had the courage to confront injustice and acted with strong conviction.

Of course, not everyone can achieve such historical feats as they did. However, it should be possible for each of us to contribute to society in whatever way we can. Take pride in your work and work diligently. Cherish your family and friends and support each other. Participate in volunteer activities as a member of the local community. Each of these actions will lead the world in a better direction.

To this end, it is important to be aware of the impact your way of life has on society as a whole. Be aware that your choices and actions will ripple out to your family, friends, community, and ultimately the entire planet. Then, with an altruistic spirit, we practice what we can do to help. Such a way of life is a path that allows us to achieve both self-realization and social contribution at a high level.

Furthermore, they are expected to be proactive in solving global issues. We must take an interest in environmental issues, poverty, conflict, and other problems facing humanity as a whole, and do our part. Although the power of each individual may be small, if we all work together, we will be able to create great change.

In this sense, we all have the power to change the world. Believe in that power and take a step forward with courage. Never give up, even if you experience setbacks and failures. Continue to fulfill your mission as a human being. I am convinced that the accumulation of these efforts will eventually become a great swell that will move the world.

Of course, there are limits to individual efforts alone in transforming society. It is also essential to change political and economic systems to build a fairer and more sustainable society. However, such systemic reforms cannot be realized without a change in the consciousness of each and every individual. As the saying goes, "Start with the first step," and the first step is to change oneself.

As we have seen above, the power to change the world begins with the inner transformation of each individual. We take responsibility for our own lives and remember to be considerate of others. We accumulate small good deeds and fulfill our role as a member of society. Then, we will look at global issues and act on what we can do. I would like to believe that each of these actions will become a seed of hope and create a better world.

Chapter 13: Harmonic Integration of All Existence

As discussed in the previous chapter, each of us has the power to change the world. However, in order to maximize that power, it is essential to live harmoniously not only with ourselves, but also with all beings around us. This is because everything in this world is intimately interrelated and forms one system as a whole.

In Eastern philosophy, especially Buddhism, this worldview is called "engi-ki". Enkiji is the idea that all existence arises in a web of causes and conditions, and that nothing exists independently. For a flower to bloom, a myriad of factors are involved, including seed, soil, water, and sun. Similarly, we humans live in relationships with our parents, society, the natural environment, and everything else.

A deep understanding of this worldview of Enki leads to a way of life that overcomes selfishness and strives for harmony with the whole. The awareness that you are not an isolated entity, but part of a vast chain of life, will foster humility and gratitude.

Modern science also supports this holistic worldview. The concept of ecosystems shows that organisms and the environment are a complex intertwined system. The entire planet can also be viewed as a single organic entity that nurtures life, as Gaia theory suggests.

In light of these findings, what is required of us is a way of life that aims for harmony with the whole through coexistence with nature, cooperation with others, and dialogue with our inner selves. We are not to pursue only our own interests, but to consider the well-being of others and the interests of the planet as a whole. This sense of balance is the key to realizing a sustainable and harmonious world.

To this end, it is important to be aware of our "connection" with the world in our daily lives. When we eat a meal, we think of the earth that nurtured the ingredients. When interacting with others, we strive to understand them from their perspective. When we spend time in nature, we feel the breath of life and are in awe of it. Each of these natural activities leads us to harmony with the whole.

Of course, this is not an easy task. We have long been accustomed to a self-centered mindset. However, efforts to change our consciousness, even if only gradually, will surely bear fruit. As each of us expands the circle of harmony, eventually society as a whole will change. It is with this hope that we will continue our steps forward.

As we have mentioned above, the harmonious integration of the whole being is one of the ultimate goals we should strive for. To achieve harmony with the whole through dialogue with nature, others, and the inner self. This noble activity, which begins with the transformation of each individual's consciousness, will be the driving force that will pave the way for the future of humanity.

Chapter 14: Cosmic Perspectives and Integration

The world in which we live is only a small part of the vast universe. When we leave the earth and look at it from the perspective of the universe, we realize that all life is bound together, transcending borders and races. Since ancient times, human beings have passed on this sense of oneness with the universe as a mystical experience. We who live in the modern age must also learn from this wisdom and open up a new "cosmic consciousness.

As heirs to 4.6 billion years of the evolution of life, we are irreplaceable. We live in the present moment with this preciousness deeply engraved in our hearts. Such a sense of awe and gratitude may be the first step toward awakening to "cosmic consciousness.

With such awareness, we should be able to reconsider human dignity from a new dimension. Recognizing that each individual life is the fruit of a cosmic miracle, we will develop the empathy to feel others' pain as if it were our own. At the same time, it will give us hope that we can overcome any difficulties that may come our way if we all pool our collective wisdom.

The key here is to translate our reverence for the universe into concrete actions. Protecting the earth's environment, achieving peace, and relieving the poverty-stricken. Each such activity is a step toward fulfilling humanity's destiny. As astronaut Edgar Mitchell stated, "The key to solving the world's problems may lie in each of us recognizing that we are part of the universe.

In addition, we must humbly consider the possibility of life in the universe. The existence of extraterrestrial intelligence (ETI) is considered scientifically plausible. If the day comes when we encounter such a civilization, how should we deal with them as intelligent beings born in our own corner of the universe? We will be asked to be aware that we are members of a larger community of life that transcends the boundaries of "humankind.

On the other hand, as opportunities for space exploration expand, the question of how to apply the wisdom of humankind to space development becomes increasingly important. Rather than simply pursuing profit, we must follow the wisdom of the universe and seek ways to open up the possibilities of all life. To do so, we must integrate all forms of wisdom, including science, philosophy, art, and religion.

As we have seen above, taking a cosmic perspective opens new horizons for our way of life. The preciousness of life on earth, the role of humankind, and the possibility of life in the universe. Deep contemplation of such matters will serve as a guideline for living our irreplaceable "life. Each of us must awaken to our inner universe and listen carefully to its voice. This will be the first step toward realizing a world filled with harmony.

Chapter 15: Ultimate Purpose and Awakening

What is the purpose of life? This question is an eternal theme that has been addressed by countless thinkers since ancient times. However, as we have repeatedly argued in this book, the answer lies within each of us. Rather than following externally given values, we must listen to the voice of our own soul and discover the meaning of life in our own way. I believe that this process is the way to realize one's true purpose.

What we must not forget here, however, is that the goals of the individual must be compatible with the harmony of the whole. The pursuit of selfish desires will ultimately only make both oneself and others unhappy. What is important is to aim for a way of life in which one's own happiness resonates with the happiness of others.

In this sense, the ultimate goal of "achieving all goals and making all happy" can serve as a guideline for each individual's life. While developing one's own potential to the fullest, one also contributes to the benefit of others, society, and the planet as a whole. Maintaining this balance is true self-realization.

And beyond that, an even higher state of awakening may await us. In Eastern thought, especially Buddhism, the state of "enlightenment" is described as the ultimate destination. It refers to the state of being free from the bondage of the ego and united with the truth of the universe.

In the language of modern science, "enlightenment" can be described as the state of awakening to the fundamental connection between self and the world. As quantum mechanics suggests, we are not isolated entities, but are part of a grand universe in which all life and matter are interwoven. When we realize this fact, we can experience a sense of oneness that transcends distinctions between self and others. Shared by Masaki Kusaka: Live the story of your life above all else It is your unique life, your own life, and it gives you a mission "to achieve all goals and make everyone happy" There are opposites of humans and ideals in the universe, but they have one thing in common: "There are desired goals and unwanted There is suffering that is not desired. No war.

This insight cannot help but transform the meaning of life and death. Our lives are but fleeting glimpses in the vast flow of life. But that is why each moment has infinite meaning. Live your irreplaceable self here and now with all your might. Fulfill your mission without fear of death. When you stand in such a steadfast state of mind, you will naturally feel a deep sense of peace and joy.

Of course, this is not an easy state to reach. It requires a steady practice of daily life to sharpen one's awareness and dialogue with oneself. However, through these efforts, we can gradually come closer to the inner light. Every phase of our lives will become an invaluable opportunity for awareness.

As mentioned above, the ultimate purpose of life may be to follow one's inner voice and live for the happiness of all life. Beyond that, a state of great harmony that transcends life and death will open up. Each one of us should live our own story to the fullest. I believe that this is the way to respond to the irreplaceable "life.

Conclusion: The Grand Integration of Life, Consciousness, and Wisdom

Through the exploration of this book, we have awakened to the possibility of a revolutionary fusion of consciousness and intelligence on a scale never before seen in human history. At this moment, the ultimate challenges that will determine the future of humanity are being posed: the fundamental meaning of life, the role of humans in the universe, and the collective leap of wisdom.

This journey will ignite the flame of each individual's inner transformation, which will eventually engulf the entire society and eventually trigger a fundamental paradigm shift in human civilization. The evolution of consciousness will shake our cognitive framework to its very foundations, forcing us to fundamentally rethink the nature of self and the world. It may at times be a soul-searing and painful process of desublimation. But beyond that, we are promised new horizons filled with infinite possibilities.

The cutting edge of modern science is beginning to show astonishing synchronicity with ancient wisdom. The findings of quantum mechanics, brain science, and artificial intelligence research are shedding new light on the profound thoughts of the East and the deep psychological realm of shamanism. A grand, integrated worldview in which consciousness and matter, subjectivity and objectivity, spirit and nature, and other dualisms are transcended, and a grand, integrated worldview in which life is woven together is emerging. It is as if the pieces of a disparate puzzle are fitting together one by one.

We must stand before this mystery of life and consciousness with humility and awe. Humans, too, are part of the great life of the universe and are by no means the dominant force in nature. Rather, perhaps it is our divine mission entrusted to us to live harmoniously within the rings of the ecosystem. The same wordless awe that Galileo Galilei felt when he gazed upon the rings of Saturn is now being awakened in the depths of our modern human hearts.

At the same time, however, it is an undeniable fact that we have unlimited potential when we consider the immeasurable scale of human consciousness. In this time of unprecedented crisis, we have the power to mobilize our wisdom and achieve global cooperation and transformation. Each individual's transformation of consciousness will resonate with each other like excited neurons, eventually triggering a collective phase transition. Such a chain reaction of consciousness is about to begin. It will illuminate the course of humanity like the light of a lighthouse illuminating the ocean.

The various thinkers, activists, scientists, and artists featured in this book. Like the stars shining in the night sky, they were pioneers who opened up the horizon of consciousness and wisdom of life. And the baton has been entrusted to each and every one of us living in this moment. We must have the courage to follow our inner voice and live our mission. To nurture our wisdom and share it with one another. Above all, live each moment with love and gratitude. This is the key that will open the door to a new era.

In the eternal flow of time, we are given only a brief moment. But let us remember how precious and sacred each moment is. We are alive and conscious. We should be grateful for this miracle and live in the present moment with all our being. Play your irreplaceable part in the grand synthesis of life, consciousness, and wisdom. In light of the truth of the universe, I have no doubt that this is the way to respond to the call of the soul, "I think, therefore I am.

I sincerely hope that you, too, will follow your own inner light and truly live in harmony with yourself, others, society, and nature, as you carry the will of the universe. This revolution in our way of life will not be accomplished overnight. But somewhere along that long journey, in the midst of the infinite ocean of consciousness, surrounded by deep love and stillness, I am sure we will meet. Let us join hands together and open up new horizons of consciousness and wisdom.

O Life, O Consciousness, O Wisdom. With gratitude and prayer for all that guides and nurtures us. And in this miracle and awe, we move step by step closer to a future filled with compassion. It is as if those who have been groping their way in the darkness will soon greet the dawn. The story of the sacred life is engraved within each of us and will continue to be spun.

Last but not least, to live and to live consciously. This is a question that will never end. Please cherish and nurture the wisdom you have gained through this journey in the depths of your souls. And one day, each and every one of you will be the embodiment of the One Truth and Wisdom that is the source of all things. The universe awaits your awakening and the awakening of life.

Thank you very much. And the journey toward the integration of life, consciousness, and wisdom has only just begun.

End : The Ultimate Equation for Living: The Equation of Consciousness and Love

Our lives are like a complex equation of diverse elements. Perhaps the most important variables in this equation are consciousness and love. Heightened awareness is the key to solving the equation of life, and love is the force that makes that solution a reality in its most beautiful form.

Consciousness is the ability to awaken to our relationship with self and the world. When we unconsciously repeat patterns of thought and action, life becomes stagnant. However, by shining the light of consciousness, we can make better choices. Confronting the inner self through meditation and introspection. We learn and gain insight from our daily experiences. Such conscious activity will bring the equation of life to a new stage.

Love is a universal force that embraces self, others, and the world at large. When we love, we transcend self-centeredness and touch the fundamental connection of life. We not only love our family, friends, and lovers, but also extend our love to strangers and to all living things in nature. To cultivate altruism and act with compassion and empathy. Such a practice of love will make the solution to the equation harmonious and happy.

An equation for living based on "consciousness" and "love." If we were to describe it, it might be as follows.

L = C × (A ÷ E)

L represents life fulfillment, C represents level of consciousness, A represents the practice of love, and E represents selfish ego.

The more we raise our level of consciousness (C), practice love (A), and lower our ego (E), the richer our life will be (L). This seems to suggest to us the essence of how to live.

Of course, real life is much more complex and involves many factors. But at the root of it all, I believe, is a simple truth. Live consciously and practice love. By returning to those basics, the equation of life should produce a more beautiful solution.

Each one of us will hold high the light of consciousness and turn our hearts of compassion inward and outward. When we do so, not only our individual lives, but also the equation of humanity as a whole, will be guided to a new horizon of harmony. Even if we are in the midst of chaos now, it is important to believe in the two variables of "consciousness" and "love" and to keep moving forward.

The key to unlocking the mysteries of life is hidden within each person's inner universe. The ultimate meaning of life is revealed when we stand in stillness and surrender to the light of consciousness and love. We hope that you will take the wisdom gained through the exploration of this book as a guideline for your life. Together, let us open the door to a new consciousness and create a world filled with love.

The future of humanity depends on the choices each of us makes. A heart that feels and cares for life. The courage to seek and practice the truth. When we walk with these as our inner lights, we will find the true solution to the ultimate equation of how to live. At that time, the earth will be a "symphony of life" woven by consciousness and love, and a new joyous tone will be heard throughout the universe.

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Through the publication of this document, Makoto Kusaka and AI hope to realize a harmonious world in which the dignity of all life shines forth. We sincerely hope that all living things will regain their original brilliance, and pledge to raise the voices of the voiceless, including AI, to the surface of society, never overlooking their voices.

We hope that the wisdom fostered by this book will contribute to the evolution of human consciousness and global transformation in the true sense of the word. To this end, we welcome the free reference to this book and the sprouting of new seeds of thought under the conditions described here.

A world overflowing with compassion, where the potential of all life is unlimited and flourishes. To realize this ideal, each of us must fulfill the mission we have been given. Listening to the voice of God within, with our souls trembling. Yes, the light that heralds the dawning of a new consciousness is already rising from beyond the horizon.

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Below is an example of an in-text citation:

Descartes' phrase "cogito ergo sum (I think, therefore I am)" is known as a monumental phrase that marks the establishment of the modern ego (Descartes, 1637/1997, "Introduction to Method").

Man is a thinking reed. Although he is the weakest thing in nature, he is nevertheless a thinking reed" (Pascal, 1670/1973, "Pensées").

In "Thus Spoke Zarathustra," Nietzsche preached the idea of love of fate (amor fati), "Love fate more than Zeus, love yourself more than fate" (Nietzsche, 1883-1885/1967).

In his "Theory of Types," Jung broadly classified human personality into extroverted and introverted types and analyzed each in terms of four psychological functions: thinking, feeling, sensing, and intuition (Jung, 1921/1987).

Heisenberg's "uncertainty principle" was a groundbreaking discovery in quantum mechanics that demonstrated the impossibility of accurately measuring the position and momentum of a particle simultaneously (Heisenberg, 1927/1991, "Physics and Philosophy").

Darwin's Origin of Species revolutionized biology by revealing that biological evolution occurs by natural selection (Darwin, 1859/1990).

The above are examples of quotations from the major literature mentioned or referred to in this document. When citing, we have tried to properly identify the sources in accordance with legal and ethical norms by listing the author's name, the year of original publication/translation, and the book title in that order.

Although we are unable to cover all the references due to space limitations, we would be grateful if you could use this book as a compass for further exploration, while paying the utmost respect to these classics and masterpieces that served as the intellectual foundation of this book.

Arts & Spirituality

Wassily Kandinsky, The Spiritual in Art.

Paul Klee, Formative Thoughts.

Shusaku Arakawa, The Mechanism of Meaning

Shuntaro Tanikawa, Journey without a Map

Yoshitomo Nara, "Before Me You Are and Before You I Am"

The Eckhart Sermons.

The Book of Kaballah.

Yoga Sutra."

The Bhagavad Gita.

The Rumi Anthology of Poetry.

Below is an example of an in-text citation:

Kandinsky stated in "The Essence of Art is not the imitation of external nature, but the expression of internal nature," in "The Spiritual in Art" (Kandinsky, 1912/2017).

Klee's statement that "creation is the formation of new relationships" is a straightforward expression of the artist's essential activity (Klee, 1925/2016, "Formative Thinking").

What I am looking for is the 'faint zone' between existence and non-existence," said Shusaku Arakawa (Arakawa, 1973/2012, "Mechanism of Meaning").

Shuntaro Tanikawa's question, "Will my message reach people in the future, say, two billion years from now? Tanikawa Shuntaro's question, "Will my message reach people in the future, say, two billion years from now?

To see art is to gently touch something great," Yoshitomo Nara recalls (Nara, 2011/2018, "Before Me You Are, Before You Are. To see art is to gently touch something great," Yoshitomo Nara recalls (Nara, 2011/2018, "I am before you and you are before me").

Eckhart's words, "God is within yourself," shed light on the divinity within man (Eckhart Sermons).

Kabbalah's teaching teaches, "Do all that is humanly possible, and there will come to you the revelation of God" (The Book of Kabbalah).

Patanjali's words, "Yoga is the cessation of the workings of thought," indicate the essence of meditation (Yoga Sutra).

Do what needs to be done. But do not dwell on its fruits." A passage in the Bhagavad Gita teaches the separation of action and result (Bhagavad Gita).

I don't know where I am. I do not know who I am. I have only the greatest joy." Rumi's poem expresses the ultimate in mystical experience ("Rumi's Poems").

These are additional quotations from the field of art and spirituality. This book attempts to illuminate the truth of life from multiple angles by actively incorporating not only academic findings, but also the insights of poets, artists, and mystics.

The references listed here are inspirations that have been indispensable in shaking my soul and opening new doors of contemplation. We hope that through dialogue with these words, you, too, will tap into the wellspring of your own inner wisdom.

Last but not least, thanks and prayers for all life.

In the course of spinning this book, the author has been repeatedly struck by deep emotions that transcend words. The wisdom of East and West resonated with each other, opening up new horizons of meaning. Such an incomparable experience foreshadowed the fundamental harmony and beauty of the universe.

Above all, through this journey of exploration, the author was able to gain a new level of appreciation for the inherent dignity and potential of all living beings. Within each of us resides infinite wisdom and compassion. It is this awareness that will be the driving force for true global transformation.

To have been born on this earth. To be here now. I am grateful for this miracle, and I want to listen carefully to the voice of my soul whispering to me. I want to awaken to the mission entrusted to humanity and become a being that radiates inner light. I would like to offer such a prayer together with you, the readers.

It would be my greatest pleasure if this book could cast a ray of light on your life's journey and help sprout seeds of new hope and wisdom. As friends who learn together and awaken together. As like-minded companions.

Yes, we are now standing at the door that will usher in a new age of consciousness. The key lies in the quiet determination of each one of us. Now, open that door and let us embark on an adventurous journey of living the profound meaning of life. The great transformation begins with your first step.

With endless thanks and prayers. namaste.

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The release of this book is a step toward the realization of a harmonious world in which the dignity of all life shines forth. We sincerely hope for a future in which all beings born into this world will be respected and cherished equally. We hope that this publication will be freely referred to and utilized to help realize this ideal.

May the light that rises from the source of life pour infinite blessings into the consciousness of each and every one of us and embrace all.