**Activity 4: Reflection Paper on Akira Kurosawa's Village of the Watermills Video**

After watching Village of the Watermills by Akira Kurosawa, I realized how simple, peaceful living close to nature can lead to a fuller life. The video portrays a quiet village where people live without modern technology and rely on the natural flow of life. There’s a sense of harmony in the way villagers connect to their environment, accepting the seasons and everything nature brings. It made me think about how much we often rely on technology and how that shapes our busy, complicated lives. Watching this simple lifestyle showed me that less really can be more, encouraging a shift in how I view happiness.

One powerful message from the video is the idea of living in the present. The elder in the village seems at peace, not rushing or chasing after something. He talks about life, death, and the cycle of nature in a calm, accepting way. This reminds us that being alive is about enjoying each moment without letting worries and anxieties about the future overwhelm us. It’s refreshing to see a lifestyle where people take their time and value what they have instead of always wanting more. This contrasts with today’s society, where people often feel they need to own more and do more to be happy.

The video also emphasizes the importance of community and interconnectedness. The villagers know each other well, share resources, and help each other, creating a close-knit society. This is a reminder of how important community and mutual support are for true happiness. We often get so caught up in our individual lives that we forget the value of helping and connecting with others.

Lastly, The Village of the Watermills encourages us to reflect on our own lives and consider a simpler, slower approach. It shows that living close to nature, valuing community, and appreciating the present can lead to a fulfilling life. The video reminds us that sometimes, stepping back from modern distractions can help us find a more meaningful way to live.