# Ikigai-Reason for being

Ikigai is a Japanese concept that tells the mantra of living happy long life. It is based on a scientific case study done on the people of a town called Okinawa, where most of them live more than 100 years. This Japanese secret of happy and long life is also captured In a book named “IKIGAI” written by Hector Garcia and Francesc Miralles. Hector was a European who moved to Japan and got enamoured with Japanese culture.

## Story of finding IKIGAI!

Long ago ,in a town of Japan a lady was very ill and went into coma. That night she got a dream that she died and reached heaven, where she heard the voice of her ancestors asking her “who are you”? She answered “I am mayor’s wife”. But the voice asked again “we asked who are you ?” She gave many answers like “I am a school teacher, I belong to this tribe etc.” But the voice kept asking the same question “Who are you”. Finally she said “I am a person who gets up every morning to take care of my family and I am a person who teach children to make their mindset good”. This answer was accepted and she came out of coma. She was fine after some days but this whole incident made her realise the purpose of her life .Post this, she started to care for her family more and also teach kids with more passion. This woman had found her ikigai. From then onwards every person in that town made finding their ikigai a very important aspect of life. This incident happened in Okinawa Island of Japan. People there still believe in finding their ikigai and living life only as per that. That is the reason they are considered as most happy and healthy compared to people from any other part of the world.

## How do you find your IKIGAI?

Finding your ikigai is considered very difficult as it involves knowing yourself .Japanese people believe that answering these four questions about you will help in getting a step closer In finding your ikigai.

1. What do you love the most ?
2. What are you good at ?
3. What does the world needs?
4. What you can be paid for ?

While analysing your answers you try to put each of these questions in an intersecting circle. Now the common things that fall in the intersection of first and third answers ,are mission of your life .The common things in the intersection of question three and four are your vocation i.e. the type of work which world needs as well as ready to pay you in doing it. Fourth and second circle intersection is your profession i.e. kind of work in which you are expert and people are ready to pay for it .Lastly, the first and second circle intersection is your passion i.e. the things in which you are expert as well as you love to do those the most. Knowing about your passion is what would help you to find your ikigai ,because that involves understanding yourself.

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## How do you understand yourself?

In order to answer this question ,we would need to honestly list down our answers for each of the sections below.

|  |  |
| --- | --- |
| I love these works and I am expert at it too. | I love these works but am not good at it. |
| Neither I love these works nor I know how to do it. | I don’t love these works but I know how to do it |

Now we need to measure how much time we are spending in doing the works belonging to upper two blocks. That is what will help us find our passion at end of the day.

## 10 golden rules of Ikigai

* Slow down !stop running in life .This will help in enjoying every bit of your life.
* Don’t fill your stomach more than 80%.
* Stay active ,don’t retire
* Surround yourself with good friends.
* SMILE ☺
* Reconnect with nature
* Give thanks .
* Get in shape for your next birthday .
* Live in the moment.
* Follow your ikigai.

## Conclusion

“Iki “means Life and “gai “ means values. Life is worthwhile when it has purpose and its never too late to find your ikigai. I am sure I will find my ikigai one day ,hope you find yours’s too.