

Muneyoshi Hase

## On Existence and Experience

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The Earth, nature, and human beings alike — all things in the universe — are miraculous forms of existence.

No two are the same; each exists as something singular and irreducible.

Through their relationships with one another, they coexist and co-depend, each occupying a place as part of history.

Reflecting on what are often called “self-evident” truths, I spend my days with my young son and with materials.

The capacity to imagine and to empathise is one of humanity’s remarkable abilities.

Yet actual experience often gives rise to different forms of understanding and perception.

Experience is bodily — it is something accompanied by the five senses.

I too was present at the birth of my child, and like many parents, I felt it to be a miracle, something profoundly precious.

Perhaps my whole being received it in that way, instinctively.

Encounters are mysterious. So too are connections.

Whether good or bad, they are met simply with gratitude.