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## What Does It Mean to Live One's Own Life?

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At present, it feels as though the mental space that allows each of us to continue living in a way that feels true to ourselves is being steadily lost.

Many people may be finding themselves compelled to reconsider what it means to live in a way that is genuinely their own.

In *Zhuangzi*, there is the concept of “*the usefulness of the useless*”, which prompts reflection on how difficult it is to divide things neatly into what is useful and what is not.

The world, after all, is not constructed through such simple binary choices.

Even if human beings are both consumers and objects of consumption, it is impossible to measure a person solely through such distinctions.

Life, too, cannot be reduced to success or failure.

So-called “wasted” time may not truly exist at all.

Rather, it depends on where one stands and from which perspective one chooses to view the world.

Since the end of 2019, when our child was born, my days passed as though I were constantly being chased by time.

Looking back, I may have been merely consuming objects, myself, and time itself.

Without time for making, I feel I would not have been able to sustain a life that felt true to who I am.

Only recently have I begun to sense, little by little, the emergence of each family member's own way of living.