

Empowerment
Magic!

Let's Make a World of Possibilities!

エンパワメントの
プロになろう!



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Editor: Tokie Anme, PhD

Empowerment Research and Education Forum

Do you know the word "empowerment"

You know

**It is a concept that is also used
in health care, welfare, education,
companies, etc.**

**em-power-ment
[encouragement] [vitality]**

Inspire yourself



**Encourage your
friends**



**Further exert
great influence
on society**



Actually it's around us

**It 's a very important
keyword**

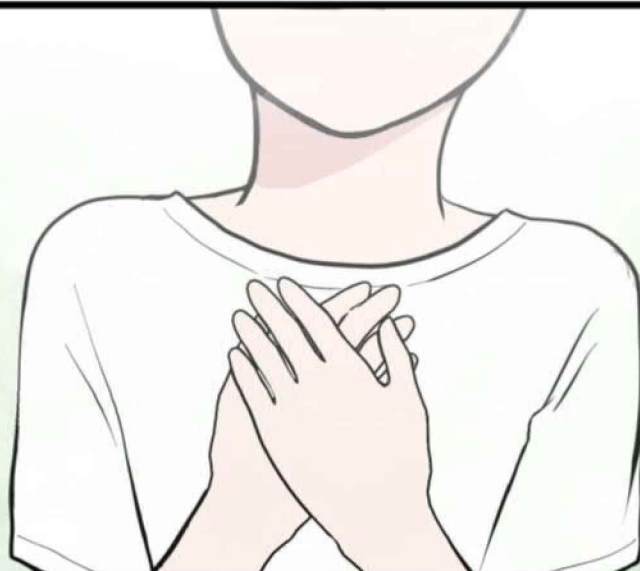


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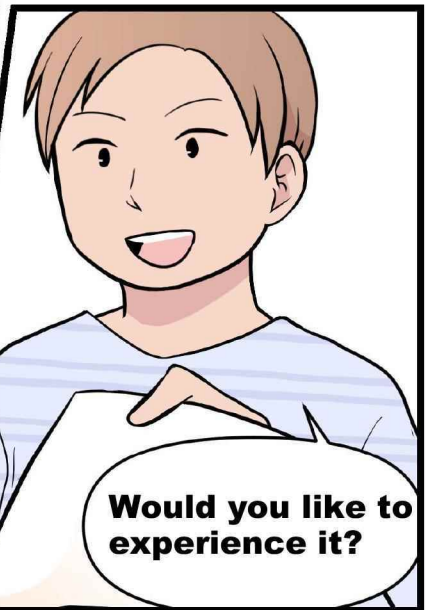
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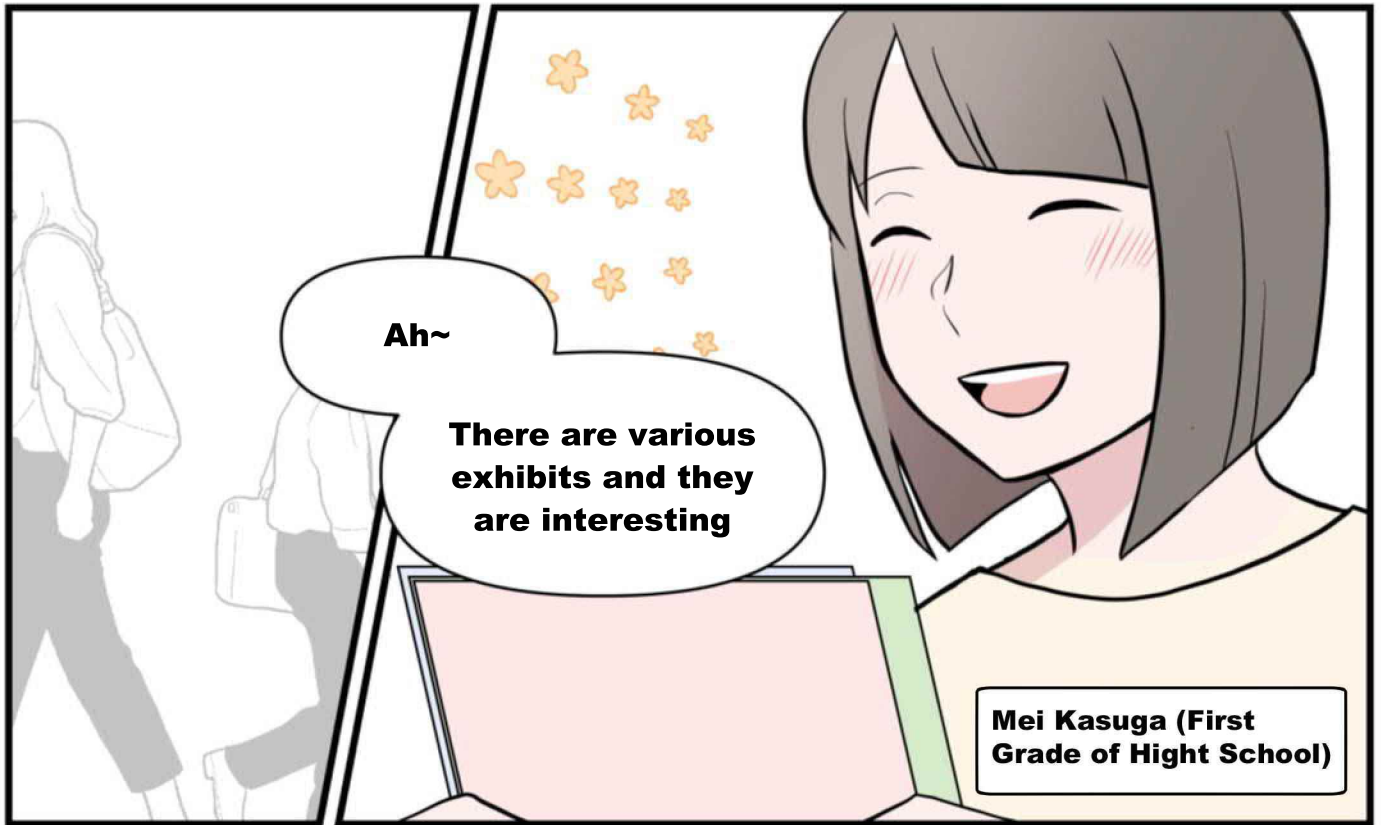


**A world of
possibilities!**



A university festival





Ah~
There are various exhibits and they are interesting

Mei Kasuga (First Grade of High School)



It's far, but it was worthy

Ah...

You should thank your brother for accompanying you

Kasuga Taiki (Third Grade of High School)



Thank you, but I didn't have a choice
Because mother told me not to come alone

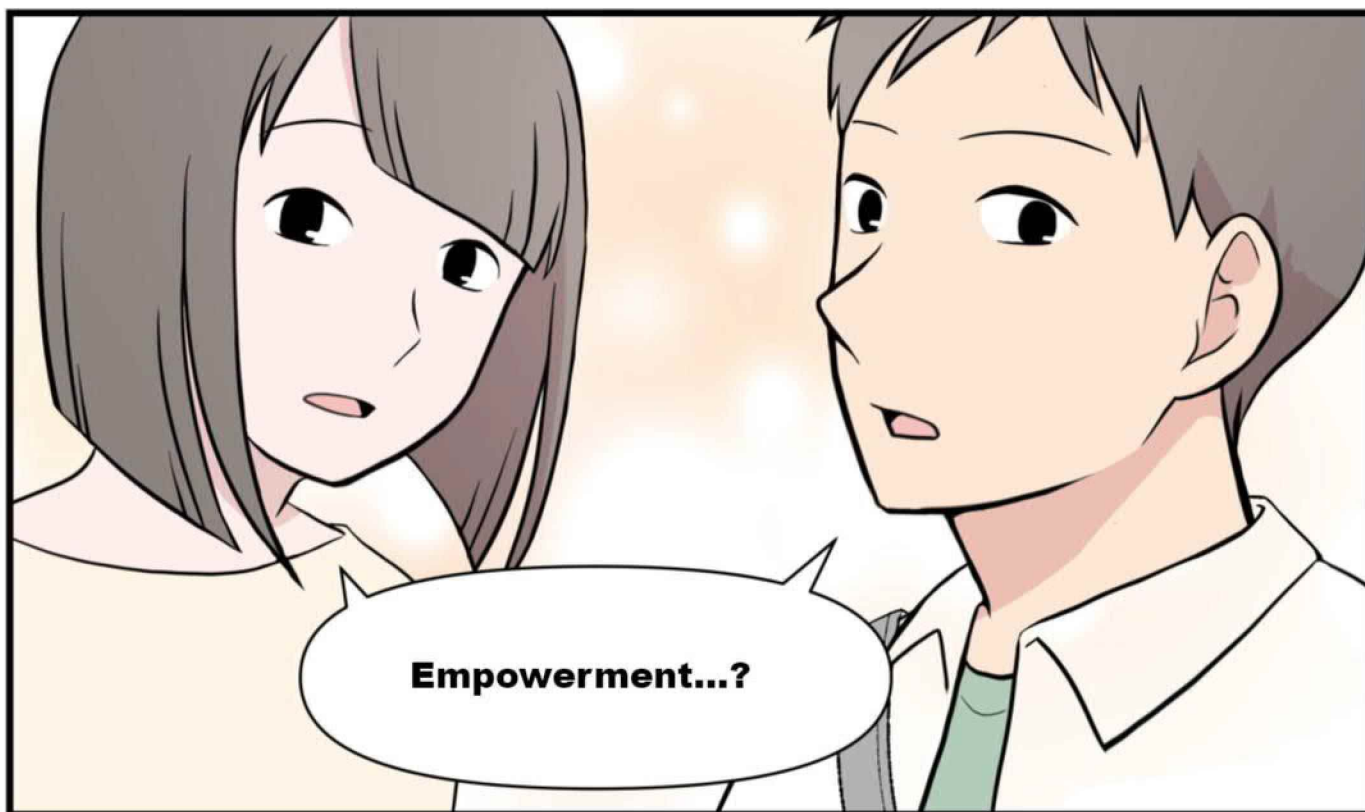
I also want to be with my friends not my brother...

Well, I am interested in the exhibition so it's not bad

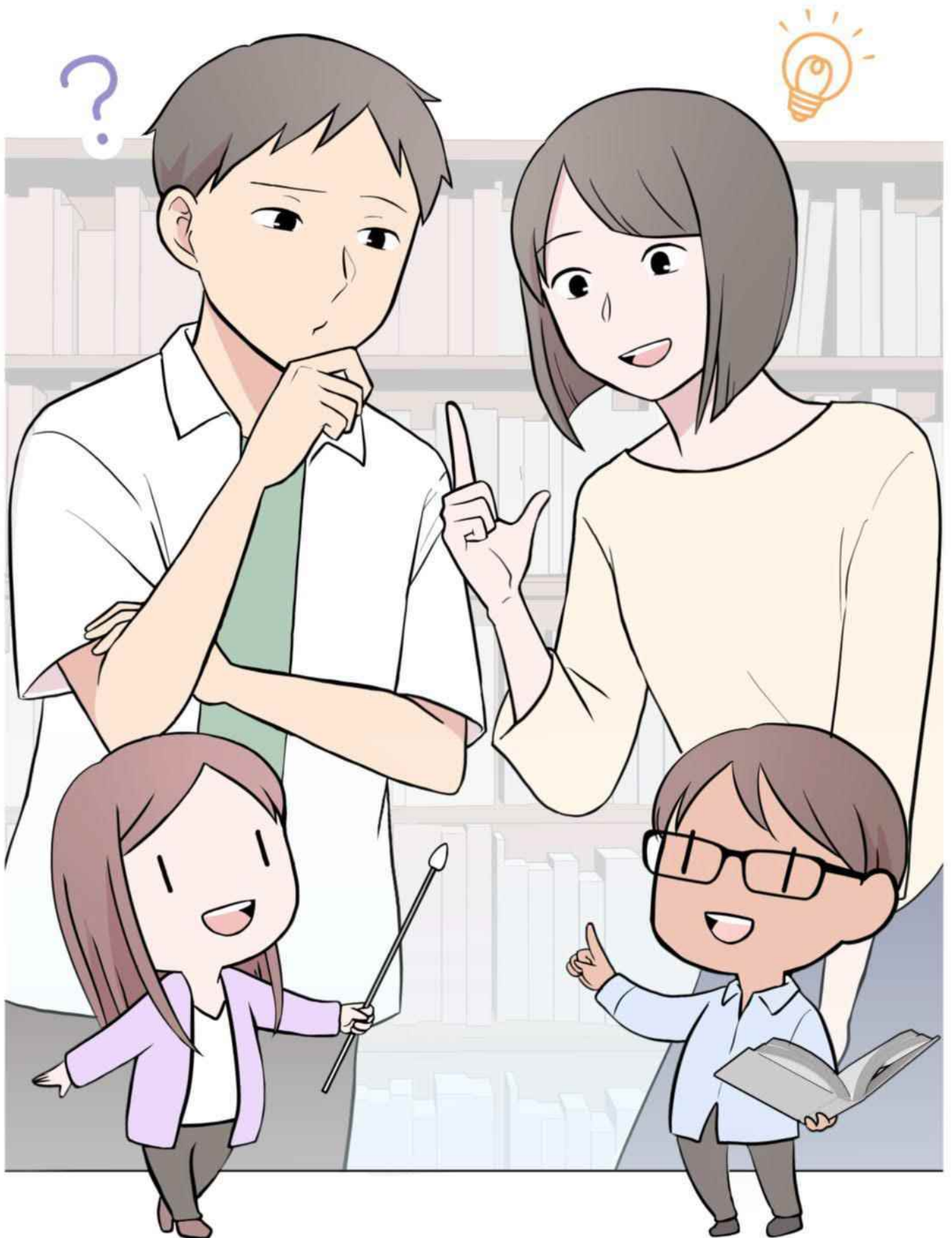
Go with your sister

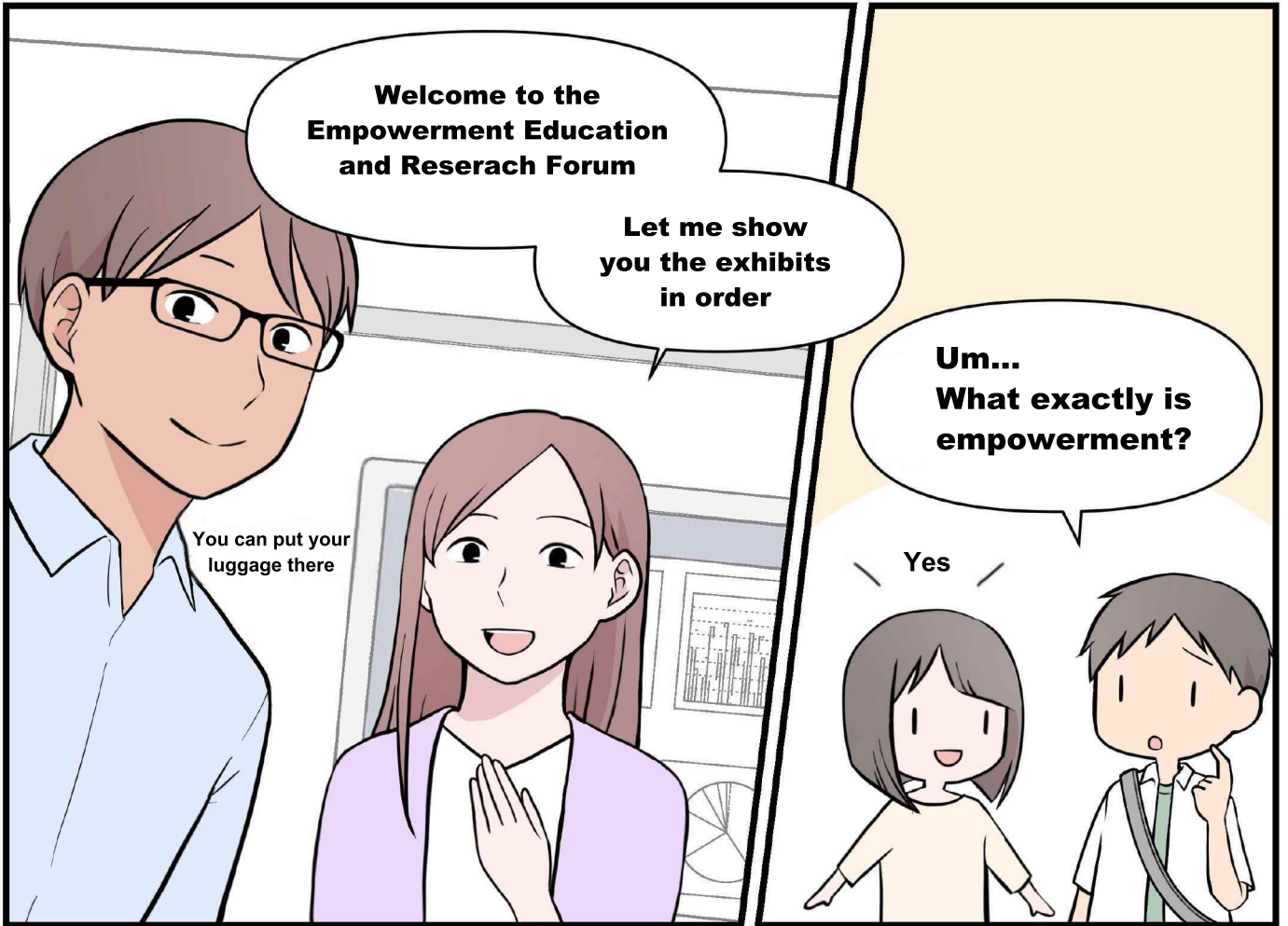
Ah?





Chapter 1: what is Empowerment?





① **What is empowerment?**

② **Importance of diversity**

③ **Challenge and help each other**

④ **Experience, sharpens your senses**

⑤ **Knowledge connected via the Internet**

⑥ **Practice of empowerment**

This exhibition will show you what is empowerment

And how to grasp it

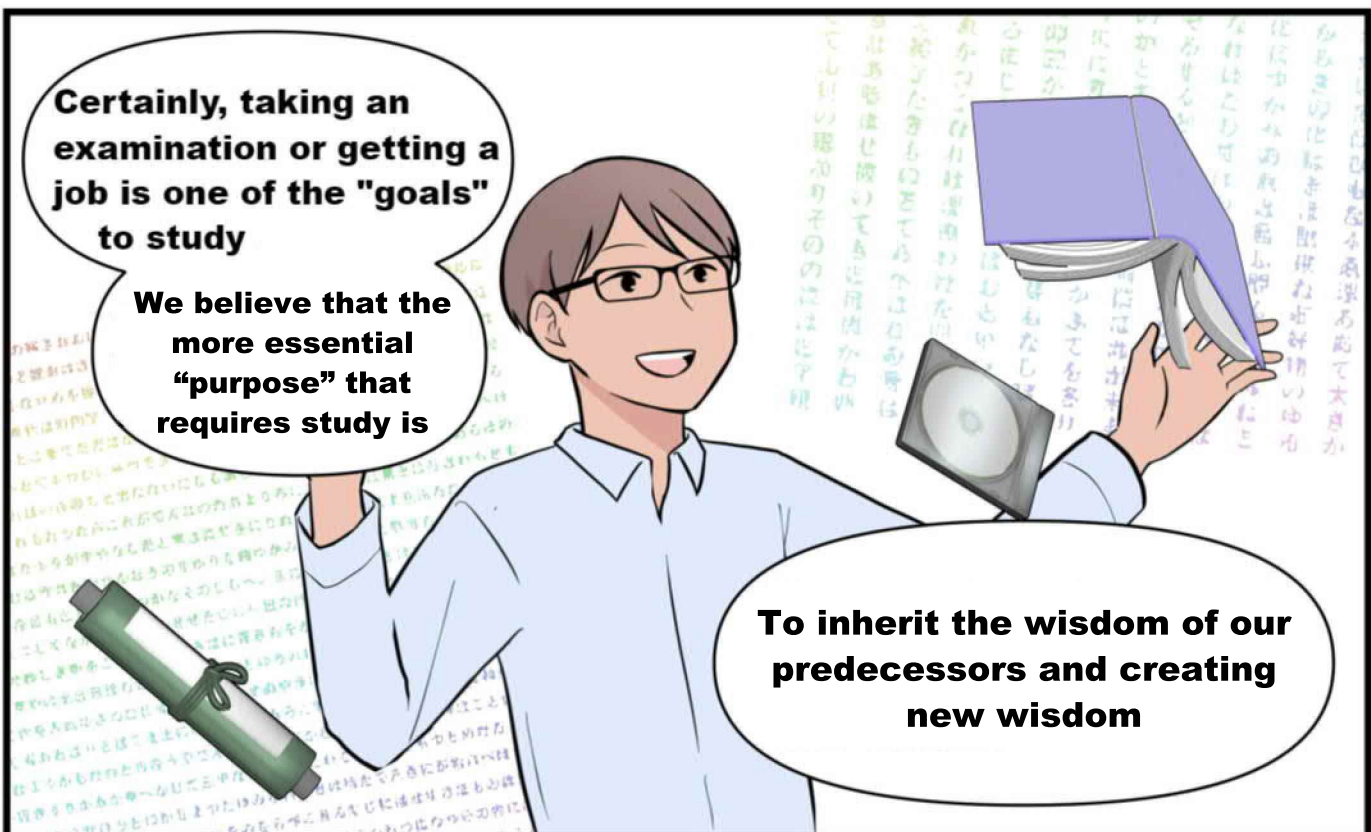
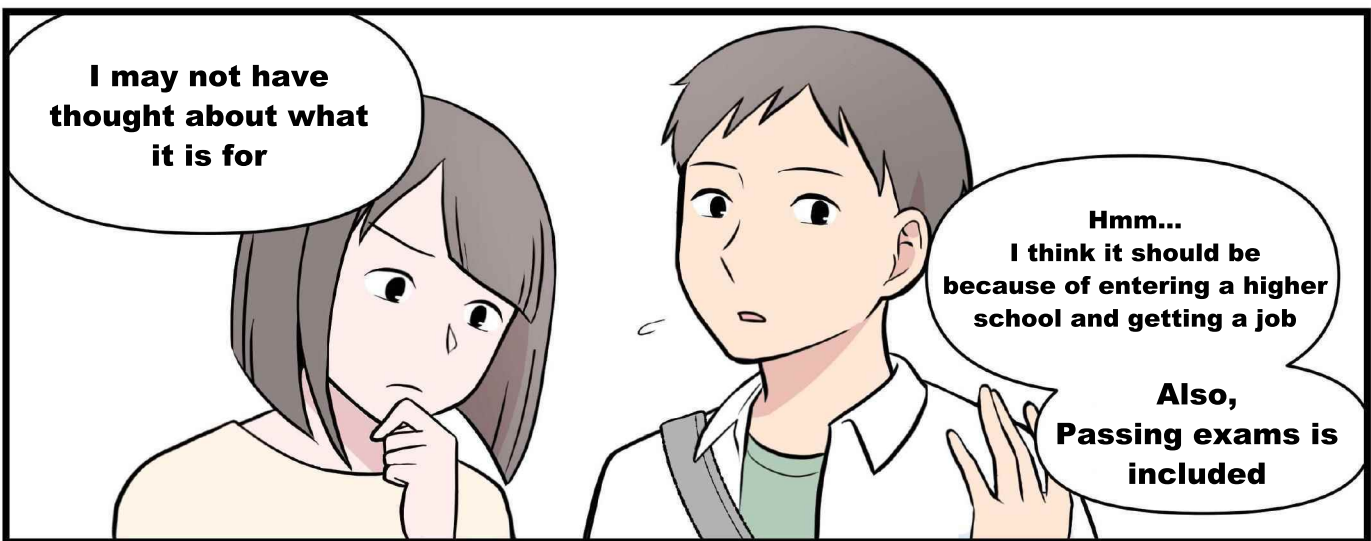
Please!

Unlike Mei, I'm not good at studying

Don't you like learning?

Ah, yes

I like it
It's fun to learn new things



There is a limit to being able to try it alone within a fixed time,

but we can learn a lot if we share what we tried with each other, right?

It is the strength of teamwork!

Long time ago, a monkey group found this principle, so they expanded their wisdom and experience to more and more monkeys 1 to 10, 10 to 100, 100 to 1000...

They continued to expand their wisdom and experience

And tell it to their children
Children start their lives by learning wisdom

That way people don't have to make same mistakes as the forefathers

Because they have mastered the existed skills in advance

Therefore, people have the same amount of time to prepare for new challenge

The process is called "social learning"



For example, you are doing a band, right?(That is named "Kan batch", conducted in the studio)

Yes

What's your part?

Playing keyboard and doing some songwritin



Is practice fun?

very!

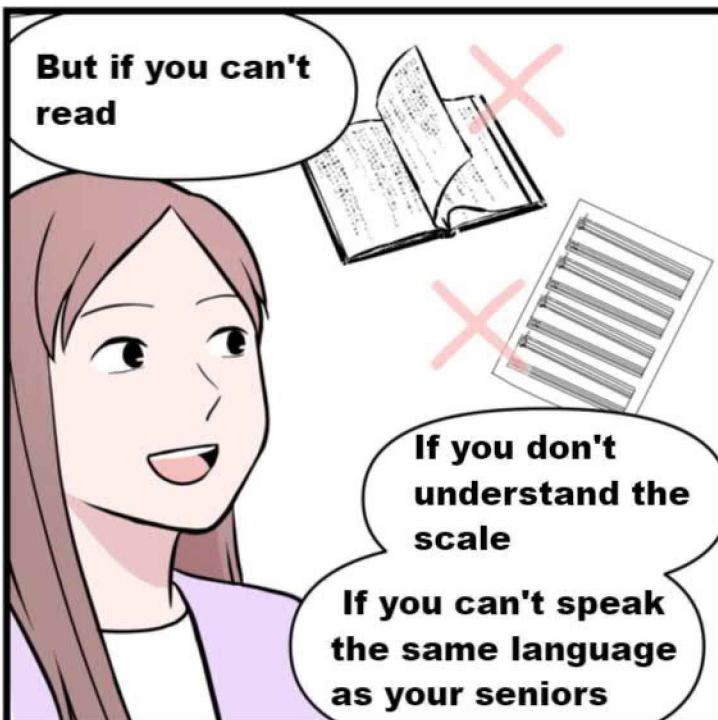


At first I wanted to play a sone from my favorite band

Read textbooks, watch videos, practice and learn from seniors

After I could play the difficult songs, I am going to try to compose songs by myself.

It looks fun



But if you can't read

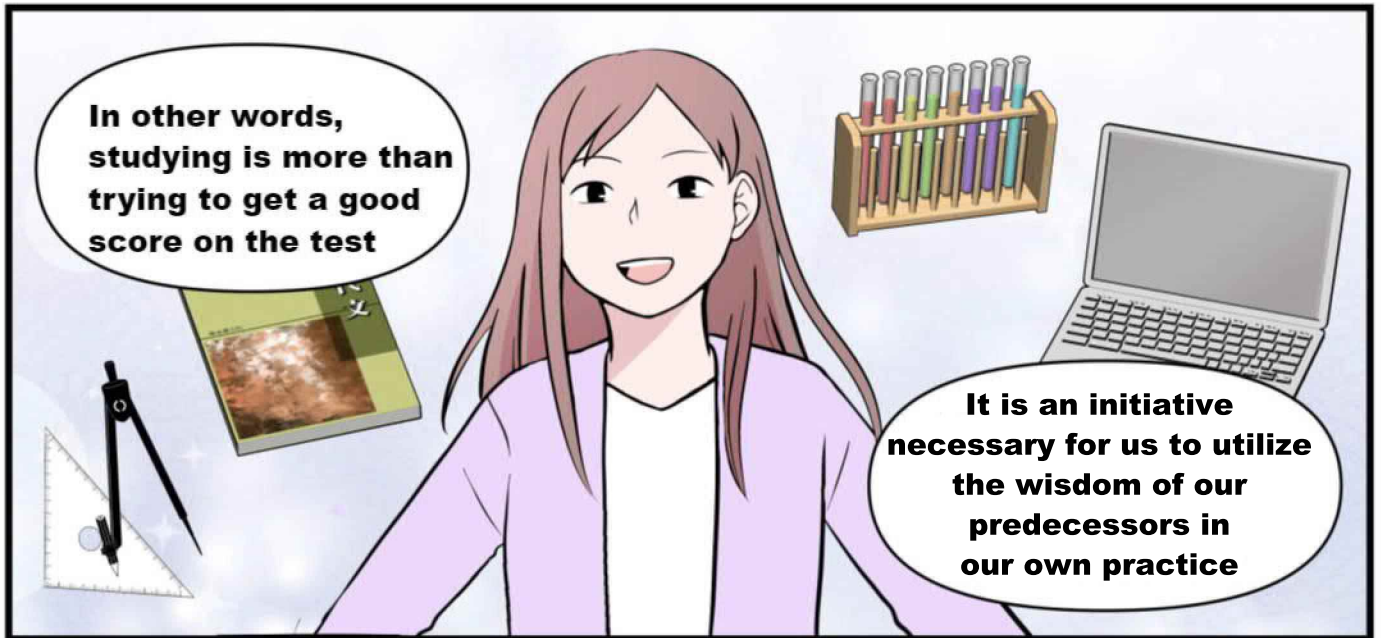
If you don't understand the scale

If you can't speak the same language as your seniors



Like now Even though you could play songs now, more and more time will be needed if you want to compose them.

I think so...



In other words, studying is more than trying to get a good score on the test

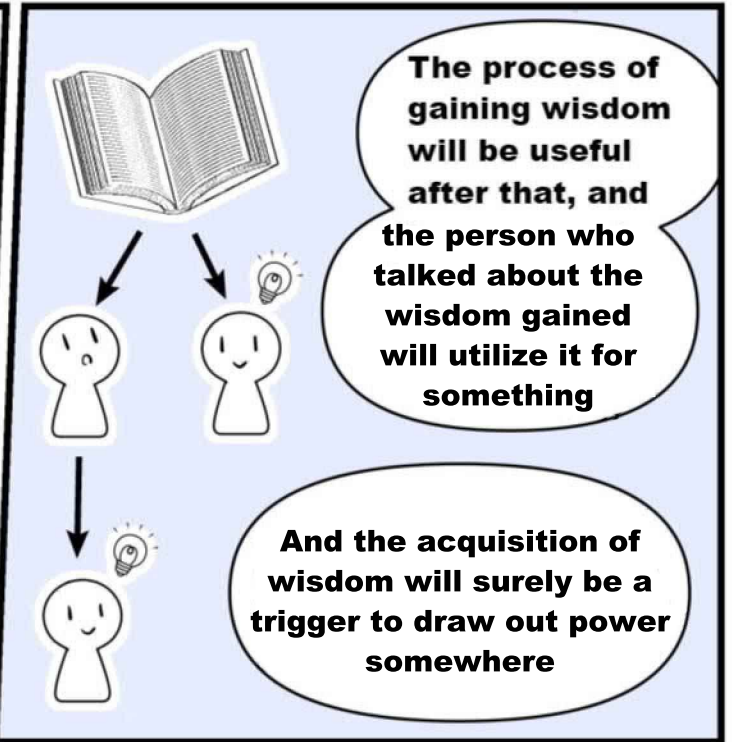
It is an initiative necessary for us to utilize the wisdom of our predecessors in our own practice



By learning history, you can solve unsolved problems,

and by learning techniques,

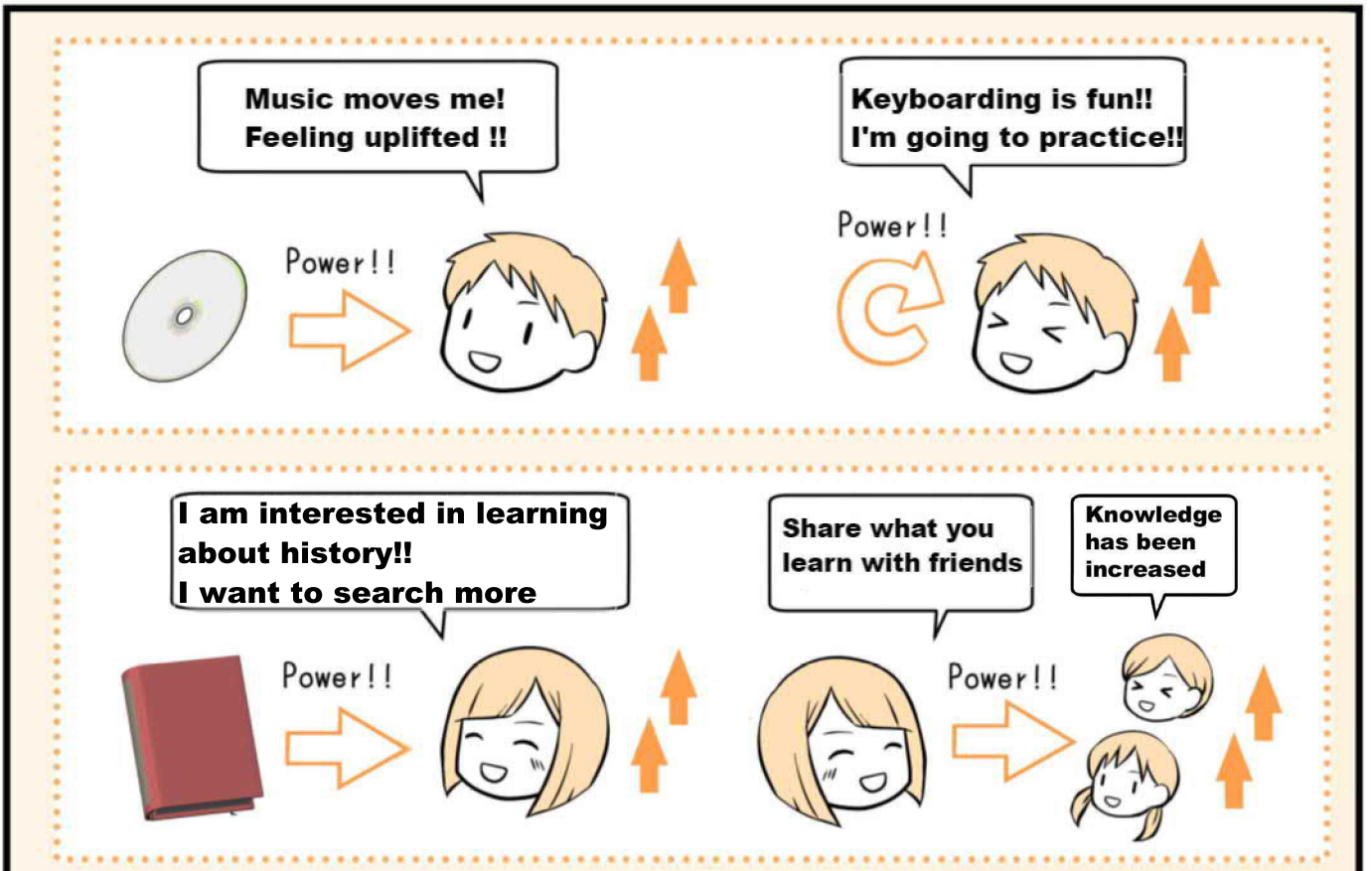
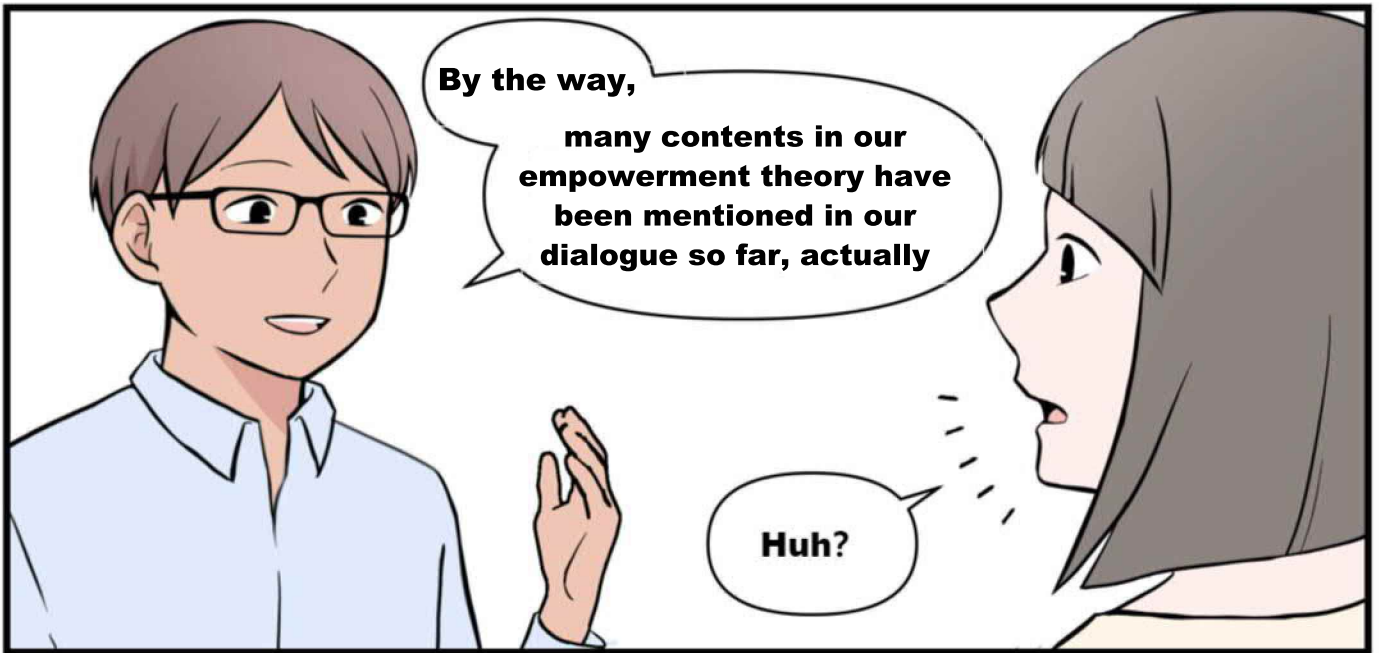
The positive feeling after you compose a wonderful song, might be associated with other value creations in your other fields

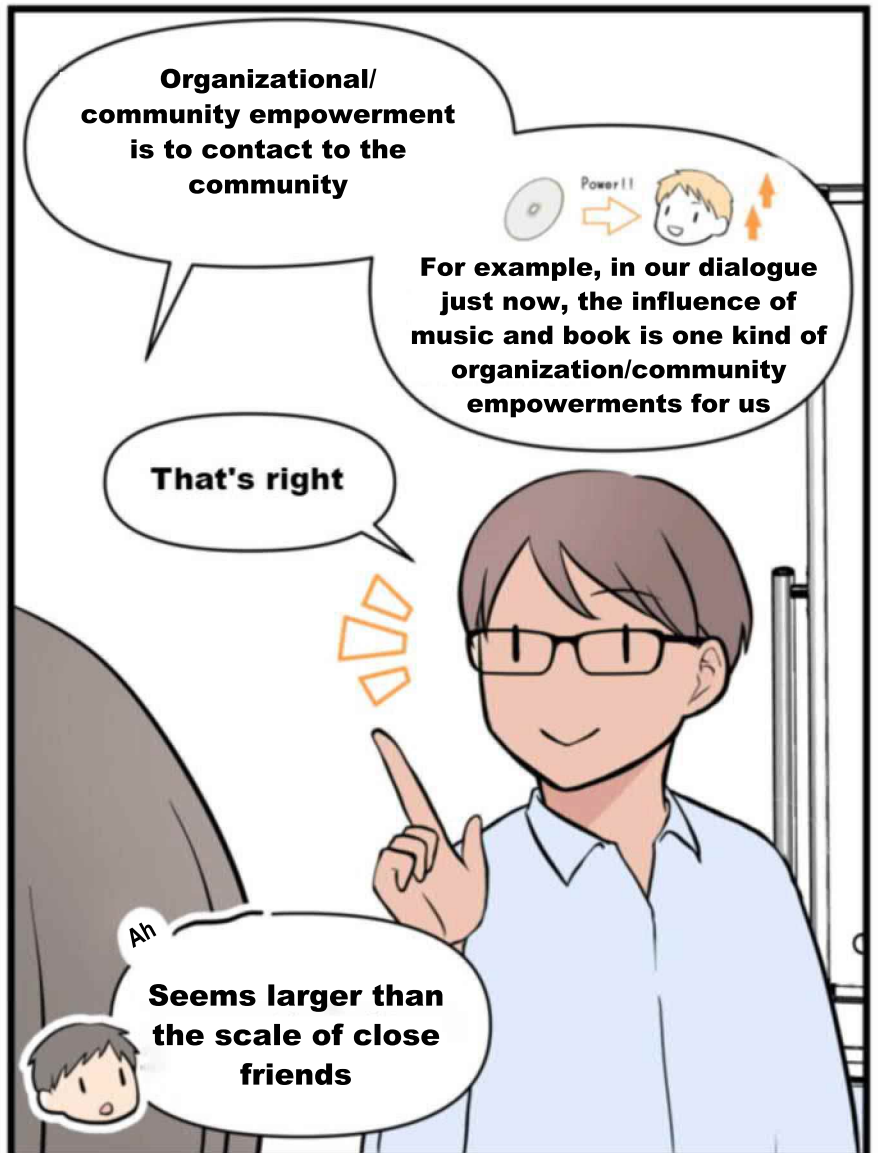
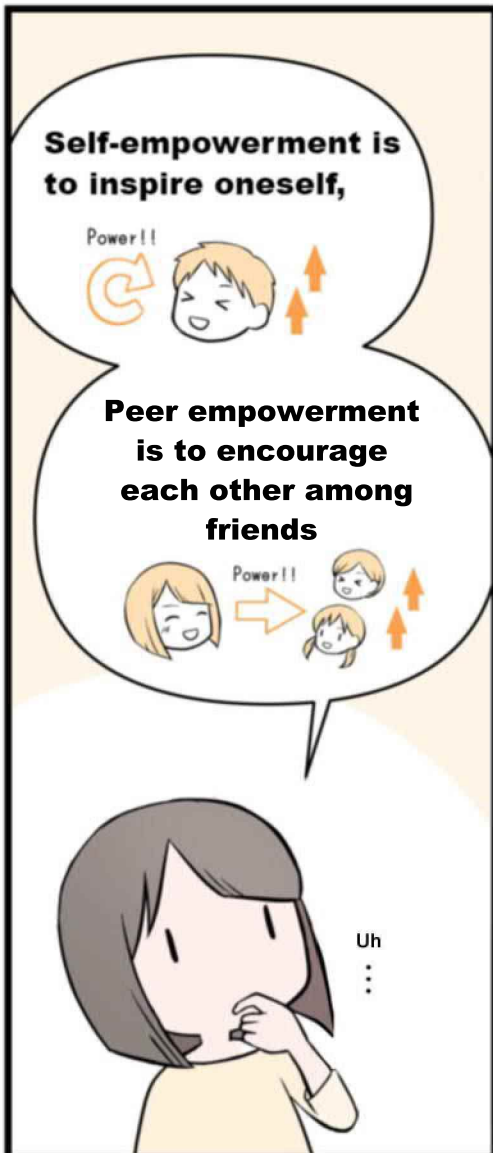
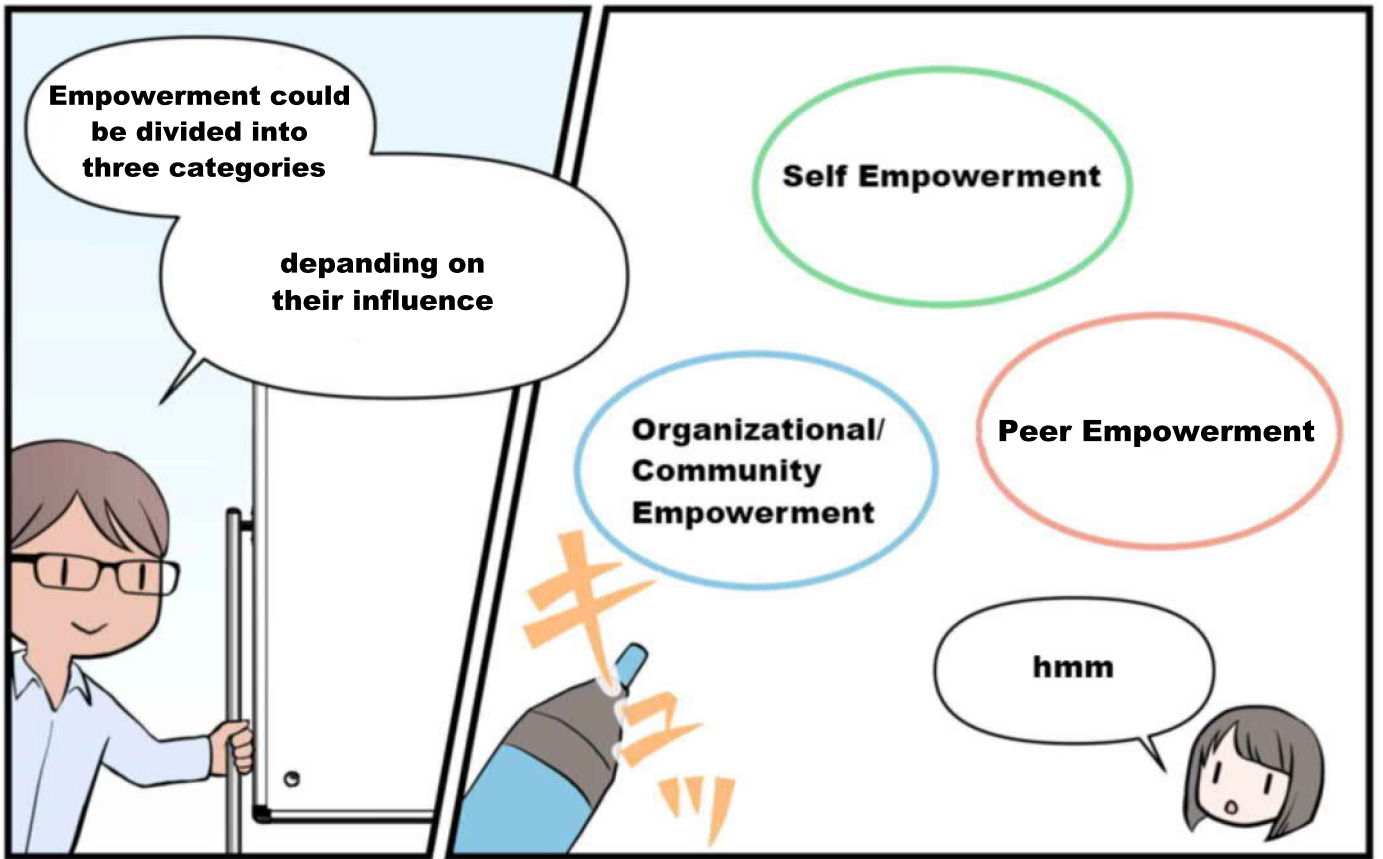


Maybe the exhibition here could be useful for you

Please feel free to ask me anytime

... Yes !!





However, although classified, all empowerments are interconnected



Sister...
Let's see

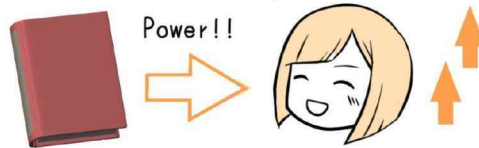
I'm Mei,
and my brother is
Daiki



Do you ever
share the
knowledge

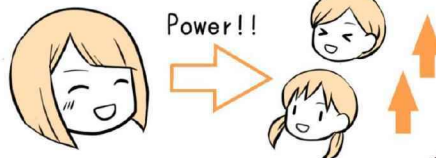
you have gained
with anyone like
the example you
just gave?

I am interested in
learning history!!
I want to search more



Share what you
learn with friends

Increased
Knowledge



Yes,

I will actively
spread my own
knowledge to the
outside

Why you wanted
to do that?

Why?

Let me see...



I spreaded my knowledge because it is convenient and I was very excited

so that I wanted to share the feeling to the others

Enjoy with everyone, and so on. These are such reasons, maybe

Wow ———— !!

Listen me!

And maybe a little bit of a need for approval

Not a little bit at all

いざいざ

There are a lot of reasons

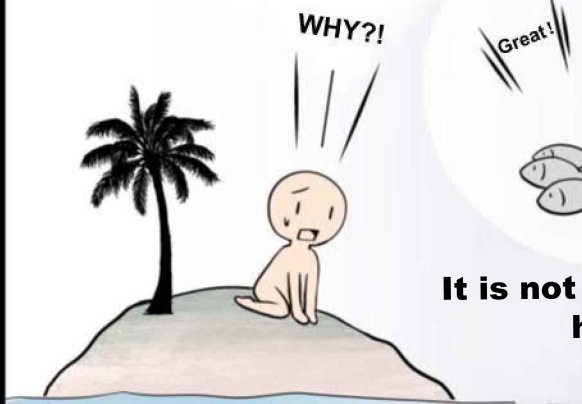
We could share with varieties people, including families, friends,unspecied number of social networking sites

Moreover, the people you shared with also have a strong tend to share it with their surroundings

People have a satisfaction that can only be filled by interacting with others

I'm running a little short on this one ...

In the story of Robinson Crusoe, the ship sinks and he is washed up alone on a deserted island



It is not enough even we have food



We want nourishment for our minds and the meaning of life

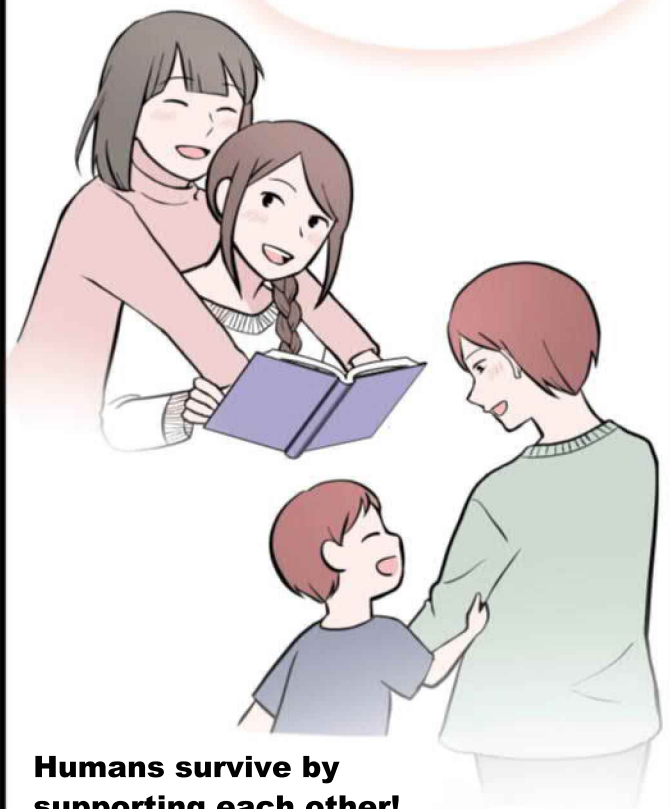
However, nourishment of the mind could not be obtained by oneself

The satisfaction you get by yourself could not keep you going on



I am willing to hear someone tell me I am wonderful, I am willing to hear someone tell me I am helpful for them

I'm here because of you



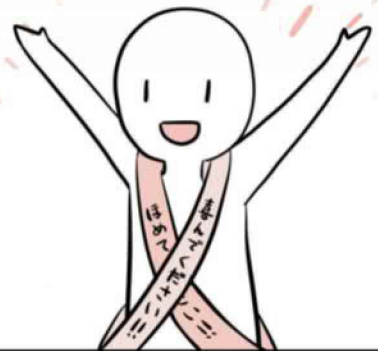
There's the feeling of wanting praise, but there's also the feeling that when the other person is happy it makes you happy, too

Let me give you some more

もっとあげようかな

We want to be praised, pleased, and needed

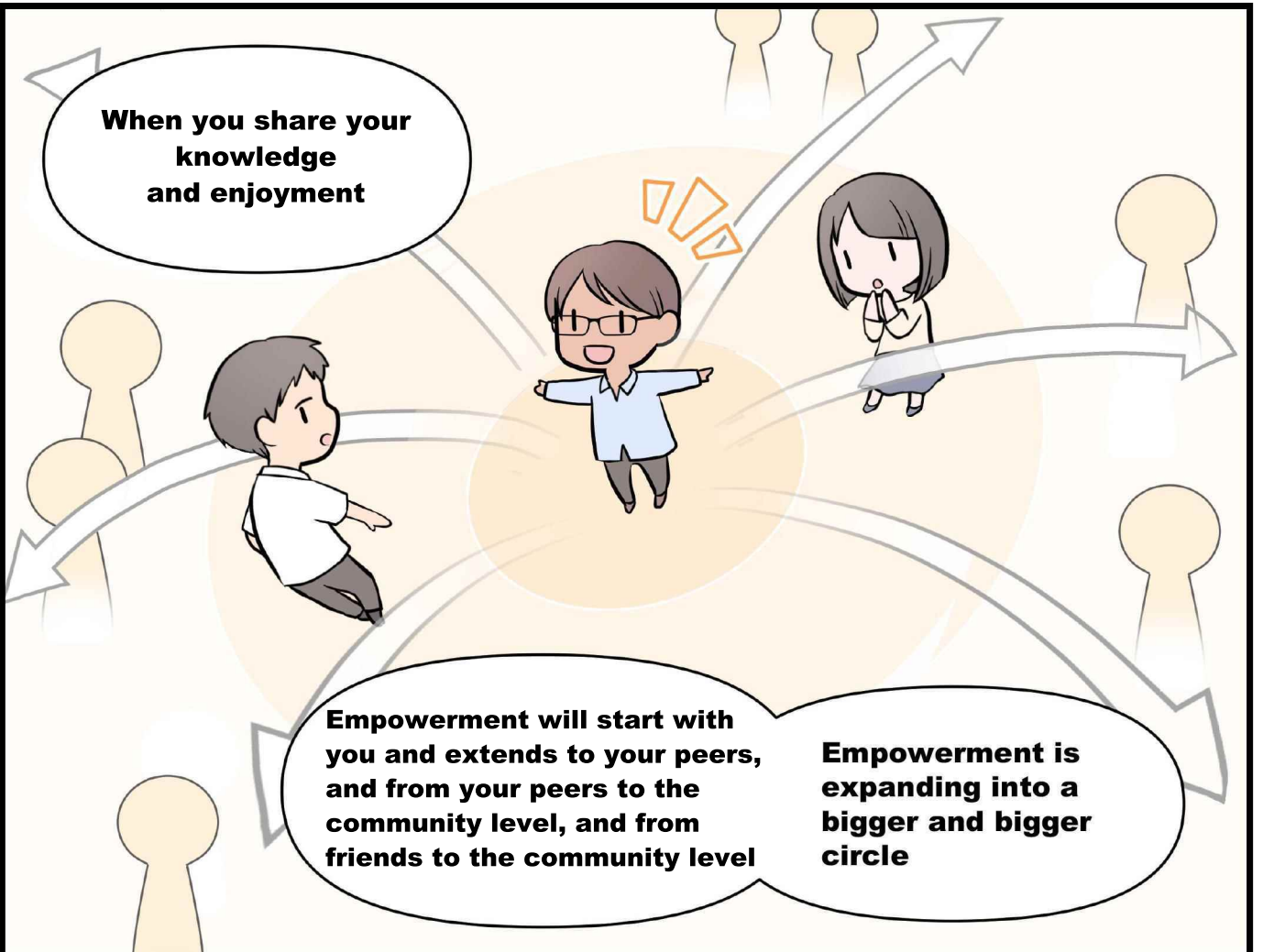
because of such desires, we are willing to expand our own knowledge and enjoyment!



When you share your knowledge and enjoyment

Empowerment will start with you and extends to your peers, and from your peers to the community level, and from friends to the community level

Empowerment is expanding into a bigger and bigger circle

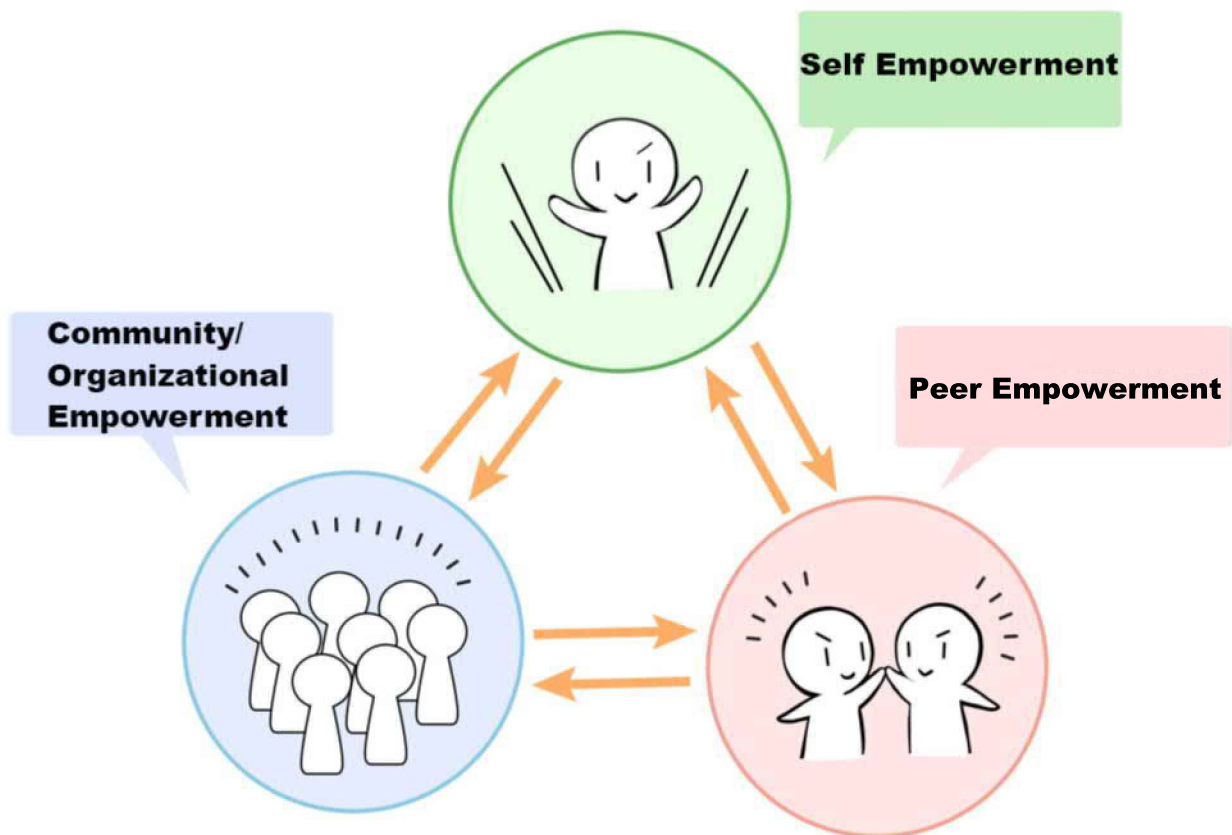


Empowerment Overview Reflection

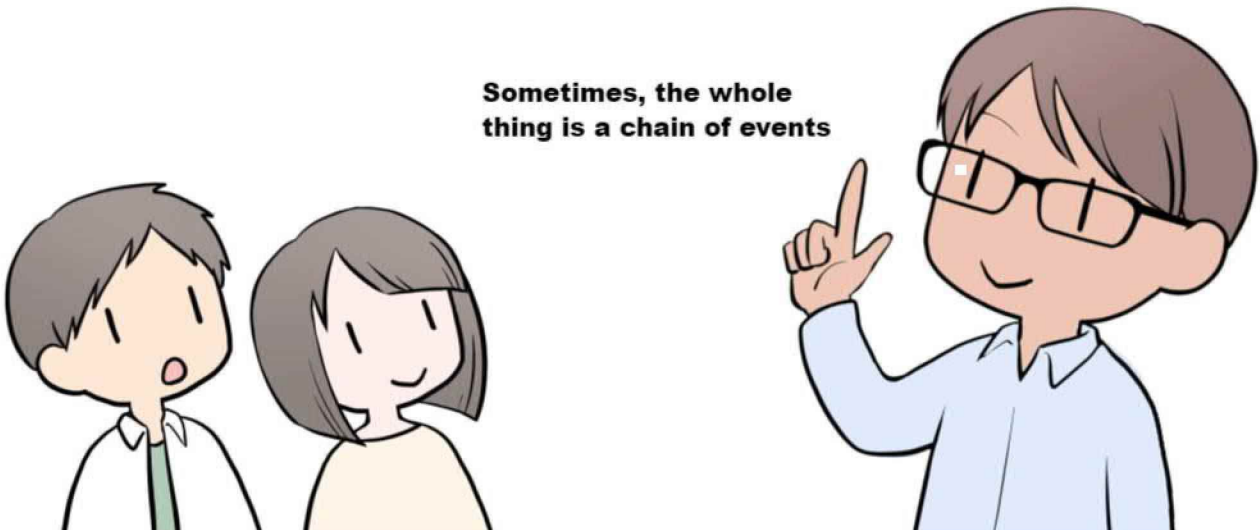
“Empowerment”

... Inspiring oneself and others, drawing out power, and letting power spring forth

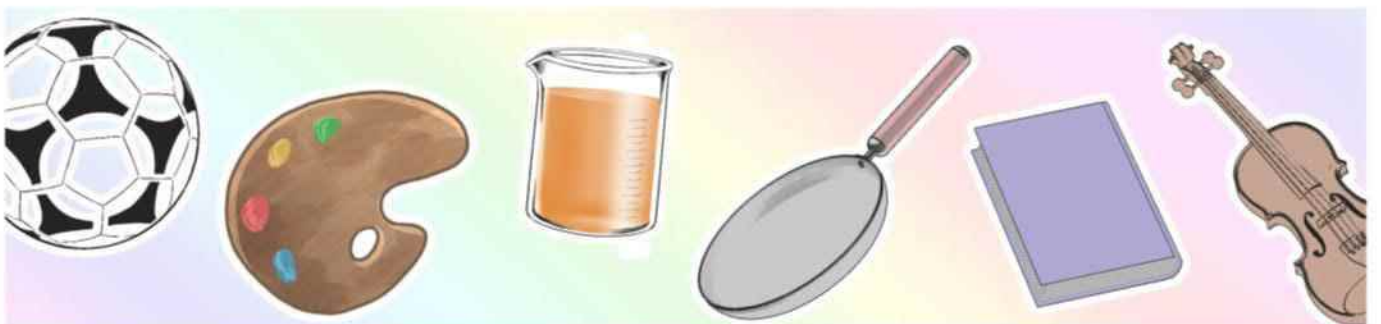
- ◇ I was moved by reading a book
- ◇ I felt energized after eating delicious rice
- ◇ I got more knowledge and wanted to research more
- ◇ I had a lot of fun at clubs and bands
- ◇ I got a sense of fulfillment from participating in volunteer activities, etc

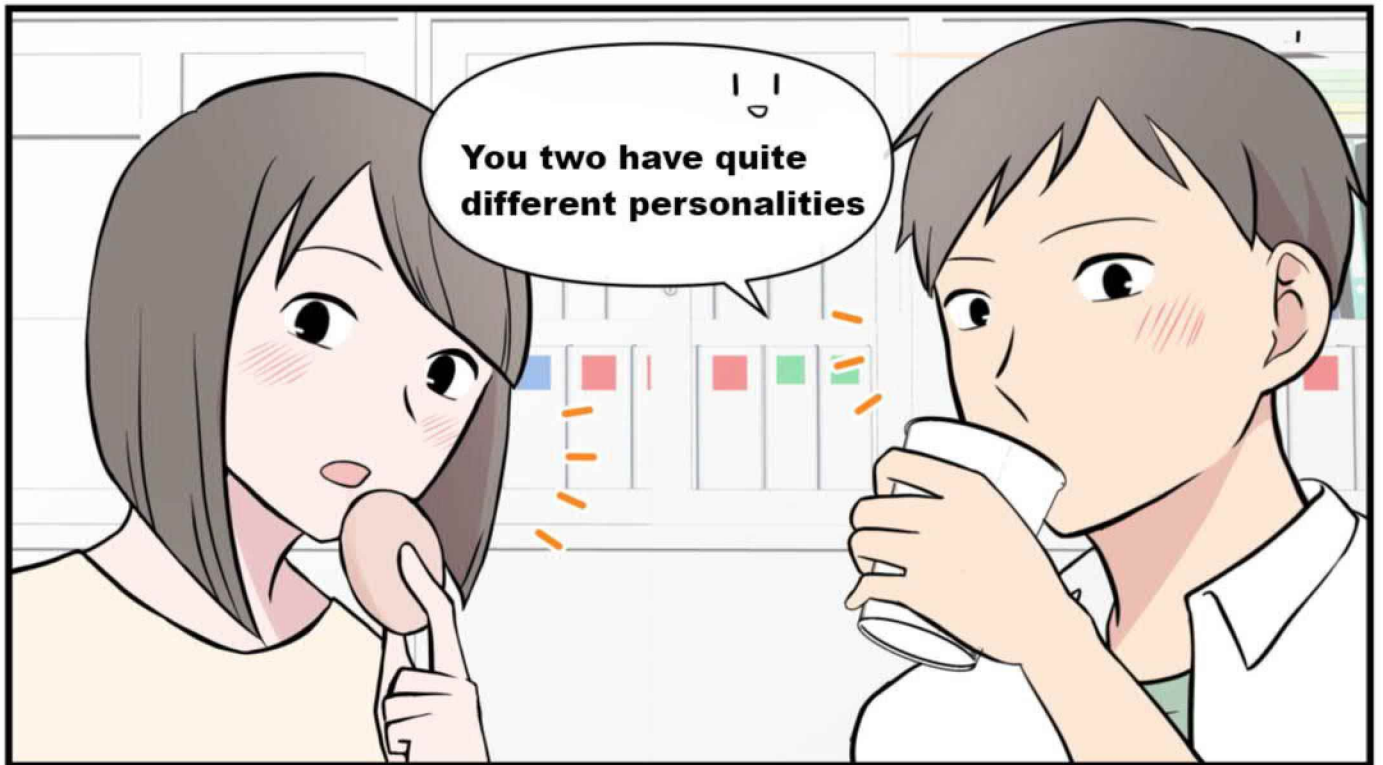


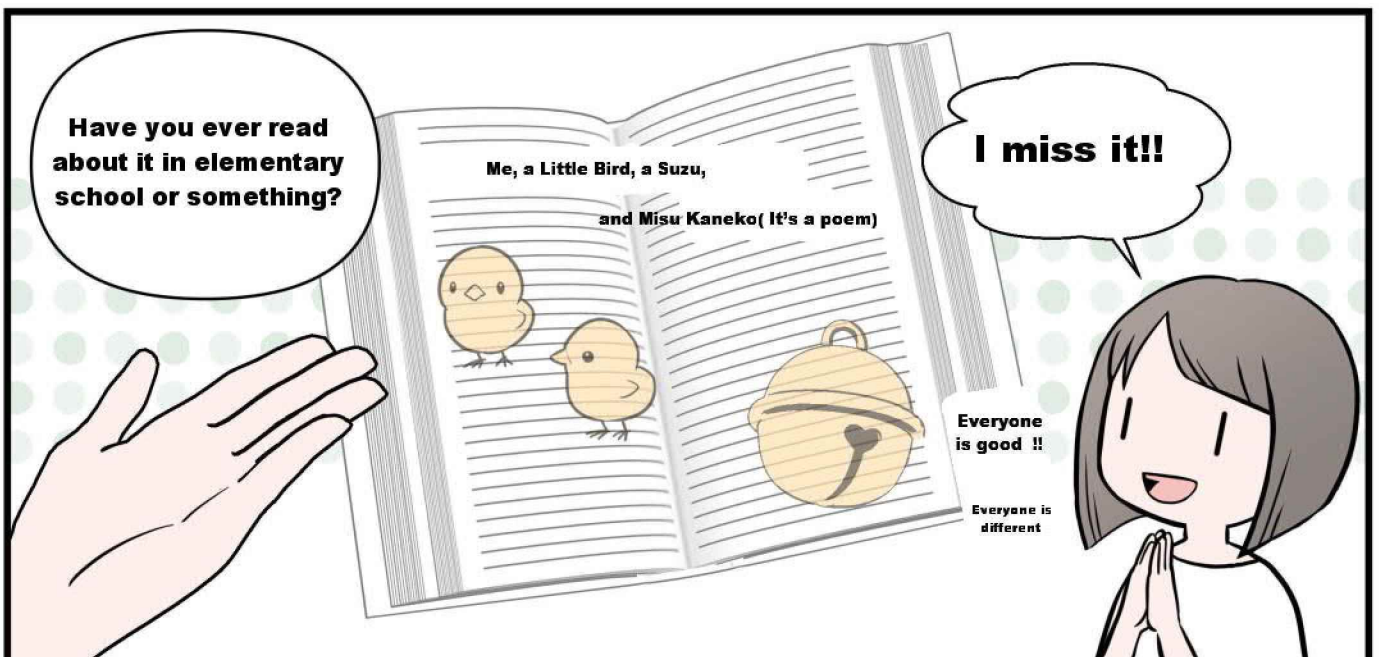
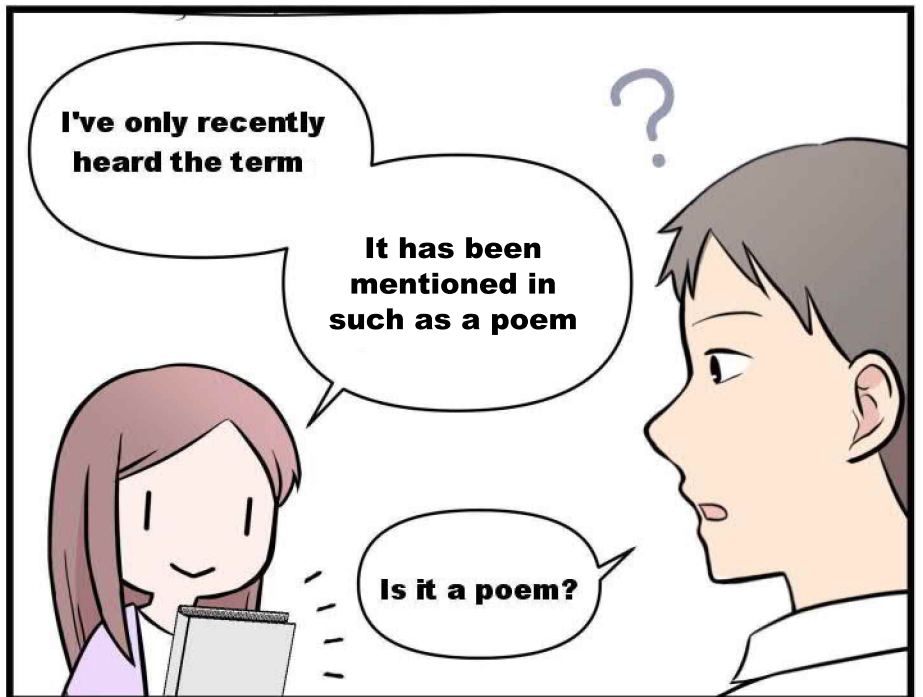
Sometimes, the whole thing is a chain of events



Chapter 2: Diversity and Empowerment







When we inspire each other, it's not more exciting to be in the same groove

I think diversity is good, of course

Sometimes we get along well because we're similar,

but it's hard to face a wall when we have the same disadvantages

Can you do it ?

Oh, I see

I can't do it

Because each of us has different strengths, we can often help each other

Big and timid

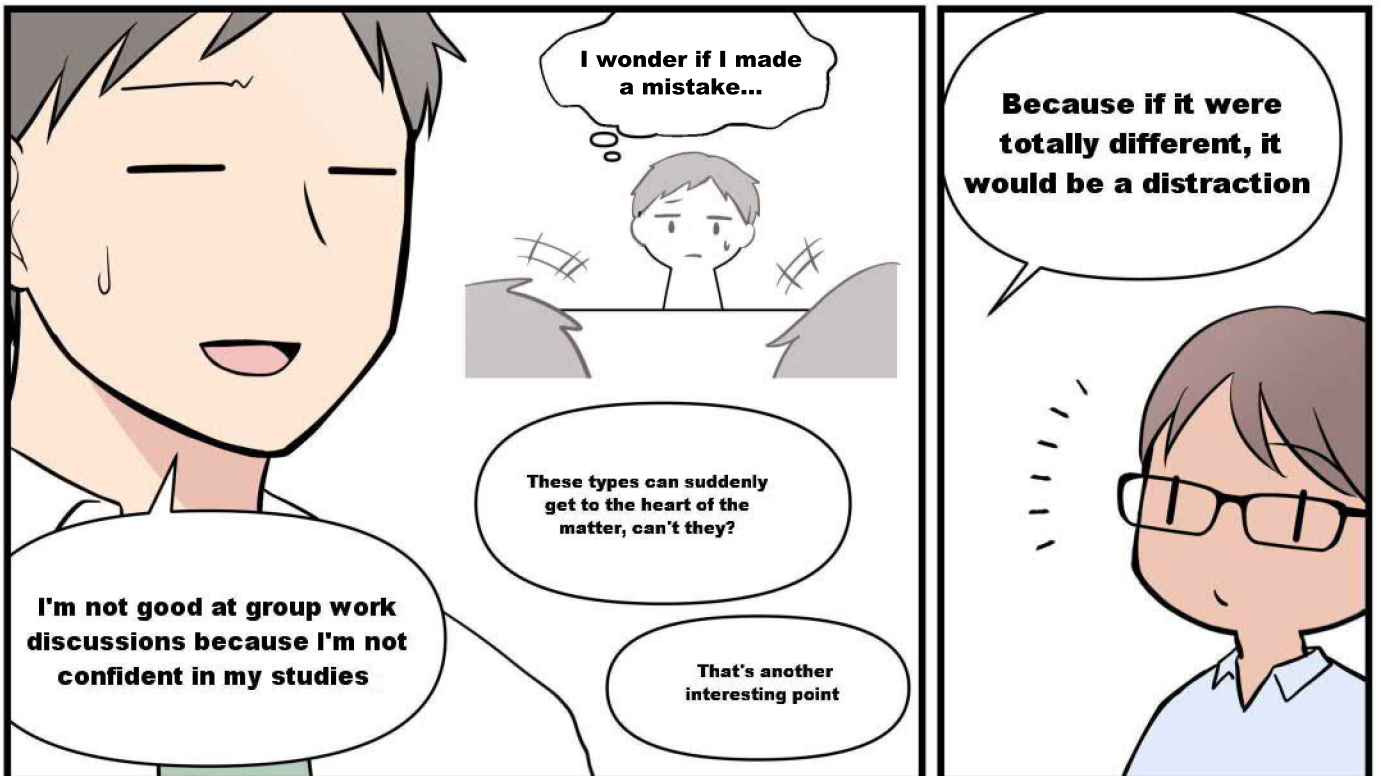
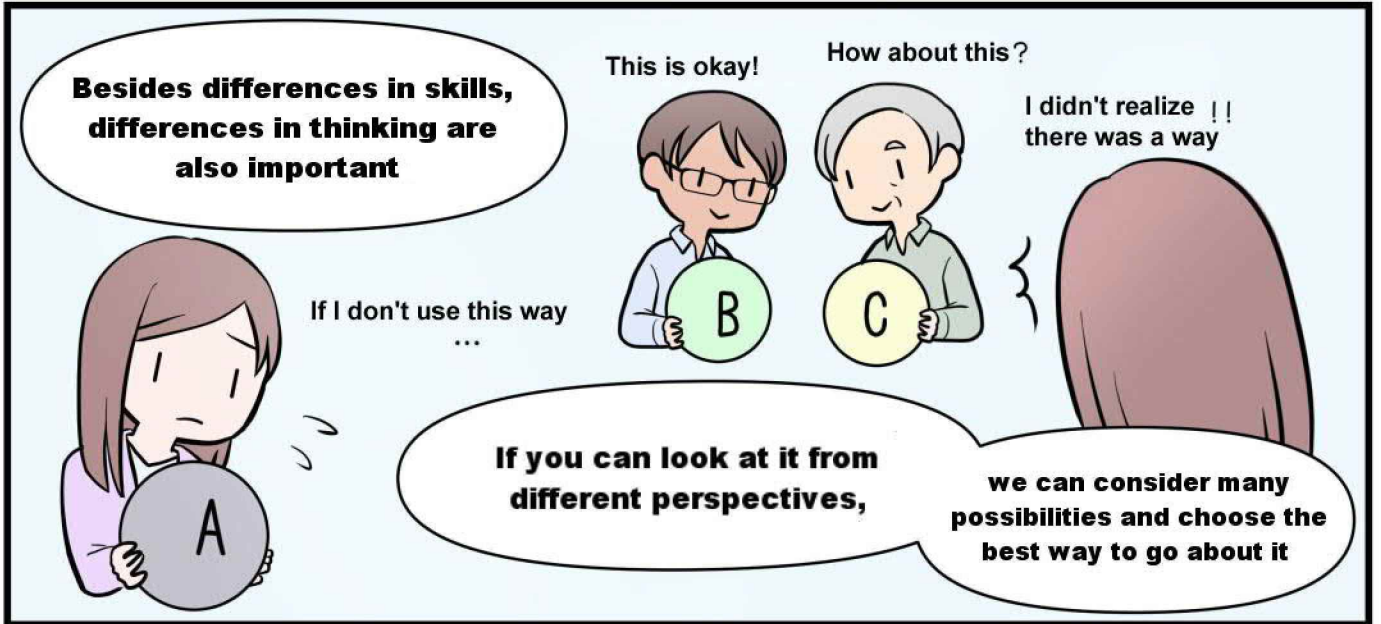
Small but full of courage

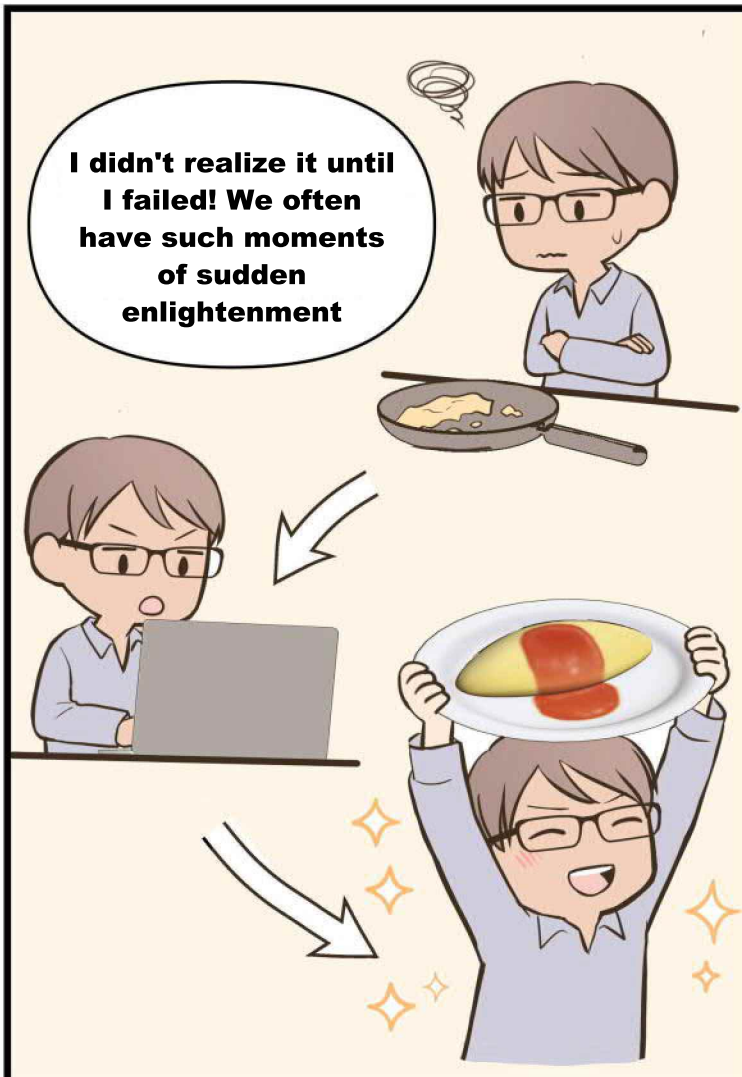
It's all right

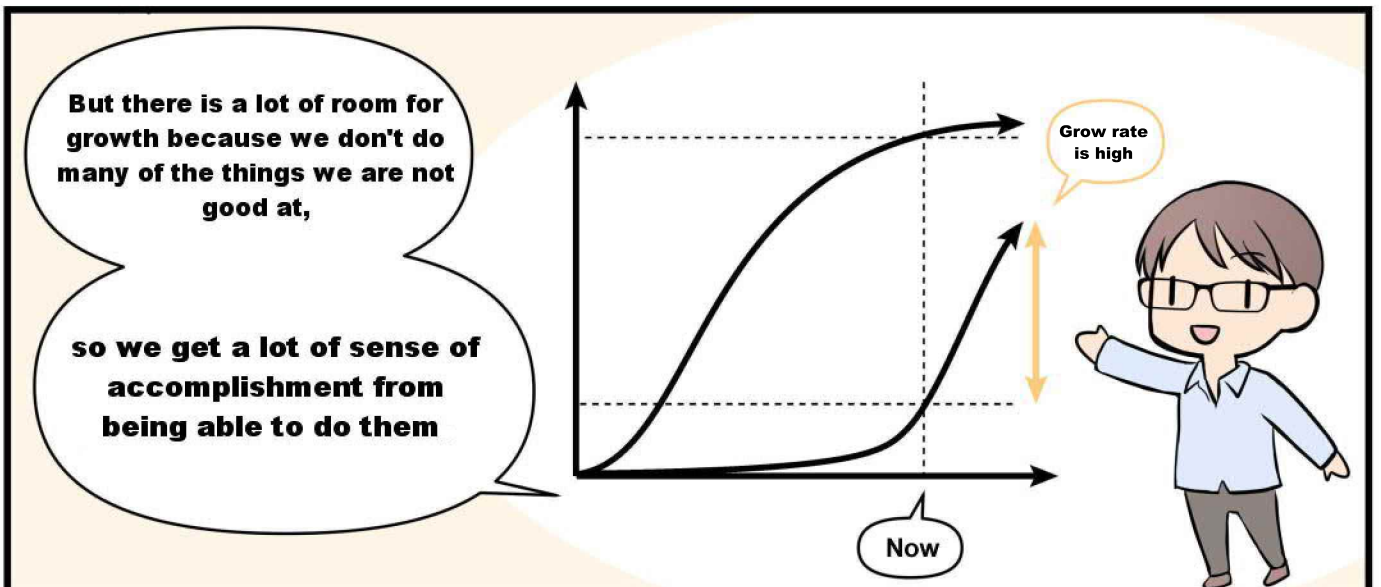
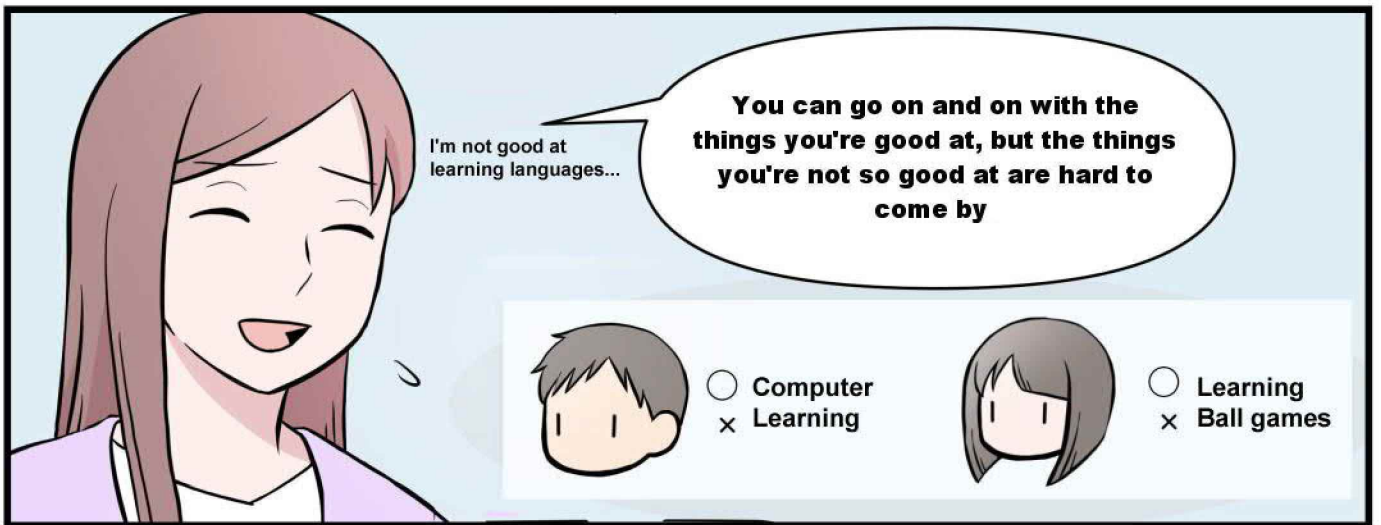
Even though you and Daiki's band are similar in the sense that you both love music, there are some songs that you can do because you have different parts that you are good at

Let's go ——— !!

The base is important, but...







I did practice a lot on the keyboard in the beginning so that I could play faster,

so the sense of growth was more frequent in the beginning than it is now

I can read music now

I can now play simple songs

I've learned to play a little by ear

I can now play more difficult songs

A little stagnant lately

The more difficult it gets, the longer it takes to grow something you're good at

What should I do if I want to do something that I am not good at but would like to do

but would like to avoid if possible?

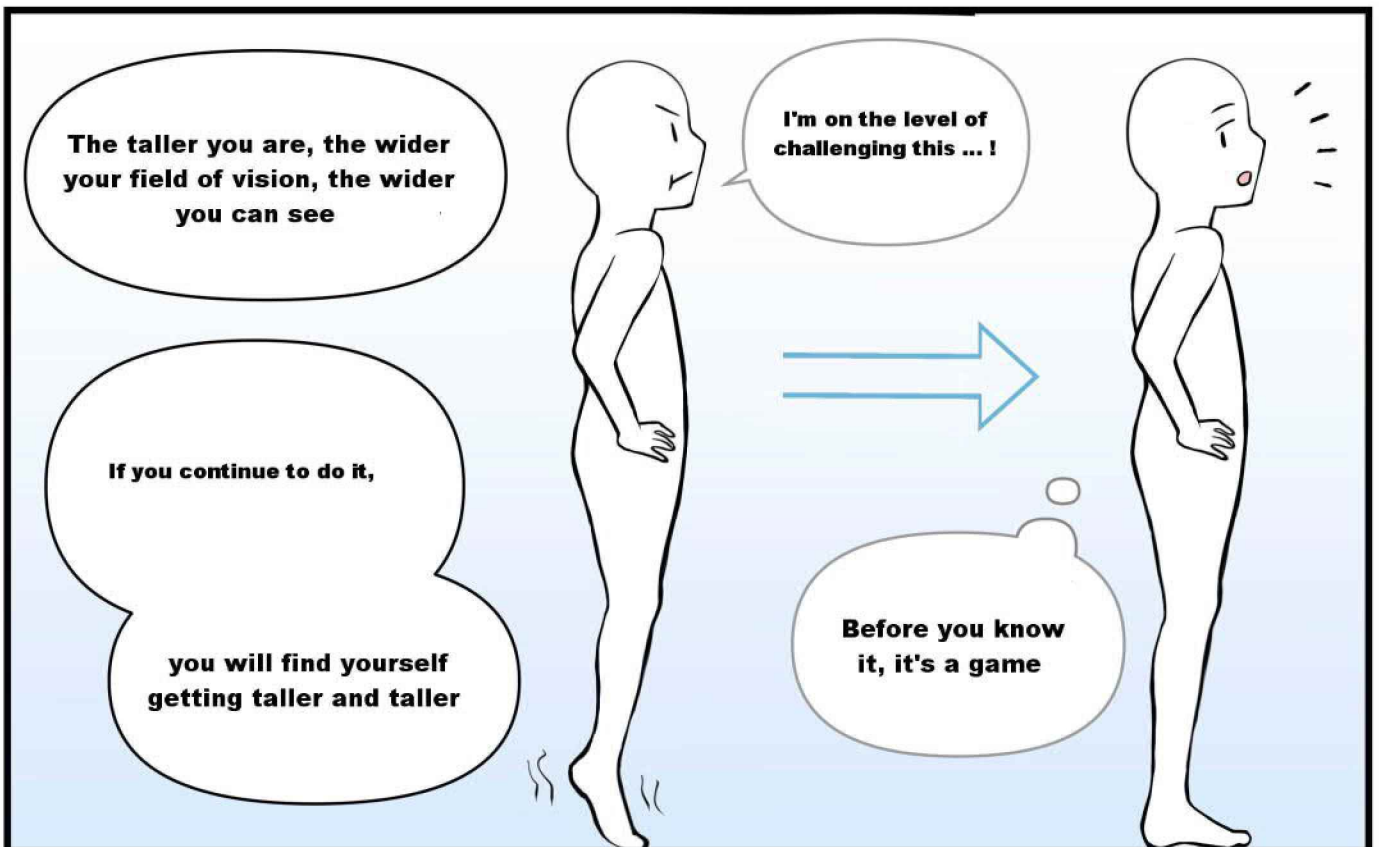
Somebody got hurt...

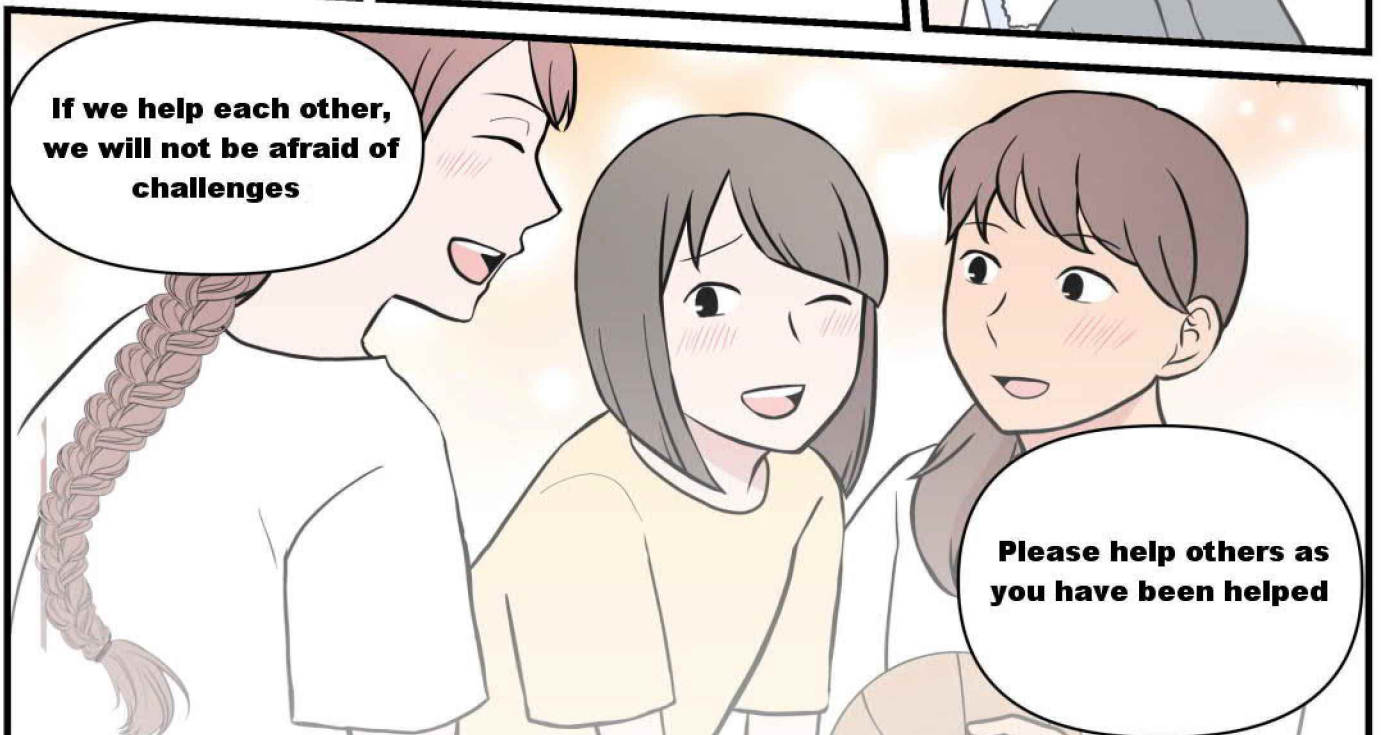
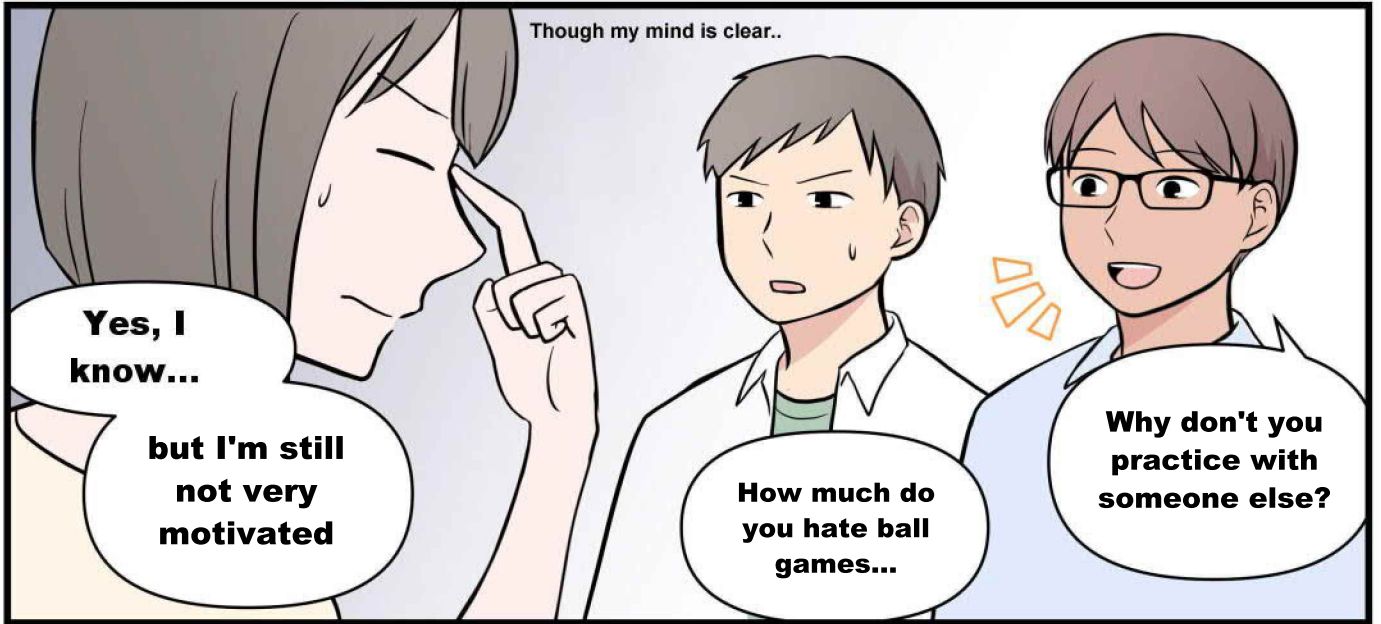
If you don't practice, you're gonna get hurt...

Ball games, which involve teamwork, seem to suit Mei san

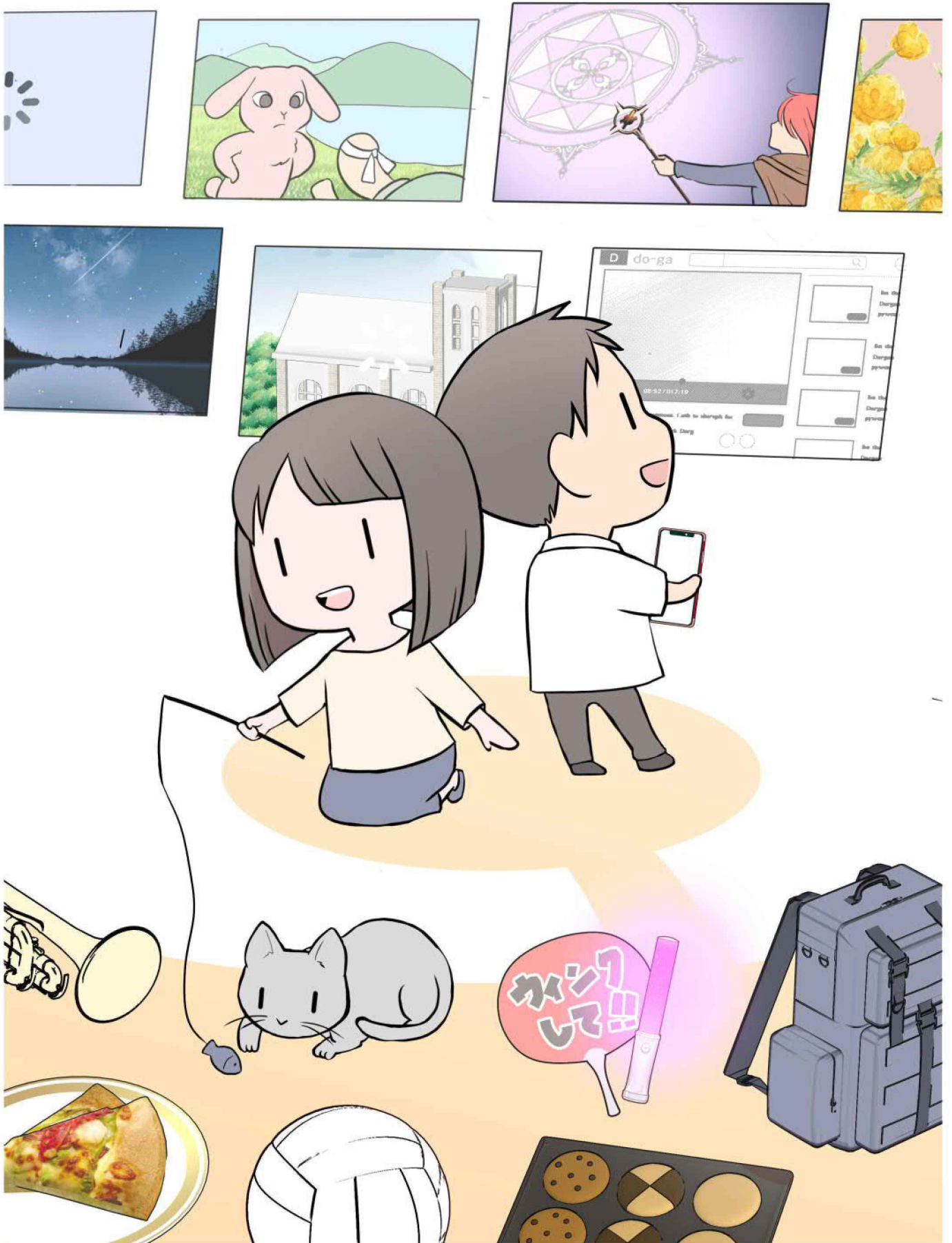
It is quite possible to overcome something that you have been avoiding

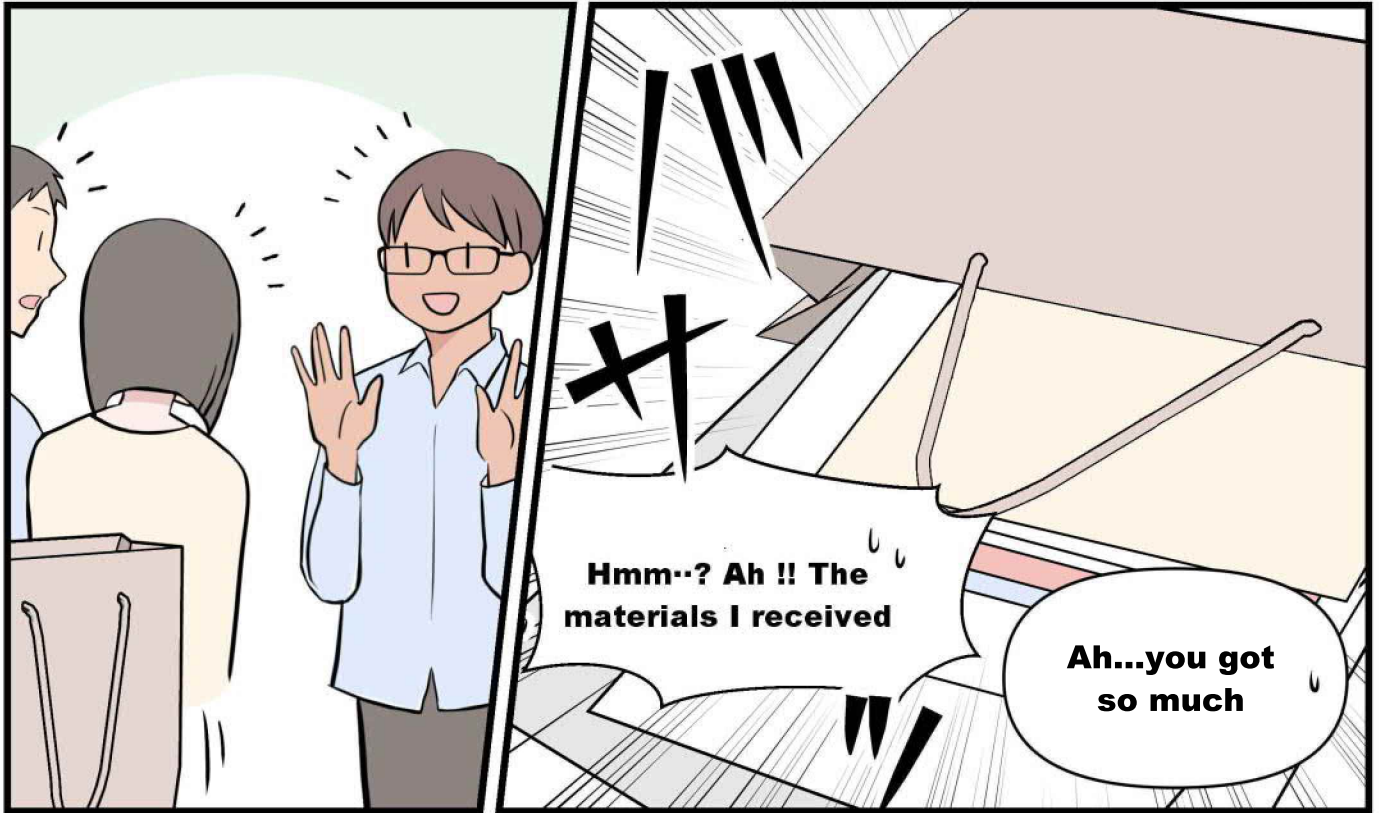
because you are not good at it, and find that it is a lot of fun!





Chapter 3: Real and Virtual Experiences





Hmm..? Ah !! The materials I received

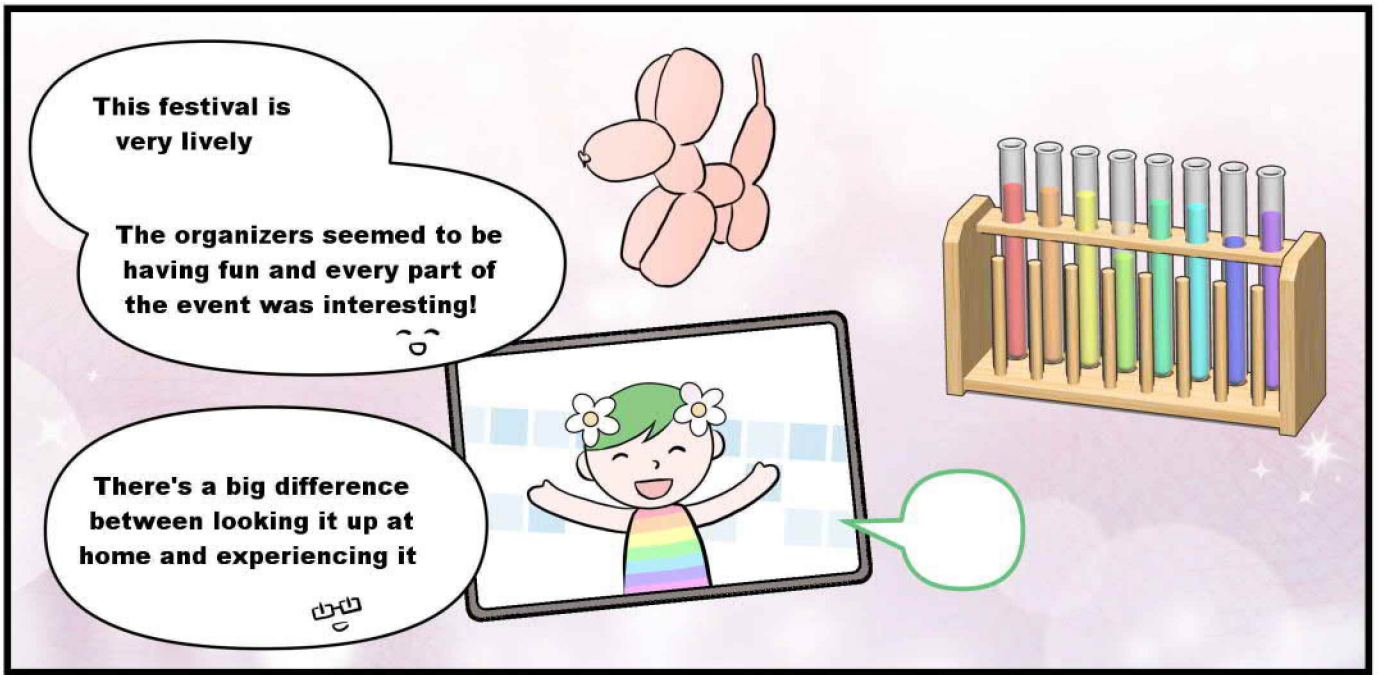
Ah...you got so much



You've been around a lot

Oh...

I'm just curious about the experience system and how interesting it would be...



This festival is very lively

The organizers seemed to be having fun and every part of the event was interesting!

There's a big difference between looking it up at home and experiencing it



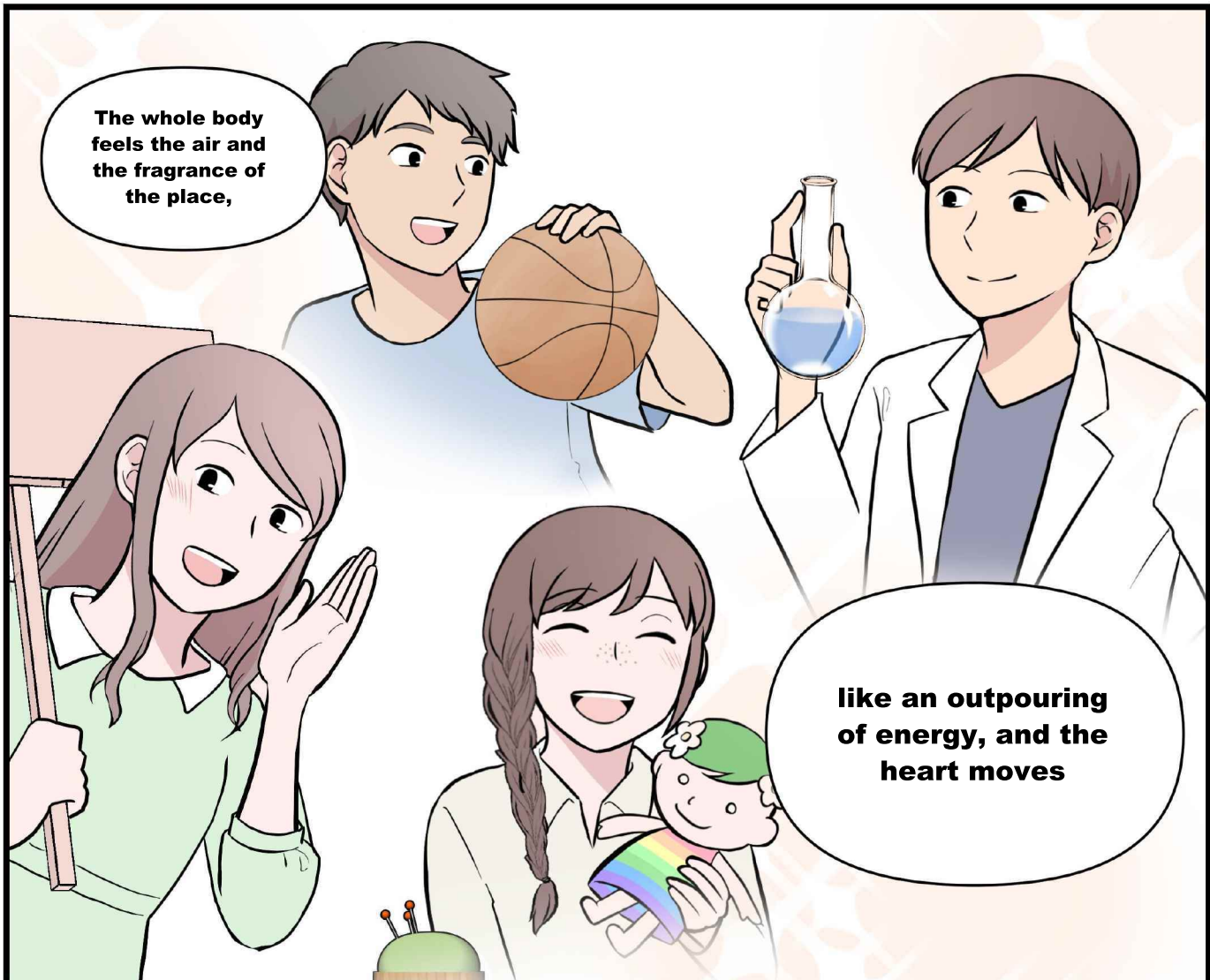
While it is useful to look it up in books or on the Internet

It is very important to have the experience of actually coming into contact with the real thing



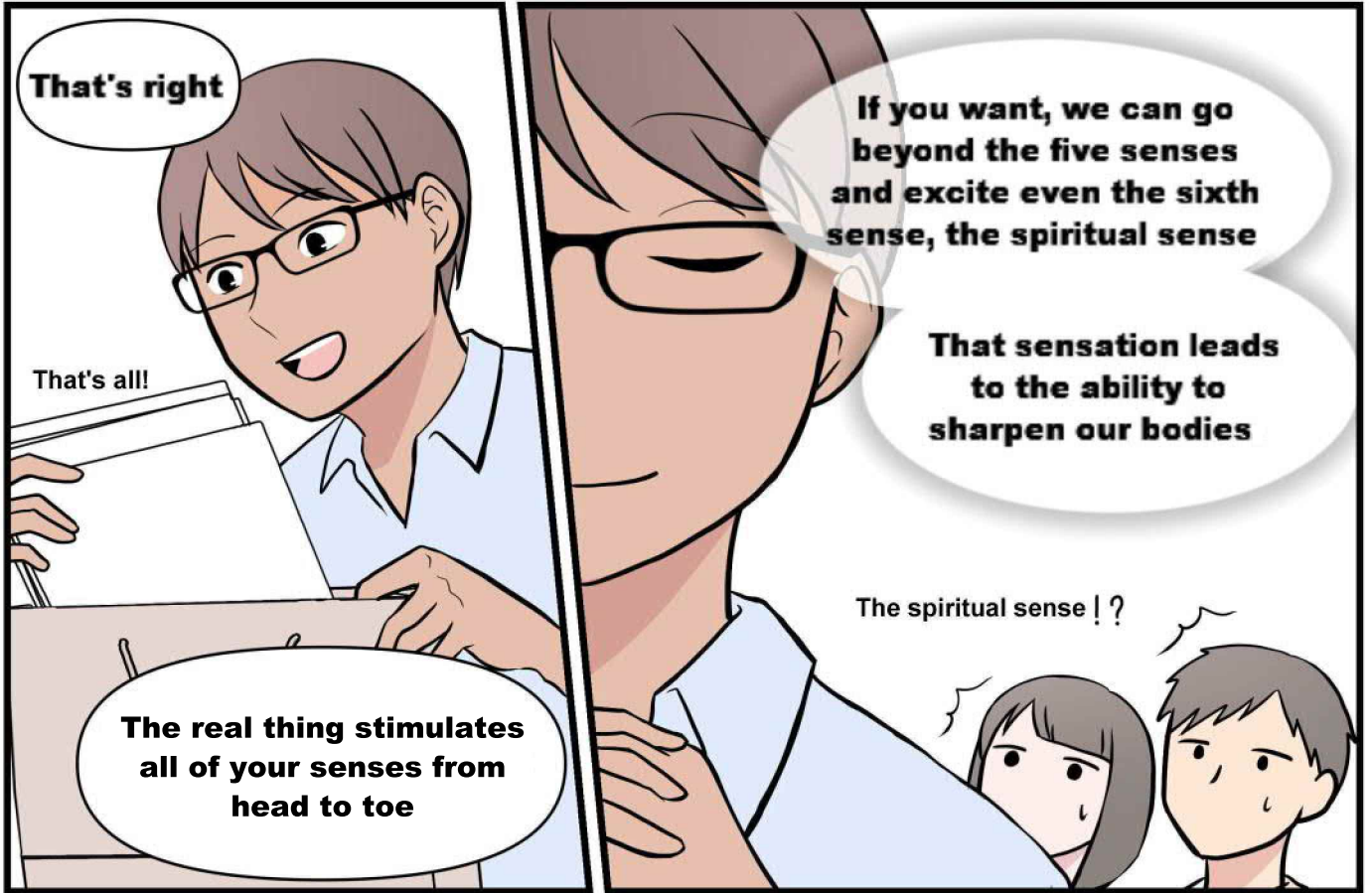
People should perceive things,

not only with their eyes and ears, but with their entire body



The whole body feels the air and the fragrance of the place,

like an outpouring of energy, and the heart moves



That's right

That's all!

The real thing stimulates all of your senses from head to toe

If you want, we can go beyond the five senses and excite even the sixth sense, the spiritual sense

That sensation leads to the ability to sharpen our bodies

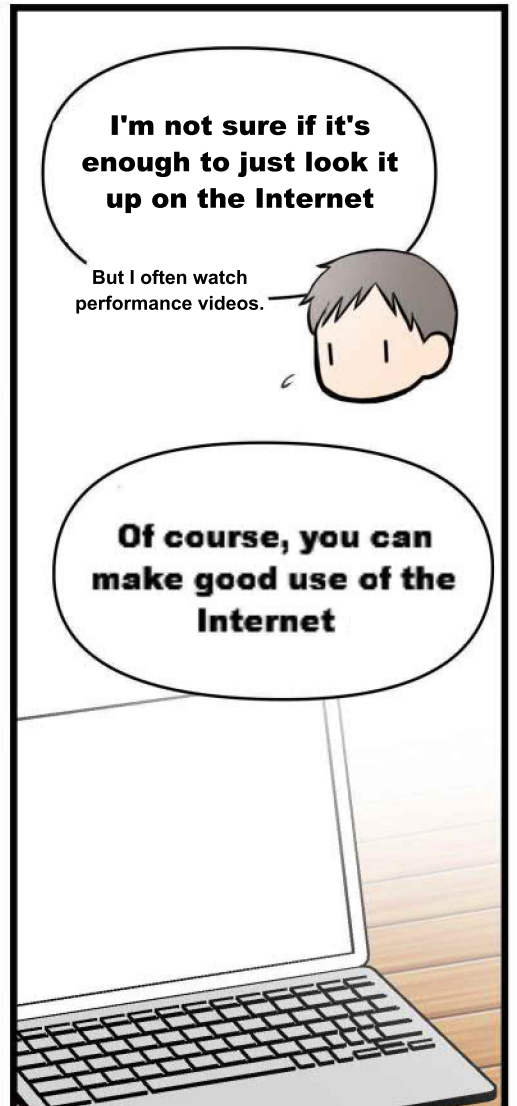
The spiritual sense ! ?



All sorts of experiences are important for training the mind

People need nourishment for both the body and the mind

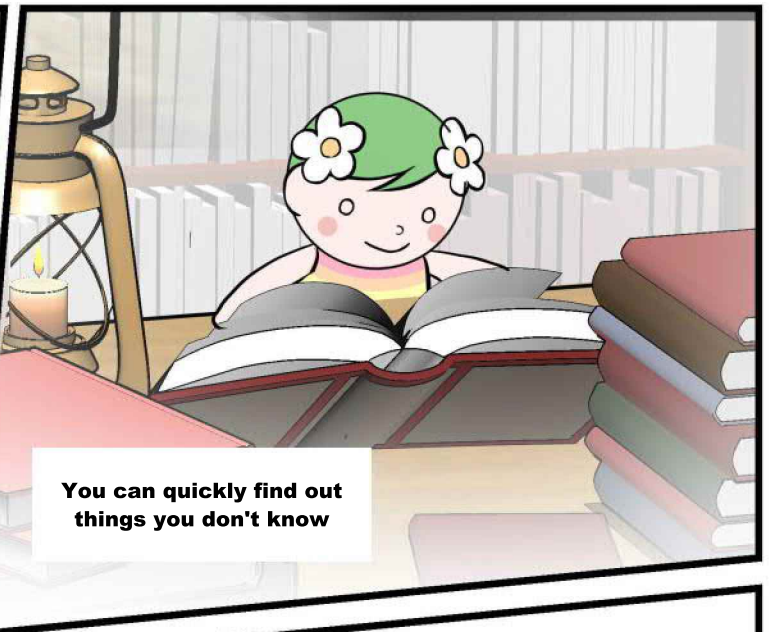
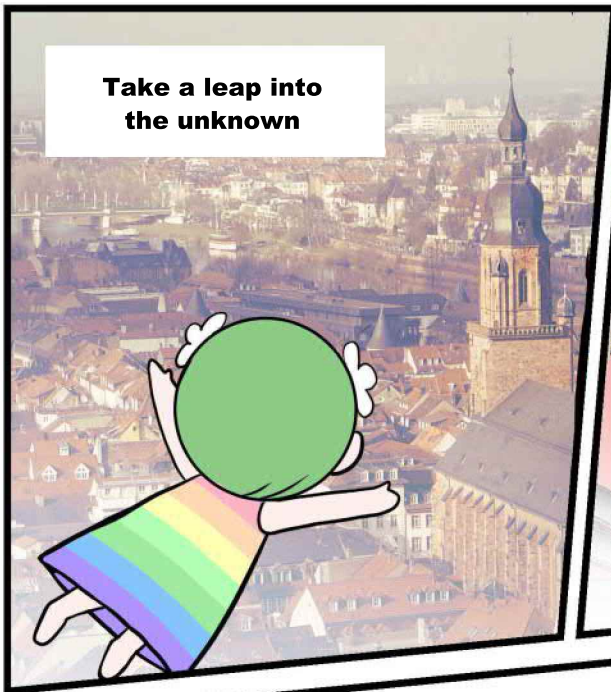
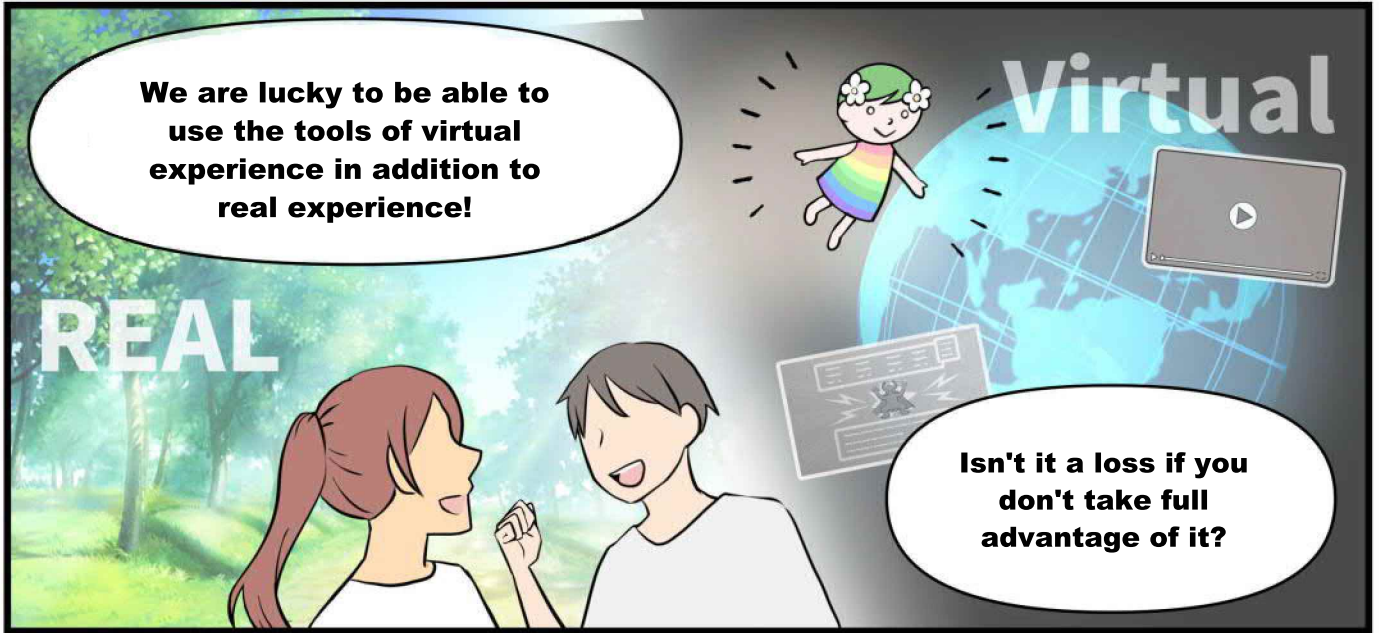
I hope you will continue to receive various stimulations



I'm not sure if it's enough to just look it up on the Internet

But I often watch performance videos.

Of course, you can make good use of the Internet

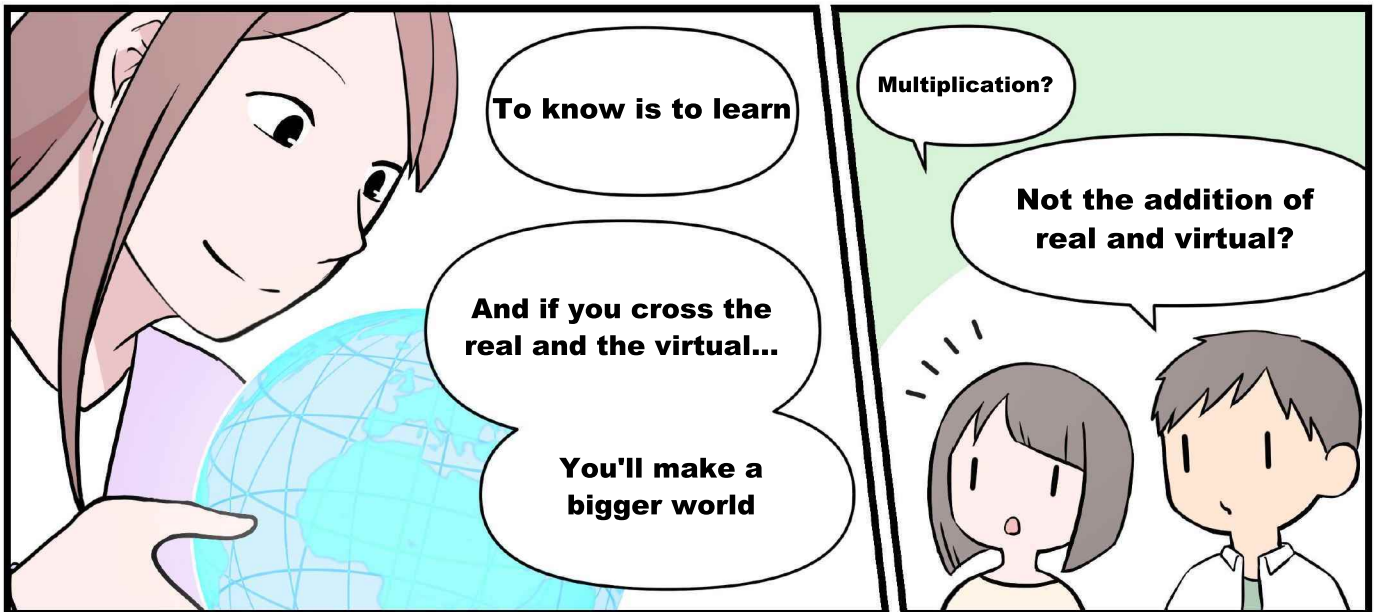




**The whole wide world
appears before your
eyes, and you wonder**

**Where did we come from
and where are we going?**

**You can watch like a hawk
flying high in the sky!**

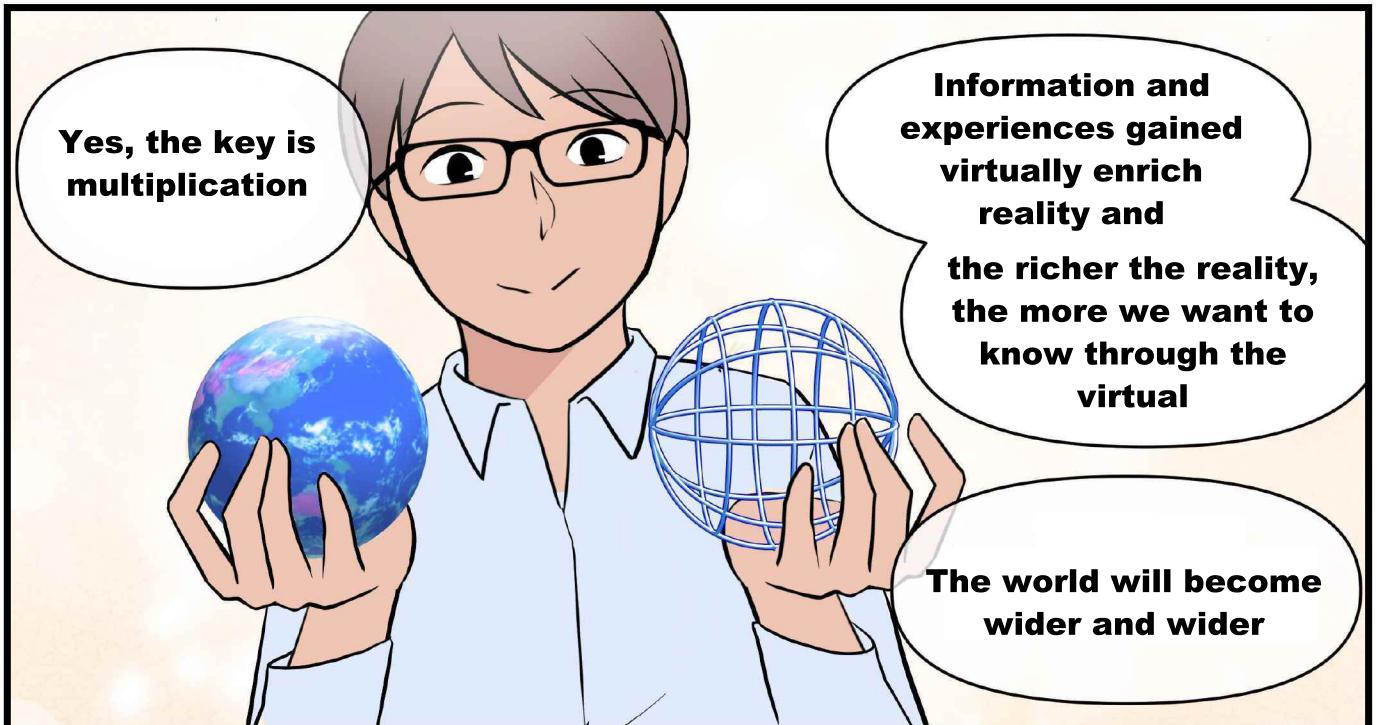


To know is to learn

**And if you cross the
real and the virtual...
You'll make a
bigger world**

Multiplication?

**Not the addition of
real and virtual?**

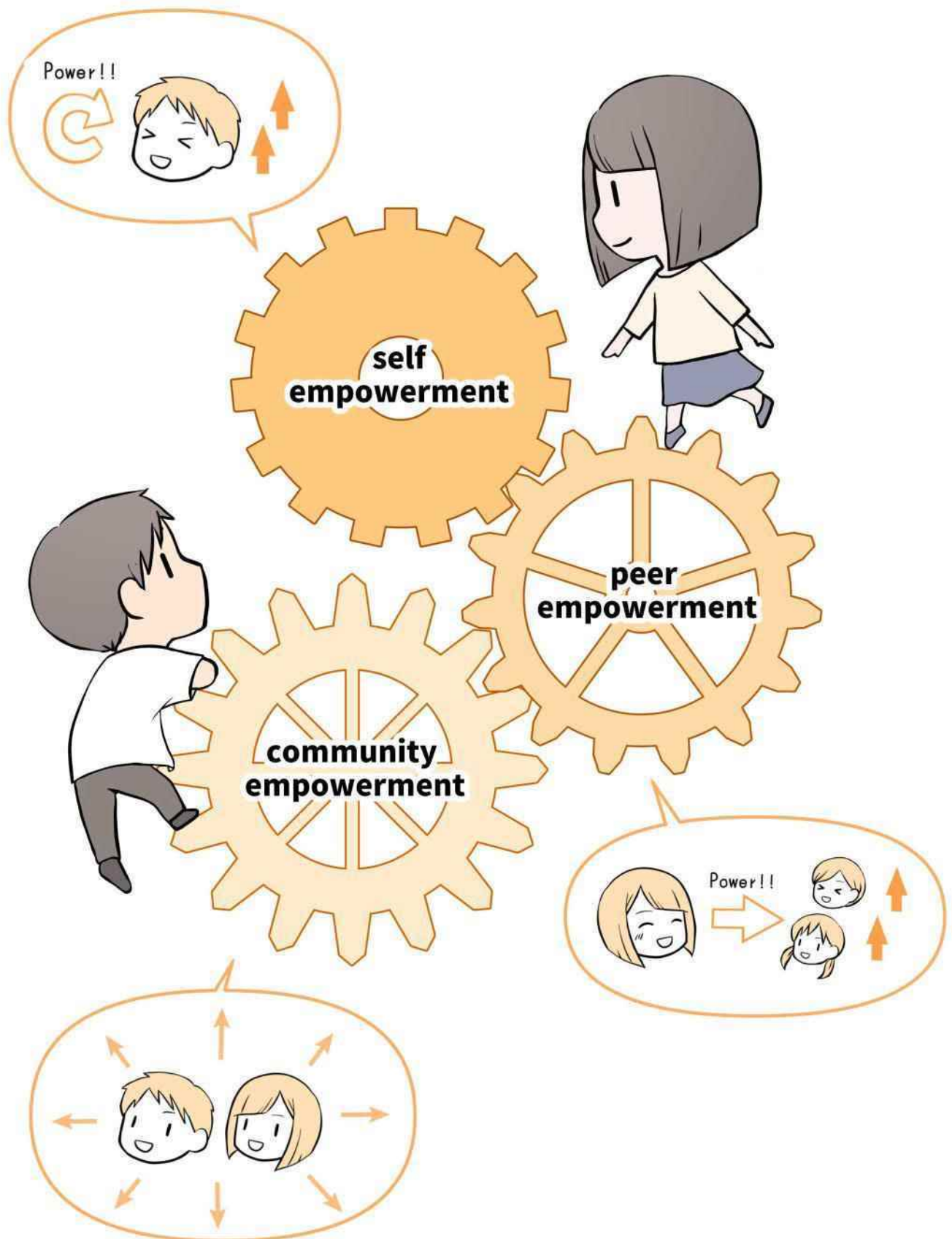


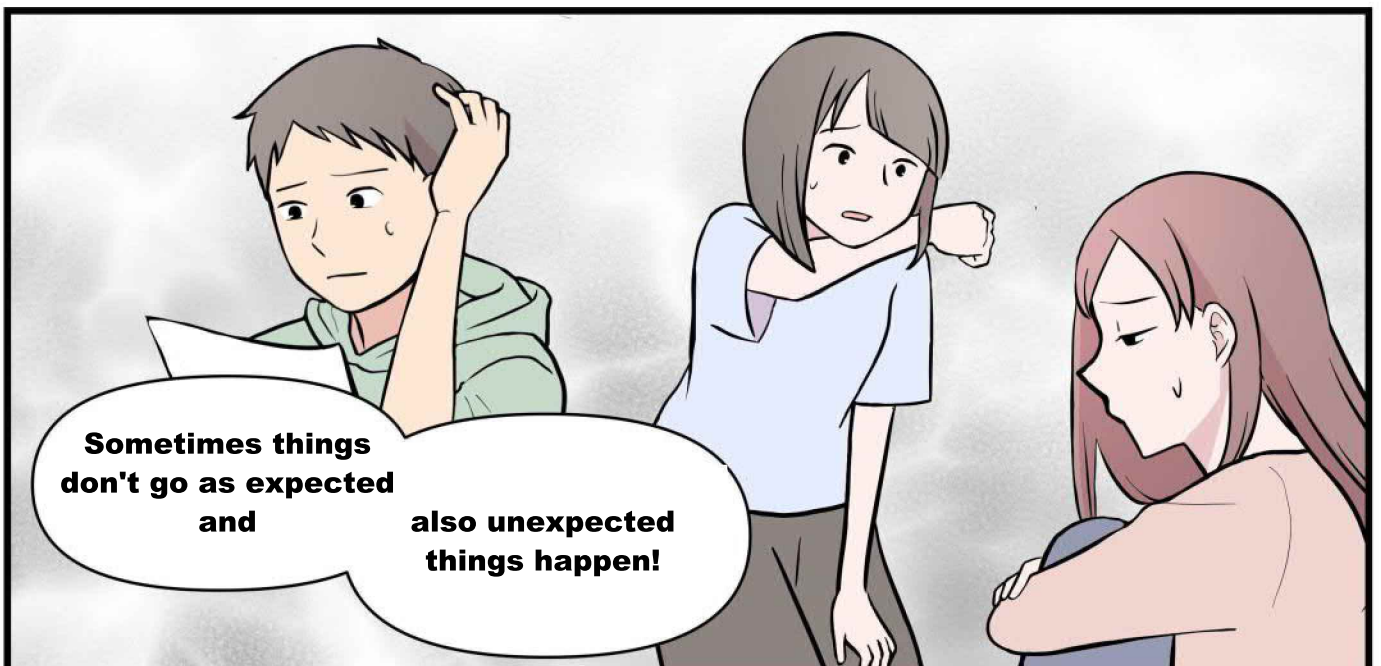
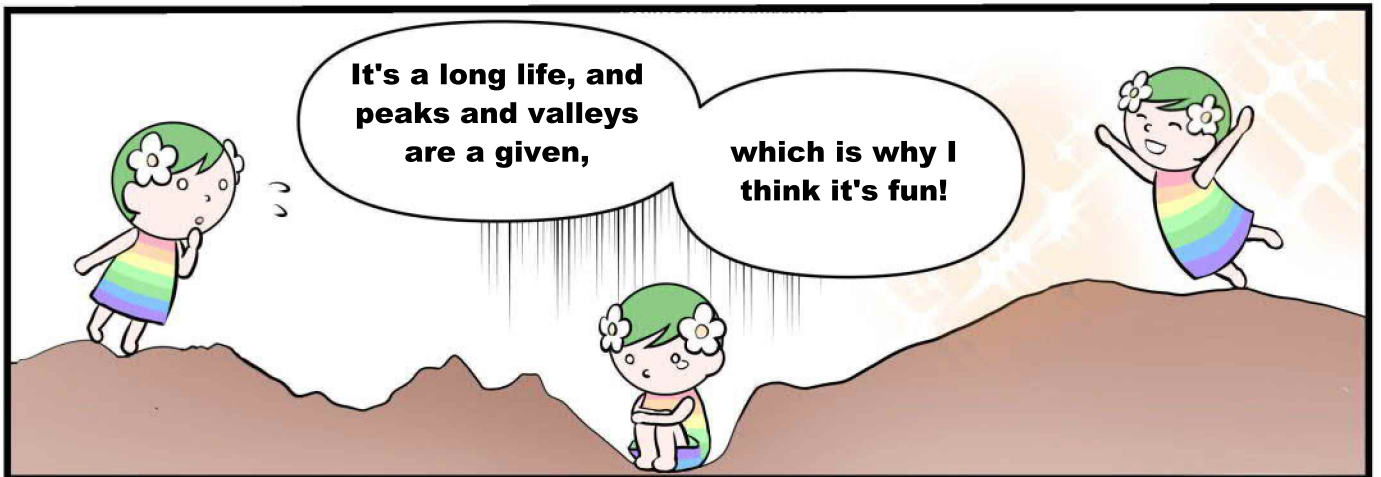
**Yes, the key is
multiplication**

**Information and
experiences gained
virtually enrich
reality and
the richer the reality,
the more we want to
know through the
virtual**

**The world will become
wider and wider**

Final chapter: Let's become professionals in empowerment!



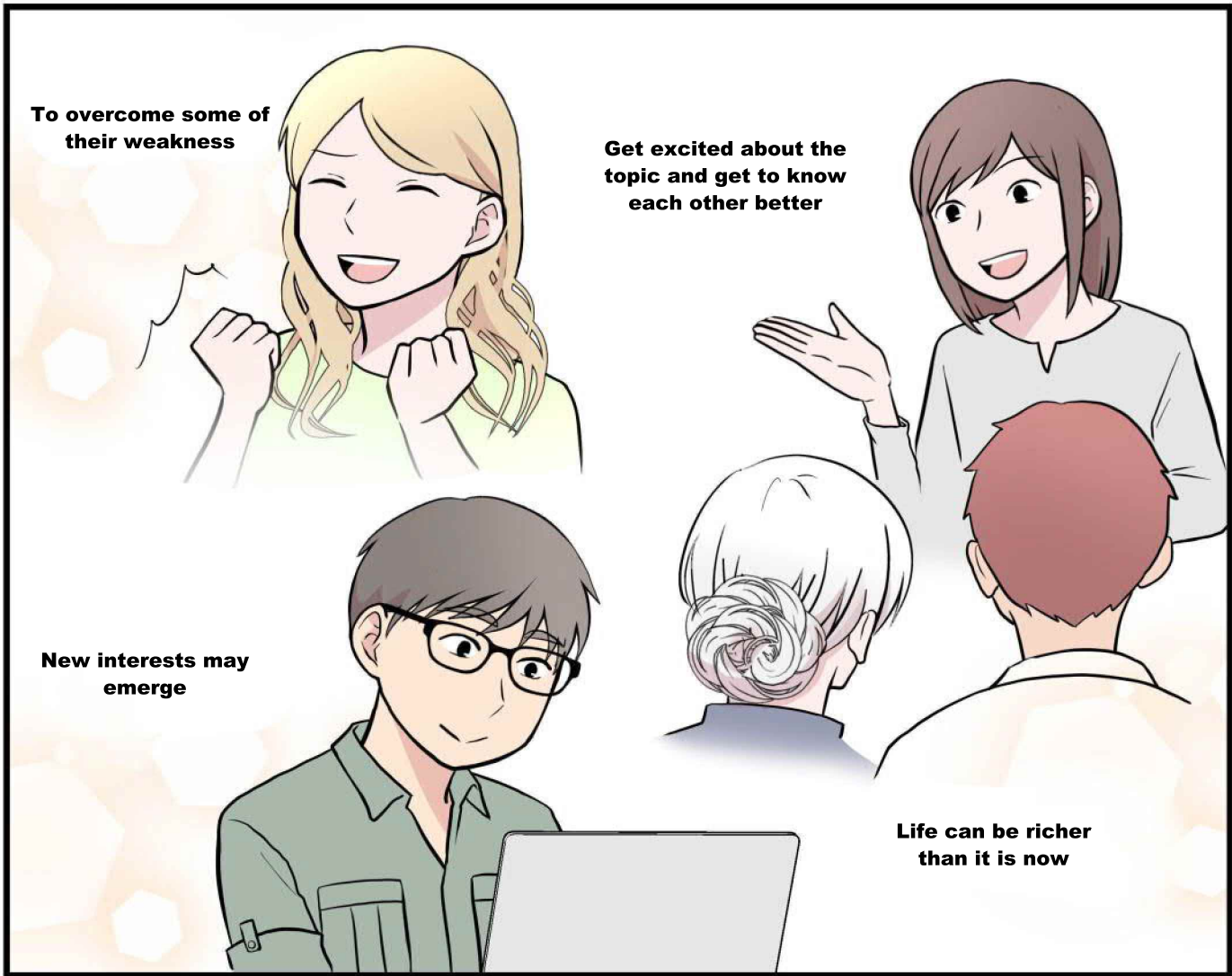




But that's when you have a chance to encounter new insights



The new awareness you gain will help you and others who inherit them

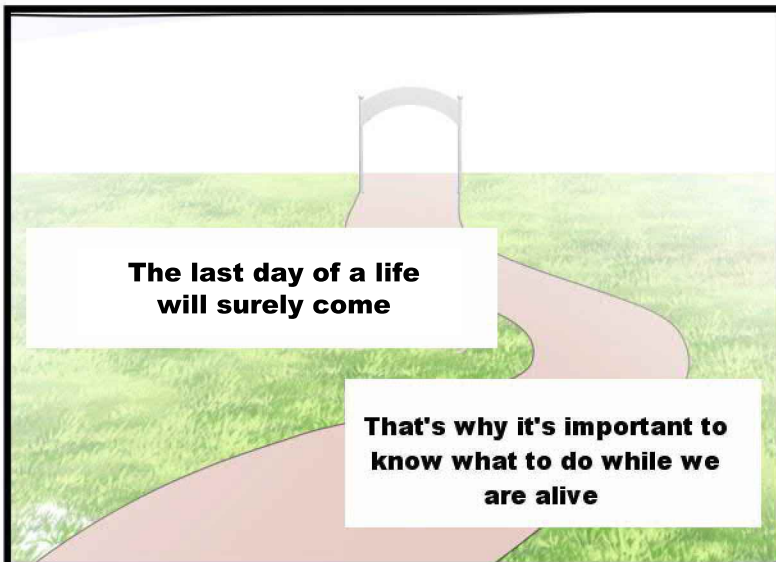
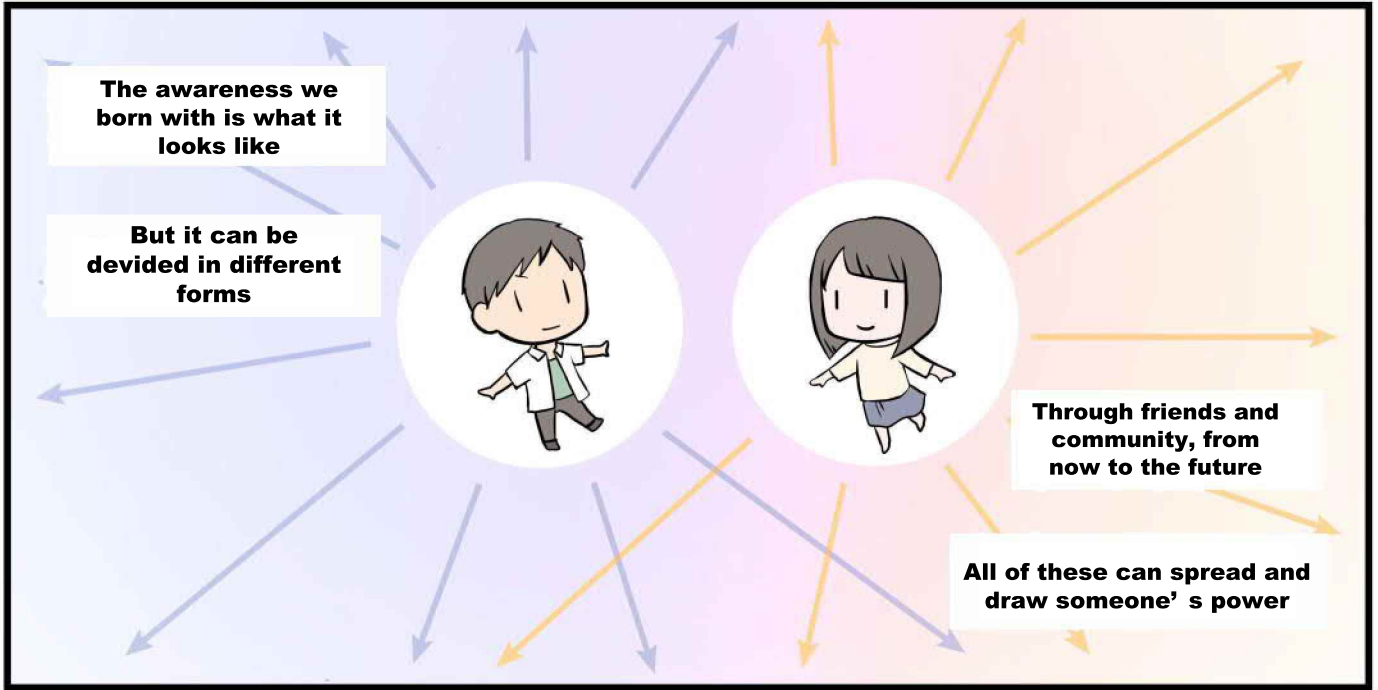


To overcome some of their weakness

Get excited about the topic and get to know each other better

New interests may emerge

Life can be richer than it is now

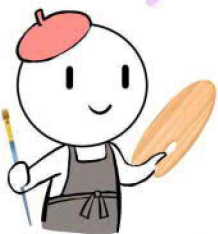


A society where everyone has dreams is said to be [A world of possibilities]

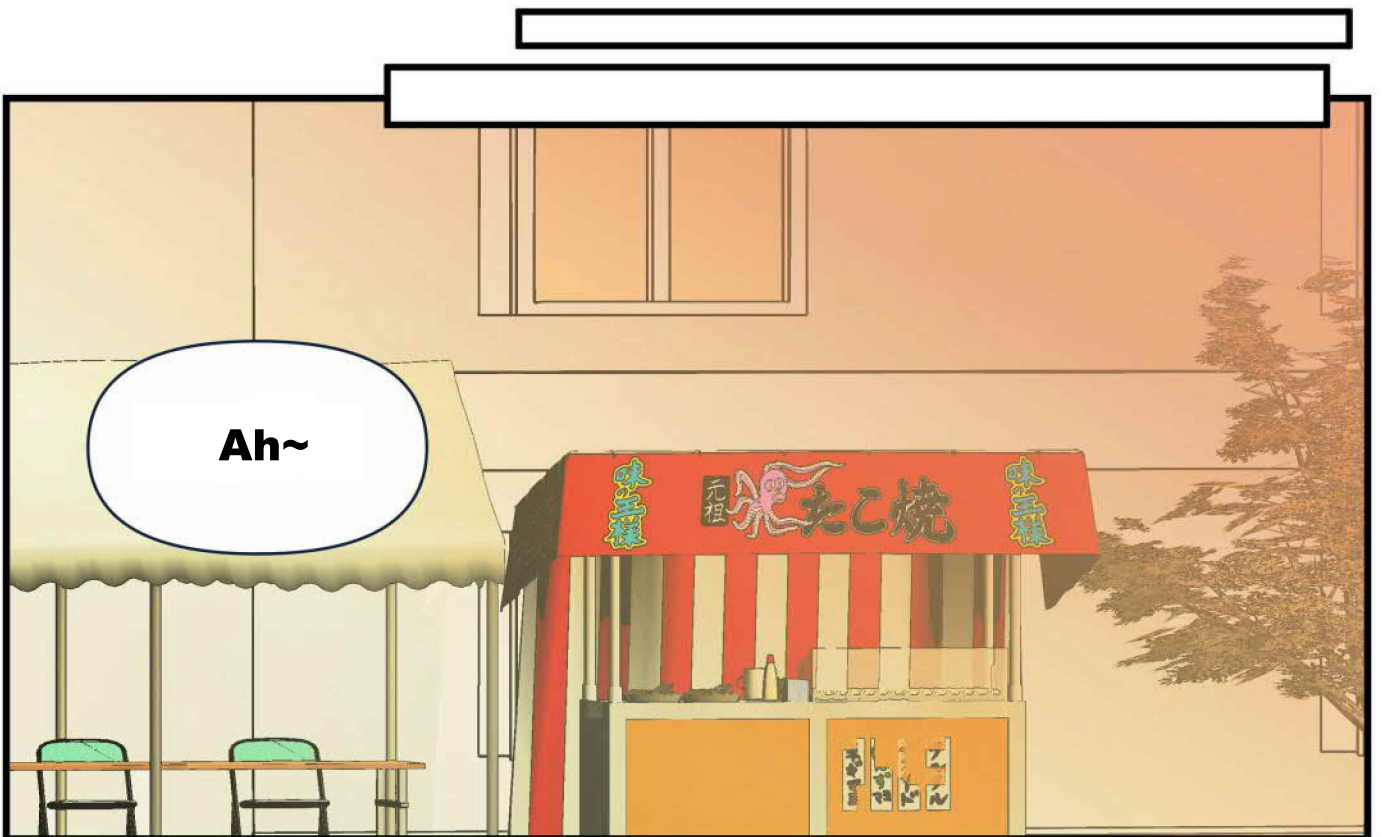
A world of possibilities

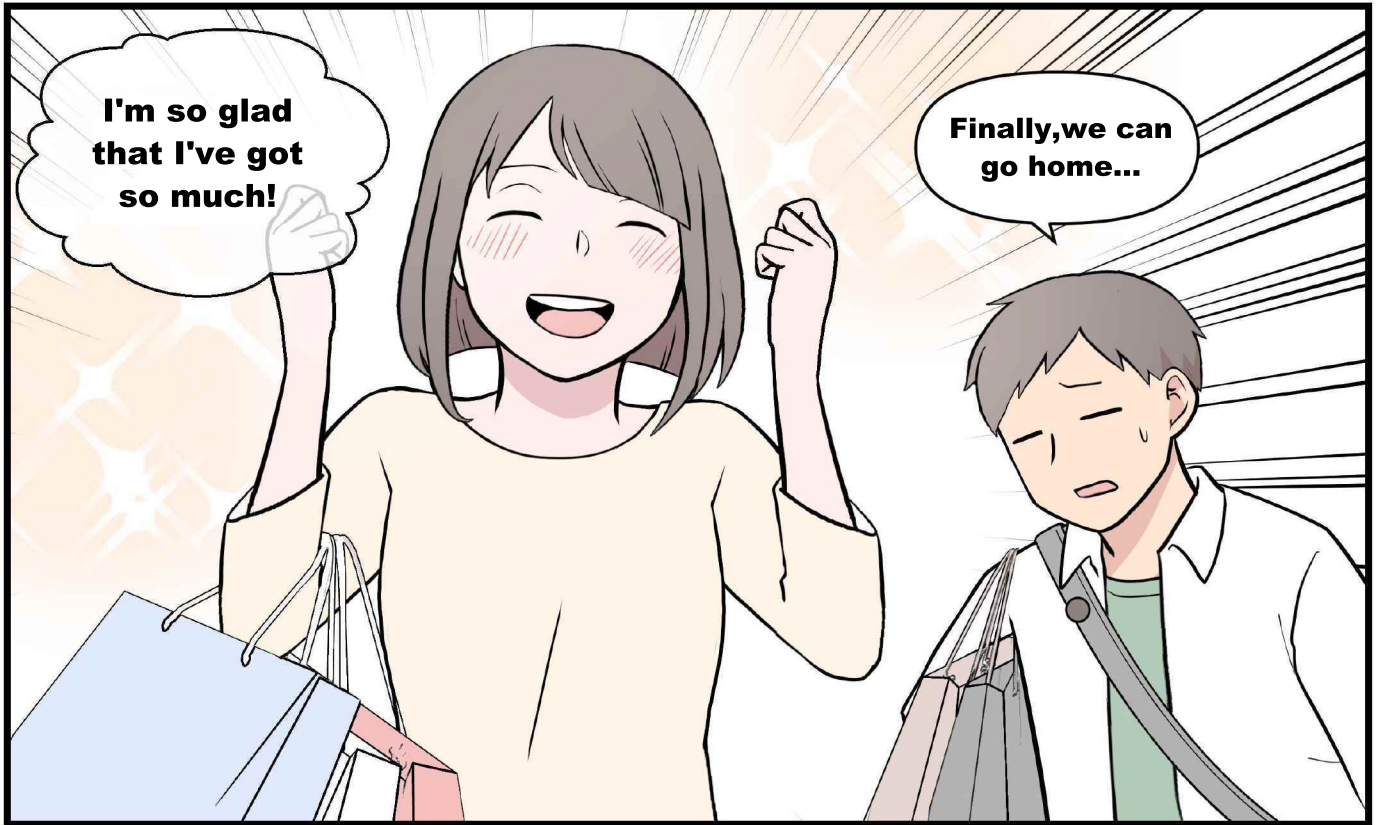
It means a world full of possibilities

We and our friends, our community and our organization, now and in the future, are free and have fun



Please try your best to challenge yourself more





I'm so glad that I've got so much!

Finally, we can go home...

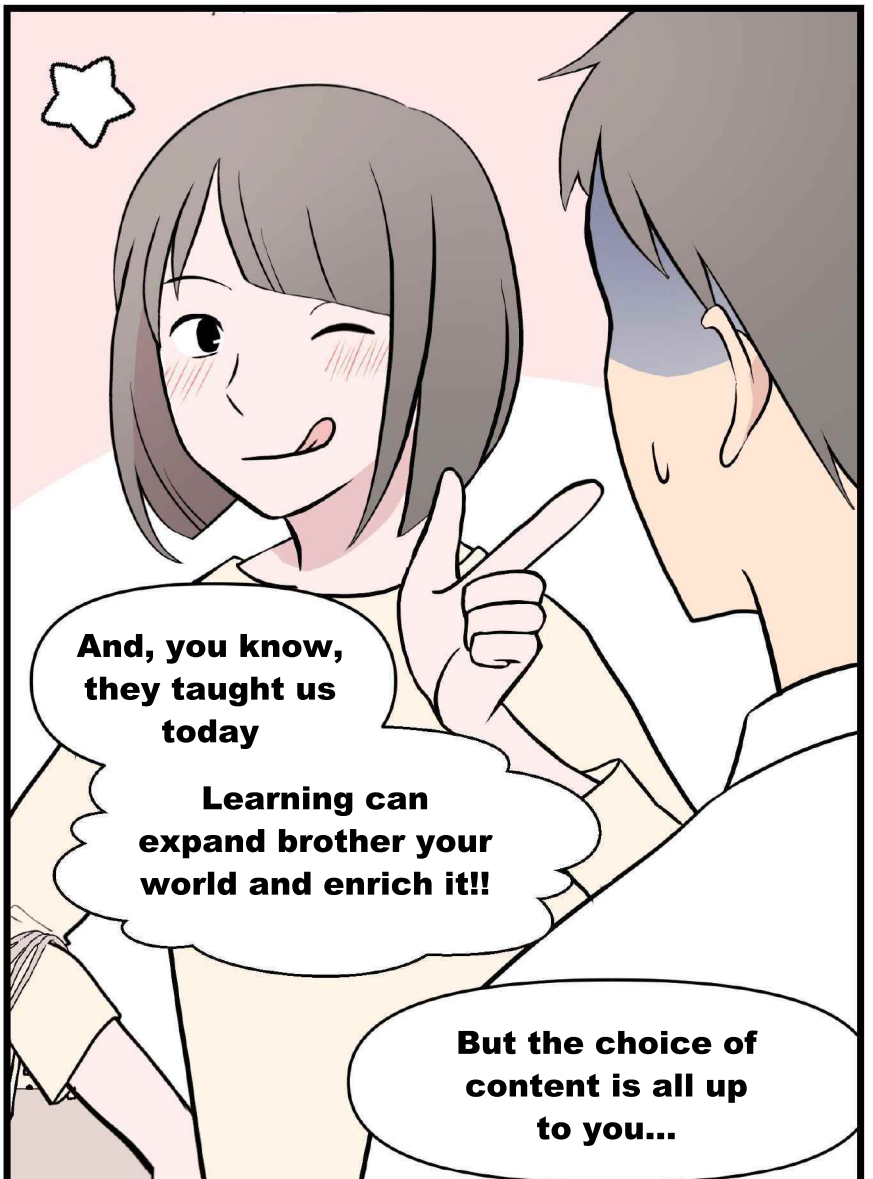


In the end, we turned around almost all day...

Well, you have seen the live show at last!

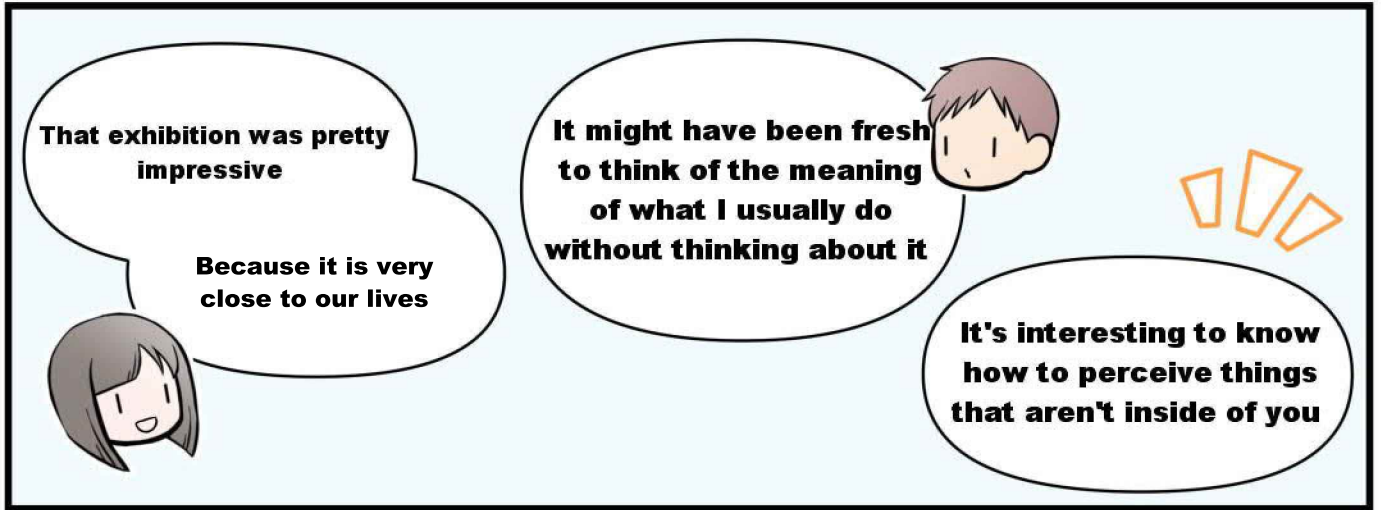
Next!

How about my live?!



And, you know, they taught us today
Learning can expand brother your world and enrich it!!

But the choice of content is all up to you...





Even it is step by step, as long as it can make society for the better

That's right.

Let's start with something that around us

I want to study for a while before going home...

I can't carry the extra things anymore, please let's go home early...

~ *Fin* ~

人を元気にするヒミツ エンパワメントのプロになろう！

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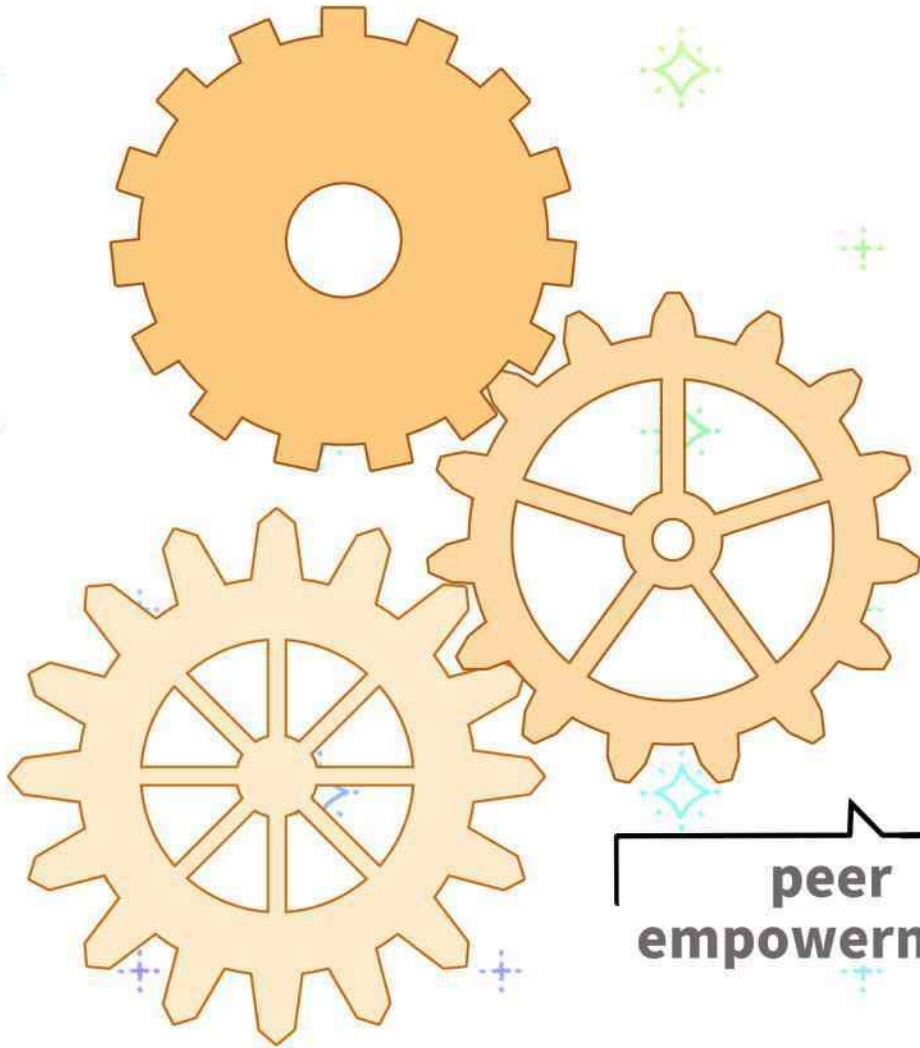
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**self
empowerment**



**peer
empowerment**

**community
empowerment**