



Creating Peace and Happiness for the World

Prof. NISHIMOTO, Teruma
President, Musashino University



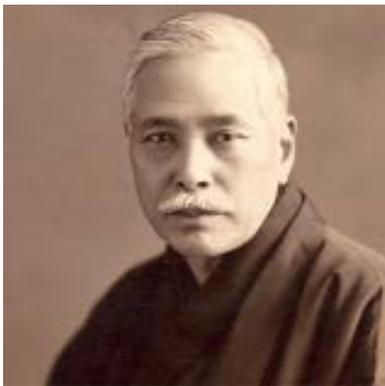
1. Introduction

(1) History of Musashino University

(2) Mission Statement of Musashino University

History of Musashino University

- ✓ 1924 Established Musashino Joshi Gakuin, the predecessor of Musashino University in Tsukiji, Tokyo.
- ✓ 1943 The Musashino Joshi Gakuin incorporated foundation became a school religiously affiliated with Jodo Shinshu Honganji sect.
- ✓ 1965 Established Musashino Women's College (four-year college with the Faculty of Literature).
- ✓ 1999 Established Graduate School of Musashino Women's University.
- ✓ 2003 Musashino Women's University changed its name to Musashino University.
- ✓ 2004 Musashino University became coeducational.



Founder: Dr. Junjiro Takakusu



Musashino Joshi Gakuin established in Tsukiji in 1924

Mission Statement of Musashino University

世界の幸せをカタチにする。

Creating Peace & Happiness for the World



Musashino University

“Creating Peace & Happiness for the World”

Under the current brand statement of "Creating Peace & Happiness for the World," the university's students, faculty members, and all other stakeholders are committed to cultivating greater sensibility, deepening wisdom, and engaging in harmonious co-creation. Buddha, the founder of Buddhism, once proclaimed: "May all beings be happy." Musashino University has established its mission and goals to embody a modern interpretation of this wish.

Brand Vision

Cultivate greater sensibility

- Feel joy and pain of the world.
- Take the subjects as your own.

Engage in harmonious Co-creation

- Resolve the subjects.
- Creating Peace & Happiness for the world.

Deepen wisdom

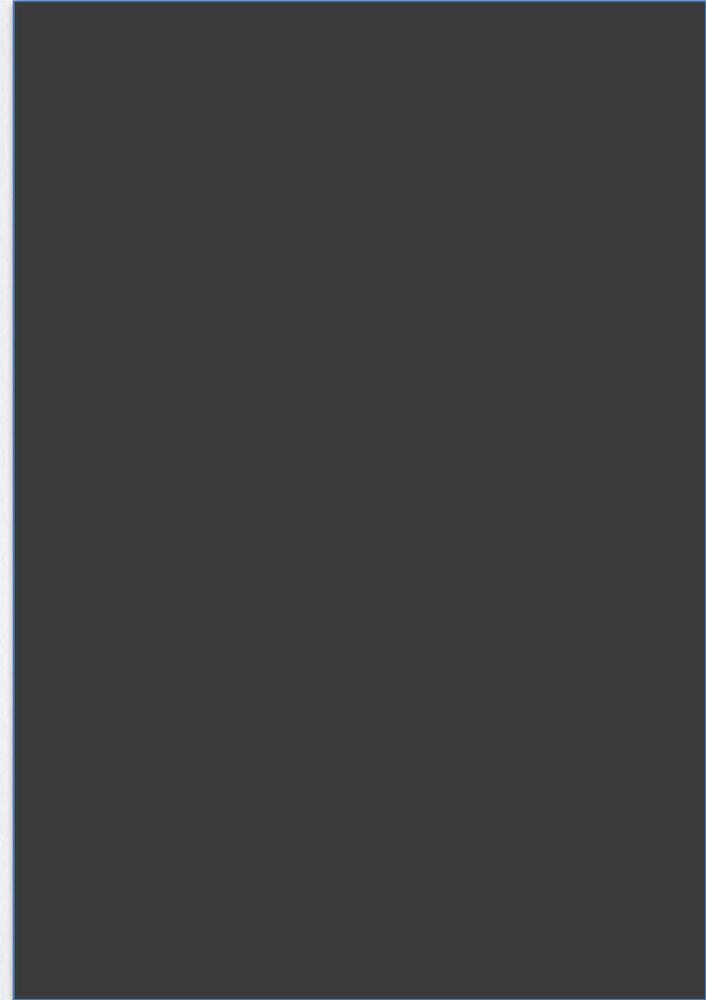
- Inquire happiness for the world again.
- Acquire subjects from various perspectives.

2. Foundational Attributes of Human Existence

(1) Finite, transient, and uncertain nature

“People’s life between heaven and earth is like a white colt’s passing a crevice, and suddenly disappearing. As with a plunge and an effort they all come forth; easily and quietly they all enter again. By a transformation they live, and by another transformation they die. Living things are made sad (by death), and humankind grieves for it...”

(Knowledge Rambling in the North, Outer Chapters, *Zhuangzi*)



“Enough, Ananda. Do not entreat me. Ananda, have I not taught that with what is dear and beloved outwardly there must be change, separation, and severance? That what is born is subject to decay? For things not to dissolve – there can be no such state of things.” (*Mahayana Mahaparinirvana Sutra*)

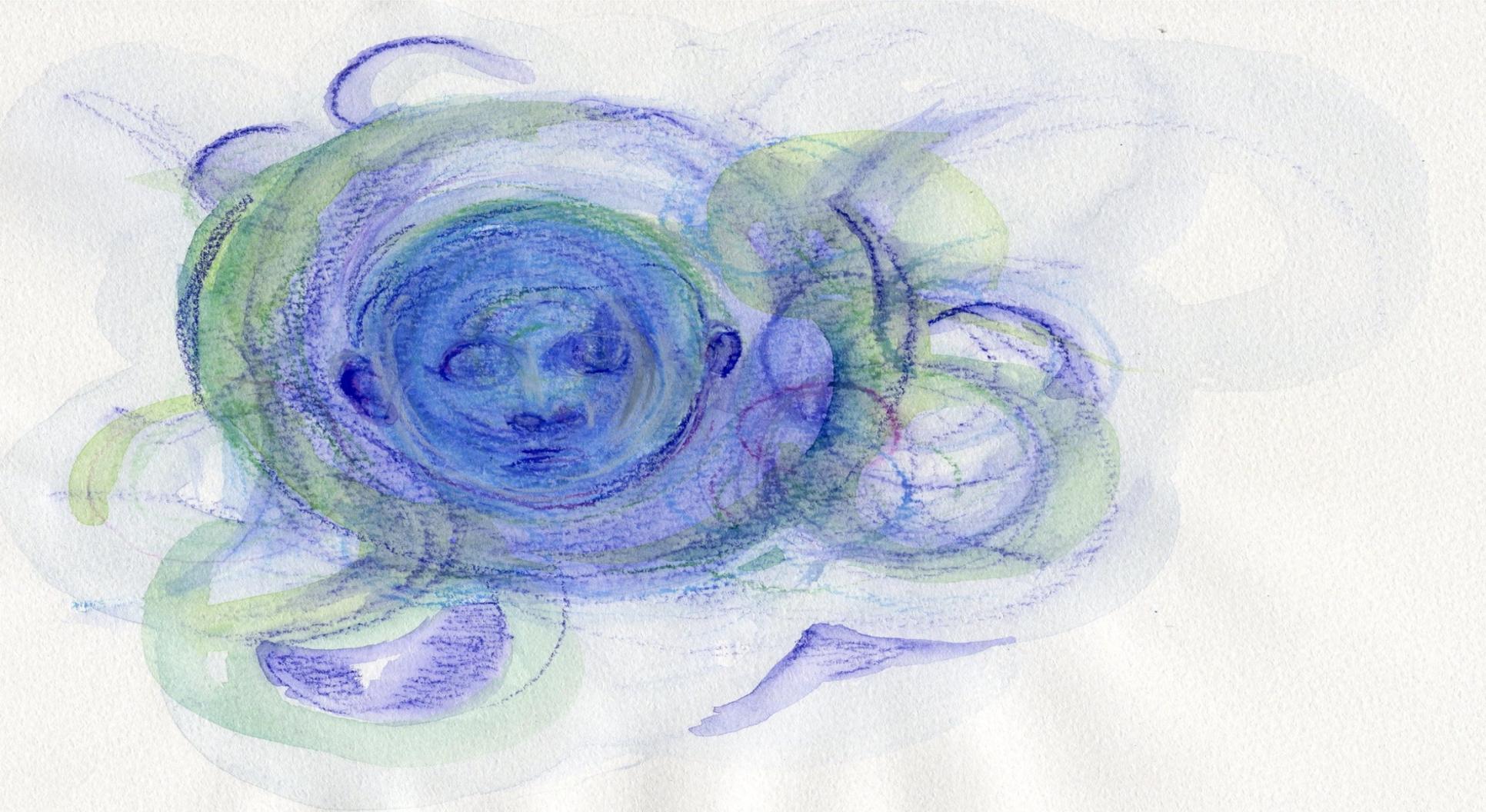
Five signs that life in heaven comes to end

- (1) their pure white heavenly clothes become grimy;
- (2) the flowers on their heads wither;
- (3) their bodies become dirty and smell bad;
- (4) they sweat under the armpits; and
- (5) they do not feel happy with the pleasures offered by heaven.

“The sagely man enjoys himself in that from which there is no possibility of separation, and by which all things are preserved. He considers early death or old age, his beginning and his ending, all to be good.” (The Great Ancestral Teacher, *Zhuangzi*)

(2) Issue of self-centeredness and desire

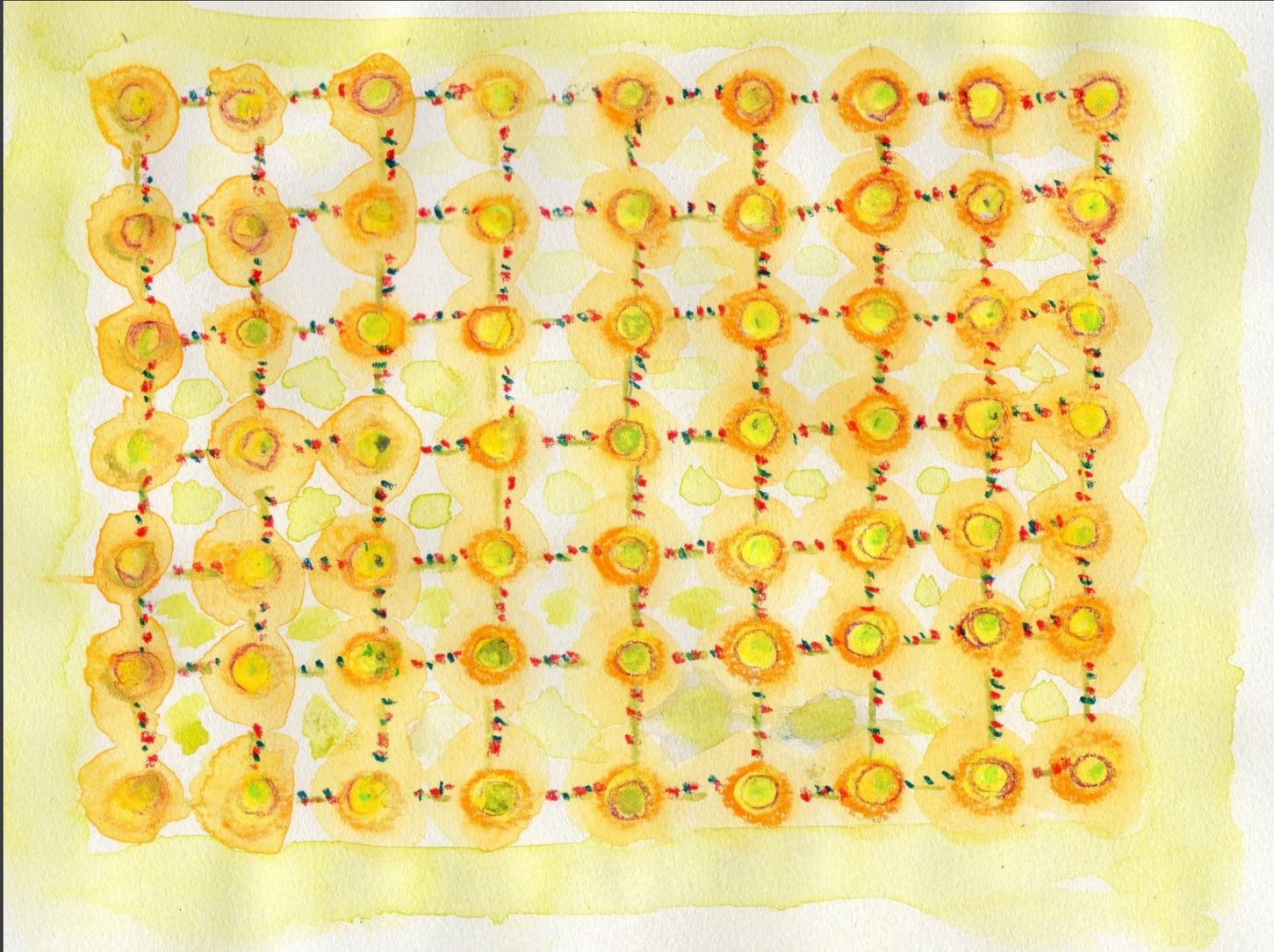
→ Control of human desire toward harmony



(3) Relationship, Interdependence, and Integrity

[1] The Buddhist concept of interdependence

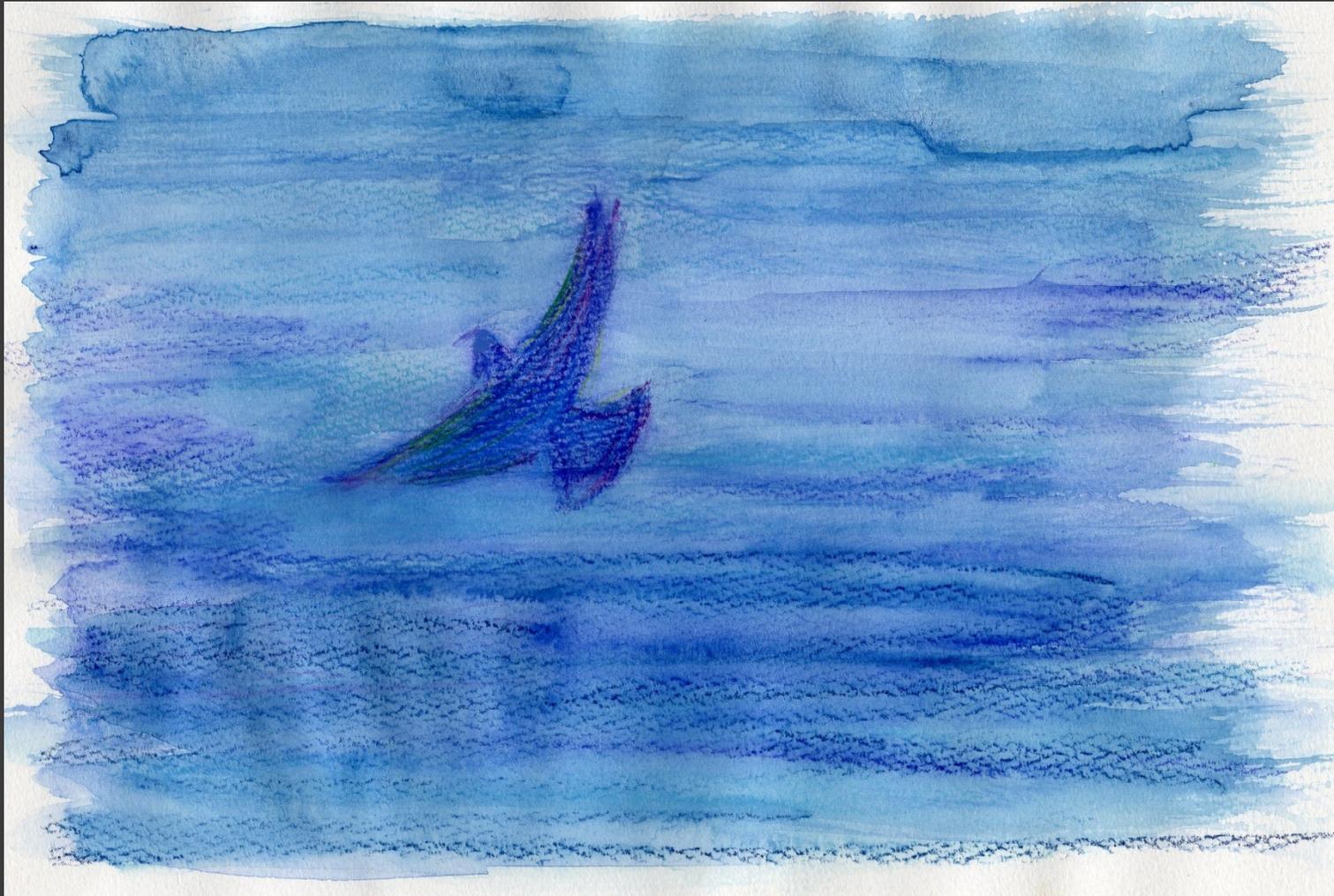
“The main theme of the *Avatamska Sutra* is the integrity and interconnectedness of all things and events. The concept is not only the essence of the Eastern perspectives of the world, but also one of the basic elements of the worldview produced by modern physics. For this reason, arguably, this Ancient religious script of *Avatamska Sutra* presents striking similarities with many models and theories of modern physics.”



Nothing can exist independently. Indra's net is a curtain hung around the palace of the god Indra. The net has a multifaceted jewel at each vertex, and each jewel shines brightly with unique and unparalleled beauty. The essence of this beauty is the reflection of all other jewels on each jewel, symbolizing the irreplaceable self-existence achieved only through the infinite relationship with all things in the world. Moreover, every jewel is connected to one another through vertices. The movement of one jewel travels beyond itself to all other jewels on the net. Everything is mutually connected.

[2] *Philosophy of everything is one in the Zhuangzi*

In the darkness of the northern sea there is a giant fish named K'un. He harnesses a wind to move to the southern sea. He develops huge wings and changes and becomes a giant bird whose name is P'eng. He beats the whirlwind and rises ninety thousand *li*.



“Wavering heat, bits of dust, living things blowing each other about the sky all looks very blue. Is that its real color, or is it because it is so far away and has no end? Probably the latter is true. Then, when the bird looks down, all he sees must be blue too.”

(Free and Easy Wandering, *Zhuangzi*)

(4) Compassion and Benevolence

[1] Confucian philosophy of *benevolence*

“If the Master sat beside a person in mourning, he would not eat to the full. If he had wept on a certain day, he would not sing.” (Chapter 7: Shu-er, *Analects*)

“Now the benevolent man, wishing himself to be established, sees that others are established, and, wishing himself to be successful, sees that others are successful. To be able to take one’s own feelings as a guide may be called the art of benevolence.” (Chapter 6: Yong-ye)

[2] Buddhist philosophy of *compassion*

“Whatever living beings there may be; whether they are weak or strong, omitting none; the great or the mighty, medium, short or small; the seen and the unseen; those living near and far away; those born and to-be-born; **may all beings be at ease.**”

3. The Story of Creating Happiness Incubation

□ Background of Establishment

Musashino University Creating Happiness Incubation was established in 2016 as a center of activity to realize our brand statement “Creating Peace and Happiness for the World.”

□ Member composition

- Director : Nishimoto Teruma, President of Musashino University
- Deputy Director : Ikeda Masao , Vice President of Musashino University
- Researchers : 70 faculty members and staff across the organization in MU.
- Visiting Researchers : 36 prominent researchers from all over the world.

□ Our Activities

- 2017 Feb Held Opening Symposium of Musashino University Creating Happiness Incubation.
- 2017 Apr Held the inaugural lecture course called “Shiawase Seminar” for students.
- 2017 Nov Held the 1st and the 2nd “Shiawase Forum”.
- 2017 Nov Commenced a public lecture series about Creating Peace & Happiness to outreach our activities to outside the university.

How to Create Peace and Happiness for the World

Musashino University
Creating Happiness Incubation Foundation Symposium

Opening Remarks Prof. Teruma Nishimoto, *President of Musashino University*

Keynote Speech Prof. Jhing-Fa Wang, *President of Tajen University*

Symposium

Panelists



Prof. Jhing-Fa Wang,
President of Tajen University



Prof. Roland Bleiker,*
The University of Queensland



Prof. Mark Blum,*
University of California, Berkeley



Prof. Wen-liang Zhang,
Renmin University of China

* Participating via Skype

Moderator



Prof. Teruma Nishimoto,
President of Musashino University

Closing Remarks Prof. Satoshi Watanabe, *Director of Center for International Relations*

Master of Ceremony Prof. Donna Weeks, *Researcher, Creating Happiness Incubation*

February 16th 2017(Thursday)

15:00-16:30

- Admission free
- RSVP not required

Musashino University Ariake Campus Building 3



世界の幸せをカタチにする。
Creating Peace & Happiness for the World



Musashino University

Creating Happiness Incubation
Address: 3-3-3 Ariake, Koto-ku, Tokyo
☎ 03-5530-7730
Email: a_gakubu@musashino-u.ac.jp

ブータンの賢者に学ぶしあわせの実践学

GNH（国民総幸福量）の追求を政策の中心に据えた国づくりを進めるブータン王国。世界が注目するしあわせの国においてGNHの理念をカタチにする実践活動を行う賢者をゲストに迎え、個人や社会のしあわせのありかたについて考えます。

日時：11月13日（月）13:00～14:30

場所：武蔵野大学有明キャンパス4号館303室

【挨拶】

西本 照真（武蔵野大学学長、しあわせ研究所長）10分
『武蔵野大学の取り組み ～世界の幸せをカタチにする～』

【講演】

ネテン・ザンモ 30分

『GNH（国民総幸福）を実現する草の根のローカルな取り組み』

ツェリン・ドルジ 15分

『地域コミュニティ運動とエンゲージド・ブディズム（社会参画する仏教）』

【フロアを交えたトーク】30分

ネテン・ザンモ、ツェリン・ドルジ、明石修、鳥谷部愛（コーディネーター）

『しあわせの実践学 ～しあわせをどうカタチにするか？～』



ネテン・ザンモ Neten Zangmo

ブータン政府反腐敗委員会の元委員長。30年近くにわたる公職を2015年に退いた後、ブータン東南部にある故郷の生まれ故郷に戻り、ローカル経済のプロジェクであるSJI（サムドルップ・ジョンカー・イニシアティブ）を立ち上げた。ブータンの国是であるGNH（国民総幸福）の考え方を、村落コミュニティから草の根で具現化することに情熱を注いでいる。



ツェリン・ドルジ

1980年生まれ。16歳より、僧侶になる夢を叶えるべく出家。ブータン西南部にある、高僧 Dzongsar Jamyang Khyentse Norbu が運営する Chyoki Gyatso Institute (CGI) にて、修練を積んで現在に至る。CGIでは、仏門の探求のみでなく、Dzongsar氏が始めた草の根の市民運動、Samdrup Jongkhar Initiative (SJI) (www.sji.bt) も支援している。SJIでは、ブータンの前国王が提唱した「国民総幸福（GNH）」に着目したオルタナティブ教育モデルを実施している。ここでは、学びは喜びに満ち、暮らしに直結している。SJIは、地域コミュニティや外部からの訪問者にとって、商業物削減モデルとして、さらに地域に根づく知識や伝統習を蓄積する場として、インスピレーションを提供する場となっている。ツェリン氏もSJIの活動に参加しており、エンゲージド・ブディズム（社会参画する仏教）の一環として、持続可能なコミュニティ開発に積極的に携わっていきたくと考えている。



主催：武蔵野大学しあわせ研究所

問い合わせ先：o_akashi@musashino-u.ac.jp

（武蔵野大学しあわせ研究所 明石修）

入場無料、事前申し込み不要、逐次通訳あり

●武蔵野大学有明キャンパス

東京都江東区有明 3-3-3

（最寄り駅 国際展示場駅または国際展示場正門駅）

交通アクセス <https://www.musashino-u.ac.jp/ariake/>

世界の幸せをカタチにする。

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Musashino University E.F.

学校法人 武蔵野大学

ダンス × 幸せ

2017年11月19日(日) 武蔵野大学 武蔵野キャンパス

10:00~11:30 Dance workshop 1- 里見まり子
4号館 1F 4103 教室 ¥1,000 (当日精算)

13:00~15:00 シンポジウム
Diane Amans × 里見まり子 × 前野隆司
5号館 1F CLS 無料

16:00~17:30 Dance workshop 2-Diane Amans
4号館 1F 4103 教室 ¥1,000 (当日精算)
(18:30~懇親会)

※学内者は無料
要学生証、要教職員証

里見 まり子
即興舞踊家 宮城教育大学名誉教授



Diane Amans
振付家 ダンスファシリテーター



前野 隆司
慶応義塾大学大学院教授



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Creating Peace & Happiness for the World



武蔵野大学

Musashino University

問合せ 武蔵野大学しあわせ研究所
ダンスと幸せ研究チーム
mdh@musashino-u.ac.jp

シンポジウム司会 生井亮司
企画協力 本多勇 前廣美保
通訳 橋本有子
企画・制作 川上暁子

Musashino University rooftop urban gardening project

- Proposing a new ecology in urban area
- Restoring broken connections between...
 - people and nature
 - people and people - community
 - people and one's own self and spiritual nature

Musashino University
Community roof garden

Permaculture

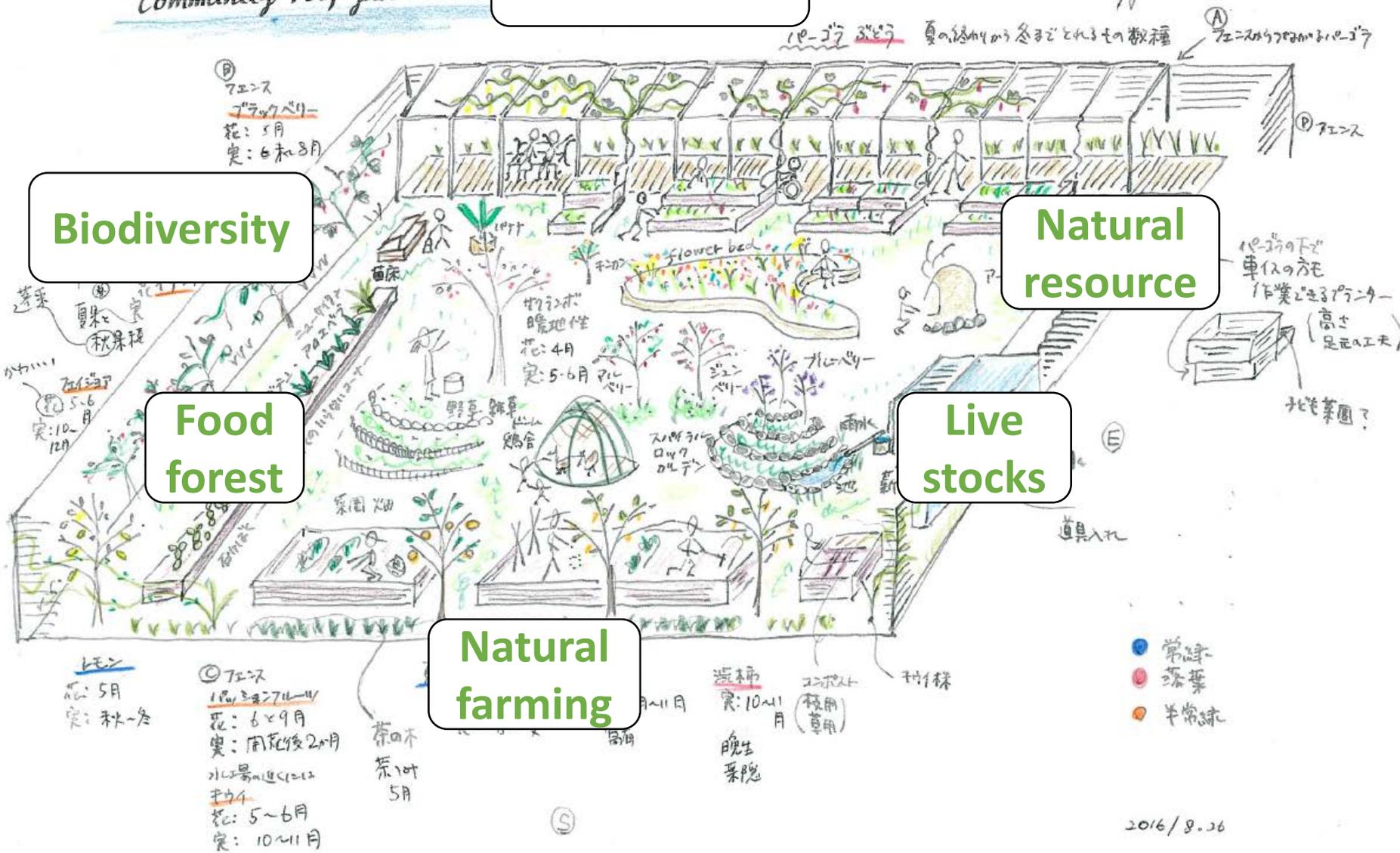
Biodiversity

Natural resource

Food forest

Live stocks

Natural farming



What it means “the Happiness of Working” for persons with disabilities in Japan?

The Show case & Talk Event “Happiness of Working”

Date & Time : March 30th, 2017 (Thrs.) 13:00~16:00

Place : Nishi-Tokyo city Comprehensive Support Center for Disabled Persons “Friendly”

Talk : Ms. Yuho ASAKA (Writer, Peer Counselor, Activist)

Participated: Eight **Social welfare corporations** from 7 cities and wards in Tokyo (Nishi-Tokyo city, Nerima Ward, Fuchu city, Suginami wards, Higashi-Kurume city, Kokubunji city, Musashino city)

Employment support center, Daily life care, Self-supporting training, Employment transfer support A & B, Continuous employment support

“A person moves namely to work” by Ms. Asaka

"Happiness" means just ordinary everyday life

Having a **role and connection to society** are the key of **happiness**, which related to **self-efficiency**.
The Inclusive society with various different values makes **happiness**.



Respect to the human dignity

Everyone admits his/her role to help and to be helped each other would be the most important value for us to make whole world **happy**.

“Happiness “ are

- ✓ To meet friends & coworkers
- ✓ To have a role
- ✓ To be belonging
- ✓ To create
- ✓ To get paid & buy
- ✓ To choose & decide by own will





Speech Therapist

Musashino IPE

(IPE : Interprofessional Education)



Pharmacist

Making up happiness through interprofessional Education, by students and teachers of the field of medical care and welfare

Social Worker



むさしのIPE

Nurse



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Research on maintenance and promotion of mental and physical health as the foundation to create happiness

-Utilization of traditional performing arts and dissemination of health education-

H. Takano-Ohmuro^{1,2}, H. Miura^{1,3}, T. Oka¹

1: MUCHI, 2: Faculty of Pharmacy, 3: Noh Research Archives of Musashino University,

Happiness



Healthy life

Maintenance and promotion of mental and physical health

Aim of this research : to help creation of happiness by use of **traditional performing arts** & health education

Features and significance of this research

Following 2 projects are ongoing.

1) Study on utilization of **traditional performing arts such as Noh play** (Noh/Kyogen) for maintenance and/or improvement of physical function and broadening of view in elderly people and their effects on extension of healthy life.

We will develop a self-care * method using the concepts and techniques of traditional performing arts such as Noh play, by taking advantage of the fact that our university created the “Noh Research Archives of Musashino University” and has been doing efforts to introduce Noh to the general public.

2) Research on the dissemination of health education (e.g., education aimed at mastering of self-care methods), including project 1).



Hagoromo (Written by H.Miura “Hajimete no Noh and Kyogen”)

*: Self-care is what people do for themselves to establish and maintain health, prevent and deal with illness. (WHO definition)

Quality of life considering health risk reduction in Bolivia



Potential air pollution source

Among the cities reporting to the WHO, Bolivia's cities have high levels of poor air quality, which is derived from rapid urbanization and open-burning, resulting in lower quality of life.

In this study, we measure several air pollutants (e.g., BTX) and research happiness of life to local residents.

Study on People's Happiness caused by environmental conscious behavior

Goal of this study

Propose a better recycling system to establish healthy resource circulations and to make people happy

Background

For the next Olympic & Paralympic “Tokyo 2020 medal Project” has launched to make Tokyo 2020 Olympic medals by using recycled metals extracted from consumer electronics such as used mobile phones.



Problems

- Raise people's awareness
- Collect enough recovered amount
- Verify effectiveness of the project from SDGs' point of view

Method

Questionnaire, Field study
Life Cycle Assessment (LCA)

Tentative results

- Many business operators join the project
- Autonomy propose various collection program
- Lack of citizens' interest

Future study

- Mass scale questionnaire will be done.
- Collecting data and environmental impact assessment will be done.
- Propose more effective recycling system.