

- **Commentary on Japan by Anthony Marsella**
- **Comment by Michelle Brenner:**

Dearest Anthony,

I am so with you. In my life's journey, Hawaii was the turning point. Living in Hawaii showed me that life, society, could be a kind experience. An experience of gentleness and deep consideration between strangers, in a way that I had only read about or saw in certain in group situations, never, in all the traveling I had before coming to Hawaii had I experienced such profound respect of people, and nature. My interest in Japan, as I had a Japanese Hawaiian friend (3 generations Japanese living in Hawaii) took me to Japan, and I was not disappointed. On the contrary, living for 2 years in Japan, changed me, not just my life. And 35 years later, I still carry with me my experiences and my learnings from Japanese culture.

Do you know Anthony, the latest is Shinrin yoku, this has to be the Japanese gift to the rest of the world. A way of gaining homeostasis in the 21st century. When I first read about it in The Nature Fix by Florence Williamson, I knew what she was talking about, it made such perfect sense that Japan would come up with a way of guiding people back to well being, bring people back to not just appreciating nature, but reconnecting our own nature back to well being. The research and government support for shinrin yoku has sparked a new wave of being in the world. I just did a Forest Bathing (shinrin yoku) course in California and now in the process of a 6 month practicum to receive my certification. It is so much fun, to reconnect through slow movement, art and respectful interactions. Thank you Anthony for your lifes journey, it resonates to mine, and I am so happy to be at this point in my life, where I can in some small way reconnect to this time, to bring somehow the past into the present with joy and sharing.

Kind regards,  
and blessings to you.

Michelle

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- **Comment by Annamaria de Rosa:**

Dear Prof. Marsella,

Many thanks for sharing with the members of the APA indgigenous cultural psychology - through the very active committment for dissemination on almost daily basis afforded by Louise.

I have to confess that I have not always the time to read all the documents send us by Louise, but today I could not resist to read your notes on Japanese culture, because of my fascination for its culture following from my visit the country in 2016 (preceded by my reading of Roland Barthes *The empire of sign*) and my deep friendship with prof. Mieko Yoshihama (in cc.) , with whom I like to share your text as a gift.

With my great appreciation, my warmest regards

annamaria

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