

2019 Activity Report James Gibson.

Associate Professor

Nutrition

Movement

Community

Purpose

Introduction

In these uncertain times, with global health crises, nuclear disasters, forest fires and viral pandemics, it's never been more crucial to relearn the importance of how to live healthy, both physically and mentally.

Our activities, especially at ['One Tree Academy'](#) are focused around those four key lifestyle factors: NUTRITION, MOVEMENT, COMMUNITY & PURPOSE. I discovered these while reading the inspirational book [The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest](#) by Dan Buettner.

While learning from outliers crossing these four categories, we have made a space/platform for sharing our experiences and stories. Stories inspire us, help us remember the important things in life, strengthen our community, help us form options and importantly, give us permission to live meaningful lives filled with purpose. In essence, without taking care of –or designing– our lifestyle, we can never hope to become the best version of ourselves, or function at our optimum creativity.

During the past weeks since *quarantine times*, we've been listening, watching and reading people's reactions, solutions, and recommendations for surviving –better still thriving– in this unsettling time. People are looking for answers about what to do with their time and how to live... and we've noticed a curious positive phenomenon occurring. Among the variety of content, we've noticed a shift towards a few IMPORTANT actions in order to stay healthy and of sound mind.

Eating nutritious plants & whole foods (Nutrition)

Moving your body & connecting with nature (Movement)

Communicate with friends and family (Community)

Purposeful creativity by learning something new and something about yourself (Purpose)

This universal positivity –confirmation– has given us great confidence and motivation to keep exploring, learning and sharing stories. We have postponed our May Campfire Talk event until October, when hopefully we can all gather once more to share our stories of personal experiences and growth.

Yet for now, we still have more difficult days ahead until we learn to live with this new virus. More challenges will come and *we will* adapt and *we will* be creative, but we should ask ourselves: *have we been making, traveling and using/buying too much?*

Our current global situation is the perfect result of the system we've created... and that system looks fragile. It's time to focus on making a better system, we are positive healthy results will follow.

Change is the only certainty and change starts within oneself.

Can we be the change we want to see?

...and so it goes.

James

Outline of activities

During this academic year I focused on improving the experience of One Tree Academy both during the event itself and online. A good amount of time was spent archiving the movie data, making it available online and gathering interviews for past speakers. In the second half of the year I spent time researching and visiting potential speakers / collaborators within Japan, of which was able to successfully interview and prepare the next One Tree academy event in May & October 2020.

Activites.

One Tree Academy

Theoretical and Dialectical Research

“Schools began with a man under a tree who did not know he was a teacher, sharing his realisation with a few others who did not know they were students.” – Louis Kahn

Theory

- **A looking at, viewing, beholding.**
- **A contemplative or speculative understanding of natural things.**

It's ever more easy to get information, but does that make it any easier to choose the information to act upon?

I hypothesise that the more we uncover —often contradictory, often incomplete— the more it leads us to apathy and immobility. With this tendency to overload, we become overwhelmed and unable to see where and what to start or change. We can relearn how to look and discover through our own eyes and our own experiences. Giving time to find truths and share these experiences in order to educate and aid positive action.

Dialectic

- **The art of investigating or discussing the truth of opinions.**
- **An enquiry into metaphysical contradictions and their solutions.**

Communicating is effortless with the aid of our 'always-on' devices and networks, but one could argue that face to face communication is suffering. The act of discussing one's own thoughts and opinions, learning and forming a shared schema of how to live (and work) is lost. Overtaken by ephemeral fickle outbursts aided by social media. There is the fear that our education system is failing us. Failing to teach free discussion, producing graduates who more often than not have forgotten how to think for themselves, with no critical outlook.

What if we took learning out of the system? Removing the classroom from the school and creating a platform from which to view and discuss. A situation where the hierarchical structures are flattened and everyone becomes a student and a teacher.

Purpose

- **Rekindle the spirit of the campfire discussion.**

One Tree Academy is a place for face to face communication aiming to bridge the gap between passively consuming and actively doing. To decipher our knowledge while sharing and forming opinions and ways to act upon them.

Through the various activities at the academy we hope to make decision making easier by experiencing and discussing, determining for ourselves through the discovery of truth.

Actively teaching by example and leading examined lives, in order to establish clear starting points for others to research further and champion. Relearning the meaning of 'quality' and 'value' in order to find a balance in life and work and to become healthy in body and mind.

Campfire Talk #04

Design your Body & Mind. 05月 18日 (土) ~ 19日 (日)

At this years Campfire Talk #04 we will focus on the Body & Mind. We are inviting 4 guests focusing on four principles for a healthy and happy life: Nutrition, Exercise, Community, and Purpose. Each guest will tell their story of how they have designed a creative lifestyle without sacrificing their social and personal lives. Listen to their adventures, successes and failures along the path to creating a unique and healthy style of living & working.

"You have power over your mind - not outside events. Realize this, and you will find strength." –Marcus Aurelius

Guest Speakers

Nutrition 「栄養」 とのつかたつお 「KALPA」

Bread & Things for the Culture - Fermenting skateboard culture into making better bread.

View Talk : <https://onetreeacademy.xyz/tonotsuka-tatsuo>

Exercise 「運動」 岡本 洋輔 「Ashtanga Yoga Prabhatam」

Moving Meditation - Discovering the power of yoga changed this climber's life.

View Talk : <https://onetreeacademy.xyz/Yosuke-Okamoto>

Community 「社会」 竹内太志 「rofmia」

Life Next to a River.

View Talk : <https://onetreeacademy.xyz/Takeuchi-Futoshi>

Purpose 「目的」 高橋康太, 高橋京子 & 九丸 「一二の用品店」

A Dog's Life - Playing, working and living are separate & connected.

View Talk : <https://onetreeacademy.xyz/Kota-Kyoko-Kumaru>

Workshops & Activities

- Food & Nutrition Cooking Workshop : James Gibson
- Hikers Yoga Workshop : 岡本 洋輔 「Ashtanga Yoga Prabhatam」
- Morning Bread Cooking Workshop : とのつかたつお 「KALPA」
- Tent Sauna Party
- Campfire Social

Focus / Yoshino Retreat

October 1st - 4th 2019 Yoshino, Nara.

I was invited to attend this annual retreat hosted by [Craig Mod](#) and [Jan Chipchase](#), where I was able to introduce IAMAS and my personal research project: One Tree Academy. Joining 15 other guests from around the world including India, America, New Zealand, and Japan, from institutions including Harvard Business University, Google and The Library of Congress, to name a few.

One Tree Academy Research.

I traveled to a number of places in Japan in order to research and interview various potential guest speakers for One Tree Academy. In addition follow up interviews with past guest speakers were carried out. The audio from these interviews is in the process of being transcribed and translated from Japanese to English. The contenders of which will be released during 2020 across various media, including: print, audio and online.

During 2019, many in-depth interviews were held, discussing 4 key subjects; 栄養・運動・社会・目的 within the larger subject of “what is the meaning of success”?

Interviews / Field Research

- Kosuke & Yuka Yamato, Dill eat,life., Yamanashi
- とのつかたつお、KALPA, Nagano
- 高田、Protect Our Winters Japan, Nagano
- Tom Wegener, Tom Wegener Surfboards, Australia
- Takuya Tsutsumi, Asakichi Urushi Co. Ltd., Kyoto
- Tagiri-San, Benesse Art Site, Naoshima
- 藤山誠、Tent Sauna Party, Osaka
- 植貞男、植和紙工房、Nara
- Myoko & Nojiriko, The Forest Inn Bjork, Ishikawa.
- 吉原 宜克, Lamp Guesthouse, Nagano
- Eugene Soltes, Harvard Business School, USA
- Basheer Tome, Google, USA
- John Pull, Library of Congress, USA