

JOURNEY OF DIVERSE SENSES OF BEAUTY: YOUR CREATIVE GUIDE

At last, your journey through diverse senses of beauty begins. This guide is here to help you experience the journey more deeply, so that your expression and your life may transform into something even more beautiful and creative.

1: MOVIES — TREND KEYWORDS 1–12

SENSE OF BEAUTY IN THE WORLD

First, simply allow yourself to relax and gently immerse yourself in the films. Rather than trying to understand each one intellectually, receive and cherish the subtle movements of your heart and

the textures your soul begins to wear as you encounter the world's many forms of beauty.

2: TEXT & WORK — TREND KEYWORDS 1–12

SENSE OF BEAUTY IN THE WORLD

You may choose whichever format feels more comfortable for you — the mobile or web version. From 1 to 12, slowly move through the texts at a gentle pace, allowing yourself the time to fully savor the experience.

At the end of each chapter, you will find “Questions to Deepen Your Sense of Beauty.” Prepare a notebook you love, and spend time deeply connecting with your irreplaceable inner self. Each word you write, and the radiant sense of beauty that lives beneath those words, will quietly and beautifully transform your world.

Writing your thoughts down is also an act of creation — a way of bringing what lives within your heart into the present world. Please try expressing your feelings on paper rather than

leaving them only within yourself. Even if your answers do not yet seem meaningful or fully formed, when you revisit them later, they may become a luminous source of inspiration for you.

3: WORKBOOK OF 100

TRANSFORM YOUR EXPRESSION and YOUR LIFE

YOUR SENSE OF BEAUTY IN YOUR LIFE

Now, let us look back upon the journey you have taken so far and allow the world's many senses of beauty to gently settle into your heart. And now, at last, begins your journey through the “Workbook of 100 Essentials for Creative and Beautiful Living.”

This is the beginning of a new journey — one that allows your sense of beauty to resonate throughout your life, guiding you toward days in which you truly feel: “The world is far more beautiful and beloved than I ever imagined.”

Through these 100 works, you will discover practical ways to bring beauty into your life, fulfill your precious dreams and aspirations, and cultivate a life that is richer, more creative, and more beautiful. These 100 works are profound and are not meant to be completed quickly. Please approach them slowly, over time, with a gentle and spacious heart.

Depending on where you are in your life, different chapters will resonate with you more deeply. Even the chapters you feel you have “already mastered” are invitations to savor and appreciate yourself with joy. Affirming and cherishing how far you have already come becomes a powerful source of strength for stepping into the next chapter. And when you encounter sections that feel challenging, take time to look back upon the path you have already walked. That reflection itself will become the energy that helps you take your next step forward.

I also recommend first reading through the table of contents to grasp the greater flow of the workbook before diving into the details.

Throughout this workbook, you will encounter many words designed to remind you that your life is already filled with love. May this workbook — and the notebook you create alongside it — become a talisman that helps you remember love whenever you need it most.

FOR YOUR LIFETIME

Both the films and texts in this course are designed to be revisited again and again, allowing you to continually refine and rediscover new dimensions of yourself. Here, “trend” does not refer to something fleeting or superficial. It refers to the great emotional and cultural moods of an era — resonances woven from timeless beauty itself. These are expressions of beauty you can continue exploring throughout your entire life, again and again.

FOR YOUR LOVE

The history and concepts explored in this course are presented through a loving gaze that seeks to gently illuminate their essence. Through resonating with the love of the world and the love within yourself, these words are woven to help soften, refine, and beautifully align your heart through your connection with beauty.

Regarding history, while striving to remain faithful to historical truth, we also approach it with openness, compassion, broad perspective, and flexible thought — carefully gathering and sharing the shimmering beauty consciousness cultivated across the world.

Within the movie slides, the designs and artworks placed alongside abstract words and concepts are merely one possible interpretation inspired by those ideas. At times, they may not fully align with the images or feelings you personally experience. Yet even that sense of difference is proof that your own sensitivity is alive and breathing.

Rather than searching for a single correct answer,

what matters most is discovering what moves your heart, what you personally find beautiful, and what kind of design or art you would place beside those words. Please treasure those free and honest movements of your heart above all else, and allow yourself to fully enjoy this one-of-a-kind creative journey.

There are countless ways of seeing the world. And every time you open your heart and engage with the questions within this course, each answer becomes another light expanding into the world.

Above all, cherish your encounter with your own inner sense of beauty, and deeply savor the essential beauty that lives within you.

Just as light passing through a prism radiates into countless colors and brilliance, may your own diverse beauty shine through your sense of beauty — becoming expressions that reflect your true essence, your one-of-a-kind art, and your life itself.

“The world is far more beautiful and beloved than we can possibly imagine.”

With all my heart, I hope each moment of your days continues to shine with that feeling.