


Chapter 4

Reaching the Zero Point: True-Self – Buried in Japanese Society

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ABSTRACT

The holistic perspective emphasizes the transdisciplinary relationship between the microcosm and macrocosm. By uniting these polarities, we can merge and transcend boundaries often overlooked by science. Recognizing both dimensions fosters an understanding that there is no true separation, merely different facets of a common principle. When individuals attain this awareness, they arrive at the “zero-point,” a state where all possibilities for manifestation coexist. This paper will explore how shadows are interwoven into ancient Japanese aesthetics, facilitating the experience of the zero-point and guiding individuals towards the discovery of a singular truth that embodies ultimate happiness.

INTRODUCTION

It's only when an individual can say what they believe in the depths of their heart that they can build a healthy sense of well-being. In fact, well-being can only be achieved when both “eloquence” and “silence” are balanced. Silence, when overdone, can lead to misunderstandings, while excessive eloquence often results in antagonism. Neither extreme is conducive to well-being; the key lies in maintaining a middle ground. This balance allows a person to remain centered in their true self. Christine Page (Page, 2009c), a pioneer in holistic medicine, argues in *Frontiers of Health: How to Heal the Whole Person* that the throat “receives” and “expresses”

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the “will” of the “soul” (Page, 2009c, chap 4). She also points out that many diseases are linked to the throat area, which she refers to as the “throat chakra”—an energy center located at the throat. According to Page, blockages in this area are often the source of many health issues (Page, 2009c, chap 11).

In addition, the throat chakra is believed to be “closely allied” with the sacral chakra, the abdominal energy center that governs the expression of the “will of the personality” (Page, 2009c, chap 11). In other words, the sacral chakra serves as the center of all relationships, enabling individuals to connect with others and express their authentic personality (Page, 2009c, Chap 8). If one fails to communicate their true feelings through the throat chakra, they may suppress their true self, resulting in internal blockages. The issue in Japan, however, is that many people fail to realize that being eloquent is just as important as knowing when to remain silent. As an intuitive healer, I have encountered a wide range of clients over the years—both male and female, young and old, including individuals like Mio, whom I will discuss later. Not once have I met a client who didn’t have an energetic imbalance related to their throat. Even those who pride themselves on being “eloquent” often shy away from expressing their true selves. Indeed the proverb “Speech is silver, silence is golden” has been passed down through the ages, emphasizing that discretion can often be more valuable than eloquent words. Believed to have originated in 9th-century Arabic culture, it was later popularized by Thomas Carlyle (Wikipedia, 2024). The phrase is frequently referenced in various cultural contexts, including songs and literature, serving as a reminder of the profound power and importance of silence in communication.

Another popular Japanese saying is “Unsaid is flowery,” meaning that sometimes it’s better to remain silent than to speak. The phrase suggests that silence can hold more value than words, especially in situations where speaking might lead to conflict, misunderstanding, or unnecessary complications. It highlights the idea that restraint and discretion often prove wiser than expressing one’s thoughts openly. This reflects the deep cultural significance of silence in Japan. Renowned linguist Toshimasa Wada (1966) notes in his dictionary that this concept embodies the “Japanese aesthetic sense,” where revealing everything would be seen as too “blatant” and “unappealing” (Wada, 1966, p. 60).

The concept of this proverb was first introduced in the 8th century in *The Manyōshū* [An Anthology of Japanese Poems] (*Kotowaza No Maruzo*, 2022). In this anthology, poet and politician Hirotugu Fujiwara writes, “Many words are contained within a generation of this flower. Don’t treat them badly” (*Kotowaza No Naruzo*, 2022). This poem, which accompanies a cherry blossom given to a girl whom he does not know, conveys the sentiment, “I won’t tell you who I am, but by pointing to this flower, which contains my thoughts.” The poem reflects deep emotions hidden within the poet, revealing his profound and genuine feelings for her (Wada, 1996, pp. 59-60).

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