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ACTIVIDADES TILES PARA LA MENTE Y EL CUERPO Para buscar tu ikigai, es importante dedicar tiempo a actividades que nos gusten y nos estimulen, como la prctica diaria de aritmtica simple y jugar al Sudoku, que nos ayudan a mantener la mente activa y a desarrollar el razonamiento lgico. Otras actividades tiles pueden ser escribir a mano, leer, aprender un nuevo idioma y hacer ejercicio. Hacer cosas nuevas y desarrollar habilidades latentes es una forma de experimentar nuevas sensaciones y descubrir lo que nos apasiona. Este manual te ayudar a encontrar tu ikigai creando un equilibrio entre las actividades que te gustan y las que te hacen sentir bien, intentando combinarlas en una sola pasin que te motive y te haga feliz. LA IMPORTANCIA DE LA GRATITUD EN TU VIDA La gratitud es fundamental para encontrar tu ikigai porque es una de las claves para alcanzar el bienestar mental y fsico. Estar agradecidos por lo que tenemos en la vida, en lugar de centrarte slo en los problemas, nos ayuda a desarrollar una mentalidad positiva y a apreciar las cosas que nos rodean. Esta actitud nos hace ms conscientes y abiertos a las oportunidades que se nos presentan, lo cual es esencial para encontrar el propio ikigai. Adems, la gratitud reduce los sntomas de ansiedad y depresin y aumenta la energa y la vitalidad, lo que nos ayuda a mantener la motivacin y la determinacin para perseguir nuestros objetivos. Esta gua te orientar en el descubrimiento de la gratitud y te mostrar cmo puede hacerte sentir ms feliz y satisfecho con la vida. Quines Somos? Kokoro Academy es una iniciativa dedicada a la difusin global de las enseanzas profundas e inspiradoras de la filosofa japonesa. Nuestra misin es compartir la riqueza de la cultura y la sabidura japonesa a travs de pequeos libros sencillos pero inspiradores, presentando de manera fcil pero profunda los principios fundamentales de las diversas tradiciones filosficas japonesas. Cada librito producido por Kokoro Academy es una invitacin a explorar el arte de vivir con sabidura y serenidad, ofreciendo consejos prcticos y reflexiones profundas que pueden aplicarse fcilmente en la vida cotidiana. nete a nosotros en un viaje hacia el conocimiento, la serenidad y el crecimiento personal mientras exploramos el corazn y el alma de la cultura japonesa. Kokoro Academy est aqu para enriquecer tu vida a travs de las enseanzas y la comprensin de Japn.✔ Author(es): Takagi Myakano,Kokoro Academy✔ Título: IKIGAI: Descubre el Método y La Filosofía Japoneses Para Encontrar el Sentido De la Vida y Alcanzar la Felicidad, Así Como la Armonía Contigo Mismo✔ Clasificación : 4.1 de 5 estrellas (247 valoraciones)✔ ISBN-10: B0BVXLBYBF✔ Idiomae: Español✔ Formato ebook: PDF, EPUB, Kindle, Audio, HTML y MOBI✔ Dispositivos compatibles: Android, iOS, PC y Amazon Kindle All download options have the same file, and should be safe to use. That said, always be cautious when downloading files from the internet, especially from sites external to Anna’s Archive. For example, be sure to keep your devices updated. Help out the community by reporting the quality of this file! 0) A “file MD5” is a hash that gets computed from the file contents, and is reasonably unique based on that content. All shadow libraries that we have indexed on here primarily use MD5s to identify files. A file might appear in multiple shadow libraries. For information about the various datasets that we have compiled, see the Datasets page. For information about this particular file, check out its JSON file. Live/debug JSON version. Live/debug page. Ask the publishers to restore access to 500,000+ books. DESCARGARIkigai es la innovadora filosofía que está revolucionando el mundo.¿Sabes ya cuál es tu ikigai, cuál es tu «razón de ser»?Tras descubrir las claves de la motivación y la longevidad con Ikigai: los secretos de Japón para una vida larga y feliz (éxito de ventas traducido a más de 30 idiomas), Héctor García y Francesc Miralles vuelven a esta cultura milenaria para desarrollar un libro práctico que empodere nuestros propósitos vitales para hacerlos realidad a partir de hoy mismo.Ikigai significa «razón de ser» o «pasión de nuestra vida» en japonés, pero ¿cómo encontrarlo? Y si ya hemos encontrado nuestro ikigai, ¿cómo potenciarlo para que inspire todos los aspectos de nuestra existencia? Para conseguirlo, este libro propone 35 rutas, con ejercicios prácticos, para llevar el tren de nuestros proyectos hacia el destino elegido, permitiendo a la vez que, en el camino, la felicidad y bienestar surjan de forma natural desde nuestro interior.UN VIAJE A NUESTRO PASADO, PRESENTE Y FUTUROPara recoger estas inspiraciones reveladoras de Japón nos subiremos al tren, el medio de transporte por excelencia de este país, y viajaremos por las siguientes estaciones:El futuro: Tokio. Presentamos el poderoso efecto Shinkasen y otras herramientas para acelerar nuestros éxitos en la vida. ¿Es posible conseguir en un mes aquello que nos hemos propuesto hacer en un año?El pasado: Kioto. Los buenos momentos nos dan felicidad y autoestima; los malos, lecciones que pueden ser muy útiles para nuestro futuro. ¿Cómo convertir nuestras experiencias en faros que iluminen nuestra vida?El presente: Ise. Una vez aprendemos del pasado y proyectamos nuestro futuro, el presente es el vehículo en el que se decide, momento a momento, nuestra existencia. ¿Cómo podemos vivirlo con lucidez y plenitud?Reseñas:«Si hygge es el arte de no hacer nada, ikigai es el arte de hacer algo y de hacerlo con la máxima atención y alegría.»The New York Post«Una receta refrescante y simple para la felicidad.»Stylist«Olvídate de hygge. Ahora es todo ikigai.»The Times«Ikigai te ayuda a mirar al futuro sin importar como te sientas ahora. Te ayudará a sentar las bases para tener una vida más plena y feliz.»BBC✔ Author(es): Francesc Miralles,Héctor García (Kirai)✔ Título: El método Ikigai (nueva edición actualizada): Despierta tu verdadera pasión y cumple tus propósitos vitales✔ Clasificación : 4.4 de 5 estrellas (693 valoraciones)✔ ISBN-10: B073RRRC1N✔ Idiomae: Español✔ Formato ebook: PDF, EPUB, Kindle, Audio, HTML y MOBI✔ Dispositivos compatibles: Android, iOS, PC y Amazon Kindle Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Portadilla Créditos Dedicatorias Cita Contenido Una palabra misteriosa I FILOSOFÍA IKIGA: El arte de envejecer siempre joven II CLAVES ANTIAGING: Los factores cotidianos que favorecen un largo y placentero camino III MAESTROS DE LA LARGA VIDA: Testimonios de los más longevos de Oriente y Occidente IV DE LA LOGOTERAPIA AL IKIGAI: La importancia de encontrar un sentido a la existencia para vivir más y mejor V FLUIR CON CADA TAREA: Cómo convertir el trabajo y el tiempo libre en un espacio de crecimiento V INSPIRACIONES DE LOS CENTENARIOS: Tradiciones y lemas vitales de Ogimi para una existencia larga y dichosa VI LA DIETA IKIGAI: Qué comen y beben los más longevos del mundo VII MOVERSE SUAVEMENTE ES VIVIR MÁS: Ejercicios de Oriente que favorecen la salud y la longevidad VIII RESILIENCIA Y WABI-SABI: Cómo afrontar los problemas y cambios de la vida sin envejecer por culpa del estrés y la ansiedad EPÍLOGO: IKIGAI, UN ARTE DE VIVIR Más información Ecosistema Digital , the free encyclopedia that anyone can edit. 118,328 active editors 6,995,846 articles in English Cher (born May 20, 1946) is an American singer and actress. Dubbed the "Goddess of Pop", she gained fame in 1965 as part of the folk duo Sonny & Cher, early exponents of 1960s counterculture. She became a TV star in the 1970s, with The Sonny & Cher Comedy Hour drawing more than 30 million viewers weekly, and topped the Billboard Hot 100 with narrative pop songs including "Gypsys, Tramps & Thieves" and "Half-Breed". Transitioning to film, she earned two Academy Awards nominations—for Silkwood (1983) and Moonstruck (1987), winning Best Actress for the latter—and received the Cannes Film Festival Award for Best Actress for Mask (1985). Her dance-pop comeback album Believe (1998) introduced the "Cher effect", a stylized use of Auto-Tune to distort vocals. Her 2002–2005 Farewell Tour grossed $250 million, the highest ever by a female artist at the time. A Rock and Roll Hall of Fame inductee, Cher is the only solo artist with Billboard number-one singles in each of seven decades. (Full article...) Recently featured: Malcolm X Margaret Sanger TRAPPIST-1 Archive By email More featured articles About HNLMS Java ... that the crew of HNLMS Java (pictured) struggled to access the sinking ship's life vests because these were locked away in a hard-to-reach compartment? ... that Gabriel Luna used a flamethrower in an episode of The Last of Us, and afterwards had recurring visions of flaming figures running towards him? ... that many North Carolina Farmers' Union members left the organization as a result of leader Henry Quincy Alexander's opposition to American entry into World War I? ... that 33 years after The New York Times called David Lynch's film Twin Peaks: Fire Walk with Me "brain-dead" and seemingly "the worst movie ever made", it conceded that the film was now "revered"? ... that two future deans of the University of Indonesia, Margono Soekarjo and Djamaloeddin, conducted the first surgery on conjoined twins in Indonesia? ... that the nearly 200 sexual encounters Molly Kochan had while terminally ill formed the basis of the Dying for Sex podcast and subsequent TV series? ... that a gun club once allegedly parked boats in the living room of a plantation house designed by Frank Lloyd Wright? ... that Jane Remover's school counselor made sure Remover felt fine after a classmate wrote an essay about lyrics from Teen Week? ... that playwright Jason Grote was involved in releasing 10,000 crickets in New York City? Archive Start a new article Nominate an article JJ Austria, represented by JJ (pictured) with the song "Wasted Love", wins the Eurovision Song Contest. Former president of Uruguay José Mujica dies at the age of 89. The Socialist Party led by current prime minister Edi Rama wins an outright majority in the Albanian parliamentary election. The Kurdistan Workers' Party announces its dissolution, ending its insurgency against Turkey. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Richard Garwin Tommy Vigorito Eddie Marzuki Nalapraya Alla Osipenko Azmun Jaafar Bob Cowper Nominate an article May 20: National Day of Remembrance in Cambodia (1975); National Awakening Day in Indonesia (1908) 325 – The First Council of Nicaea (depicted), the first ecumenical council of the Christian Church, was formally opened by Constantine the Great. 794 – According to the Anglo-Saxon Chronicle, King Æthelberht II of East Anglia was beheaded on the orders of Offa of Mercia. 1714 – J. S. Bach led the first performance of his Pentecost cantata Erschallet, ihr Lieder at the chapel of Schloss Weimar. 1927 – With the signing of the Treaty of Jeddah, the United Kingdom recognized the sovereignty of Ibn Saud over Hejaz and Nejd, which later merged to become Saudi Arabia. 1941 – World War II: German paratroopers began the Battle of Heraklion on the island of Crete, capturing the airfield and port in Heraklion ten days later. William Fargo (b. 1818)Gertrude Guillaume-Schack (d. 1903)Nizamuddin Asir Adrawi (d. 2021) More anniversaries: May 19 May 20 May 21 Archive By email List of days of the year About Rhina Aguirre (20 May 1939 – 30 October 2021) was a Bolivian disability activist, politician, and sociologist. An opponent of the military dictatorships of the 1970s and 1980s, Aguirre was an early activist in the country's human rights movement. Exiled to Ecuador by the regime of Luis García Meza, she collaborated with Leonidas Proaño's indigenous ministry and worked closely with the country's peasant and social organizations. Blinded in both eyes by toxoplasmosis, Aguirre took up the cause of disability rights, joining the Departmental Council for Disabled Persons upon her return to Bolivia. In 2009, she joined the Movement for Socialism and was elected to represent the department of Tarija in the Chamber of Senators, becoming the first blind person in Bolivian history to assume a parliamentary seat. This photograph of Aguirre was taken in 2014. Photograph credit: Chamber of Senators; edited by Krisgabwoosh Recently featured: Chester Cathedral El Tatio Short-beaked echidna Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe Oʻzbekcha 50,000+ articles Asturianu Azərbaycanca বাংলা Bosanski گوردی Ελληνικά Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių Македонски Минангкабау Norsk nynorsk پښتو Shqip Slovenščina ไทย తెలుగు اردو Retrieved from " 2 This article is about the year 325. For the number, see 325 (number). This article relies largely or entirely on a single source. Relevant discussion may be found on the talk page. Please help improve this article by introducing citations to additional sources.Find sources: "325" – news · newspapers · books · scholar · JSTOR (February 2024) Calendar year Years Millennium 1st millennium Centuries 3rd century 4th century 5th century Decades 300s 310s 320s 330s 340s Years 322 323 324 325 326 327 328 vte 325 by topic Leaders Political entities State leaders Religious leaders Categories Births Deaths vte 325 in various calendarsGregorian calendar325CCCXXVAb urbe condita1078Assyrian calendar5075Balinese saka calendar246–247Bengali calendar−269 – −268Berber calendar1275Buddhist calendar869Burmese calendar−313Byzantine calendar5833–5834Chinese calendar甲申年 (Wood Monkey)3022 or 2815 — to — 乙酉年 (Wood Rooster)3023 or 2816Coptic calendar41–42Discordian calendar1491Ethiopian calendar317–318Hebrew calendar4085–4086Hindu calendars - Vikram Samvat381–382 - Shaka Samvat246–247 - Kali Yuga3425–3426Holocene calendar10325Iranian calendar297 BP – 296 BPIslamic calendar306 BH – 305 BHJavanese calendar206–207Julian calendar325CCCXXVKorean calendar2658Minguo calendar1587 before ROC民前1587年Nanakshahi calendar−1143Seleucid era636/637 AGThai solar calendar867–868Tibetan calendar阳木猴年(male Wood-Monkey)451 or 70 or −702 — to — 阴木鸡年(female Wood-Rooster)452 or 71 or −701 Constantine the Great summons the Christian Church to Nicaea (mosaic in Hagia Sophia, Istanbul) Year 325 (CCCXXV) was a common year starting on Friday of the Julian calendar. At the time, it was known as the Year of the Consulship of Proculus and Paulinus (or, less frequently, year 1078 Ab urbe condita). The denomination 325 for this year has been used since the early medieval period, when the Anno Domini calendar era became the prevalent method in Europe for naming years. German and Sarmatian campaigns of Constantine: Emperor Constantine I personally assures the security of the Danube frontier by defeating the Goths, the Vandals and the Sarmatians. Constantine has deposed Emperors Licinius and Martinian executed in Thessalonica and Cappadocia respectively for conspiring and raising troops against him.[1] Constantine forbids criminals being forced to fight to the death as gladiators.[2] April 1 – Crown Prince Cheng of Jin, age 4, succeeds his father Ming of Jin as emperor of the Eastern Jin dynasty. During his reign, he is largely advised by regents, his uncle Yu Liang and high-level officials. The Colossus of Constantine in the Basilica of Maxentius and Constantine, Rome, is perhaps remodelled at about this date.[3] (The remains are moved to the Palazzo dei Conservatori, Rome, in the 15th century). May 20 – First Council of Nicaea: Constantine summons an ecumenical council of bishops in Nicaea (Turkey). The Nicene Creed, adopted on June 19, declares that the members of the Trinity (the Father, the Son, and the Holy Spirit) are equal. The council decides that Easter is celebrated on the first Sunday after the first full moon after the vernal equinox. Arius is exiled to Illyria; his works are confiscated and consigned to the flames. Wang Meng (or Jinglüe), Chinese prime minister (d. 375) c. July – Li Ju (or Shihui), Chinese general and warlord October 18 – Ming of Jin, Chinese emperor (b. 299) Licinius, deposed Roman emperor (executed) Martinian, deposed Roman emperor (executed) Tuoba Heru, Chinese prince of the Tuoba Dai Approximate date – Iamblichus, Syrian philosopher and writer (b. 245) ^ Scarre, Christopher (2012). Chronicle of the Roman Emperors: the Reign-by-reign Record of the Rulers of Imperial Rome. London; New York: Thames & Hudson. ISBN 978-0-500-28989-1. ^ Potter, David (December 2010). "Constantine and the Gladiators". The Classical Quarterly. 60 (2): 597. doi:10.1017/S0009838810000194. JSTOR 40984834. Rescript of Constantine. ^ Pohlsander, Hans A. (1996). The Emperor Constantine. London: Routledge. p. 80. ISBN 0-415-13178-2. Retrieved from " 3One hundred years, from 201 to 300 This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed.Find sources: "3rd century" – news · newspapers · books · scholar · JSTOR (March 2019) (Learn how and when to remove this message) Millennia 1st millennium Centuries 2nd century 3rd century 4th century Timelines 2nd century 3rd century 4th century State leaders 2nd century 3rd century 4th century Decades 200s 210s 220s 230s 240s 250s 260s 270s 280s 290s Categories: Births – Deaths Establishments – Disestablishments vte Eastern Hemisphere at the beginning of the 3rd century AD. Map of the world in AD 250. Eastern Hemisphere at the end of the 3rd century AD. The 3rd century was the period from AD 201 (represented by the Roman numerals CCI) to AD 300 (CCC) in accordance with the Julian calendar. In this century, the Roman Empire saw a crisis, starting with the assassination of the Roman Emperor Severus Alexander in 235, plunging the empire into a period of economic troubles, barbarian incursions, political upheavals, civil wars, and the split of the Roman Empire through the Gallic Empire in the west and the Palmyrene Empire in the east, which all together threatened to destroy the Roman Empire in its entirety, but the reconquests of the seceded territories by Emperor Aurelian and the stabilization period under Emperor Diocletian due to the administrative strengthening of the empire caused an end to the crisis by 284. This crisis would also mark the beginning of Late Antiquity. While in North Africa, Roman rule continued with growing Christian influence, particularly in the region of Carthage. In Persia, the Parthian Empire was succeeded by the Sassanid Empire in 224 after Ardashir I defeated and killed Artabanus V during the Battle of Hormozdgan. The Sassanids then went on to subjugate many of the western portions of the declining Kushan Empire. In Africa the most significant event was the rise of the Aksumite Empire in what is now Ethiopia, which experienced significant military expansion and became a major trading hub in northeast Africa.[1] In China, the chaos that had been raging since 189 would ultimately continue to persist with the decisive defeat of Cao Cao at the Battle of Red Cliffs in 208, which would increasingly end the hopes of unification and lead to the tripartite division of China into three main empires; Shu, Wu, and Wei, colloquially known as the Three Kingdoms period, which started in 220 with the formal abdication of Emperor Xian of Han to Cao Cao's son, Cao Pi, thereby founding Wei, which would go on to conquer Shu in 263, but would ultimately be united again under the Jin dynasty, headed by the Sima clan, who would usurp Wei in 266, and conquer Wu in 280. In other parts of the world, Korea was ruled by the Three Kingdoms of Korea, Japan entered the Kofun period and the Southeast Asian mainland was mostly dominated by Funan, the first kingdom of the Khmer people. In India, the Gupta Empire was on the rise towards the end of the century. In Pre-Columbian America, the Adena culture of the Ohio River valley declined in favor of the Hopewell culture. The Maya civilization entered its Classic Era. After the death of Commodus in the late previous century the Roman Empire was plunged into a civil war. When the dust settled, Septimius Severus emerged as emperor, establishing the Severan dynasty. Unlike previous emperors, he openly used the army to back his authority, and paid them well to do so. The regime he created is known as the Military Monarchy as a result. The system fell apart in the 230s, giving way to a fifty-year period known as the Military Anarchy or the Crisis of the Third Century, following the assassination of the 28-year-old emperor Severus Alexander (the last emperor of the Severan dynasty), where no fewer than twenty emperors held the reins of power, most for only a few months. The majority of these men were assassinated, or killed in battle, and the empire almost collapsed under the weight of the political upheaval, as well as the growing Persian threat in the east. Under its new Sassanid rulers, Persia had grown into a rival superpower, and the Romans would have to make drastic reforms in order to better prepare their state for a confrontation. These reforms were finally realized late in the century under the reign of Diocletian, one of them being to divide the empire into an eastern and western half, and have a separate ruler for each. The Baths of Caracalla The Kingdom of Funan reaches its zenith. The Goths move from Gothiscandza to Ukraine, giving birth to the Chernyakhov culture. Menorahs and Ark of the Covenant, wall painting in a Jewish catacomb, Villa Torlonia (Rome), are made. The Coptic period begins. Siddhartha in the Palace, detail of a relief from Nagarjunakonda, Andhra Pradesh, India, is made. Now kept at National Museum, New Delhi. Two statuettes, Jonah Swallowed and Jonah Cast Up, of a group from the eastern Mediterranean, probably Asia Minor, are made. Now kept at The Cleveland Museum of Art, Ohio. The Magerius Mosaic is made. Now kept at the Sousse Archaeological Museum, Tunisia.[2] Early 3rd century: Burial in catacombs becomes commonplace. 208: the Chinese naval Battle of Red Cliffs occurs.[3] 211–217: Caracalla, Roman Emperor. 212: Constitutio Antoniniana grants citizenship to all free Roman men. 212–217: Baths of Caracalla. 220: The Han dynasty comes to an end with establishment of the Three Kingdoms in ancient China.[4] 220–280: The Three Kingdoms period.[5] 222–235: Alexander Severus, Roman Emperor.Rock relief of Ardashir I receiving the ring of kingship by the Zoroastrian supreme god Ahura Mazda. 224: Ardashir I of the Sassanid dynasty conquers the Parthian empire at the Battle of Hormozdgan. 230–232: Sassanid dynasty of Persia launches a war to reconquer lost lands in the Roman east. 234: Zhuge Liang dies of illness at the standoff of Wuzhang Plains. 235–284: Crisis of the Third Century shook the Roman Empire. 241: The Kingdom of Hatra dissolved after the Fall of Hatra to Persia 244: Battle of Xingshi in China. 258: Valerian's massacre of Christians. 260: Roman Emperor Valerian I is taken captive by Shapur I of Persia.Political map of China in 262 AD 263: Cao Wei conquers the Shu Han Kingdom. 266: The Jin dynasty is founded after the overthrow of the Cao Wei dynasty by Sima Yan. 280: The Jin dynasty reunites China under one empire after the conquest of Eastern Wu. 284–305: Diocletian, Roman Emperor. 291–306: The War of the Eight Princes, a civil war by the Sima Clan in China. 293: Emperor Diocletian forms the Tetrarchy in Rome. 300–538: Kofun era, the first part of the Kofun period in Japan. Late 3rd century – early 4th century: Good Shepherd, Orants and Story of Jonah, painted ceiling of the Catacombs of Marcellinus and Peter in Rome, is made. For a more comprehensive list, see Timeline of historic inventions § 3rd century. Sarnath becomes a center of Buddhist arts in India. Diffusion of maize as a food crop from Mexico into North America begins. ^ "Aksum | History, Map, Empire, & Definition | Britannica". www.britannica.com. 2024-11-29. Retrieved 2024-12-03. ^ Bomgardner, David L. (2013). The Story of the Roman Amphitheatre. Routledge. p. 211. ISBN 9781134707393. ^ McNab, Chris (2017). Famous Battles of the Ancient World. Cavendish Square Publishing, LLC. p. 74. ISBN 9781502632456. ^ "Han dynasty | Definition, Map, Culture, Art, & Facts". Encyclopedia Britannica. Retrieved 17 March 2019. ^ "Three Kingdoms | ancient kingdoms, China". Encyclopedia Britannica. Retrieved 17 March 2019. Retrieved from " 4 The following pages link to 3rd century External tools (link count transclusion count sorted list) · See help page for transcluding these entries Showing 50 items. View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500)Century (links | edit) List of decades, centuries, and millennia (links | edit) History of Iraq (links | edit) Latin alphabet (links | edit) Mancala (links | edit) Saxons (links | edit) Sabellianism (links | edit) 20th century (links | edit) 15th century (links | edit) 16th century (links | edit) 17th century (links | edit) 18th century (links | edit) 14th century (links | edit) 1st century (links | edit) 13th century (links | edit) 397 (links | edit) 4th century (links | edit) 12th century (links | edit) 11th century (links | edit) 7th century (links | edit) 10th century (links | edit) 9th century (links | edit) 8th century (links | edit) 6th century (links | edit) 5th century (links | edit) 2nd century (links | edit) 4th century BC (links | edit) 100s (decade) (links | edit) 200s (decade) (links | edit) 300s (decade) (links | edit) 110s (links | edit) 120s (links | edit) AD 125 (links | edit) 1st century BC (links | edit) 2nd century BC (links | edit) 3rd century BC (links | edit) 5th century BC (links | edit) 6th century BC (links | edit) 310s (links | edit) 320s (links | edit) 321 (links | edit) 21st century BC (links | edit) 11th century BC (links | edit) 286 (links | edit) 385 (links | edit) 7th century BC (links | edit) 1500 (links | edit) 325 (links | edit) 380s (links | edit) 381 (links | edit) View (previous 50 | next 50) (20 | 50 | 100 | 250 | 500) Retrieved from " WhatLinksHere/3rd_century" Giving a sense of purpose (Japanese) Ikigai (生き甲斐, lit. 'a reason for being') is a Japanese concept referring to what an individual defines to be the meaning of their life.[1] The Oxford English Dictionary defines ikigai as "a motivating force; something or someone that gives a person a sense of purpose or a reason for living". More generally it may refer to something that brings pleasure or fulfillment.[2] The term compounds two Japanese words: iki (生き, meaning 'life; alive') and kai (甲斐, meaning 'effect') (sequentially voiced as gai), to arrive at 'a reason for living [being alive]; a meaning for [to] life; what [something that] makes life worth living; a 'raison d'être'. In their book, Ikigai: The Japanese Secret to a Long and Happy Life, Héctor García and Francesc Miralles explain, "This Japanese concept, which translates roughly as 'the happiness of always being busy,' is like logotherapy, but it goes a step beyond."[3] The Japanese government posted an article about the topic on their official website in 2022 stating, "A broad concept, it [ikigai] refers to that which brings value and joy to life: from people, such as one’s children or friends, to activities including work and hobbies."[4] Ikigai can be described as having a sense of purpose in life,[5][6] as well as being motivated.[7] According to a study by Michiko Kumano, feeling ikigai as described in Japanese usually means the feeling of accomplishment and fulfillment that follows when people pursue their passions.[8] Activities that generate the feeling of ikigai are not forced on an individual; they are perceived as being spontaneous and undertaken willingly, and thus are personal and depend on a person's inner self.[9][10][11][12] According to Japanese psychologist Katsuya Inoue, ikigai is a concept that consists of two aspects: "sources or objects that bring value or meaning to life" and "a feeling that one's life has value or meaning because of the existence of its source or object". Inoue classifies ikigai into three directions – social ikigai, non-social ikigai, and anti-social ikigai – from a social perspective. Social ikigai refers to ikigai that are accepted by society through volunteer activities and circle activities. An asocial ikigai is an ikigai that is not directly related to society, such as faith or self-discipline. Anti-social ikigai refers to ikigai, which is the basic motivation for living through dark emotions, such as the desire to hate someone or something or to continue having a desire for revenge.[13] National Geographic reporter Dan Buettner suggested ikigai may be one of the reasons for the longevity of the people of Okinawa.[14][4] According to Buettner, Okinawans have less desire to retire; they continue doing their favourite job as long as they remain healthy. Moai, a close-knit friend group, is also considered an important reason for the people of Okinawa to live long.[3] Ikigai was first popularised by the Japanese psychiatrist and academic Mieko Kamiya in her 1966 book, On the Meaning of Life (生きがいについて, ikigai ni tsuite).[15] In the 1960s, 1970s, and 1980s, ikigai was thought to have two primary forms of manifestation: either in terms of the betterment of society ("subordinating one's own desires to others") or the improvement of oneself ("following one's own path").[16] According to anthropologist Chikako Ozawa-de Silva, for an older generation in Japan, their ikigai was to "fit this standard mold of company and family", whereas the younger generation reported their ikigai to be about "dreams of what they might become in the future".[17] Studies have shown that people who do not feel ikigai are more likely to experience cardiovascular diseases. However, there was no evidence of any correlation with development of malignant tumors.[18][19] This section needs expansion with: Add details about the scale. You can help by adding to it. (October 2024) An Ikigai scale has been constructed to measure the effects on mental and physical health of those people who practice it.[20] Eudaimonia – related concept in ancient Greek philosophy Joie de vivre Logotherapy Meaning-making Motivation § Types Raison d'être ^ Y., Kotera; G., Kaluzeviciute; Gulcan, Garip; Kirsten, McEwan; Katy, Chamberlain (2021). "Health Benefits of Ikigai: A Review of Literature". Concurrent Disorders Society Publishing. ^ "ikigai". Oxford English Dictionary (Online ed.). Oxford University Press. Retrieved 24 July 2021. (Subscription or participating institution membership required.) ^ a b García, Héctor; Miralles, Francesc (2017). Ikigai: The Japanese Secret to a Long and Happy Life. Penguin Books. 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