



Ep. 61 - *Ikigai: The Japanese Secret to a Long and Happy Life* with author Francesc Miralles - Transcript

FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.

00:00.00

BRIAN

All right? So ladies and gentlemen I'm really excited today to have Francesc Miralles I think I said your name correctly did I get that pretty good Francesc?

00:05.74

Francesc Miralles

Hello Very happy to be here. Thank you for this invitation and it's a pleasure to have this talk with you.

00:18.38

BRIAN

I discovered your book. You know, walking through a bookstore and it caught my eye and ah I read the front and the back and I said oh why do I not know about this book already and this was many years ago at this point when did that and so I read the book and was devoted to the book and I talked to friends about it and then um. Like I wonder if I could ever get this guy to come on the podcast as I have so many questions and I'm so curious your your book answered lots of questions but I have more questions because this podcast focuses on creativity and how we make things and and a lot of what I was interested is kind of the origin story of this book and also book number 2 Which has has come out right and it really it's the ikiga journey just kind of taking us through the whole process here. Um, and so to get us kind of started so people understand a little bit more in case they haven't read the book cause I'm sure some people are now looking on their phones to go look up where to get the book but can you explain in in the best way you can. Ah.

01:12.12

Francesc Miralles

Like yes Ikiga is a Japanese word with many translations. Normally it translated as a purpose of life Ah, reason to leave but also more freely like ah the motivation we have.

01:12.23

BRIAN

What is ikagai can you explain that for us.

01:31.69

Francesc Miralles

To get up in the morning and start doing things so ikigai. Actually if we translate literally means a life worth being lived.

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01:39.89

BRIAN

I think a lot of the people who are listening to this who who know this podcast will be really excited to hear that that's what we're talking about today. So here's what was here's what was exciting to me so as I read this book. You know it's called ikigai the japanese secret to a long and happy life and so as I'm like okay it's all about purpose. Yes, that's my jam you know I'm a coach I work with people. And 1 of the first things that I'm confronted with in this book is it's about a life worth living and how that gives you longevity how that gives you a longer life and I was like oh this journey of this book is bigger than all that I was expecting in some ways and so I'm curious for you as you started unpacking this with your your writing partner Hector Garcia um how did you did you know where you were going or did you discover it as you went along.

02:20.95

Francesc Miralles

Know there was something of accident in the beginning of this project because ectorra me were already friends. We were writing different books. He has a very famous book about Japan and contemporary culture called a geek in Japan. Many travelers have the lonely planet and agic in Japan. It's in many languages translated this is from ector and I had been there writing novels and doing different things writing for magazines in Spain and we were walking in a park in the center of Tokyo and this was the first time. That ector told me that his father-in-law because he's married to an okinawaan woman had heard about this village of the centenarians. Yeah, a tiny place north of the island of Okinawa between the sea and the woods a place with 2000 people maybe a little more that they have the guinness world record of ah life expectancy like of ah long living. Let's say that and then ah ector said why don't we go there to work as anthropologists and we ask all these centenarians. How do they manage to live so long so well with so much energy and so we started asking for permission ah to the town hall to the circles of. Old people to the different institutions of place that is ah a rural village and some months after we get, we got there and we could interview 100 people the eldest and ah in ah one of the questions was what is your reason to believe. And many of them answered I have a Nicky guy I have something that makes myself move in the morning I have a motivation I have something in the heart of the of the day and this was the beginning of the project. We started transcribing the interviews. And then we had a lot of articles about medicine nurture ah social ah systems the the local religion that is different from other parts of Japan and in the end we wrote this book that it was a total surprise for us because it was. Number 1 in Spain from the first day and in one month maybe we had 25 translations and we didn't expect anything of that.

04:54.61

BRIAN

Wow Wow! Wow Wow. So when you and and one of the things that I took away as I was reading this is when you were and so one of the things that I was excited about is you interviewed these people yourselves This isn't data that you collected and then you actually went out and had these conversation. What was that was it was there was it. Hard to get people to say yes was it easy. Did they understand meaning did they know what your journey was of what the book you were about to write or since you didn't know yet in some ways I guess.

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05:14.64

Francesc Miralles

Oh that then that they understood very well. Actually we must say that these people was quite simple because these are people who work in in the garden every day. Ah, this is a rural place. With fruit trees and they don't have cultural iki guys to so say they didn't say my ikigai is going to the cinema or going to an art exhibition. It was much more grounded to earth. They said my iki guy is working in the garden every day. Being together with friends being out outside and breathing this air doing a a bit of exercise ah training myself for my hundredth birthday and this was like this was the kind of answers that we got and it was quite minimalist. Actually.

06:10.55

Francesc Miralles

And we learnt a lot from them that if you live in very close contact with natures and with the cycles of the light and the day and the night and you are quite together with a community and you feel backed by your neighbors and you have. Ah, relationships almost as if you were family. Ah you will have energy to live 100 and maybe longer.

06:35.36

BRIAN

Yeah, one of the things that I thought was so what you just you just described it. There's a word. It starts with an M and I'm probably not going to say it more I How do you say that word M a oh yeah.

06:42.37

Francesc Miralles

See my this is very interesting and in in United States nowadays I read that in California some organizations are experiencing in creating wines of all people who ah back each other. Like ah, a kind of independent organizations and how it works in Okinawa this village la chovogimi actually it's it's very weak because ah maybe 1 neighborhoods are a group of houses and then there is another neighborhood far away and so there were 6 or 7 different mic. And every moy is a circle where ten twelve fifteen people meet a couple of times a week or some of them every day depending and it's not only a place to have fun together. Of course they sing Kaakis. And they practice sports and they celebrate birthdays and they talk and they make what in a social clap in Europe or in United States would do but there is also a compromise even economically that to to belong to this more. You must pay something like thirty thirty five dollars a month and it goes to a common box and then when any person of the moi has some problem because maybe a hurricane ah broke the ceiling. Or your ah private ah insurance doesn't cover something that you must do for your lack. They took the money of everyone and they give it to this person so this is 1 reason why depression in this society. It's almost inexistent because nobody feels alone you you know that if you fall the moy is going to back you and this is very interesting for all people to to give each other this kind of relationship and I think that these experiences that are being now.



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08:35.42

BRIAN

And so.

08:51.29

Francesc Miralles

Ah, tested in California can be very very interesting.

08:53.79

BRIAN

Yeah, yeah I think what you say So then one of the things to a long life is having this community for lack of a more fancy word for? yeah yeah, yeah, yeah.

08:59.37

Francesc Miralles

Having your tribe having a clan in which you protect the others and then you feel useful by doing that and you feel that you are protected so actually reading authors like ah the one of sapien another. It's coming back to the origins of humankind coming back to the groups of friends that were living before agriculture.

09:22.99

BRIAN

Um, right right? Yeah, yeah, that's very true before agriculture. That's very true when we there was something that you also brought into the conversation which is a ah approach of Psychotherapy which is logo therapy and logo therapy. Can you define for the audience and then I want to ask some questions about it.

09:36.63

Francesc Miralles

Yes, this is very interesting because after exploring thekigai under many points of view. We discovered that in Europe in the western world. There is a very interesting.

09:41.91

BRIAN

Yeah.

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09:54.71

Francesc Miralles

Equivalence of this ah focus therapeutic focus and it's law therapy that means the therapy of finding a meaning of life. It was created in Europe in Europe by Victor Frankel ah exactly after the second world war. He opened consultation of people who were in a very desperate situation. Maybe they had lost brothers children parents they had lost their jobs their houses and then in this kind of ah. Personal drama ah something like psychoanalysis was useless because it's not the thing that you go to the past to explore the wounds and all this victor frankel needed to find a reason to live tomorrow so that this person doesn't recite.

10:51.38

Francesc Miralles

And then he developed this this way of treating the passion in the way that ah he or she can find something even if it's something small that can be ah the center of the day and give some light and so it's very famous.

11:10.52

Francesc Miralles

That when the clients came to his consultation many were blaming the world blaming Society. They were very disappointed very sad and then he interrupted then and a typical question of frankly, why don't you commit suicide and then. Almost everyone had an answer. Oh I would like to see my children graduating in University I have the hope to be in Love again. Maybe I would love to to travel to this place to learn piano to write my book. My experiences.

11:30.13

BRIAN

Um, you know.

11:48.92

Francesc Miralles

And then he put the thing in the center of the day and and said even if your day is horrible and you feel sad and you're depressed give 1 hour a day to this beautiful project and and I will end with this. There were some young people who said who couldn't even.

11:58.87

BRIAN

Ah.

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12:08.39

Francesc Miralles

Answer these questions and said I don't love anything I am not good for anything I don't I don't have a purpose I don't have a plan total nihilist and then he said if you don't have a purpose for life I give you one from now your purpose in life will be discover.

12:27.10

BRIAN

Um, yes, yes, and you know when you talk logo therapy sounds a lot like coaching because my job with my clients in some ways. Yeah.

12:27.64

Francesc Miralles

What is your purpose and this is a purpose itself searching for that.

12:35.21

Francesc Miralles

Yeah I would say coaching uses some of the discoveries of Victor Frankl because it's something quite related to present to to the day to day of the of the peson not something going to the.

12:47.80

BRIAN

Yes, right.

12:52.00

Francesc Miralles

To the tree of the ancestors and something like that. No, it's something much more practical like the coaching. Yes.

12:55.41

BRIAN

Right? right? So what I'm taking away. So just as we're tracking this conversation First thing first is we got we you know if we want to have this long life and we're want to have this purpose and this good feeling in our life this joyful life right? This happy life is having a purpose even if that purpose is finding the purpose one is the Hawaii which is the community of people around you. And then the book also goes into food and movement right? Can we tell me it's retail. Yeah.

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13:15.59

Francesc Miralles

Yes, that's that's that's very important because before traveling for the first time to oemi we came back ah some a couple of months before the pandemic with national geographic to shoot a documentary but the first time. When we were there. We had read a lot of medical reports who relate this long living with the kind of food the the way they they nurture themselves and not only in know inohimin don't only noinava but but in Japan. Ah, they apply the law of 80%. That's ah, that's called in Japanese Harra Hatchibu and it means you can feel yourself until here not until here and har hatchibu means eat only eighty percent of your hunger. So if you have. 5 little dishes in your table and you are hungry enough to eat the 5 you eat only 4 you keep a little of hunger for the next meal and then you will be lighter your digestive system ah won't hit so much and you will leave. Ah. Some doctors estimate that eating lightly ah can can mean 108 years more of life. Yes.

14:39.28

BRIAN

Wow wow. so so I'm kind of a japanophile myself I've been a few times I've been reading lots of book. That's how kind of I discovered your book as were you know and of course everyone loves to eat in Japan because you get all these little tiny plates and it it feels special eating feels more like you said.

14:55.71

BRIAN

Um, there's some more sacredness to it. You're making a decision about don't eat everything on your plate or decide how much you're eating which I think as a we don't have that relationship that much with eating at least here in the west is this is what's on the plate I'm gonna eat everything that's here and I'm gonna eat till I'm full right? And so this idea you know last night as I was getting ready for today.

15:03.90

Francesc Miralles

Um, yeah.

15:11.67

BRIAN

I ate dinner and I was like whoa I'm a little bit hungry right now and that is going to be okay and I was like like so a question for you as you discover these things. How much have you been able to bring into your own life. Do these things become like oh shoot I'm not living the way I wrote my book or how do you? How do you relate to learning these things.

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15:22.56

Francesc Miralles

Ah, quite a lot actually when some journalists ask me if it's possible to bring this way of living of Japan to the western world I said it's not. Ah, matter of Japan of east or west actually the the way of living of a grimi is very similar to ah a rural villageach in England in United States in Spain small place where you are very close. Related with your community. Maybe you are eating every day something that grows very near you are outside practicing exercise you are walking every day you are breathing fresh air your your inner clock is synchronizing all day with the outer clock of the daylight. And so actually the the way of living of ohimi of Okinawa is very similar to any rural community in the world. It's a way of life more connected with nature with nature with cycles and with a simple life and ah myself.

16:37.67

Francesc Miralles

For instance I try to apply the the law of 80% I Never eat more when even when I am in a restaurant you know Christians don't like to leave foot on on the on the table on the on the dish. And before I used to eat it Now. What I do is I take it home and sometimes it it's it's forgotten in the fridge. But I stop I I would say 5% before I am too I am to to to full.

17:07.47

BRIAN

Yeah, so this so this what's coming to me as we're talking about this is you know you discovered food. We'll talk about movement and get it about food community ikigai how did you decide of these these categories of movement food ikigai community. Iki guys what we're going for That's the the our book is going to be about this is it. How was that something that you were just in the consciousness like this is the thing people aren't talking about or what made you decide of these categories that was the 1.

17:31.64

Francesc Miralles

Ah, actually the the organization of the book that is first representation of the concept of akikai and why ok Kiinawa is a bluezone which are they the different ah ingredients that they can be. Ah, in the guinness world record for this reason. But then we dedicate a chapter to every block so foot we have already talked about food we we should say it also that this is not only the the law of 80% in Japan if you have travel there.

17:59.42

BRIAN

Right.

18:09.70

Francesc Miralles

Ah, the the kind ah of of meals are much less greasy than in any other country in in the west. For instance, they say that the best ah veal in the world is the one of Kobe the the the best. Ah meat and when you go to a restaurant with cover meat in Tokyo in another place they put just maybe 50 grams or one hundred grams with ah a bit of rice and vegetables and actually you are eating very little meat. But if you go to Argentina to asado or you go to Spain. Maybe they are going to put five hundred grams in your table so this is another reason this is another that their their menu is very light and with very little greece.

18:54.33

BRIAN

Right.

19:05.14

Francesc Miralles

And then movement. It's also interesting is not only that they live outside and they have they work in the garden almost 100% of the hinaitans of orgimi have a garden and actually the way of starting the day is like. 5 thirty five forty five go into the garden looking what happened there taking something that is already ready and this is the beginning of the day touching the earth touching the plants but also. All the japanese people not only on okkininawa they they have the ritual like in China they have Tai Chi they have the ritual of starting the day with a very short set of exercises called radiota it's called like this. Because it it started in the radio in the beginning of the twentieth century and it's like ah ah 7 a 9 movements something similar to the sortish gymnastic something to to get the body waken up.

20:15.33

Francesc Miralles

And radiotation nowadays. Maybe they follow it on Tv or in Youtube and almost all the japanese stop the day with this 3 minutes that make the be that bring vitality to to the body and then they start the day. This is also important.

20:30.26

BRIAN

now yeah now I want to run to Youtube and go watch I know that you have your visuals inside of the book. But I want to go run and watch a video now on Youtube of someone doing this so in what I can say that I captured onto in that I have seen in the work with my clients even is how much more purposeful that may be the wrong word here because it's obvious but. How much happier they are when they know that the work that they're doing is for something greater than themselves and so was there ever like a a was there and did you notice anything around the tendency around what people choose as their purpose is something that affects only themselves or is it always something that might. Support the community or support other people was there any direct align around that.

21:08.98

Francesc Miralles

Actually this is very Japanese what you comment doing something that is beyond yourself. Ah the the concept of ego is very different in Japan than in the in the western countries. Ah they love more the teamwork than. The the individual purpose and so there are many things many devices that were invented in Japan in the 60s and seventy s that we don't even know who is the inventor. It was a team of people and ah it has a lot to do with the resilience. Of the Japanese people against catastrophes. You know that Japan is not only ah, a place that was destroyed in the second world war they have a lot of ah earthquakes ah tsunamis it happened that with Fukushima and always when something like this happens. Ah, the message they give from the government and from the different institutions is *gambate* *gambatenipon* it means Japanese put your best effort and this is very interesting because in Spain we say *buenosworthte* that it means good luck. So when you're going to um I don't know to an exam to ah a job interview first date with somebody you like I don't know and and sports activity if you if you have said good luck. It doesn't depend on you. The power is itself.

22:43.45

Francesc Miralles

Outside good luck means and maybe the the person who is in the job interview is hard half asleep and doesn't notice that you are not good enough. Good luck is maybe that the best players are not in the other football team. But when you say *gambate* do your best afford. The power is inside you and for a Japanese actually when you have given everything you had even if you are the last man or the last woman in the marathon you have won because you win when you go. Hundred percent of your possibilities today.

23:20.21

BRIAN

Yeah, wow. Wow you know this makes me think of something else you mentioned in your book which is kind of how psychotherapy or therapy as we know it today doesn't necessarily gel with spirituality in the way that logo therapy does and here I think you're really talking to me. This is what you're talking about is spirituality around how we're so. Affecting other people to me. That's how I sum up spirituality is your kindness and so it's connecting somehow that the *ikiga* connects to the rest of what you're doing so the people in the *mawai*. Are you know they're gardening. They're taking care of them even though're taking care of themselves is because I'm taking care of myself so that I can be of service inside of my Hawaii.

23:58.49

BRIAN

Was this a convert did people say things like that were they connecting the dots in that way or is this something that you as the observer was noticing more.

24:02.82

Francesc Miralles

Actually it's been interesting that when you observe the purpose of people not only in Japan. Also when you ask what is your *rikigai* in any place of the world. The purpose is almost always. Connected with helping people almost even if you *Riki* guy is being a fine arts artist a painter actually the the goal is to bring beauty to other other people in an exhibition in your house if your purpose is. Creating something that doesn't exist ah some device some program. It's to make the life of others better if your purpose is writing ah a book creating a new kind of education and this is always something to make a better world. It's very strange that you find. A *Nikki* guy that it's only a pleasure for yourself and the reflection I take from this is that almost every human being the the main need to to have self-esteem. Is to feel oneself useful if you are useful to community if you are needed then you feel that you have a value the the work that can happen a person is to feel that it makes no difference if you are in this world or if you are not there is no difference because nobody needs you nobody. Is coming to you for help for advice and because of that purpose normally is something that connects your inner talent something that you have is especially strong and that you put it in the service of others.

25:51.00

BRIAN

Yeah Wow you know one of the things that you just I remarked on is sometimes when I'm working with clients and let's see if that you saw this in any of your observations is when someone has it so someone will say like I work with a lot of actors and I'll say they'll be feeling a little not great. They won't be feeling their happiest and also well when is the last time you acted which is when is the last time have you. Been working have you been doing your purpose and so sometimes what I find is like someone is like out of whack because they're not doing their purpose was that something that like the more like the distance between or the time between these conversations ever come up around like yeah I haven't done that a while. So I don't feel as good.

26:25.73

Francesc Miralles

Um, yes, can you repeat that the laughing you said like yes, so.

26:29.26

BRIAN

Yeah, sure. So like if I let's pretend I'm a painter right? and so I paint and I feel very aligned and then I take three weeks off from painting and I'm in a bad mood and I don't know why and I said well you probably need to paint did the conversations around like. Had to take a break from like if someone hurt themselves and like I wasn't able to feed I couldn't do my gardening that I do it supports the moi there did you have did you hear conversations around. Yeah.

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26:49.70

Francesc Miralles

Yes, did yeah, it's possible to have ah blocks between your purpose and and yourself one one of them is money this is strange but it's like this when ectorography and me work with young people and. Some of them have an idea of what they want to do with their lives. They are very interested to to know if they are going to to earn money with that. So if I write a book will I be published can I leave my job and do only this if I become a therapist. Can I leave the the office can I give up the bank or what I am doing right now and this is a very shallow ah look of what is purpose actually purpose doesn't mean. That it's the only thing you do in your life and we have very very good examples for that. For instance, it said that the best or the most original writer of the twentieth century was Franz Kafka he was a writer but he he had another job during the day he was a lawyer. Working in an insurance company. He went there 8 hours a day and then he came home slept like 3 hours yesterday and then he worked and wrote every night until very very late and so he had a job that gave him money and he had a dream.

28:23.67

Francesc Miralles

That gave him life energy. So it's it's totally possible to have a purpose in your life but also to to have a normal life with another kind of activities. So and even I would say that if you are starting something new. Like coaching there are many young people who start a course of coaching and they want to open consultation and receive clients and this is a matter of ah a lot of time and when I um, ask about that I say first you must learn from life. Ah, maybe you can go to schools give ah your your support ah to children with ah with problems go to ngos go here learn from life and maybe in 4 years in 5 years in 6 years you will be ready to help this is something. But very important that forreau the the writer of Walden said to all the young people who came enthusiastic. Normally these young people who came to the welden house they wanted to be writers and he said before sitting for writing.

29:39.99

BRIAN

Oh no.

29:40.20

Francesc Miralles

You must stand up for living so life experience I would say it's more important that any formation for even if you want to be a coach a therapist, an artist or anything you want to do in this world.

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29:54.48

BRIAN

Yeah, what I also and I love what you said there because it also gives me a sense of oh I can know that my purpose is I'm meant to be an actor or I'm meant to be a painter I'm meant to be a lawyer and I can know that I don't have to do it tomorrow that I know that it's I'm learning about life or now I'm going to gather my experiences that are going to be a part of this So I don't have to have a.

30:13.53

BRIAN

Urgency attached to it because none of the thing none of the things you none of your takeaways here was and you have to do your purpose right? away has happened fast like there was never like a destination here because you're not going to live one hundred and eleven years old if you're trying to hit the finish line all the time that's kind of what I'm taking away.

30:24.20

Francesc Miralles

There is a process and it's very interesting because the people who work in a very methodical way I have a case of a friend of mine who was ah a very really and lawyer but it came a point in his life in which he didn't like anymore that. He wanted to write historical novels but he knew that he if he left ah his job. He ah, he wouldn't have money to pay the rent and and the normal expenses. So he made a plan so that in 10 years he could live only from the books. So what he did was a process of adaptation first year maybe he was stealing 1 hour a day to write or maybe Friday afternoon he he went home and wrote a little more. Then he got published for the first time he started giving some clients to to a friend of his and after 10 years the process was totally completed and he was earning as much money with the books as he was earning as a lawyer and then he could close and give the keys to and somebody else but like. Malcolm Gladwell says ah for a process like this if you want to be excellent in something you need ten thousand ten thousand hours or and that's the thing that many people don't see they we are in ah in in a society of we.

31:44.97

BRIAN

Is right.

31:57.16

Francesc Miralles

We get many things in the instantane instantaneously. Ah, we we buy with a click We. We do it with a C clickque. We see a friend with a C clickque but actually being a master of something needs a lot of time. A lot of passions and a lot of resiliency of doing that thing even. The days you would do something else.

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32:16.52

BRIAN

Yeah, that's beautifully said and so at talking to you about this? Do you see you know of these 2 books that you've you've written and put into world. Do you see is this is this your iki guy to spread this word to share this and.

32:27.50

Francesc Miralles

Yes I have had different key guys. Ah along my life. There was a time in which I studied german literature and language and I thought that my future and my passion would be to be ah a german teacher. And and then I did it and I discovered that it was not the thing and because of this is is very important especiallyist for young people to allow yourself to ah to commit mistakes to to prove something and say okay I'm going to be a teacher. I am going to be a coach I am going to be a therapist I am going to be a policeman I even know and when you are there after one year to years you notice that you are not deeply connected to this activity and it happened to me as a teacher that in the beginning I had a lot of energy. But then I asked myself. Do you want to spend the rest of your life teaching the same for german students who begin with the the language or you want something different then I had a Nikki guy as a publisher I worked ah 2 3 hree years in a publishing house of books of spirituality. Psychology self-help I thought also that it was my passion but then I discovered that I hated going to the officer they 8 nine ten days the politics of the office people doing mobbing I didn't like it all that and then I had an niki guy as a writer. But I I would say that nowadays what I have discovered that what I love more is helping other people to discover their passions and it can be by writing or it can be in a conference in a group of teenagers. It can be in may in many ways.

34:12.63

BRIAN

Yeah, and and when you one of the things I think everyone's probably listening to is how you just like no, that's not it and I'm I'm turning the page and it's gonna be something else was there a real you know, dark night of the soul or were you really wrestling when you walked away from it or did it come a little more easily to you when you were saying. That's not the thing anymore. How did that.

34:30.92

Francesc Miralles

Yeah, in my case, yes, between 1 passion and the other normally there is a ah long night as you said because it can happen that that you got tired of doing that or that for instance when I quitted my job as publisher.

34:32.20

BRIAN

Come to you.

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34:50.27

Francesc Miralles

Ah, it was because I suffered during more than one year moving from the older employees and so I was totally depressed I was waking up every day in the middle of the night I didn't want to go to the job as when I was a child I didn't want to the school. And I felt very anxious and I was in a very bad mental condition and then I did what so many westerners have do I left everything and I went to India and I was I was two months in India.

35:17.92

BRIAN

Okay, ah.

35:25.13

Francesc Miralles

With my girlfriend visiting temples walking in the streets in the cheap trains here and there and then I reconnected with life there I wrote my first novel for children when I came back with this novel I went to a literary prize I didn't win but the jury.

35:44.65

Francesc Miralles

Loved this this book and it was published afterwards and there was moments of entertainty.. There was moments in which I thought I was going to be very poor. The rest of my life. But I think that when you notice that a ah door is Closed. You. You must be have the courage of try trying something new and if it's not the way you can always come back to an officer to do something similar of what you were doing So. There are many opportunities and trials in this life.

36:18.21

BRIAN

Yeah I So appreciate that and I appreciate you saying that because I think a lot of people can struggle with the idea of am I quitting am I quitting something or are you making a new choice and I think that can be quitting is one way to relate to it or deciding that something else more important.

36:29.30

Francesc Miralles

Yeah, yeah, and you over again, the quitting is the is a great topic now now now in ah in United States the great nation. What happened? Maybe we can commend this because it was during the pandemics that ah the world stopped. In the beginning in the first spring the the world has stopped people was at home and then many many people who were working working as waiters in I don't know in in different places. They couldn't go to work but when the world open again.



Ep. 61 - *Ikigai: The Japanese Secret to a Long and Happy Life* with author Francesc Miralles - Transcript

37:07.14

Francesc Miralles

Many didn't want to go back and so only in two months eight million people quitted the job it means something it means that so conscious, arous there and they discovered that maybe this was not the life. The the kind of life that they want to follow.

37:12.29

BRIAN

Yeah, yeah, yeah.

37:21.67

BRIAN

Yeah I think that you know it's when we you know the pandemic I don't want to ever make the pandemic into oh was this great thing that happened because we all learned something because we lost so many people but I also think that we do need to see what is the lesson that was being asked for for us to learn and I think there is ah something inside of that. What you just said Well I can say that.

37:40.52

BRIAN

For me this has been such a great conversation to dig deeper into this concept and so we have the 2 books which of course we'll link to in the show notes here but to leave us kind of just with a final thought what has studying this taught you and. That you were surprised by has anything surprised you along the way when you were learning this.

37:59.61

Francesc Miralles

1 what maybe? what? what has surprised me ah talking with many people who were late bloomers I knew a man who died some some days ago who had ah worked until 60

38:13.72

BRIAN

I'm sorry.

**Ep. 61 - Ikigai: The Japanese Secret to a Long and Happy Life with author
Francesc Miralles - Transcript**

38:18.20

Francesc Miralles

Ah, in jobs that were not meaningful for him. He was working in companies as ah in consultancy doing things that were okay to to have a salary but that didn't resonating himself and then with 60 he decided to risk to have less money in his life. And the last the last five six years of his life. He opened a radio station a ready small one in internet. Maybe there were some hundreds listening to that and every week he was preparing an interview with people of the business world philosophers teachers and he changed. Dramatically he was a person so young and he was laughing all the time. So what I have discovered is that when you connect with your passion. You are young again and you ah you are able to restep your life and.

39:14.10

Francesc Miralles

Between you and your passion sometimes there is the wall of your fear to say what will happen if I do this It's not It's not very risky but when you overpass this fear and you follow your passion then the world. Helps you to find the ways you know in 1 way you're in in the other. Maybe this is talking with people. What was more surprising for me.

39:40.12

BRIAN

Yeah, that is beautiful Francesca I have to thank you so much for this conversation. It's really really lovely and I cannot wait to jump into the second book because I've only read the first one 3 times and you need in the second one. So I can't wait and again as I said to everyone we will link to all of the books and resources into the show notes here.

39:44.63

Francesc Miralles

Thank you Very much. Okay, like.

39:58.76

BRIAN

Ah, so that you can dig deeper into this really fascinating. Wonderful subject which is actually I think more than just fascinating is helpful. It is helpful to see your life in this way and to start to approach it this way. So thank you so much for your time with me I Really appreciate it. Thank you, Thank you? um.

40:08.10

Francesc Miralles

Thank you very much for the room it. It was very beautiful. Thank you.