

Natural & Creative Living Patterns, Part 2

Patterns for Natural Living

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This paper presents the 12 patterns for *NATURAL LIVING* from the Pattern language for Natural & Creative Living. The whole of the Natural & Creative Living Patterns consists of 37 patterns in total, which are then classified into three different categories: *NATURAL LIVING*, *CREATIVE LIVING*, and *HEALTHY LIVING*. One of them, the *NATURAL LIVING* patterns were created to motivate people to take a deeper look at mother nature, feeling the essence of the outdoors even for the people living in a metropolitan environment and leading a lifestyle that is filled with natural elements. As urbanization progresses, the relationship between human life and nature has been decreasing. In this context, reconnecting with the "outer nature" represented by the sky, forests, etc. will help people to be creative and lead a richer life. The 12 patterns in the *NATURAL LIVING* category are *Nearby Nature*, *Within Nature*, *Take in The Flow*, *Knowing the Roots*, *Seeking Its Journey*, *Making It by Hand*, *Power of Nurture*, *Returning to the Soil*, *Greatness of Nature*, *Natural Rhythm*, *Basics of Life* and *Scenery Beyond Us*.

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1. INTRODUCTION

In the modern age, with the constant advancement of technology, humans have become accustomed to a lifestyle where everything is refined to be convenient and efficient as much as possible. As society moves forward in this direction, many are too focused on artificial systems surrounding them such as jobs, relationships. This kind of living discourages focusing the mind on the natural aspects of life, from symbiotic organisms to the sky and mountains that surround our lives, consequently slowly losing appreciation towards nature. Especially in the highly urbanized Society of Japan, the problem is severe due to the people having an insufficient connection with nature; society as a whole is swaying away from mother nature. With the alarming lifestyle mentioned above, it becomes difficult to be creative with the deep feeling that comes from the experience of having a deep connection with nature.

Although under these social conditions, there are some people who are living in symbiosis with nature, creating their own unique and innovative lifestyle that appreciates the essence of nature. Through Mining Dialogues, by eliciting the experience of lifestyle of the three Japanese collaborators who have been attracting attention for their unique way of living while maintaining a connection with nature, we extracted the essential elements in living in harmony with nature and described them in the form of a pattern language. This Pattern language is to support those who are not consciously accustomed to the fact that human life exists in nature, especially in today's urbanized society, and those who have little connection to nature in their lives. With this pattern language for Natural & Creative Living, we aim to help people to live a more natural and vibrant lifestyle, no matter where they live, even if they live in the city.

The Natural & Creative Living patterns consist of 37 patterns. *Natural & Creative Life* as the core pattern, the research is classified into three categories: *NATURAL LIVING*, *CREATIVE LIVING*, and *HEALTHY LIVING*. In each category, there are 12 patterns that establish a Natural and Creative lifestyle. (Figure1)

Hitherto to this paper, the Natural & Creative Living Pattern Series has published the first section of its series with Part 1: Patterns for *CREATIVE LIVING* and introduced the 12 patterns that construct the category (Yamakage et al., 2021). In this paper, we are introducing the second section of the series with Part 2: Patterns

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for *NATURAL LIVING*, also consisting of 12 patterns. In the future, we aim to publish the third and final section of the Natural & Creative Living Pattern Series with Part 3: Patterns for *HEALTHY LIVING*.

This paper introduces the Relationship between Living and Nature in Section 2, the in-depth description of the *NATURAL LIVING* Category in Section 3, and the 12 *NATURAL LIVING* Patterns in Section 4.

0. Natural and Creative Life



Figure 1: The Whole of Natural & Creative Living Patterns

2. THE RELATIONSHIP BETWEEN LIVING AND NATURE

The patterns belonging to the *NATURAL LIVING* category presented in this paper aim to support people to live a harmonious lifestyle with the “Great Outdoors” like the never-ending sky, the evergreen forest, and the vast ocean. In this section, we present the significance of the Natural & Creative Living Patterns and take a deeper look into the patterns in the *NATURAL LIVING* category by observing the following aspects: Modern Urbanization and The Disengagement with Nature, Relationship between Outer Nature and Creativity, Relationship between Outer Nature and Mental & Physical Health, and Living in Harmony with the Outer Nature.

In the ever-accelerating urbanization of our modern society, many societal things have become systematized, and a lot of things are simplified by technology, leading to things being optimized to their max. Living in this societal system, it is easy to lose touch with any aspects of the “Outer Nature,” like the animals, plants, the ocean and the sky, also the “Inner Nature” like healthy body and mind with a sense of freedom and true self. In order to live a more creative life, the key lay in experiencing the “Outer Nature” and recognizing how our lives are intertwined with nature and trying to incorporate those aspects in life. As people start to live naturally, each individual can unlock their creative potential, thus synergistically creating a vibrant society.

2.1 Modern Urbanization and The Disengagement with Nature

With constant economic growth and technological developments, our lives have been continuously optimized. Simultaneously, it created an abundance of artificial things that are desolate of any natural essences, only being able to interact with it on certain to meager occasions. Takeshi Yourou, a Japanese Doctor commented on the urbanization of our modern society as,

“Adults live in a societal system. A System is a world made by consciousness. Modern society favors the word ‘System’ and thus tries to systemize everything. A world in automatization. Our consciousness is the one advancing this automatization. Hence a system is constructed with consciousness planned throughout its basis.” (Yourou, 2002, p.81, translated by the authors for this paper)

“Everything is human consciousness, an extension of our mind. What is excluded in this metropolis is what the mind does not create, Nature. The excluded nature will soon become something out of our reality.” (Yourou, 2002, p.20, translated by the authors for this paper)

Thus, in this systemized society we are surrounded by not just artificial products, only focusing on the human relationship, our consciousness swaying away from nature. In the conversation between Takeshi Yourou, the world-renowned film creator and animator Hayao Miyazaki, he mentions that “The fact that the people in our modern age, only focus on humans, is frightening.” (Yourou & Miyazaki, 2008, p.52, translated by the authors for this paper)

Hence, it has come to our attention that although human life is essentially built on the benefits of nature, and even though we are part of nature, modern society, sees of nature as a resource, not being grateful for the sustainability nature is giving to us. Thus, our modern society is magnetized by the ever-optimizing system, tangled up in this ‘human-based’ system, eradicating the freedom to think. Then, we start to lose our rich senses of nature, making it more difficult to demonstrate creativity.

2.2 Relationship between Outer Nature and Creativity

British Mathematician and Philosopher, Alfred Whitehead, says “The Complexity of nature is inexhaustible.” (Whitehead, 1927-28, p.106). With artificial goods simplifying our lives, there is very little sensory information to be received in these settings. However, the true nature of our world is supposed to be one that is very complex, with nature being way more intertwined than the civilization we have created. Therefore, in order to maximize our creativity, it is important to experience nature to heighten our senses. One aspect of nature would be the great “Nature Outside” like the ocean and the forest, with millions of organisms constructing the ecology. Increasing your time with nature, our vision is optimized towards the small details in nature, starting to become one with nature.

Christopher Alexander, an urban planner, and architect from Vienna, and most importantly the advocate of Pattern Language mentions in his writings that,

“Imagine yourself building a simple porch outside your room; a column to lean against; gusset to strengthen its connection to the beam; decorated with fretwork, so that the light falls softly, without glare from the sky; a rail to lean on easily so that you can walk out and lean and smell the summer air; and the yellow sunlight, lit by the yellow grass, warming the unpainted wooden planks. Imagine that you have reached the point, in your life, where you are making such a porch. You are a different person now. The fact that you have understood the importance of these details, in your life, that you have understood how much they influence your life, means that you are now alive in a more simple sense.” (Alexander, 1979, p.547-548)

As you can see, experiencing the creation of things enables us to focus on details in high definition, understanding the essence of the subjects, and thus connecting deeply with nature. Here, we are able to grasp the importance of living and connecting with our surroundings.

Likewise, German Fantasy Author Micheal Ende says, “I would say that being creative, to put it simply, is very human-like, nothing more than that.” (Ende, 1992, p.19, translated by the authors for this paper). We can observe that creating something is a very natural and humanistic process, being deliberate towards the connections with our surroundings.

2.3 Relationship between Outer Nature and Mental & Physical Health

A study F. Stephan, et al. (2019) found that exposure to nature increased connection to nature, attention, positive emotions, and the ability to think about life's problems, and that these effects were more dramatic in real nature than in virtual nature.

Furthermore, in Nisbet, Zelenski, & Murphy (2011) concluded that, our connection with nature has a significant impact on our happiness, since many can feel that they are part of a bigger movement. From this perspective, it can be said that the emotional, perceptual, and experiential connection with nature can affect our wellbeing.

Being creative increases our happiness, and an increase in happiness effectively improves our mental wellbeing. The basis of creativity consists of the mind and the body, thus having a healthy mind will further enhance our creativity. It can be said that there is a strong connection between creativity and having a healthy body and mind. In order to maintain this high quality of creativeness, it is crucial to interact with the sky, the forest, and the ocean.

2.4 Living in Harmony with the Outer Nature

Howell, et al. (2011) showed that it is important to increase awareness and consciousness of the experience of being involved with nature, rather than simply having a relationship with it. From this point of view, we can see that even if there are few things that make us feel nature in an imposing way, whether or not a person feels a sense of unity with nature by increasing their awareness of their experiences in nature, and whether or not they subjectively feel themselves to be a part of nature, has a lot to do with their happiness. In other words, even if you live in an urban environment where all the artificial things tend to catch your attention, you can still create your life by paying attention to the nature outside and cherish the connection with it, which in turn will lead you to live more spontaneously with a sense of happiness.

3. NATURAL LIVING CATEGORIES

This chapter presents the structure of the *NATURAL LIVING* Categories, as well as the descriptions of the category and the connection between each pattern.

3.1 The Structure of *NATURAL LIVING* Categories

The *NATURAL LIVING* Categories consist of four groups: *TAKING IN NATURE INTO DAILY LIFE*, *CONNECTING WITH NATURE THROUGH EVERYDAY THINGS*, *BEING EMPOWERED BY NATURE* and *IN SYNC WITH NATURE*, each established by three patterns, having 12 different patterns: *Nearby Nature*, *Within Nature*, *Take in The Flow*, *Knowing the Roots*, *Seeking Its Journey*, *Making It by Hand*, *Power of Nurture*, *Returning to the Soil*, *Greatness of Nature*, *Natural Rhythm*, *Basics of Life* and *Scenery Beyond Us*. (Figure2)

3.2 Descriptions of the Natural Living Categories

Each pattern included in the Natural Livings Categories is intended to establish a natural synergy between patterns through continuous practice by the audience. The following story addresses the meaning of the Natural Living Group, exploring the relationships between the patterns, and how one can practice a pattern in their own life:

Our daily life is established on top of the continuous relationship between Humans and Nature. Looking everywhere, the lifestyle many live by can not be sustained without the essence of Nature. For one, your home is created by materials from nature, on top of land that used to be untouched by civilization. From clothes manufactured globally, to the food that is consumed by millions, most of the commodities sold originate from nature.

However, as society progresses into a more metropolitan landscape, technology advancing so much that daily activities are enclosed within the urban sphere, it becomes easy for an individual to not feel any natural elements in their everyday life. As work, school, online hobbies, and other indoor activities occupy a large part of your lives, the time spent indoors has significantly increased. With Fast-food and Fast-fashion gaining their traction within the mainstream, it seems as thorough everyday commodities are starting to look very identical.

Although living with artificial goods are the main items to deal with, it is possible to feel the elements of nature by *TAKING IN NATURE INTO DAILY LIFE*. By acknowledging that everyday commodities such as food and clothes all originate from nature, it ables us to *CONNECTING WITH NATURE THROUGH EVERYDAY THINGS*. Furthermore, *BEING EMPOWERED BY NATURE* illustrates the true grandness of nature, and how humans are just a small part of a bigger ecosystem. Realizing that being *IN SYNC WITH NATURE* is an essential part of life, your lives will become one with nature, allowing us to be more creative with a healthy mind and body.



Figure 2: Patterns and groups in NATURAL LIVING category

As hard as it may seem, **TAKING IN NATURE INTO DAILY LIFE** is easier to practice than many imagine. No matter how busy with the tasks at hand, open up your inner heart towards the *Nature Nearby (No.1)*, seek everyday routines *Within Nature (No.2)*, and *Take in The Flow (No.3)* of fire to create an ambiance in the room. Feeling nature right by your side, your perception of the world will slowly change.

CONNECTING WITH NATURE THROUGH EVERYDAY THINGS, your appreciation towards nature is certain to increase. *Knowing The Roots (No.4)* of everyday commodities, understand that the products you buy are made from natural materials. Through *Seeking Its Journey (No.5)* and actually trying to recreate these products as *Making It by Hand (No.6)* it can give us the sense of reality on how the resources in nature are shaped and feel like. One by one, our attitude toward nature will change, feeling the warmth of the manufacturers and the products.

Furthermore, **BEING EMPOWERED BY NATURE** you start to acknowledge the vibrancy that can be seen in nature. Cultivating Vegetables and other plants in your garden, you feel the *Power of Nurture (No.7)* and the preciousness of life. On the other hand, the numerous wastes that are produced in your daily life can be *Returned to The Soil (No.8)*, so you can become part of the natural cycle, and by becoming more conscious of the cycles of nature, we can have a healthier relationship with our natural environment. Placing yourself in the *Greatness of Nature (No.9)*, makes you realize the grandness of the outdoors that blankets us.

As you continue to practice these natural living patterns, you start being **IN SYNC WITH NATURE**. Adjusting your life with the *Natural Rhythm (No.10)*, you are able to be active as the sun goes up and sleep in when the sun goes down, achieving a relaxed and healthy lifestyle. Being sensible about the *Basics of Life (No.11)*, you become more appreciative of the things in our everyday lives. Thus your mentality towards nature starts to shift in thinking about the *Scenery Beyond Us (No.12)* and how to preserve and protect mother nature.

Through this experience, whether living in the center of the city or out in the wilderness, you are able to live with the nature around us. Achieving these rich natural senses, your life will become more fulfilled having a clearer mind to be creative.

4. PATTERNS FOR NATURAL LIVING

This chapter presents a full description of the 12 patterns for *NATURAL LIVING*. All of the patterns consist of a Pattern Name and an Introduction that symbolizes the Pattern, a context, a possible problem in the context, a Solution to overcome the problem, and a good Consequence are written as the result of the solution.

4.1 Taking In Nature Into Daily Life

4.1.1 No.1 Nearby Nature

Nearby Nature

Wherever you may be, Nature is there.

You are Living through your daily lives.

▼ In this context

Caught up in the things in front of us, we oftentimes get confined in a narrow mindset, limiting our emotional leeway. Whether it be the things we “need to do” or the things we “want to do,” it is common for these tasks at hand to pile up along the way. However, this unrest can lead to feeling dreaded all the time, not being able to give relief to your mental state. When this condition continues, it can damage the state of both our minds and bodies.

▼ Therefore

Look around, the bright sky, the cold breeze, and the green plants, sense the nature that surrounds. Wherever you are, nature is always by your side. If you are in your room, open your window and gaze at the sky. Notice the slight gradation or the unique shape of the clouds; recognize the ever-changing ambiance. While taking a walk outside, looking up, you will see the omnipresence of nature. The sound of winds rustling the leaves, birds chirping, creatures moving around, focus your senses toward nature.

▼ Consequently

Immersing ourselves in nature, allows us to be in a relaxed and calmer mindset. By feeling the energy of nature, it can lead us to live a vibrant lifestyle, where the power to thrive comes from within. Thus, we can achieve a new perception that our life is not just completed by the people and society around us, but by this great nature that surrounds us.

4.1.2 No.2 Within Nature

Within Nature

Everyday routines, with a touch of nature.

You want a taste of Nature.

▼ In this context

Assuming that living with nature can only be achieved through special preparation and time, it makes it difficult for us to create opportunities. When we have the urge to “feel the power of nature,” many imagine the great outdoors in a faraway place, seeming as if hiking the mountains is a necessity. However, the process of planning out, traveling, and preparations can easily tire us out. Hence, leading us to perceive that going into nature is one big event and something extraordinary.

▼ Therefore

By doing our everyday routines in places with a touch of nature, it brings nature closer to us. For instance, try reading or eating in the backyard or the park, or outdoor cafes. If there is an internet connection, working from a remote location like the woods can provide us to perform in a more natural setting. Start from something small, like a picnic at the park, then steadily incorporate instances of nature in your day-to-day routines.

Consequently



Effortlessly, living within nature becomes more and more accessible. As the lifestyle starts circulating within touch of nature, our sense becomes heightened towards subtle changes in nature, recognizing the elegance of it. Furthermore, this adopted perception can be applied everywhere, not just in the things in front of you, but becoming stimulated by other things that surround us, allowing us to release the creativity within us.

4.1.3 No.3 Take in The Flow

Take in The Flow

Wind, Light, Fire. Feel the sparkle of nature, even in your room.

You are spending time in your room.

▼ In this context

Staying in a lifeless environment, the motionlessness dulls your rich senses towards nature. In your room, everything sits still. The barren walls and inanimate objects, the spiritless environment can become claustrophobic at times, and it becomes easy to lose the flow of time. Slowly, the room becomes very lonely, ebbing on your mental health, stressing out the heart and mind.

▼ Therefore

Wind, Light, Fire, incorporate vibrant things into the indoors. Feel the breeze coming through the window, the beam of sunshine glistening, the sway of the fire in the candle. Try placing a plant that can sway with the wind coming through the window. Light the candle or incense in your room and feel the flow of the haze. Place objects that can create a flow in the atmosphere.

▼ Consequently

Feel your stress being released out from the body, making you able to think in a calmer and relaxed mindset. With nature brought into the comfort of your room, it becomes possible to feel the time passing and the changes of the seasons. Then, our body and mind can naturally assimilate with the flow of time, creating a healthy lifestyle.

4.2 Connecting with Nature Through Everyday Things

4.2.1 No.4 Knowing The Roots

Knowing The Roots

Connecting with the original form in their natural habitat.

You are buying everyday commodities.

▼ In this context

When you only know the final form of a product, although having its root in nature, you are unconscious that it originates from nature. From the foods that we eat to the clothes that we wear every day, many products have been altered from their original form. For example, vegetables are sold with their roots and leaves cut off, fishes already in their cut portions, and meat are butchered into pieces. Looking at their processed form, it is very hard to presume what these products looked like in their natural habitat, creating a gap between the end product and its primal form.

▼ Therefore

Try searching the roots of things we ‘eat’, ‘wear’, and ‘use’ on a daily basis, getting a sense of what they are in nature. When buying something, observe its packaging or tag, identify what kinds of material they are made of, or where the product was made. Then, using books or the encyclopedia, browse about the materials your product is made from. Even more, if you have the opportunity, use your own hand to pick fruits or milk a cow, and explore the manufactories where these products were actually made. It gives us the chance to understand what creates our lives.

▼ Consequently

Feeling a close connection between nature and our lives, you start to realize how much our life is sustained by nature. Being attentive to this fact makes it possible for us to appreciate the foods we eat or the clothes we wear. Thus, this established connection can create much deeper gratitude, increasing our awareness towards nature.

4.2.2 No.5 Seeking Its Journey

Seeking Its Journey

By understanding the background of a product, you can feel the warmth of your purchase.

You are trying to buy something new.

▼ In this context

When buying things simply for their price and usefulness, it is difficult to feel an attachment to the products, easily forgetting to take good care of them. It is easy for the prices and usefulness to become our number one priority. However, these cheap products often lead us to dissatisfaction, mostly due to poor quality or the loss of interest. Likewise, there can be products with a history of unhealthy substances used when grown or produced through forced labor. Although it is important to care about the prices and usefulness of these products, these factors may mislead us with a product that has a very short lifespan.

▼ Therefore

Paying attention to how the product was made and its background, choose prudently when buying new commodities. Before buying a product, be sure to find out its basic information such as, where it originates from, or how it was manufactured. Look out for official certificates like “Fairtrade Certified” and “JAS Certifications,” which can give the product and the producer the credentials they deserve. Moreover, buying commodities straight from producers in your area can create a sense of safeness and gratitude, making you feel the warmth from the things you buy. It becomes apparent that setting the journey of how the product was made as ‘your standard’ is very important.

▼ Consequently

Having a reason for ‘why’ you bought those products, makes it easier for us to appreciate the things that construct our day-to-day lives. Furthermore, by learning who and where the commodity was manufactured, you can feel a connection with the creator. This ultimately makes us grateful for the things toward nature that provide us with all the things that maintain us.

4.2.3 No.6 Making It by Hand

Making It by Hand

By creating or producing with your hands, feel a deeper appreciation.

You are in need of something.

▼ In this context

When you buy the finished product, there is a gap created between the product's original materials and its final form, making it hard to imagine the connection between the product and its natural origins.

It is easy to forget that everything material originates from something in nature, especially living in an environment where you can buy the finished product with the touch of a button. This demolishes the opportunity for us to think about how these products were made, and what kinds of materials were used to manufacture them. This results in us misconceiving that there are not many natural things in our lives.

▼ Therefore

Actually making our daily needs, it provides us with all the nooks and crannies of how the product is made. For example, cooking, sewing, DIY can allow us to make the things we need with our own hands. Starting off with something simple, it will give you an idea of how the raw materials are manufactured into the products you see every day. In that process, feel the smoothness of the cloth or observe the uniqueness of the grain of a tree; this will give us a new and rich perception of what nature creates.

▼ Consequently

You will realize how our life is dependent on the things in nature and become appreciative of how much nature is supporting our day-to-day lives. With the careful process of creating something with your own hands, you are bound to become fond of the things you have made. By using raw materials which are close to nature, our perception will focus on more subtle changes in nature and the things that sustain our lives.

4.3 Be Empowered by Nature

4.3.1 No.7 Power of Nurture

Power of Nurture

Through gardening, feel the power of life.

You are starting to understand the link between nature and your life.

▼ In this context

It is very difficult to grasp the reality of nature when you do not have a constant opportunity to directly interact with nature itself. When you become more aware of the world around you, creating chances to become interactive with nature, you are to realize how nature is important to our day-to-day lives. However, if this connection is only achieved when you are forcing yourself to be more 'natural,' you will never acknowledge the small details of life. Being stuck in this position, it is impossible to grasp the grand scale of nature.

▼ Therefore

By growing vegetables from seed, and eating it, you feel a close connection with “life.” Whether it is a small garden or a veranda, it is possible to garden vegetables, so you start with something simple. Planting multiple seeds, the variety of vegetables can provide us with something, even if some of them may not yield a harvest. Hence, it is important to eat the vegetables that were produced by yourself with a sense of gratitude, especially acknowledging its power of nurture.

▼ Consequently

Watching over the vegetable’s growth, you will become able to feel the power of a natural living organism. Eating those harvests that you had carefully and heartfully grown, illustrates the preciousness of life and how these become the basic building block of a human body. Therefore, the difficulty of growing a vegetable communicates a new perception of the price of these products, becoming mindful of your own body and the environment whenever you are buying food.

4.3.2 No.8 Returning to The Soil

Returning to The Soil

It doesn’t end when you have already used it.

You consume a variety of things, just from living your normal life.

▼ In this context

When consuming products without thinking, it is easy for us to unconsciously damage the environment around us. In many cases, our last interaction with everyday products is in fact, taking it out as ‘trash.’ Just putting it in the garbage does not make the product dissolve automatically. Being desolate on how these so-called wastes are processed, we unknowingly are complicit in polluting nature.

▼ Therefore

Returning waste as compost gives us the opportunity to be involved in the cycle of a natural product’s life. If a product was obtained from nature, by returning it back to nature, it will sustain the progress of a natural cycle. In order to become part of this cycle, one must first correctly take our waste into the right type. Then, rather than leaving compostable material in the trash can, try composting it back into the soil. With this being said, it is important to be conscious of the things we can give back to nature.

▼ Consequently

As you start to realize that all things are part of an ecological cycle, this fact leads you to be attentive towards where these products are going to end up after you let them go. You slowly recognize what an eco-friendly lifestyle is, making it easy to cause action in achieving that lifestyle. Reaching enlightenment that you are a part of the cycle of life, you feel closer to living within nature.

4.3.3 No.9 Greatness of Nature

Greatness of Nature

Feel the breathtaking force of nature.

Your daily life consists of work and family.

▼
In this context

Being engulfed in the whirlpool of society, where jobs and social connections only prioritize humans, conforming to a “Human-First” mindset. In our daily lives, we are always surrounded by things made by human technology, making our demands something easy to reach. However, there are certain facts that cannot be changed by our controls. Natural disasters, the passing of time, and death. Becoming used to this convenient world, we become absent from the true reality of our world, forgetting that we are interdependent on the nature that surrounds us.

▼ Therefore

Go explore the great outdoors, become one with nature. The unique formations of rocks and woods, the never-ending hills, and the soaring mountains immerse yourself in nature where time passes by the Millennium. There, become astounded by the great forces of nature. Even if you cannot go very far, go to the nearby forest and feel the soft carpet of leaves as you take a nice long stroll. Watch the sunset into the horizon and listen to the waves ebb and flow; Feel the grandness of nature.

▼ Consequently

Understanding the grand scale of nature, you realize how minuscule you are compared to it. Mesmerized by the forces of nature, you start caring for the limited resources that are left on this planet earth, being conscious of other living organisms. Being immersed in this environment, the power of nature makes us live in a clear mindset. Thus, we begin to live in harmony with nature, with our lives being empowered by the great outdoors.

4.4 In Sync with Nature

4.4.1 No.10 Natural Rhythm

Natural Rhythm

In tempo with the sun.

You have too much on your plate.

▼ In this context

With endless tasks and events that arise consecutively, when you are focused on the things in front of you, it is easy to forget to take care of your mental clarity. When you have too much on your plate, you are forced into a constrained schedule, with limited time for you to eat and sleep. Nevertheless, living a life where you are sleep deprived or lacking the nutrients for a healthy meal, can seriously affect your daily cycle. With this unhealthy lifestyle, mood swings become uncontrollable, resulting in an obstruction to your tasks.

▼ Therefore

Waking up as the sun rises and sleeping when the sun sets; adjusting your day with the cycle of the sun can provide us with a natural lifestyle. By focusing on finishing the task and appropriately moving your body during the day, it can provide us with a good night's sleep. After nightfall, dim the lights to make an ambient mood, creating an environment that invites you to sleep. Fundamentally, our mentality should never be that we have “24 hours” in a day, rather, it should be within the natural rhythm of the cycle, and your schedule should constantly revolve around it.

▼ Consequently

Having a lifestyle within a stress-free cycle, synchronized with the ebb and flow of time, puts us in the optimal attitude towards life. With life in harmonious synchronization, we sense the changing of seasons with the length of the sun providing us with a clear mind to creatively and rationally ‘think’. This can give us clarity of mind and achieve a bird’s eye view of the things that surround us.

4.4.2 No.11 Basics of Life

Basics Of Life

Committed to the “basics of life” like food, clothes, and residence.

You have something that you are putting your effort into.

▼ In this context

With ceaseless tasks wearing you out, becoming careless with the basics of life, swaying away from any natural factors. Having clothes to wear, food to maintain our body, and a shelter for us to keep out of the rain, it should habitually be the basic fundamentals of life. However, when there are impending tasks in front of you, those urgencies inevitably become your first priority. Living in these dismal conditions, your life will slowly become dreaded, your mental health turning into a liability.

▼ Therefore

Be sensible to the necessities of life. Make yourself at home in a more natural environment, purchase vegetables and fruits that are organic; think thoroughly about the basics of life like “home” or “food” or “peripherals.” Not just being confined to buying all the stuff you require, but challenging yourself to produce it with your hands, maintaining a vibrant lifestyle. Have an ‘open’ mindset, letting go of any preconception that money and wealth is the only key to a happy life.

▼ Consequently

You will become more mindful of the fundamentals which establish one’s body, being able to care for each and all aspects of life. Thus, you will feel energetic knowing the fact that you are living a very healthy and natural life, making life something to be excited for what is to come. As you near a self-sufficient life, all the burden of money and greed will fade, providing you with more time and room to be connected to nature.

4.4.3 No.12 Scenery Beyond Us

Scenery Beyond Us

Living peacefully with the organisms around us.

You are starting to feel comfortable interacting with the nature around us.

▼ In this context

Not realizing what kinds of plants and animals we are surrounded by, it is easy to forget that “nature” is finite. We often take it for granted for the nature that seems to be abundant around us. Our attention is always focused on the changes, like flowers blossoming or the beautiful gradations of the autumn leaves. However, this makes us uneducated about the various types of plants and animals there are, leaving us unaware of the scarcity of some organisms. Thus, being ignorant about the fact that once they are gone, they are gone.

▼ Therefore

Learn about the natural habitat in which you live, and become an advocate in preserving it. To begin with, research on what kinds of plants and animals inhabit near you or learn about the surrounding ecology to get a sense of the bigger picture. Continue this attitude, by finding your favorite places in your town, where cherry blossoms in the spring or the street with beautiful scenery. Feeling nature right by yourself, you feel obligated to preserve it. Volunteering in tree plantings, especially in underdeveloped woodlands, or researching if there is a risk for flooding in your own community, there are so many things you can do for nature.

Consequently



The way you perceive your surroundings will slowly change, your feelings towards nature will most certainly increase. Thus, understanding how dependent we have become towards the animal and plants that grow in nature, we feel one with nature. Being able to act with gratitude, your actions would become more conscious about nature, understanding that the nature around us will continue to exist well beyond us.

5. CONCLUSION

In this research paper, we introduced 12 *NATURAL LIVING* Patterns from the Natural & Creative Living Patterns. The *NATURAL LIVING* Category aims to motivate people to take a deeper look at mother nature, feeling the essence of the outdoors even for the people living in a metropolitan environment and leading a lifestyle that is filled with natural elements. The other two categories that constitute the Natural & Creative Living Pattern are the *CREATIVE LIVING* and *HEALTHY LIVING* categories, which all tightly interrelate with each other. We hope that this pattern language will move people to live a more vivid and self-appreciating life, further enhancing the people in society to interact and appreciate nature more and create sustainable life with nature. In future papers, we plan to present patterns from the *HEALTHY LIVING* category, which promote physical and mental health. We are also going to discuss deeper connections that lay between Naturality and Creativity.

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A APPENDICES

A.1 Introduction of the collaborators who participated in the Mining Dialogue

In order to establish a pattern language for Natural & Creative Living, we conducted some mining dialogues with the help of three Japanese influencers who are living their unique lifestyles. With each collaborator in entirely different stages of life, they have different backgrounds, ages, and family structures. Although having diverse walks of life, one common factor unites them all: a unique lifestyle established by their own value in their connection with nature, and not restricted by any stereotypes and societal rules.

- Daisuke Yosumi, a writer living in the woods of New Zealand, began his natural lifestyle after working as a salaryman for 15 years. Spending his time in a lakeside house surrounded by primeval trees, Daisuke is living an organic and self-sustained life through gardening and fishing.

- Arisa Kamata, a fashion model living in the metropolitan city of Tokyo, starting off her fashion career with “Ranzuki” magazines during her high school years. Now advocating for a more ethical and environmentally friendly lifestyle, she promotes fair-trade commodities and plans study tours for people to think about a healthy relationship between Humanity and Earth. Arisa is currently appointed as the “Mori-Sato-Kawa-Umi Project” Ambassador by the Ministry of Environment.
- Takashi Iba, a professor at Keio University Faculty of Policy Management, reimagining the state of our creative society through his researches on “Innovation Ability” in distinct creative areas, establishing the “Theory of Creative Systems.” With his sociological and practical ideologies, Takashi researches/creates “Pattern Languages” as a means of promoting a creative society. He also cultivates his garden within his urban home, gardening multiple vegetables, as well as composting for a natural-based living.

A.2 Summary of each of the 37 patterns from Natural & Creative Living Patterns

For a better understanding of Natural & Creative Living Patterns as a whole, brief introduction to all 37 patterns, including those not presented in this paper are listed.

A.2.1 *The core Pattern*

The summary of the core pattern is shown in table1.

A.2.2 *NATURAL LIVING Category*

The summary of each pattern in *NATURAL LIVING* category are shown in table2.

A.2.3 *CREATIVE LIVING Category*

The summary of each pattern in *CREATIVE LIVING* category are shown in table3.

A.2.4 *HEALTHY LIVING Category*

The summary of each pattern in *HEALTHY LIVING* category are shown in table4.

Table 1: The short description of the core pattern

Group Name	No.	Pattern Name	Context, Problem, and Solution
THE CORE PATTERN	0	Natural & Creative Life	You live in a society. In this context, it is inevitable to live without the artificial environment, and it is becoming more difficult to live humanly. Therefore, design a natural and creative lifestyle.

Table 2: The short description of the 12 patterns in *NATURAL LIVING* category.

Group Name	No.	Pattern Name	Context, Problem, and Solution
TAKING IN NATURE INTO DAILY LIFE	1	Nearby Nature	You are Living through your daily lives. In this context caught up in the things in front of us, we oftentimes get confined in a narrow mindset, limiting our emotional leeway. Therefore, look around, the bright sky, the cold breeze, and the green plants, sense the nature that surrounds.

	2	Within Nature	You want a taste of Nature. In this context assuming that living with nature can only be achieved through special preparation and time, it makes it difficult for us to create opportunities. Therefore, by doing our everyday routines in places with a touch of nature, it brings nature closer to us.
	3	Take in The Flow	You are spending time in your room. In this context staying in a lifeless environment, the motionlessness dulls your rich senses towards nature. Therefore, Wind, Light, Fire, incorporate vibrant things into the indoors.
CONNECTING WITH NATURE THROUGH EVERYDAY THINGS	4	Knowing The Roots	You are buying everyday commodities. In this context when you only know the final form of a product, although having its root in nature, you are unconscious that it originates from nature. Therefore, try searching the roots of things we 'eat', 'wear', and 'use' on a daily basis, getting a sense of what they are in nature.
	5	Seeking Its Journey	You are trying to buy something new. In this context when buying things simply for their price and usefulness, it is difficult to feel an attachment to the products, easily forgetting to take good care of them. Therefore, paying attention to how the product was made and its background, choose prudently when buying new commodities.
	6	Making It by Hand	You are in need of something. In this context when you buy the finished product, there is a gap created between the product's original materials and its final form, making it hard to imagine the connection between the product and its natural origins. Therefore, actually making our daily needs, it provides us with all the nooks and crannies of how the product is made.
BE EMPOWERED BY NATURE	7	Power Of Nurture	You are starting to understand the link between nature and your life. In this context it is very difficult to grasp the reality of nature when you do not have a constant opportunity to directly interact with nature itself. Therefore, by growing vegetables from seed, and eating it, you feel a close connection with "life."
	8	Returning To The Soil	You consume a variety of things, just from living your normal life. In this context when consuming products without thinking, it is easy for us to unconsciously damage the environment around us. Therefore, returning waste as compost gives us the opportunity to be involved in the cycle of a natural product's life.

	9	Greatness of Nature	Your daily life consists of work and family. In this context being engulfed in the whirlpool of society, where jobs and social connections only prioritize humans, conforming to a “Human-First” mindset. Therefore, go explore the great outdoors, become one with nature.
IN SYNC WITH NATURE	10	Natural Rhythm	You have too much on your plate. In this context with endless tasks and events that arise consecutively, when you are focused on the things in front of you, it is easy to forget to take care of your mental clarity. Therefore, waking up as the sun rises, and sleeping when the sun sets; adjusting your day with the cycle of the sun can provide us with a natural lifestyle.
	11	Basics Of Life	You have something that you are putting your effort into. In this context with ceaseless tasks wearing you out, becoming careless with the basics of life, swaying away from any natural factors. Therefore, be sensible to the necessities of life.
	12	Scenery Beyond Us	You are starting to feel comfortable interacting with the nature around us. In this context not realizing what kinds of plants and animals we are surrounded by, it is easy to forget that “nature” is finite. Therefore, learn about the natural habitat in which you live, and become an advocate in preserving it.

Table 3: The short description of the 12 patterns in *CREATIVE LIVING* category.

Group Name	No.	Pattern Name	Context, Problem, and Solution
CREATING ENVIRONMENT	13	Creativity Space	You are working on various tasks and productions every day. In this context, it will be difficult to stimulate your creative thinking if your workspace is not prepared, since you might get distracted by unnecessary information and find it difficult to concentrate. Therefore, create or find a place that is most suitable for you to concentrate on creation and start working there.
	14	Appointment with Yourself	There are many things that you want and have to do. In this context, even if there are things that you want to start, it's difficult to set aside some time for yourself when you have plans with other people. Therefore, make appointments for yourself to spend time alone, just as you do with other people.

	15	Blocking Out Noise	You are preparing to create. In this context, it's difficult to find enough time to concentrate when you are constantly receiving a wide variety of information. Therefore, shut out information according to your needs, and choose to take in information that you think is important when you need it.
CYCLE OF A DAY	16	Creative Work in the Mornings	You are working on something creative. In this context, when your brain is exhausted and tired, it will stop you from coming up with creative ideas and deeper thoughts. Therefore, work on your creative work in the morning when your mind is still fresh and clear.
	17	Time to Zone Out	You have a lot of things to do and that must be done. In this context, the quality of your creativity will decline if you keep up the current working pace without taking any rest. Therefore, make time to zone out to rest your brain and to come up with new ideas.
	18	Sleep for A Step Up	You are trying to lead a regulated life. In this context, you tend to sacrifice your sleep whenever you are in to something. Therefore, prioritize sleep over anything for your creative work tomorrow.
FOR DEEPER THOUGHTS AND CREATIVITY	19	Investment Experiences in	You are cherishing the way of spending money and time. In this context, sometimes you hesitate to spend time and money on valuable experiences and instead, go after things that satisfy your desires on spot. Therefore, for your own personal growth, spend time and money on things that will gain experiences.
	20	Seeds for Idea	You are thinking of creating something by yourself. In this context, your ideas get stuck, and the quality of creation will get poor when you just try to put things out. Therefore, make sure to value the time to seek the source of creation when you try to make something and keep enriching your source of creativity.
	21	Creative Mates	You are trying to create something. In this context, when you try to work on all by yourself, it takes time to overcome difficulties and the pace of progress will slow down. Therefore, create with people who can enhance each other.

LIFE TO LIVE CREATIVITY	22	Minimum Cost of Living	You are thinking of spending an affluent life. In this context, putting too much focus on physical affluence, you will have less margin for practicing your own creativity. Therefore, build your life based on minimal cost of living to ensure that you have the flexibility to create your ideal life.
	23	Long Term Effort	You are trying new things to get closer to your ideal life. In this context, when things do not go as planned or when you can't feel the effect, you tend to give up at an early stage. Therefore, once you make up your mind, make it to the end.
	24	Periodic Change of Life	You are getting used to everyday life. In this context, it will be very easy for you to get stuck in a rut. Therefore, make a move on to the next step and rebuild your life every 7 to 10 years.

Table 4: The short description of the 12 patterns in *HEALTHY LIVING* category.

Group Name	No.	Pattern Name	Context, Problem, and Solution
RHYTHM OF LIFE	25	Preciousness in Space	You are spending your days in a daze. In this context, it will become difficult to know who you truly are by being swept away from the environment or filling your appointment. Therefore, make clear what to treasure or what to prioritize by placing them in the center of your daily life.
	26	Especial Exception	You are spending your life around what is important to you. In this context, things you do not prioritize in your life can be put off or forgotten. The more determined you are about what you want to value, the more unshakable it becomes. Therefore, be flexible enough not to be too tied to your values, while also incorporating other things you want to do.
	27	Normal Space	You are living surrounded by goods. In This Context, you might live a life surrounded by things that you think it's no big deal by having too many choices and buying things just for the sake of it. Therefore, try to choose your goods by yourself with the perspective of cherishing each and every item.

AFFLUENCE LIVELIHOOD	OF	28	Goods with Special Feelings	You are working together with the community in your region or field to make an attractive project. In this context, no matter how attractive it is, unless everyone knows it, the value of it will not increase. Therefore, disseminate what you are working on both domestically and internationally, alongside the attractiveness of the region or field.
		29	Preciousness in Space	You are spending your days in a daze. In this context, it will become difficult to know who you truly are by being swept away from the environment or filling your appointment. Therefore, make clear what to treasure or what to prioritize by placing them in the center of your daily life.
		30	Especial Exception	You are spending your life around what is important to you. In this context, things you do not prioritize in your life can be put off or forgotten. The more determined you are about what you want to value, the more unshakable it becomes. Therefore, be flexible enough not to be too tied to your values, while also incorporating other things you want to do.
MAKE MUCH YOURSELF	OF	31	Normal Space	You are living surrounded by goods. In this context, you might live a life surrounded by things that you think it's no big deal by having too many choices and buying things just for the sake of it. Therefore, try to choose your goods by yourself with the perspective of cherishing each and every item.
		32	Goods with Special Feelings	You are working together with the community in your region or field to make an attractive project. In this context, no matter how attractive it is, unless everyone knows it, the value of it will not increase. Therefore, disseminate what you are working on both domestically and internationally, alongside the attractiveness of the region or field.
		33	Enjoy Housework	There are things that you need and want to do. In this context, the lower your quality of life will be, the more time you spend on the things you are working on, and the more likely you are to neglect the day-to-day things. Therefore, incorporate the time you spend doing housework in your lives by seeing it as important for your living.
PHYSICALLY AND MENTALLY HEALTHY LIFE		34	Small Problem Solving	You are living a convenient life where you can buy anything you want. In this context, if you rely too much on convenience, it will be difficult for you to think and solve problems by yourself and you might end up leading a monotonous life. Therefore, try to solve small problems around you by yourself by daring to put yourself in a slightly inconvenient environment or in a little more troublesome situation.

	35	Food that Build Body	You are hungry and you want to eat something. In this context, your body will not get enough nutrition and you will easily get sick, if you eat only what you want to eat without thinking about your health. Therefore, choose what you eat by being aware that your body is made up of the food you eat.
	36	Voice of the Heart	You are making various decisions and taking actions every day. In this context, you may end up neglecting your own feelings by thinking logically and acting accordingly. Therefore, be honest with your feelings by listening to them that come from the bottom of your heart.