

Blog 7: The Gift of Emptiness – The Art of Embracing Void

Some time after returning from America, one morning I was sitting quietly in my own garden. The gentle warmth of the sun touched my face, garden birds were singing softly, leaves swayed slowly in the whisper of the breeze.

But inside my mind? No plan, no desire, no enthusiasm — only a deep emptiness.

Earlier, whenever such a state came I used to be afraid. Questions arose — “Am I depressed?” “Have I lost the purpose of life?” “Am I slowly disappearing?”

Only after losing my son did I begin to understand — sometimes life empties us so we can build a new path, plant new seeds, look at a new sky.

That morning I decided — today I will do nothing. No book, no phone, no work. Only a cup of hot water and the silence of the garden.

In that silence I felt — I am not only one role. I am a son, a father, a husband, an elder brother, a younger brother, a friend. But beyond all these, I am a soul — and even the soul needs rest.

Emptiness is not something to run from. Emptiness is time to listen to the soul. That day silence taught me to speak — sometimes through tears, sometimes through memories, sometimes only through breath.

In that silent moment I saw — we spend our whole life seeking “fullness”, yet the soul sometimes wants to be “empty” so it can be filled with new life again.

Now, when life feels meaningless, I am no longer afraid. I embrace that emptiness. I sit in it, listen, and wait. Because I know — the voice inside that silence is my greatest guide.

So when emptiness comes to you, do not run from it — embrace it. Because in that very silence, in that empty moment — our soul speaks and opens the door to new life.

Through such continuous practice, continuous patience, and friendship with silence, I have finally found — Ikigai, the profound meaning of living. And today, making that very Ikigai my life’s guiding light, I move forward.