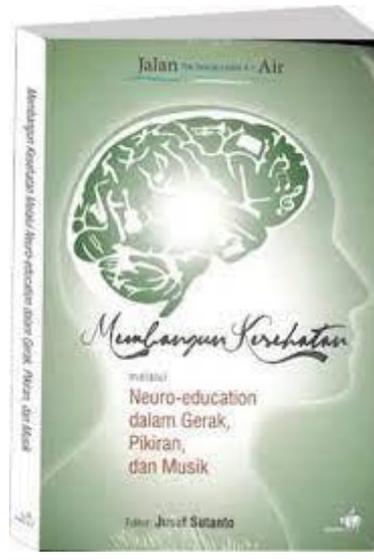


**Hal : xv**



## **SAMBUTAN**

**Dr. Charles E. Morrison\***

**Jusuf Sutanto's volume, done for the January 2016 East West Center International Conference in Manila, addresses a central issues of our time – how to maintain health and positive thinking in an**

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\* President East West Center

**era of very rapid changes and associated enormous individual stress.**

**In many respects, humanity is at a frontier. On the whole people are better educated, wealthier, healthier, and better educated than in the previous generation or the one before that. But this does not necessarily mean they are happier. Age distribution of many societies is changing in unprecedented ways, as is family and work life. Through most of human history, there have been more young people than old, more large and extended than small families, and more people engaged**

**in agricultural pursuits living in the countryside and small villages than those living urban life styles.**

**In many of the most advanced countries in East Asia and Europe, birth rates have plummeted, shrinking the size of nuclear families. Fertility decline and longevity have dramatically increased the proportion of aged persons in society. Japan, which is at the forefront of this frontier, is**

**Hal : xvi**

**expected to have between 22 and 23 percent of its population over the age of 75 by mid-century, and the number those over ninety years of age be significantly more than those under ten, South Korea, Taiwan, Hong Kong, and mainland China all have fertility rates below replacement level and are following Japan's lead, a decade or two behind it. The world has never witnesses such old societies before, and this has profound implications for generational relationships, pension and health systems,**

**technology, economics, and politics. There have also been pronounced changes in Southeast Asian countries, including Indonesia.**

**At the same time, the region is becoming rapidly urbanized. Cities have many cultural and economic advantages, which is why they are such significant magnets for human settlement, but they also have enormous environmental footprint. Dense populations decrease living space and increase noise and other form of pollution. People who grew up on rural farms may be living in tiny**

**apartments one or two dozen floors above the ground.**

**Other changes abound that add to stress in modern lives – the more rapid transmittal globally of infectious diseases for which the elderly are the most vulnerable population, reduce marriage and increased divorce rates, deterioration of the physical environment, highly competitive school and job environments. Modern lives often require one to “re-invent” oneself once or more times during one’s lifespan as job categories and skill requirements change.**

**Set against this background, Jusuf Sutanto and his many colleagues, examine how ideas and techniques from East and West can increase the elasticity of the human brain and body, helping old (as well as the young) to live happy, productive, and healthy lives well into old age. Their logic is compelling**

**Hal: xvii**

**and grounded in practical optimism. They show with proper mental and physical cultivation human being can be highly adaptable and certainly capable of living productively in longer life spans.**

**Since humans are so diverse, no one approach or technique will be appropriate for everyone. While Tai Chi and other forms of physical and mental exercise can be very important, they may be combined with other reassurances from supportive governmental policies to religious belief and practice. I**

**believe this book, developed by East-West Center alumni, can be a source of inspiration, comfort and further exploration of means for reducing individual and community stress associated with rapidly evolving human society.❖**

**Hal : xviii**

**NEUROPLASTICITY-BASED  
EXERCISES :  
CONVERGING AND SYNERGIZING  
EAST AND WEST PARADIGMS**

**Competitive sports, since the Olympics of 776 BC have demanded rigorous training to become *Citius* / Faster, *Altius* / Higher, and *Fortius*/Stronger, with the goal of being a champion.**

**Whereas the East non-competitive sports such as Tai Chi, promoting low-impact, slow motion exercise, controlling and**

**synergizing emotions and thoughts through mindful breathing, in harmony with the universe.**

**The “Brain Decade” of 21<sup>st</sup> Century, demonstrates its synaptic and non-synaptic, can continue to grow if given appropriate stimuli, since it is not static as earlier thought.**

**Such neuroplasticity-based sports include exercises, folk dances and music like Poco-poco, Saman, Mocopat, Angklung (Indonesia), the Hula (Hawaii), and many others from the Asia Pacific region.**

**In view of the “GloCally” (Global Vision, Local Action/Adaptation) integrated world and its societies, it is high time these two schools of thought be integrated and synergized for further advancement and enrichment of human civilization.❖**

**East West Center Alumny  
Conference Manila  
January, 15-17, 2016.**

Klarinette in B

# ALOHA OE

[www.klarinettenseiten.info](http://www.klarinettenseiten.info)

C F C G7

7 Schau mich an und reich mir deine Hand. es war schön, so schön mit dir an

14 land. wei-ne nicht beim ay-seq-nan-der-geh-n. denn ein See-mann will

21 Trä-nen nicht sehn. A-lo-a Oe-A lo-a Oe-  
G7 C C7 F A

27 weiß wann ich dich ein mal wie der-se-be. A-lo-ha Oe, A  
C G7 C

lo-ha oo, die Hei-mat der Ma-tro-sen ist die See.