

# Cotton-Like Heart

H.A.M.A. 木綿庵 (Yuan)

A Mind Like Cotton

## Cotton Plant:



Cotton seeds are sown in early-May, and the cotton is harvested between September-November.

1

## Cotton Making:



If you would like to experience cotton picking, removing seeds from harvested cotton, and creating various cotton items (such as hand-spun yarn) please feel free to contact us.

2

## Contact Information:



777 Otogi-cho

Tenri, Nara

632-0047

**Masayuki Umeda**  
Representative

“Yuan” is not an NPO and there are no fees or membership required. As an individual effort open to the public, we welcome anyone who is interested in what we have to offer. We have created an open environment where people can freely participate and connect naturally with one another.



On “sunny” days and on “rainy” days, we face “forward” and continue to “walk” on.

H.A.M.A.

# YUAN

Hare (Sunny)

Ame (Rainy)

Mae (Forward)

Aruki (Walk)

For thousands of years, human beings have turned to plants in times of hunger, in times of pain, and in times of trouble. From the Americas to the Far East, people have always used plants for food, as well as for medication.

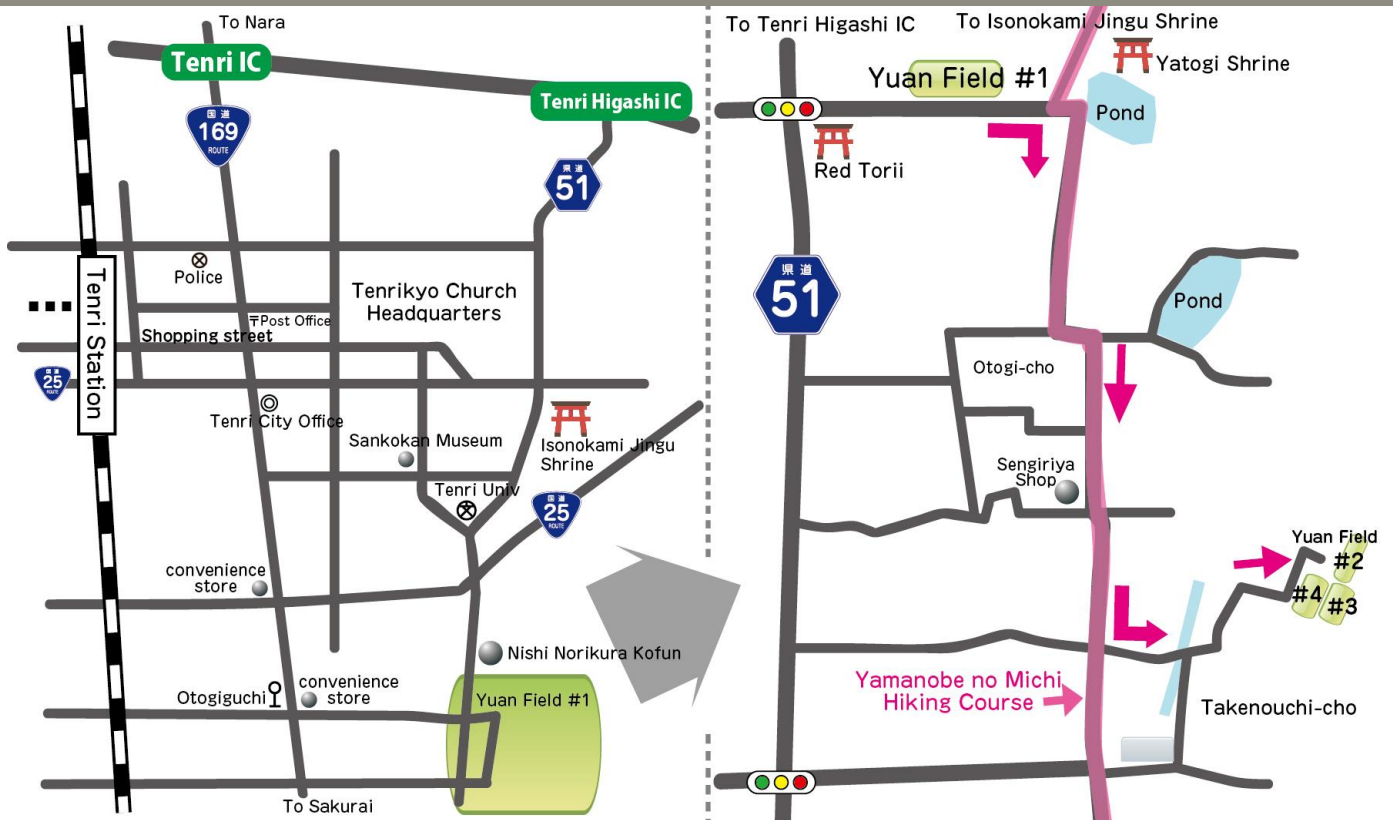
Witnessing and assisting in the evolution from a seed to a fruit that feeds, or to a flower that inspires, can also be a therapeutic experience. This basic idea of evolution in life is what many people seem to have forgotten. We must always keep this in mind in order to heal, not only our bodily wounds, but also, the disorders and doubts we have in our hearts.

Please feel free to join us in this natural environment, where you can make sincere friends who practice the eternal secret for happiness: Sharing. Above all, enjoy the nutritional power only hand-grown food can provide. There is nothing more fresh.

*“I will do my utmost to help you as much as I possibly can.”*

-Masayuki Umeda

There are 4 fields (Approximately 600 *tsubo*, or 2,000 m<sup>2</sup>) at two separate locations.



Field #1, located at 777 Otogi-cho, is the main cotton field open to the public for viewing, and for participating in planned events that we hold throughout the year.

Field #2, #3, & #4, are located at 4 Takenouchi-cho, which is approximately 10 minutes on foot from Field #1. These three fields are work fields that are also open to the public.

## Who is YUAN for?

### Principles and Concept

We strive to be of assistance to anyone who is in need: Children who refuse to go to school, adults who are going through social withdrawal, or anyone who suffers from depression. We provide a “place” where one is able to peacefully enjoy nature and face their own heart, mind, and soul.

YUAN is a “place” to experience the wonders of life by witnessing the process of growth, a “place” to hope for the future by flowering and harvesting, a “place” to feel joy, and a “place” to realize that there is always a “place” to accept your own self.

If you feel you may be in need of what we have to offer, would like to experience hands-on farming while “reaping” the benefits of nature, or if you simply have some interest in cotton-making, YUAN may be the perfect “place” for you.

Usage of all the fields is free. There is usually no one present at each field. However, the fields are open every day, so please feel free to use them any time of the year. At Field #2, there is a small resting hut for you to use. There is also a notebook placed in a small shed. Please write your impressions and any inquiries or comments you may have. We look forward to reading them.

Field #2 and #3 are the main work fields. Besides cotton, seasonal vegetables are grown throughout the year. You can take part in cultivating and farming, beginning with mowing and preparing the land, to working in the fields, to harvesting the cotton and crops. If you are interested or have any questions, please feel free to contact us.



For details, please visit:

<http://hamayuan.com>