

# From 'Self-Incongruence' to 'Self-Congruence': Launching 'Yoake no Tosho-shitsu' (The Library of Dawn)

*A Unique 10-Year Online Community  
Offering a 'Shelter for the Soul' and  
Affordable, Long-Term Mental Well-Being  
for Burned-Out Care Professionals.*

OSAKA, JAPAN, May 29, 2026  
/EINPresswire.com/ -- [Jissen Marketing  
Center LLC](#) (Headquarters: Osaka,  
Japan; Representative Member:  
Tsutomu Murata), the operator of the  
empathetic listening service "Honwaka  
Club," has officially launched "[Yoake no  
Tosho-shitsu](#)" (The Library of Dawn).  
This innovative 10-year online  
community is specifically designed for  
individuals, particularly those in high-  
stress caregiving and emotional labor  
professions, who are looking to recover  
from burnout and rediscover their true  
selves in today's fast-paced society.  
Prior to the full launch, applications for  
the foundational "Phase 0" members  
(limited to 21 participants) are now  
open.

Rooted in the wisdom of humanistic  
psychology, the community operates  
as a "shelter for the soul" where weary  
professionals can take off their daily  
societal roles and rewrite their own life  
stories. To make this essential  
psychological support accessible to  
everyone, the service is offered at an



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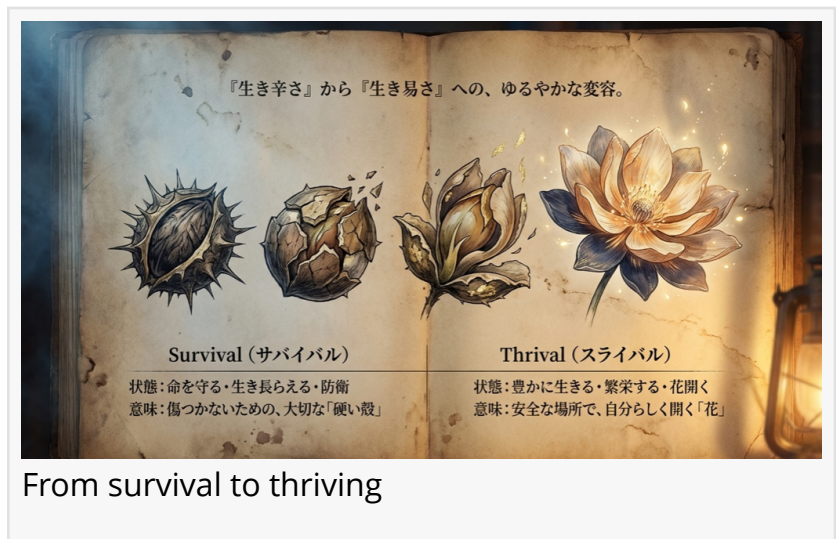


lordmap

infrastructure-like price of approximately 500 JPY per month (Annual Pass: 6,000 JPY).

### Background: Why We Need an "Inefficient Space" Today

In professions such as healthcare, social welfare, and education, individuals constantly prioritize others over themselves. This intense emotional labor frequently leads to severe burnout, a critical social issue globally. As modern society prioritizes immediate results and efficiency, the "space" for people to naturally rest their minds is continuously shrinking.



Having walked through the depths of life's challenges for 30 years and practiced deep listening on the front lines, the community's Librarian, Tsutomu Murata, founded this library. "We do not treat humans as broken machines that need to be fixed," says Murata. "Instead, we simply sit alongside them, allowing them the time and peace they need to weave their own narratives anew."

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*Tsutomu Murata, Founder & Librarian*

### Three Core Elements of 'Yoake no Toshoshitsu'

1. A 10-Year Journey for Mindful Growth: There are no deadlines or evaluations. The community adopts a gentle, cyclic rhythm of "3 weeks of inner exploration followed by

1 week of rest." By intentionally spending a decade in this beautifully inefficient process, members can safely realign with their natural psychological rhythm.

2. A Commons of Accessible Wisdom: To ensure that vital life wisdom does not become an exclusive privilege for a select few, the program is deliberately maintained at a low cost, functioning like a public infrastructure.

3. The "7 Wisdoms" Built on Science and Philosophy: Grounded in psychology, neuroscience, and existential philosophy, deep wisdom is translated and delivered to members once a week in the form of a letter from the Librarian. It serves as a guide map for transitioning from mere Survival to truly flourishing ("Thrival").

### Phase 0 Application Details

To celebrate the official opening, the community is currently welcoming its first 21 foundational members. These pioneer members will receive eight exclusive benefits, including a free

extension of their utilization period and half-price vouchers for their first workshop.  
For details and applications, please visit: <https://yoake.honwaka.club/reception>

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