

About Kajiwara san

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Sonoko Kajiwara

- She was born in Fujiyoshida in 1972
- She's a multi-talented person, and she does a lot of different activities
- She lives in Narusawa village
- She likes Final Fantasy, playing flute, and traveling

What keeps her at Narusawa village.

She lived in Fujiyoshida city until she was about 22 years old. Then she moved to Narusawa village with her family. Because her father has had enough land for the whole family to live. She often visit various places such as outside the Yamanashi prefecture and overseas. But she did not consider living anywhere else. She chose she lives in Narusawa village. Why?

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One of the reason is that Mt. Fuji gives her a sense of security. Whenever she back to her home she can feel that I have returned home, if she sees Mt. Fuji.

Another reason is there are some roles that require her. The people or tasks that she meets need her naturally. Though She wanted to live independently, she has remained in Narusawa village. In the interview, she said "An invisible force keeps me here, like an anchor."

Her attitude towards work

She doesn't limit herself to one job and works several different jobs. She admire a person who continue with one job. But she know she can not do that due to her personality. And she believe she has a will through all her job. What matters is not the visible form but the essence hidden within.



What does she do?

She has so many jobs.



photo from her instagram

1. Therapist

she has worked as a therapist since 2000. She learned Thai massage skill in 2005 and opened her own holistic salon called “Sora no ie” in 2015

2. Essential oil distillation

She also distill essential oils from the Shirabe pine trees on Mount Fuji and use them to make aroma sprays, enzyme drinks, candles, cakes, and more.



photo from her instagram

What does she do?



photo from
https://www.yamanashi-kankou.jp/kankou/stay/p5_5101.html

3. Gakurokusuien staff

Besides therapy, she is also active in forest cares.

She works as a staff member of Gakurokusuien, a hotel-like facility that conduct a forest garden project.

4. Editor of community magazine

She also edits a local newsletter for over 8,000 households in Fujiyoshida.

Through her words and activities, she connects people to nature.



Photo from her Instagram

What does she do?



Photo from her Instagram

5. Forest innovation and fruit tree planting
She inherited a 1,000m² cypress plantation from her grandparents and renovated it into a fruit orchard almost single-handedly. Based on the principles of symbiotic farming, she is creating a field that is invigorating just by being there.

6. Community volunteer work

She holds a parent-child reflexology class once a year at Junior High School located in north of Kawaguchiko.



Photo from her Instagram

Her Values and Vision



photo from
<https://www.studyjapan.jp/en/topics/culture/fujiyama.html>

- She draws deep inspiration from Mt. Fuji, viewing it as a source of emotional calm and spiritual strength. To her, Mt. Fuji is not only familiar but also special. For example, when she finds Mt. Fuji on her way home from a trip, she is relieved. In other words, Mt. Fuji is her emotional support.

- She is deeply concerned about the impacts of over-tourism, particularly its effects on local communities, the environment, and lives for residents. She is frustrated by the recent series of incidents that have been causing trouble for local residents, such as environmental destruction for profit and pollution problems.

- She believes tourism and business should prioritize sustainability over pure profit. She points out that it is important to develop towns in ways that make tourists want to return.



photo from
<https://www.studyjapan.jp/en/topics/culture/fujiyama.html>

Her Values and Vision



photo from her instagram

- She stresses the importance of not being attached to rigid forms, but of remaining faithful to one's core principles. In a world that demands constant adaptation, she believes that clinging to fixed methods or traditions can sometimes hold us back. What truly matters, she says, is understanding and honoring the core essence—whether of a tradition, a place, or oneself—and expressing that essence in new, flexible ways suited to changing times.

- She advocates for community-based transportation options, like shared taxis, rather than depending on costly and irregular public transit. She envisions a transportation system that serves the needs of both locals and visitors in an inclusive way. Large-scale public systems often overlook small communities, leading to inconvenience and isolation.

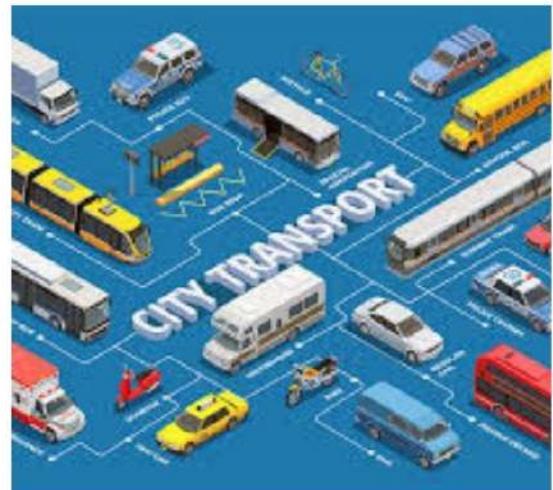
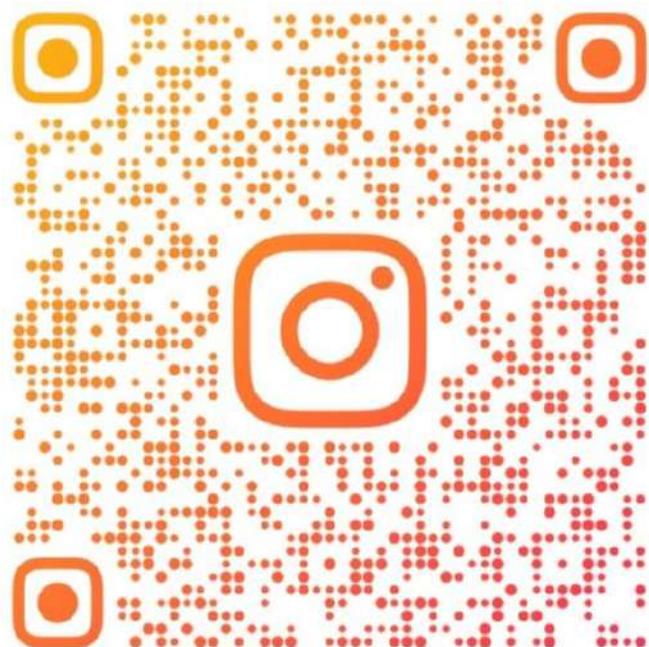


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Her Instagram



@SORA.NO.IE

<https://www.instagram.com/sora.no.ie?igsh=anFjaDBvOGdnZ3lo>

this is her instagram. if you are interested in,
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