

**Part 1**

**Introduction of  
Nishida's Philosophy  
for Mindfulness-based SIMT**

**Background of SIMT**

**★Nishida's Philosophy**

**★Neurophysiology**

**★Zen Buddhism**

**By Kenjirou Ohta**

**(Japanese Association of  
Mindfulness Psychotherapy)**

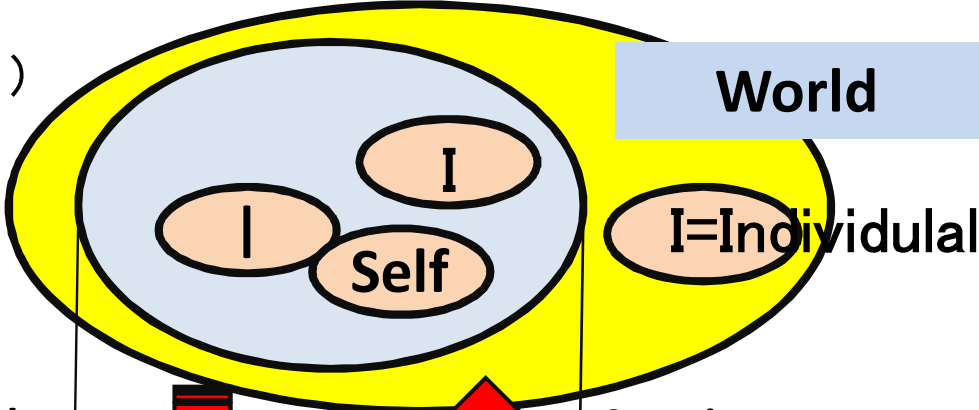
Diagram  
1-2

# Self and World

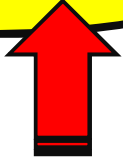
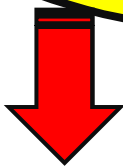
(Two dimension )



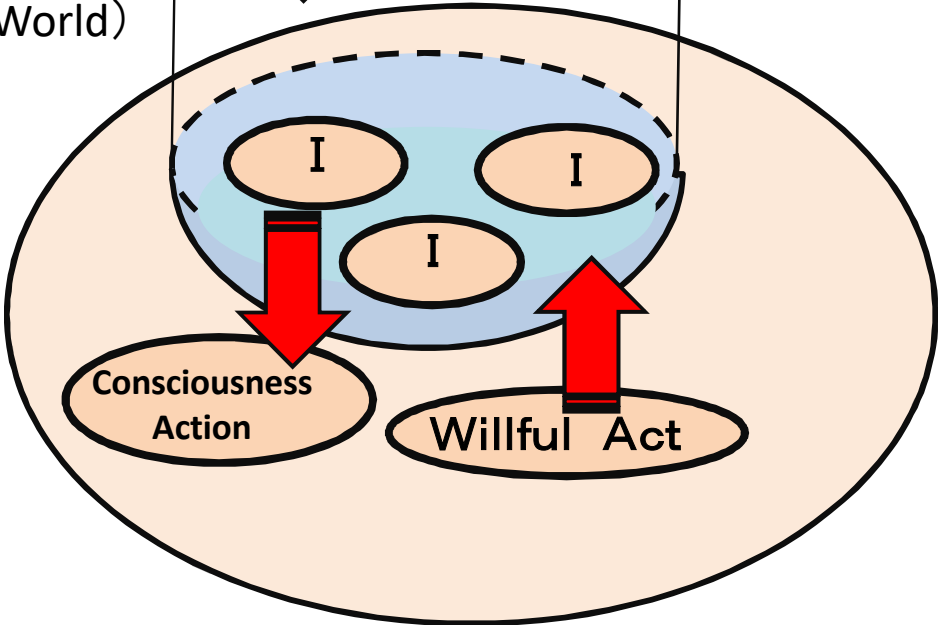
(See world outside)



**Created**  
(Self is created  
by World)



**Creating**  
(Self creates World)

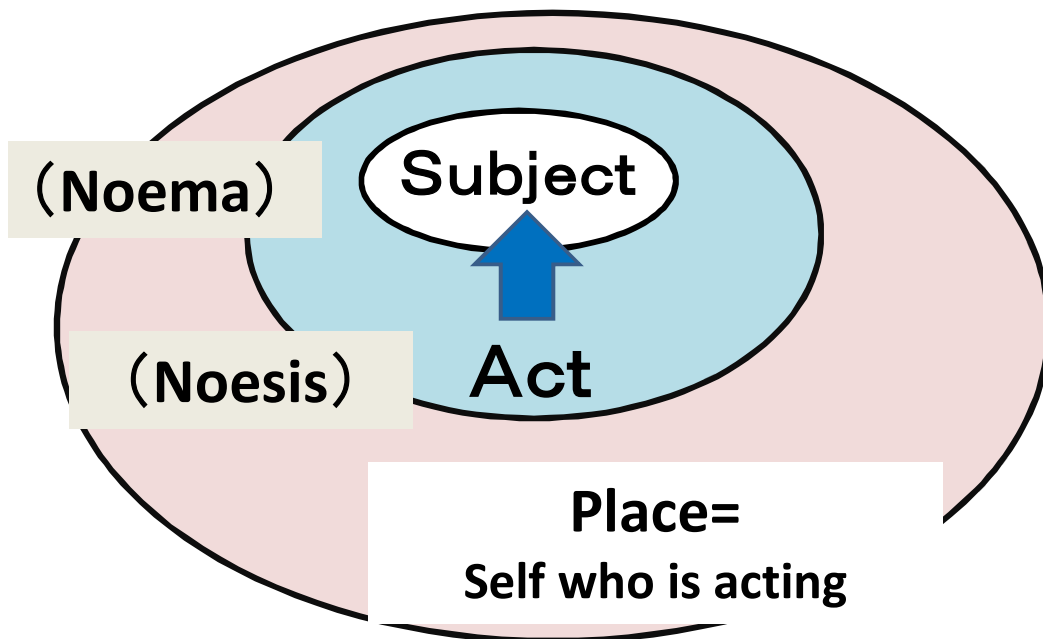


**Self**  
(Field of the consciousness)

Diagram  
2-1

Logic of Place

Act • Subject • Place



Three levels of places

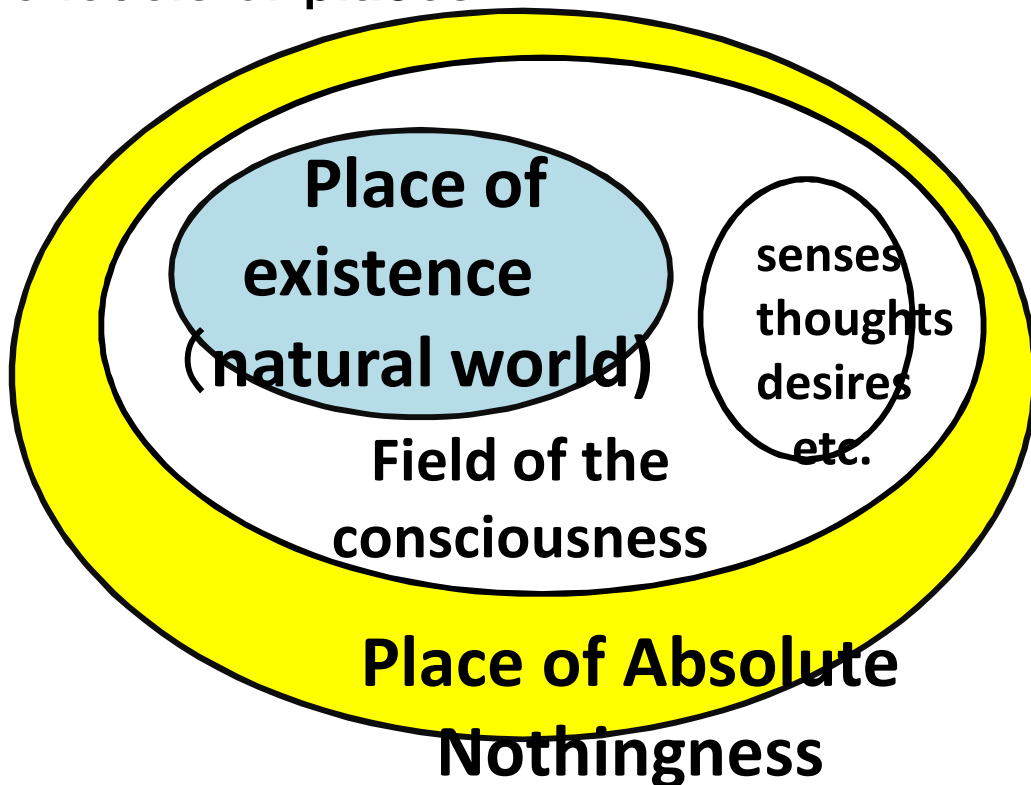


Diagram  
3—3

# True Intention and Emotion

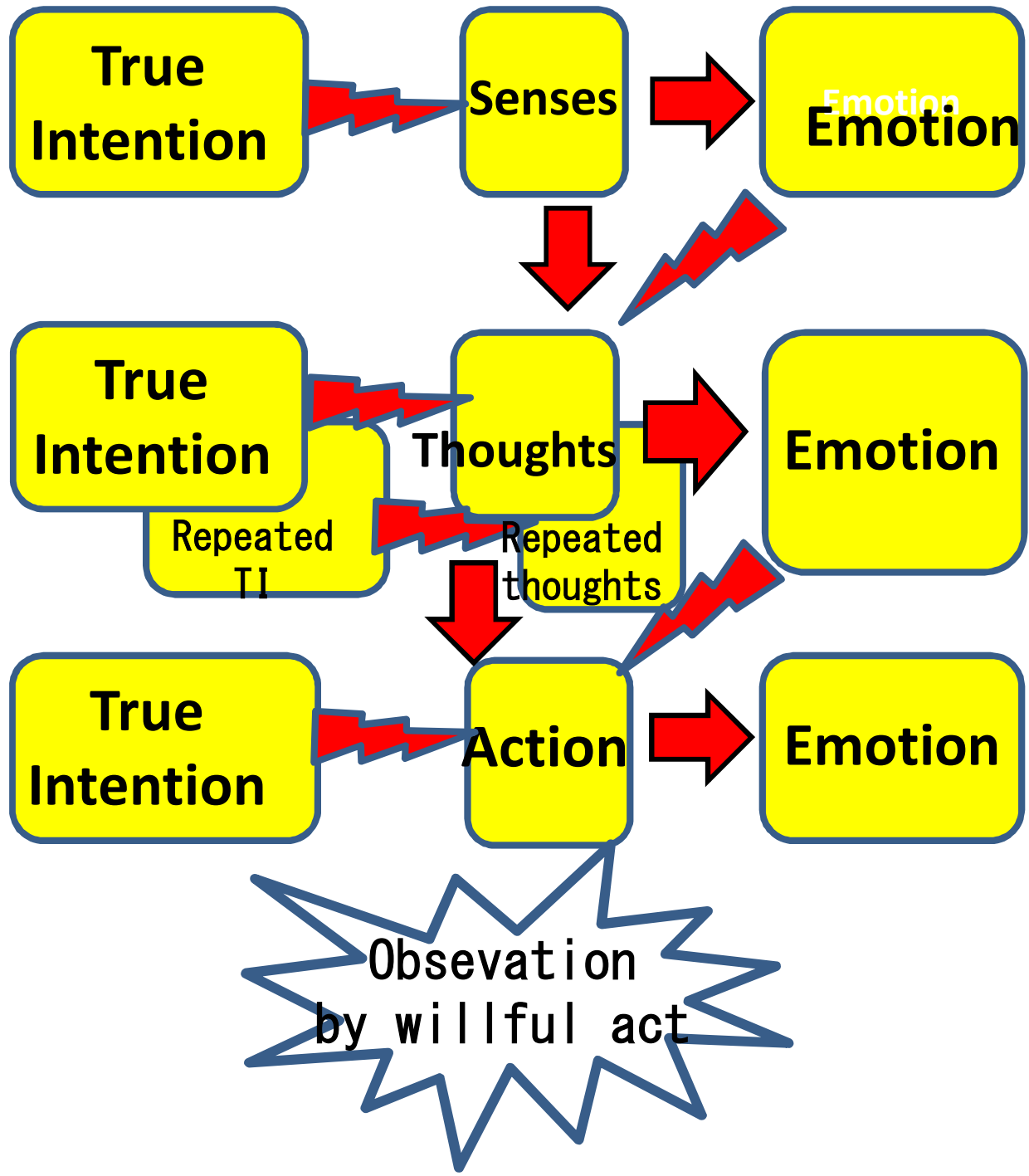


Diagram  
3-4

# Level of Consciousness Actions

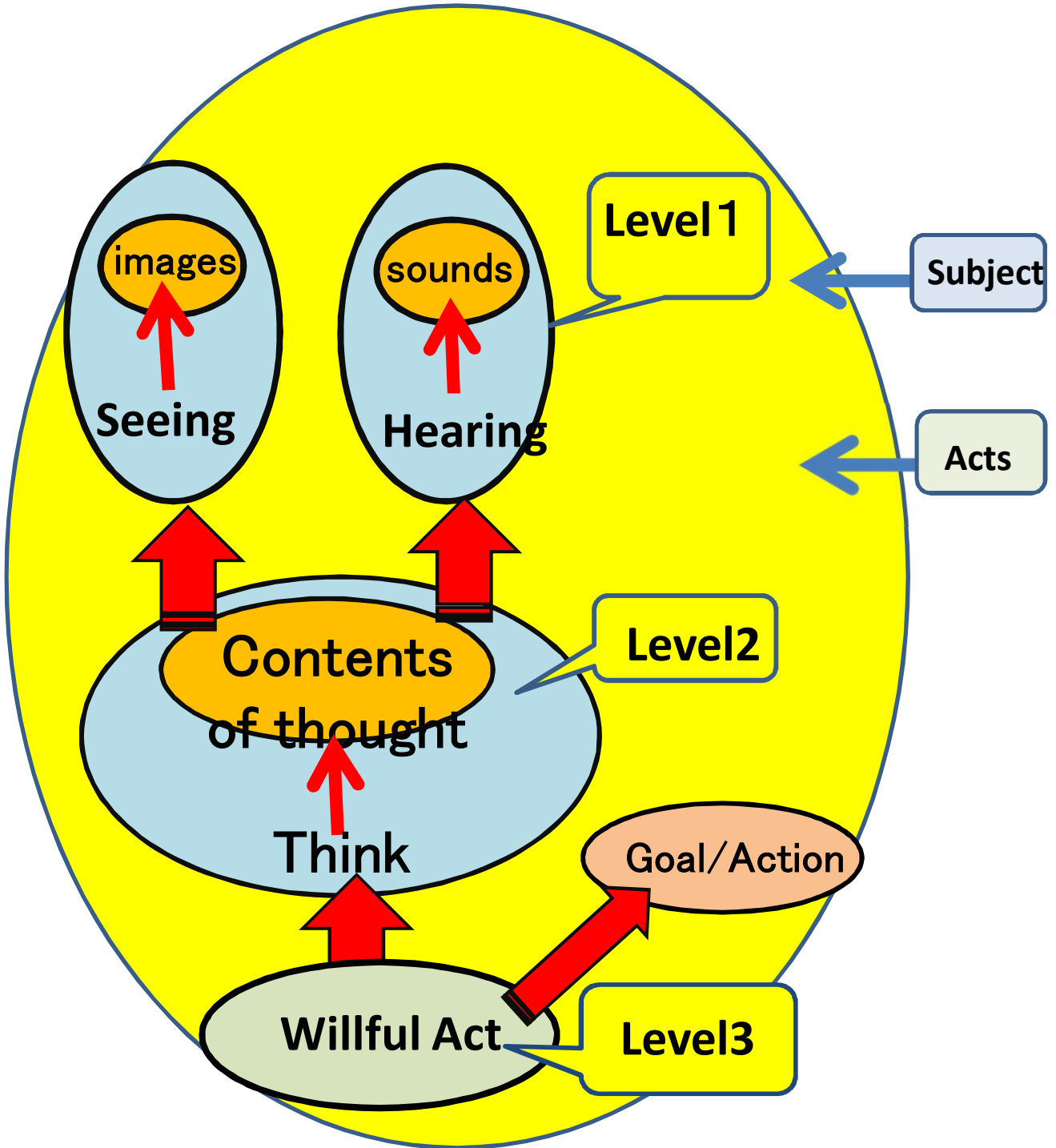


Diagram  
3-5

# Willful Act

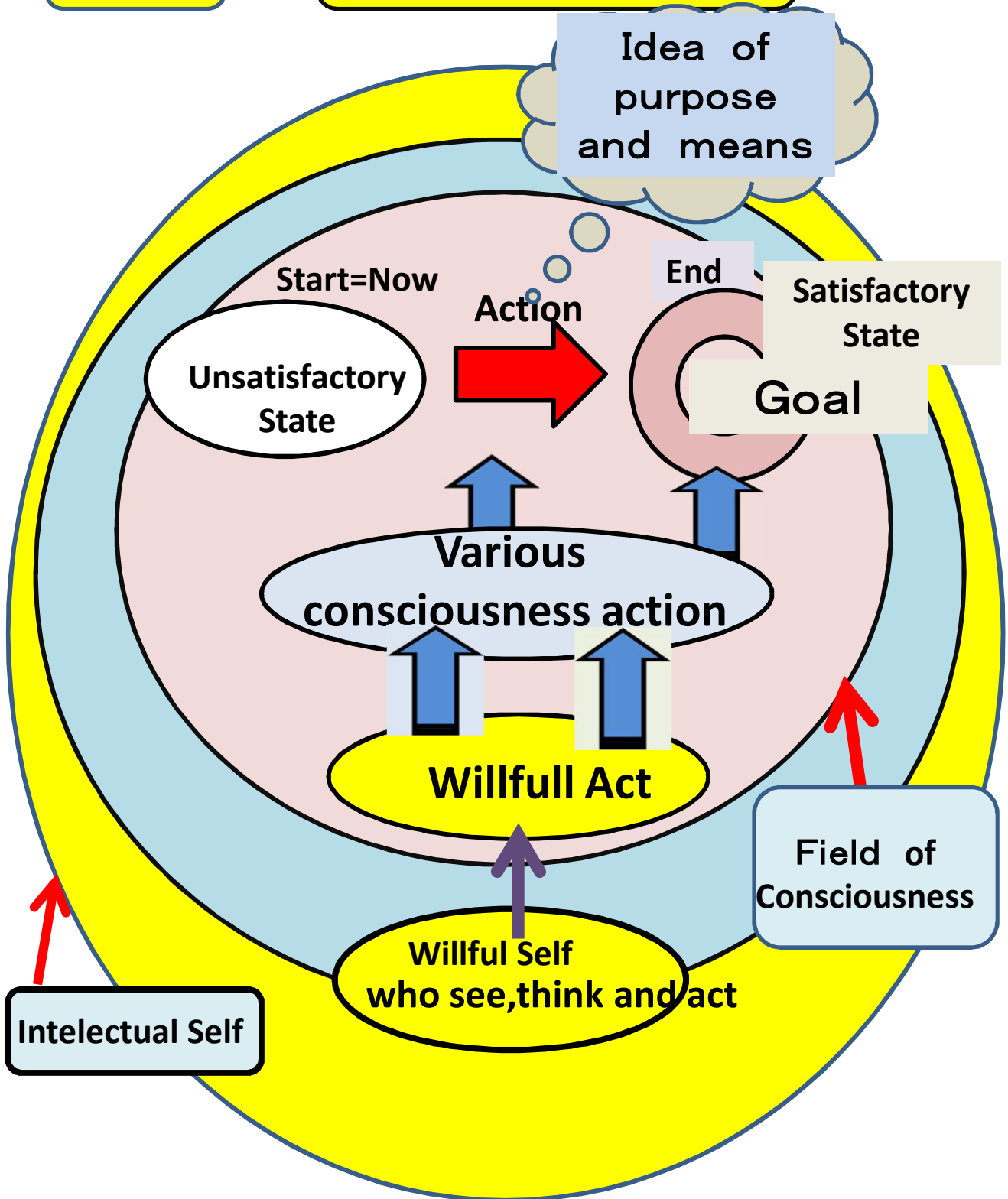


Diagram  
3-6

# Level of Self

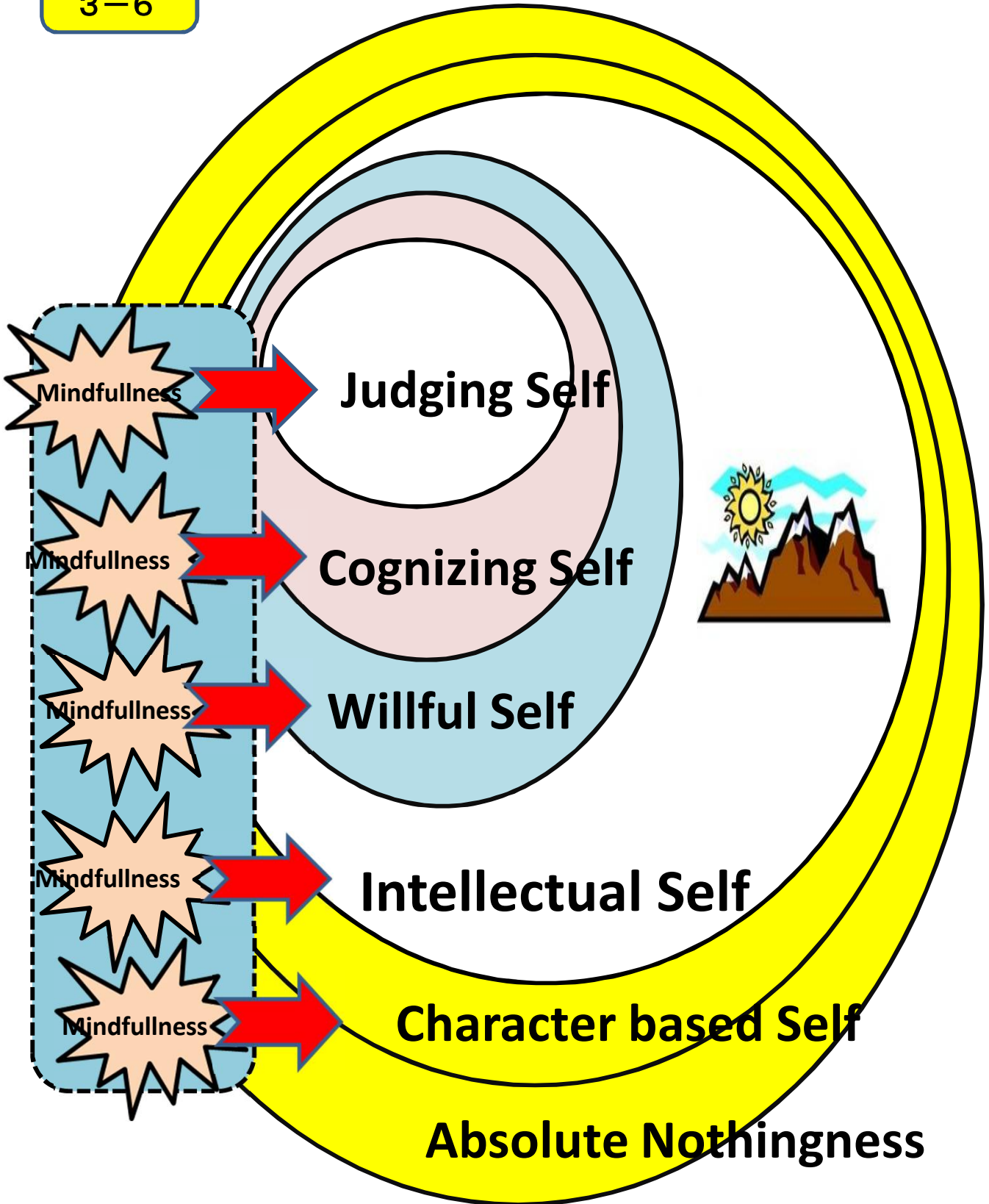
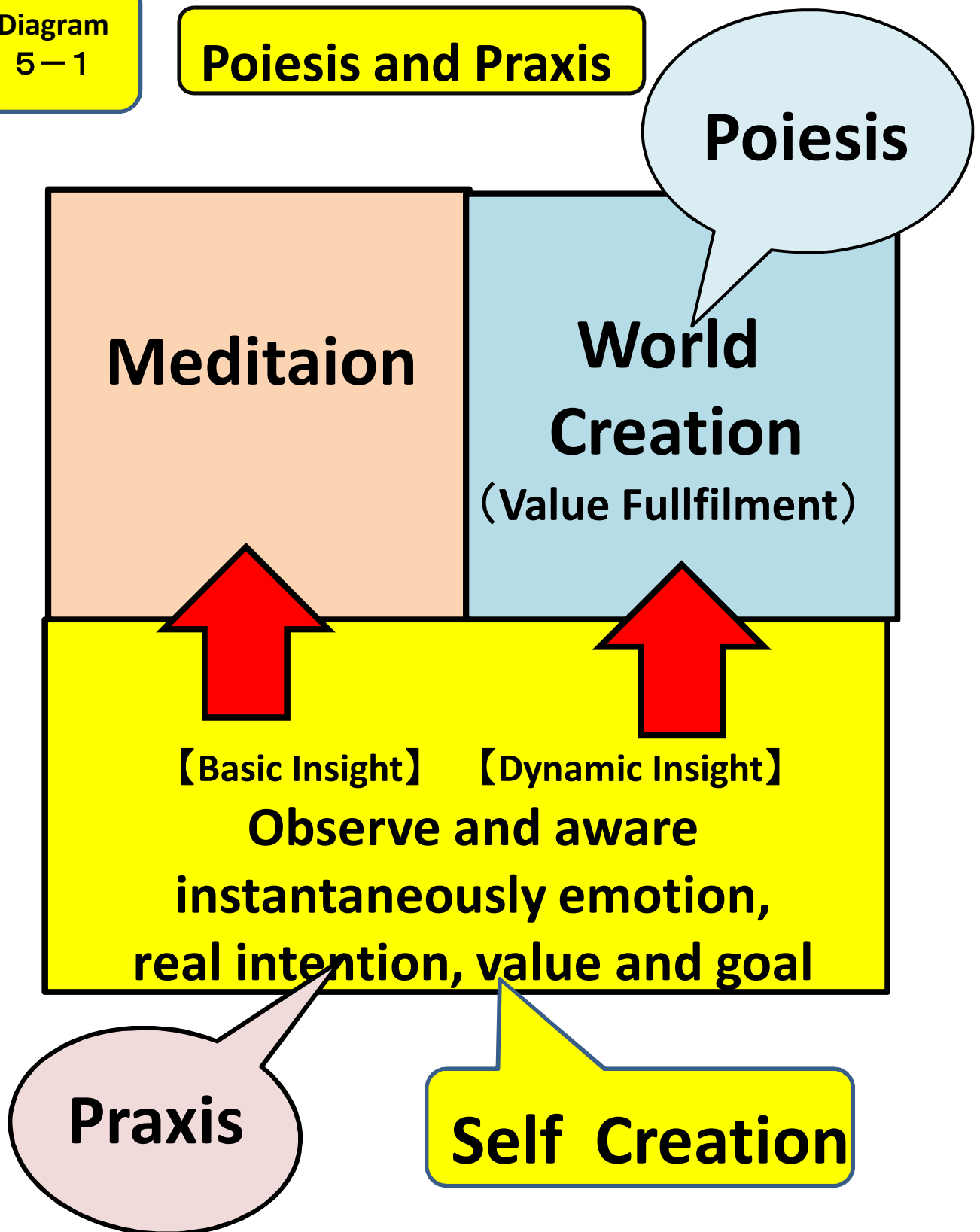


Diagram  
5-1

## Poiesis and Praxis



Poiesis and Praxis progresses simultaneously