

Part2

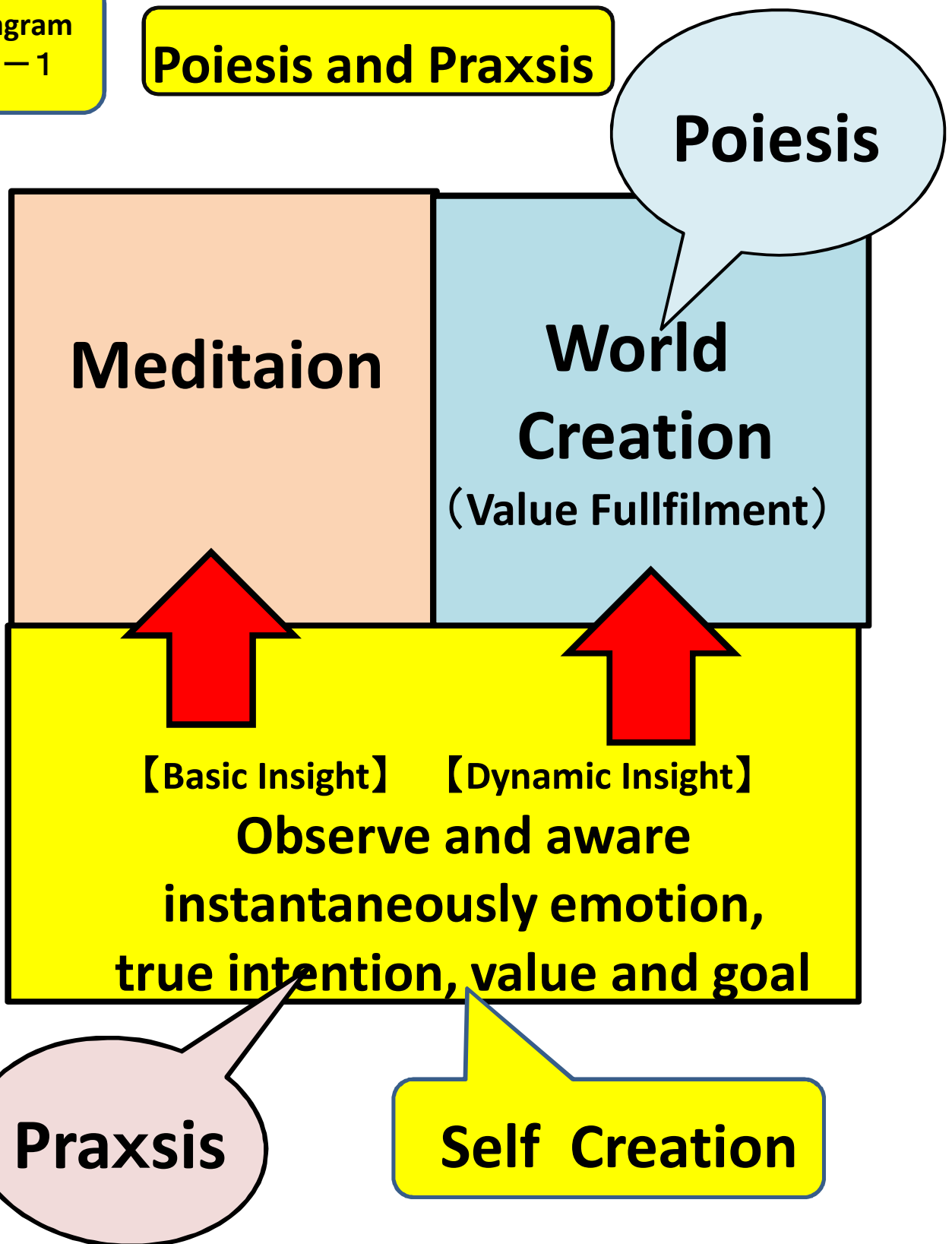
**Self Insight Meditation
Therapy/Technology
(SIMT)**

By Kenjiro Ohta

**(Japanese Association of
Mindfulness Psychotherapy)**

Diagram
1-1

Poiesis and Praxis



Poiesis and Praxis progresses simultaneously

Diagram 1-2

Value Destruction and Value Realization

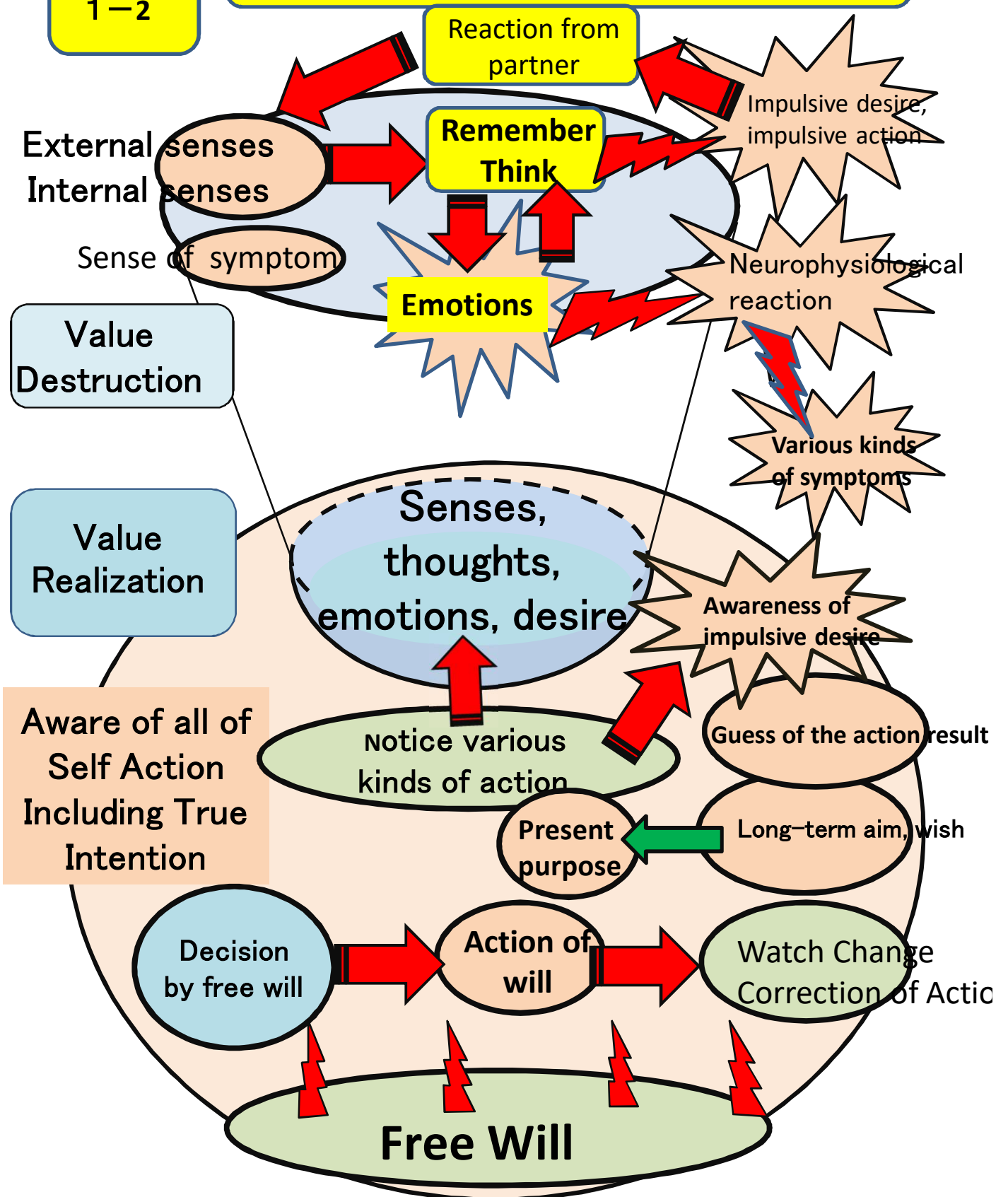


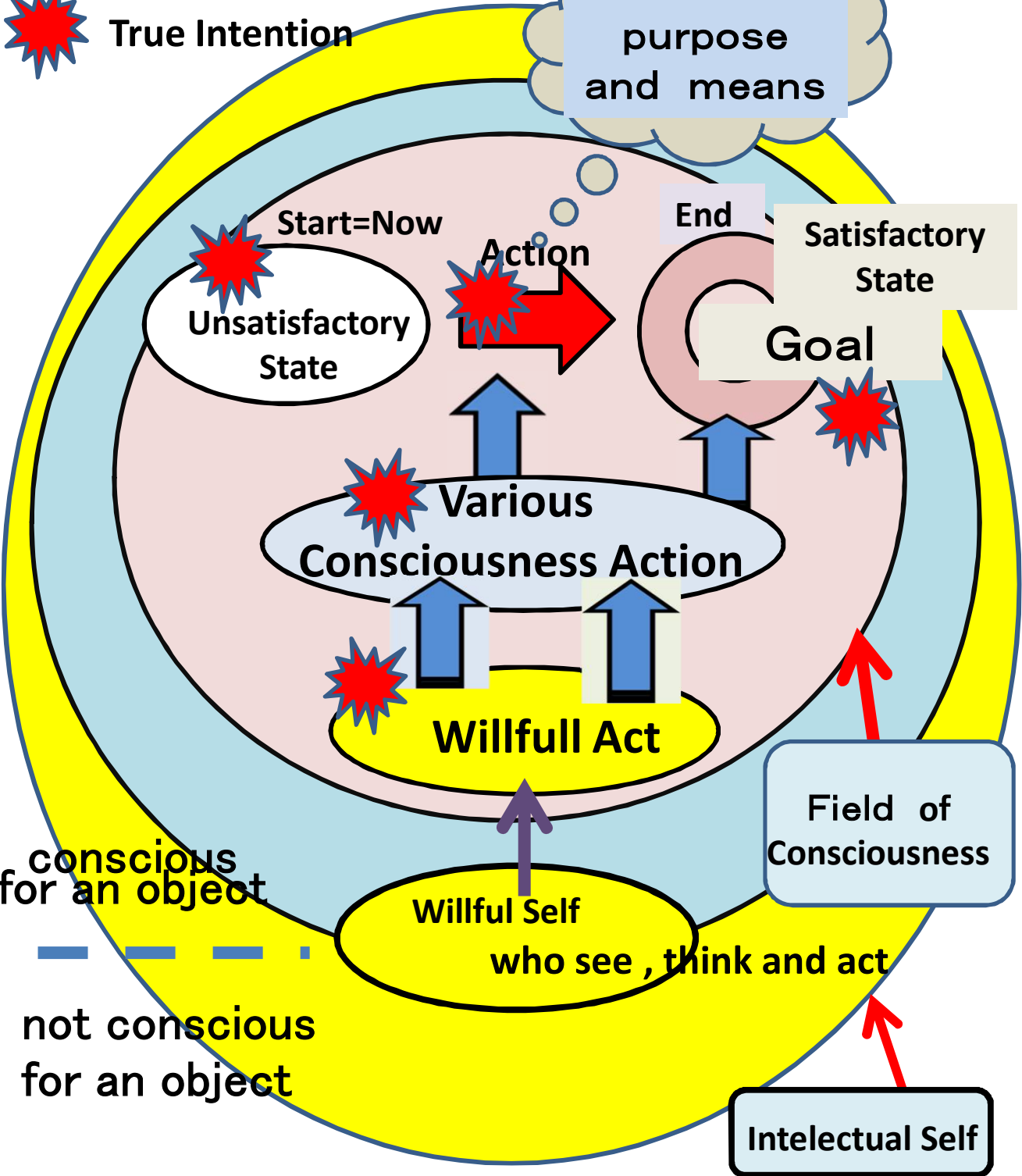
Diagram
2-0

Willful Act



True Intention

Idea of purpose and means



conscious for an object



not conscious for an object

Intellectual Self

Field of Consciousness

Willful Self who see, think and act

Willful Act

Various Consciousness Action

Unsatisfactory State

Action

Goal

Satisfactory State

Idea of purpose and means

Willful Act

Diagram
2-0

Diagram 1
4-1

True Intention and Emotion

Hatred, Attachment, Behavioral Criteria

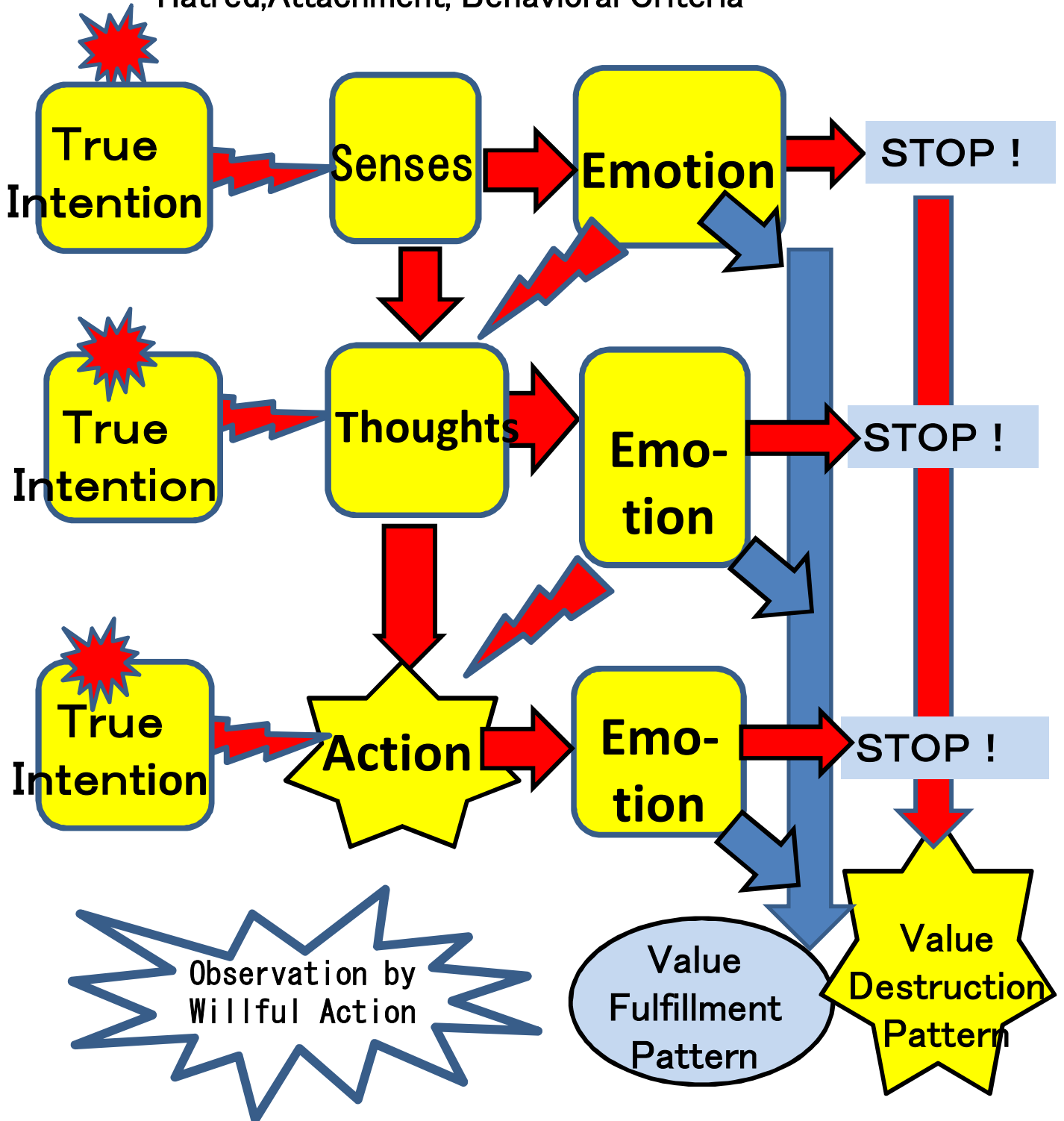


Diagram
4 – 4

True Intention

TI drives myself and others into a suffering and the disease.

◆ Attachment ◆ Hatred

- Thing, Sound, Smell and etc.
- Thought
- Action and Behavior
- Sense of Value
- Person
- Scientific Academic Opinion
- Religion and Thought(spiritual/religious)

Standard peculiar to myself

In all domains to an expert (person of the particularly leading viewpoint, scientist, and etc.)

- Strong deep attachment, hatred, and no tolerance
- Exclusive; become dogmatic

**Diagram
3-2 Å**

**10 Steps of SIMT
(Self Insight Meditation Therapy)**

Session	Main Theme	Contents
Session 1	Basic training	Basic Meditation
Session 2	Meditation possible anytime	Observation inside in the meditation
Session 3	Observation of emotion	Observation of chain of emotion
Session 4	Life value	Value fulfillment instead of impulsive behavior
Session 5	Daily life as medicine	Practice in all life
Session 6	Characteristic of the thought	True intention and thought to bring psychological disorder mind
Session 7	Acceptance of an unpleasant thing	get over an unpleasant thing by wisdom
Session 8	Treatment of linked pattern	Conquest of an important problem action
Session 9	Wisdom for life	Wisdom about the self
Session 10	Problem in the future	Practice and wisdom not to let you recover completely and recur

“Mindfulness for curing depression, anxiety disorder”

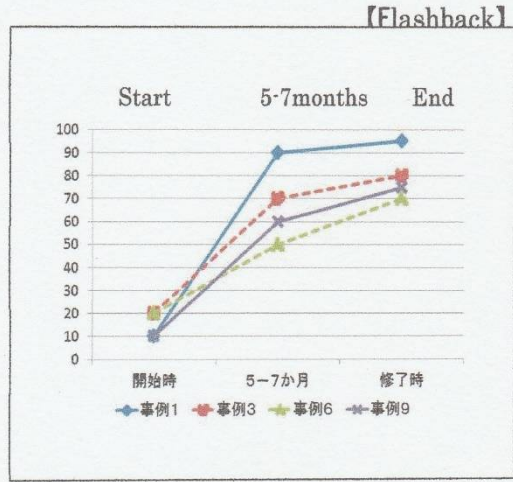
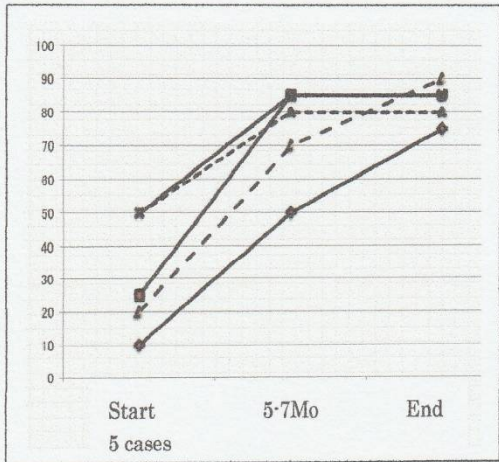
Kenjirou Ohta, Kousei Publishing company, 2013

**Effect by Mindfulness-based
Self Insight Meditation Therapy**

PTSD&DDAF

Panic Disorder

【Hyperventilation】

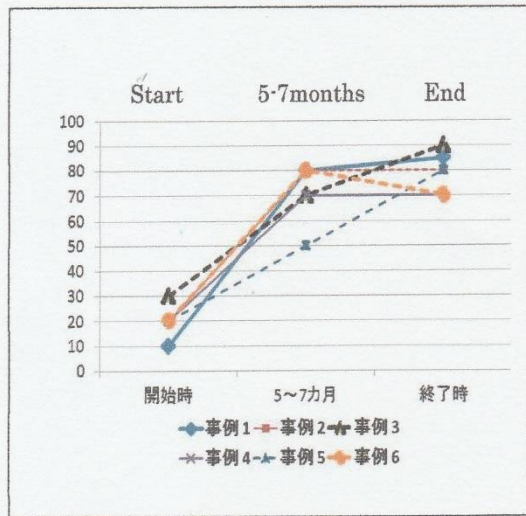
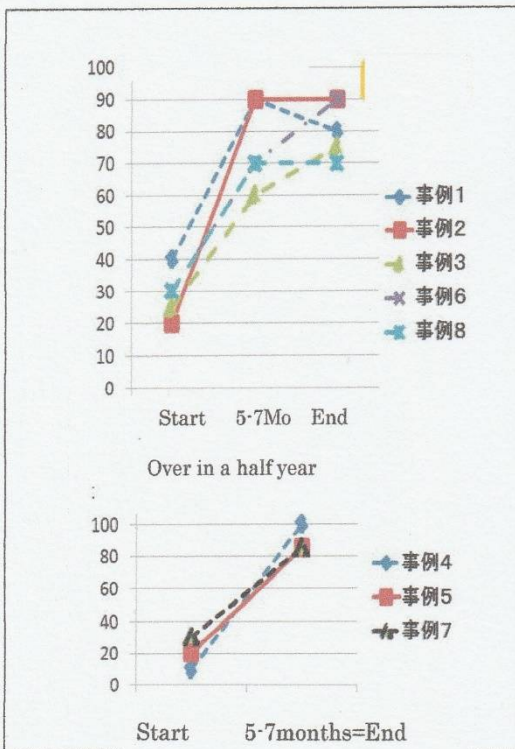


Depressive Disorder

【Depression】

**Depressive Disorder with Atypical
Features(DDAF)**

【Lead-like paralysis】



Self check points (Start, 5-7months and End)

End =12months to 18months

SIMT had effect on depressive disorder, anxiety disorder and PTSD, and etc.

(Therapist: Kenjirou Ohta)

