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观我聚焦
Kanga Focusing

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Origins

由来

- ❖ Comes from Meditation, Focusing, Clearing a Space
来自冥想、聚焦、整理空间
- ❖ Comes from my personal experience (experiment)
within meditation
来自我从冥想中获得的个人体验（实践）

Detailed Observation (1)

详细说明 (1)

- ❖ Loosening up the Ego-mind (Observing air coming in, air going out instead of “I am breathing, or “I am meditating, or “I will take up this issue today...”
- ❖ 放松。（只是观察自己的一呼一吸，不是想“我在呼吸”，“我在冥想”或是“我今天将理某个议题。”）
- ❖ Come to a place of no-mind, where mind-wandering stops—this is a “space”. Come to a space.
- ❖ 来到一个“无我”的地方，在这里，你的心不再游走——这就是“空间”，来到这个空间。

Detailed Observation (2)

详细说明 (2)

- ❖ Thoughts (clattering of the mind) will appear. Then be aware that “my mind is thinking about such and such (be specific).”
- ❖ “杂念”将会出现。当“杂念”出现，觉察“我的心在想这件事，那件事（细致地觉察）”。

Detailed Observation (3)

详细说明 (3)

- ❖ Next, imagine: what kind of ego-mind brings you this thought (eg. a nervous ego-mind). What does this ego-mind look like? Age? Dress? Where is this ego-mind?
- ❖ 接下来想象：什么样的“我”带来了这个想法？（比如，一个紧张的“我”）。这个“我”是什么样子的？多大年龄？穿着什么样的衣服？这个“我”在什么地方？

Detailed Observation (4)

详细说明（4）

- ❖ Then, thank this ego-mind. You will not be as you are now, if not for this ego-mind. You don't need to say it out loud.
- ❖ 接下啦，感谢这个“我”。如果没有这个“我”，你不会是现在的你。这些你不需要大声的说出来。
- ❖ Observe if there are any changes to this ego-mind after you thanked it.
- ❖ 觉察当你感谢这个“我”的时候，这个“我”有什么变化。

Detailed Observation (5)

详细说明 (5)

- ❖ If this ego-mind seems to be in distress, send compassion to it. You can say to it silently: May I be well and happy, may I be free from all suffering.
- ❖ 如果这个“我”很痛苦，对这个“我”发送慈心。你可以静静地对这个“我”说：愿你平安，愿你快乐，远离痛苦。
- ❖ Observe if there are any changes to this ego-mind after you send compassion to it.
- ❖ 觉察当你对这个“我”发送慈心时，这个“我”有什么样的变化。

Detailed Observation (6)

详细说明 (6)

- ❖ Return to bringing awareness to air coming in, and air going out. Become aware of your whole body, the rising and falling of your chest and abdomen. If thoughts come again, notice this thought and the ego-mind that brings this to you. Repeat the procedures to imagine it, thank it (or send compassion) and observe how it is reacting. Then return to the awareness of air coming in and out.
- ❖ 将觉察带回你的呼吸，觉察空气进入你的身体，离开你的身体。觉察你的整个身体，觉察胸部和腹部的一起一伏。如果觉察到新的“杂念”，观察这个“杂念”，以及带来这个“杂念”的“我”。重复对这个“我”的想象，感谢这个“我”（或者对这个“我”发送慈心），观察这个“我”的反应。接下来再将觉察带回你的呼吸。

Procedure 步骤

Observe the ego-mind's reaction
自我の反応を観察する

观察这个“我”的反应

Air coming in/ going out
空気の出入り

觉察呼吸

Thank or send compassion to
the ego-mind
自我に感謝あるいは
慈悲をおくる

感谢这个“我” /
对这个“我”发送慈心



Thoughts
雑念

觉察“杂念”

Image the ego-mind that brings this thought
この考えをもってくる自我を想像していみる

想象带来这个“杂念”的这个“我”

Discussion

讨论

- ❖ The use of language: Meditation and Focusing
语言的运用：冥想与聚焦
- ❖ Confrontation vs. Compassion
对质 VS 慈心

References

文献

- ❖ There are very few papers on Kanga Focusing. The only paper I know is the following, which briefly explains this method.
- ❖ 池見 陽 (2017). 人間性心理学のマインドフルネス的展開. 精神科治療学 32(5):655-660.
(Ikemi, A. (2017). Mindfulness based developments in Humanistic Psychology. *Japanese Journal of Psychiatric Treatment* 32(5):655-660.) [In Japanese]
- ❖ これについて公表された論文は少なく、上記の論文が現在のところ、観我フォーカシングに言及している唯一の参考文献でしょう。

