
Abstract

Discussion of Hayao Kawai's "devoting all of one's energy to doing nothing"

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The attitude of "devoting all of one's energy to doing nothing," Hayao Kawai's psychotherapy emphasis, is discussed based on his philosophy. Such an attitude was originally suggested to demonstrate a deep belief in the potential of "*tamashii* (source of life)," that was originally considered to be above the dualism of the maternal principle, which accepts everything, and the paternal principle, which emphasizes logic and rationality. Furthermore, the attitude was about sincerely facing what was naturally born out of the possibilities and seeking "what ought to be" with each client. Kawai expressed this concept through the word "inaction." However, the title of the book, "The power of inaction," which refers to the attitude of "devoting all of one's energy to doing nothing," was altered to "The skill of accepting things as they are" for the paperback edition. It shows that the maternal principle, which is characteristic of Japanese society, which accepts things as they are, absorbs everything, and suppresses rationality and dissent, affects the process of accepting Kawai's philosophy.

Keywords: Hayao Kawai, devoting all of one's energy to doing nothing, the center-empty structure, soul
