



KYOTO UNIVERSITY

Graduate School of Advanced Integrated Studies in Human Survivability (GSAIS)  
Mindful Living Research Group

Online Mini-Workshop

# Compassionate Mindfulness

Bridging Classical Humanities and Cognitive Sciences

**Friday 24th June 2022, 14:30-16:50 (JST, UTC+9)**

Please register by sending an email to: [philosophia@gsais.kyoto-u.ac.jp](mailto:philosophia@gsais.kyoto-u.ac.jp)  
Indicating name & affiliation, then Zoom link will be sent to you

## 14:30-14:40 General Introduction

by Marc-Henri Deroche, PhD, GSAIS Associate Professor



## Perspectives from Classical Humanities

14:40-14:55 “The ‘Four Immeasurable Minds’ (四無量心)  
in Buddhism from India to Japan: ‘Befriending,  
Compassion, Joy, and Equanimity’ (慈・悲・喜・捨)”

by Ryotaro Kusumoto, GSAIS 4<sup>th</sup> year student



14:55-15:10 “Mindfulness, Ethics, and Compassion in *Guide to  
Bodhisattva Conduct (Bodhicaryāvatāra)*”

by Lobsang Gnon Na, GSAIS 4<sup>th</sup> year student



## Perspectives from Cognitive Sciences

15:10-15:40 “‘Mindful Self-Compassion’: Scientific Research and  
Clinical Applications in Contemporary Japan”

by Sanae Kishimoto, author, translator, mindfulness teacher,  
clinical psychologist, DrPH candidate at Kyoto University  
Graduate School of Medicine/Public Health, and researcher at  
Patient Safety Unit, Kyoto University Hospital



## 15:40-15:50 Break

## Praxis-Oriented Integration

15:50-16:10 Practice of Mindfulness and Self-Compassion,

led by Sanae Kishimoto

16:10-16:50 General Discussion, Q&A