

Bio Essentials の思想の成り立ち(メタ原理)

Bio Essentials は、現象を思想に合わせるための体系ではない。

日々の実践の中で観察される身体感覚や現象を、一つの原理で読み解こうとする試みである。

「ノイズを引けば、本来の流れは現れる。」この原理は、身体だけでなく、判断、組織、社会にも相似的に働く。これが Bio Essentials の根本思想である。

The Metaprinciple of Bio Essentials

Bio Essentials is not a framework designed to force phenomena into a rigid ideology. Rather, it is an ongoing endeavor to decode the bodily sensations and phenomena observed in daily practice through a single, unifying principle:

"Subtract the noise, and the original flow reveals itself."

This principle operates analogously across all scales—not only within the physical body, but also in decision-making, organizations, and society at large. This is the foundational philosophy of Bio Essentials.

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