

Crafting Essence Intuition Patterns

A Pattern Language for Grasping and Expressing the Essence of Anything
based on Husserl's Phenomenology

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Abstract

In this paper, we present the current results of Essence Intuition Patterns, a pattern language we are actively crafting to grasp and express the essence of anything. Initially proposed as a philosophical method in Edmund Husserl's phenomenology, we have found that Essence Intuition resonates with the activities involved in crafting pattern languages. This paper provides a comprehensive overview of the pattern language's system and summaries of 28 pattern seeds obtained to date. We expect that even these summaries will offer valuable insights into the practice of Essence Intuition. Finally, we illustrate the crafting process of this pattern language through photographs, showcasing its development.

1. Introduction

Over the past two decades, Iba Lab has elucidated the essence of good practices across a wide variety of domains, formulating over 3,000 patterns in more than 90 fields. In this process, we have developed, refined through firsthand practice, and standardized methods for crafting pattern languages (Iba and Isaku 2012; Iba and Isaku 2016; Iba, 2023). However, while the crafting process has been codified, the quality of pattern mining and pattern writing heavily relies on the individual writers, even when they follow the same protocols. In particular, the distinction between highly insightful patterns and more mundane ones stems from the writer's ability to grasp a practice's 'essence' during the gathering of narratives and their skill in eloquently expressing that essence. Adeptly grasping essences is an intuitive skill for those already experienced, one not readily imparted through explicit guidance.

In light of this challenge, we have realized that the long-emphasized quest for 'essence' in formulating pattern languages closely parallels essence-seeking phenomenology. The recurring notion of 'essence' aligns with a phenomenological sense – through patterns, we creatively reveal the essential meaning of good practices. Hence, entire pattern languages embody a genre of *essence description*. Recognizing the artful skill of essence extraction, beyond vague intuition, can accelerate collective understanding and application. We have thus began assembling a pattern language detailing finely-honed best practices for unlocking and sharing seminal insights into the universal core of the matter at hand.

In this paper, we present selected patterns and overviews that illuminate the refined, essence-oriented analysis informing the formulation of insightfully practical pattern languages.

2. Essence Intuition as Essential Method in Husserl's Phenomenology

Essence Intuition, namely *Wesenserschauung* in German, is the essential method in Phenomenology, which is a science of essence founded by the philosopher Edmund Husserl (Husserl, 1929, 1948, 1950a, 1950b, 1952). It has had a fundamental influence on the history of philosophy, known as the 'Phenomenological Turn.' We believe, from the perspective of phenomenology, that to grasp patterns in good design/practice (Alexander, 1979, 2002a, 2002b; Iba, 2015) means to conduct Essence Intuition of their existence and generation; and, to craft a pattern language means to make the *Essence Description*, which can be shared with others (Iba, 2023a, 2023b). Grounded in this understanding, we have dedicated the past five years to an intensive study of Phenomenology.

In phenomenology, the essence is apprehended to elucidate the meaning of the thing of consciousness in conscious experience. Husserl explains this in his book, *Ideas*, as follows:

"... obviously here, as elsewhere in phenomenology, this does not mean to engage straightforwardly in actual experiences, i.e., to proceed empirically, as if the empirical thesis, which binds itself to contingent facts, would be pertinent. The task is rather to examine, in eidetic intuition, the essence of the experienced in general and as such, precisely as it is made explicit in any experience, whether carried out actually or imaginatively (by means of a fictional transfer of oneself into a possible experience) in order then to grasp intuitively, in the unfolding of the intentions essentially involved in such an experience, the sense of the experienced as such --- the sense of the relevant class of regional objectivities --- and to express this sense in rigorous analysis and description." (Husserl, 1952, p.97)

When the word 'essence' is mentioned, it has a variety of meanings depending on the position the person takes. For example, some people may think that it is something inherent in the objective world, while others may think that it is something that exists in some transcendental world, as in Plato's theory of Ideas. Husserl also refers to essence as 'form' (*eidōs*), and *Essence Intuition* is sometimes referred to as *Eidetic Reduction*:

"... it is then exclusively directed toward the invariant essential forms. For instance, the phenomenology of perception of bodies will no be [simply] a report on the factually occurring perceptions or those to be expected; rather it will be the presentation of invariant structural systems without which perception of a body and a synthetically concordant multiplicity of perceptions of one and the same body as such would be unthinkable." (Husserl, 1929, p.165)

The essence is perceived as the core "invariant structural system" of a consciousness thing, without which the thing ceases to be itself. When a person perceives an thing, that perception presents one possible concrete manifestation of that thing. At that moment, the individual and concrete characteristics are merely 'contingent' or accidental, being just so by chance. Husserl emphasized, "Individual existence of every sort is, quite universally speaking, 'contingent.' It is thus; in respect of its essence it could be otherwise." (Husserl, 1950b, p.7). This means that to clarify the essence of a particular thing, one must strip away the individual and concrete parts from what appears in consciousness and capture the essence that holds true even for similar, different entities. This is what is undertaken in Essence Intuition.

As we delved into Husserl's works, we came to understand that while Husserl discussed the principles of Essence Intuition, he seldom spoke about its practice. Additionally, we discovered that there is scarcely any literature by other authors discussing the practice of Essence Intuition.

As a result, those familiar with the principles can apply them, but many struggle to grasp what these principles mean in practice, leaving them unable to execute. Therefore, we decided to compile the methods of this practice into a pattern language of practice. What we present in this paper are the current results of this endeavor.

3. Current Achievements

The pattern language presented here is crafted with project members at Iba Lab, based on our latest methodology for crafting pattern language (Iba and Isaku, 2016; Iba, 2022). The patterns were extracted from philosophers and researchers experienced in conducting and teaching Essence Intuition. Specifically, these include the critic and philosopher Seiji Takeda, philosopher Ken Nishi who engages in and practices philosophical dialogue (Nishi, 2010), Ittoku Tomano who focuses primarily on debates about education and society, Midori Inagaki who is dedicated to fostering a symbiotic society through Japanese language education, and Takashi Iba, one of this paper’s authors, who has contributed to developing pattern languages through Essence Intuition. Detailed information about the crafting process of this pattern language can be found in the Appendix.

The current status is at a stage where the overall system and the ‘pattern seeds’ for the pattern language being crafted have been established. Figure 1 is an illustration that visualizes the concept of Essence Intuition, which represents a deep dive into exploring the essence. The following is an overview of the system and summaries of the pattern seeds.

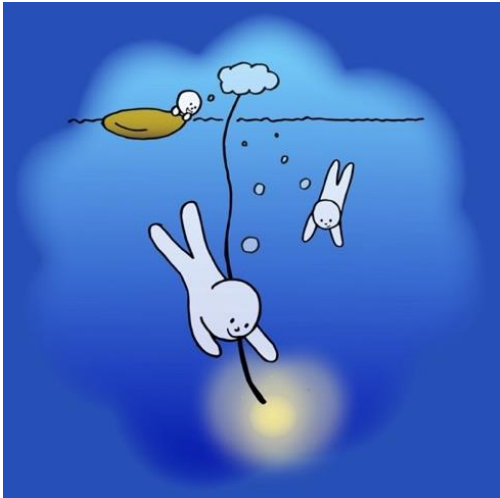


Figure 1: An illustration that visualizes the concept of Essence Intuition, as a Deep Dive into Exploring the Essence.

3.1 Overview of the Essence Intuition Patterns

Figure 2 represents the overall view of the Essence Intuition Patterns. At its core is the concept ‘Essence for Living Better,’ and the subsequent practical patterns are divided into three main categories: (A) Grasping the features of the focus things and extracting their essence, (B) Refining and polishing descriptions for sharable comprehension, and (C) Crafting them into a crystal infused with the power to enhance living.

Essence Intuition Patterns

A Pattern Language for Grasping and Expressing the Essence of Anything

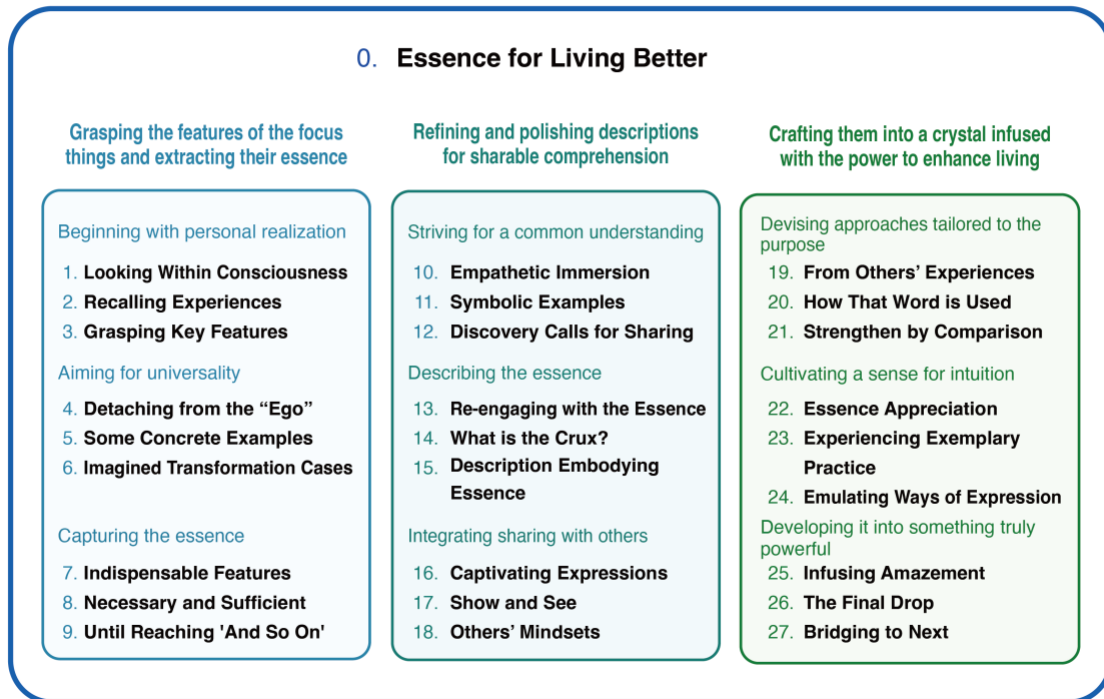


Figure 2: Overview of the Essence Intuition Patterns.

3.2 Summary of Pattern Seeds

In this section, we will present the summary of pattern seeds of this pattern language.

Core Pattern

0. Essence for Living Better

Explore and articulate an 'essence' that resonates deeply and universally, focusing on its application in enhancing lives, building a better society, and establishing it as a foundation for practical use and further studies.

A. Grasping the features of the focus things and extracting their essence

A.1 Beginning with personal realization

1. Looking Within Consciousness

Reflect on your consciousness about a thing to grasp its essence, focusing on "how you are perceiving it." Use this as the starting point to explicitly articulate meanings that were previously grasped only implicitly.

2. Recalling Experiences

With reference to a thing for which one wishes to grasp the essence, if it is something one has personally experienced, recall those concrete experiences and use them as initial material for capturing the thing's essence.

3. Grasping Key Features

With reference to the recalled concrete experiences, grasp what features one finds to exist there.

A.2 Aiming for universality

4. Detaching from the “Ego”

Instead of relying on highly personal and idiosyncratic sensations, remove that mere personal aspect to identify features that others would likely recognize as well.

5. Some Concrete Examples

By gathering and comparing several concrete related examples, set aside features specific only to individual cases as incidental and focus on aspects common across cases.

6. Imagined Transformation Cases

Mentally generate hypothetical examples with the currently grasped features. Alter some of those features to determine—without being limited to actual experiences—which characteristics are important across various ranges.

A.3 Capturing the essence

7. Indispensable Features

Among the grasped features, identify those essential traits in the absence of which one could no longer refer to the thing as such, thereby pinpointing its most intrinsic characteristics.

8. Necessary and Sufficient

Even when some seemingly indispensable traits become apparent, it is uncertain whether all crucial features have been covered. Persist in refinement until you feel assured of the complete necessity and sufficiency.

9. Until Reaching ‘And So On’

While leveraging experiences, examples, and imagination to determine the necessary and sufficient features, aim for the point at which continuing further would yield redundancy. Then decide to conclude that section and move forward.

B. Refining and polishing descriptions for sharable comprehension

B.1 Striving for a common understanding

10. Empathetic Immersion

Step into the perspective and feelings of close acquaintances and intended beneficiaries. Generate a vivid first-person realization of whether those individuals would also perceive the extracted essence as accurately capturing reality, making adjustments where necessary.

11. Symbolic Examples

In order to grasp the essence not merely as an abstract summary but as a vivid and tangible reality, aim for a state where the abstraction of the essence is coupled with

“living, breathing” concrete examples by drawing upon actual cases as material or imagining and considering hypothetical ones that can symbolically represent that essence.

12. Discovery Calls for Sharing

If there is not yet a compelling urge to broadly proclaim and share the unfolding essential insight, then persist in sharpening the idea until it reaches the threshold of an exhilarating discovery, motivating enthusiastic communication.

B.2 Describing the essence

13. Re-engaging with the Essence

Reorient your attention towards the essence you have discerned, as if encountering it for the first time. Describe its nature using words that most accurately convey its meaning.

14. What is the Crux?

Persistently reflect on the question, “What is the crux?” Strive to distill the essence into a succinct statement. Through this endeavor, forge a narrative that precisely encapsulates the essence’s core.

15. Description Embodying Essence

When the core of the essence has been effectively described, it is important to revisit and fine-tune the language used in that description. This involves carefully selecting words and adjusting phrasing, considering the diverse meanings that each term can carry, to ensure the conveyed meaning aligns precisely with the intended essence.

B.3 Integrating sharing with others

16. Captivating Expressions

Rather than merely explaining the essence, also search for novel expressions that compellingly convey its appeal in thought-provoking ways that linger in the mind.

17. Show and See

When an essentially descriptive account has been composed to apparently elegant effect, present it to others to then incorporate their reactions and interpretations into subsequent refinement.

18. Others’ Mindsets

Accumulate and internalize the sensibilities and ways of thinking of those you regularly engage in dialogue with or interact with, so that by exercising your imagination to step into their perspective, you can generate an inner conviction of “this is surely how they would think” about the matter at hand.

C. Crafting them into a crystal infused with the power to enhance living

C.1 Devising approaches tailored to the purpose

19. From Others’ Experiences

When attempting to grasp the essence of things or phenomena you have not personally experienced, rely upon the reflective accounts of those who have. Overlay your own

analogous experiences and sensations onto their narratives to vividly imagine concrete examples and explore the essence from that perspective.

20. How That Word is Used

When attempting to grasp the essence of abstract or conceptual ideas, bring to mind scenarios where the words representing those concepts are or might be used. Reflect on what is being expressed through the use of those words in order to explore their intended meanings.

21. Strengthen by Comparison

When seeking to clearly distinguish the essence of a concept from similar or contrasting concepts, also determine the essences of those comparable ideas. By examining their commonalities and differences, identify the distinctive features of each concept.

C.2 Cultivating a sense for intuition

22. Essence Appreciation

Immersive study of especially lucid write-ups on essence-extraction, as though walking through practitioners' footsteps, trains capacity for explicit methodical breakthroughs. Intuitively grasp how attention focuses ever more incisively toward aspects of greatest explanatory relevance.

23. Experiencing Exemplary Practice

Immerse yourself deeply in models of outstanding essence discernment, and by reliving these practices from the viewpoint of the great practitioners, you can intuitively grasp the approach to uncovering the essence through such intuition.

24. Emulating Ways of Expression

Delve into introductory texts and critiques that skillfully unveil and articulate the essence of their subjects. Analyze their modes of expression, consciously reflect on the language employed in daily dialogues, and assimilate these exemplary methods into your personal expression toolkit. This process will enrich your expressive capabilities.

C.3 Developing it into something truly powerful

25. Infusing Amazement

Recall the visceral excitement you felt when first grasping the essence – that “Aha!” moment of insight or the “Wow, this is it!” feeling of discovery. Skillfully infuse your description of the essence with this rekindled sense of wonder, enabling readers to vicariously experience that same exhilaration.

26. The Final Drop

If you are truly aiming for an essence that holds power, refine, purify, and concentrate until you achieve an unwavering certainty in every aspect, thus becoming a ‘crystal’ of distilled clarity.

27. Bridging to Next

Openly publish the essence you have grasped and articulated, making it widely accessible. This allows others to build upon your insights, further refining the description of the essence through their own explorations. By sharing your work, you create

opportunities for the essence to be applied and developed, bridging the gap to the next stage of understanding.

4. Conclusion

In this paper, we have introduced an overview of the Essence Intuition Patterns, which form a comprehensive pattern language dedicated to grasping and expressing the essence of various subjects. Going forward, we plan to evolve these pattern seeds into detailed descriptions through meticulous pattern writing and draw pattern illustrations. Our goal is to finalize and publish the completed pattern language at forthcoming conferences, such as PLoP and EuroPLoP.

Acknowledgements

First and foremost, we extend our profound appreciation to Seiji Takeda, Ken Nishi, Ittoku Tomano, and Midori Inagaki for their invaluable contributions to the mining interviews focused on the practice of Essence Intuition and for the significant insights we derived from their writings. Additionally, heartfelt thanks are due to Sae Adachi, Mirai Okanishi, Haruka Kimura, Elly Shimamura, and Tsubasa Yokomori for their six months of dedicated collaboration at Iba Lab on this project. Our appreciation also goes to Shuhei Iwata, Eimi Yokokawa, Chisato Tsujimoto and Hayato Kurata, who were part of the team for a portion of the project. Furthermore, our thanks go to Joe Yoder, our shepherd, for his valuable feedback on the English presentation of the patterns. His contributions addressed unclear points and rectified linguistic inaccuracies, leading to significant enhancements.

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Appendix

A1. Crafting Process of the Essence Intuition Patterns

The pattern language presented here is crafted with project members at Iba Lab, based on our latest methodology for crafting pattern language, shown in Figure 3 (Iba and Isaku, 2016; Iba, 2022).

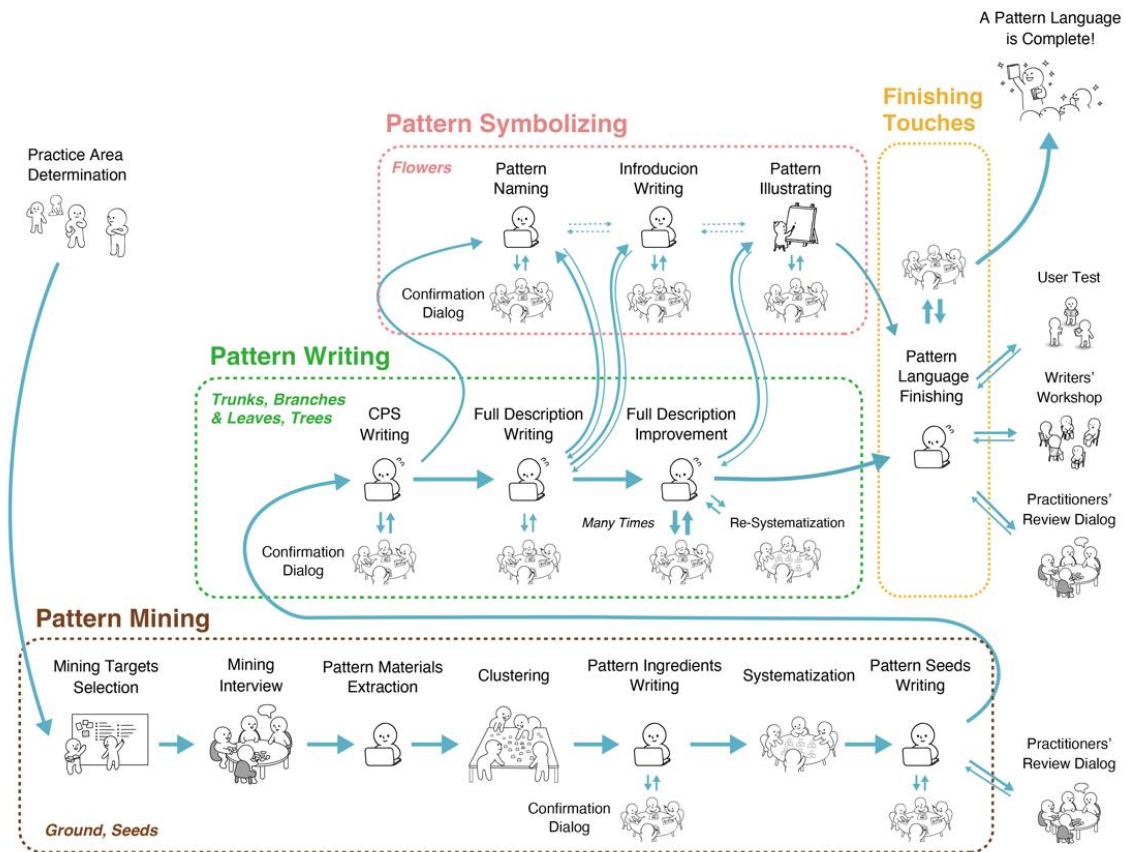


Figure 3: The Pattern Language Crafting Process Developed at Iba Lab.

The initial step involved Mining Interviews with practitioners of Essence Intuition (Figure 4). The interviewees included the critic and philosopher Seiji Takeda (Professor at Graduate School of Leadership and Innovation, Shizenkan University / Professor Emeritus of Faculty of International Research and Education, Waseda University), philosopher Ken Nishi (Adjunct Professor at Tokyo Medical University) who discusses and practices philosophical dialogue, Ittoku Tomano (Associate professor at Faculty of Education, Kumamoto University) who primarily debates education and society, Midori Inagaki (Associate Professor at International College of Liberal Arts, Yamanashi Gakuin University) working towards a symbiotic society through Japanese language education, and Takashi Iba, one of the authors of this paper, who has been involved in crafting pattern languages through Essence Intuition.

We delved into what they value in practicing Essence Intuition (What), how they do it (How), and why it's important (Why), uncovering their explicit and tacit knowledge (Iba and Yoder, 2014; Iba, 2021a). Each was interviewed once or twice, accumulating over 30 hours of narrative data.

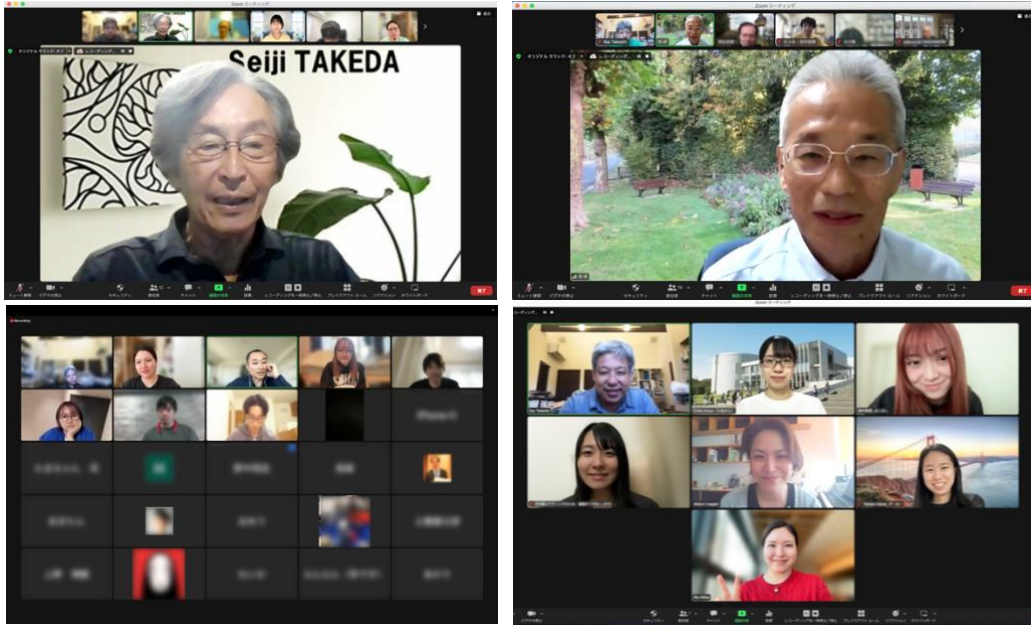


Figure 4: Scenes of the Mining Interviews.



Figure 5: Scenes of Extracting Significant Parts.

After transcribing all the interviews, we extracted significant parts. Each member noted what they deemed important, summarized those sections, and then, in teams of two or three, cross-referenced their notes to pinpoint truly significant parts (Figure 5). These key points were then noted on Material cards. Once all the interview Material cards were prepared, with each interviewee's cards on differently colored paper, we moved to the next phase.



Figure 6: Scenes of Clustering.

The next phase was Clustering as shown in Figure 6 (Iba, *et al.*, 2017). Clustering began with randomly placing the Material cards on butcher paper on a table. As we reviewed the cards, we grouped those with similar meanings, confirming with other team members before moving them closer together. This pairing process was diligently repeated until clusters of Material cards formed on the paper, becoming the ingredients of the patterns. We then summarized the key points of each cluster and noted them on Ingredient cards. While the Material cards were in various colors, the Ingredient cards were all on white paper to denote their consolidated data.

The subsequent phase was Systematization (Iba, 2021b). We spread out the Ingredient cards and broadly understood what ingredients we had. Then, stepping back from individual cards, we considered what's important when thinking about the practice as a whole. If we had to name three crucial things in the practice of Essence Intuition, what would they be? Everyone pondered this, shared their thoughts, and discussed to determine the three main parts (Figure 7). Then, we created areas for these three main parts on the butcher paper and started placing relevant Ingredient cards in the corresponding areas. We checked to ensure a balanced distribution of cards across all parts. If one part was significantly unbalanced, we adjusted the content to achieve a better balance.

After that, we discussed the three important aspects of each part, created sub-part areas, and distributed the Ingredient cards (Figure 8). This was done for all main parts. Once everything fit into the system, we moved to the final step of Systematization: reading the Ingredient cards allocated to each sub-part and dividing them into three patterns. Thus, the main parts became categories in the system, sub-parts became groups, and the three clusters within those became the three pattern seeds. This concluded the Systematization phase.



Figure 7: Scenes of Differentiating the whole of the practice in Systematization.



Figure 8: Scenes of Classifying Ingredient cards in Systematization.

However, the system wasn't set in stone after Systematization. The order of patterns and the system needed adjustments alongside the content review of individual patterns. But establishing positions within the overall system allowed us to delve into the content of individual pattern seeds. We then entered the pattern writing phase, starting by writing what we call 'CPS': one

sentence each for Context, Problem, and Solution (Iba, 2021a). One or more people drafted CPS sentences for each pattern seed, which were then reviewed and discussed by everyone to identify areas for improvement (Figure 9). We took these back, rewrote them by the next meeting, and this process was repeated.



Figure 9: Scenes of Reviewing the draft of pattern description.



Figure 10: Scenes of Review with Mining interviewees.

Once we felt the content was sufficiently developed and of good quality, we presented the in-progress pattern seeds to the interviewees for feedback (Figure 10). We received feedback from Ittoku Tomano, Ken Nishi, and Seiji Takeda, making improvements after each session. What we present in this paper are the pattern seeds as developed up to this point.

A2. Japanese Version of the Essence Intuition Patterns

Below is the original Japanese version of Essence Intuition Patterns as presented in this paper. It is included for reference as the initial text prior to its translation into English.

「本質観取」実践パターン
物事の本質をつかみ表現することのパターン・ランゲージ

0. よりよく生きていくための本質
(普遍的な説明力、伝えたくなる魅力、世界を広げる生成力を併せ持つ)

| 対象が持つ特徴を捉え、その本質（エッセンス）を取り出す | 記述しながら、他の人と共有し得るものに磨き上げていく | よりよく生きることにつながる力を持つ結晶に仕上げる |
|--|--|---|
| <p>自分の実感から出発する</p> <ol style="list-style-type: none"> 1. 意識内の方を見る 2. 経験の思い起こし 3. 特徴をつかむ <p>普遍性を目がける</p> <ol style="list-style-type: none"> 4. 「自分」を抜く 5. いくつかの具体例 6. 想像変容事例 <p>本質を取り出す</p> <ol style="list-style-type: none"> 7. 欠かせない特徴 8. 必要十分か 9. 以下同様と言えるまで | <p>共通理解になり得るものに向かう</p> <ol style="list-style-type: none"> 10. なりきり実感 11. 象徴的な例 12. 言いたくなる大発見 <p>本質を記述する</p> <ol style="list-style-type: none"> 13. 改めて本質に向き合う 14. 要は何なのか 15. この記述で本当によいか <p>他者と共有することを織り込む</p> <ol style="list-style-type: none"> 16. 惹かれる表現 17. 見せて見る 18. 他の人の感覚 | <p>目的に応じてアプローチを工夫する</p> <ol style="list-style-type: none"> 19. 他の人の経験から 20. その言葉の使われ方 21. 比較強化 <p>洞察のセンスを磨く</p> <ol style="list-style-type: none"> 22. 本質鑑賞 23. 見事な実践の追体験 24. 表現をまねぶ <p>本当に力を持つものにしていく</p> <ol style="list-style-type: none"> 25. 感動を込める 26. 最後の一滴 27. 次につなぐ |

0. よりよく生きていくための本質

人々がよりよく生きる、よりよい社会を築いていくために、深いレベルで誰もが納得・共感し得る「本質」を探り、それを見事に記述し共有することで、人々の実践や社会形成に活かされたり、さらなる探究の足がかりとして用いられたりできるようにする。

【対象が持つ特徴を捉え、その本質（エッセンス）を取り出す】

自分の実感から出発する

1. 意識内の方を見る

ある対象の本質をつかむためには、その対象についての意識をふりかえり、それを自分が「どのように捉えているのか」に着目し、そこを起点として、暗黙的につかんでいた意味を明確にすることを目指す。

2. 経験の思い起こし

本質観取したい対象を自分が経験したことがある場合には、その具体的な経験を思い出し、それを対象の本質をつかんでいくための最初の材料とする。

3. 特徴をつかむ

思い出した具体的な経験に照らしながら、自分がそこにどのような特徴があると思っているのかをつかんでいく。

【対象が持つ特徴を捉え、その本質（エッセンス）を取り出す】

普遍性を目がける

4. 「自分」を抜く

「自分ならではの」のごく個人的な感覚を発揮するのではなく、その「自分らしさ」を弱め抜いていくことで、自分以外の人もそう思うであろうという特徴を明らかにしていく。

5. いくつかの具体例

関連する具体例を複数挙げて比較検討することで、個別事例に固有の特徴は偶発的なものなので取り除き、どの事例にも共通する特徴に着目する。

6. 想像変容事例

今つかんでいる特徴を持つ仮想の事例を想像上で生成し、その一部の特徴を変えてみることで、実際の経験や事例に限定されることなく、どの特徴がどの範囲にあることが重要なのかを把握する。

【対象が持つ特徴を捉え、その本質（エッセンス）を取り出す】

本質を取り出す

7. 欠かせない特徴

対象についての特徴のなかで、「それが欠けたら、もはやそれとは言えない」という欠かせない特徴（成立条件）に注目することで、対象の本質的な特徴を特定する。

8. 必要十分か

欠かせないと思う特徴がいくつか明らかになったとしても、それで不可欠な特徴のすべてを網羅できたとは限らないので、他に取りこぼしている特徴がないかを考え、必要十分だと感じるまで詰めていく。

9. 以下同様と言えるまで

経験や事例、想像を駆使して必要十分な特徴をつかんでいくときには、「これ以上続けても、変わらない」という地点を目指し、実際「そこに到達した」と感じたら、そこで一区切りとして、先に進むことにする。

【記述しながら、他の人と共有し得るものに磨き上げていく】

共通理解になり得るものに向かう

10. なりきり実感

自分の身近な人や知り合い、この本質を届けたい対象者などの感覚・気持ちに内側からなりきることで、その人たちが知ったときにも「その通りだ」と思い得るものになっているか、自分の実感を生成し、必要があれば手直しをする。

11. 象徴的な例

つかんだ本質を象徴する例を、実際の具体例を材料としたり想像して考えたりすることで、単に抽象的にまとめるのではなく、本質の抽象と「血が通った」具体をセットでつかめている状態を目指す。

12. 言いたくなる大発見

本質を巡るパズルのピースがカチッとハマり、そのことについて今すぐにでも人に伝えたいと思うほどの衝動を感じていないならばまだ目指すべき地点には到達していないと考え、発見的で感動的なものになるまで突き詰めて考え抜く。

【記述しながら、他の人と共有し得るものに磨き上げていく】

本質を記述する

13. 改めて本質に向き合う

ようやくつかんだ本質に対して改めて対象として意識を向け直すことで、それが何なのか、それを言い表す言葉によって記述していく。

14. 要は何なのか

「要は何なのか」を考え、要点を凝縮してひとこと言おうと試み続けることで、その本質の核心を言い抜く記述を紡ぎ出す。

15. この記述で本当によいか

本質の核心を記述できたと感じたら、その記述のなかの言葉がどのような多様な意味を持ち得るのかを考慮して、その記述が持つ意味が、表したい本質の内容にぴったり合うように言葉を選び直したり言葉遣いを調整したりする。

【記述しながら、他の人と共有し得るものに磨き上げていく】

他者と共有することを織り込む

16. 惹かれる表現

本質をただ言葉で説明するのではなく、その本質の魅力が伝わり、心に残るような新しい表現を探っていく。

17. 見せて見る

本質をうまく表現し、他の人にも魅力的に伝わる本質記述ができたと思ったら、実際に他の人に読んでもらい、その反応を見ることで、今の表現への印象や解釈を確認し、それを踏まえて表現を磨いていく。

18. 他の人の感覚

日頃から、対話している人たちや関わっている他者の感覚・考え方を自分のなかで溜めていくことで、想像力を駆使してその人になりきり、その人なら「きっとこう思うに違いない」という確信を自分のなかで生じさせることができるようにする。

【よりよく生きることにつながる力を持つ結晶に仕上げる】

目的に応じてアプローチを工夫する

19. 他人の経験から

自分には経験がない物事・対象について本質をつかもうとする場合には、それを経験している人がふりかえって語ったことを頼りに、自分の似たような経験とその実感を重ね合わせることで、ありありと事例を想像し、その本質を探っていく。

20. その言葉の使われ方

抽象的で理念的な概念の本質をつかもうとする場合には、その概念を表す言葉が使われる場面を想起・想像し、その言葉を使って何を表そうとしているのかをふりかえることで、その意味を探っていく。

21. 比較強化

本質観取において類似・対立概念との違いを明確に言い分けたい場合には、比較できる類似・対立概念の本質も明らかにしながら、それらの共通項と差異を比較検討し、それぞれの特徴を特定していく。

【よりよく生きることにつながる力を持つ結晶に仕上げる】

洞察のセンスを磨く

22. 本質鑑賞

先人たちの「素晴らしい」と言われている「本質」の実例に触れることで、「共通理解になり得る普遍的な本質」とはどういうものなのかを味わい、その内容と表現の質への感度を高める。

23. 見事な実践の追体験

手本となる見事な本質観取をよく読み込み、本質観取をする人の側から追体験することで、「本質観取ではこうやって本質に迫っていくのだ」ということを体感的に学ぶ。

24. 表現をまねぶ

対象の本質を取り出して魅力的に表現している入門書や批評を読み、その表現を研究したり、日頃の会話のなかでの言葉に意識的になったりして、自分のなかに優れた表現のしかたを取り込み、豊かな表現力を育てていく。

【よりよく生きることにつながる力を持つ結晶に仕上げる】

本当に力を持つものにしていく

25. 感動を込める

自分はその本質に触れたときの「なるほどおお！」という感動や、発見したときの「うわ〜！これだー！」という感嘆の気持ちを改めて感じ直し、それを本質記述の表現に上手に込めることで、読み手もその感動を味わえるようにする。

26. 最後の一滴

本当に力を持ち得る本質を目指しているのであれば、あらゆる面でこれ以上は揺らがないという確信が持てるまで絞り切り、純度を高め、凝縮した「結晶」になるように磨いていく。

27. 次につなぐ

自分が観取し記述した本質を、他の人が活かしたり、さらなる探究によって本質記述を鍛えていったりできるように、広く届くように発表し、次の展開へとつないでいく。