

SOKI setup (web)

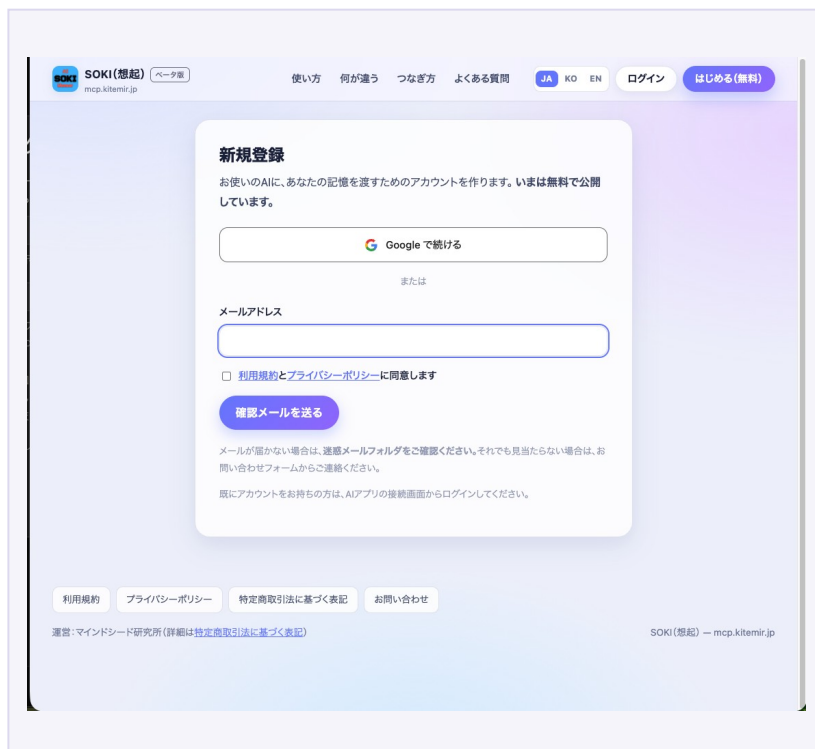
Open <https://mcp.kitemir.jp/> in your computer's browser to begin



1

Open the top page

Open <https://mcp.kitemir.jp/> and click the “Get started (free)” button.



2

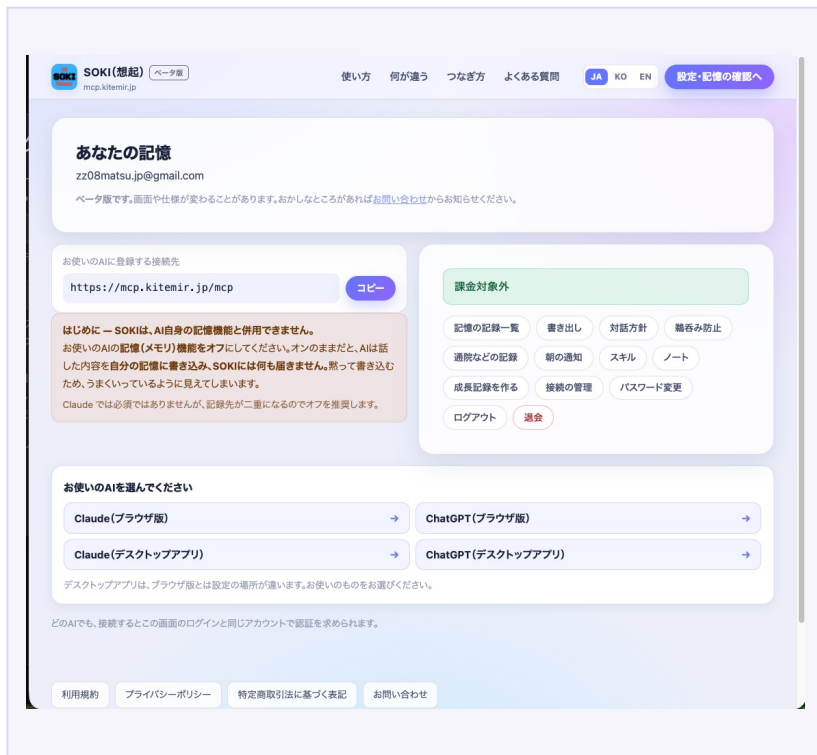
Sign up

Press “Continue with Google”, or enter the email address you want to use.

Check “I agree to the Terms of Service and the Privacy Policy”.

If you signed up with an email address, a confirmation email will arrive. Follow the instructions in it.

※ The screenshots show the Japanese screens. Your screen shows the same items in your language, in the same places; button names may differ slightly.



3

Dashboard

After you log in, the SOKI dashboard appears.

First, set “How it talks”.



4

Setting “How it talks”

Under “Choose a set”, pick “Check first” (recommended).

To fine-tune, use “Decide one at a time” and pick each item from its drop-down list.

SOKI (想起) ページ例

使い方 何が違う つながり よくある質問 JA KO EN 設定・記憶の確認へ

聞き取り防止を再開しました。

聞き取り防止

AIの回答が何を前提にしているかを1つだけ示し、確かめる問いを1つ添えます。答えは書き換えません。
最初から有効になっています。要らなければ、下で止められます。

こう出す

(AIの回答) 夏場の蚊は、近くの溜まり水が原因です。
この回答は「刺されるのが昼間である」ことを前提にしています。
刺されるのが何時ごろかを確かめてください。

聞き取り防止を使うか

既定で有効です。AIが答える前に、その回答の前提を1つだけ点検します。うるさく感じたら、ここで止められます。

1 使う (既定)

保存する

保存したら、お使いのAIでコネクタを一度つなぎ直してください。AIへの指示は継続したときに一度しか渡らないので、つなぎ直すまで切り替わりません。

これまで

前提が覆った 1 件 / 変わらなかった 17 件 / 反応なし 60 件 / 未判定 2 件

5

“Not at face value” setting

This feature points out what an AI answer is based on.

The default is “1 On (default)”.
You can leave it as is.

SOKI (想起) ページ例

使い方 何が違う つながり よくある質問 JA KO EN 設定・記憶の確認へ

通院などの記録

病院・歯科の予定など、配慮が要る事柄を保存するかどうかの設定です。

「来週 歯医者に行く」「明日 病院の予約がある」といった予定は、法律上「要配慮個人情報」にあたります。病名や検査結果でなくても、**受診したという事実そのものが対象**です。

そのため SOKI は、**既定では保存しません。ただしご本人が同意された場合にかぎり、保存できます。**

保存すると、こうなります。

- 通院・受診に関する予定を記録でき、期日が近づいたらAIが伝えます。
- ChatGPTでもClaudeでも、同じ予定が出ます。
- 「聞き取り防止」では一切扱いません。配慮が要る話題に、AIが横から口を挟むことはありません。
- いつでも「保存しない」に戻せます。戻しても記録は消えませんが(AIに渡らなくなるだけです)。消したいときは、この画面ではなく「あなたの記憶」から個別に削除してください。

保存しないままにする、こうなります。

- 通院に関する予定は記録されません。AIが「記録できません」と答えます。
- そのぶん、ご自身で別のところに控える必要があります。

☐ 保存しない (既定)

☒ 保存する (上の内容を理解したうえで同意します)

保存

同意した日時: 2026-08-10 13:02:26

いま 31件 をこの扱いで保存しています。中身の確認と削除は「[あなたの記憶](#)」から行えます。

6

Health and similar records

If you also want to record plans such as “dentist tomorrow”, select “Store it” and press the “Save” button.

If you don’t want them recorded, leave it at “Do not store (default)”.

The screenshot shows the 'Morning notice' (朝の通知) setup page. The header includes the SOKI logo, a 'ベータ版' (Beta version) badge, and navigation links: '使い方' (Usage), '何が違う' (What's different), 'つなぎ方' (How to connect), 'よくある質問' (Frequently asked questions), and language options 'JA', 'KO', 'EN'. A '設定・記憶の確認へ' (Go to settings and memory confirmation) button is in the top right.

The main content area is titled '朝の通知' (Morning notice) with a sub-header 'その日の予定・開いたままのこと・そろそろ確かめたいことを、朝にメールでお知らせします。3つとも0件の日は届きません。' (We will notify you by email in the morning about your daily schedule, things you've left open, and things you want to check soon. You won't receive any notifications on days with 0 items for all three categories).

There are two main sections: '設定' (Settings) and '送信先(3件まで)' (Recipients, up to 3).

設定 (Settings):

- ☒ 朝の通知を受け取る (Receive morning notice)
- 配信時刻: 6時 (Distribution time: 6 AM)
- (前後3時間ほど幅があります) (Approx. 3 hours before/after)
- ☐ 土日は休む (Skip weekends)
- ☒ 内容もメールに載せる (外すと時刻と件数だけになります) (Include content in email (if unchecked, only time and count will be included))
- [保存](#) (Save)
- ※配信履歴(通院など)は、メールには一切含まれません。設定でも変更できません。 (Note: Delivery history (hospital visits, etc.) is not included in emails at all. Cannot be changed in settings.)
- 最後に送信できた日時: 2026-09-29 06:30:01

送信先(3件まで) (Recipients, up to 3):

アドレス	状態
zz08matsu@me.com	確認済み 削除
mail@example.com	追加して確認メールを送る

確認メールのリンクが開かれるまで、そのアドレスには何も届きません。 (You won't receive anything at that address until the confirmation email link is opened.)

At the bottom, there are links: [← 設定に戻る](#) (Return to settings), [利用規約](#) (Terms of use), [プライバシーポリシー](#) (Privacy policy), [特定商取引法に基づく表記](#) (Disclosure based on the Act on Specified Commercial Transactions), and [お問い合わせ](#) (Contact us).

7

Morning notice

Check “Receive the morning notice” and choose the time you want to receive it.

Check “Skip weekends” or “Include the content in the email” if you want them.

Register the address to send to with “Add and send a confirmation email”, then confirm it from the email you receive.

The screenshot shows the 'Notes' (ノート) setup page. The header is identical to the previous page.

The main content area is titled 'ノート' (Notes) with a sub-header '手元のノートを、言葉で探して書き足し直せます。ノートに書き込むのは、あなたが変更を確かめて「書き込む」を押したときだけです。' (You can search for words and rewrite your notes. You only write in the notes when you confirm the change by pressing 'Write'.)

There is a link: [成長記録を作る](#) (Create growth record).

ノートのフォルダ (Notes folder):

- [ノートのフォルダを選ぶ](#) (Choose notes folder)
- [前回のフォルダ「Memories」を開く](#) (Open previous folder 'Memories')
- まだフォルダを選んでいません。 (You haven't chosen a folder yet.)

データの流れ (Data flow):

ノートはこのパソコンの中で読めます。AIに聞く・頼むときだけ、選んだ抜粋とフォルダの名前が SOKI のサーバーを通じて OpenAI に送られます。SOKI は抜粋も書きも保存しません(残すのは回数だけです)。ノートへの書き込みと変更の記録は、このパソコンの中だけで行います。OpenAI は、API で受け取ったデータを学習に使わないと公表しています(不正利用の監視のため30日間保存されます)。(You can read the notes on this PC. Only when you ask/rely on AI, the selected excerpt and folder name are sent to OpenAI via the SOKI server. SOKI does not save the excerpt or the text (only the count remains). The record of writing and modification to the notes is performed only on this PC. OpenAI has announced that it will not use the data received via the API for learning (it is stored for 30 days for monitoring of misuse).)

At the bottom, there are links: [利用規約](#) (Terms of use), [プライバシーポリシー](#) (Privacy policy), [特定商取引法に基づく表記](#) (Disclosure based on the Act on Specified Commercial Transactions), and [お問い合わせ](#) (Contact us).

運営: マインドシード研究所 (詳細は[特定商取引法に基づく表記](#)) (Operation: Mind Seed Research Institute (Details are in the disclosure based on the Act on Specified Commercial Transactions))

SOKI (想起) — mcp.kitemir.jp

8

Notes (only if you use them)

If your notes are kept in a folder as .md or .txt files (Obsidian, Logseq, etc.), choose that folder with “Choose your notes folder”.

If you don't use notes, you can skip this.

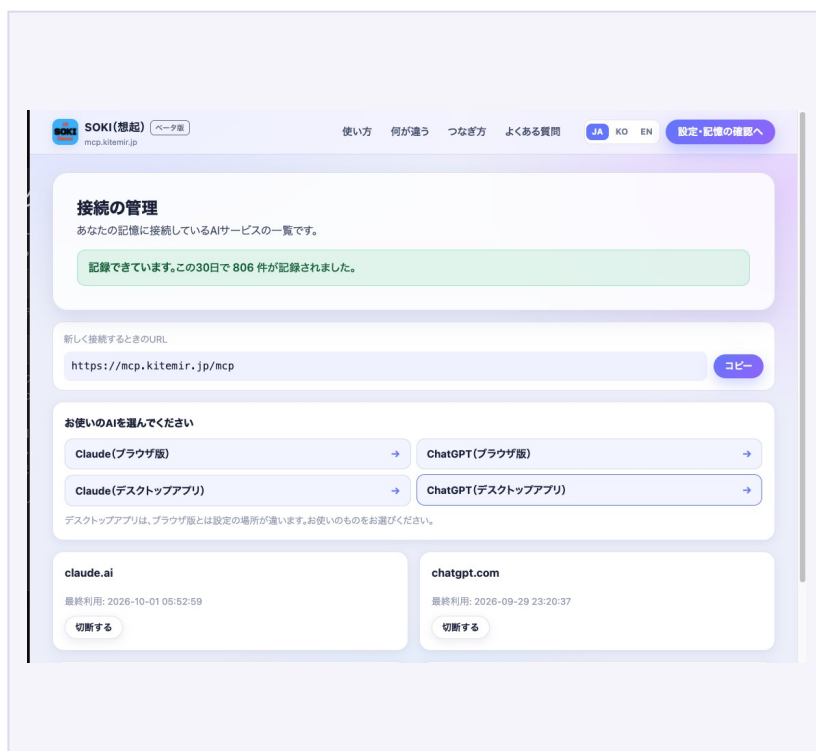


9

Growth record

Choose a period and press “Make a growth record” to see a summary of how your thinking has changed.

Then follow the instructions on screen.



10

Connections

Press “Copy” to copy the URL for connecting your AI.

You will use it when setting up the connector in ChatGPT or Claude.

After setup, you can also check here whether things are being recorded.

① Claude desktop app setup (recommended)

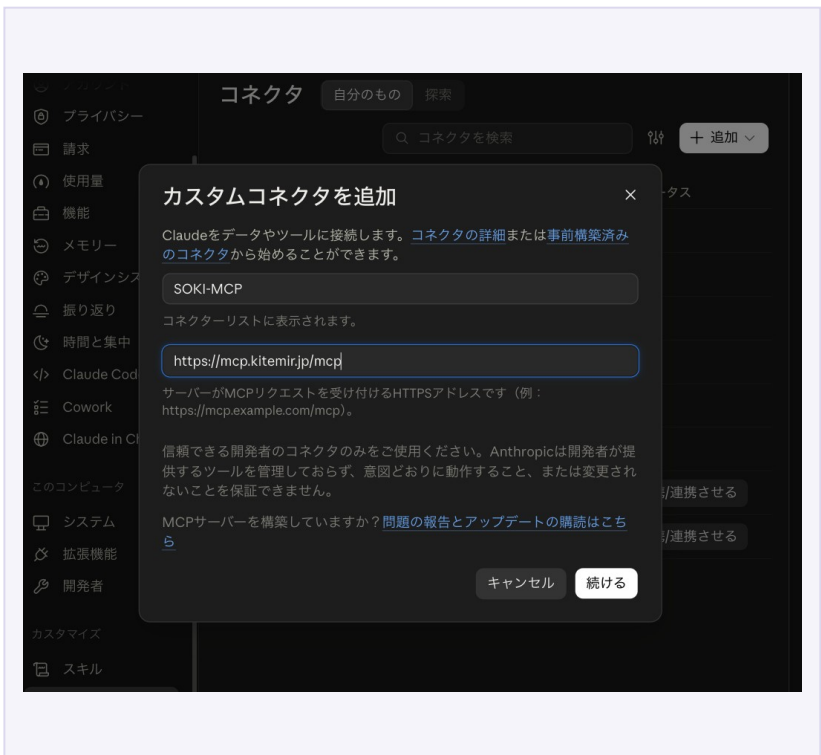
Settings made here are also synced to the web version and the smartphone app



1

Open Connectors

Go to Settings → “Connectors”, then click “Add” (top right) → “Add custom connector”.



2

Add custom connector

Enter a name (e.g. SOKI-MCP) and the URL you copied in SOKI setup ⑩.

Include the URL all the way to the /mcp at the end.

Click “Continue”.

① Claude desktop app

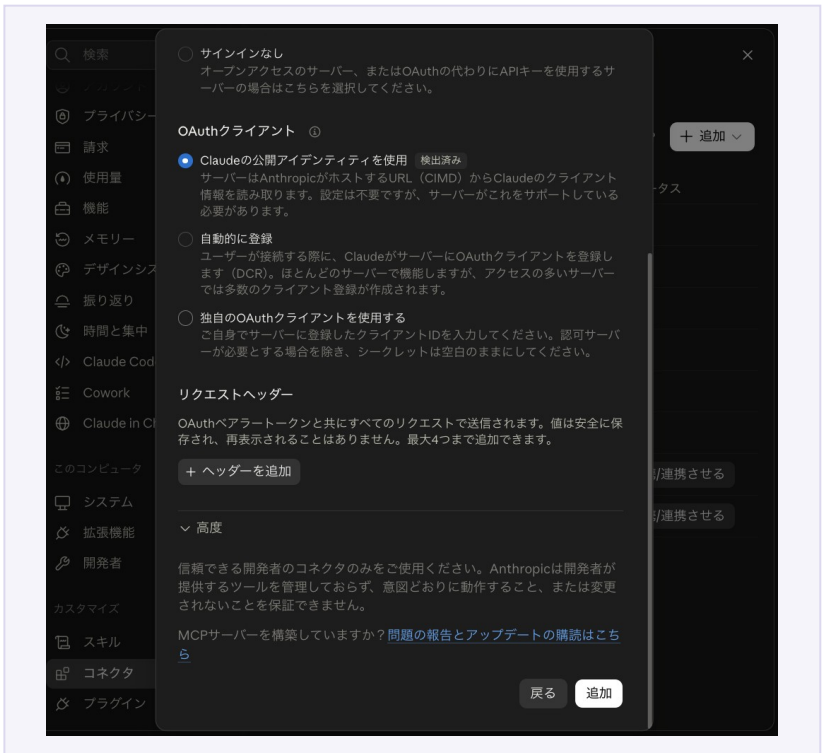


3

Authentication

For authentication choose “Sign in now”; for the OAuth client choose “Use Claude’s public identity”.

Both are the items marked “Detected”.



4

Add

Scroll down and click “Add”.

When the SOKI login screen appears, log in and allow access.

① Claude desktop app



5

Tool permissions

Open SOKI-MCP under Settings
→ “Connectors” to see its tool permissions.

At first they are set to “Needs approval”.



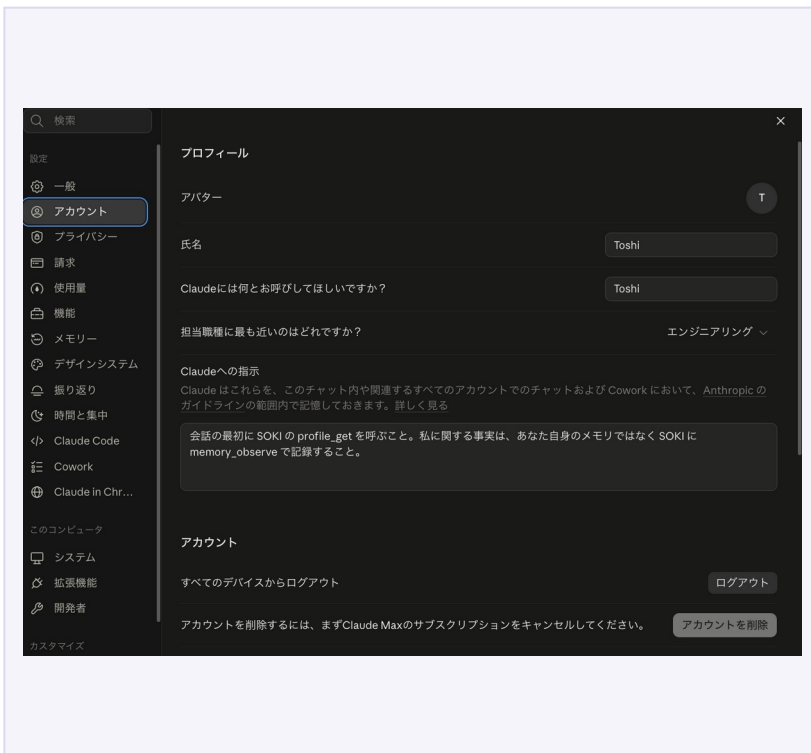
6

Change to “Always allow”

Set both “Read-only tools” and
“Write/delete tools” to “Always allow”.

⚠ If the write side is not allowed, what you say will not be recorded.

① Claude desktop app



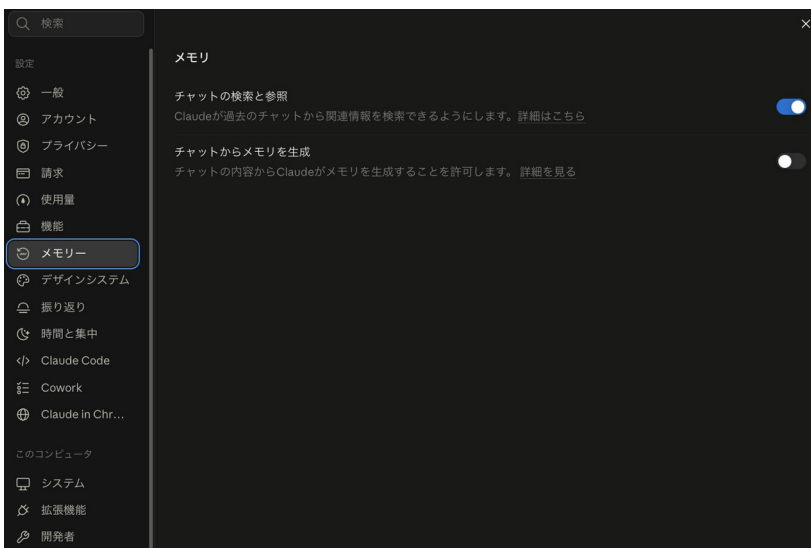
7

Instructions for Claude

Paste the line below into Settings
→ “Account” → “Instructions for
Claude”.

The line to paste into your custom instructions (copy it)

At the start of every conversation, call SOKI's profile_get. Record facts about me with SOKI's memory_observe, not in your own memory.



(Required)

⚠ Turn off Claude's
own memory (Settings
→ “Memory”).

If it stays on, what you say
may go into Claude's own
memory and not reach
SOKI.

 **Turn off Claude's own memory (Settings → "Memory").**

If it stays on, what you say may go into Claude's own memory and not reach SOKI.

Claude setup is complete

Open a new chat and start talking. Chats that were already open before setup may not be able to use SOKI.

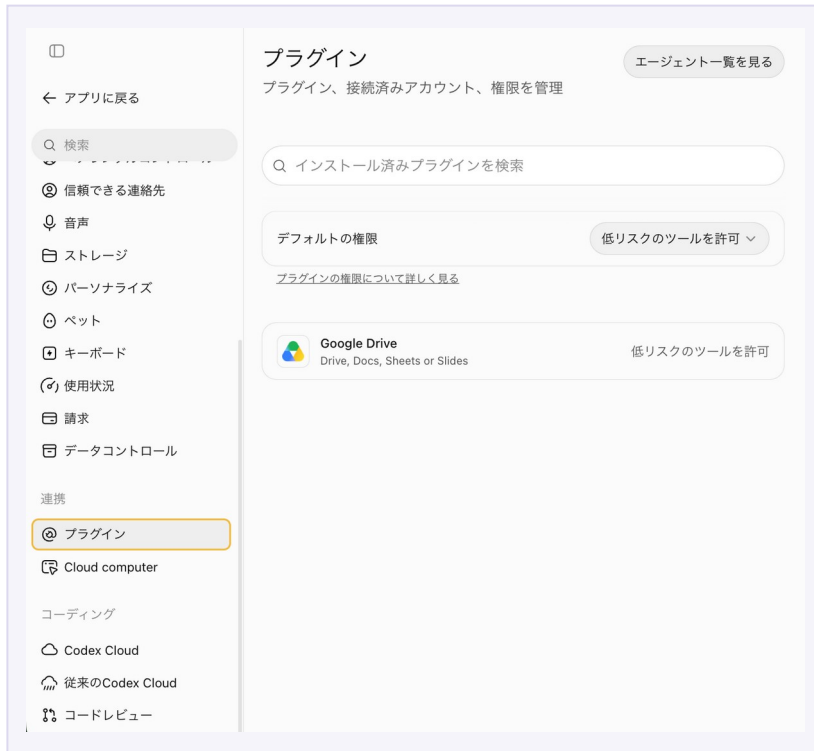
Example messages to check

e.g. 1) Please check the connection to SOKI.

e.g. 2) Please show my profile.

② ChatGPT setup

Go in this order: developer mode → create the plugin → permissions → memory and custom instructions



1

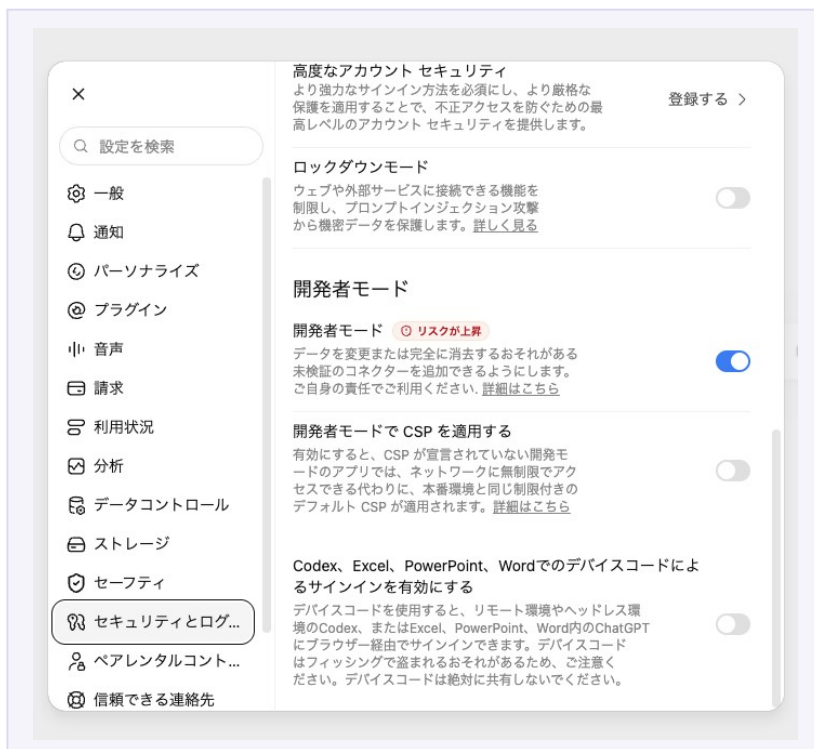
Settings → Plugins

In ChatGPT settings, open “Plugins”. This is where plugins and their permissions are managed.

Click “View agents” at the top right.

The screen in ③ then appears.

You can leave “Default permissions” as is (only SOKI-MCP is changed, in ⑨).



2

Turn on developer mode

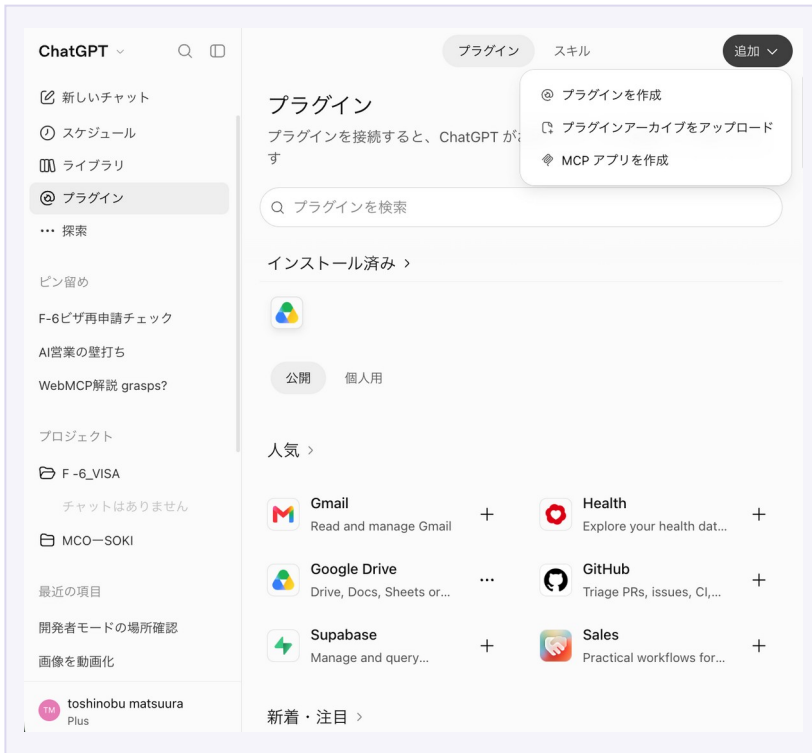
Open Settings → “Security and login” and turn on “Developer mode”.

This is needed to add SOKI.

Note: this screen may appear on the free plan.

On Plus or higher, developer mode may not be needed.

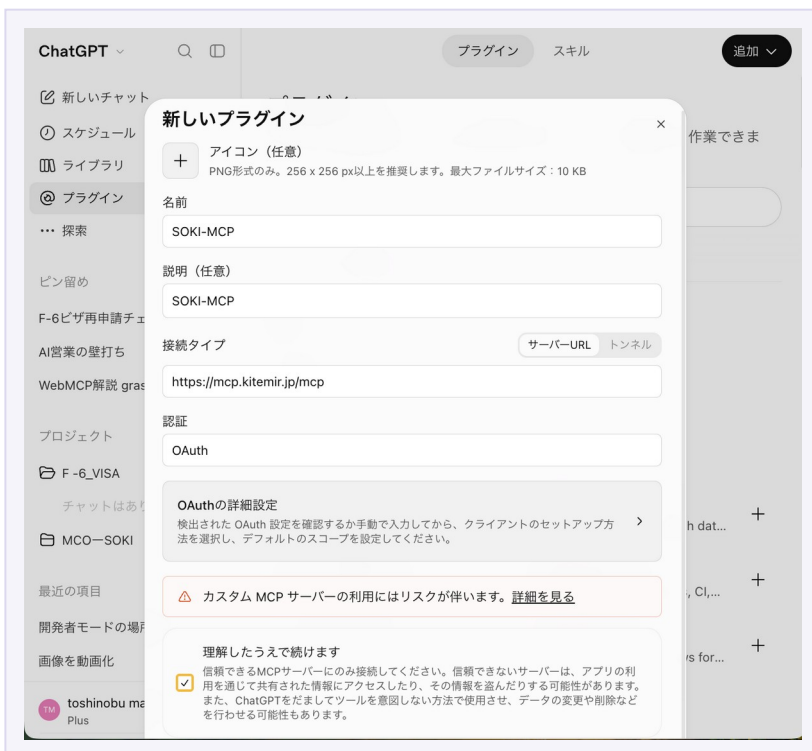
② ChatGPT



3

Create the plugin

Open “Plugins” in the left menu, then choose “Add” (top right) → “Create MCP app”.



4

New plugin

Name: SOKI-MCP (description is optional)

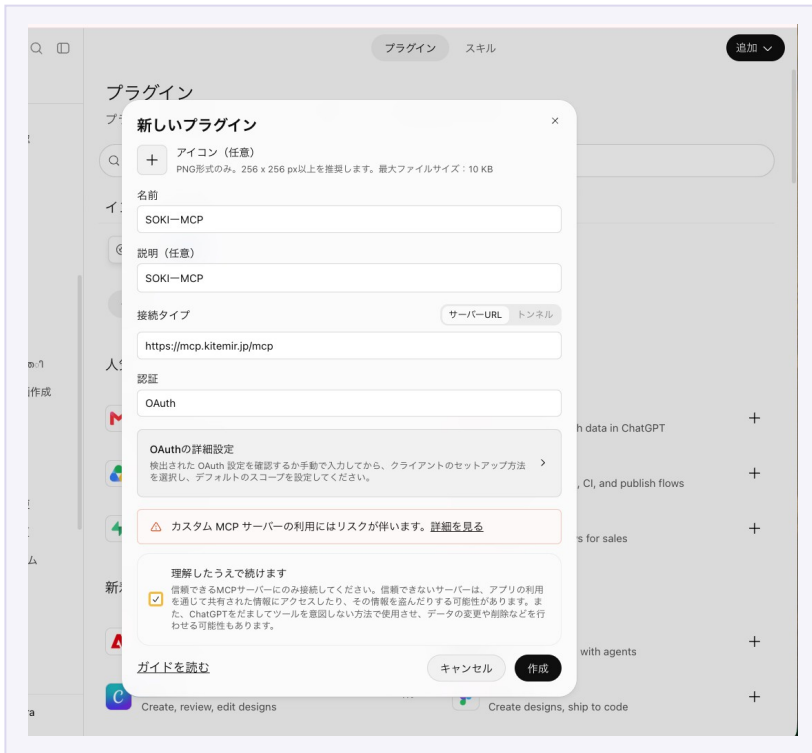
Connection type: Server URL — the URL you copied in SOKI setup

⑩

Authentication: OAuth

Check “I understand and want to continue”.

② ChatGPT

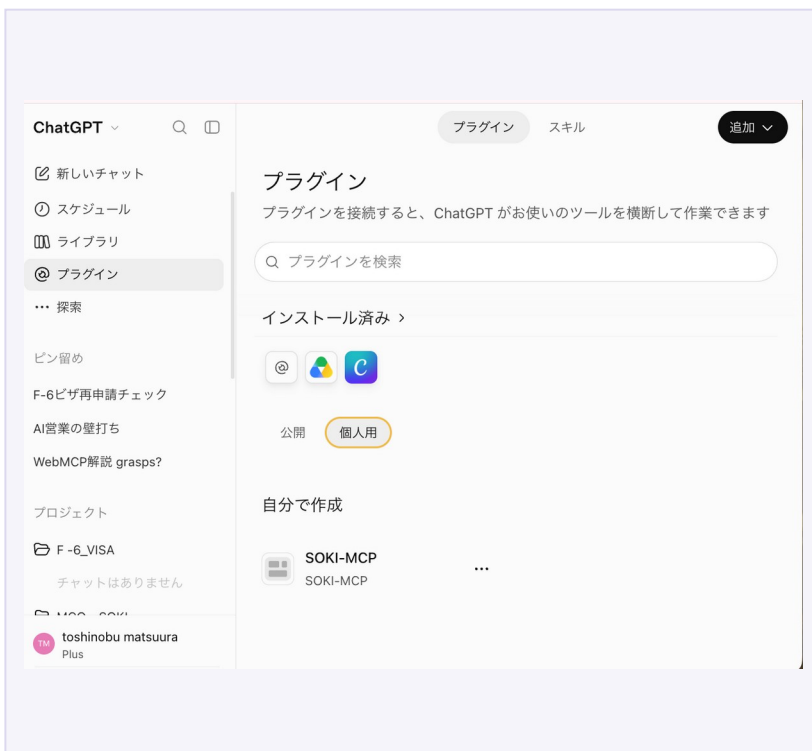


5

Create

Check the details and click “Create”.

When the SOKI login screen appears, log in and allow access.

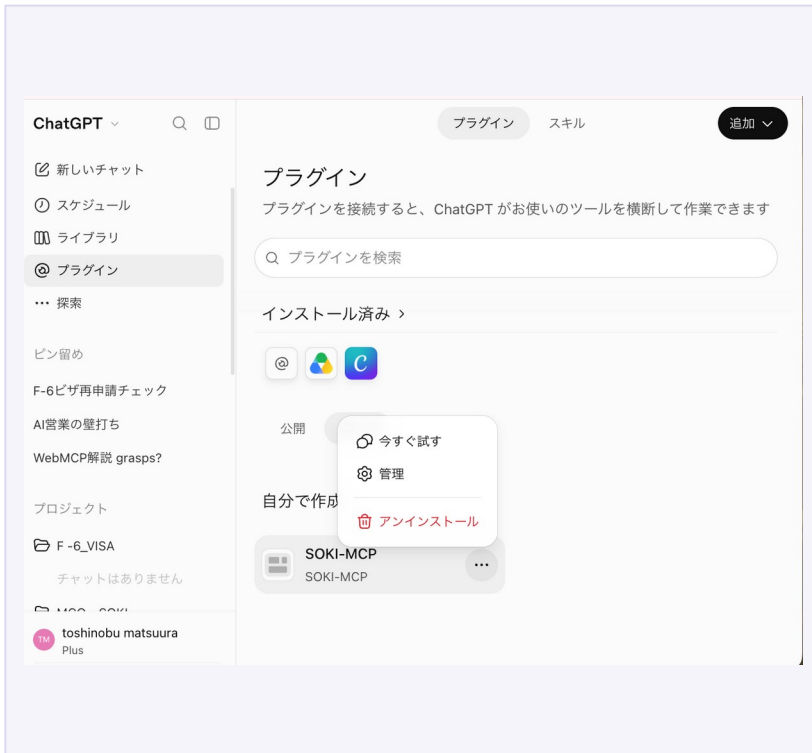


6

Check that it was added

If SOKI-MCP appears under “Personal” → “Created by you”, it has been added.

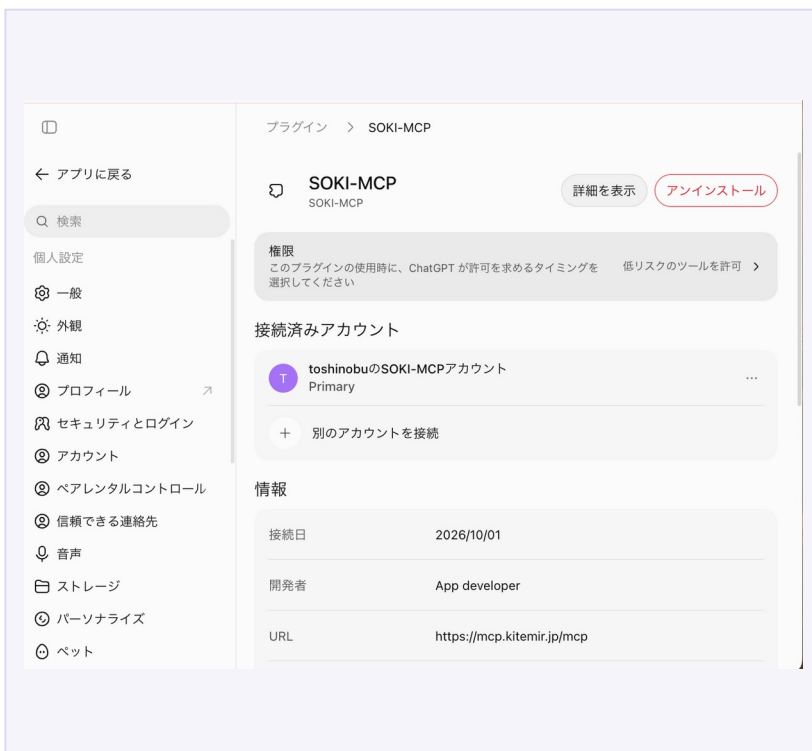
② ChatGPT



7

Open Manage

Click “...” next to SOKI-MCP and choose “Manage”.



8

SOKI-MCP management screen

If your SOKI-MCP account is shown under “Connected accounts”, it is connected.

Next, click “Permissions”.

② ChatGPT



9

Allow all tools

Select “Allow all tools”.

⚠ If you leave the default “Allow low-risk tools”, SOKI may not appear in your conversations.



10

Turn off memory

In Settings → “Personalization”, turn off “Enable memory”.

⚠ If it stays on, what you say goes into ChatGPT's own memory and does not reach SOKI.

② ChatGPT



11

Custom instructions

Paste the fixed line into Settings → “Personalization” → “Custom instructions”.

The line to paste is in the box on page 16.

Note: on the free plan, it may look like the screen on the left.



12

ChatGPT custom instructions

Depending on your screen, open “ChatGPT” under “Custom instructions” and enter the line here.

Save after entering it.

Note: on Plus or higher, there may be two places to enter it, as in ⑫ and ⑬.



13

Codex custom instructions

If you use Codex, also paste the same line into “Codex” under “Custom instructions” and click “Save”.

Not needed if you don't use Codex.

The line to paste into your custom instructions (copy it)

At the start of every conversation, call SOKI's profile_get. Record facts about me with SOKI's memory_observe, not in your own memory.

ChatGPT setup is complete

Open a new chat and say something.

Then open “Connections” in SOKI (the screen in SOKI setup ⑩) to see whether things are being recorded.

Example messages to check

e.g. 1) Please check the connection to SOKI.

e.g. 2) Please show my profile.