

working with emotions using buddhist teachings and western psychology

Rob Preece

**Edward S. Neukrug** 

Feeling Wisdom Rob Preece, 2015-01-13 A psychologist and longtime practitioner of Tibetan Buddhism shows how emotions relate to spiritual practice that our feeling life is truly at the heart of our awakening The realm of emotion is one of those areas where Buddhism and Western psychology are often thought to be at odds Are emotions to be valued examined worked with as signs leading us to deeper self knowledge Or are they something to be ignored and avoided as soon as we recognize them Rob Preece feels that neither of those extremes is correct He charts a path through the emotions as they relate to Buddhist practice showing that though emotions are indeed skandhas elements that make up the illusory self according to the Buddhist teaching there is a good deal to be learned from these skandhas and paying attention to their content contributes not only to psychological health but to deep insight into the nature of reality He draws on his own experiences with emotions and meditation through both his training in Tibetan Buddhism and psychotherapy to show how working with emotions can be a complement to meditation practice The New Buddhism James William Coleman, 2002-05-16 In our multicultural society faiths formerly 2021 30 30 IAAP seen as exotic have become attractive alternatives for many people seeking more satisfying spiritual lives This is especially true of Buddhism which is the focus of constant media attention thanks at least in part to celebrity converts major motion pictures and the popularity of the Dalai Lama Following this recent trend in the West author James Coleman argues that a new and radically different form of this ancient faith is emerging The New Buddhism sheds new light on this recent evolution of Buddhist practice in the West After briefly recounting the beginnings and spread of Buddhism in the East Coleman chronicles its reinterpretation by key Western teachers in the nineteenth and twentieth centuries ranging from the British poet Sir Edwin Arnold to the Beat writer Alan Watts Turning to the contemporary scene he finds that Western teachers have borrowed liberally from different Buddhist traditions that never intersect in their original contexts Men and women practice together as equals ceremonies and rituals are simpler more direct and not believed to have magical effects Moreover the new Buddhism has made the path of meditation and spiritual awakening available to everyone not just an elite cadre of monks Drawing on interviews with noted teachers and lay practitioners as well as a survey completed by members of seven North American Buddhist centers Coleman depicts the colorful variety of new Buddhists today from dilettantes to devoted students and the dedicated teachers who guide their spiritual progress He also details the problems that have arisen because of some Western influences especially with regard to gender roles sex and power Exploring the appeal of this exotic faith in postmodern society and questioning its future in a global consumer culture The New Buddhism provides a thorough and fascinating guide to Western Buddhism today Emotions and The Body in Buddhist Contemplative Practice and Mindfulness-Based Therapy Padmasiri de Silva, 2017-06-30 This book represents an outstanding contribution to the field of somatic psychology It focuses on the relationship between body and emotions and on the linkages between mindfulness

based emotion studies and neuroscience The author discusses the awakening of somatic intelligence as a journey through pain and trauma management the moral dimensions of somatic passions and the art and practice of embodied mindfulness Issues such as the emotions and the body in relation to Buddhist contemplative practice against the background of the most recent findings of current neuroscience are expanded in the book A broad review of the Darwinian Jamesian heritage on emotion studies is a unique contribution to the tradition of the somatogenic strands of emotions and provides a contrasting focus to the ideogenic emotions in Sigmund Freud This work provides an invaluable resource for students of psychology and philosophy psychotherapists and meditation teachers students and for anyone with an interest in the field of somatic The Lost Art of Compassion Lorne Ladner, 2023-12-15 A practical guide to cultivating compassion in those psychology difficult moments of daily life Inspiring for all of us therapists and patients alike Mark Epstein MD author of Thoughts Without a Thinker Compassion is often seen as a distant altruistic ideal cultivated by saints or as an unrealistic response of the naively kind hearted Seeing compassion in this way we lose out on experiencing the transformative potential of one of our most neglected inner resources Dr Lorne Ladner rescues compassion from this marginalized idealized place showing how its practical application in our life can be a powerful force in achieving happiness Combining the wisdom of Tibetan Buddhism and Western psychology Ladner presents clear effective practices for cultivating compassion in daily living A realistic manageable approach to dispelling bitterness and anger and replacing it with empathy and patience Publishers Weekly You ve probably noticed you can t make yourself happy Exercising compassion will not only get you through many a traffic jam it will begin building an unshakeable happiness a wonderful book Annie Dillard author of Pilgrim at Tinker Creek Includes a foreword by Robert Thurman Weaving the Paths of Buddhism and Psychotherapy Helen Carter, 2023-08-29 Weaving the Paths of Buddhism and Psychotherapy is an empathic guide to integrating Eastern and Western wisdom traditions that share the common goal of easing distress Following the so called mindfulness revolution there has been a surge in interest as to how Buddhism's overarching view on suffering may enhance therapeutic practice. This book is not just a clinical text it is a first person account of one Buddhist therapist educator's lived experience of bringing Buddhism into the very personal and relational experience of psychotherapy Western trained therapists will recognize key concepts the existential underpinnings of distress driver behaviour and scripts modifications to contact such as projection and introjection relational conditions for healing ethical considerations and working with complex presentations and trauma among others Through autobiographical vignettes and case study material the book offers an invitation to all therapists to consider their own practice of human being

The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug,2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy

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various regional psychological associations Encyclopedia of Buddhism Robert E. Buswell, 2004 Online version of the 2 volume Encyclopedia of Buddhism published by Macmillan Saturday Review of Literature ,1927 Buddhism in England The Art of Happiness Mirko Fryba, 1989-08-26 Here is an extraordinarily lucid and intelligent self help book inspired by the Abhidamma an ethical psychological teaching presented in the body of ancient Buddhist scriptures of the same name Based on various techniques of Buddhist mind training the Abhidamma represents the systematic knowledge of the Dharma or good teaching that is the liberating happiness promoting way of life Dr Fr ba has designed a complete workbook of Dharma strategies for self transformation including some thirty detailed exercises that help readers feel at home in their bodies protect well being through mindfulness and perceive reality with clarity and wisdom These exercises show how to deal skillfully with painful events and negative emotions and also offer direct ways of promoting positive emotions such as cheerfulness sympathetic joy and compassion By relating these experiences to specific situations encountered in his work with friends students patients and workshop participants the author makes these ancient techniques genuinely applicable to familiar contemporary settings whether in everyday life in meditation practice or in the context of psychotherapy At the same time his faithfulness to his Buddhist sources will be appreciated by traditional minded spiritual The Authority of Experience John Pickering, 1997 Buddhism has deepened its presence in the West practitioners Therapists scholars and scientists have had more contact with its teachings and as a result Buddhist teachings and practices are becoming integrated with those of Western psychology This collection of rea **Buddhist Virtues for Socio-economic** The Monk and the Philosopher Jean-François Revel, Matthieu Ricard, 1998 In this father son dialogue Development, 2011 Revel and Ricard explore the most fundamental questions of human existence and the ways in which they are embraced by Eastern and Western thought In this meeting of minds they touch upon philsophy and spirituality science and politics psychology and ethics They raise the eternal questions Does life have meaning What is consciousness Is man free Why is there suffering war hatred They present and practical answers that offer revolutionary approaches to how we can enrich the way we live our lives The Psycho-ethical Aspects of Abhidhamma Rina Sircar, 1999 The Psycho Ethical Aspects of Abhidhamma brings the essence of Buddhist psychology called Abhidhamma to the Western world using the related portions of the Pali Buddhist literature Rina Sircar utilizes parables stories and concepts that are current to Western thought to emphasize and clarify the understanding of the value and efficacy of the Buddha's teaching as an introduction to those interested in Abhidhamma He presents concepts related to the main ideas of Western psychology such as personality which relates closely to the Buddhist definition of self Buddhism calls any static unchanging definition of self an illusion and deception that leads to fear and pain Rather the self is understood as mentality and materiality that can be validated through the meditation practice on the thirty two parts of the body that can lead to a direct experience of the self and can even heal illnesses The author describes how this spiritual process leads to the understanding of Who am I and What am I Its goal is to

perfect the constantly changing person into the arahat as the wheel of existence turns into the wheel of truth by following a path of purification and deliverance

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