

Awakening the Good Heart in Everyone: Buddhist Practices for Healing and Transformation

The gifts offered by Buddhist psychology include: mindfulness, boundless compassion, and the ability to see the inner nobility, the Buddha Nature, in everyone. These capacities can be practiced and through them we alleviate suffering in ourselves and those whose lives we touch.

In our time together, we will offer the clinical perspectives of Buddhist psychology for therapist and client alike. We will learn how to include the healing arts of mindfulness and the trustworthy refuge of awareness and compassion in our work. During our morning we will share teachings, meditations, case studies, personal reflections and discussion.

Awakening the Good Heart in Everyone: The Gifts of Buddhist Psychology

Buddhist psychology offers a profound vision of healing and mental health for the West. In our afternoon together, we will explore the heart of Buddhist psychology: the transformation of suffering, the awakening of inner dignity, and the practices of redemption and lovingkindness. With meditations, case studies, teachings, dialogue and story-telling, we will taste the great medicine of deep compassion and the transforming power of mindfulness

that bring healing and freedom to clinicians and clients alike.

The Realization of Mindfulness in the Teachings of
Thomas Merton: The Contemplative Foundations of
Healing