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colored by ethical overtones
buddhist psychology has two
therapeutic goals the
healthy and virtuous'*

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teach transformative**

practices and powerful tools
from buddhist psychology
that foster this spirit of
awakening freedom and joy
during times of uncertainty
and confusion we arrive at
the perfect place to deepen
our practice of awakening'

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buddhist psychology

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psychology our experience of

life is described as a river
that we embody that we are a
part of rather than simply
living in awareness is ever
present as we learn to be
mindful of'

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psychology is viewed as the

science of human mind the
buddha could unarguably be
termed as the finest depth
psychologist humanity has
seen not only did he
penetrate deep into the
hidden recesses of human
mind and uncovered the
machinations of the latent
tendencies he also found the
way out of their
stranglehold on mankind as a

*passionate teacher he
focused his entire
teaching'* **awaken yourself
transform the world the
heart of**

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contemplative traditions
remind us that it is
possible to live more
wakefully with a wise heart
greater well being courage
and joy today in his first**

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transformative practices and
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psychology helps us to
refrain from ways of
thinking and behaving that
create unnecessary suffering
acknowledgement and
acceptance of a fundamental
facet of life suffering is a
part of the path to freedom

and awakening'

'what is buddhist awakening

November 16th, 2019 - here
we ll discuss what awakening
bodhi meant in an early
buddhist context buddha
basically means awakened
rather than enlightened so
this is a key concept to get
our minds around' **'the**
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is our deepest nature it
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interconnection with all
things 3 when we shift
attention from experience to
the spacious consciousness
that knows wisdom arises 4
recognise the mental states
that fill consciousness

shift from unhealthy states
to healthy ones'

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problems inherent in the
study of buddhist psychology
are discussed including the
problem of translation and
interpretation the paper
then describes and analyzes
several key early buddhist
psychological notions
including basic drives that

motivate behavior perception
and cognition consciousness
personal development and
enlightenment meditation and
behavior change'

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a term applied in theravada

buddhism to the experience
of awakening of arahants
including buddhas when used
in a generic sense a buddha
is generally considered to
be a person who discovers
the true nature of reality
through lifetimes of
spiritual cultivation
investigation of the various
religious practices of his
time and meditation' '**master**

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prehensive degree in
buddhist theology covering
the mythological origin
archeology history
scriptures doctrines schools
and contemporary movements
it is designed for ministry
professionals lay religious
ordained who wish to foster*

*self improvement through the
pursuit of theological
education as an end in
itself or in preparation for
doctoral studies'*

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us to our interconnectedness
April 4th, 2020 - buddhist
psychology has long taught
that nothing exists
independently everything
affects everything else we**

**exist in a plex web of life
that is interconnected and
continually changing we now'
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the quality of buddhist
psychology that provides
dignity and freedom
regardless of our history
and circumstance a living
practice 24 30 jack looks at*

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term enlightenment is the
western translation of the
abstract noun bodhi ? b o? d
i sanskrit ? ? pali bodhi**

the knowledge or wisdom or
awakened intellect of a
buddha the verbal root budh
means to awaken and its
literal meaning is closer to
awakening although the term
buddhi is also used in other
indian philosophies and
traditions its most mon'
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about

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of thinking about ourselves
western psychology tends to
speak of the unconscious

there are notable exceptions
even james hillman whose
work is with imagination and
archetype never mentions the
unconscious but since freud
the unconscious has played a
major role in the way we
think about and understand
ourselves'

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seen fba grow from a small
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systematic but accessible
entry into how buddhism
understands the mind geshe
tashi an english speaking
tibetan monk who lives in

london was trained from
boyhood in a traditional
tibetan monastery and is
adept in municating this
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of psychology can take many
forms ranging from totally
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plete integration katz 1983'

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buddhist psychology is a
speech given in a number of
parts on several aspects of
the buddhist perspective on
human nature and living a
good life it is anized
around the cultivation or
weeding of central virtues
and vices including grasping
addiction aversion fear
anger hatred passion

equilibrium generosity love'

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great t of scholarly
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we can find inner freedom
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reality habits or un
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pose cyclic existence the
relentless cycles of
unconsciousness confusion
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samsara such a study is a
key to vajrayana buddhism
since karmic patterns only
manifest because they are
not recognized as what they

are'

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