

Mindfulness and Psychotherapy: Dharma Day



Price: \$45.00

Description

Dharma refers to the basic ground underlying the contemplative teachings and practices: the transitory nature of all phenomena, including mental states; the willingness to be intimate with the nature of our ordinary mind, in contrast to the conceptual, illusory, fantasy mind-world assumed to be permanent and real; how to find peace, compassion and wisdom within the heart of change..This day features two of the most influential and respected teachers, Nobel prize nominee and Zen teacher Thich Nhat Hanh "Thay" as he is known in Vietnamese, accompanied by nuns and monks of Plum Village and Deer Park monasteries, and Vipassana meditation teacher and founder of Spirit Rock Meditation Center, Jack Kornfield. Both have been instrumental in bringing Buddhism to the West. Their innovative teaching styles have accommodated to a secular western mind so that the western world can benefit from Buddhist psychology's profound understanding of what it means to be a human being.**INCLUDES THE FOLLOWING (5)**

PRESENTATIONS: {module[149]}

Specification

Conference Recordings	
CE Hours (optional)	4
Presenter(s)	Larry Ward, Thich Nhat Hanh, Jack Kornfield
Series	Mindfulness & Psychotherapy
Time	4 hours
Year	2007