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Heartfulness (Pristine Mind- fulness): How to relate to feeling and thinking herenow?

Speaker

G.T. Maurits Kwee

Date

XXXXXX

Location

XXXX

Entrance fee

XXXX

#BUDDHISM 4.0

#friendship with/peace in self

#secular/non-religious

#guidance/coaching

#art/science of living

#buddhism/psychology

#mindfulness/heartfulness

#meditation/relaxation

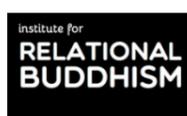
#humorous/blissful

#relational/convivial

#laughing/smiling

#rejuvenating/innovative

<http://relationalbuddhism.org>



A 2-6 hour experiencing of the mother of all meditations as practiced during 2600 years by numerous Buddhas who found peace with and in themselves. The skill of #heartfull-ness has been developed down the ages and summarized here in 8 steps: calming, absorption, dependent-origination, emptiness/not-self, non2ness, Buddha-kill, inter-mind and de-constructioning. This inner life enriching process is grounded on training how to unconditionally accept the flux of feeling-thinking-doing. Its framework is a non-religious/secular Buddhist psychology. The aim goes beyond the famed stress-reducing mindfulness. The exercise of choice is #sensing heartfulness which clarifies that I and self are linguistic constructions and which makes life's meaning as being alive understandable. The effortless effort is to get to know I-as-being and to unmask self as a dualistic image-concept. Deflating separating self-illusions and defusing the delusion of Transcendental Truth is a contemporary practice of social deconstructioning. Attending this accrues an awareness of life as a series of herenow moments which makes clinging to yesterday and tomorrow futile.

This #interactive workshop aims at this-worldly happiness as a side effect of heartfulness-in-action during creative thinking and concomitant behaving-in-flow. The greatest experience is ultimate emptiness of self (via buddhanature to Buddha-within) which unfolds our relational interconnectedness as a reality to live by skillfully & so as to be a smiling Buddha amid adversity

Dr. G.T. Maurits Kwee, Ph.D.

(Em. Hon. Prof.), Clinical Psychologist, is a Faculty Member of the Taos Institute (USA) – Tilburg University (NL) Ph.D.-Program and founder of the *Institute for Relational Buddhism & Karma Transformation*, Netherlands. Being Zen and heartfulness adept as from his teens, he earned a doctorate in medical science from Erasmus University Rotterdam. Dr. Kwee was Visiting Prof. and Research Fellow at Waseda University, Tokyo, and at the Universidad de Flores, Buenos Aires.

As a clinician, researcher, supervisor and organizer of thirteen international conventions, he taught in various countries and was chairman of the Transcultural Society for Clinical Meditation (Japan) and board member of the Society for Constructivism in the Human Sciences (USA).

Dr. Kwee has designed a cutting-edge integral and secular psychology of Buddhism which transcends the traditional Buddhist schools. The heart of the matter is to find happiness as joy and contentment amid life's adversities by Karma Transformation of fear, anger and grief.

After retirement he devotes his energy to presenting a Buddhist psychology and psychotherapy/counseling and disseminates a refreshed/rejuvenated Buddhist teaching as an innovative method to boost mental hygiene through stress-inoculation. Dr. Kwee instructs and engineers a *practical art and science of living for the public at large*.