



Buddha as Apollo: Introduction in Healing Meditations & Transforming Conversation.

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 hr seminar/workshop based on the here introduced Ancient Greek Buddhism which accrued pan-Buddhism.

The presentation is on the practice and background information of healing meditations and transforming conversations, which is based on Rational Emotive Behaviour Therapy, aimed at detoxifying the Buddhist three poisons: greed, hatred and ignorance on the mind. These subjects are still topical nowadays as can be noticed in greed of bankers and hatred of the terrorists.

In contemporary terms greed refers to fear of losing and grief of the lost. Hatred refers to anger or aggression toward others or anger toward self, also called depression. In short it is about discerning bad feelings (sad, mad or scared) and to changing them into feeling glad, content and happy.

This event deals with meditation toward emptiness and therapeutic conversation at changing the three poisons, a psychological narrative on some highlights in the life of the Buddha and some most relevant subjects of pan-Buddhism. Its essence is to de-mythologising the person of the Buddha and to secularising Buddhism in the context of adjusting its karma teaching for the 21st century.

The result is coined Buddhism 4.0. This is a secular Buddhism that boils down to psychotherapy and a psychology which builds on Buddhism as a liberation quest for humanity (1.0), as an (ethical) philosophy (2.0) and as a religious movement (3.0).

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*.

