



A Psychology of Kindfulness Carved in Stone (A Bodhisattva Path of Emptiness @ the Borobudur).

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

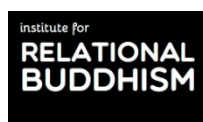
#humorous/blissful

#relational/convivial

#laughing/smiling

#rejuvenating/innovative

<http://relationalbuddhism.org>



A 2-6 hr seminar/workshop which is an introduction to the pinnacle of Mahayana as depicted at the Borobudur, a huge UNESCO protected construction in a pyramidal form.

Its mystery will be revealed in a virtual excursion to this open-air university where students learn to become a Bodhisattva (Buddha-to-be) in 10 steps, guided by 5 books, graphic narratives on almost 3000 panels. A 5km walk might culminate in emptiness (a reboot experience) imbuable by loving-kindness, empathic compassion and shared joy.

The majestic stupa-like mandala construction dates from about 800 and is located between two twin volcanoes on Java. It is surmised that the lava-stone wonder served as a ceremonial place where kings were crowned as Bodhisattvas and is until today a place of pilgrimage to glorify Buddhism. Definitely, it was a royal gift to humanity as an educational center. Its ascension can be instrumental in realizing awakening in one lifetime.

Eventually it depicts a psychology of Relational Buddhism wherein meaning and happiness are derived from interpersonal care in intrapersonal balance against a backdrop of emptiness. In a sense it embraces a postmodern social construction-ing view of the Buddhist message by illuminating the emptiness of Transcendental Truths and elucidating Intermind-in-Between-Non-Selves. In effect, this experiential/virtual trip boils down to accomplishing AHA uphill, emptiness at the top, and HAHA downhill, which rounds off the seekers quest full circle.

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*.