



# Buddhism as Psychology: Introducing Karma Assessment

## Speaker

G.T. Maurits Kwee

## Date

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## Location

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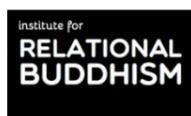
## Entrance fee

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 experience of a non-theistic Buddhism as psychology: where does it originate, what is its basics and how to enrich life by it? Framework is a comprehensive pan-Buddhist metaphorical purview encompassing the psychology of the Buddha and social learning.

A way to get there is heartfulness comprising: laughing, smiling, singing, sly-man breathing and breathing deepening meditations. Quintessence is cultivating contentment and a good mood, unconditional self-acceptance, poise, humour, openness, friendliness and gentleness toward self by tolerating and living through ill-felt emotions and by deconditioning sad, scared or mad to enable feeling glad.

Exercises take place in a framework of an #interactive workshop on the teaching of a mortal, fallible human being: the historical Buddha. Although the content of Buddhism is elevated, he eschewed metaphysics and miracles. His *empty-full* message refers not to the beyond but to the *herenow* and is identifiable as a secular psychology of karma and emotional rebirth.

Scriptural evidence will be shown regarding the psychology contained in the Dhamma. The metaphors the Buddha used to explain his teaching is elucidated. Particularly, the karma of the 3-Poisons and subsequent ramifications on doing-feeling-thinking and corresponding assessment tools are elaborated on thoroughly as a central theme.

The basic idea of not-self and self-as-illusion, is explained based on a clinical model of emotions.

## 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/counselling 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*.