

Karma Transformation of stress: how to cultivate self-talk of constructive action?

Speaker

G.T. Maurits Kwee

Date

xxxxxx

Location

xxxx

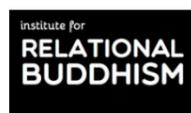
Entrance fee

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 interactional experience of the art and science of methodological conversation on Buddhist lines which aims at transforming karma (defined as intentional action) and which includes a live demonstration. Also an introduction to a 36 hour empowering course, this workshop is for everyone who is professionally or personally interested in gaining insight in self and in balancing life (of one's own and others).

Presented as a psychologist long before the term psychology was coined, the Buddha was a forerunner in dealing with hampering emotions by changing self-sabotaging conduct and cognition. Seemingly not obvious, Buddhist practices like emptying the mind and #deconstructing self/ego are congruent with the basics of contemporary counseling, clinical work and managerial or leadership coaching.

Participants are willing to embody a #constructive spirit of loving-kindness, empathic compassion and appreciative joy in meditative wisdom and relational harmony. These basic attitudes comprise the general factors in transforming mind from being sad, mad and scared to glad or content in conversation with the counselor, coach or therapist within the realm of daily karmic self-talk.

The event features ingredients for an inspiring presentation with humor and seriousness. It offers insight in the Buddhist flavor during clinical conversations through a lively exchange with the audience. Aiming at an awakened mentality, students will gain deep insight in an innovative Buddhist secular skill with far-reaching impact in life.

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*.