



Make Your Mind an Ocean

Aspects of Buddhist Psychology

Lama Thubten Yeshe

Make Your Mind An Ocean Aspects Of Buddhist Psychology

Lama Yeshe



Make Your Mind An Ocean Aspects Of Buddhist Psychology:

Make Your Mind an Ocean Thubten Yeshe, 1999 The talks in this booklet are on the general topic of the mind Two were lunchtime lectures at Melbourne and Latrobe Universities One was an evening lecture given to the general public Perhaps of greatest interest is the lecture entitled A Buddhist Approach to Mental Illness Lama presented this talk to a group of psychiatrists at Prince Henry s Hospital who were delighted to meet and question Lama and this historic exchange underscores the difference between Western and Buddhist concepts of mental health *Becoming Your Own Therapist & Make Your Mind An Ocean* Lama Yeshe, 2003 The Lama Yeshe Wisdom Archive LYWA is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche The Archive was founded in 1996 by Lama Zopa Rinpoche its spiritual director to make available in various ways the teachings it contains This expanded edition contains both of the very popular Lama Yeshe booklets *Becoming Your Own Therapist* and *Make Your Mind an Ocean* *Becoming Your Own Therapist* First published in 1998 this booklet contains three public talks by Lama Yeshe on the general topic of Buddhism Each lecture is followed by a question and answer session Lama and his audiences always enjoyed the give and take of these lively exchanges and pretty much anything went Although these talks were called lectures Lama would have each of us use them as a mirror for our minds and look beyond the words find ourselves and become our own psychologist *Make Your Mind an Ocean* The talks in this booklet are on the general topic of the mind Two were lunchtime lectures at Melbourne and Latrobe Universities One was an evening lecture given to the general public Perhaps of greatest interest is the lecture entitled A Buddhist Approach to Mental Illness Lama presented this talk to a group of psychiatrists at Prince Henry s Hospital who were delighted to meet and question Lama and this historic exchange underscores the difference between Western and Buddhist concepts of mental health ***Becoming Your Own Therapist*** Lama Yeshe, 1998 *Buddhist Psychology and Cognitive-Behavioral Therapy* Dennis Tirch, Laura R. Silberstein, Russell L. Kolts, 2016-12-29 This user friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for cognitive behavioral therapy CBT practitioners It explains central Buddhist concepts and how they can be applied to clinical work and features numerous experiential exercises and meditations Downloadable audio recordings of the guided meditations are provided at the companion website Essential topics include the relationship between suffering and psychopathology the role of compassion in understanding and treating psychological problems and how mindfulness fits into evidence based psychotherapy practice The book describes an innovative case conceptualization method grounded in Buddhist thinking that facilitates the targeted delivery of specific CBT interventions *Quantum Brain, Mind, and Thinking* Prof. (Dr.) Jai Paul Dudeja, 2022-12-20 The first chapter discusses the differences between the Brain Mind and Thoughts It then introduces briefly the Quantum Science Quantum Entanglement Quantum Brain Quantum Mind and Quantum Thinking The four chapters in Section 2 cover the topics of Anatomical Structure of the Human Brain Central Nervous System Neurochemicals in a Happy and Peaceful Brain and Quantum Brain

The four chapters in Section 3 cover the topics of Introduction to the Mind Mind Body Problem Controlling the Mind and The Quantum Mind The book ends with the seven chapters in Section 4 viz Introduction to the Thoughts and Thinking Art of Thinking Positive Thinking Critical Thinking Creative Thinking Design Thinking and finally Quantum Thinking The author sincerely believes that a book of this nature will be appreciated by all the readers across the globe who wish to understand these important topics on the Quantum Brain Mind and Thinking

Introduction to Complementary Medicine Terry Robson, 2020-07-16 What is complementary medicine What evidence is there to support its use What can orthodox medicine learn from holistic practices Providing a sound introduction to the range of treatments and philosophies usually termed complementary and alternative medicine this book offers a systematic explanation of the philosophies and practices that underpin contemporary complementary medicine Introduction to Complementary Medicine examines the rise in popularity of complementary medicine and discusses the challenges of developing a more integrated system of health care Drawing on recent research this book explores the development application evidence contraindications and appropriateness of a wide range of traditional systems of medicine and healing modalities including Herbal Medicine Massage Osteopathy Traditional Chinese Medicine Aromatherapy Chiropractic Ayurveda Yoga and Meditation Written by leading academics researchers and experienced practitioners Introduction to Complementary Medicine is designed to be used as a reference for students and practitioners in a range of health professions With a foreword by Dr Joseph Pizzorno ND

Becoming Your Own Therapist & Make Your Mind An Ocean Lama Yeshe, 2003 The Lama Yeshe Wisdom Archive LYWA is the collected works of Lama Thubten Yeshe and Kyabje Lama Thubten Zopa Rinpoche The Archive was founded in 1996 by Lama Zopa Rinpoche its spiritual director to make available in various ways the teachings it contains This expanded edition contains both of the very popular Lama Yeshe booklets Becoming Your Own Therapist and Make Your Mind an Ocean Becoming Your Own Therapist First published in 1998 this booklet contains three public talks by Lama Yeshe on the general topic of Buddhism Each lecture is followed by a question and answer session Lama and his audiences always enjoyed the give and take of these lively exchanges and pretty much anything went Although these talks were called lectures Lama would have each of us use them as a mirror for our minds and look beyond the words find ourselves and become our own psychologist Make Your Mind an Ocean The talks in this booklet are on the general topic of the mind Two were lunchtime lectures at Melbourne and Latrobe Universities One was an evening lecture given to the general public Perhaps of greatest interest is the lecture entitled A Buddhist Approach to Mental Illness Lama presented this talk to a group of psychiatrists at Prince Henry's Hospital who were delighted to meet and question Lama and this historic exchange underscores the difference between Western and Buddhist concepts of mental health

Tricycle, 1999 **Enjoy Life Liberated from the Inner Prison** Lama Zopa Rinpoche, 2021-03-04 When terrible things happen in life and there's little we can do to change them the only option seems to be either anger or despair This is the reality for prison inmates They have no power over their circumstances Many

have long sentences some have been wrongly accused and some even await execution Their environment is often overcrowded ugly violent and full of noise like being in a rock concert all day as one man reported There is nothing to look forward to and often no one to turn to For the past twenty five years Liberation Prison Project has been a lifeline for prisoners first in the United States and also in Australia Italy Mongolia New Zealand and other countries who turned to LPP asking for Buddhist books and spiritual advice in an effort to find meaning in life when everything else has been lost This book is a compilation of advice from Lama Zopa Rinpoche the spiritual director of LPP in response to letters from more than one hundred prisoners mainly in the USA edited into a coherent narrative Rinpoche s advice is that actually their prison is nothing in comparison with their inner prison the prison of anger the prison of attachment the prison of ignorance That prison Rinpoche says they can definitely change And why should they Because simply put happiness and suffering come from the mind not the external world The extent of the heartfelt compassion and love that Rinpoche offers the men who write to him is incredible He empowers them to never give up on the development of their potential and their ability to help others The advice in the book is not just for prisoners It is for all of us **Pleine conscience et relation d'aide** Collectif Collectif,2018-06-12T00:00:00-04:00 Cet ouvrage est r dig par des universitaires de disciplines vari es travail social psychologie ducation m decine sexologie et des cliniciens qui uvrent dans des centres de services sociaux et psychiatriques

Psicologia Buddhista e Terapia Cognitivo Comportamentale DENNIS TIRCH,LAURA R. SILBERSTEIN,RUSSELL L. KOLTS,2017-01-15 Il giudizio di idoneit alla mansione specifica si complica allorch affrontiamo la dimensione psichica del lavoratore tuttavia diventa oggi sempre pi importante disporre di conoscenze approfondite circa i limiti imposti dalle inabilit di tipo psichico sia per tutelare al meglio la salute dei lavoratori che quella degli ambienti di lavoro Esistono inoltre mansioni a rischio che richiedono uno specifico approfondimento sull assetto psichico del lavoratore Lavoratore Rischio per gli Altri Il libro fornisce indicazioni utili per la valutazione della parte psichica dell idoneit per categorie di lavoratori a rischio e per tutte quelle situazioni in cui l assetto psichico di un lavoratore pu aggravarsi se adibito ad una specifica mansione Attraverso la presentazione di casi e di studi vengono indagati gli elementi che consentono di allarmare il medico circa una possibile limitazione di carattere psichico del lavoratore Verr inoltre chiarito di volta in volta quale sia il quadro di riferimento normativo a cui fare riferimento nei sospetti casi di rischio e quali siano le possibili azioni di presidio e di intervento

Religion Index One ,2001 **Buddhist Wisdom** Gerald Benedict,2012-01-01 Discover the ancient wisdom that has made Buddhism the most popular non Biblical religion in Europe and North America **Becoming Vajrasattva** Thubten Yeshe,2012-01-20 The practice of purification is one of the most important solutions to life s problems Lama Zopa Rinpoche Common to all four traditions of Tibetan Buddhism the practice of Vajrasattva is used to purify negative karma illness and obstacles to spiritual development Lama Yeshe the inspirational teacher who strongly influenced the development of Buddhism in the West found that the practice of Vajrasattva brought dramatic results for his Western students Becoming

Vajrasattva is a complete guide to this purification practice providing instruction on the method commentary on the traditional texts and insight into tantra Also included is an entire section of complete retreat instructions indispensable reading material for anyone undertaking a retreat in the Tibetan tradition The World and Ourselves Venerable Adrian Feldmann,2016-02-19 After seven years experience as a doctor working in hospitals in Australia New Guinea and England I had become convinced that human suffering and happiness are largely rooted in our behaviour in particular the attitudes behind our behaviour Over two and a half thousand years Buddhist psychology has been adopted into many different cultures from the Middle East to the Far East and from Indonesia in the south to Siberia in the north because it unerringly explains what the human mind is how it functions and its underlying role in causing both happiness and suffering These Buddhist teachings may have challenged my scientific world view to the core but after eighteen months of thorough investigation I accepted them to be valid In 1975 I became a monk in the Tibetan Buddhist tradition to learn more and to incorporate this knowledge into my life as best I could I saw this big step to be an opportunity to further my medical training through application of the proverb Physician heal thyself Although I still have a long way to go on my own path many have requested me to share with them what I have learned since then hence this book Venerable Thubten Gyatso The Lama Yeshe Wisdom Archive offers this digital edition of The World and Ourselves Buddhist Psychology All our titles are made possible by kind supporters of the Archive who like you appreciate how we make these teachings freely available in so many ways including in our website for instant reading listening or downloading and as printed and electronic books Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time Our photo gallery and our ever popular books are also freely accessible there Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting LamaYeshe.com Thank you so much Understanding Our Mind Thich Nhat Hanh,2002-02-09 Thich Nhat Hanh pulls from 50 classic Buddhist verses to present the basic teachings of Buddhist applied psychology exploring the true nature of our feelings and perceptions Based on the 50 verses on the nature of consciousness taken from the great 5th century Buddhist master Vasubandhu and the teachings of the Avatamsaka Sutra Thich Nhat Hanh focuses on the direct experience of recognizing embracing and looking deeply into the nature of our feelings and perceptions Presenting the basic teachings of Buddhist applied psychology Understanding Our Mind shows us how our mind is like a field where every kind of seed is planted seeds of suffering anger happiness and peace The quality of our life depends on the quality of the seeds in our mind If we know how to water seeds of joy and transform seeds of suffering then understanding love and compassion will flower Vietnamese Zen Master Thuong Chieu said When we understand how our mind works the practice becomes easy The Tantric Path of Purification Thubten Yeshe,1995 *Healing Personal Psychology* Jasenn Zaejian,2012-07-10 The mental health professions are responsible for creating and maintaining a folie a deux or shared

public delusion that their intention is to heal. On close inspection we see that the primary function of mental health professionals is to serve as moral arbiters of human behavior. The legislature has granted clinical psychology and psychiatry the legal rights to define certain behaviors as mental illness. Behaviors are defined as mental illness by morally tinged personal clinical opinion. Cleverly hidden from the public is the fact that the concept of mental illness has never been established by rigorous science to qualify as an illness or disease. The concept of mental illness continues to be created or invented by selected moral judgments and committee discussions, not science. *Healing Personal Psychology* presents an historical line of development of psychology and psychiatry from its roots in 19th Century German authoritarianism and oppression to the present state of the field where little has changed. The clinical gaze is the bedrock of the professions. Therein lies the failure of the mental health professions to effectively heal. Mainstream clinical psychology and psychiatry, by their very natures, engage in some of the most repressive practices in modern society. Supporting the thesis of this failure with factual references, we are taken on an experiential journey through the system to see the devastation mental health treatment has caused by the creation of disease, including central nervous system, motor neuron, and organ diseases found in different studies to range between 10% to 75% of all those treated. Not to mention the personal ruin caused for millions of people every year by effectively eliminating their freedom of choice to engage in a pleasurable life existence. Strategic change exercises effective in healing a range of serious difficulties are presented as a solution to this devastation. Valuable resources for healing from surprising sources are illustrated with references for daily practice. The author brings more than 30 years of experience to bear in pointing towards a healthy way out. This book can be utilized by professionals and the public both as an instructive textbook on alternative healing approaches for psychosis, depression, anxiety, fears, phobias, obsessive or compulsive behaviors, trauma, or post-traumatic related difficulties and as a resource that documents the system of oppression and inconsistent level of competence in the clinical psychology and psychiatry professions.

The Path of Individual Liberation Chögyam Trungpa, 2014-04-15. The foundational teachings of Buddhism presented here in volume one of Chögyam Trungpa's magnum opus, which offers a systematic overview of the entire path of Tibetan Buddhism. This three-volume collection presents in lively, relevant language the comprehensive teachings of the Tibetan Buddhist path of the Hinayana, Mahayana, and Vajrayana. Considered Chögyam Trungpa's masterpiece, *The Profound Treasury of the Ocean of Dharma* will resonate with new and senior students of Buddhism. Chögyam Trungpa begins his study by presenting the teachings of the Hinayana. The Hinayana introduces core Buddhist teachings on the nature of mind, the practice of meditation, the reality of suffering, and the possibility of liberation. It examines the nature of suffering, impermanence, and egolessness with an emphasis on personal development through meditative discipline and study. The formal entry into the Hinayana and the Buddhist path altogether is the refuge vow, in which a student goes for refuge to the Buddha, the Dharma, or the teachings, and the Sangha, or the community. The Hinayana path is based on training in mindfulness and awareness.

cultivating virtue and cutting grasping Topics covered in detail in this volume include the four noble truths karma the four foundations of mindfulness meditation practice the refuge vows the three jewels the five skandhas the five precepts twofold egolessness and more Caregiving Beth Witrogen McLeod, 2000-08-04 Framed by the author's personal odyssey as a caregiver and richly informed by the inspiring and poignant tales of others Caregiving explores medical and financial problems all aspects of spirituality and such issues as depression stress housing home care and end of life concerns A rare blend of powerful storytelling and practical information Caregiving is a revelation

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