

Self is a Metaphor

Friday, February 17 – Sunday, February 19, 2017

Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

Barre, MA 01005

ph. 978-355-2347 ext. 10

www.bcbsdharma.org

Program description

A new consensus is emerging both within Buddhist studies and in the cognitive sciences that the self, as we experience it, is—itself—a metaphorical process. The Buddha’s teaching of anattā (not-self) can be understood through the cognitive science of language, neuroscience, and evolutionary psychology. The Buddha was a master metaphor maker; and in this workshop we’ll look at his original teachings on not-self, dukkha, nibbāna, and the three fires as all cast in metaphorical terms. This workshop will seek to naturalize these original teachings through questions such as 1) Can we get beyond our metaphors for self and reality through our insights? 2) Do we need to transcend language in order to experience awakening (itself another metaphor)? 3) Can mindfulness practice help us to get closer the primordial reality that lives just before word, concept, and category? In this workshop, experiential practices will include guided meditations on the nature of self and a journaling technique that uses impermanence to disrupt our normal (attached) relationship to internal stories. Suggested reading: Arnie Kozak’s 108 Metaphors for Mindfulness: From Wild Chickens to Petty Tyrants (2016).

Preliminary schedule (subject to change)

- Friday
 - 4:00 Registration
 - 6:00 Dinner
 - 7:30 – 9:00 Course Opening/Evening Session
- Saturday
 - 6:30 Wake-up Bell
 - 7:00 - 7:30 Group Sitting Practice
 - 7:30 - 8:00 Breakfast
 - 9:00 – Noon Morning Session
 - Noon - 12:30 Lunch
 - 2:00 - 5:00 Afternoon Session
 - 5:00 - 5:30 Dinner
 - 7:00 – 9:00 Evening Session
- Sunday

- 6:30 Wake-up Bell
- 7:00 - 7:30 Group Sitting Practice
- 7:30 - 8:00 Breakfast
- 9:00 – Noon Closing Talk/Morning Session
- Noon Lunch

Goals and Learning Objectives

1. To understand the Buddha's psychological teachings through the lens of metaphor (cognitive science), evolutionary psychology, and neuroscience
2. To understand and experience self and not-self (the Buddha's concept of anatta)
3. Utilizing mindfulness meditation practice to deconstruct the metaphorical processes of self-generation
4. To provide clinicians with a set of tools (conceptual and experiential) that they can use to enhance their therapeutic presence
5. To provide clinicians with a set of tools (conceptual and experiential) that they can use to help ameliorate the suffering of the people with whom they work.
6. To provide a naturalistic framework for understanding self, desire, and other Buddhist concepts.

The target audience for this course: clinicians, educators, and individuals interested in therapeutic applications of mindfulness, the language-based role of self in suffering, and the use of practices (journaling and meditation) to alleviate this suffering.

This course is suitable for beginner and intermediate meditators and practitioners.

Faculty

Arnie Kozak, PhD, is a psychotherapist, clinical assistant professor in psychiatry at the University of Vermont College of Medicine, and workshop leader at the Barre Center for Buddhist Studies, The Copper Beech Institute, and the Kripalu Center for Yoga and Health. He is author of *108 Metaphors for Mindfulness: From Wild Chickens to Petty Tyrants*, *Mindfulness A-Z: 108 Insights for Awakening Now*, *The Awakened Introvert: Practical Mindfulness Skills for Maximizing Your Strengths and Thriving in a Loud and Crazy World*, and *The Everything Essentials Buddhism Book*.

Continuing Education

Psychologists: This program is co-sponsored by The Barre Center for Buddhist Studies and the Institute for Meditation and Psychotherapy. The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing

education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers 12 hours of credit.

Social Workers: *This course has been approved for 12 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number **D 72148-2**.*

Register at www.bcbsdharma.org or by calling 978-355-2347 ext. 10.

Fee: \$198-\$300 sliding scale plus donation to the teacher is customary but not mandatory (entire program, including accommodations and meals) plus \$25 processing fee for CEUs.

Location: Barre Center for Buddhist Studies (directions at www.bcbsdharma.org)