

Open To Desire Epstein Mark

Open to Desire Leave Love with Me Buddhist Understanding of Childhood Spirituality The Five Hurdles to Happiness Vital Signs Holy Eros The Jealousy Workbook Tricycle Shambhala Sun The Middle Way Metropolitan Desires, Utopian Practices Annual Editions Psychotherapy without the Self Body & Soul Body & Soul (Watertown, Mass.) The Publishers Weekly Asian Anthropology Environment in the New Global Economy Book Review Index Cumulation Commentary Mark Epstein, M.D. William Lawton Alexander von Gontard Mitch Abblett Gregg Levoy James D. Whitehead Kathy Labriola Scott Morgensen Susan Bunting Mark Epstein Peter M. Haas Dana Ferguson

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a masterpiece it teaches us how not to fear and repress but to rechannel and harness the most powerful energies of life toward freedom and bliss robert thurman it is common in both buddhism and freudian psychoanalysis to treat desire as if it is the root of all suffering and problems but psychiatrist mark epstein believes this to be a grave misunderstanding in his controversial defense of desire he makes clear that it is the key to deepening intimacy with ourselves each other and our world proposing that spiritual attainment does not have to be detached from intimacy or eroticism open to desire begins with an exploration of the state of dissatisfaction that causes us to cling to irrational habits dr epstein helps readers overcome their own fears of desire so that they can more readily bridge the gap between self and other cope with feelings of incompleteness and get past the perception of others as objects freed from clinging and shame desire's spiritual potential can then be opened up

desire for beauty is at the heart of human existence some find this meaning out of their religious or spiritual perspective some find it at the edge of their traditions and others find it outside any recognizable tradition this book speaks especially to the second and third groups of people desire releases us to explore difference and to honor alternatives desire shapes our lives in unique ways it centers our energies for personal and relational change where difference can be debated and variety permitted we might transcend circumstances that limit us desire is more than meaningfulness it is captivation of mind and spirit to life's possibility in my discovery desire is an abandonment to beauty

in this book alexander von gontard a child psychiatrist uses the language thought and imagery of buddhism to explore the spirituality of children the book begins by exploring the buddha's own childhood and the divine child in buddhism a key archetype in jungian psychology the author defines the spirituality and religiosity of children and adolescents

and identifies manifestations of spirituality in children such as experiences of awe and wonder and favourable conditions for spirituality such as silence nature extreme conditions and mindfulness drawing on his own experience working with children in therapeutic practice von gontard discusses the parallels between spontaneous spirituality seen in childhood and the buddha s teachings revealing how the spiritual insights and experiences of children and adolescents can uncover a deep and wise understanding of human life that is compatible with the buddha s teachings this book will be of particular interest to professionals and academics in psychology psychiatry psychotherapy education and religious studies

a practical approach to becoming aware of the five hindrances the negative qualities that inhibit living the awakened life and to breaking free of them in order to live more mindfully effectively compassionately five obstacles stand in between you and true happiness what are they and how can you overcome them buddhist traditions teach that there are five negative qualities or hindrances that inhibit people from living an awakened life here mitch abblett gives this teaching a modern secular interpretation and helps you identify the hurdles that are blocking your contentment desire hostility sluggishness worry and doubt and how you can take your first steps to overcoming them combining traditional wisdom with contemporary psychology and using examples from his psychotherapy practice abblett uses the hurdles as a frame for engaging you in a process of contemplating your own life and learning to lean into your experience rather than merely repeating bad habits by doing this you can break free from the hurdles and live more mindfully effectively and compassionately

rediscover or discover for the first time the things that make you passionate in life vital signs is about what inspires passion and what defeats it how we lose it and how we get it back and ultimately it s about the endless yet endlessly fruitful tug of war between freedom and domestication the wild in us and the tame our natural selves and our conditioned selves each chapter in vital signs will contain a core sample an intimate biography of one of the strategies we employ to gain or regain our passion the book also affirms the importance of courageous inquiry into dispassion where we re numb depressed stuck bored so the reader can recognize and change these tendencies in themselves

eros is the passionate energy that makes us one with the beautiful other with a leper with the world of nature waiting to be embraced and cared for with our neighbor the stranger with god the whiteheads explore this vital energy of love as the gift of a creator madly in love with his creation a god who would bring us to life in abundance if we only say yes they discuss eros in the movements of our sexuality as well as in our arousals of compassion and care they examine the eros of pleasure and of generosity they honor the eros of hope of anger of suffering they reveal that eros has a source far deeper than lust and is a pathway to a passionate god holy eros recovers this fundamental energy of love as a powerful resource in the revitalization of christian spirituality unlike most books on the topic it eschews easy clichs its reader benefit is to understand and appreciate an energy that can heal as well as hinder and to tap into its positive force

from the initial stages of trying to agree who can do what with whom through advanced issues such as coping with logistics and seeking compersion every relationship sooner or later confronts jealousy and some relationships do not survive the confrontation between these covers you will find forty two exercises with supporting text developed by a professional relationship counselor and refined by hundreds of clients trying to find their

own paths through jealousy they range from basic exercise two clarify your relationship orientation through challenging exercise thirty four imagine looking through their eyes and being in their shoes all can be done solo with a partner or under the supervision of a helping professional and all can be done before a problem emerges or in the throes of a jealousy crisis along the way you will find solutions to the issues that bedevil even the most happily open relationships

51 in search of erotic intelligence esther pearl utne reader september october 2003 pearl is a psychotherapist who grew up in belgium and has lived in many other countries her global perspective confronts some american beliefs that contribute to boring sex readers will be challenged to reconsider the applicability of equalitarian ideals directness and domesticity in order to increase their erotic intelligence 52 the merry go round of desire mark matousek tricycle summer 2004 this interview with psychiatrist mark epstein author of the ground breaking new book open to desire explores both western and traditional buddhist perspectives that have considered lust or desire as dangerous buddhists support this view in an effort to integrate lust for life as a middle path for an enlightened life and healthy relationships

insights on the interface between buddhist teachings and western psychotherapy by the best selling author of thoughts without a thinker immersed in buddhist psychology prior to studying western psychiatry dr mark epstein first viewed western therapeutic approaches through the lens of the east this posed something of a challenge although both systems promise liberation through self awareness the central tenet of buddha s wisdom is the notion of no self while the central focus of western psychotherapy is the self this book which includes writings from the past twenty five years wrestles with the complex relationship between buddhism and psychotherapy and offers nuanced reflections on therapy meditation and psychological and spiritual development a best selling author and popular speaker epstein has long been at the forefront of the effort to introduce buddhist psychology to the west his unique background enables him to serve as a bridge between the two traditions which he has found to be more compatible than at first thought engaging with the teachings of the buddha as well as those of freud and winnicott he offers a compelling look at desire anger and insight and helps reinterpret the buddha s four noble truths and central concepts such as egolessness and emptiness in the psychoanalytic language of our time

international environmental threats have commanded widespread attention since the late 1960s a number of environmental disasters have galvanized public concern and have reached the international political agenda following the emergence of environmental social movements in the industrialized countries

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