

An Introduction To Buddhist Psychology Fourth Edition

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Four Noble Truths: Buddha's Psychology of Freedom

Introduction To Buddhist Psych \u0026 Counselling

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It is an authoritative work that will be welcomed by scholars from both Buddhist and Western traditions.' - John Pickering, Department of Psychology, University of Warwick 'An Introduction to Buddhist Psychology is a groundbreaking work, stunning in its lucidity and sweeping in its vision. Professor de Silva has been an intellectual pioneer for decades, and this new edition of his most important work treats the reader to the sustained reflections of a senior scholar.

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An Introduction to Buddhist Psychology is a lucid, intelligible and authentic introduction to the foundations of Buddhist psychology. It provides comprehensive coverage of the basic concepts and issues in the psychology of Buddhism and thus it deals with the nature of psychological inquiry, concepts of mind, consciousness and behaviour, motivation, emotions, perception, and the therapeutic structure of Buddhist psychology.

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An Introduction to Buddhist Psychology by Padmasiri De Silva

Enlightenment, for Buddhist psychology, is the awareness of the fiction of the self (ego) and the resulting implications that come from that awareness. Nirvana is a state of Being which results from the practice of the teachings of Buddhism and from following one's dharma (duty). Enlightenment is

experienced as an " a-ha moment " (known as satori).

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In Buddhism there is no self. Much of what we study in Buddhist psychology is how the concept of self manifests through self-consciousness, and the awakening to the illusion of the self is the waking-up from a life of self-conscious ignorance to awakened consciousness.

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