



# David Brazier

VISIT TO EDINBURGH, SCOTLAND, 22-30 NOVEMBER 2014

## Biography:

Dr David Brazier, president of the International Zen Therapy Institute, Dharmavidya of the Amida Order of Pureland Buddhism. Zen master, psychotherapist and author. His published work includes nine books, among them, *Zen Therapy*, *Love and Its Disappointment*, *Beyond Carl Rogers*, and *Who Loves Dies Well*. He is the lead teacher on professional training programmes in Korea, Spain and South America and travels

and lectures extensively. He has studied Buddhism for forty five years including periods with Thich Nhat Hanh (Vietnamese), Kennett Roshi (Soto Zen), Saiko Sensei (Shinshu), Chogyam Trungpa (Kargyu) and other leading teachers. He has founded and worked on many social aid projects and gives spiritual direction in various communities but has become known primarily for his work on Buddhist psychology. Between lecture tours he lives at a hermitage in a rural area of central France.

## DAY WORKSHOP FOR PROFESSIONALS:

### *Zen Psychotherapy: Going beyond Mindfulness*

Venue: Stockbridge House, 2 Cheyne Street, Edinburgh, EH4 1JB

Date: Saturday 22 November 2014

Time: Registration: 9.30am-10am. Event: 10am-5pm

Day Workshop cost: £120. Individual Sessions with Dr David Brazier: cost: £40 (1 hour).

For a Registration Form: Contact: Neill Walker, mesp2014@hotmail.co.uk, 0131 331 4469

The Buddhist tradition includes some of the world's earliest texts on psychology and there has recently been wide interest in what this rich source can offer to contemporary psychotherapy.

Current interest in mindfulness is only the tip of the iceberg. Many of the methods common in contemporary psychotherapy are anticipated in the tradition, but commonly with significant differences of emphasis over, for instance, the nature of the self,

the modes of conditioning of the mind, the nature of psychological liberation and the relative importance of solitude and relationship.

Dr Brazier has studied and worked with this material for several decades and lectures on it in Asia, the Americas and Europe. This day workshop for professionals (and others interested) will introduce significant theory and methodology.

## 2-DAY RETREAT: *Teachings on Love and Compassion:*

### *Awakening the Heart: Cultivating the Mind*

Facilitator: Dr David Brazier

Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB

Saturday 29 - Sunday 30 November 2014

Registration: 9.30am-10am. Event: 10am-5pm

Cost: £100. For a Registration Form: Contact: Neill Walker, mesp2014@hotmail.co.uk, 0131 331 4469

A 2-day retreat with meditation and Dharma teachings, discussion, a modicum of ritual, and plenty of opportunity for self-exploration. We shall meet to practice together. Those who do not have previous experience of meditation or Buddhist practice will find this a valuable way to get a taste for this ancient path and those who do have experience will find the approach refreshingly distinctive. Buddhism is a spiritual way that

encompasses great diversity yet perennially returns to core values of love, compassion, peace and wisdom. These qualities are not just academic concepts but qualities that may be awakened in us. Once the heart is aroused, the mind naturally finds a way. This being a retreat the emphasis is upon contemplative practice, but conceived in the frame of the importance of actual compassionate action in the world.

Organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC03899, [www.eicsp.org](http://www.eicsp.org), and Blue Morpho Body and Mind Centre, [www.bluemorphocentre.co.uk](http://www.bluemorphocentre.co.uk)