



Gaya Ethaniel: Hello :)
 Mickorod Renard: Hi Gaya
 Mickorod Renard: :)
 Pila Mulligan: greetings
 Mickorod Renard: hi Pila
 Mickorod Renard: Hi Ags
 Wol: hello everyone
 Aggers: Hello Mick, Brucie, Pila, Gaya :)
 Mickorod Renard: nice trousers Ags
 Mickorod Renard: Hi Wol
 Aggers: Thank you :)
 Pila Mulligan: greetings everyone
 Aggers: 'Salem' from Avid
 Mickorod Renard: Hi Mitsu
 Gaya Ethaniel: Hello all those arrived :)
 Aggers: Hello Mitsu
 Mitsu Ishii: hello all
 Mickorod Renard: Hi Dao
 Aggers: Hello Dao
 Gaya Ethaniel: Hello Dao :)
 Mickorod Renard: :)
 Pila Mulligan: hi Dao
 boxy: meep!
 boxy: hi :)
 Mickorod Renard: Hi Alfie
 Aggers: Meep Meep ;P :p:P :p:P
 Pila Mulligan: hi Alf-san
 boxy: great topic today
 Aggers: What kept you?
 Dao Yheng: Hi Pila, Alf!
 boxy: clown's nose, aga :)
 Pila Mulligan: yes, it is a great topic today
 Aggers: Oh right
 boxy: hi, bunny :)
 Gaya Ethaniel: Hello Alfred :)
 boxy: um... to the topic's question, my answer is yes :)
 Gaya Ethaniel listens.
 Pila Mulligan: :)
 boxy: in fact it's how i approach buddhism and its practices
 Dao Yheng: Say more, Alf?
 boxy: it makes me less stressful and more aware of myself and things around me
 Mickorod Renard: Hi JS
 Aggers: Hello JS
 JS Saltwater: hi Mick, Agatha, all
 Pila Mulligan: to me the highest common ground of contemplative practice and religion is healing, and

psychology in its best sense is a healing art

boxy: i feel like it makes me see more goodness than there is for an average eye

Mickorod Renard: thats a good thing to find Alf in these stressful days

boxy: pila, well said :)

boxy: except, i wouldn't say "healing"

Pila Mulligan: :)

boxy: it's more of... seeing

JS Saltwater: nice distinction

boxy: continuation without "fixing"

Pila Mulligan: how about healing/seeing karma?

boxy: um..

boxy: i'm not sure how karma is applicable

Pila Mulligan: suppose we say karma is a continuation without "fixing"

Mickorod Renard: healing works for me insomuch as life can have an eroding effect on the self and I find that some Buddhist practice has a rejuvenating effect, like healing

Gaya Ethaniel: karma literally means action btw ...

boxy: i see it as a measure of general "goodness" :)

boxy: ah, thank you, gaya :)

boxy: maybe the meaning was lost in the translation

Gaya Ethaniel: Contemplative traditions as I understand offers ways of seeing what we are up to and consequences of our actions.

Violet: Eroding...as in we wear ourselves into ruts, Mick?

Mickorod Renard: Hi Atar, yes maybe so

Violet: (Hi Mick, everyone :))

Aggers: Hello Atari

JS Saltwater: I like the metaphor of eroding the soul, Mick

Wol: hello violet

Violet: I like the image, too

Mickorod Renard: perhaps through some form of selfishness we forget to see the wider picture too, this can also have detrimental effects

Mickorod Renard: I didnt know whether its eroding the soul or the spirit,,he he

Pila Mulligan: as in desire leads to suffering?

boxy: pila, i was never comfortable with this notion :)

Mickorod Renard: yes Pila, I am surprised at how much I fall into desire

Violet: Hi Zen :)

Mickorod Renard: Hi Zen

Aggers: Hello Zen

Pila Mulligan: hi Zen

JS Saltwater: it took me some time to get comfortable with that idea, desire -> suffering, but I think I get it now

Pila Mulligan: would you like to elaborate, boxie?

Gaya Ethaniel: Hello Zen, I will make a notecard.

JS Saltwater: I had to quit desiring to get it :)

Pila Mulligan: :)

boxy: in fact, a monk practicing one of the earliest form of buddhism told me there are not a single word

on life as suffering in the scriptures :)

Zen: Hi all

boxy: zen-san :)

Pila Mulligan: well, I can see how that might affect your view

Wol: hello zen

Mickorod Renard: contemplates Alfs words

Gaya Ethaniel: Some would actually say dukkha in fact includes suffering as well as uneasiness etc. ...

Mickorod Renard: is that suggesting Life is the opposite of suffering?

boxy: pila, schools diversity is another point that i love in buddhism. it avoids centralized doctrine.

Aggers: What is dukkha exactly?

JS Saltwater: If you meet the doctrine on the road...

Violet: School it? :p

JS Saltwater: lol

Gaya Ethaniel: I think it's one of those untranslatable words ... like a perfect one to one match.

Gaya Ethaniel: <http://en.wikipedia.org/wiki/Dukkha>

JS Saltwater: synonyms?

Aggers: Ok Gaya, thanks

Zen: kind of dissatisfaction

boxy: gaya, but perfection is utopia :)

Zen: things not right

Gaya Ethaniel: I think contemplative traditions talk about being complete not being perfect ...

boxy: yes, i like that, gaya

Zen: suffering is supposed to be good for us

JS Saltwater: or if not complete/perfect, reducing error

Zen: im most traditions ?

JS Saltwater: so Victor Frank would say

JS Saltwater: (necessity of suffering)

Aggers: Interesting

Mickorod Renard: I think there are various forms of suffering, some of which can be accepted in a different form

Gaya Ethaniel: Please say more Mick?

Mickorod Renard: erk

Gaya Ethaniel: Sorry ... was curious ... :P

Mickorod Renard: well, some suffering can be washed away by seeing it as a different aspect of life

JS Saltwater: nods

Mickorod Renard: like for example, putting yourself through some hardship for a good cause

Pila Mulligan: if not getting what is wanted is dukkha then being led to examine our wants is helpful

Zen: Buddhism heals suffering. Psychology heals suffering. Do the use the same means?

JS Saltwater: I would say not

Violet: I don't think so, Zen

Pila Mulligan: they have similar aims at least Zen

JS Saltwater: (to Zen)

Pila Mulligan: but the psychology, like Buddhism, is not a monolith

Gaya Ethaniel: What kind of differences do you see Atari and JS?

Gaya Ethaniel: monolith?

Zen: though psychology, or psychotherapy borrows from Buddhism

Pila Mulligan: there are diverse schools

Pila Mulligan: different

Gaya Ethaniel: ah ok yes I see.

Mitsu Ishii: Zen/Buddhism has many levels

Zen: meditation is widely used by psychotherapists nowadays

Violet: I think psychology....broadly, seeks more to understand human thought and behavior, while Buddhism...(broadly :)) is more interested in determining what makes life "work"

Zen: what is the difference between psychology and psychotherapy?

Wol excuses herself and slips quietly away. Good night all, sorry I can't stay.

Mitsu Ishii: at a certain level, it's dealing with a way of being which goes beyond ordinary notions of time, of personal history, and so on. I'm not sure if psychology ever attempts to address that aspect of life

Mickorod Renard: I would think there are some forms of psychological practice that only addresses current life norms and may not be as morally correct(if I may use that term) as perhaps other forms of practice such as Buddhist

Mickorod Renard: By Wol

Violet: Take care, Wol :)

Gaya Ethaniel likes the broadness :)

Zen: bye Wol

Mitsu Ishii: but in some ways some Buddhist teachings can have overlap, it seems to me, with psychology.

Aggers: C ya Wol, take care

JS Saltwater: yeah I would differentiate psych the science from psychotherapy

Violet: Yes, I think there is overlap

Mickorod Renard: I agree Mitsu

Zen: so psychotherapy is more like Buddhism?

JS Saltwater: hm

Mitsu Ishii: dzogchen and zen address paradoxical aspects of the fundamental nature of being in the world, which I think psychology probably doesn't directly address. yet there can be overlap, still.

Zen: more about healing suffering

Violet: I think it can be. Some therapeutic practices adopt things like meditation and mindfulness.

JS Saltwater: I would say some buddhist practices can have results or even look like psychotherapy

Mitsu Ishii: being in a sense which is beyond ordinary notions of progress and so on. changes the whole problematic.

Zen: CBT and other techniques borrow heavily from Buddhism?

JS Saltwater: yeah I don't think either form of psych is concerned with existence per se

Zen: Buddhism is really philosophy of mind too?

Zen: we examine our own minds

Mickorod Renard: I personally would prefer a time grounded practice like Buddhism rather than a new regurgitated form prescribed by some health system that is perceptible to quirks

Zen: yeh Mick

Zen: try to make shortcuts

JS Saltwater: ie psychotherapy, Mick?

Zen: substitute years of practice

Mickorod Renard: I did say quirks didn't I?

Mickorod Renard: :)

Violet: Mm. Well. I think either approach can be beneficial...it depends on what a person wants to get out of them, too.

JS Saltwater: agreed

Mickorod Renard: true

Zen: what do we want to get out of Buddhism?

Zen: (is in questioning mood)

JS Saltwater: to not want anything ? :)

Gaya Ethaniel: :)

Mickorod Renard: I would also prefer to understand from the heart rather than be told and expected to follow

Zen: someone asked my why I am going to do a retreat

Zen: don't know the answer

Gaya Ethaniel: :)

Mickorod Renard: :)

Zen: what would any of you say?

JS Saltwater: good answer :)

Mickorod Renard: the same Zen

Aggers: Why climb a mountain?

Gaya Ethaniel: I think I usually say because I want to ...

boxy: i think there could be a distinction that buddhism may be seen as "a way of life" compared to episodic sessions with a shrink

Zen: good point boxy

Mickorod Renard: to get away from the wife

Gaya Ethaniel: I think a lot of us are drawn into spiritual things ... entering from various angles.

Mickorod Renard: joking

JS Saltwater: rofl

boxy: in this sense it's more natural

Aggers: Yeah, that works

Zen: am amazed how many of my friends visit psychotherapists

Zen: expensive too

Gaya Ethaniel: Yes a way of life sounds good :)

boxy: zen :)

JS Saltwater: in earlier times they probably went to the priest

Mickorod Renard: priests are free too

JS Saltwater: rather than the shrink

Gaya Ethaniel: I'm sure Buddhism isn't for everyone like other approaches ...

JS Saltwater: well sorta Mick

Zen: but does Buddhist practice go far enough?

Zen: it might not

Zen: if you have deep problems

Gaya Ethaniel: Up to us maybe?

boxy: zen, people just forget how to talk to each other

Gaya Ethaniel: :)

JS Saltwater: it helped Robert Persig fix his motorcycle, so I think it can go as far as you need it to

[14:38] Zen: so why not supplement with psychotherapy?

Mickorod Renard: a friend clinical psychologist told me once 'basically you tell them what they want to hear', thats his technique

JS Saltwater: but yeah he also needed wrenches

boxy: they go to a shrink to turn their assumptions and fears into something solid and comprehensible

Zen: he had deep mental health problems as far as I remember JS?

Violet: I think it's fine to...maybe especially if they overlap

JS Saltwater: shh Zen you're blowing my example

boxy: mick :)

Zen: sorry :)

JS Saltwater: :)

Gaya Ethaniel: :)

Zen: Zen can be a bit macho, cold and austere

JS Saltwater: the practice or you?

Zen: (not me , the practice) :)

JS Saltwater: lol

JS Saltwater: sorry , taking goofy hat off now

Zen: np

boxy: this duality keeps him out of trouble :)

Zen: likes goofy hats

Gaya Ethaniel: I came to see that as a stylistic difference rather than differences in main messages between Zen and other Buddhist traditions.

JS Saltwater: interesting, Gaya

Zen: many Zen priests got into trouble with alcohol and women

Zen: it happened in other traditions too though

Gaya Ethaniel: Well practice can be difficult ... :)

boxy: good to know they're humans too :)

JS Saltwater: so I have heard

Aggers: So it's not just Catholics then?

JS Saltwater: lol

Zen: Chogyam Trungpa

Violet: ha :p

Zen: :)

boxy: they don't eat little children though

JS Saltwater: not gonna touch that one

Zen: well that's good I guess :)

Violet: Hi Cal :)

Zen: Hi Cal :)

Aggers waves to Calvino

JS Saltwater: hi Cal

Mickorod Renard: there is no escaping trouble with women, alcohol is optional

JS Saltwater: not touching that one either

Gaya Ethaniel: lol

Violet: :p

Mickorod Renard: Hi Cl

Aggers: Very wise JS

Zen: scared to agree

Calvino Rabeni: Good afternoon

JS Saltwater: yup

Gaya Ethaniel: I think this topic is sensitive to psychologists, those who see Buddhism as religion in the usual sense.

JS Saltwater: explain?

Zen: yes Gaya?

boxy: it's sensitive to any religious person :)

Mickorod Renard: I think many see Buddhism as a religion, as such may prefer alternative psychology

Gaya Ethaniel: Apparently when Dalai Lama was invited to open a neuroscience conference, there was a relatively large group of people petitioning against it.

boxy: heh

Mickorod Renard: say more Gaya?

JS Saltwater: ah that's the rhetoric of science at work

Mickorod Renard: why#/?

Gaya Ethaniel: Kind of what does he know or have to say about science.

Mickorod Renard: I see

JS Saltwater: yes science likes to think it has no underlying belief system

JS Saltwater: "the perspective of 'No Perspective'" as Donna Haraway says

boxy: well, i guess he's not too versed in neuroscience :)

Gaya Ethaniel: :)

Zen: though he is quite well versed in many areas of science

Dao Yheng: apologies -- rl is calling!

Gaya Ethaniel: Bye Dao :)

boxy: cu dao

JS Saltwater: see ya Dao

Dao Yheng: bye!

Violet: Take care, Dao :)

Mickorod Renard: what I find more reassuring is that in Buddhism the cards are on the table for all to see

Mickorod Renard: Bye Dao

Zen: bye Dao

Pila Mulligan: bye Dao

Calvino Rabeni: Buddhism and neuroscience do overlap in the sense that they both "tease out" distinctions in the structure of consciousness.

JS Saltwater: good point

Gaya Ethaniel: Say more Mick?

Mickorod Renard: well, typical psycho stuff is subjective

Zen: there's a lot of that in Yogacara philosophy

Mickorod Renard: does that make sense?

Gaya Ethaniel: You mean Buddhism talks about life in general?

Mickorod Renard: I know budhism can seem vague, but its teachings are well versed and so forth

Zen: http://en.wikipedia.org/wiki/Eight_Consciousnesses

Zen: like early psychology

Zen: or philosophy of mind

Mickorod Renard: but to many psychotherapy can seem a hidden world and could lead to diverse

repercussions

Gaya Ethaniel: thanks Zen :)

JS Saltwater: gtg folks, as always, ends too quick - see you later

Zen: bye JS

Gaya Ethaniel: Bye JS :)

Mickorod Renard: Bye Js

Violet: Take care, JS :)

Gaya Ethaniel: But I think consciousness is a topic both scientists and Buddhists avoid talking together about.

Calvino Rabeni: Is it accurate or a western interpretation to say buddhism is primarily a first-person perspective on consciousness, with the purpose of applying it to practice?

Calvino Rabeni: Whereas neuroscience has few direct applications at this point to first-person practice

Zen: yeh it seems that way to me Cal

Mickorod Renard: I think what you mean Cal is that you are in the hands of a second person in neuroscience?

Zen: Buddhism tries to understand the mind from the inside

Mickorod Renard: thats how I see it Zen

boxy: zen, from outside as well

Zen: how boxy?

Zen: seems more like scientists work from outside

boxy: it constantly interacts with objects around us. you can't rule it out.

Zen: brain scan stuff

Mickorod Renard: I fancy its advantages are that, one never knows what is going on inside a persons head, as such, Buddhism must have advantages

Zen: ok but meditation is the main tool?

Gaya Ethaniel: I guess one difference is that mind is based on brain/body in science.

Mitsu Ishii: another big difference is in Zen and Dzogchen, the notion is that one is trying to find that which is already the case before any process has occurred. Whereas psychology tends to focus more on trying to make things better, fix things, and so on.

Gaya Ethaniel: wb

Zen: wb Cal

Calvino Rabeni: ty :)

Gaya Ethaniel: Yes interesting Mitsu

Zen: yes Mitsu

boxy: zen, i see them not as opposing sides but complementary

Zen: can we do without religion and just depend on psychology then?

Mitsu Ishii: there is a kind of "getting better" in Zen but it is more like, getting better at recognizing the way things are already okay in some deep sense.

Mitsu Ishii: it's sort of paradoxical.

Calvino Rabeni: No we can't do without religion unless psychology expands its purview beyond individualism

boxy: zen, not any time soon

Mitsu Ishii: well, it depends on what you mean by religion

Zen: was reading about a 'Transcendent Imperative' that makes us seek religions

Mitsu Ishii: if religion = dogma, then we can do without that I think

Zen: The religious historian Karen Armstrong writes that, when traditions cease to address adequately a society's spiritual needs, people will find "new ways of being religious." It is in our nature to pursue and, just as important, confer meaning upon the transcendent imperative."

boxy: mitsu, i agree

Mickorod Renard: I think it will always be 'horses for courses'..but that the options should be open for all and without discrimination

Violet: I think religion handles that deeper "whatever is" better than psychology (which doesn't really address things like Being or reality at all)

Gaya Ethaniel: Transcendent Imperative ... some people are really good at making phrases ... I'm so impressed.

Violet: :)

Zen: yes Violet

Zen: :)

Pila Mulligan must slip away, bye for now

boxy: pila... :(

Mitsu Ishii: but buddhism and other spiritual traditions can be viewed in a non-dogmatic way, yet still address transcendent and existential issues in ways that psychology doesn't attempt to.

Zen: bye Pila

Mickorod Renard: Bye Pila

Violet: Take care, Pila :)

Mitsu Ishii: bye pila

Violet: Yes, Mitsu

Zen: <http://www.tricycle.com/feature/transcendative?page=0,0>

Gaya Ethaniel: I wonder whether transcendent is the closest word to describe that.

Gaya Ethaniel: ty

Gaya Ethaniel: Yes it's almost time :) Any suggestions for next week?

Mitsu Ishii: yeah the problem with "transcendent" is it implies going beyond the ordinary, but the ordinary is itself already transcendent

Calvino Rabeni: How about "narrative" as a Way of Knowing?

Mitsu Ishii: if you really appreciate it fully

Gaya Ethaniel: :)

Violet: I like that

Zen: maybe we could discuss that next week?

Violet: And I like that too, Mitsu :)

Zen: that's a good article I think

Mitsu Ishii: okay I have to head off, nice to see you all again

Mickorod Renard: bye Mitsu

Zen: bye Mitsu

Gaya Ethaniel: So have a read at the article and discuss various ideas from it, including transcendent.

Violet: I'll peek. Thanks, Zen :)

Gaya Ethaniel: Thanks everyone :)

Aggers: C ya Mitsu

Mickorod Renard: thankyou all

boxy: thank you, gaya the bunny :)

Aggers: Bye everybody

Mickorod Renard: I will sneak away now,,bye bye

Violet: Take care everyone :)

boxy: meep!

Zen: bye Vi