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Zen and psychology because Akishige introduced the idea of Zen psychology; which is the amalgamation of Zen thought with the study of psychological problems, particularly related to the control of emotions.

Zen and psychology - Terebess

Philosophia Perennis in general and about Zen in particular are those of a man professionally concerned with the treatment of troubled minds. The difference between Eastern philosophy, in its therapeutic aspects, and most of the systems of psychotherapy current in the modern West may be summarised in a few sentences.

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Buddhist Psychology. "Buddhist psychology" refers to central aspects of a manifold philosophical, psychological, and spiritual tradition of thought and practice that was originally developed and systematized in India during the last 400 years before the Common Era (BCE). The earliest account of this tradition is based on the teachings...

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ZEN PRACTICE AND PSYCHOTHERAPY Robert Aitken Haiku, Hawaii ... The Journal of Transpersonal Psychology, 1982, Vol. 14, No.2 161. purpose of Zen practice a "winking out" existential questioning left for me to say. Techniques may differ, but if the end ... Zen teachers, whose practice is to assign "following the

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Zen, is not an answer to these problems. Zen is more of a psychological application rather than a philosophical school of thought. It doesn't try to touch on metaphysics, spirituality, or anything of the sort. It is more of a complex psychology of acceptance, which turns out to be extraordinarily simple.

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Zen and psychology because Akishige introduced the idea of Zen psychology; which is the amalgamation of Zen thought with the study of psychological problems, particularly related to the control of emotions. The metascience of the study of Zen is cited by first-, second- and third-person psychology (Watanabe, 1994).

Zen and psychology, Japanese Psychological Research | 10

The latter part of the book discusses the psychological aspects of various traditions and finds that Jnana-Yoga is philosophical, psychological, and psychosomatic; Patanjali's Astanga-Yoga is physical-psychological and philosophical; Buddhism is pure psychology of consciousness; and Zen is psychoanalytical.

Yoga and Psychology and Psychotherapy - yogastudies.org

Abstract. The year 1978 marks the turning point in the study of Zen and psychology because Akishige introduced the idea of Zen psychology; which is the amalgamation of Zen thought with the study of psychological problems, particularly related to the control of emotions. The metascience of the study of Zen is cited by first-...

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