

TRANSFORMING THE MIND IN SEVEN POINTS

Point 2a: The Ultimate Spirit of Altruism/Cognitive Compassion

Module 2 Contemplative Psychotherapy Compassion Year Fall 2018

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Lines in bold/notes in regular type:

After reaching (emotional) stability, discover the secret (of radical openness).

Emptiness, Nagarjuna's "cure for all reified worldviews," must be taught with care, after grounding in the basic science of Realism and Nominalism formulated by Vasubandhu, and the art of Relative/Emotional Compassion formulated by Asanga.

Consider the dream-like (nature) of (all) things.

The Idealist or Constructivist Psychology of Vasubandhu and Asanga teaches the emptiness of subject-object, self-other duality.

Examine the uncreated (symbol-free) nature of mind.

The Middle Way or Centrist Psychology of Nagarjuna and Aryadeva teaches that all relative things, including the interdependent process of mind, are empty of any non-relative/intrinsic reality or identity/any being or essence all their own.

Even the remedy (of openness) itself is objectively free (of fixed self or bias).

The Dialectical Centrist Psychology of Buddhapalita and Chandrakirti teaches that all persons and things including emptiness are empty of any reality, identity, or objectivity other than unexamined, merely linguistic socially constructed reality or identity.

The actuality of the path rests in the fundamental realm (of sheer openness).

The Process Oriented Embodied Psychology of Tantric Nagarjuna and Chandrakirti teaches an embodied experiential form of emptiness/ultimate compassion as "clear light translucency."

Between sessions, act as an illusory being: (the most loving, caring version of you).

The Process Oriented Embodied Psychology of Nagarjuna and Chandrakirti teaches and embodied experiential form of emptiness/relative compassion as "illusory body."

COMPASSION PRACTICE	ATISHA'S 7-POINT COMPASSION TRAINING	SHANTIDEVA'S 4-STEP COMPASSION TRAINING	COMPASSION-BASED RESILIENCE TRAINING (CBRT)
MINDFULNESS FOUNDATION	1. PRELIMINARIES	0a. MINDFULNESS & LOVING KINDNESS	I-II. EMBRACING SUFFERING/ENDING REACTIVE HABITS
AWARENESS FOUNDATION	1. PRELIMINARIES	0b. ANALYTIC INSIGHT & QUIESCENCE	III-IV. BREAKING FREE/SELF-HEALING INSIGHT
DISMANTLING IMPLICIT BIAS	2A. RELATIVE COMPASSION	1. EQUALIZING EMPATHY	V. REPARENTING WITH SELF-COMPASSION
DECONSTRUCTING REACTIVE SELF	2B. ULTIMATE COMPASSION	2. SELF-ANALYSIS & SELF-COMPASSION	VI. CULTIVATING LOVE AND CARE
CULTIVATING PRO-SOCIAL SELF	3-4. TRANSFORMING & INTEGRATING	3. CULTIVATING GREAT COMPASSION	VII. HEROIC IMAGERY
INTEGRATING PRO-SOCIAL SELF	5-7. MEASURING & MAINTAINING	4. EXCHANGING SELF FOR ALTRUISM	VIII. BREATH-BODY FLOW

Table: Comparing Tradition and Modern Methods of Compassion Training, Loizzo 2017