

Nothing Is Hidden The Psychology Of Zen Koans

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Nothing is Hidden: The Psychology and Insight of Zen Koans. Although koans are often perceived as riddles designed to unlock our ego-centric consciousness and propel us into hitherto unknown experiences of "no-self" or "oneness," their actual function in practice may be to compel us to understand and engage the deep psychological dualisms or conflicts within ourselves.

Upcoming Courses

Nothing Is Hidden explores many rich themes, including facing impermanence and the inevitability of change, working skillfully with desire and attachment, and discovering when "surrender and submission" can be liberating and when they shade into emotional bypassing. With a sophisticated view of the rituals and teachings of traditional Buddhism, Magid helps us see how we sometimes subvert meditation into just another "curative fantasy" or make compassion into a form of masochism.

Amazon.com: Nothing Is Hidden: The Psychology of Zen Koans ...

As a psychologist with psychoanalytic training (relational orientation) and a dedicate student of Zen, Magid's "Nothing is Hidden" as well as his other work have been more helpful in my attempts to integrate psychoanalysis and Zen than anything else that I've come across. Wonderful, clear, and very human; just what the doctor ordered.

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Nothing Is Hidden by Magid, Barry (ebook)

Nothing is hidden : the psychology of Zen koans. [Barry Magid] -- Magid uses the language of modern psychology and psychotherapy to illuminate one of Buddhism's most powerful and often mysterious technologies: the Zen koan.

In this inspiring and incisive offering, Barry Magid uses the language of modern psychology and psychotherapy to illuminate one of Buddhism's most powerful and often mysterious technologies: the Zen koan. What's more, Magid also uses the koans to expand upon the insights of psychology (especially self psychology and relational psychotherapy) and open for the reader new perspectives on the functioning of the human mind and heart. Nothing Is Hidden explores many rich themes, including facing impermanence and the inevitability of change, working skillfully with desire and attachment, and discovering when "surrender and submission" can be liberating and when they shade into emotional bypassing. With a sophisticated view of the rituals and teachings of traditional Buddhism, Magid helps us see how we sometimes subvert meditation into just another "curative fantasy" or make compassion into a form of masochism.

If you want a hundred sound reasons to open your heart to the Divine, READ THIS BOOK.

Chronic pain has been correctly described as the invisible crisis at the heart of contemporary life. Despite stunning advances in other areas of medical science, no similar breakthrough in the treatment of chronic pain has resulted from an exclusive focus on the body. Dr James Alexander's young life was redefined by a tragic car accident in his late teens, and the chronic physical and emotional trauma inspired him to become a psychologist. Now pain-free, Dr Alexander has dedicated the last three decades of his life to helping others overcome similar challenges, specializing in the treatment of chronic pain and psychological trauma. His success is proof that recovery from chronic pain is possible, and this guide offers a valuable resource for working toward that goal. The recovery from chronic pain requires that we revisit and challenge the outdated attitudes and practices that have been used with little result. With the proliferation of medical and psychological research, for the first time we are at a point in history where these notions of pain recovery can be validated by research-based evidence. For too long, Dr Alexander feels, we have been looking in all the wrong places. Specifically, the problem lies at the core of our culture, which still treats the physical and nonphysical aspects of the human as separate experiences. This innovative program involves a journey of self-discovery, a new way to approach medical and psychological care of chronic pain, and advice on the most effective types of help to pursue.

This book introduces the concept of the "unconscious entity" and reveals it as the most important concept in psychology. The book begins by presenting that the basic emotional need of humans is the need to be emotionally comfortable. Anything, that makes us emotionally uncomfortable, is a frustration of our basic emotional need, that then produces anger. The bigger the frustration, the more anger is produced. If that anger is not immediately expressed, it becomes repressed, and then stored in our mind as "unconscious entity," making any unwanted feeling we have, more unwanted. Unconscious entity arises from our unexpressed anger. It manifests itself as unwanted feelings. The feeling we least want is the very feeling most likely to be produced by our unexpressed anger. To reduce the intensity of an unwanted feeling, or to remove it completely, we must convert the unconscious entity, in our mind, back to expressed anger, which we can do, unconsciously, when we talk to a listener about what we dislike, or hate. What we dislike, or hate, will be unconsciously equated with an unconsciously perceived part of our listener. The anger is then directly expressed to that part and will be metaphorically hidden. This reveals a new dimension in human communication that has the capacity to cure psychogenic illnesses. Anger, arising from our stored unconscious entity, can also be reduced when it is expressed, inwardly, to ourselves, as in any hard work, exercise, or self-punishment, or by punishment inflicted by others. Reducing our unconscious entity makes us less emotionally uncomfortable, which is the same as making us more emotionally comfortable. That meets our basic emotional need indirectly. This book shows how we unconsciously hide our expressed anger, in our talking to a perceived listener. We do it by utilizing unconscious predicate-equating that this book shows, for the first time anywhere, is a prominent cognition of humans, and not limited to, or being diagnostic of, schizophrenia, as psychology and psychiatry now believe. It reveals the hidden and real cause for homelessness, PTSD, pedophilia, and why people senselessly kill as in mass killings.This book is a "must read," not only for anyone associated, in any way, with psychology or psychiatry, but anyone interested in the origin of their own unwanted feelings, and wanting to rid themselves of them.

Rationality within Modern Psychological Theory examines the rational and irrational dimensions of human nature and of the psyche and logos through the lenses of classical philosophy and modern psychology.

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

Vol. 49, no. 4, pt. 2 (July 1952) is the association's Publication manual.

'Billig's is a fascinating work of brilliant scholarship. It is written in an elegant style, spiced with humour, and gives one the feeling that it was a labour of love. It can be recommended without reservation' - *Journal of Community and Applied Social Psychology* 'This is a quite extraordinary and original book. Billig has managed seamlessly to interweave History of Philosophy, History of Psychology, Critical Psychology and a deep grasp of the social nature of language and, moreover, do so in a very readable fashion' - Graham Richards, Formerly Professor of History of Psychology, Staffordshire University and Director of the British Psychological Society History of Psychology Centre, London 'I can't quite capture how much I enjoyed this book. In beautiful, witty prose and through exemplary scholarship, Billig has produced an historical work that engages with profoundly important ideas not just for contemporary critical psychology but for psychology in general. Books as good as this are rare' - Alan Collins, Senior Lecturer in Psychology, Lancaster University Today new forms of critical psychology are challenging the cognitive revolution that has dominated psychology for the past three decades. This book explores the historical roots of these new psychologies. It demonstrates that their ideas are not quite as new as is often supposed. In the early modern period, thinkers like the Earl of Shaftesbury and Thomas Reid reacted against Locke's cognitive psychology in ways that were surprisingly modern, if not post-modern. However, until now, they have been virtually written out of psychology's history. It is now time to recognize the great originality of their psychological thinking. Writing in a non-technical style, Michael Billig seeks to overturn the dominant views of psychology's history. In so doing, he gives a fascinating account of the times, bringing psychology's hidden past vividly back to life.

By revealing underlying assumptions that influence the field of psychology, *The Hidden Worldviews of Psychology's Theory, Research, and Practice* challenges psychologists to reconsider the origins of ideas they may take as psychological truths. Worldviews, or the systems of assumptions that provide a framework for psychological thinking, have great influence on psychological theory, research, and practice. This book attempts to correct assumptions by describing the worldviews that have shaped psychological theory, practice, and research and demonstrating how taking worldviews into account can greatly advance psychology as a whole.

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