Maitri: Working with Emotions

Maitri: Working with Emotions continues the meditation course sequence, introducing the Vajrayana approach to working with emotions through the Five Buddha Family principles. Maitri Space Awareness practice provides a personal experience of these families. Students practice particular postures in specially designed rooms, inviting an exploration of psychological states of mind and emotions such as pride, passion, paranoia, ignorance, and aggression. Approaching these emotions with curiosity and openness, there is the possibility of discovering one’s inherent wisdom, compassion, and insight. The course includes weekly lectures, practice in the maitri rooms, and participation in a smaller group to process material more personally. Prerequisite: PSYB315 and PSYB325. Upper-division Contemplative Psychology, Art Therapy, and Interdisciplinary Studies students only. Others by permission of instructor. Special fee for art supplies.

Course Number: PSYB415
Unit: 3.0
Program: Psych - BA Contemplative