

## **Beyond Mind: from Ancient Spiritual Practices to Modern Meditative Psychotechniques**

### *Advanced professional training program*

An oriental proverb says: the biggest enemy is one's own mind. In fact, how often do we even notice that we become slaves of our thoughts? We regret about the things that already passed and are worried about the events that may not even happen. Our mind is wandering from one thought to another like a monkey jumping in the branches of a tree. More important is that we never feel happy when our mind is trapped in the endless maze of "internal dialogue".

Human mind is the king that creates everything: both samsara and nirvana, an ancient Buddhist text says. The meaning is that both worrying thoughts and contemplative equanimity equally depend on our mind. The subtle art of meditation is a way to master this all-mighty king.

In our era of quantum physics and scientific psychology we discover *de novo* the eastern wisdom of contemplation. The program "Beyond mind" is a way to rediscover the ancient knowledge that for ages was able to lead people to inner silence, emotional balance and deep insights to the essence of being.

Modern meditative techniques unite authentic ancient practices and advances of the modern neurosciences, such as neurophysiology, biochemistry, evolution biology and psychology. Neuroscience has accumulated the considerable body of knowledge that is helpful to master the art of meditation. These advances allow to decode the symbolic language of the ancient scrolls and to mark the shortcuts on the road to tame the chaotic flow of thoughts.

### **The participants of the program "Beyond Mind" will learn how to:**

- get in touch with deep meditative experience - the state of inner silence, where self-talk is stopped and inner insight and awareness arise;
- free one's mind from stereotypes and use meditation to awaken the creative activity;
- discover individual key to meditative states and strengthen the meditative experience to be vivid, alive and stable;
- feel health-recovering effects of meditation due to deep inner relaxation and getting access to the inner resources of the organism;
- overcome rigid boundaries of "self-sustained reality" and develop a new way of perceiving the world from the position of peace, equanimity and openness.

The program "Beyond Mind" is intended for psychologists, psychotherapists, yoga and martial arts instructors, as well as for everyone interested in application of transpersonal knowledge and altered states of consciousness for emotional self-regulation and creative activity. The participants, both newcomers and experienced practitioners, will be able to use the skills acquired in course of the program as a self-sufficient methods as well as for progressing in their personal spiritual practices. The training is suitable to patients with

psychosomatic disorders (including a version of the training adapted for patients with cancer diseases).

The program “Beyond Mind” consists of three modules (parts), 2.5 days each. Total duration – 100 academic hours, including:

- thematic in-class activities, theory and practice – 60 hours
- independent studies – 30 hours
- supervisions, consultations, tests – 10 hours

### **The modules of the program “Beyond Mind”**

#### **1 module** (18-20 of December 2015, 20 academic hours): **“traditional schools of meditation”**

History of meditation techniques: meditation as a culture of mind and a form of religious and spiritual experience in different traditions (Buddhism, Hinduism, Taoism, Sufism, Christianity). Secular and spiritual traditions in meditative psychotechniques. Types of meditative psychotechniques (dynamic and static meditation, meditating with fixation of attention, meditative visualizations, etc.).

#### **2 module** (18-20 of January 2016, 20 academic hours): **“meditative stability”**

Practical development of meditative psychotechniques, achieving stability in a meditative state. Physiological basis of meditative experiences and the role of altered states of consciousness. Discovery and mastering of universal physiological keys to achieve stability in meditative states.

#### **3 module** (18-20 of February 2016, 20 academic hours): **meditative versatility**

The multiplicity and universal nature of meditative experiences. Unique meditative state in various meditative psychotechniques. Meditation and emotional regulation. Meditation and resource states of consciousness. Meditation and creativity.

#### **Trainer of the program:**

Olga Mokhina – practicing transpersonal psychologist, full member of the Russian Association of Transpersonal Psychology & Psychotherapy, full member of the Professional Psychotherapeutic League. Director of the psychological center "Vysota" (literally "Height" or "Ascension" in Russian). Head of the Supervisory Board of Volzhsky mental and neurological clinic. Coordinator of the project of the psychological help to the patients with cancer diseases.