

The Brain on the Mind

&

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Four Nobel Thruths of Buddhism

- I There is suffering
- II Suffering has a cause
- III The cause can be removed
- IV The 8-fold path to do this

Washing the Brain and Purifying the Mind

Henk Barendregt & Karin Videc

Summary of the previous talks

1. We are conditioned (to give our species a high survival power)

We suffer (if we cannot do this)

2. There is existential suffering

('we loose all holds, sink into the ground': dissociate \rightarrow fear)

(panic struck we try to suppress this, with a lot of side-effects)

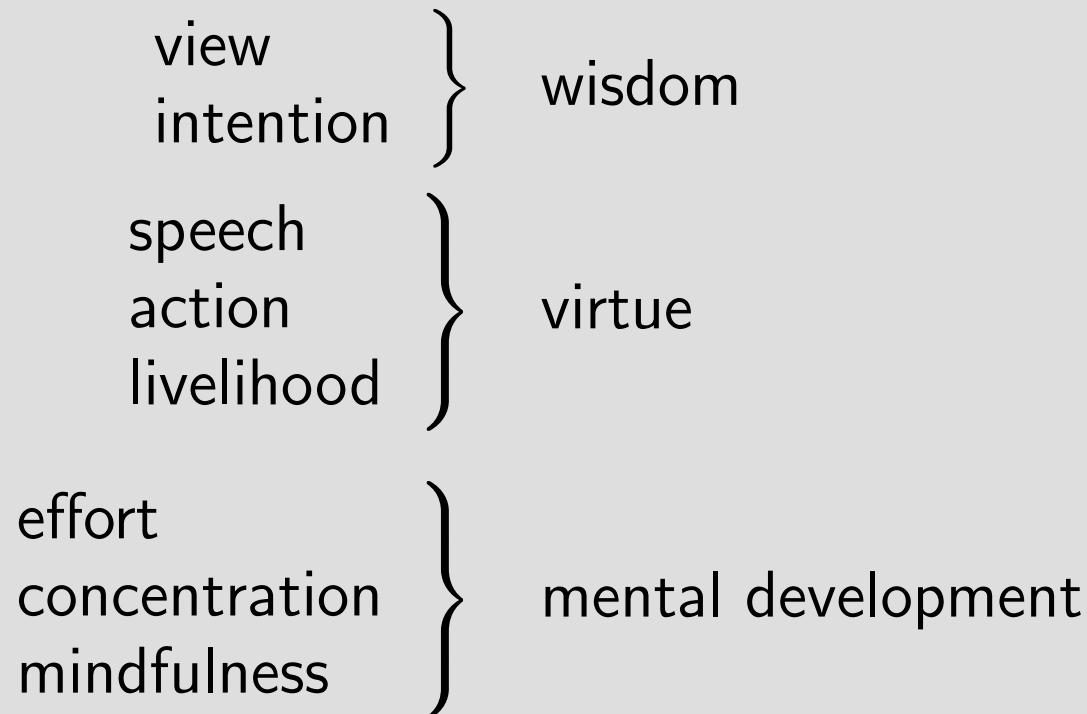
3. A moment of mindfulness is a moment of freedom from conditioning

4. **mindfulness becomes our second nature**

mindfulness becomes first nature

The 8-fold path

The *right*



Become an observer

Better: **become observation**

The washing machine model of meditation

We meditate; observing at rest feels good

After a while it becomes slightly boring or painfull

Mindfulness helps

Ego wants to use mindfulness for its purposes!

We no longer are the pure observer

Suffering comes back, in a stronger way

Returning to pure mindfulness

Feeling good!

Ego repeats its trick!!

Suffering!!

Pure mindfulness

Feeling better!!

Ego!!!

Suffering!!!

...

Two extreme points

High point (ecstacy and bliss: mystical experience)

Low point (the three characteristics: chaos, disgust, beyond control)

In the mystical state: detach from it!

In the nausea: detach from it

Final stages

Develop

equanimity

calmness

joy

in the presence of the 3 Characteristics

Then the work of mental development by vipassana is over

First path

Then surrender

Accept emptiness

One sees the abys, but it looses its force

actually it is a safe place:

it is always there and does not depend on anything

All fear for the emptiness has gone

The four paths

- 1 No more belief in self
no more insecurity
no more superstition
- 2 Greed and hatred diluted
- 3 Greed and hatred eliminated
- 4 Restlessness eliminated
pride eliminated
sleepiness eliminated
desire for existence eliminated
ignorance eliminated

} eliminated