

Finding the missing 'peace'

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1 of 8 Billion



Disclaimer

You might end up so confused that you will not find the missing 'peace'

I am a psychiatrist obsessed with the mind, suffering and happiness

Summary of 19 years of overthinking Buddhist psychological principles but I am not a Buddhist scholar

Buddha is not a god

I see the Buddha as the smartest psychologist who was ever lived (despite what ChatGPT says)

Can email you my slides

WE ARE ALL CRAZY

Not just the med students...

Neurotic


Overthinker and catastrophiser

Impatient

Judgmental

Self-righteous

Everyone has issues



WE ARE ALL CRAZY

All of us want happiness and avoid suffering
-encoded in our software

Our crazy brain prevents us from finding
peace



WE ARE ADDICTS

we are addicts for positive feelings and phobic of negative feeling states

Constantly tweaking brain chemicals to make us feel happy

dopamine

GABA system

oxytocin

you are not in love with your partner; you are in love with how
your partner makes you feel



Never ending search for happiness

Wired not to be satisfied

Brain programmes which help with survival but not happiness

Want things to be permanent

Perceived reality is synthetic not objective (predictive processing)

Monologues in our head often do not reflect reality

Emotions

Papanca- proliferative thinking

Thought + PAPANCA = WORRY = Suffering

Obsession with the self

Pleasure and fun

Acquisitions

MY opinions and ideas

MY routines

MY Identity

Wellbeing and resilience programmes focus on the self

Buddha as a psychologist

End of suffering and finding peace

Grasping (versus holding lightly)

Sensual pleasures

Ideas and opinions

Routines and conventions

"I, me, mine"

Stress or Suffering = ratio of expectations over reality

maybe yes...maybe no

Current software is faulty and buggy

Hard to see the faulty wiring if you are in the middle of the story



Are you ready to see your craziness?



RED PILL

We are wired to get pleasure and avoid pain (not different from an earthworm) and it's never ending

Reality is simulated by the brain for the service of survival but not genuine happiness

Our addictions provide temporary relief but not long-lasting peace and happiness



To see what your mind really does

Mindfulness

aware, alert, at peace with present moment reality

What is reality?



Mindfulness as a lens to see our craziness

How to do?

What do you see?

Papanca...unhappiness

Graspers and clingers

Everything arises and passes away

Obsession on the self

Mindfulness in isolation



Red Pill Software Upgrade

Non-Harm

Generosity

Living Simply

Compassion



I will not harm you



I will not harm you

Precepts

We are stuck living with each other, there is bound to be conflict

Not because of eternal fires of hell or being reborn as a dung beetle

Non-Harm

Speech

Non-harm in action

Non stealing

Sexual misconduct

Intoxicants

Generosity

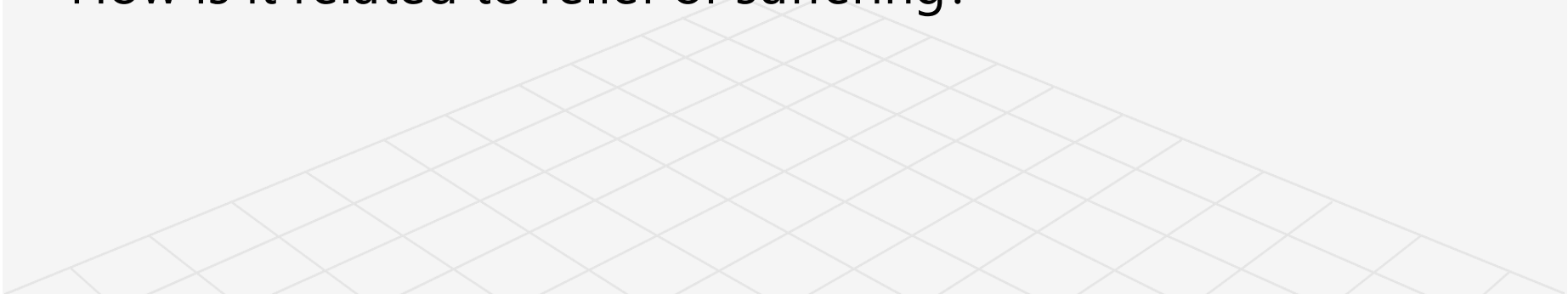


Generosity

Material resources, **time, attention**

Who benefits?

How is it related to relief of suffering?



Living Simply



Living Simply

Holding lightly our addictions

Possessions

Pleasures

People

Image and opinions



Kindness and Compassion

What is it?

We want to be kind and compassionate but it is not easy

Compassion is not our default wiring



Barriers to Compassion



Fatigue, burnout

Difficult people

Environment

Systems

Kindness and Compassion

We are all the same



Kindness and Compassion

Metta Meditation



Kindness and Compassion



**“KNOW
SUFFERING”**

Course to find the missing 'peace'

Mind Behavioural Laboratory

Learning objective:

observe and experience the mind

know its attachments, craziness, irrationality,
grasping → suffering

experiment with mindfulness, non-harm,
generosity, living simply and compassion

"be of benefit"

May you all be safe and free from
suffering

May you all find happiness and peace

For PDF copy of the talk

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