Finding the missing ‘peace’

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1 of 8 Billion
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?
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
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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