

Contents

Acknowledgments ix

Introduction: Toward a Buddhist Psychotherapy 1

PART I: Buddha 13

ONE Meditative Transformations of Narcissism (1986) 19

TWO The Deconstruction of the Self: Ego and
“Egolessness” in Buddhist Insight Meditation (1988) 42

THREE Forms of Emptiness: Psychodynamic, Meditative
and Clinical Perspectives (1989) 55

FOUR Psychodynamics of Meditation: Pitfalls on the
Spiritual Path (1990) 71

PART II: Freud 97

FIVE Attention in Analysis (1988) 101

SIX Beyond the Oceanic Feeling: Psychoanalytic Study of
Buddhist Meditation (1990) 123

SEVEN Awakening with Prozac: Pharmaceuticals and
Practice (1993) 140

EIGHT A Buddhist View of Emotional Life (1995) 154

NINE Freud and the Psychology of Mystical
Experience (1996) 163

PART III: Winnicott 177

TEN Sip My Ocean: Emptiness as Inspiration (2004) 179

ELEVEN A Strange Beauty: Emmanuel Ghent and the
Psychologies of East and West (2005) 193

TWELVE The Structure of No Structure: Winnicott's
Concept of Unintegration and the Buddhist Notion of
No-Self (2006) 211

THIRTEEN Meditation as Art, Art as Meditation:
Thoughts on the Relationship of Nonintention to the
Creative Process (2006) 228

Credits 249

Index 253