

***Open To Desire Embracing A Lust For Life Insights From
Buddhism And Psychotherapy Mark Epstein***

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Open To Desire Embracing A

Basically, desire is just an energy, and we should open. Apparently this is a controversial subject, because Buddhist purists object that the Buddha wanted us to cut off desire and have nothing to do with it, but that hardly seems possible, and the Buddha himself almost died employing that strategy.

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Open to Desire: Embracing a Lust for Life By: Mark Epstein

Desire is a natural response to the reality of suffering. We feel incomplete and desire completeness; we feel unrest and desire ease; we feel insecurity and desire comfort; we feel alone and desire connection. Our experience of life, our very personalities, are shaped by dukkha, and our response is infused with desire.

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Psychiatrist Epstein offers a novel reinterpretation of the thinking of both the Buddha and Freud about desire. Contrary to the popular view that these two major figures taught the danger of desire

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Open to Desire Quotes. It is a kind of grace. The emphasis on sexual relations in the tantric

teachings make it clear that the ecstatic surprise of orgasm is the best approximation of this grace.” — Mark Epstein , Open to Desire: Embracing a Lust for Life - Insights from Buddhism and Psychotherapy.

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As psychiatrist and Buddhist teacher Mark Epstein puts it in his book, Open to Desire: Embracing a Lust for Life: “To set desire up as the enemy and then try to eliminate it is to seek to destroy one of our most precious human qualities.”. According to Buddhism, “tanha” creates suffering.

Sacred Longing: The Wisdom of Embracing Our Desires

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“Open to Desire shines a bright beam of wisdom into an ever-confusing, ever- seductive realm. Mark Epstein, using his rare gifts of insight, brilliantly shows us a way through the confusion of craving to the treasures of intimacy and clarity hidden within our yearnings.

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From Buddhism And Psychotherapy Mark Epstein

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