

Luminous Mind & the Institute of Biocognitive Psychology
present a cutting-edge fusion of Buddhist Psychology and Western Mind-Body Science

Embodying The Four Immeasurables

A Biocognitive Approach to Spiritual Practice

Friday October 9th
7 pm to 9 pm

Belle Meade Executive Suites
4525 Harding Road
(Across from Belle Meade Kroger)
2nd floor conference room

Cost: Contribution to Luminous Mind

More Info: www.LuminousMind.net



We want to cultivate positive qualities such as lovingkindness, compassion, joy, & equanimity. But what do we do with negative emotions such as anger, jealousy & aggression?

In this presentation Dr. Mario Martinez teaches how to apply Western mind-body science to the exalted emotions known in Buddhism as the Four Immeasurables.

Based on how cognition and emotions affect the immune system, biocognitive techniques offer an added dimension to resolve the fear-based emotions that can block the health benefits of the Four Immeasurables and other contemplative techniques. Suitable for individuals on any spiritual path.



Dr. Martinez is a licensed clinical psychologist and the founder of biocognitive science. He is the author of the psychological novel *The Man from Autumn* (Lumina Press) and the CD learning series *The Mind-Body Code* (Sounds True). Because of his specialty in how cultural and spiritual beliefs affect the immune system, he has been a consultant for the BBC, National Geographic, the Catholic Church, and Buddhist monks.

