

1st Week October 20th

Recognizing and Understanding Anxiety

In this session we need to separate the fact that everyone has at one time or another a degree of fear worry etc but these do not necessarily mean anxiety - anxiety starts when these symptoms begin to affect us deeply and affect the quality of our life and the way we live it.

Start with how the world understands anxiety as a accepted way to recognize anxiety Then to understand anxiety we move to our Buddhist thought. Here we can introduce the following Buddhist concepts that are at the heart of anxiety:

- Uncontrolled mind
- Delusions
- Self-directed anger
- Attachment to the fulfilment of our own wishes
- Self-cherishing

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