

INDEX¹

A

- Abhidhamma, 4, 16,
77–97, 128
Anxiety, 8, 33, 51, 53, 54, 65,
66, 81, 89–93, 104,
110–112, 131n6
Aronson, Harvey B., 4, 95, 99n73,
99n75, 99n76, 117

B

- Brahma Viharas, 3, 13–16, 20, 21, 39,
95, 101, 115
Buddhism, 1–16, 19–21, 26, 29,
35n17, 39, 40, 42–44, 51,
53–68, 70, 72–74, 78, 85, 86,
88–93, 96, 97, 98n33, 99n48,
105, 108, 110–113, 116–119,
124, 126–128, 131n6

C

- Cetasika, 79, 88, 113
Christianity, 3, 21, 26, 29, 33, 43,
54–66, 74, 81, 97, 116, 126–128
Citta, 78, 79, 88, 113
Counseling, 3, 4, 102, 115–130

E

- Engler, Jack, 4, 92, 95, 99n61, 99n62,
111, 112, 117
Epstein, Mark, 4, 93, 94, 99n64,
99n66, 117, 122, 131n13

F

- Fairbairn, W. R. D., 4, 50, 51, 75n22,
101, 102, 107, 109–113, 116,
117, 124, 128–130

¹Note: Page numbers followed by ‘n’ refer to notes.

Fetzer Spiritual Experience Index
(SEI), 3, 51, 55, 65, 116,
126, 130

Four Noble Truths, 3, 8–10, 15, 20,
39, 49, 115

Freud, Sigmund, 81, 82, 89, 94, 109

Fronsdal, Gil, 17n9

G

Griffin, Horace, 125, 131n16

I

Insight Meditation, 2–5, 9–11,
15, 16, 16n4, 17n7, 18n17,
18n18, 28, 78, 89, 93,
115–117, 121,
127, 128

Interdependence, 19–33, 45, 54, 65,
70, 73, 74, 116, 117

Internal saboteur, 4, 81, 83, 84,
98n34, 101, 102, 110, 112, 113,
117, 122

K

Khema, Ayya, 4, 98n46, 105–107,
113n2, 113n5, 113n6,
113n8, 117

Kornfield, Jack, 4, 16n4, 122, 124,
131n14

L

Lorde, Audre, 3, 22, 23, 26, 27, 29,
31, 34n8, 34n11, 35n32, 36n33,
36n34, 36n36, 36n40,
36n43–45, 47, 59, 61, 102, 119,
124, 126

Lovingkindness meditation, 4, 14, 43,
44, 65, 89, 91, 92, 95, 101–113,
117, 124, 130

M

Manuel, Zenju Earthlyn, 4, 67, 68,
72–74, 75n17, 75n19, 78,
89, 117

McCrary, Carolyn Akua, 21, 27, 28,
34n3, 35n23, 73, 74, 75n23, 116

Meditation, 2, 4, 5, 8, 11–16, 18n17,
20, 36n40, 41, 43, 47, 48, 58,
62, 71, 72, 78, 87–96, 98n33,
102, 103, 105, 107, 108,
110–112, 117, 120, 122, 124,
127, 130, 131n6, 131n7

Metcalf, Franz Aubrey, 4, 94, 95,
99n67, 99n69, 99n72, 117

Mindfulness, 2, 8, 10, 12–15, 20, 28,
30–31, 35n26, 36n40, 42, 54,
55, 78, 97n21, 106, 112, 118,
122, 124

Muzika, Edward G., 4, 53, 65, 89–92,
98n47, 99n49, 99n50, 99n54,
99n58, 99n60, 110–112,
114n18, 117

N

Noble Eightfold Path, 3, 8, 10–13,
20, 43, 49, 107, 115

No self, 3, 4, 7, 15, 16, 17n7, 20, 39,
42, 50, 53–74, 77–97, 106, 111,
112, 116, 117, 128

O

Object relations, 2, 4, 50, 77–97, 101,
117, 124, 127–129

P

Pali Canon, 2, 16, 17n16, 18n20, 42,
44, 92, 96, 101, 117, 123, 131n6

Persecutory object, 4, 44, 50, 81, 85,
89, 101, 110, 112, 113, 117,
122, 123, 130

R

Remarkable Relational Resilience, 2, 4,
29, 45, 96, 105, 117, 118
Rituals, 7, 8, 127, 128

S

Sangha, 5, 6, 40, 42, 48–50, 63, 116,
118, 123, 127, 130, 131n6
Self, 3, 4, 7, 10, 12, 13, 15, 16,
18n23, 20, 25, 31, 39, 42, 44,
48, 53–74, 77–97, 103, 105–107,
110–112, 116, 128
Spiritual movements, 43, 54–66,
75n27, 75n28, 110, 126–128
Syedullah, Jasmine, 4, 67, 72–74,
75n20, 75n21, 78, 89, 117

T

Theology, 2, 3, 16, 19–21, 24–28, 30,
32, 33, 35n17, 73, 116, 130

W

Walker, Alice, 3, 16, 19,
20, 22–33, 34n11, 35n17,
35n29, 36n35, 86, 102, 116,
119, 123
Welwood, John, 122
Wholeness, 4, 11, 13,
24, 32, 101–113,
117, 123
Williams, angel Kyodo, 4, 67–69, 71,
73, 74, 74n7, 74n11, 75n21,
78, 117
Williams, Delores S., 3,
25–28, 31, 34n13,
35n16–18, 40, 77,
91, 96, 97n1, 97n2,
116, 117, 123, 130
Willis, Jan, 4, 67, 68, 70,
71, 73, 74, 74n13,
74n15, 78
Womanism, 3, 4, 16, 19–33, 65,
86, 102