

# CULTIVATING EMOTIONAL BALANCE

## Knowledge | Skills | Choice

### Know the Process

Emotion is a process of mental and physical events that evolved to react instantly to things we perceive to be important for our well-being.

Emotions can seem to happen to us—and sometimes against our wishes—because nature designed the process to be mostly unconscious.

Some triggers of emotion are part of our human heritage, but others are learned and, even though out of date, can still produce impulsive and inappropriate reactions that lead to regrettable episodes.

### Develop Skills

The introspective training of meditation can bring awareness to formerly unconscious and automatic processes of the emotional episode timeline. Specific practices drawn from Tibetan Buddhism balance the mind in four dimensions and allow choice about how to engage and express emotions.



### Discover Choice

At a celebration of his 80<sup>th</sup> birthday last July, H.H. the Dalai Lama was asked, if granted one wish, what would it be? “For the world to be happy,” he replied. “And key to this, is learning how to deal with our emotions.”

**Cultivating Emotional Balance** was created in response to a direct request from the Dalai Lama to a group of leading neuroscientists, psychologists, and Buddhist teachers at a conference on destructive emotions in the year 2000.

Paul Ekman, one of the most widely respected researchers on the psychology of emotion, and B. Alan Wallace, a world renowned Buddhist scholar and teacher, answered the call and collaborated to create **CEB**, a program combining the insights of cutting-edge science with the practical and time-proven benefits of meditation.

This 12-hour training will examine 7 universal emotions, their function, how they are triggered, how they are experienced, and how bringing awareness to pivotal points of the process can allow conscious choice about how to engage with an emotion and how to constructively express it.

Along with that knowledge base each training session includes detailed instructions on a range of meditation skills drawn from the long tradition of Tibetan Buddhism. Practice time is designed into each session so the skills can be sequentially integrated and provide the foundation for a comprehensive and well-balanced contemplative practice to take home.

## Where

Yoga Planet Studio  
3062 Walton Blvd  
Rochester Hills, MI 48309

## When

Friday, March 4	7:00 - 9:00
Saturday, March 5	1:00 - 6:00
Sunday, March 6	1:00 - 6:00

## To Register

[www.yogaplanetstudio.com](http://www.yogaplanetstudio.com)

\$110 before February 12  
\$130 after February 12

Space is limited, reserve your seat today.

## CEB Research

CEB has a highly regarded team of science advisors and was the subject of a large research study and two clinical trials with documented positive results that were published in the April 2012 issue of the APA journal *Emotion*.



## Cultivate Balance

The operating premise of CEB is that emotional balance will become a deeply-rooted trait only if it is cultivated along with three other dimensions of mental balance:

- **Conative Balance** is able to distinguish between genuine happiness and hedonic pleasure and cultivate goals, intentions, and desires that lead to flourishing.
- **Attentional Balance** is able to direct and sustain attention on a chosen object or field with both stability and vividness.
- **Cognitive Balance** is able to discern clearly what the world presents to us without projection or the cognitive blindness of the “refractory period” that occurs during emotional episodes.
- **Emotional Balance** is the natural product of bringing conative, attentional, and cognitive skills to the emotional process. The knowledge and skills of CEB training provide the self-awareness necessary for expressing emotions in constructive rather than destructive ways and can even promote an “emotional immune system.”

Doug Veenhof is a certified Cultivating Emotional Balance trainer and teaches meditation around the world, including at the latest 5-week CEB Teacher Training in Australia. He has been studying and practicing meditation for 25 years, and is a former mountain guide, an award-winning journalist, and author. You can download audio of his meditation teachings and get more info on upcoming events at [www.douglasveenhof.com](http://www.douglasveenhof.com)