

# CULTIVATING EMOTIONAL BALANCE

## Knowledge | Skills | Choice

### Know the Process

The experience of emotion is a process of appraising the environment, ourselves, and others for events important to our well-being and the cascade of behavioral, cognitive, somatic, and subjective effects that appraisal sets off.

Emotions are essential to well-being in many ways, but emotional triggers are easier learned than unlearned and out-of-date triggers learned early in life may lead to inappropriate and regrettable responses to current situations.

### Develop Skills

Introspective training can bring awareness to formerly unconscious and automatic processes of emotional experience and thereby allow **choice** about how to engage and express emotions.

Specific practices drawn from Buddhist contemplative traditions are aimed at stabilizing attention, recognizing cognitive bias, sharpening the acuity of somatic perception, strengthening conscious intention, and priming compassionate response for self and others.



### CEB

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** (CEB) 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, PhD, one of the most widely respected researchers on emotion, and B. Alan Wallace, PhD, a world-renowned Buddhist scholar and teacher, answered the call and collaborated to create **CEB**, a program combining the insights of leading-edge affective science with the time-proven benefits of meditation.

This 40-hour training will examine the process underlying the experience of 7 universal emotions, and how bringing awareness to pivotal points of the process can allow conscious choice about how to engage an emotion and how to express it.

### Cultivate Balance

The operating premise of CEB is that emotional balance will become deeply-rooted 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.

## Where

Wisdom's Heart  
2 Duncan St  
Gloucester, MA 01930

## When

Sat & Sun 12:00 - 5:30

April 2 & 3  
April 16 & 17  
April 30 & May 1  
May 14 & 15

## To Register

Contact Doug Veenhof  
[dveenhof@icloud.com](mailto:dveenhof@icloud.com)

Cost: \$480 before March 5  
\$550 after March 5

## CE Credits

CEB 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*.

Application for social work continuing education credits has been submitted. Please contact us at [dveenhof@icloud.com](mailto:dveenhof@icloud.com) for the status of social work CE accreditation.



• **Attentional Balance** is able to direct and sustain attention with both stability and vividness.

• **Cognitive Balance** is able to discern projection and the cognitive bias of the “refractory period” which can keep us mired in maladaptive patterns.

**Emotional Balance** is the natural product of bringing conative, attentional, and cognitive skills to the process of emotional experience.

## Program Outline

**Sat April 2:** 12:00 - 2:30, intro to Four Dimensions of Mental Balance. Introspective Skill: conative balance, aspiration for flourishing. 3:00 - 5:30, intro to the emotional episode timeline and episode diary. Introspective Skill: Attentional balance and fundamentals of breath meditation.

**Sun April 3:** 12:00 - 2:30, auto appraisal and the affect program, constructive vs. destructive expression. Introspective Skill: Breath meditation and introspective awareness. 3:00 - 5:30, the somatic mode of emotional experience. Introspective Skill: The body scan, increasing somatic acuity with bare attention.

**Sat April 16:** 12:00 - 2:30, cognitive balance, projection and the bias of the refractory period. Introspective Skill: Minding the gap between impulse and action. 3:00 - 5:30, the anger family of emotions, and constructive expression. Introspective Skill: Loving kindness, priming to recognize the other's point of view.

**Sun April 17:** 12:00 - 2:30, fear and anxiety. Introspective Skill: Settling the Mind in Its Natural State. 3:00 - 5:30, contempt, disgust, shame, social emotions and self-representation. Introspective Skill: Discovering the self as construct.

**Sat April 30:** 12:00 - 2:30, Sadness and loss. Introspective Skill: The Four Immeasurables, empathetic joy. 3:00 - 5:30, the healing potential of open awareness. Introspective Skill: Settling the Mind in Its Natural State 2.

**Sun May 1:** 12:00 - 2:30, the enjoyment family of emotions. Is flourishing a process of subtraction/ Introspective Skill: Stillness of Awareness and what it reveals. 3:00 - 5:30, Micro-expressions and working with the emotion profile. Introspective Skill: The relationship of attention and awareness.

**Sat May 14:** 12:00 - 2:30, hot triggers, intervening at the start of the process with appraisal awareness. Introspective Skill: The Four Applications of Mindfulness, feelings. 3:00 - 5:30, emotional resilience. Introspective Skill: The Four Applications of Mindfulness, causality.

**Sun May 15:** 12:00 - 2:30, cultivating an emotional immune system by expanding the sphere of concern. Introspective Skill: global compassion. 3:00 - 5:30, revisiting conative balance, the power of intention. Introspective skill: open awareness and the aspiration for flourishing.

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)