

# The Way of the Heart:

*An exploration of integral mindfulness to free ourselves of fear, confusion, and loneliness of our time.*

*With its depths of exploring our wounds and height in transcendence rooted in Buddhist and Western psychology, supported by science, ethics, and social action.*

The Buddhist religion, although about 2,500 years old, is remarkably consistent with the discoveries of present-day science and easily meets the demands of rationality. So much so that it could almost be called a "scientific" religion ...

It is therefore not surprising that in many ways science and Buddhism converge. This characteristic affinity of Buddhism with science seems to qualify it as one of the great religions of the future, as Albert Einstein observed:

*The religion of the future will be a cosmic religion. It will have to transcend the idea of an existing God in person and avoid dogma and theology. Covering both the natural and the spiritual, it should be based on a religious sense born of the experience of all things, natural and spiritual, considered as a sensible whole... Buddhism meets this description. If there is one religion that could be in keeping with the imperatives of modern science, it is Buddhism.*

## Teacher:

### Dat Phan



Former Buddhist monk and co-founder of Les Cèdres Bleus, mindfulness center in France.

Ordained by the Zen Master, Thich Nhat Hanh in 1998, Dat left the monastic robe after his full ordination. Since 2008, his work has been to bring mindfulness into different areas of society: education, business and health. He works closely with scientists, psychotherapists, doctors, leaders and teachers to create a spirit of

community and cooperation aimed at raising more awareness in society. He is passionate about sharing an integral approach to mindfulness based on self-understanding and the four areas of depth psychology, applied ethics, social structures and transcendence.

He is co-founder of Cèdres Bleus in Haute-Loire, a mindfulness center where he also lives. He likes to play music, write poetry, play with children and ride in the mud like a useless turtle.

Dat is the author of two books:

- *The Changing River: a mindfulness tale* (Linh Son 2009)
- *As Is - Contemplations et Confession* (Linh Son 2011).

[maisonauxcedresbleus.com](http://maisonauxcedresbleus.com)

## **OBJECTIVES:**

Apply mindfulness for a balanced and healthy practice based on Buddhist and Western psychology, neuroscience, emotional and collective intelligence.

## **INTRODUCTION<sup>1</sup>:**

Please read Dat's foreward, "*Mindfulness as a road map for a well-rounded life.*" in PDF from ***Beautiful Brains will change the world*** by Diep Ta.

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<sup>1</sup> Introduction of Beautiful Brains by Diep Ta