

Submission for the Global Academic Conference on Psychological Health

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Topic: Integration of Transpersonal Therapy

Target Audience Level: Intermediate

Paper Title: Transpersonal Psychology Research of Zen Tea Culture - Exploring the Interaction between Meditation and Psychology

Abstract: Zen meditation is an ancient Eastern spiritual practice that has now been widely integrated with psychological therapeutic methods, becoming an effective means of regulating both mind and body. This research delves into the interaction between Zen meditation and psychology, with a focus on the Zen tea culture of Chinese Chan Buddhism. Under the framework of transpersonal psychology, this study offers a reinterpretation and integration of Zen tea philosophy. It presents a Transpersonal Psychology-based Zen Tea Ceremony, using the Ten Oxherding Pictures as symbolic cues. This tea ceremony combines somatically-oriented healing methods from transpersonal psychology and guides spiritual practice through the ritual of preparing and drinking tea. In the post-pandemic era, this transpersonal lifestyle offers the general public a method to alleviate anxiety, tension, and stress, reducing "psychological entropy," and improving the quality of consciousness.

Keywords: Zen meditation, psychology, Zen tea culture, transpersonal psychology, post-pandemic life

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全球心理学健康学术会议投稿

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索菲亚大学超个人心理学在读博士生

主题范围：超个人疗法的整合

目标受众水平：中级

论文标题：禅茶一味的超个人心理学研究——基于禅修与心理学交互作用的探索

摘要：禅修是古老的东方灵性意识修炼传统，如今已广泛与心理学治疗方法结合，成为一种身心调节的有效方式。本研究探索了禅修与心理学的交互作用，以中国禅宗的禅茶文化为研究对象，在超个人心理学范式下对禅茶思想进行了重新阐释并进行整合研究。形成了一套以禅宗十牛图为象征线索的超个人心理学禅茶茶道。该茶道融合了超个人心理学中躯体取向的疗愈方法，并通过冲饮茶的活动引导禅修的精神实践。在疫情后的生活中，这种超个人生活方式为大众提供了一种缓解焦虑、紧张和压力，降低“精神熵”，提高意识质量的方法。

关键词：禅修，心理学，禅茶文化，超个人心理学，疫情后生活”

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