

HEP Meditation
Insight and Concentration

1. Mindfulness versus
Concentration. From;
*Mindfulness in Plain
English* Bante Henepola
Gunaratana, Ch 14
2. Concentration/Insight
The Deconstruction of the
Self – Ego and
“Egolessness” in Buddhist
Insight Meditation
A Buddhist View of
Emotional Life

From: *psychotherapy
without the self – a
buddhist perspective*, Mark
Epstein (2007, New Haven
and London, Yale U.
Press)

Existential-Integrative Psychotherapy Diploma