

# FREE PUBLIC LECTURE

## THE CORE MECHANISMS OF BUDDHIST SPIRITUALITY



This talk will give particular emphasis to the various psychological tools that can help understand and integrate the transcendent experience of egolessness. We will examine the role and cultivation of mindfulness as a means of developing wisdom and illustrate some of the ways in which modern cognitive neuroscience can further inform the processes and practice of mindfulness meditation. To ground the information into our experience, this talk will include a short practice of mindfulness.

**Speaker:** Dr Bruno Cayoun, clinical psychologist  
**Date/Time:** 22 January 2017, 4.00pm  
**Where?** 20 College Road, Sandy Bay Campus,  
University of Tasmania, Hobart

Presented by The Theosophical Society in Australia  
during its 2017 National Convention