Transforming the 5 Buddhist Emotions
Syllabus
Dr. Gretchen Groth

Class 1
Overview of some basic Buddhist principles underlying Enlightenment and Everyday Reality
Examining how Emotions are defined in the West and the East. What does transformation of emotions look like?
The Five Main Emotions in Buddhism and how they relate to wisdom

Class 2
Exploring one’s questionnaire results.
Examining the many facets of Anger or Aversion: its family characteristics, the personality manifestations of it, the wisdom associated with it, antidotes and methods of working with it.

Class 3
Examining the many facets of Desire or Attraction: its family characteristics, the personality manifestations of it, the wisdom associated with it, antidotes and methods of working with it.

Class 4
Examining the many facets of Pride and of Jealousy: the family characteristics, the personality manifestations of it, the wisdom associated with it, antidotes and methods of working with it.

Class 5
Examining the many facets of Ignoring, Confusion, and Don’t Care: its family characteristics, the personality manifestations of it, the wisdom associated with it, antidotes and methods of working with it.
Additional methods of transformation that can apply to any of these emotions including compassion meditation sample.