Analyst Wilfred Bion saw the quest to uncover ultimate truth as the most essential element of analysis. He used the sign O to refer to absolute truth, a numinous domain of reality, beyond all concepts. This talk will describe how Bion’s O and Buddhist practices converge.

Bion advises a meditative practice for the therapist similar to mindfulness and calm abiding which enables true insight to emerge, which points to the Buddhist union of Shamatha (calm abiding) and Vipashyana (clear insight).

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Judith has been a Buddhist for over thirty years. She has published widely, giving papers, lectures and workshops in Australia, USA, and Europe. Her recent book, 'Being in love: Therapeutic Pathways Through Psychological Obstacles to Love', (Routledge2008) is described by James Grotstein as ‘sweeping, awe-inspiring, fulfilling, erudite’.