

JOINT EVENT

World Congress on **Psychiatry & Psychological Syndromes**29th International Conference on &**Adolescent Medicine and Child Psychology**

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Beyond Mindfulness – the Cessation of Seeking**Tobyn Tribbeck**
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Many people experience an insatiable sense of unworthiness and lack in their lives. This is often a subtle and pernicious feeling, but it drives our choices at every level and is broadly perpetuated by our culture. We seek relief from this sense of unworthiness in many ways; this is often in fleeting moments of satisfaction. However, one can discover that the underlying feeling of lack remains. Generally this only encourages us to seek again, immersing ourselves once more in varying degrees of denial and elaborate coping strategies. There is a deeply held notion with many people that by 'embarking on the spiritual journey' or through self-analysis the answer to our plight will be revealed. Over the Past 15 years there has been a surge of interest in mindfulness as a therapeutic model. Mindfulness is being applied to increasingly diverse range of conditions and the number of academic publications on the subject has grown exponentially. However mindfulness, therapy and self-development are not the answer within themselves. They are the signpost through which the truth can be seen. Development can become a method by which people compare and judge themselves. In short, the same feeling of lack that drove them in their material lives is now driving their spiritual identity. The feeling of one day being good enough and impossibly seeking the infinite in the finite are all very much still at play. At its best our work can only point to the simple wonder of just being, and attempt to illuminate the futility of seeking for it. Neither accepting or rejecting any process, but to expose, without compromise, the singular and fundamental misconception that drives the belief that there is something called a seeker that needs to find something else called fulfilment.

Biography

Tobyn Tribbeck, is currently working as Principle Teacher and Director at Prezent Mind, in UK. Tobyn is an international meditation teacher and mindfulness coach. He runs day workshops, one to one sessions and residential retreats specifically aimed at finding happiness through dropping the 'identity that seeks'. It is the very idea of finding perfection and developing that is cause of our dissatisfaction. This seeking energy is the same pattern that seeks fulfilment in all external sensation and phenomenon His unique and direct approach allows people to see clearly what we 'add' unnecessarily to a situation. With more than thirty years of mindfulness and Zen training,

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