

Thank you, Dr. Marvin Shaub!



It was such a pleasure to have you with us via skype. We really appreciate your time and experience about Buddhism (Buddha and Relational Buddhism), and how you cared about translating your ideas into Spanish.

Regarding the conversation with you, we would like to share our main ideas:

- The biography of Siddharta makes us think about many things: *the way in which we can go through a spiritual path to reach compassion, respect for life and humility; and how a man can break paradigms to open new possibilities towards a spiritual being, and to have such an influence that sets up a beautiful life philosophy.*
- It is impressive how meditation, through many levels of consciousness, can be used as a way to achieve healthy relationships.
- In therapy, as in Buddhism, people transform themselves, it's like a kind of awakening.
- Relational Buddhism is a way to understand that the self is composed by all the relationships that every person maintains (with animals, persons, etc.). By these idea (talking about postmodernity and social constructionism) we can understand the meaning of *relational being* and the numerous possibilities of life and acting each person has.
- The importance Buddhism gives to love, acceptance, compassion and kindness in relationships is similar to the Collaborative Therapy vision about the relationship between therapist and client (respect, invitation, kindness, attention).
- The way in which we, as postmodern therapists, can invite this philosophy of life (Buddhism) to our clinical or social practice, always respecting different ways to see life.

With much appreciation, your *Kanankil* family.