

CONTEMPLATIVE SCIENCE WHERE BUDDHISM AND NEUROSCIENCE CONVERGE BY B ALAN WALLACE

CONTEMPLATIVE SCIENCE WHERE BUDDHISM AND NEUROSCIENCE CONVERGE BY B ALAN WALLACE CONTEMPLATIVE SCIENCE WHERE BUDDHISM AND NEUROSCIENCE CONVERGE BY B ALAN WALLACE META EXPLORE THE FASCINATING INTERSECTION OF BUDDHIST CONTEMPLATIVE PRACTICES AND NEUROSCIENCE IN THIS INSIGHTFUL ARTICLE BY B ALAN WALLACE DISCOVER HOW ANCIENT WISDOM AND MODERN SCIENCE ILLUMINATE THE WORKINGS OF THE MIND AND PAVE THE WAY FOR ENHANCED WELL BEING CONTEMPLATIVE SCIENCE BUDDHISM NEUROSCIENCE MINDFULNESS MEDITATION B ALAN WALLACE MIND TRAINING NEUROPLASTICITY COGNITIVE SCIENCE WELLBEING MENTAL HEALTH THE FLICKERING CANDLE FLAME A SILENT OBSERVER OF THE BUSTLING MONASTERY MIRRORED THE SUBTLE DANCE BETWEEN ANCIENT WISDOM AND CUTTINGEDGE SCIENCE PLAYING OUT WITHIN ITS WALLS THIS IS THE WORLD OF CONTEMPLATIVE SCIENCE A BURGEONING FIELD WHERE THE PROFOUND INSIGHTS OF BUDDHIST CONTEMPLATIVE PRACTICES MEET THE RIGOROUS METHODOLOGY OF NEUROSCIENCE AND FEW HAVE NAVIGATED THIS FASCINATING TERRAIN WITH MORE EXPERTISE AND GRACE THAN B ALAN WALLACE WALLACE A RENOWNED SCHOLAR OF TIBETAN BUDDHISM AND A KEEN ADVOCATE FOR CONTEMPLATIVE SCIENCE DOESNT MERELY JUXTAPOSE THESE SEEMINGLY DISPARATE DISCIPLINES HE REVEALS THEIR INTRICATE INTERCONNECTEDNESS WEAVING A COMPELLING NARRATIVE THAT ILLUMINATES THE HIDDEN PATHWAYS OF THE MIND AND OFFERS A POTENTIAL ROADMAP FOR CULTIVATING WELLBEING HIS WORK ISNT MERELY ACADEMIC ITS A TESTAMENT TO THE POWER OF BRIDGING EAST AND WEST ANCIENT WISDOM AND MODERN INQUIRY IMAGINE THE MIND AS A VAST UNEXPLORED LANDSCAPE FOR CENTURIES BUDDHIST PRACTITIONERS THROUGH MEDITATION AND MINDFULNESS HAVE CHARTED THIS TERRITORY DEVELOPING SOPHISTICATED TECHNIQUES TO NAVIGATE ITS COMPLEXITIES TO TAME ITS WILDNESS AND TO CULTIVATE INNER PEACE NOW NEUROSCIENCE WITH ITS ADVANCED BRAIN IMAGING TECHNOLOGIES LIKE

fMRI AND EEG PROVIDES A POWERFUL LENS TO EXAMINE THIS INNER WORLD CONFIRMING AND EXPANDING UPON THE EXPERIENTIAL WISDOM OF THESE ANCIENT PRACTICES ONE STRIKING EXAMPLE IS THE IMPACT OF MINDFULNESS MEDITATION ON THE BRAIN STUDIES REVEAL THAT CONSISTENT PRACTICE THICKENS THE PREFRONTAL CORTEX THE BRAIN REGION ASSOCIATED WITH EXECUTIVE FUNCTIONS LIKE ATTENTION FOCUS AND EMOTIONAL REGULATION THIS ISNT JUST ABSTRACT THEORY ITS A MEASURABLE CHANGE IN BRAIN STRUCTURE REFLECTING THE TRANSFORMATIVE POTENTIAL OF CONTEMPLATIVE PRACTICES WALLACE OFTEN RECOUNTS THE STORY OF HIS OWN EXPERIENCES WITH MEDITATION DESCRIBING THE PALPABLE SHIFTS IN HIS MENTAL STATE A SUBJECTIVE EXPERIENCE NOW BACKED BY COMPELLING OBJECTIVE EVIDENCE HE EMPHASIZES THAT THESE CHANGES ARENT MERELY SUPERFICIAL THEY REPRESENT A FUNDAMENTAL REWIRING OF THE BRAIN HIGHLIGHTING THE INCREDIBLE PLASTICITY OF OUR MINDS THE CONVERGENCE OF BUDDHISM AND NEUROSCIENCE ALSO SHEDS LIGHT ON THE NATURE OF CONSCIOUSNESS FOR CENTURIES BUDDHIST PHILOSOPHY HAS GRAPPLED WITH THE ELUSIVE NATURE OF CONSCIOUSNESS EXPLORING ITS ORIGINS ITS LIMITATIONS AND ITS POTENTIAL FOR TRANSFORMATION NEUROSCIENCE WHILE NOT OFFERING A DEFINITIVE ANSWER PROVIDES A FRAMEWORK FOR UNDERSTANDING THE NEURAL CORRELATES OF CONSCIOUSNESS ALLOWING SCIENTISTS TO INVESTIGATE THE BRAIN PROCESSES UNDERLYING SUBJECTIVE EXPERIENCES LIKE AWARENESS ATTENTION AND SELF-AWARENESS THIS ISNT ABOUT REPLACING BUDDHIST PHILOSOPHY WITH NEUROSCIENCE BUT RATHER ENRICHING IT WITH NEW PERSPECTIVES AND DATA WALLACES WORK IS PARTICULARLY INSIGHTFUL IN ITS EXPLORATION OF THE DIFFERENT LEVELS OF CONSCIOUSNESS HE SKILLFULLY BRIDGES THE GAP BETWEEN THE SUBJECTIVE EXPERIENCES DESCRIBED IN BUDDHIST TEXTS AND THE OBJECTIVE MEASUREMENTS MADE POSSIBLE BY NEUROSCIENCE HE OFTEN USES THE ANALOGY OF AN ICEBERG OUR EVERYDAY WAKING CONSCIOUSNESS IS JUST THE TIP WHILE VAST LARGELY UNEXPLORED DEPTHS OF MIND REMAIN BENEATH THE SURFACE THESE DEEPER STATES OF CONSCIOUSNESS ACCESSED THROUGH ADVANCED MEDITATIVE PRACTICES ARE INCREASINGLY BEING STUDIED REVEALING PREVIOUSLY UNKNOWN POTENTIALS FOR MENTAL CLARITY EMOTIONAL RESILIENCE AND EVEN ALTERED STATES OF AWARENESS MOREOVER CONTEMPLATIVE SCIENCE OFFERS POWERFUL TOOLS FOR ADDRESSING CONTEMPORARY CHALLENGES IN MENTAL HEALTH MINDFULNESS-BASED INTERVENTIONS ARE INCREASINGLY BEING USED TO TREAT CONDITIONS LIKE ANXIETY DEPRESSION AND PTSD THE EFFECTIVENESS OF THESE INTERVENTIONS ISNT MERELY ANECDOTAL RIGOROUS CLINICAL TRIALS DEMONSTRATE THEIR ABILITY TO ALLEVIATE SYMPTOMS AND IMPROVE OVERALL WELLBEING THIS PROVIDES A POWERFUL VALIDATION OF THE ANCIENT WISDOM EMBEDDED WITHIN

BUDDHIST CONTEMPLATIVE PRACTICES SUGGESTING THAT THESE PRACTICES AREN'T SIMPLY SPIRITUAL EXERCISES BUT HAVE TANGIBLE THERAPEUTIC BENEFITS BEYOND THE CLINICAL APPLICATIONS CONTEMPLATIVE SCIENCE OFFERS A PATH TOWARD CULTIVATING A MORE BALANCED AND FULFILLING LIFE THE PRACTICES OF MINDFULNESS MEDITATION AND COMPASSION TRAINING ONCE CONSIDERED ESOTERIC ARE NOW BEING INTEGRATED INTO DIVERSE AREAS FROM EDUCATION TO BUSINESS REFLECTING A GROWING RECOGNITION OF THEIR TRANSFORMATIVE POTENTIAL

ACTIONABLE TAKEAWAYS

- 3 INCORPORATE MINDFULNESS INTO YOUR DAILY LIFE START WITH JUST A FEW MINUTES EACH DAY FOCUSING ON YOUR BREATH OR SENSORY EXPERIENCES EXPLORE MEDITATION PRACTICES NUMEROUS GUIDED MEDITATIONS ARE AVAILABLE ONLINE AND IN APPS EXPERIMENT TO FIND WHAT RESONATES WITH YOU CULTIVATE COMPASSION PRACTICE EMPATHY AND KINDNESS TOWARDS YOURSELF AND OTHERS SEEK OUT RESOURCES EXPLORE BOOKS WORKSHOPS AND RETREATS ON CONTEMPLATIVE SCIENCE AND MINDFULNESS BE PATIENT AND PERSISTENT THE BENEFITS OF CONTEMPLATIVE PRACTICES OFTEN UNFOLD GRADUALLY

FAQs

- 1 IS CONTEMPLATIVE SCIENCE A REPLACEMENT FOR RELIGIOUS BELIEF NO CONTEMPLATIVE SCIENCE UTILIZES SCIENTIFIC METHODS TO INVESTIGATE THE PHENOMENA EXPLORED IN CONTEMPLATIVE TRADITIONS OFFERING A COMPLEMENTARY APPROACH RATHER THAN A REPLACEMENT
- 2 ARE THERE RISKS ASSOCIATED WITH MEDITATION WHILE GENERALLY SAFE SOME INDIVIDUALS MIGHT EXPERIENCE INITIAL DISCOMFORT OR HEIGHTENED EMOTIONS ITS ADVISABLE TO START SLOWLY AND CONSULT WITH A QUALIFIED INSTRUCTOR IF NEEDED
- 3 HOW LONG DOES IT TAKE TO SEE THE BENEFITS OF MEDITATION THE TIMEFRAME VARIES GREATLY DEPENDING ON INDIVIDUAL FACTORS AND THE TYPE OF PRACTICE MANY PEOPLE REPORT NOTICEABLE CHANGES WITHIN WEEKS OR MONTHS OF CONSISTENT PRACTICE
- 4 CAN CONTEMPLATIVE SCIENCE HELP WITH SPECIFIC MENTAL HEALTH CONDITIONS MINDFULNESSBASED INTERVENTIONS HAVE SHOWN PROMISE IN TREATING CONDITIONS LIKE ANXIETY DEPRESSION AND PTSD HOWEVER ITS CRUCIAL TO CONSULT WITH A MENTAL HEALTH PROFESSIONAL FOR DIAGNOSIS AND TREATMENT
- 5 WHERE CAN I LEARN MORE ABOUT CONTEMPLATIVE SCIENCE B ALAN WALLACES BOOKS AND LECTURES ARE EXCELLENT RESOURCES YOU CAN ALSO EXPLORE ACADEMIC JOURNALS AND WEBSITES DEDICATED TO CONTEMPLATIVE SCIENCE AND MINDFULNESS RESEARCH

THE CONVERGENCE OF BUDDHISM AND NEUROSCIENCE AS CHAMPIONED BY B ALAN WALLACE AND OTHER PIONEERS IN THE FIELD ISN'T SIMPLY AN ACADEMIC EXERCISE ITS A PROFOUND EXPLORATION OF THE HUMAN MIND A TESTAMENT TO THE POWER OF INTERDISCIPLINARY DIALOGUE AND A POTENTIAL PATHWAY TOWARDS GREATER WELLBEING FOR INDIVIDUALS AND SOCIETY AS A WHOLE THE FLICKERING

CANDLE FLAME CONTINUES TO BURN ILLUMINATING THE PATH TOWARDS A DEEPER UNDERSTANDING OF OURSELVES AND THE WORLD AROUND US 4

BEYOND THE SELF CONTEMPLATIVE SCIENCE WHERE BUDDHISM MEETS NEUROSCIENCE NO SELF, NO PROBLEM MIND, BRAIN AND THE PATH TO HAPPINESS
BUDDHA'S BRAIN SIDDHARTHA'S BRAIN JHANA CONSCIOUSNESS MIND BEYOND BRAIN BUDDHA'S BRAIN ZEN-BRAIN REFLECTIONS TWO VIEWS OF MIND
MIND IN THE BALANCE INTEGRATING HYPNOSIS WITH PSYCHOTHERAPY NEURODHARMA MEDITATIONS OF A BUDDHIST SKEPTIC NEUROSCIENCE AND PSYCHOLOGY OF MEDITATION IN EVERYDAY LIFE
THE SCIENTIFIC STUDY OF PERSONAL WISDOM WAKING, DREAMING, BEING ABSORPTION MATTHIEU RICARD B. ALAN WALLACE H.H. THE FOURTEENTH DALAI LAMA CHRIS NIEBAUER DUSANA DORJEE RICK HANSON JAMES KINGSLAND PAUL DENNISON DAVID E. PRESTI RICK HANSON JAMES H. AUSTIN CHRISTOPHER DECHARMS B. ALAN WALLACE DANIEL L. ARAOZ RICK HANSON, PHD B. ALAN WALLACE DUSANA DORJEE MICHEL FERRARI EVAN THOMPSON JOHANNES BRONKHORST

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A BUDDHIST MONK AND ESTEEMED NEUROSCIENTIST DISCUSS THEIR CONVERGING AND DIVERGING VIEWS ON THE MIND AND SELF CONSCIOUSNESS AND THE UNCONSCIOUS FREE WILL AND PERCEPTION AND MORE BUDDHISM SHARES WITH SCIENCE THE TASK OF EXAMINING THE MIND EMPIRICALLY IT HAS PURSUED FOR TWO MILLENNIA DIRECT INVESTIGATION OF THE MIND THROUGH PENETRATING INTROSPECTION NEUROSCIENCE ON THE OTHER HAND RELIES ON THIRD

PERSON KNOWLEDGE IN THE FORM OF SCIENTIFIC OBSERVATION IN THIS BOOK MATTHIEU RICARD A BUDDHIST MONK TRAINED AS A MOLECULAR BIOLOGIST AND WOLF SINGER A DISTINGUISHED NEUROSCIENTIST CLOSE FRIENDS CONTINUING AN ONGOING DIALOGUE OFFER THEIR PERSPECTIVES ON THE MIND THE SELF CONSCIOUSNESS THE UNCONSCIOUS FREE WILL EPISTEMOLOGY MEDITATION AND NEUROPLASTICITY RICARD AND SINGER S WIDE RANGING CONVERSATION STAGES AN ENLIGHTENING AND ENGAGING ENCOUNTER BETWEEN BUDDHISM S WEALTH OF EXPERIENTIAL FINDINGS AND NEUROSCIENCE S ABUNDANCE OF EXPERIMENTAL RESULTS THEY DISCUSS AMONG MANY OTHER THINGS THE DIFFERENCE BETWEEN RUMINATION AND MEDITATION RUMINATION IS THE SCOURGE OF MEDITATION BUT PSYCHOTHERAPY DEPENDS ON IT THE DISTINCTION BETWEEN PURE AWARENESS AND ITS CONTENTS THE BUDDHIST IDEA OR LACK OF ONE OF THE UNCONSCIOUS AND NEUROSCIENCE S PRECISE CRITERIA FOR CONSCIOUS AND UNCONSCIOUS PROCESSES AND THE COMMONALITIES BETWEEN COGNITIVE BEHAVIORAL THERAPY AND MEDITATION THEIR VIEWS DIVERGE RICARD ASSERTS THAT THE THIRD PERSON APPROACH WILL NEVER ENCOUNTER CONSCIOUSNESS AS A PRIMARY EXPERIENCE AND CONVERGE SINGER POINTS OUT THAT THE NEUROSCIENTIFIC UNDERSTANDING OF PERCEPTION AS RECONSTRUCTION IS VERY LIKE THE BUDDHIST ALL DISCRIMINATING WISDOM BUT BOTH KEEP THEIR VISION TRAINED ON UNDERSTANDING FUNDAMENTAL ASPECTS OF HUMAN LIFE

SCIENCE HAS LONG TREATED RELIGION AS A SET OF PERSONAL BELIEFS THAT HAVE LITTLE TO DO WITH A RATIONAL UNDERSTANDING OF THE MIND AND THE UNIVERSE THIS WORK ATTEMPTS TO BRIDGE THIS GAP BY LAUNCHING AN UNBIASED INVESTIGATION INTO THE HISTORY AND PRACTICES OF SCIENCE AND BUDDHIST CONTEMPLATIVE DISCIPLINES

DESIGNED AS A CONVERSATION BETWEEN THE DALAI LAMA AND WESTERN NEUROSCIENTISTS THIS BOOK TAKES READERS ON A JOURNEY THROUGH OPPOSING FIELDS OF THOUGHT SHOWING THAT THEY MAY NOT BE SO OPPOSING AFTER ALL IS THE MIND AN EPHEMERAL SIDE EFFECT OF THE BRAIN S PHYSICAL PROCESSES ARE THERE FORMS OF CONSCIOUSNESS SO SUBTLE THAT SCIENCE HAS NOT YET IDENTIFIED THEM HOW DOES CONSCIOUSNESS HAPPEN ORGANIZED BY THE MIND AND LIFE INSTITUTE THIS DISCUSSION ADDRESSES SOME OF THE MOST TROUBLESOME QUESTIONS THAT HAVE DRIVEN A WEDGE

BETWEEN WESTERN SCIENCE AND RELIGION EDITED BY ZARA HOUSHMAND ROBERT B LIVINGSTON AND B ALAN WALLACE WHERE BUDDHISM MEETS NEUROSCIENCE IS THE CULMINATION OF MEETINGS BETWEEN THE DALAI LAMA AND A GROUP OF EMINENT NEUROSCIENTISTS AND PSYCHIATRISTS THE DALAI LAMA S INCISIVE OPEN MINDED APPROACH BOTH CHALLENGES AND OFFERS INSPIRATION TO WESTERN SCIENTISTS THIS BOOK WAS PREVIOUSLY PUBLISHED UNDER THE TITLE CONSCIOUSNESS AT THE CROSSROADS

WHILE IN GRAD SCHOOL IN THE EARLY 1990S CHRIS NIEBAUER BEGAN TO NOTICE STRIKING PARALLELS BETWEEN THE LATEST DISCOVERIES IN PSYCHOLOGY NEUROSCIENCE AND THE TEACHINGS OF BUDDHISM TAOISM AND OTHER SCHOOLS OF EASTERN THOUGHT WHEN HE PRESENTED HIS FINDINGS TO A PROFESSOR HIS IDEAS WERE QUICKLY DISMISSED AS PURE COINCIDENCE NOTHING MORE FAST FORWARD 20 YEARS LATER AND NIEBAUER IS A PHD AND A TENURED PROFESSOR AND THE BUDDHIST NEUROSCIENCE CONNECTION HE FOUND AS A STUDENT IS PRACTICALLY ITS OWN GENRE IN THE BOOKSTORE BUT ACCORDING TO NIEBAUER WE ARE JUST BEGINNING TO UNDERSTAND THE LINK BETWEEN EASTERN PHILOSOPHY AND THE LATEST FINDINGS IN PSYCHOLOGY AND NEUROSCIENCE AND WHAT THESE ASSIMILATED IDEAS MEAN FOR THE HUMAN EXPERIENCE IN THIS GROUNDBREAKING BOOK NIEBAUER WRITES THAT THE LATEST RESEARCH IN NEUROPSYCHOLOGY IS NOW CONFIRMING A FUNDAMENTAL TENET OF BUDDHISM WHAT IS CALLED ANATTA OR THE DOCTRINE OF NO SELF NIEBAUER WRITES THAT OUR SENSE OF SELF OR WHAT WE COMMONLY REFER TO AS THE EGO IS AN ILLUSION CREATED ENTIRELY BY THE LEFT SIDE OF THE BRAIN NIEBAUER IS QUICK TO POINT OUT THAT THIS DOESN T MEAN THAT THE SELF DOESN T EXIST BUT RATHER THAT IT DOES SO IN THE SAME WAY THAT A MIRAGE IN THE MIDDLE OF THE DESERT EXISTS AS A THOUGHT RATHER THAN A THING HIS CONCLUSIONS HAVE SIGNIFICANT RAMIFICATIONS FOR MUCH OF MODERN PSYCHOLOGICAL MODALITIES WHICH HE SAYS ARE SPENDING MUCH OF THEIR TIME TRYING TO FIX SOMETHING THAT ISN T THERE WHAT MAKES THIS BOOK UNIQUE IS THAT NIEBAUER OFFERS A SERIES OF EXERCISES TO ALLOW THE READER TO EXPERIENCE THIS TRUTH FOR HIM OR HERSELF AS WELL AS ADDITIONAL TOOLS AND PRACTICES TO USE AFTER READING THE BOOK ALL OF WHICH ARE DESIGNED TO CHANGE THE WAY WE EXPERIENCE THE WORLD A WAY THAT IS BASED ON BEING RATHER THAN THINKING

MIND BRAIN AND THE PATH TO HAPPINESS PRESENTS A CONTEMPORARY ACCOUNT OF TRADITIONAL BUDDHIST MIND TRAINING AND THE PURSUIT OF WELLBEING AND HAPPINESS IN THE CONTEXT OF THE LATEST RESEARCH IN PSYCHOLOGY AND THE NEUROSCIENCE OF MEDITATION FOLLOWING THE TIBETAN BUDDHIST TRADITION OF DZOGCHEN THE BOOK GUIDES THE READER THROUGH THE GRADUAL STEPS IN TRANSFORMATION OF THE PRACTITIONER S MIND AND BRAIN ON THE PATH TO ADVANCED STATES OF BALANCE GENUINE HAPPINESS AND WELLBEING DUSANA DORJEE EXPLAINS HOW THE MIND TRAINING IS GROUNDED IN PHILOSOPHICAL AND EXPERIENTIAL EXPLORATION OF THE NOTIONS OF HAPPINESS AND HUMAN POTENTIAL AND HOW IT REFINES ATTENTION SKILLS AND CULTIVATES EMOTIONAL BALANCE IN TRAINING OF MINDFULNESS META AWARENESS AND DEVELOPMENT OF HEALTHY EMOTIONS THE BOOK OUTLINES HOW THE PRACTITIONER CAN EXPLORE SUBTLE ASPECTS OF CONSCIOUS EXPERIENCE IN ORDER TO RECOGNIZE THE NATURE OF THE MIND AND REALITY AT EACH OF THE STEPS ON THE PATH THE BOOK PROVIDES NOVEL INSIGHTS INTO SIMILARITIES AND DIFFERENCES BETWEEN BUDDHIST ACCOUNTS AND CURRENT PSYCHOLOGICAL AND NEUROSCIENTIFIC THEORIES AND EVIDENCE THROUGHOUT THE BOOK THE AUTHOR SKILFULLY COMBINES BUDDHIST PSYCHOLOGY AND WESTERN SCIENTIFIC RESEARCH WITH EXAMPLES OF MEDITATION PRACTICES HIGHLIGHTING THE ULTIMATELY PRACTICAL NATURE OF BUDDHIST MIND TRAINING MIND BRAIN AND THE PATH TO HAPPINESS IS AN IMPORTANT BOOK FOR HEALTH PROFESSIONALS AND EDUCATORS WHO TEACH OR APPLY MINDFULNESS AND MEDITATION BASED TECHNIQUES IN THEIR WORK AS WELL AS FOR RESEARCHERS AND STUDENTS INVESTIGATING THESE TECHNIQUES BOTH IN A CLINICAL CONTEXT AND IN THE EMERGING FIELD OF CONTEMPLATIVE SCIENCE

CHANGE YOUR BRAIN CHANGE YOUR LIFE THAT S THE MESSAGE OF THIS SELF HELP CLASSIC NOW CELEBRATING 15 YEARS IN PRINT WITH MORE THAN 500 000 COPIES SOLD IN BUDDHA S BRAIN NEUROSCIENTIST AND NEW YORK TIMES BESTSELLING AUTHOR RICK HANSON DRAWS ON BREAKTHROUGHS IN NEUROSCIENCE TO SHOW READERS HOW TO DEVELOP GREATER HAPPINESS LOVE AND WISDOM THIS SPECIAL ANNIVERSARY EDITION ALSO INCLUDES A NEW INTRODUCTION FROM THE AUTHOR

WINNER OF THE GOLD PRIZE FOR RELIGION SPIRITUALITY OF EASTERN THOUGHT AT THE 2016 NAUTILUS BOOK AWARDS CAN MEDITATION AND

MINDFULNESS EXERCISE MAKE US SHARPER SMARTER HEALTHIER HAPPIER IN SIDDHARTHA S BRAIN JAMES KINGSLAND REVEALS THAT A COMPLETE SCIENTIFIC THEORY OF HOW THESE PRACTICES WORK IS NOW WITHIN OUR GRASP AND MAY BE THE KEY TO TREATING A WIDE RANGE OF AFFLICTIONS OF THE HUMAN MIND SOME TWENTY FIVE CENTURIES AGO AN INDIAN SAGE CALLED SIDDHARTHA GAUTAMA THE MAN WHO WOULD BECOME KNOWN AS THE BUDDHA DEVELOPED A PROGRAMME FOR IMPROVING MENTAL WELL BEING WHICH HAS BEEN PASSED DOWN TO US BY GENERATIONS OF MONKS AND NUNS TODAY SECULAR MINDFULNESS COURSES ARE PROVING THEIR WORTH FOR TACKLING MANY OF THE PROBLEMS ASSOCIATED WITH THE DEMANDS OF OUR FRENETIC TECHNOLOGY DRIVEN MODERN WORLD RESEARCH HAS SHOWN THAT MINDFULNESS CAN BE USED TO TREAT STRESS ANXIETY DEPRESSION CHRONIC PAIN HYPERTENSION AND DRUG ADDICTION AS WELL AS IMPROVING CONCENTRATION EMPATHY EMOTION REGULATION AND THE QUALITY OF INTERPERSONAL RELATIONSHIPS THERE HAVE EVEN BEEN HINTS THAT IT COULD ENHANCE IMMUNE FUNCTION SLOW CELLULAR AGEING AND HELP KEEP DEMENTIA AT BAY TAKING US ON A JOURNEY BACK TO THE TIME OF THE BUDDHA TO TRACK CHANGES IN HIS BRAIN AS HE TRAVELS THE PATH LEADING TO ENLIGHTENMENT SIDDHARTHA S BRAIN EXPLAINS HOW MEDITATION AND MINDFULNESS TRANSFORM THE HUMAN MIND

AN INTERDISCIPLINARY DEEP DIVE INTO BUDDHIST JHĀNA MEDITATION AND HOW IT CAN TRANSFORM OUR UNDERSTANDING OF SELF AND CONSCIOUSNESS STATES OF PROFOUND MEDITATIVE CONCENTRATION THE JHĀNAS ARE CENTRAL TO THE EARLIEST BUDDHIST TEACHINGS FOR CENTURIES IN SOUTHEAST ASIA ORAL YOGĀ VĀCARA YOGA PRACTITIONER LINEAGES KEPT TRADITIONAL JHĀNA PRACTICES ALIVE BUT IN THE NINETEENTH AND TWENTIETH CENTURIES REFORMS IN THERAVĀDA BUDDHISM DOWNPLAYED THE IMPORTANCE OF JHĀNA IN FAVOR OF VIPASSANĀ INSIGHT MEDITATION SOME BEGAN TO CONSIDER THE JHĀNAS TO BE STRICTLY THE DOMAIN OF MONASTICS UNATTAINABLE IN THE CONTEXT OF MODERN LAY LIFE IN RECENT YEARS HOWEVER THERE HAS BEEN A RESURGENCE OF INTEREST IN THE JHĀNAS AND AS RESEARCHER PAUL DENNISON SHOWS THE ESOTERIC AND SOMETIMES MAGICAL PRE REFORM PRACTICES OF SOUTHEAST ASIA HOLD POWERFUL POTENTIAL FOR MODERN LAY PRACTITIONERS LIVING IN A MORE SCIENTIFICALLY MINDED WORLD DRAWING ON TRADITIONAL BUDDHIST DOCTRINE TEACHINGS FROM LESSER KNOWN MEDITATION TEXTS SUCH AS THE YOGĀ VĀCARA S MANUAL AND FINDINGS FROM THE FIRST IN DEPTH PEER REVIEWED NEUROSCIENCE STUDY OF JHĀNA MEDITATION DENNISON UNPACKS THIS ANCIENT PRACTICE IN ALL ITS NUANCE WHILE

POSING NOVEL QUESTIONS ABOUT PERCEPTION SUBJECTIVITY AND THE NATURE OF ENLIGHTENMENT

AMONG THE MOST PROFOUND QUESTIONS WE CONFRONT ARE THE NATURE OF WHAT AND WHO WE ARE AS CONSCIOUS BEINGS AND HOW THE HUMAN MIND RELATES TO THE REST OF WHAT WE CONSIDER REALITY FOR MILLENNIA PHILOSOPHERS SCIENTISTS AND RELIGIOUS THINKERS HAVE ATTEMPTED ANSWERS PERHAPS NONE MORE MEANINGFUL TODAY THAN THOSE OFFERED BY NEUROSCIENCE AND BY BUDDHISM THE ENCOUNTER BETWEEN THESE TWO WORLDVIEWS HAS SPURRED ONGOING CONVERSATIONS ABOUT WHAT SCIENCE AND BUDDHISM CAN TEACH EACH OTHER ABOUT MIND AND REALITY IN MIND BEYOND BRAIN THE NEUROSCIENTIST DAVID E PRESTI WITH THE ASSISTANCE OF OTHER DISTINGUISHED RESEARCHERS EXPLORES HOW EVIDENCE FOR ANOMALOUS PHENOMENA SUCH AS NEAR DEATH EXPERIENCES APPARENT MEMORIES OF PAST LIVES APPARITIONS EXPERIENCES ASSOCIATED WITH DEATH AND OTHER SO CALLED PSI OR PARANORMAL PHENOMENA INCLUDING TELEPATHY CLAIRVOYANCE AND PRECOGNITION CAN INFLUENCE THE BUDDHISM SCIENCE CONVERSATION PRESTI DESCRIBES THE EXTENSIVE BUT FREQUENTLY UNACKNOWLEDGED HISTORY OF SCIENTIFIC INVESTIGATION INTO THESE PHENOMENA DEMONSTRATING ITS RELEVANCE TO QUESTIONS ABOUT CONSCIOUSNESS AND REALITY THE NEW PERSPECTIVES OPENED UP IF WE ARE WILLING TO TAKE EVIDENCE OF SUCH OFTEN OFF LIMITS TOPICS SERIOUSLY OFFER SIGNIFICANT CHALLENGES TO DOMINANT EXPLANATORY PARADIGMS AND RAISE THE PROSPECT THAT WE MAY BE POISED FOR TRULY REVOLUTIONARY DEVELOPMENTS IN THE SCIENTIFIC INVESTIGATION OF MIND MIND BEYOND BRAIN REPRESENTS THE NEXT LEVEL IN THE SCIENCE AND BUDDHISM DIALOGUE

BLENDING MODERN NEUROSCIENCE WITH ANCIENT BUDDHIST TEACHING EXPLAINS HOW ELEMENTS OF PSYCHOLOGICAL WELL BEING AND SPIRITUAL AWARENESS ARE BASED IN THE CORE FUNCTIONS OF THE BRAIN AND OFFERS EXERCISES TO HELP REWIRE THE BRAIN TO ACHIEVE PEACE HAPPINESS AND WISDOM

A SEQUEL TO THE POPULAR ZEN AND THE BRAIN FURTHER EXPLORES PIVOTAL POINTS OF INTERSECTION IN ZEN BUDDHISM NEUROSCIENCE AND CONSCIOUSNESS ARRIVING AT A NEW SYNTHESIS OF INFORMATION FROM BOTH NEUROSCIENCE RESEARCH AND ZEN STUDIES THIS SEQUEL TO THE WIDELY READ ZEN AND THE BRAIN CONTINUES JAMES AUSTIN S EXPLORATIONS INTO THE KEY INTERRELATIONSHIPS BETWEEN ZEN BUDDHISM AND BRAIN RESEARCH IN

ZEN BRAIN REFLECTIONS AUSTIN A CLINICAL NEUROLOGIST RESEARCHER AND ZEN PRACTITIONER EXAMINES THE EVOLVING PSYCHOLOGICAL PROCESSES AND BRAIN CHANGES ASSOCIATED WITH THE PATH OF LONG RANGE MEDITATIVE TRAINING AUSTIN DRAWS NOT ONLY ON THE LATEST NEUROSCIENCE RESEARCH AND NEW NEUROIMAGING STUDIES BUT ALSO ON ZEN LITERATURE AND HIS PERSONAL EXPERIENCE WITH ALTERNATE STATES OF CONSCIOUSNESS ZEN BRAIN REFLECTIONS TAKES UP WHERE THE EARLIER BOOK LEFT OFF IT ADDRESSES SUCH QUESTIONS AS HOW DO PLACEBOS AND ACUPUNCTURE CHANGE THE BRAIN CAN NEUROIMAGING STUDIES LOCALIZE THE SITES WHERE OUR NOTIONS OF SELF ARISE HOW CAN THE LATEST BRAIN IMAGING METHODS MONITOR MEDITATORS MORE EFFECTIVELY HOW DO LONG YEARS OF MEDITATIVE TRAINING PLUS BRIEF ENLIGHTENED STATES PRODUCE PIVOTAL TRANSFORMATIONS IN THE PHYSIOLOGY OF THE BRAIN IN MANY CHAPTERS TESTABLE HYPOTHESES SUGGEST WAYS TO CORRELATE NORMAL BRAIN FUNCTIONS AND MEDITATIVE TRAINING WITH THE PHENOMENA OF EXTRAORDINARY STATES OF CONSCIOUSNESS AFTER BRIEFLY INTRODUCING THE TOPIC OF ZEN AND DESCRIBING RECENT RESEARCH INTO MEDITATION AUSTIN REVIEWS THE LATEST STUDIES ON THE AMYGDALA FRONTOTEMPORAL INTERACTIONS AND PARALIMBIC EXTENSIONS OF THE LIMBIC SYSTEM HE THEN EXPLORES DIFFERENT STATES OF CONSCIOUSNESS BOTH THE EARLY SUPERFICIAL ABSORPTIONS AND THE LATER MAJOR PEAK EXPERIENCES THIS DISCUSSION BEGINS WITH THE STATES CALLED KENSHO AND SATORI AND INCLUDES A FRESH ANALYSIS OF THEIR SEVERAL DIFFERENT EXPRESSIONS OF ONENESS HE POINTS BEYOND THE STILL MORE ADVANCED STATES TOWARD THAT RARE ONGOING STAGE OF ENLIGHTENMENT THAT IS MANIFEST AS SAGE WISDOM FINALLY WITH REFERENCE TO A DELAYED MOONLIGHT PHASE OF KENSHO AUSTIN ENVISIONS NOVEL LINKS BETWEEN MIGRAINES AND METAPHORS MOONLIGHT AND MYSTICISM THE ZEN PERSPECTIVE ON THE SELF AND CONSCIOUSNESS IS AN ANCIENT ONE READERS WILL DISCOVER HOW RELEVANT ZEN IS TO THE NEUROSCIENCES AND HOW EACH FIELD CAN ILLUMINATE THE OTHER

SCIENTISTS COMPARES AND CONTRASTS THE BUDDHISTS THEORY OF PERCEPTION AND WESTERN NEUROSCIENCE

BY ESTABLISHING A DIALOGUE IN WHICH THE MEDITATIVE PRACTICES OF BUDDHISM AND CHRISTIANITY SPEAK TO THE THEORIES OF MODERN PHILOSOPHY AND SCIENCE B ALAN WALLACE REVEALS THE THEORETICAL SIMILARITIES UNDERLYING THESE DISPARATE DISCIPLINES AND THEIR UNIFIED APPROACH TO

MAKING SENSE OF THE OBJECTIVE WORLD WALLACE BEGINS BY EXPLORING THE RELATIONSHIP BETWEEN CHRISTIAN AND BUDDHIST MEDITATIVE PRACTICES HE OUTLINES A SEQUENCE OF MEDITATIONS THE READER CAN UNDERTAKE SHOWING THAT THOUGH BUDDHISM AND CHRISTIANITY DIFFER IN THEIR BELIEF SYSTEMS THEIR METHODS OF COGNITIVE INQUIRY PROVIDE SIMILAR INSIGHT INTO THE NATURE AND ORIGINS OF CONSCIOUSNESS FROM THIS CONVERGENCE WALLACE THEN CONNECTS THE APPROACHES OF CONTEMPORARY COGNITIVE SCIENCE QUANTUM MECHANICS AND THE PHILOSOPHY OF THE MIND HE LINKS BUDDHIST AND CHRISTIAN VIEWS TO THE PROVOCATIVE PHILOSOPHICAL THEORIES OF HILARY PUTNAM CHARLES TAYLOR AND BAS VAN FRAASSEN AND HE SEAMLESSLY INCORPORATES THE WORK OF SUCH PHYSICISTS AS ANTON ZEILINGER JOHN WHEELER AND STEPHEN HAWKING COMBINING A CONCRETE ANALYSIS OF CONCEPTIONS OF CONSCIOUSNESS WITH A GUIDE TO CULTIVATING MINDFULNESS AND PROFOUND CONTEMPLATIVE PRACTICE WALLACE TAKES THE SCIENTIFIC AND INTELLECTUAL MAPPING OF THE MIND IN EXCITING NEW DIRECTIONS

PSYCHOTHERAPY IS A SCIENTIFICALLY PROVEN FORM OF TREATMENT AND NEUROSCIENCE HAS JUSTIFIED HYPNOSIS AS A CONVENIENT METHOD TO TRAIN OUR MINDS TO CHANGE OUR BRAINS HOWEVER HYPNOSIS REMAINS WIDELY MISUNDERSTOOD THIS VOLUME CLEARS UP MANY MISCONCEPTIONS SURROUNDING THE PRACTICE BY EXPLORING IT AS A PART OF PSYCHODYNAMIC PSYCHOTHERAPY IN THIS CONTEXT HYPNOSIS INVOLVES THE ACTIVATION OF THE PATIENT S FANTASY TO CREATE A NEW INNER REALITY OF THE SELF SO THAT THIS REALITY CAN TAKE THE PLACE OF THE OLD ONE FOR PERSONAL ENRICHMENT OF THE INDIVIDUAL PRESENTING NEW EVIDENCE FROM NEUROSCIENCE AND THE ANCIENT WISDOM OF BUDDHISM AND DETAILING MANY SHORT CASE STUDIES THIS WORK REVEALS THE ESSENCE OF HYPNOSIS AND DEMONSTRATES THE BENEFITS OF THIS OFTEN MISUNDERSTOOD MIND ACTIVITY

LOS ANGELES TIMES BESTSELLER AN EASY TO FOLLOW ROAD MAP FOR CREATING DAY TO DAY INNER PEACE IN TODAY S INCREASINGLY COMPLEX WORLD LORI GOTTLIEB MFT NEW YORK TIMES BESTSELLING AUTHOR OF MAYBE YOU SHOULD TALK TO SOMEONE THROUGHOUT HISTORY PEOPLE HAVE SOUGHT THE HEIGHTS OF HUMAN POTENTIAL TO BECOME AS WISE AND STRONG HAPPY AND LOVING AS ANY PERSON CAN EVER BE AND NOW RECENT SCIENCE IS REVEALING HOW THESE REMARKABLE WAYS OF BEING ARE BASED ON EQUALLY REMARKABLE CHANGES IN OUR OWN NERVOUS SYSTEM MAKING THEM MORE

ATTAINABLE THAN EVER BEFORE IN NEURODHARMA THE FOLLOW UP TO HIS CLASSIC BUDDHA S BRAIN NEW YORK TIMES BESTSELLING AUTHOR RICK HANSON PHD NOT ONLY EXPLORES THE NEW NEUROSCIENCE OF AWAKENING BUT ALSO OFFERS A BOLD YET PLAUSIBLE PLAN FOR REVERSE ENGINEERING PEAK EXPERIENCES SENSE OF ONENESS AND EVEN ENLIGHTENMENT ITSELF AND HE DOES SO WITH HIS TRADEMARK BLEND OF SOLID SCIENCE AND WARM ENCOURAGEMENT GUIDING YOU ALONG THIS HIGH REACHING PATH WITH GOOD HUMOR ACCESSIBLE TOOLS AND PERSONAL EXAMPLES A GROUNDBREAKING YET PRACTICAL BOOK NEURODHARMA SHARES SEVEN PRACTICES FOR STRENGTHENING THE NEURAL CIRCUITRY OF PROFOUND CONTENTMENT AND INNER PEACE QUALITIES THAT OFFER ESSENTIAL SUPPORT IN EVERYDAY LIFE WHILE ALSO SUPPORTING THE EXPLORATION OF THE MOST RADICAL REACHES OF HUMAN CONSCIOUSNESS STEP BY STEP THIS BOOK EXPLAINS HOW TO APPLY THESE INSIGHTS IN ORDER TO CULTIVATE UNSHAKABLE PRESENCE OF MIND A COURAGEOUS HEART AND SERENITY IN A CHANGING WORLD THE BREAKTHROUGHS OF THE GREAT TEACHERS ARE NOT RESERVED FOR THE CHOSEN FEW DR HANSON SHOWS HOW WE CAN EMBODY THEM OURSELVES IN DAILY LIFE TO HANDLE STRESS HEAL OLD PAIN FEEL AT EASE WITH OTHERS AND REST IN THE SENSE OF OUR NATURAL GOODNESS THE BUDDHA DIDN T USE AN MRI TO BECOME ENLIGHTENED STILL 2 500 YEARS AFTER HE WALKED THE DUSTY ROADS OF NORTHERN INDIA NEUROSCIENTISTS ARE DISCOVERING THE MECHANISMS OF THE BRAIN THAT UNDERPIN THE BUDDHA S PENETRATING ANALYSIS OF THE MIND WITH DEEP RESEARCH STORIES GUIDED MEDITATIONS EXAMPLES AND APPLICATIONS DR HANSON OFFERS A FASCINATING INSPIRING VISION OF WHO WE CAN BE AND AN EFFECTIVE PATH FOR FULFILLING THIS WONDERFUL POSSIBILITY

A SCHOLAR OF BOTH SPIRITUALITY AND SCIENCE PROPOSES A RADICAL APPROACH TO STUDYING THE MIND WITH THE GOAL OF RESTORING HUMAN NATURE AND TRANSCENDING IT RENOWNED BUDDHIST PHILOSOPHER B ALAN WALLACE REASSERTS THE POWER OF SHAMATHA AND VIPASHYANA TRADITIONAL BUDDHIST MEDITATIONS TO CLARIFY THE MIND S ROLE IN THE NATURAL WORLD RAISING PROFOUND QUESTIONS ABOUT HUMAN NATURE FREE WILL AND EXPERIENCE VERSUS DOGMA WALLACE CHALLENGES THE CLAIM THAT CONSCIOUSNESS IS NOTHING MORE THAN AN EMERGENT PROPERTY OF THE BRAIN WITH LITTLE RELATION TO UNIVERSAL EVENTS RATHER HE MAINTAINS THAT THE OBSERVER IS ESSENTIAL TO MEASURING QUANTUM SYSTEMS AND THAT MENTAL PHENOMENA HOWEVER CONCEIVED INFLUENCE BRAIN FUNCTION AND BEHAVIOR WALLACE EMBARKS ON A TWO PART MISSION TO RESTORE

HUMAN NATURE AND TO TRANSCEND IT HE BEGINS BY EXPLAINING THE VALUE OF SKEPTICISM IN BUDDHISM AND SCIENCE AND THE DIFFICULTY OF MERGING THEIR EXPERIENTIAL METHODS OF INQUIRY YET WALLACE ALSO PROVES THAT BUDDHIST VIEWS ON HUMAN NATURE AND THE POSSIBILITY OF FREE WILL LIBERATE US FROM THE METAPHYSICAL CONSTRAINTS OF SCIENTIFIC MATERIALISM HE THEN EXPLORES THE RADICAL EMPIRICISM INSPIRED BY WILLIAM JAMES AND APPLIES IT TO INDIAN BUDDHIST PHILOSOPHY S FOUR SCHOOLS AND THE GREAT PERFECTION SCHOOL OF TIBETAN BUDDHISM SINCE BUDDHISM BEGINS WITH THE ASSERTION THAT IGNORANCE LIES AT THE ROOT OF ALL SUFFERING AND THAT THE PATH TO FREEDOM IS REACHED THROUGH KNOWLEDGE BUDDHIST PRACTICE CAN BE VIEWED AS A PROGRESSION FROM AGNOSTICISM NOT KNOWING TO GnosticISM KNOWING ACQUIRED THROUGH THE MAINTENANCE OF EXCEPTIONAL MENTAL HEALTH MINDFULNESS AND INTROSPECTION WALLACE DISCUSSES THESE TOPICS IN DETAIL IDENTIFYING SIMILARITIES AND DIFFERENCES BETWEEN SCIENTIFIC AND BUDDHIST UNDERSTANDING AND HE CONCLUDES WITH AN EXPLANATION OF SHAMATHA AND VIPASHYANA AND THEIR POTENTIAL FOR REALIZING THE FULL NATURE ORIGINS AND POTENTIAL OF CONSCIOUSNESS HIS RANGE AND DEPTH OF KNOWLEDGE IS ASTOUNDING AND HIS LINKING OF THIS KNOWLEDGE TO THE PRACTICES AND VIEWS OF SCIENCE IS UNIQUE ARTHUR ZAJONC AUTHOR OF CATCHING THE LIGHT

NEUROSCIENCE AND PSYCHOLOGY OF MEDITATION IN EVERYDAY LIFE ADDRESSES ESSENTIAL AND TIMELY QUESTIONS ABOUT THE RESEARCH AND PRACTICE OF MEDITATION AS A PATH TO REALIZATION OF HUMAN POTENTIAL FOR HEALTH AND WELL BEING BALANCING PRACTICAL CONTENT AND SCIENTIFIC THEORY THE BOOK DISCUSSES LONG TERM EFFECTS OF SIX MEDITATION PRACTICES MINDFULNESS COMPASSION VISUALIZATION BASED MEDITATION TECHNIQUES DREAM YOGA INSIGHT BASED MEDITATION AND ABIDING IN THE EXISTENTIAL GROUND OF EXPERIENCE EACH CHAPTER PROVIDES ADVICE ON HOW TO EMBED THESE TECHNIQUES INTO EVERYDAY ACTIVITIES TOGETHER WITH CONSIDERATIONS ABOUT UNDERLYING CHANGES IN THE MIND AND BRAIN BASED ON LATEST RESEARCH EVIDENCE THIS BOOK IS ESSENTIAL READING FOR PROFESSIONALS APPLYING MEDITATION BASED TECHNIQUES IN THEIR WORK AND RESEARCHERS IN THE EMERGING FIELD OF CONTEMPLATIVE SCIENCE THE BOOK WILL ALSO BE OF VALUE TO PRACTITIONERS OF MEDITATION SEEKING TO FURTHER THEIR PRACTICE AND UNDERSTAND ASSOCIATED CHANGES IN THE MIND AND BRAIN

THE RICH AND DIVERSE CONTRIBUTIONS TO THIS VOLUME SPAN A WIDE VARIETY OF DISCIPLINES FROM PSYCHOLOGY AND PHILOSOPHY TO NEUROSCIENCE BY SOME OF THE MOST INFLUENTIAL SCHOLARS IN THE EMERGING SCIENCE OF PERSONAL WISDOM AS SUCH IT IS A COLLECTION OF ESSENTIAL READINGS AND THE FIRST PUBLICATION TO INTEGRATE BOTH THE SPIRITUAL AND PRAGMATIC DIMENSIONS OF PERSONAL WISDOM THE CONTENT OF THE BOOK GOES BEYOND SPECULATIVE THEORY TO PRESENT A WEALTH OF SCIENTIFIC RESEARCH CURRENTLY UNDER WAY IN THIS EXPANDING FIELD IT ALSO DESCRIBES NUMEROUS PROMISING METHODS NOW BEING DEPLOYED IN THE QUEST FOR SCIENTIFIC KNOWLEDGE OF THE ELUSIVE YET CRITICAL PHENOMENON OF PERSONAL WISDOM THE BOOK IS AN EXCELLENT INTRODUCTION TO THE FIELD FOR NOVICE RESEARCHERS AS WELL AS A STIMULATING AND ENLIGHTENING RESOURCE FOR ESTABLISHED EXPERTS ITS BROAD APPEAL MAKES IT A VITAL ADDITION TO THE LIBRARIES OF ACADEMICS AND PRACTITIONERS IN MANY DISCIPLINES FROM DEVELOPMENTAL PSYCHOLOGY TO GERONTOLOGY AND FROM PHILOSOPHY TO CONTEMPLATIVE RELIGIOUS TRADITIONS SUCH AS BUDDHISM

A RENOWNED PHILOSOPHER OF THE MIND ALSO KNOWN FOR HIS GROUNDBREAKING WORK ON BUDDHISM AND COGNITIVE SCIENCE EVAN THOMPSON COMBINES THE LATEST NEUROSCIENCE RESEARCH ON SLEEP DREAMING AND MEDITATION WITH INDIAN AND WESTERN PHILOSOPHY OF MIND CASTING NEW LIGHT ON THE SELF AND ITS RELATION TO THE BRAIN THOMPSON SHOWS HOW THE SELF IS A CHANGING PROCESS NOT A STATIC THING WHEN WE ARE AWAKE WE IDENTIFY WITH OUR BODY BUT IF WE LET OUR MIND WANDER OR DAYDREAM WE PROJECT A MENTALLY IMAGINED SELF INTO THE REMEMBERED PAST OR ANTICIPATED FUTURE AS WE FALL ASLEEP THE IMPRESSION OF BEING A BOUNDED SELF DISTINCT FROM THE WORLD DISSOLVES BUT THE SELF REAPPEARS IN THE DREAM STATE IF WE HAVE A LUCID DREAM WE NO LONGER IDENTIFY ONLY WITH THE SELF WITHIN THE DREAM OUR SENSE OF SELF NOW INCLUDES OUR DREAMING SELF THE I AS DREAMER FINALLY AS WE MEDITATE EITHER IN THE WAKING STATE OR IN A LUCID DREAM WE CAN OBSERVE WHATEVER IMAGES OR THOUGHTS ARISE AND HOW WE TEND TO IDENTIFY WITH THEM AS ME WE CAN ALSO EXPERIENCE SHEER AWARENESS ITSELF DISTINCT FROM THE CHANGING CONTENTS THAT MAKE UP OUR IMAGE OF THE SELF CONTEMPLATIVE TRADITIONS SAY THAT WE CAN LEARN TO LET GO OF THE SELF SO THAT WHEN WE DIE WE CAN WITNESS ITS DISSOLUTION WITH EQUANIMITY THOMPSON WEAVES TOGETHER NEUROSCIENCE PHILOSOPHY AND PERSONAL NARRATIVE TO DEPICT THESE TRANSFORMATIONS ADDING UNCOMMON DEPTH TO LIFE S PROFOUND QUESTIONS CONTEMPLATIVE EXPERIENCE COMES TO

ILLUMINATE SCIENTIFIC FINDINGS AND SCIENTIFIC EVIDENCE ENRICHES THE VAST KNOWLEDGE ACQUIRED BY CONTEMPLATIVES

THIS BOOK ARGUES FOR THE CENTRAL ROLE PLAYED BY ABSORPTION IN THE FUNCTIONING OF THE HUMAN MIND THE IMPORTANCE OF ABSORPTION MAKES ITSELF FELT IN DIFFERENT WAYS THE TWO STUDIES COMBINED IN THIS BOOK CONCENTRATE ON TWO OF THEM THE FIRST STUDY ARGUES THAT LARGELY AS A RESULT OF LANGUAGE ACQUISITION HUMANS HAVE TWO LEVELS OF COGNITION WHICH IN NORMAL CIRCUMSTANCES ARE SIMULTANEOUSLY ACTIVE MENTAL ABSORPTION IS A OR THE MEANS TO CIRCUMVENT SOME PERHAPS ALL OF THE ASSOCIATIONS THAT CHARACTERIZE ONE OF THESE TWO LEVELS RESULTING IN WHAT IS SOMETIMES REFERRED TO AS MYSTICAL EXPERIENCE BUT WHICH IS NOT CONFINED TO MYSTICISM AND PLAYS A ROLE IN VARIOUS RELIGIOUS PHENOMENA AND ELSEWHERE THE SECOND STUDY TAKES AS POINT OF DEPARTURE SOME PUZZLING STATEMENTS IN THE EARLY BUDDHIST CANON THAT RAISES SERIOUS QUESTIONS OF A PSYCHOLOGICAL NATURE AN ESSENTIAL ELEMENT IN THE PSYCHOLOGICAL THEORY PROPOSED IS THE OBSERVATION THAT MENTAL ABSORPTION IS A SOURCE OF PLEASURE SINCE THE HUMAN MIND IS IN LARGE PART GUIDED BY PLEASURE WHICH IT SEEKS TO REPEAT STATES OF ABSORPTION LEAVE MEMORY TRACES THAT SUBSEQUENTLY DIRECT THE MIND HOWEVER THESE MEMORY TRACES DO NOT RECALL THE STATES OF ABSORPTION THEMSELVES BUT RATHER THE OBJECTS OR CIRCUMSTANCES THAT ACCOMPANIED THEM THE RESULTING ACTIVITY OF THE MIND DIFFERS IN THIS WAY FROM PERSON TO PERSON AND CAN PURSUE WILDLY DIVERGING GOALS PUBLISHER DESCRIPTION

YEAH, REVIEWING A BOOKS **CONTEMPLATIVE SCIENCE WHERE BUDDHISM AND NEUROSCIENCE CONVERGE BY B ALAN WALLACE** COULD ENSUE YOUR NEAR FRIENDS LISTINGS. THIS IS JUST ONE OF THE SOLUTIONS FOR YOU TO BE SUCCESSFUL. AS UNDERSTOOD, EXECUTION DOES NOT SUGGEST THAT YOU HAVE FABULOUS POINTS. COMPREHENDING AS SKILLFULLY AS

BARGAIN EVEN MORE THAN FURTHER WILL MANAGE TO PAY FOR EACH SUCCESS. NEXT-DOOR TO, THE BROADCAST AS CAPABLY AS INSIGHT OF THIS **CONTEMPLATIVE SCIENCE WHERE BUDDHISM AND NEUROSCIENCE CONVERGE BY B ALAN WALLACE** CAN BE TAKEN AS COMPETENTLY AS PICKED TO ACT.

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AN AESTHETICALLY APPEALING AND USER-FRIENDLY INTERFACE SERVES AS THE CANVAS UPON WHICH CONTEMPLATIVE SCIENCE WHERE BUDDHISM AND NEUROSCIENCE CONVERGE BY B ALAN WALLACE PORTRAYS ITS LITERARY MASTERPIECE. THE WEBSITE'S DESIGN IS A SHOWCASE OF THE THOUGHTFUL CURATION OF CONTENT, OFFERING AN EXPERIENCE THAT IS BOTH VISUALLY APPEALING AND FUNCTIONALLY INTUITIVE. THE BURSTS OF COLOR AND IMAGES BLEND WITH THE INTRICACY OF LITERARY CHOICES, CREATING A SEAMLESS JOURNEY FOR EVERY VISITOR.

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