

Contemplative Science: Where Buddhism And Neuroscience Converge - , Brian Hodel

[DOWNLOAD HERE](#)

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. However, B. Alan Wallace, a respected Buddhist scholar, proposes that the contemplative methodologies of Buddhism and of Western science are capable of being integrated into a single discipline: contemplative science. The science of consciousness introduces first-person methods of investigating the mind through Buddhist contemplative techniques, such as samatha, an organized, detailed system of training the attention. Just as scientists make observations and conduct experiments with the aid of technology, contemplatives have long tested their own theories with the help of highly developed meditative skills of observation and experimentation. Contemplative science allows for a deeper knowledge of mental phenomena, including a wide range of states of consciousness, and its emphasis on strict mental discipline counteracts the effects of conative (intention and desire), attentional, cognitive, and affective imbalances. Just as behaviorism, psychology, and neuroscience have all shed light on the cognitive processes that enable us to survive and flourish, contemplative science offers a groundbreaking perspective for expanding our capacity to realize genuine well-being. It also forges a link between the material world and the realm of the subconscious that transcends the traditional science-based understanding of the self.

Author: Wallace, B. Alan Author: Hodel, Brian Publisher: Columbia University Press Illustration: N Language: ENG Title: Contemplative Science: Where Buddhism and Neuroscience Converge Pages: 00256 (Encrypted PDF) On Sale: 2007-02-23 SKU-13/ISBN: 9780231138352 Lib Category: Buddhism Lib Category: Neurosciences Category: Religion : Buddhism - General Category: Medical : Neuroscience

[DOWNLOAD HERE](#)

Similar manuals:

[Valerian Valeriana Officinalis Medical Plant Germany](#)

[Valerian Valeriana Officinalis Medical Plant Germany](#)

[Valerian Valeriana Officinalis Medical Plant Germany](#)

[BRD Germany Bavaria Upper Bavaria Capitol Of Bavaria Odeons Square Hall Of Generals With Lion And The Theatiner Church Towers Of Theatiner Church](#)

[Munich, DEU, 20. May 2005 - Donnersberger Bridge In Munich, On Right Hand Side Is The General Customs Office Visible.](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate General Staff Building To The Big Square](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand Near](#)

[Eremitage](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Big Square With Alexander Column Built In 1834 By Architect Auguste Montferrand And The Building Of General Staff And The](#)

[White Nights, GUS Russia St Petersburg 300 Years Old Venice Of The North At The Royal Field Memorial For Generalism Alexander Suworow](#)

[Privat Jet Behind A Security Fence At General Aviation Area At Munich Airport Bavaria Germany](#)

[Symbolic For Medical Law](#)

[Symbolic For Medical Costs](#)

[Symbolic For Medical Costs](#)

[Symbolic For Medical Diagnosis](#)

[Sarcastic Sign For Welcoming People At The Lonesome Military Station QuotGeneral Eugenio Agarrayquot At The Deserted Border Between Paraguay And Bolivia, Gran Chaco Welcome At General Eugenio Agar](#)

[Statue Of General Jose Gervasio Artigas, Plaza Uruguay, Asuncion, Paraguay](#)

[General Sherman Tree Sequoiadendron Giganteum In The Giant Forest, Sequoia NP, California, USA](#)

[Medical Instruments For ENT](#)

[Valve And Pressure Gauge Of A Medical Oxygen Bottle](#)

[Former Official Residence Of Ho Chi Minh, Former Residence Of The French Governor General During The Days Of French Indochine, Hanoi, Vietnam](#)

[General Store At Kyauk Myaung, Myanmar](#)

[Doctors Hand, Medical Glove](#)

[Paramedic, Pills And Money: Symbol For Rising Medical Costs](#)

[Nurses Carrying Stretcher With One-Euro Coin: Symbol For Rising Medical Costs](#)

[Nurses Carrying Stretcher With One-Euro Coin: Symbol For Rising Medical Costs](#)

[Euro Coin And Pill Bottle: Symbol For Rising Medical Costs](#)

[Paramedics Carrying Stretcher With Money In Background: Symbol For Rising Medical Costs](#)

[Paramedics Carrying Stretcher With Money In Background: Symbol For Medical Costs](#)

[Nurses Cap, Stethoscope And Money: Medical Fees](#)

[Medical Examination, Lung Tapping Percussion Examination Of A Young Womans Back](#)

[Medical Examination, Lung Tapping Percussion Examination Of A Young Womans Back](#)

[Medical Examination, Lung Auscultation Using A Stethoscope On A Young Womans Back](#)

[Medical Examination, Lung Auscultation Using A Stethoscope On A Young Womans Back](#)

[Medical Examination, Doctor Auscultating A Young Womans Heartbeat](#)

[General Sherman 275 Ft Or 83.8 M, The Worlds Tallest Giant Sequoia Sequoiadendron Giganteum, Sequoia National Park, California, USA](#)

[General Sherman 275 Ft Or 83.8 M, The Worlds Tallest Giant Sequoia Sequoiadendron Giganteum, Sequoia National Park, California, USA](#)

[General Sherman 275 Ft Or 83.8 M, The Worlds Tallest Giant Sequoia Sequoiadendron Giganteum, Sequoia National Park, California, USA](#)

[Symbolic Picture, No More ReligionsfreiheitGer. For Freedom Of Religion](#)

[German City Limits Sign Symbolising End Of Freedom Of Religion](#)

[Young Woman Wearing Medical Scrubs Holding A Clippboard Pointing With Her Finger](#)