

The Inner Science Of Buddhist Practice

Religion and Science in the Mirror of Buddhism
Contemplative Science
Buddhism and Science
Buddhism & Science
Science and Philosophy in the Indian Buddhist Classics, Vol. 2
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Buddhism and Its Relation to Religion and Science
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Meditation, Buddhism, and Science
The Universe in a Single Atom
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Buddhist Cosmology: Science and Theology in the Images of Motion and Light
The Quantum and the Lotus
Theories of Nature and the Universe: Comparison of Pure Buddhist Philosophy and Science
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A Glimpse Into the Supreme Science of the Buddha
The Science of Enlightenment
Mind in the Balance
The Psychology of Awakening
Why Buddhism is True
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Dalai Lama Donald S. Lopez Jr. W. Randolph Kloetzli
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this book offers a buddhist perspective on the conflict between religion and science in contemporary western society examining buddhist history authors francisca cho and richard k squier offer a comparative analysis of buddhist and western scientific epistemologies that transcends the limitations of non buddhist approaches to the subject of religion and science the book is appropriate for undergraduates graduate students and researchers interested in comparative religion or in the intersection of religion and science and buddhist studies

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

beginning in the nineteenth century and continuing to the present day both buddhists and admirers of buddhism have proclaimed the compatibility of buddhism and science their assertions have ranged from modest claims about the efficacy of meditation for mental health to grander declarations that the buddha himself anticipated the theories of relativity quantum physics and the big bang more than two millennia ago in buddhism and science donald s lopez jr is less interested in evaluating the accuracy of such claims than in exploring how and why these two seemingly disparate modes of understanding the inner and outer universe have been so persistently linked lopez opens with an account of the rise and fall of mount meru the great peak that stands at the center of the flat earth of buddhist cosmography and which was interpreted anew once it proved incompatible with modern geography from there he analyzes the way in which buddhist concepts of spiritual nobility were enlisted to support the notorious science of race in the nineteenth century bringing the story to the present lopez explores the dalai lama s interest in scientific discoveries as well as the implications of research on meditation for neuroscience lopez argues that by presenting an ancient asian tradition as compatible with and even anticipating scientific discoveries european enthusiasts and asian elites have sidestepped the debates on the relevance of religion in the modern world that began in the nineteenth century and still flare today as new discoveries continue to reshape our understanding of mind and matter buddhism and science will be indispensable reading for those fascinated by religion science and their often vexed relation

distinguished philosophers buddhist scholars physicists and cognitive scientists examine the contrasts and connections between the worlds of western science and buddhism contributors the dalai lama among them assess not only the fruits of inquiry from east and west they shed light on the underlying assumptions of these disparate world views

the second volume in a prominent new series on buddhism and science directed by the dalai lama and previously covered by the bbc science and philosophy in the indian buddhist classics compiles classical buddhist explorations of the nature of our material world the human mind logic and phenomenology and puts them into context for the modern reader this ambitious four volume series a major resource for the history of ideas and especially the history of science and philosophy has been conceived by and compiled under the visionary supervision of his holiness the dalai lama himself it is his view that the exploratory thinking of great indian masters in the first millennium ce still has much that is of interest to us today whether we are buddhist or not these volumes make those insights accessible this the second volume in the series focuses on the science of the mind readers are first introduced to buddhist conceptions of mind and consciousness and then led through traditional presentations of mental phenomena to reveal a buddhist vision of the inner world with fascinating implications for the contemporary disciplines of cognitive science psychology emotion research and philosophy of mind major topics include the distinction between sensory and conceptual processes and the pan indian notion of mental

consciousness mental factors specific mental states such as attention mindfulness and compassion and how they relate to one another the unique tantric theory of subtle levels of consciousness their connection to the subtle energies or winds that flow through channels in the human body and what happens to each when the body and mind dissolve at the time of death the seven types of mental states and how they impact the process of perception styles of reasoning which buddhists understand as a valid avenue for acquiring sound knowledge in the final section the volume offers what might be called buddhist contemplative science a presentation of the classical buddhist understanding of the psychology behind meditation and other forms of mental training to present these specific ideas and their rationale the volume weaves together passages from the works of great buddhist thinkers like asanga vasubandhu nagarjuna dignaga and dharmakirti his holiness the dalai lama s introduction outlines scientific and philosophical thinking in the history of the buddhist tradition to provide additional context for western readers each of the six major topics is introduced with an essay by john d dunne distinguished professor of buddhist philosophy and contemplative practice at the university of wisconsin these essays connect the traditional material to contemporary debates and western parallels and provide helpful suggestions for further reading

buddhism and science is a compilation of a few learned articles on the subject the book co ordinates modern scientific thought with the buddha dharma and how the revolutionary theories of charles darwin and others blend with the dharma buddha s teachings it recognizes that the world or even the mighty universe was not created by a god rather it is a steady state of the universe with no beginning and end the work has shown how the buddhist philosophy of anicca impermanence dukkha suffering and anatta ego lessness blends with modern science with remarkable clarity it also states that atomic science and buddhism seem to be entirely different yet they are tackling the same problem of energy and releasing of energy breaking the highly concentrated form of energy the so called atom in the one case and ego in the other

one of the basic doctrines of the buddhist teachings is the law of karma what is the law of karma science believes that an animal and a human are the result of the biological evolution theory developed by charles darwin buddhism believes that the animal and human are the result of reincarnation in fact the animals and humans are the result of evolution and reincarnation in other words living beings are the result of biological and psychological development because both the animal and human consist of body and mind a soul appeared when the sentient beings emerged in the universe and with this information about the actions karma taken during their life this information persists in the soul even if the karma does not grow in this life either happiness or suffering after the death of the animal and human the soul with karma doesn t die or fade away it is reborn in one of the 6 animal species of the non eternal universe depending on their karma and still exists in the universe from one birth to another birth if people develop their minds and healthy actions they may arise in rebirth and even be reborn as the buddha or god if people have an unhealthy mind the actions that they

take can to reduce their rebirth and even be reborn as hell as a devil buddhist teachings describe it as the law of karma karma is the seed of mental physical and verbal actions generally speaking karma covers all the information about the actions committed by the living creatures in their past and present lifetime until now not only ordinary people but even scientists have not believed and accepted the law of karma this is the main reason some people say that the buddhist religion makes people stupid and some religions say that the buddhist religion is misleading people this is due to lack of scientific evidence for the law of karma we have proved and verified the existence of the law of karma in this book with the help of set theory and quantum physics the book contains 3 parts and 15 chapters in the first part we have proved and verified the law of karma by using set theory while the following two conditions first the existence of three types of things in a non eternal universe matter body spirit mind and imperfect cluster elements body mind second the occurrence of separation of mind and body when people and animals die in the second part we proved and verified the first condition and the soul with karma continues to exist in samsara as the wheel of dharma or exists as the law of motion of animated matter soul and we demonstrate that the buddhist philosophy has a dualist and dialectic character in the part 3 we proved and verified the second condition that the body and mind of humans and animals are separated when they die by using quantum physics and it has an empirical testament and its own unique interpretation also we demonstrate that the life is rational combination of evolution and reincarnation the buddhist philosophy assumes that there are non eternal and eternal universes and they have their own objects and phenomena we demonstrate that there are non eternal eternal and neutral universe and describe their facts and phenomena at the end we demonstrate the buddhist teachings about how to reduce the suffering and improve the happiness and rebirth and enlightenment as well as three levels the buddha gautama found the natural law of karma or the origin development degradation and death of living creatures through enlightenment over 2 500 years ago but people have studied it as a religious doctrine in this period due to the lack of scientific evidence at this time we have proved the law therefore our duty is to extend this knowledge to people regardless of thier religion learning about the law of karma is not only useful for personal development but also vital to improve the ethics and morality of human social development

the scientific study of buddhist forms of meditation has surged in recent years capturing the popular imagination and reshaping conceptions of what meditation is and what it can do for perhaps the first time in history meditation has shifted from buddhist monasteries and practice centers to some of the most prominent and powerful modern institutions in the world as well as non institutional settings as their contexts change so do the practices sometimes drastically new ways of thinking about meditation are emerging as it moves toward more secular settings ways that profoundly affect millions of lives all over the world to understand these changes and their effects the essays in this volume explore the unaddressed complexities in the interrelations between buddhist history and thought and the scientific study of meditation the

contributors bring philosophical cultural historical and ethnographic perspectives to bear considering such issues as the philosophical presuppositions behind practice the secularization of meditation the values and goods assumed in clinical approaches and the sorts of subjects that take shape under the influence of these transformed and transformative practices all the more powerful for being so often formulated with the authority of scientific discourse

galileo copernicus newton niels bohr einstein their insights shook our perception of who we are and where we stand in the world and in their wake have left an uneasy coexistence science vs religion faith vs empirical inquiry which is the keeper of truth which is the true path to understanding reality after forty years of study with some of the greatest scientific minds as well as a lifetime of meditative spiritual and philosophic study the dalai lama presents a brilliant analysis of why all avenues of inquiry scientific as well as spiritual must be pursued in order to arrive at a complete picture of the truth through an examination of darwinism and karma quantum mechanics and philosophical insight into the nature of reality neurobiology and the study of consciousness the dalai lama draws significant parallels between contemplative and scientific examinations of reality this breathtakingly personal examination is a tribute to the dalai lama s teachers both of science and spirituality the legacy of this book is a vision of the world in which our different approaches to understanding ourselves our universe and one another can be brought together in the service of humanity

beginning in the nineteenth century and continuing to the present day both buddhists and admirers of buddhism have proclaimed the compatibility of buddhism and science their assertions have ranged from modest claims about the efficacy of meditation for mental health to grander declarations that the buddha himself anticipated the theories of relativity quantum physics and the big bang more than two millennia ago in buddhism and science donald s lopez jr is less interested in evaluating the accuracy of such claims than in exploring how and why these two seemingly disparate modes of understanding the inner and outer universe have been so persistently linked lopez opens with an account of the rise and fall of mount meru the great peak that stands at the center of the flat earth of buddhist cosmography and which was interpreted anew once it proved incompatible with modern geography from there he analyzes the way in which buddhist concepts of spiritual nobility were enlisted to support the notorious science of race in the nineteenth century bringing the story to the present lopez explores the dalai lama s interest in scientific discoveries as well as the implications of research on meditation for neuroscience lopez argues that by presenting an ancient asian tradition as compatible with and even anticipating scientific discoveries european enthusiasts and asian elites have sidestepped the debates on the relevance of religion in the modern world that began in the nineteenth century and still flare today as new discoveries continue to reshape our understanding of mind and matter buddhism and science will be indispensable reading for those fascinated by religion science and their often vexed relation

disagreements concerning the nature and extent of the universe constitute a focus of theological debate which permeates buddhism at every level while there have been numerous attempts to catalogue the details of the buddhist cosmologies none has attempted a general interpretation of their underlying intention this work attempts to begin the process of interpreting the major phases of buddhist cosmological speculation by seeing in them various dramas of salvation tailored to the philosophical and theological predilections of their respective traditions to a large extent this interpretation relies on an examination of continuities between the buddhist cosmologies and those of the hellenistic world as a whole in the course of this study two major cosmological traditions emerge those which rely on metaphors of time and those which rely on metaphors of space the former are associated with the hinayana and the latter with the mahayana forms of buddhism each draws on images of motion and light to articulate its vision of the drama of salvation

matthieu ricard trained as a molecular biologist working in the lab of a nobel prize winning scientist but when he read some buddhist philosophy he became drawn to buddhism eventually he left his life in science to study with tibetan teachers and he is now a buddhist monk and translator for the dalai lama living in the shechen monastery near kathmandu in nepal trinh thuan was born into a buddhist family in vietnam but became intrigued by the explosion of discoveries in astronomy during the 1960s he made his way to the prestigious california institute of technology to study with some of the biggest names in the field and is now an acclaimed astrophysicist and specialist on how the galaxies formed when matthieu ricard and trinh thuan met at an academic conference in the summer of 1997 they began discussing the many remarkable connections between the teachings of buddhism and the findings of recent science that conversation grew into an astonishing correspondence exploring a series of fascinating questions did the universe have a beginning or is our universe one in a series of infinite universes with no end and no beginning is the concept of a beginning of time fundamentally flawed might our perception of time in fact be an illusion a phenomenon created in our brains that has no ultimate reality is the stunning fine tuning of the universe which has produced just the right conditions for life to evolve a sign that a principle of creation is at work in our world if such a principle of creation undergirds the workings of the universe what does that tell us about whether or not there is a divine creator how does the radical interpretation of reality offered by quantum physics conform to and yet differ from the buddhist conception of reality what is consciousness and how did it evolve can consciousness exist apart from a brain generating it the stimulating journey of discovery the authors traveled in their discussions is re created beautifully in the quantum and the lotus written in the style of a lively dialogue between friends both the fundamental teachings of buddhism and the discoveries of contemporary science are introduced with great clarity and the reader will be profoundly impressed by the many correspondences between the two streams of thought and revelation through the course of their dialogue the authors reach a remarkable meeting of minds ultimately offering a vital new understanding of the

many ways in which science and buddhism confirm and complement each other and of the ways in which as matthieu ricard writes knowledge of our spirits and knowledge of the world are mutually enlightening and empowering

can science be the ultimate knowledge of trillion worlds in our galaxy a different human centered approach to science and the intertwining notions that connect it to the world around us a unique and life altering interpretation of buddhist philosophy one that shows that nature and the universe do not depend solely on physical things as science has taught us follow mr muditha as he clears your path towards the true nature of things and shows you the destructive power that science has over people this is not only a journey through philosophy and ideas but a way to learn concepts that will expand your imagination and knowledge a book that will resolve many answered questions of human history last but not least a simple way to focus on the things that really matter and achieve happiness real happiness a wonderful read that does not only offer knowledge but can and will be your jumpstart to leading a happy life don t miss your valuable human life

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enlightenment is it a myth or is it real in every spiritual tradition inner explorers have discovered that the liberated state is in fact a natural experience as real as the sensations you are having right now and that through the investigation of your own thoughts feelings and perceptions you can awaken to clear insight and a happiness independent of conditions for decades one of the most engaging teachers of our time has illuminated the many dimensions of awakening but solely at his live retreats and on audio recordings now with the science of enlightenment shinzen young brings to readers an uncommonly lucid guide to mindfulness meditation for the first time how it works and how to use it to enhance your cognitive capacities your kindness and connection with the world and the richness of all your experiences as thousands of his students and listeners will confirm shinzen is like no other teacher you ve ever encountered he merges scientific clarity a rare grasp of source language teachings east and west and a gift for sparking insight through unexpected analogies illustrations humor and firsthand accounts that reveal the inner journey to be as wondrous as any geographical expedition join him here to explore universal insights spanning buddhism christian and jewish mysticism shamanism the yogas of india and many other pathshow to begin and navigate your own meditation practiceconcentration clarity and equanimity the core catalysts of awakeningimpermanence its many aspects and how to work with themexperiencing the wave and particle natures of selfpurification and clarification how we digest mental blockages and habits through inner workemerging neuroscience research the future of enlightenment and much more for meditators of all levels and beliefs especially those who think they ve heard it all this many faceted gem will be sure to surprise provoke illuminate and inspire

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

the buddhist view of the mind how it works how it goes wrong how to put it right is increasingly being recognised as profound and highly practical by scientists counsellors and other professionals in the psychology of awakening this powerful vision of human nature and its implications for personal and social life are for the first time brought to a wider audience by some of those most influential in exploring its potential for the way we live today these include david brazier jon kabat zinn francisco varela joy manne geshe thubten jinpa mark epstein gay watson maura sills guy claxton stephen batchelor deeply relevant accessible and authoritative the psychology of awakening will be of interest to all those who wish to understand the workings of their minds a little better and who are also seeking new ways of mastering the challenges personal professional and cultural with which modern life confronts us all

from one of america s most brilliant writers a new york times bestselling journey through psychology philosophy and lots of meditation to show how buddhism holds the key to moral clarity and enduring happiness at the heart of buddhism is a simple claim the reason we suffer and the reason we make other people suffer is that we don t see the world clearly at the heart of buddhist meditative practice is a radical promise we can learn to see the world including ourselves more clearly and so gain a deep and morally valid happiness in this sublime the new yorker pathbreaking book robert wright shows how taking this promise seriously can change your life how it can loosen the grip of anxiety regret and hatred and how it can deepen your appreciation of beauty and of other people he also shows why this transformation works drawing on the latest in neuroscience and psychology and armed with an acute understanding of human evolution this book is the culmination of a personal journey that began with wright s landmark book on evolutionary psychology the moral animal and deepened as he immersed himself in meditative practice and conversed with some of the world s most skilled meditators the result is a story that is provocative informative and deeply rewarding the new york times book review and as entertaining as it is illuminating written with the wit clarity and grace for which wright is famous why buddhism is true lays the foundation for a spiritual life in a secular age and shows how in a time of technological distraction and social division we can save ourselves from ourselves both as individuals and as a species

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