

1. Record Nr.	UNINA9910457810303321
Autore	Austin James H. <1925->
Titolo	Meditating selflessly [[electronic resource]] : practical neural Zen // James H. Austin
Pubbl/distr/stampa	Cambridge, Mass., : MIT Press, c2011
ISBN	1-283-30294-2 9786613302946 0-262-30015-X
Descrizione fisica	1 online resource (278 p.)
Disciplina	294.3/4435
Soggetti	Meditation - Buddhism Zen Buddhism - Psychology Self-consciousness (Awareness) - Religious aspects - Zen Buddhism Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. An introduction to selfless meditation -- pt. 2. Meditating selflessly outdoors -- pt. 3. Meditating selflessly indoors -- pt. 4. Attending meditative retreats -- pt. 5. Daily life practice.
Sommario/riassunto	This is not the usual kind of self-help book. Indeed, its major premise heeds a Zen master's advice to be less self-centered. Yes, it is "one more book of words about Zen," as the author concedes, yet this book explains meditative practices from the perspective of a "neural Zen." The latest findings in brain research inform its suggestions. In <i>Meditating Selflessly</i> , James Austin -- Zen practitioner, neurologist and author of three acclaimed books on Zen and neuroscience -- guides readers toward that open awareness already awaiting them on the cushion and in the natural world. Austin offers concrete advice -- often in a simplified question-and-answer format -- about different ways to meditate. He clarifies both the concentrative and receptive styles of meditation. Drawing widely from the exciting new field of contemplative neuroscience, Austin helps resolve an ancient paradox: why both insight wisdom and selflessness arise simultaneously during enlightened states of consciousness.

