

| | |
|-------------------------|--|
| 1. Record Nr. | UNINA9910462468503321 |
| Autore | Wallace B. Alan |
| Titolo | Mind in the balance : meditation in science, Buddhism, and Christianity // B. Alan Wallace |
| Pubbl/distr/stampa | New York ; ; Chichester, England : , : Columbia University Press, , 2014 ©2009 |
| ISBN | 0-231-51970-2 |
| Descrizione fisica | 1 online resource (259 p.) |
| Collana | Columbia Series in Science and Religion |
| Disciplina | 158.1/2 |
| Soggetti | Meditation Meditation - Christianity Meditation - 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 | ""Table of Contents ""; ""Preface""; ""Part I: Meditation: Where It Started and How It Got Here ""; ""1. Who Am I?""; ""2. The Origins of Contemplation""; ""3. The Scientific Externalization of Meditation""; ""4. Scientific Studies of Meditation""; ""Part II: Meditation in Theory and Practice ""; ""5. Practice: Attending to the Breath of Life""; ""6. Theory: Coming to Our Senses""; ""7. Practice: The Union of Stillness and Motion""; ""8. Theory: Knowing and Healing the Mind""; ""9. Practice: Behold the Light of Consciousness""; ""10. Theory: Exploring the Nature of Consciousness"" ""11. Practice: Probing the Nature of the Observer""""12. Theory: The Ground State of Consciousness""; ""13. Practice: Oscillating Awareness""; ""14. Theory: Consciousness Without Beginning or End""; ""15. Practice: Resting in the Stillness of Awareness""; ""16. Theory: Worlds of Skepticism""; ""17. Practice: The Emptiness of Mind""; ""18. Theory: The Participatory Worlds of Buddhism""; ""19. Practice: The Emptiness of Matter""; ""20. Theory: The Participatory Worlds of Philosophy and Science""; ""21. Practice: Resting in Timeless Consciousness"" ""22. Theory: The Luminous Space of Pristine Awareness""""23. Practice: |

Meditation in Action"; "24. The Universe as a Whole"; "25. What Shall We Become?"; "Notes"; "Bibliography"; "Index "

Sommario/riassunto

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 ins
