

| | |
|-------------------------|--|
| 1. Record Nr. | UNINA9910777515503321 |
| Autore | Austin James H. <1925-> |
| Titolo | Zen-brain reflections : reviewing recent developments in meditation and states of consciousness // James H. Austin |
| Pubbl/distr/stampa | Cambridge, Mass. : , : MIT Press, , 2006 ©2006 |
| ISBN | 1-282-09713-X 9786612097133 0-262-26747-0 1-4294-7718-0 |
| Descrizione fisica | 1 online resource (xxvii, 586 pages) : illustrations |
| Disciplina | 294.3/422 |
| Soggetti | Meditation - Buddhism - Physiological aspects Meditation - Buddhism - Psychology Consciousness - Religious aspects - Zen Buddhism Zen Buddhism |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Bibliographic Level Mode of Issuance: Monograph |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Starting to point toward Zen Meditating Neurologizing Exploring states of consciousness Quickening The absorptions Insightful awakenings Openings into being; and beyond to the stage of ongoing Enlightened traits Pointing at moonlight : allusions and illusions In closing |
| Sommario/riassunto | A sequel to the popular Zen and the Brain further explores pivotal points of intersection in Zen Buddhism, neuroscience, and consciousness. |