

# GENTLE BRIDGES



Conversations with the Dalai Lama  
on the Sciences of Mind

JEREMY W. HAYWARD, PH.D.  
FRANCISCO J. VARELA, PH.D.

# Gentle Bridges Conversations With The Dalai Lama On The Sciences Of Mind

**Rolf Sattler**



## **Gentle Bridges Conversations With The Dalai Lama On The Sciences Of Mind:**

Gentle Bridges Jeremy W. Hayward, The Dalai Lama, 2001-10-16 What is the essence of the mind Could computers ever have consciousness Can compassion be learned When does consciousness enter the human embryo These are just some of the many questions that were discussed during a historic meeting that took place between several prominent Western scientists and the Dalai Lama Gentle Bridges is a chronicle of this extraordinary exchange of ideas **Gentle Bridges** Dalai Lama XIV Bstan-'dzin-rgya-mtsho, 1992 Buddhism & Science B. Alan Wallace, 2004 Reflecting its wide variety of topics Buddhism and science is comprised of three sections The first presents two historical overviews of the engagements between Buddhism and modern science or rather how Buddhism and modern science have defined rivaled and complemented one another The second describes the ways Buddhism and the cognitive sciences inform each other the third address point of intersection between Buddhism and the physical sciences On the broadest level this work illuminates how different ways of exploring the nature of human identity the mind and the universe at large can enrich and enlighten one another **The Mind's Own Physician** Jon Kabat-Zinn, Richard Davidson, 2012-01-02 By inviting the Dalai Lama and leading researchers in medicine psychology and neuroscience to join in conversation the Mind Life Institute set the stage for a fascinating exploration of the healing potential of the human mind The Mind s Own Physician presents in its entirety the thirteenth Mind and Life dialogue a discussion addressing a range of vital questions concerning the science and clinical applications of meditation How do meditative practices influence pain and human suffering What role does the brain play in emotional well being and health To what extent can our minds actually influence physical disease Are there important synergies here for transforming health care and for understanding our own evolutionary limitations as a species Edited by world renowned researchers Jon Kabat Zinn and Richard J Davidson this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind its capacity to refine itself through training and its role in physical and emotional health **Visions of Compassion** Richard J. Davidson, Anne Harrington, 2002-01-17 Science and Compassion examines how the views of Western behavioural science hold up to scrutiny by Tibetan Buddhists An essay by the Dalai Lama reveals his views on human nature offering a useful exposition of the Buddhist point of view HC

**Meditation, Buddhism, and Science** David L. McMahan, Erik Braun, 2017 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

**The Dialogical Spirit** Amos Yong, 2015-04-30 Contemporary proposals for Christian theology from post liberalism to Radical Orthodoxy and beyond have espoused their own methodological paradigms Those who have ventured into this domain of theological method however have usually had to stake their claims vis a vis trends in what may be called the contemporary post al age whether of the post modern post Christendom post Enlightenment post Western or post colonial varieties This volume is unique among offerings in this arena in suggesting a way forward that engages on each of these fronts and does so from a particularistic Christian perspective without giving up on Christian theology s traditional claims to universality This is accomplished through the articulation of a distinctive dialogical methodology informed by both Pentecostalism and Evangelicalism one rooted in the Christian salvation history narrative of Incarnation and Pentecost that is yet open to the world in its many and various cultural ethnic religious and disciplinary discourses Amos Yong here engages with twelve different interlocutors representing different ecumenical religious and disciplinary perspectives The Dialogical Spirit thus not only proffers a model for Christian theological method suitable for the twenty first century global context but also exemplifies this methodological approach through its interactions across the contemporary scholarly inter religious and theological landscape

**Aspects of Science and Technology in Ancient India** Arun Kumar Jha, Seema Sahay, 2023-03-14 This book critically examines different aspects of scientific and technological development in Ancient India It studies the special contribution of the history of science in our scientific understanding and its relationship with the philosophy and sociology of science The volume Discusses diverse and wide ranging themes including Tibetan Buddhist tradition of neuro biology Sheds light on the unique developments within iron technology and urbanization in ancient Odisha Studies the trajectory of proto historic astronomy in India and the science of monsoon in early India Evaluates the legacy of Aryabhata based on his major works related to astronomy and mathematics through a multidimensional perspective Analyses the traditional knowledge of medicine in early India the golden age of surgery with reference to the ancient Greek and Arabic systems of medicine and the Buddhist influence on the science of medicine in Tibet This book will be an essential read for scholars and researchers of ancient history Indian history history of science history of technology science and technology studies and South Asian studies

*Synchronicity, Science and Soul-Making* Victor Mansfield, 1995 The pioneering analysis of synchronicity was given by Jung yet despite the concept s momentous significance in Jung s work and despite the widespread dissemination of the term synchronicity even within pop culture synchronicity is often badly misconstrued and remains perhaps the least understood of Jung s theories Synchronicity Science and Soul

Making has already been hailed as the most important analysis of synchronicity since Jung himself *Buddhism in the Modern World* David L. McMahan, 2012-03-15 Buddhism in the Modern World explores the challenges faced by Buddhism today the distinctive forms that it has taken and the individuals and movements that have shaped it Part One discusses the modern history of Buddhism in different geographical regions from Southeast Asia to North America Part Two examines key themes including globalization gender issues and the ways in which Buddhism has confronted modernity science popular culture and national politics Each chapter is written by a distinguished scholar in the field and includes photographs summaries discussion points and suggestions for further reading The book provides a lively and up to date overview that is indispensable for both students and scholars of Buddhism **Science and Beyond** Rolf Sattler, 2021-06-22 Science coupled with technology has become the dominant force in most parts of the world Thus it affects our lives and society in many ways Yet misconceptions about science are widespread in governments the general public and even among many scientists Science and Beyond explores these misconceptions that may have grave and even disastrous consequences for individuals and society as was evident during the COVID 19 pandemic where they led to much unnecessary suffering sickness and death The misconceptions also obscure the limitations of science Not seeing these limitations prevents us from seeing and going beyond them which leads to a crippled life and an impoverished society But reaching beyond the limitations of science as outlined in this book can open the doors to a more fulfilled saner healthier happier and more peaceful life and society

**Religion and Identity in the South Asian Diaspora** Rajesh Rai, Chitra Sankaran, 2017-07-05 Religious identity constitutes a key element in the formation development and sustenance of South Asian diasporic communities Through studies of South Asian communities situated in multiple locales this book explores the role of religious identity in the social and political organization of the diaspora It accounts for the factors that underlie the modification of ritual practice in the process of resettlement and considers how multicultural policies in the adopted state trans generational changes and the proliferation of transnational media has impacted the development of these identities in the diaspora Also crucial is the gender dimension in terms of how religion and caste affect women s roles in the South Asian diaspora What emerges then from the way separate communities in the diaspora negotiate religion are diverse patterns that are strategic and contingent Yet paradoxically the dynamic and evolving relationship between religion and diaspora becomes necessary even imperative for sustaining a cohesive collective identity in these communities This book was published as a special issue of South Asian Diaspora Goddesses And Women In The Indic Religious Tradition Arvind Sharma, 2005 Following the lead of a hermeneutics of surprise the book identifies indeed surprising new material and offers unexpected new insights essential to the debate on the position of goddesses and women in ancient India **The Quantum and the Lotus** Matthieu Ricard, Trinh Xuan Thuan, 2009-02-04 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

**Claiming Sacred Ground** Adrian J. Ivakhiv, 2001-07-26 *Claiming Sacred Ground Pilgrims and Politics at Glastonbury and Sedona* Adrian J Ivakhiv A study of people and politics at two New Age spiritual sites In this richly textured account Adrian Ivakhiv focuses on the activities of pilgrim migrants to Glastonbury England and Sedona Arizona He discusses their efforts to encounter and experience the spirit or energy of the land and to mark out its significance by investing it with sacred meanings Their endeavors are presented against a broad canvas of cultural and environmental struggles associated with the incorporation of such geographically marginal places into an expanding global cultural economy Ivakhiv sees these contested and heterotopic landscapes as the nexus of a complex web of interestes and longings from millennial anxieties and nostalgic re imaginings of history and prehistory to real estate power grabs contending religious visions and the free play of ideas from science pseudo science and popular culture Looming over all this is the nonhuman life of these landscapes anotherhness that alternately reveals and conceals itself behind a pagenant of beliefs

images and place myths A significant contribution to scholarship on alternative spirituality sacred space and the politics of natural landscapes Claiming Sacred Ground will interest scholars and students of environmental and cultural studies and the sociology of religious movements and pilgrimage Non specialist readers will be stimulated by the cultural ecological and spiritual dimensions of extraordinary natural landscapes Adrian Ivakhiv teaches in the Faculty of Environmental Studies at York University in Toronto and is President of the Environmental Studies Association of Canada April 2001 384 pages 24 b w photos 2 figs 9 maps 6 1 8 x 9 1 4 index append cloth 0 253 33899 9 37 40 s 28 50 Contents I DEPARTURES 1 Power and Desire in Earth s Tangled Web 2 Reimagining Earth 3 Orchestrating Sacred Space II Glastonbury 4 Stage Props and Players of Avalon 5 Many Glastonburys Place Myths and Contested Spaces III SEDONA 6 Red Rocks to Real Estate 7 New Agers Vortexes and the Sacred Landscape IV ARRIVALS 8 Practices of Place Nature and Heterotopia Beyond the New Age

**Genuine Happiness** B. Alan Wallace, 2008-05-02 Discover your personal path to bliss This book will give anyone interested in the spectrum of core meditative practices stemming from the Buddhist tradition but in essence universal the deepest of perspectives on what is possible for us as human beings as well as excellent guidance in the essential time tested attitudes and practices for actualizing our innate capacity for wisdom compassion and well being right here and right now Jon Kabat Zinn author of Coming to Our Senses and Full Catastrophe Living In Genuine Happiness Alan Wallace displays his rare talent in boiling down the complex to the clear and in guiding readers through a practical path to contentment A gift for all moods and seasons Daniel Goleman author of Emotional Intelligence Why It Can Matter More Than IQ This lucid and rich book offers brilliant wise and accessible teachings on the essentials of four core meditation techniques that lead one to genuine joy and happiness Alan Wallace s years of practice and teaching shine through every page as with ease and great humanity he brings to the reader the possibility of liberation Joan Halifax Roshi abbot of Upaya Zen Center Genuine Happiness is a treasure chest of wisdom clear inspiring teaching jewels It is an excellent support for any student of meditation Sharon Salzberg author of Faith Trusting Your Own Deepest Experience In today s overstimulated world many are realizing that happiness gained through material wealth and frivolous conquests is short lived To achieve long term happiness you must access your own bountiful resources housed in your heart and mind In Genuine Happiness longtime Buddhist practitioner Alan Wallace shows you the path to bliss Drawing on more than three decades of study under His Holiness the Dalai Lama and sixty other teachers as well as 2 500 years of Buddhist tradition Alan Wallace guides you step by step through five simple yet powerful meditations to help you focus your mind and open your heart to true happiness Featuring a Foreword by the Dalai Lama this book will help you discover that it is possible to experience genuine happiness every day As you incorporate the meditations from Genuine Happiness into your life you will discover that the joy you ve sought has always been only a few meditative minutes away Move into Life Anat Baniel, 2009-04-28 Remember a time when you were bursting with energy curiosity and creativity When your body felt strong and flexible free of any aches and

pains With the Anat Baniel Method you can feel that way again and experience renewed intensified vitality greater health flexibility strength sensuality clarity of mind and enthusiasm now and throughout your life no matter what your age or physical condition Your level of vitality is directly connected to your brain When your brain thrives growing and making new connections you are invigorated infused with a new sense of aliveness and possibility capable of infinitely new ways of moving thinking and feeling Combining cutting edge neuroscience the work of Dr Moshe Feldenkrais and her own method based on more than thirty years of experience working with thousands of people around the world Anat Baniel has defined the Nine Essentials your brain needs to flourish In this breakthrough book she offers specific practical advice for incorporating those Essentials into everything you do to achieve immediate and powerful benefits In *Move Into Life* you ll Learn the Nine Essentials your brain requires to thrive including movement with attention subtlety and variation Experience simple safe physical and mental exercises that satisfy those needs and thus awaken your vitality Discover why and how these methods work Find easy ways of incorporating the Essentials into your daily life so every activity from washing the dishes to working at your desk from interacting with your loved ones to your golf game brings you renewed vitality Endorsed by leading physicians scientists and transformational teachers the Anat Baniel Method will help you enjoy renewed energy and stamina You ll be lighter on your feet Your memory will be better Thinking and problem solving will become easier If you are active in a sport yoga or work out at the gym you will notice yourself performing better and with greater ease and fewer injuries Most important you will experience yourself moving more fully into your life

#### **Self and No-Self** Dale

Mathers, Melvin E. Miller, Osamu Ando, 2013-12-16 This collection explores the growing interface between Eastern and Western concepts of what it is to be human from analytical psychology psychoanalytic and Buddhist perspectives The relationship between these different approaches has been discussed for decades with each discipline inviting its followers to explore the depths of the psyche and confront the sometimes difficult psychological experiences that can emerge during any in depth exploration of mental processes *Self and No Self* considers topics discussed at the *Self and No Self* conference in Kyoto Japan in 2006 International experts from practical and theoretical backgrounds compare and contrast Buddhist and psychological traditions providing a fresh insight on the relationship between the two Areas covered include the concept of self Buddhist theory and practice psychotherapeutic theory and practice mysticism and spirituality myth and fairy tale This book explains how a Buddhist approach can be integrated into the clinical setting and will interest seasoned practitioners and theoreticians from analytical psychology psychoanalytic and Buddhist backgrounds as well as novices in these fields

**The Cosmic Breath** Amos Yong, 2012-05-10 Recent thinking in the interfaith dialogue and in the theology science dialogue have taken a pneumatological turn *The Cosmic Breath* explores this pneumatological theology as unfolded in the Christian Buddhist dialogue alongside critical interaction with the theology and science conversation As an attempt in comparative and constructive Christian philosophical theology its central thesis is that a pneumatological approach to



Buddhist traditions in further dialogue with modern science generates new philosophical resources that invigorate Christian thinking about the natural world and humanity's place in it. The result is a transformation of the Buddhist-Christian dialogue from insights generated in the theology and science interface and a contribution to the religion and science dialogue from a comparative theological and philosophical perspective. Waking, Dreaming, Being Evan Thompson, 2014-11-11. A renowned philosopher of the mind also known for his groundbreaking work on Buddhism and cognitive science, Evan Thompson combines the latest neuroscience research on sleep, dreaming, and meditation with Indian and Western philosophy of the mind, casting new light on the self and its relation to the brain. Thompson shows how the self is a changing process, not a static thing. When we are awake, we identify with our body, but if we let our mind wander or daydream, we project a mentally imagined self into the remembered past or anticipated future. As we fall asleep, the impression of being a bounded self, distinct from the world, dissolves, but the self reappears in the dream state. If we have a lucid dream, we no longer identify only with the self within the dream. Our sense of self now includes our dreaming self, the I as dreamer. Finally, as we meditate, either in the waking state or in a lucid dream, we can observe whatever images or thoughts arise and how we tend to identify with them as me. We can also experience sheer awareness itself, distinct from the changing contents that make up our image of the self. Contemplative traditions say that we can learn to let go of the self so that when we die, we can witness the dissolution of the self with equanimity. Thompson weaves together neuroscience, philosophy, and personal narrative to depict these transformations, adding uncommon depth to life's profound questions. Contemplative experience comes to illuminate scientific findings, and scientific evidence enriches the vast knowledge acquired by contemplatives.

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