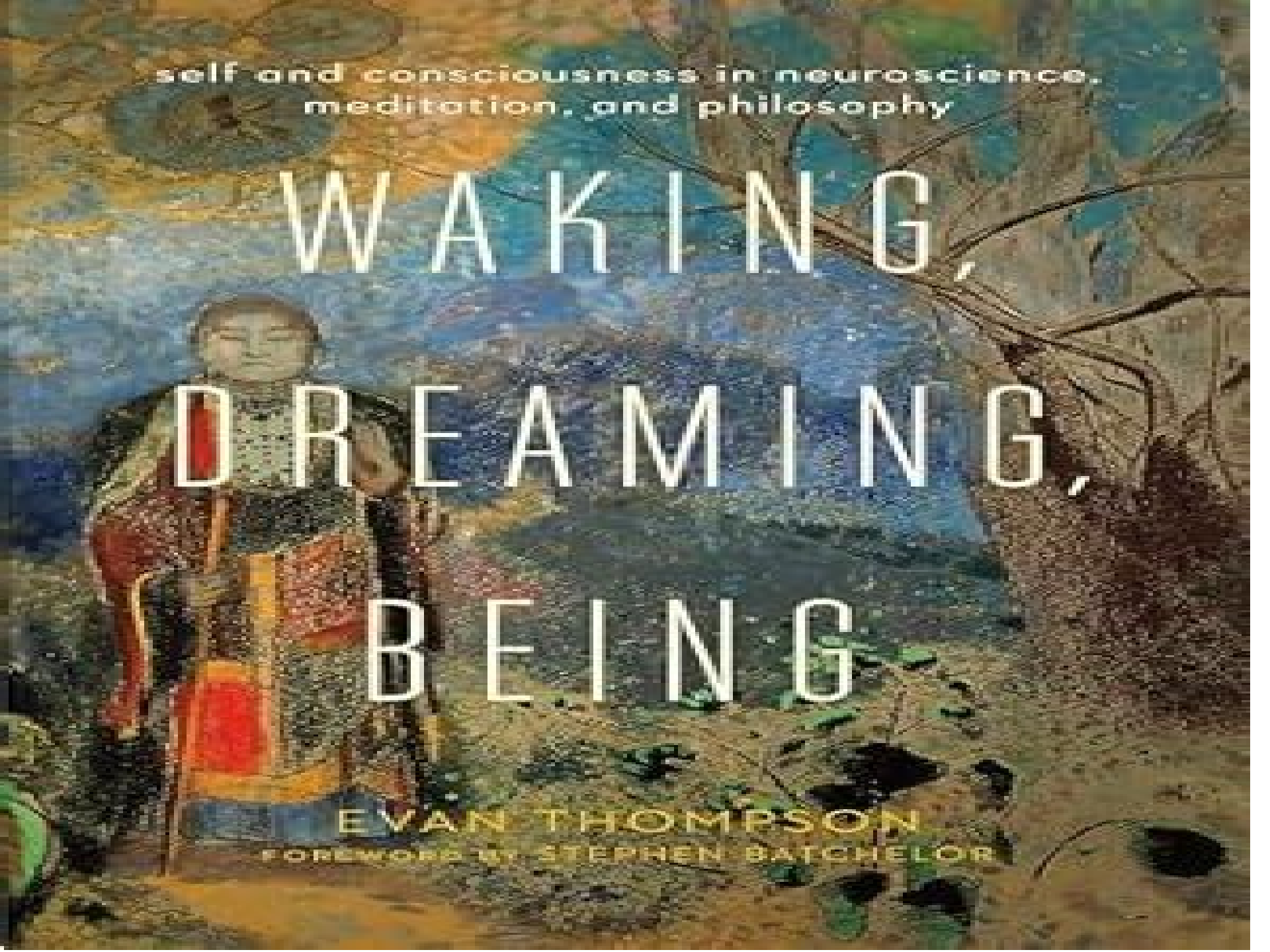




self and consciousness in neuroscience,
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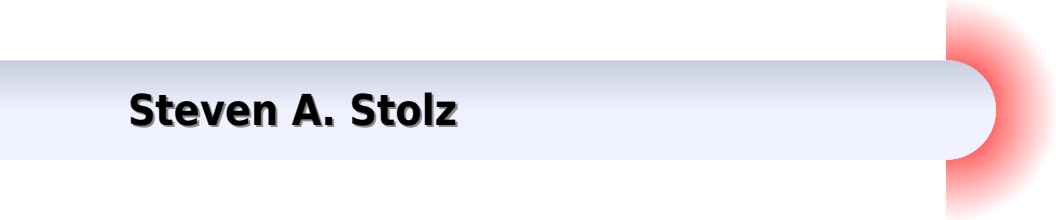
WAKING, DREAMING, BEING

EVAN THOMPSON

FOREWORD BY STEPHEN BACHELOR

Waking Dreaming Being Self And Consciousness In Neuroscience Meditation And Philosophy

Steven A. Stolz



Waking Dreaming Being Self And Consciousness In Neuroscience Meditation And Philosophy:

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

The Art of Becoming Infinite Gabriella Stanchina, 2025-01-27 Mou Zongsan is arguably the most important Chinese philosopher of the twentieth century This work delves into the philosopher's exploration of self and subjectivity setting Mou Zongsan's theories against Western paradigms Mou contrasts Western horizontal model based on the separation of subject and object and aimed at cognitive enhancement with the vertical view dominant in the Confucian and Daoist tradition The vertical model has at its core a practical performative interpretation of the subject based on the moral self cultivation This spiritual cultivation enables the finite human being to become infinite embodying the original unlimited moral mind that constitutes the Self and the universe In addressing fundamental questions of self consciousness and self identity the book contextualizes Mou's philosophy within contemporary discussions in neuroscience and cognitive science By placing Mou's ideas in dialogue with Western thought examining thinkers like Husserl Kant Hegel and Levinas as well as with Daoist and Confucian vision of mind this work opens a pathway to understanding selfhood beyond purely epistemological boundaries This book will be of interest to readers and scholars interested in the contemporary debate about mind and the Self as well as those intrigued by the new horizons opened by a cross cultural Western Chinese approach to subjectivity

Performing Human Consciousness Vanessa Dodd, 2024-09-30 Is the mind like a theatrical performance This comparison has often been used as a conceptual tool by neuroscientists philosophers and psychologists in trying to understand what constitutes the human mind and in particular how the comings and goings and the character transformations on the stage and in the scripted text give us visible access to the hidden workings of the human

mind Performing Human Consciousness makes use of this metaphor to explore the variety of ways in which the private thoughts and feelings we all have bring into play many aspects of persistent philosophical questions over how the essentially private world of personal experiences can relate to and communicate with the common public world To investigate this generalisation in more detail the author brings into play her own conscious experiences by making use of an auto inscribed play Being Me Through this dramatic medium she seeks to show in detail how phenomenal consciousness is captured through the dramatic play text and thereby made known to others through performance of that text Broadening out her argument further the author then embarks on an enquiry into a selection of play texts from an historical variety of perspectives from the early Greek and Mediaeval dramas through to the Symbolist period and onwards to the present day demonstrating the variety of ways in which they illustrate her argument This book will be of great interest to students and scholars of theatre performance and scriptwriting

Why I Am Not a Buddhist Evan Thompson, 2020-01-28 A provocative essay challenging the idea of Buddhist exceptionalism from one of the world's most widely respected philosophers and writers on Buddhism and science Buddhism has become a uniquely favored religion in our modern age A burgeoning number of books extol the scientifically proven benefits of meditation and mindfulness for everything ranging from business to romance There are conferences courses and celebrities promoting the notion that Buddhism is spirituality for the rational compatible with cutting edge science indeed a science of the mind In this provocative book Evan Thompson argues that this representation of Buddhism is false In lucid and entertaining prose Thompson dives deep into both Western and Buddhist philosophy to explain how the goals of science and religion are fundamentally different Efforts to seek their unification are wrongheaded and promote mistaken ideas of both He suggests cosmopolitanism instead a worldview with deep roots in both Eastern and Western traditions Smart sympathetic and intellectually ambitious this book is a must read for anyone interested in Buddhism's place in our world today

Beckett and the Cognitive Method Marco Bernini, 2021-10-26 Beckett and the Cognitive Method argues that Samuel Beckett's narrative work inaugurates an exploratory use of narrative as a cognitive modeling technology Through a detailed analysis of Beckett's entire corpus and published volumes of letters this book argues that Beckett pioneered a new method of writing to construct in a mode analogous to scientific inquiry models for the exploration of core laws processes and dynamics in the human mind

The Body, Embodiment, and Education Steven A. Stolz, 2021-09-28 Notions of the body and embodiment have become prominent across a number of established discipline areas like philosophy sociology and psychology While there has been a paradigmatic shift towards this topic there is a notable gap in the literature as it relates to education and educational research The Body Embodiment and Education addresses the gap between embodiment and education by exploring conceptualisations of the body and embodiment from interdisciplinary perspectives With contributions from international experts in philosophy sociology and psychology as well as emerging areas in related fields such as embodied cognition neuroscience cognitive science this book sets a new research

agenda in education and educational research Each chapter makes a case for expanding the field and adds to the call for further exploration The Body Embodiment and Education will be of great interest to academics researchers and postgraduate students who are interested in the body and embodiment and or its relationship with education or educational research

Crossing the Stream, Leaving the Cave Amber D. Carpenter, Pierre-Julien Harter, 2024 Crossing the Stream Leaving the Cave brings philosophers from two of the world's great philosophical traditions Platonic and Indian Buddhist into joint inquiry on topics in metaphysics epistemology mind language and ethics An international team of scholars address selected questions of mutual concern to Buddhist and Platonist How can knowledge of reality transform us Will such transformation leave us speechless or disinterested in the world around us What is cause What is self knowledge And how can dreams shed light on waking cognition What do the paradoxes thrown up by abstract thought about fundamental notions such as being and unity reveal Is it possible to attain unity in ourselves and should we even try Would doing so make us happy and is such happiness consistent with both contemplation of reality and action in the world With close readings of texts by Buddhaghosa Nagarjuna Vasubandhu Dignaga Bhaviveka Santideva by Plato Plotinus Porphyry Olympiodorus and Damascius among others these studies consider not just the different answers Buddhists and Platonists might give to these questions but also the criticisms they might bring to each other's positions the sort of arguments they use and the use they put these arguments to Bringing Platonic and the Buddhist perspectives jointly to bear creates a cosmopolitan philosophical exchange which yields greater conceptual clarity on the questions and the terms in which they are cast reveals unnoticed conceptual connections and opens up new possibilities for addressing central philosophical concerns

Psychedelics and Art Therapy Charmaine Husum, 2025-05-21 This book serves as a vital resource for clinicians therapists and individuals aiming to integrate their psychedelic experiences through the transformative practice of Art Therapy Rooted in a Trauma informed approach Psychedelics and Art Therapy A Trauma Informed Manual for Somatic Self Discovery offers guidance on navigating the profound psychological and emotional shifts that often accompany such journeys This book combines creative exercises with meditation and neuroscientific insights to show how Art Therapy can effectively reroute neural pathways fostering sustained emotional well being and personal growth In an era where the underground market of psychedelic therapy is often unsafe and commercially driven this book advocates for a sustainable approach to healing that prevents habitual reliance on these substances Authored by an Art Therapist with over a decade of specialized experience in psychedelic preparation and integration this book transcends the underground stigmas associated with drug culture offering a trusted path to healing grounded in therapeutic practices that honor transpersonal and Indigenous wisdom As the conversation around Psychedelics in therapy evolves this essential guide provides a structured and compassionate approach to integration and healing ensuring long term personal empowerment and inner well being

Lucrecia the Dreamer Kelly Bulkeley, 2018-02-27 Set in late sixteenth century Spain this book tells the gripping story of Lucrecia de Le n a young woman of modest background who

gained a dangerously popular reputation as a prophetic dreamer predicting apocalyptic ruin for her country. When Lucrecia was still a teenager, several Catholic priests took great interest in her prolific dreams and began to record them in detail. But the growing public attention to the dreams eventually became too much for the Spanish king. Stung that Lucrecia had accurately foreseen the defeat of the Spanish Armada in 1588, Philip II ordered the Inquisition to arrest her on charges of heresy and sedition. During Lucrecia's imprisonment, trial, and torture, the carefully collected records of her dreams were preserved and analyzed by the court. The authenticity of these dreams and their potentially explosive significance became the focal point of the Church's investigation. Returning to these records of a dreamer from another era, *Lucrecia the Dreamer* is the first book to examine Lucrecia's dreams as dreams as accurate reports of psychological experiences with roots in the brain's natural cycles of activity during sleep. Using methods from the cognitive science of religion, dream researcher Kelly Bulkeley finds meaningful patterns in Lucrecia's dreaming prophecies and sheds new light on the infinitely puzzling question at the center of her trial, a question that has vexed all religious traditions throughout history: How can we determine if a dream is or is not a true revelation?

The Difference Nothing Makes Brian D. Robinette, 2023-02-15. This book explores the doctrinal, social, and spiritual significance of a central yet insufficiently understood tenet in Christian theology: creation from nothing. In this original study, Brian D. Robinette offers an extended meditation on the idea of creation out of nothing as it applies not only to the problem of God but also to questions of Christology, soteriology, and ecology. His basic argument is that *creatio ex nihilo* is not a speculative doctrine referring to cosmic origins but rather a foundational insight into the very nature of the God-world relation, one whose implications extend throughout the full spectrum of Christian imagination and practice. In this sense, it serves a grammatical role: it gives orientation and scope to all Christian speech about the God-world relation. In part 1, Robinette takes up several objections to *creatio ex nihilo* and defends the doctrine as providing crucial insights into the gifted character of creation. Chapter 2 underscores the contemplative dimensions of a theological inquiry that proceeds by way of unknowing. Part 2 draws from the field of mimetic theory in order to explore the creative and destructive potential of human desire. Part 3 draws upon the Christian contemplative tradition to show how the dark night of faith is a spiritually patient and discerning way to engage the sense of divine absence that many experience in our post-religious, post-secular age. The final chapter highlights *creatio ex nihilo* as an expression of divine love: God's love for finitude, for manifestation, for relationship. Throughout, Robinette engages with biblical, patristic, and contemporary theological and philosophical sources, including among others, René Girard, Karl Rahner, and Sergius Bulgakov.

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