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and a Zen practitioner, interweaves the most recent brain research with the personal narrative of his Zen experiences. The science is both inclusive and rigorous; the Zen sections are clear and evocative.

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brain and meditation. The eventual goal would be to establish mechanisms by which meditation induces changes in the activity of the brain, which in turn induces a state of mental clarity.

Zen and the Brain - Wikipedia

Zen and the Brain presents the latest evidence. In this book Zen Buddhism becomes the opening wedge for an extraordinarily wide-ranging exploration of consciousness. In order to understand which brain mechanisms produce Zen states, one needs some understanding of the anatomy, physiology, and chemistry of the brain.

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Zen and the Brain | The MIT Press

A neurologist and Zen practitioner clarifies the benefits of meditative training, drawing on classical Buddhist literature and modern brain research. In *Zen-Brain Horizons*, James Austin draws on his decades of experience as a neurologist and Zen practitioner to clarify the benefits of meditative training. Austin integrates classical Buddhist literature with modern brain research, exploring the horizons of a living, neural Zen.

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Consciousness is a book authored by James H. Austin. First published in 1998, the book's aim is to establish links between the neurological workings of the human brain and meditation.

Zen and the Brain (□□)

Abstract. Zen Buddhist meditative practices emphasize the long-term, mindful training of attention and awareness during one's ordinary daily-life activities, the shedding of egocentric behaviors, and the skillful application of one's innate compassionate resources of insight-wisdom toward others and oneself.

Zen and the brain: mutually illuminating topics

Zen and the Brain presents the latest evidence. In this book Zen Buddhism becomes the opening wedge for an extraordinarily wide-ranging exploration of consciousness. In order to understand which brain mechanisms produce Zen states, one

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Author: James H. Austin; Publisher: MIT Press ISBN:

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Zen and the Brain: Toward an Understanding of Meditation ...

James Austin has devoted the majority of his life to the science of the brain, steeped as it is in the empirical disciplines of the Western laboratory, and nearly an equal amount in the strict discipline of Zen meditation, with its mysterious koans and indefatigable pursuit of Eastern-style enlightenment.

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Zen and the Brain weighs in at three pounds and 844 pages. The interested reader will find everything here, from the history of Buddhism beginning with Siddhartha Gautama 2500 years ago, to Buddhism's migration to China and later Japan, to instructions for sitting.

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