



BUDDHISM & SCIENCE:

WHERE THEY MEET, WHERE THEY DON'T,
AND WHY IT MATTERS TO YOUR MENTAL HEALTH

FOR EXTRA MATERIALS
AND INFORMATION,
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Me - Corey Jackson



CONTEMPLATIVE SCIENCE

HH DALAI LAMA

“Suppose that something is definitely proven through scientific investigation ... And suppose that fact is incompatible with Buddhist theory. There is no doubt that we must accept the result of the scientific research.”

CONTEMPLATIVE SCIENCE

DALAI LAMA ON BUDDHIST VIEWS

1. Scientific dimension:

Empirical claims about the outer physical world and inner world of our experience and principles.

2. Philosophical dimension:

Statements presenting the ultimate truth or truths about reality.

3. Religious dimension:

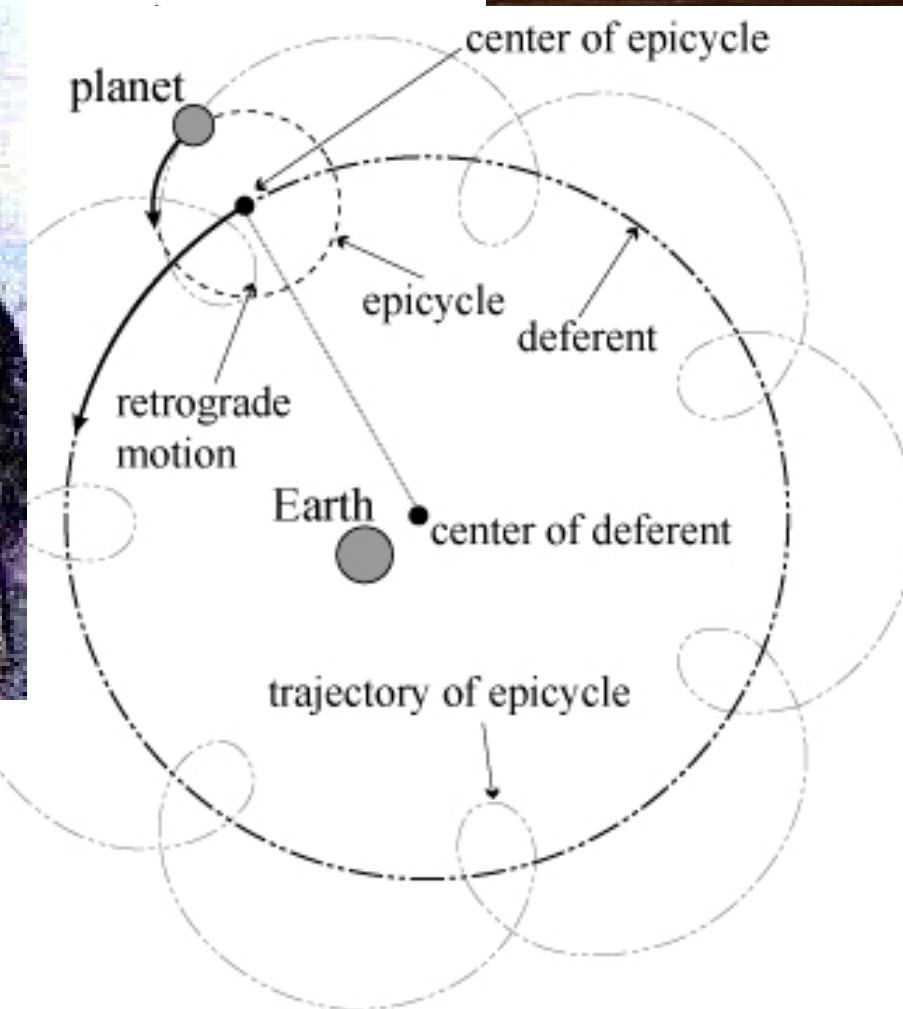
Buddhist practice and path to enlightenment – rebirth, karma etc.

CONTEMPLATIVE SCIENCE

IT'S A FACT!

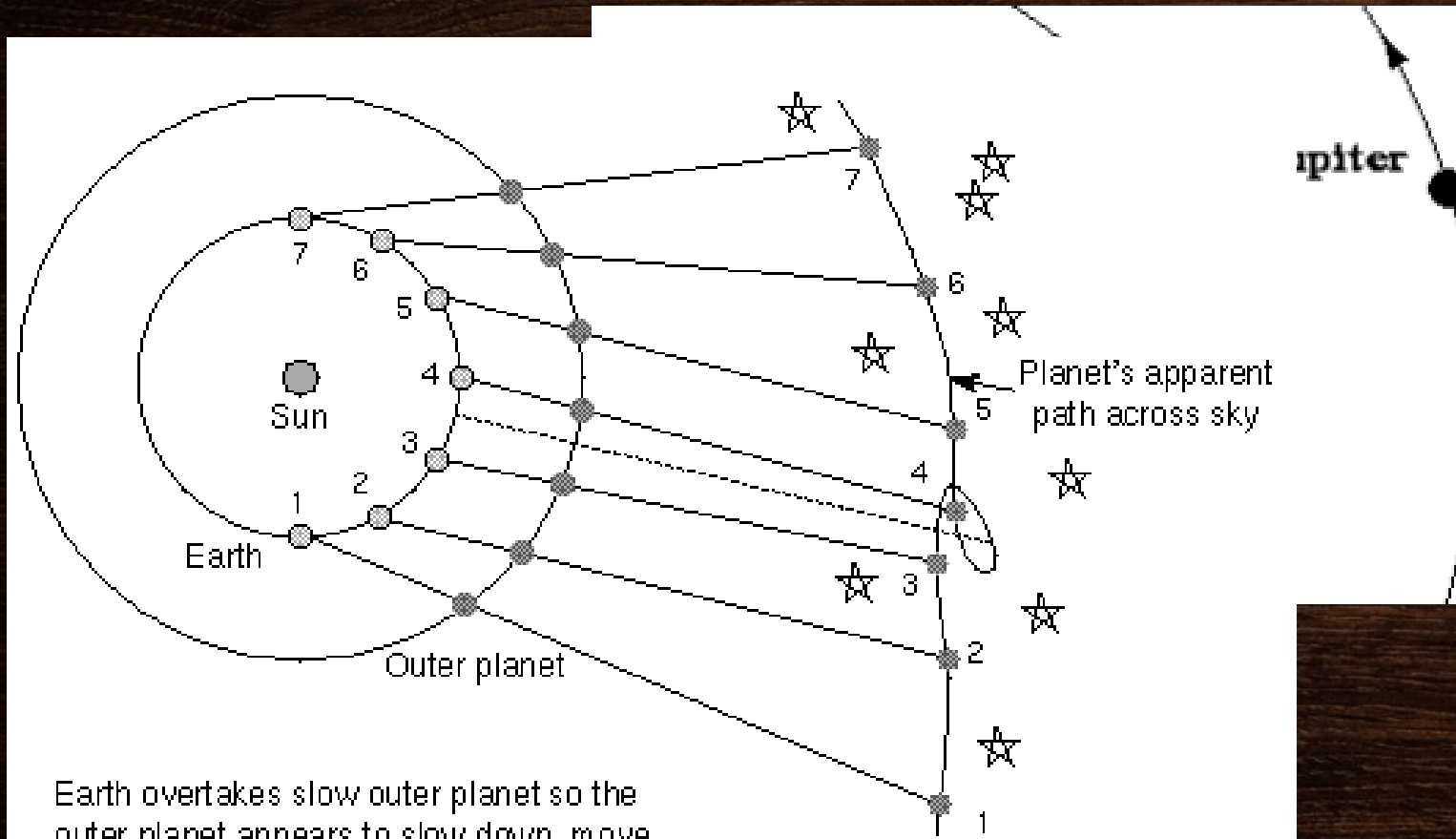
1. *Extremely Hidden – belief based on testimony of valid source.*
 - *Causes of suffering, karma, rebirth.*
2. *Hidden – must rely on reason and logic.*
 - *Study, reading analysing and come to own conclusion.*
3. *Manifest/Evident – can rely on perception.*
 - *Perception achieved through technology and hypothesis testing.*

THE SCIENCE OF PHENOMENA

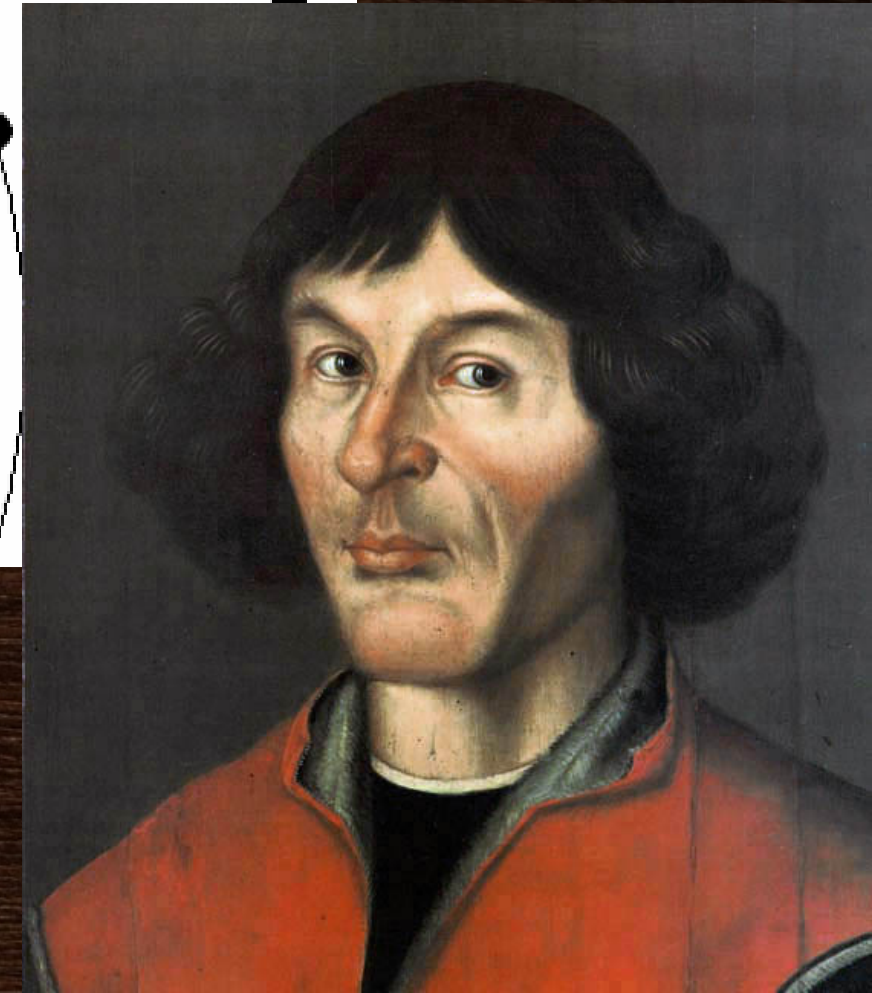


CONTEMPLATIVE SCIENCE

HIDDEN PHENOMENA



Earth overtakes slow outer planet so the outer planet appears to slow down, move backward, then move forward again with respect to the background stars.



CONTEMPLATIVE SCIENCE MANIFEST PHENOMENA

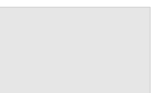


CONTEMPLATIVE SCIENCE TECHNOLOGY

Science and Buddhism both learn about phenomena by observation.

There is no scientific technology to *directly* observe the mind or mental states.





RED

BLUE

YELLOW

PURPLE

YELLOW

BLUE

GREEN

RED

BLUE

PURPLE

GREEN

RED

YELLOW

BLUE

RED

GREEN

PURPLE

YELLOW

RED

BLUE

GREEN

RED

BLUE

PURPLE

ORANGE

BLUE

RED

GREEN

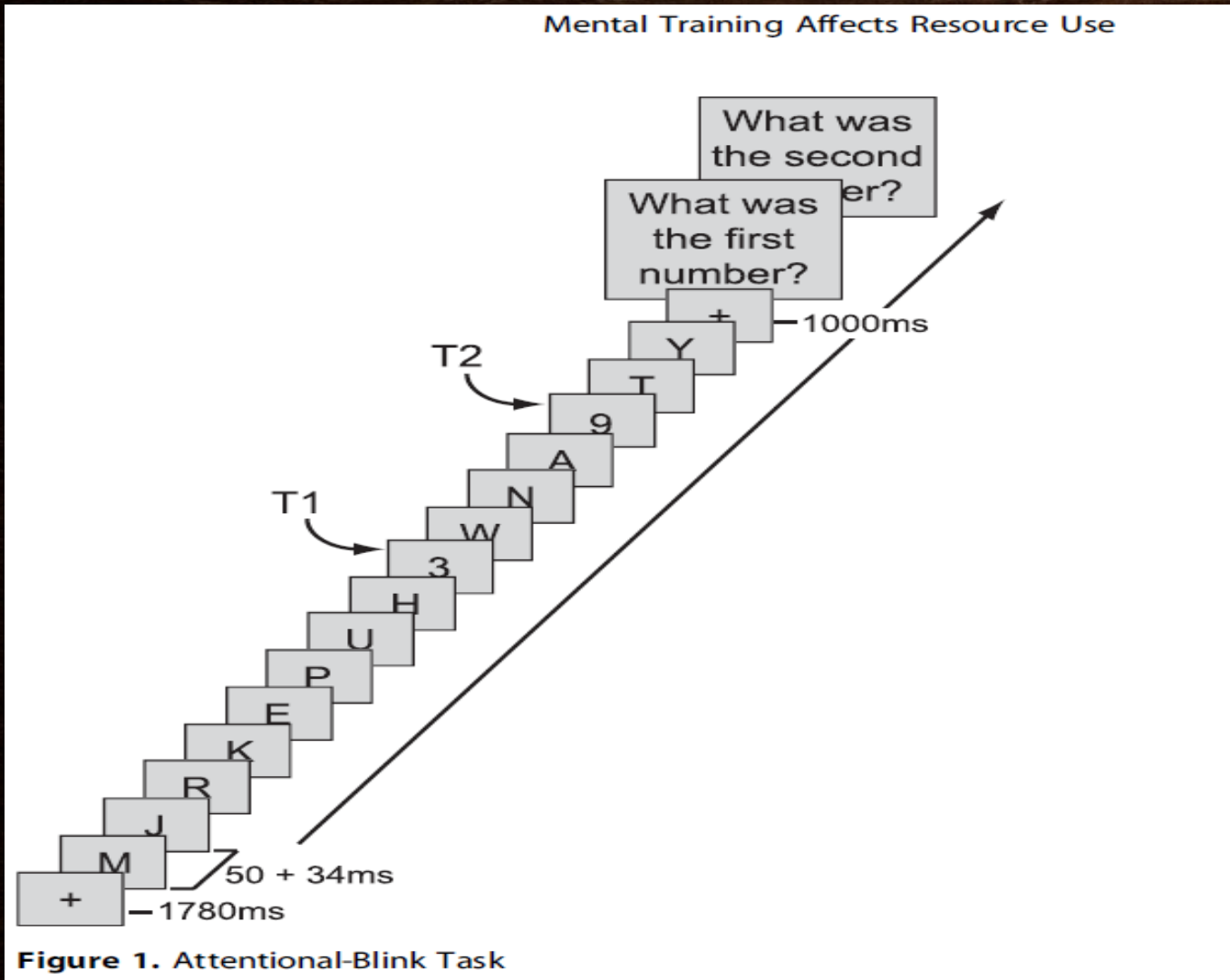
GREEN

PURPLE

YELLOW

RED

Contemplative Technology



Of central importance, those individuals that showed the largest decrease in brain-resource allocation to T1 generally showed the greatest reduction in attentional blink size...

Importantly, they demonstrate that through mental training, increased control over the distribution of limited brain resources may be possible.

MANIFEST PHENOMENA CONTEMPLATIVE TECHNOLOGY

Meditation:

Sanskrit, Pali and Tibetan for *habituate, familiarise, cultivate*.

Cultivate empathy, kindness, compassion, insight etc.

Mindfulness:

Sanskrit, Pali and Tibetan for *remember, bear in mind*.

Remember focal object, bigger picture goals etc.

CONTEMPLATIVE TECHNOLOGY

Mindfulness:

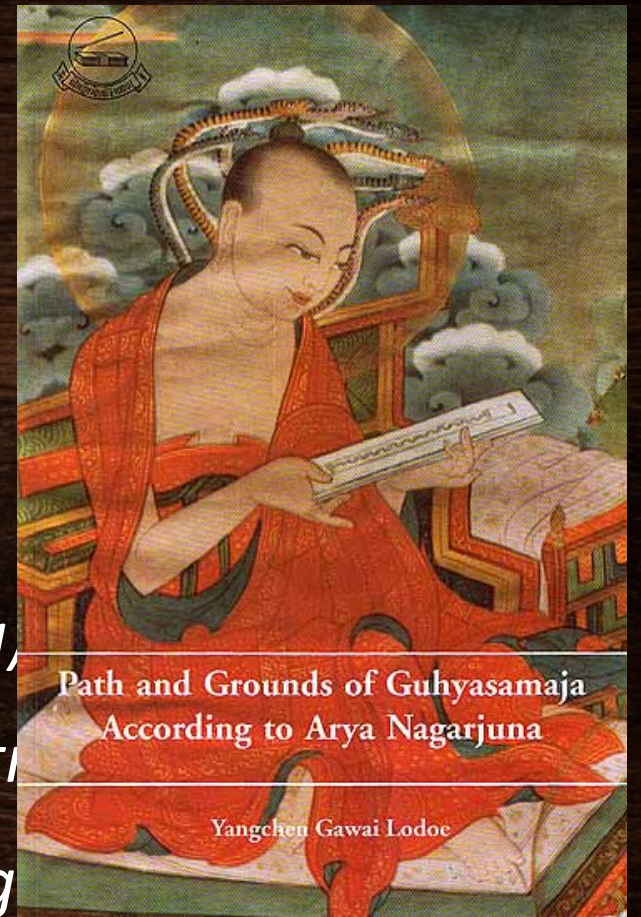
Non-forgetfulness of the mind with regards to a familiar object, having the function of non-distraction.

Introspection:

Repeated investigation of the body and mind.

SCIENCE & BUDDHISM EVOLVING TRADITIONS

- *Great Exposition* (Vaibhasika)
- *Sutra* (Sutra)
- *Mind Only* (Cittamatra / Yogacara)
- *Middle Way Autonomous* (Madhyamaka Sautanti)
- *Middle Way Consequence* (Madhyamaka Prasang)



SCIENCE & BUD EVOLVING TRAC

HOME / SCIENCE / THE STATE OF THE UNIVERSE

The Effect Effect

Daniel Kahneman and the language of popular psychology.

By Daniel Engler | Posted Wednesday, Oct 26, 2011, at 10:08 AM

PEANUTS

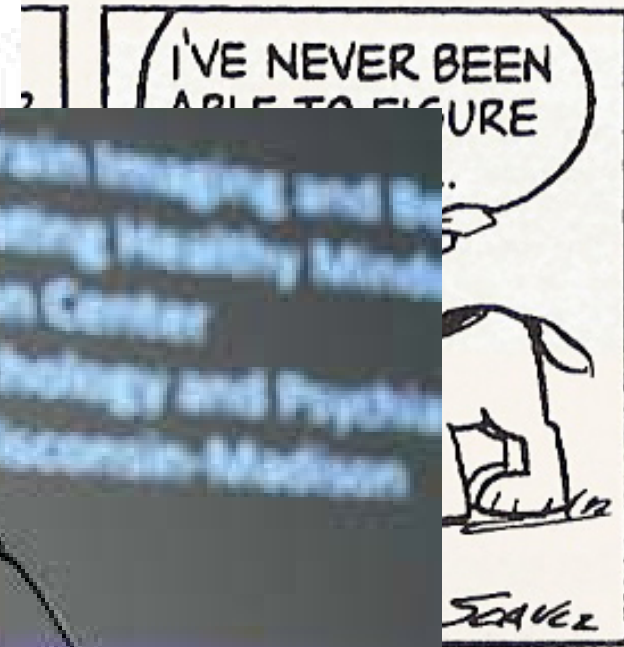
THE EARS HEAR THE
CAN OPENER..



Sigmund
WWW.O



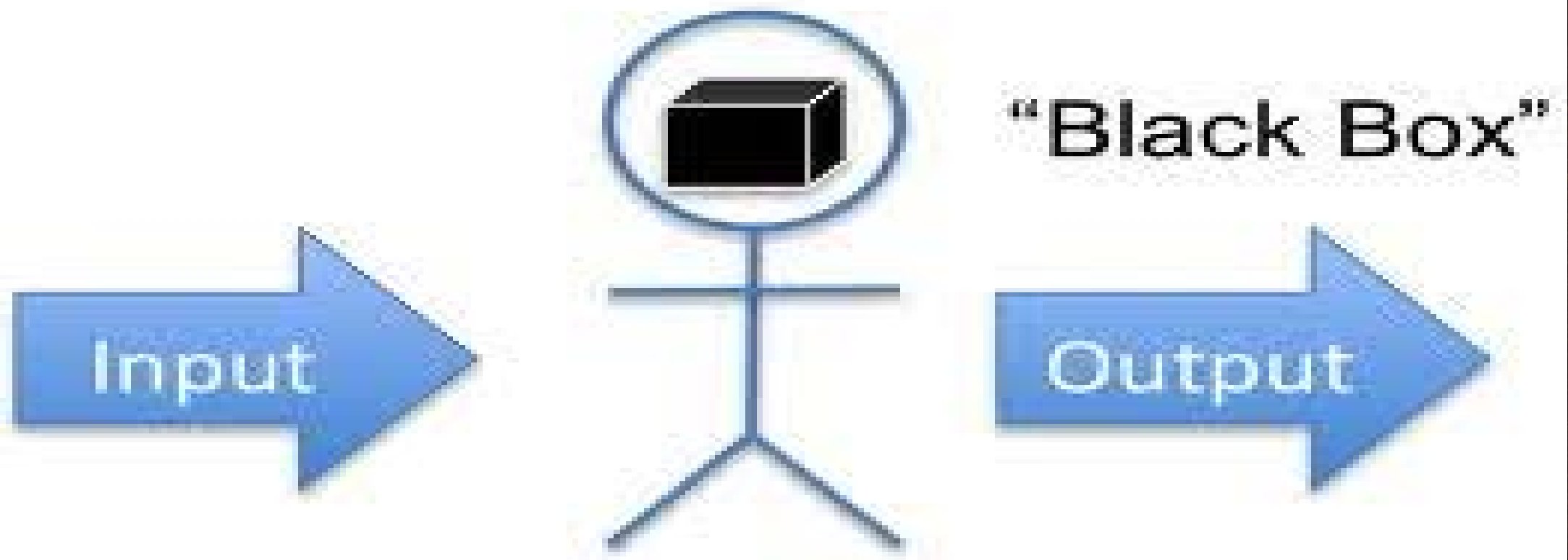
Illustration: Daniel Kahneman, by
Clayton Koppelman
Illustration by Clayton Koppelman



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In 1969, the psychologist Robert Zajonc published an article about a curious study. He'd posted

Behaviorism



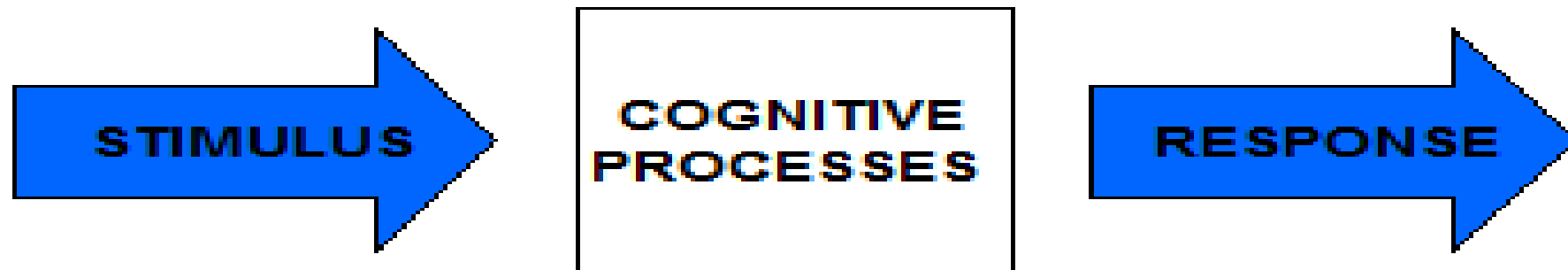
SCIENCE & BUDDHISM

EVOLVING TRADITIONS

Cognitive Theory

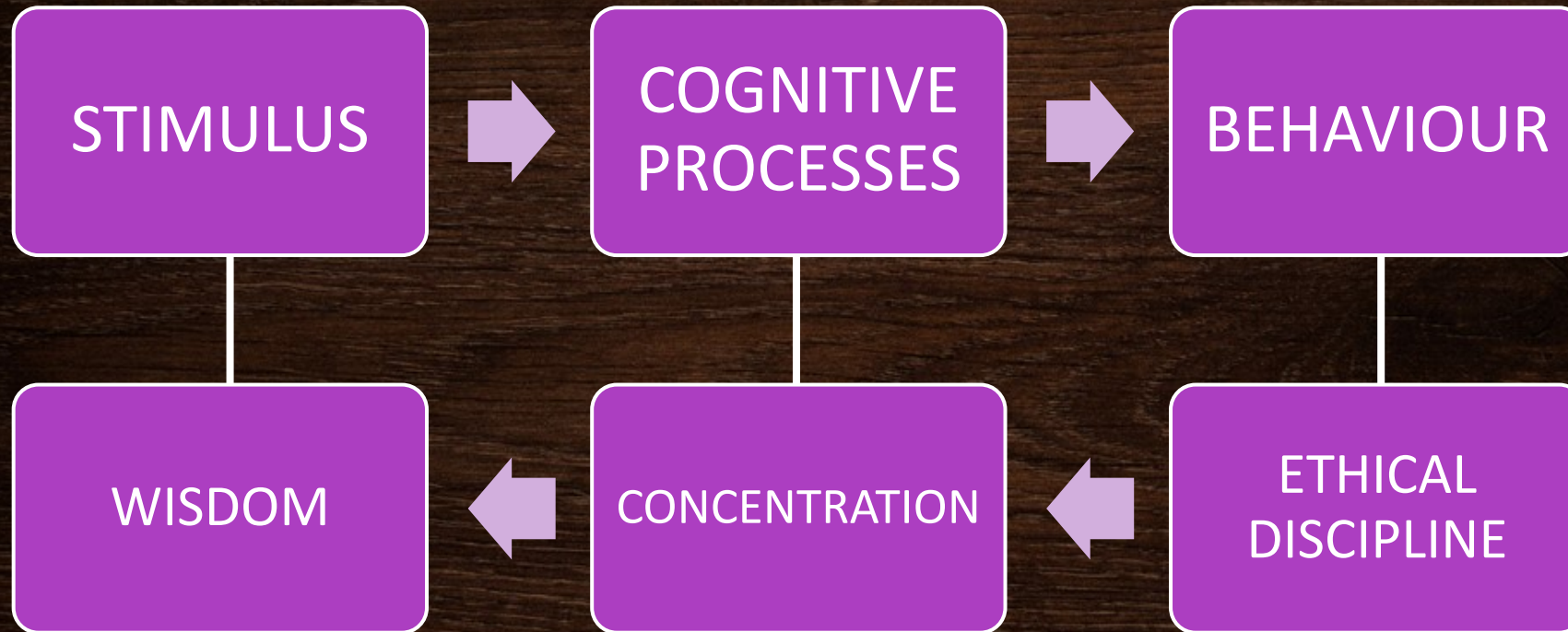
LEARNING

- Based on mental processes by which learners take in, interpret, store and retrieve information



CONTEMPLATIVE TECHNOLOGY

THREE TRAININGS



Counterhabitual implementation intentions reduces automatic stereotypical thoughts.

The formation of a counterhabitual implementation intention cancels out the **cognitive advantage** of the habitual over the alternative means.

Adriaanse et al., (2011)