



# BUDDHISM & SCIENCE:

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

FOR EXTRA MATERIALS  
AND INFORMATION,  
SIGN UP HERE:



# 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.*

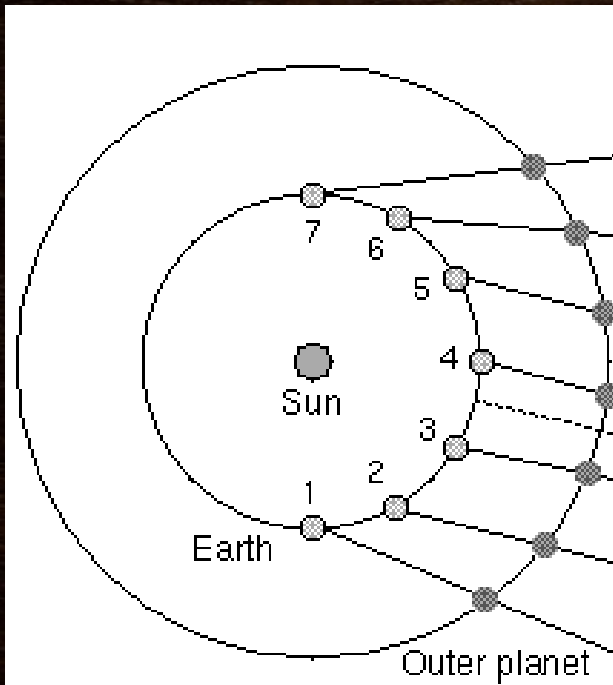
# CONTEMPLATIVE SCIENCE

## EXTREMELY HIDDEN PHENOMENA

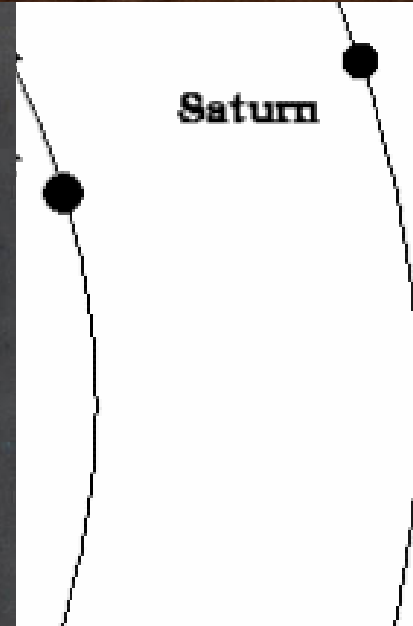
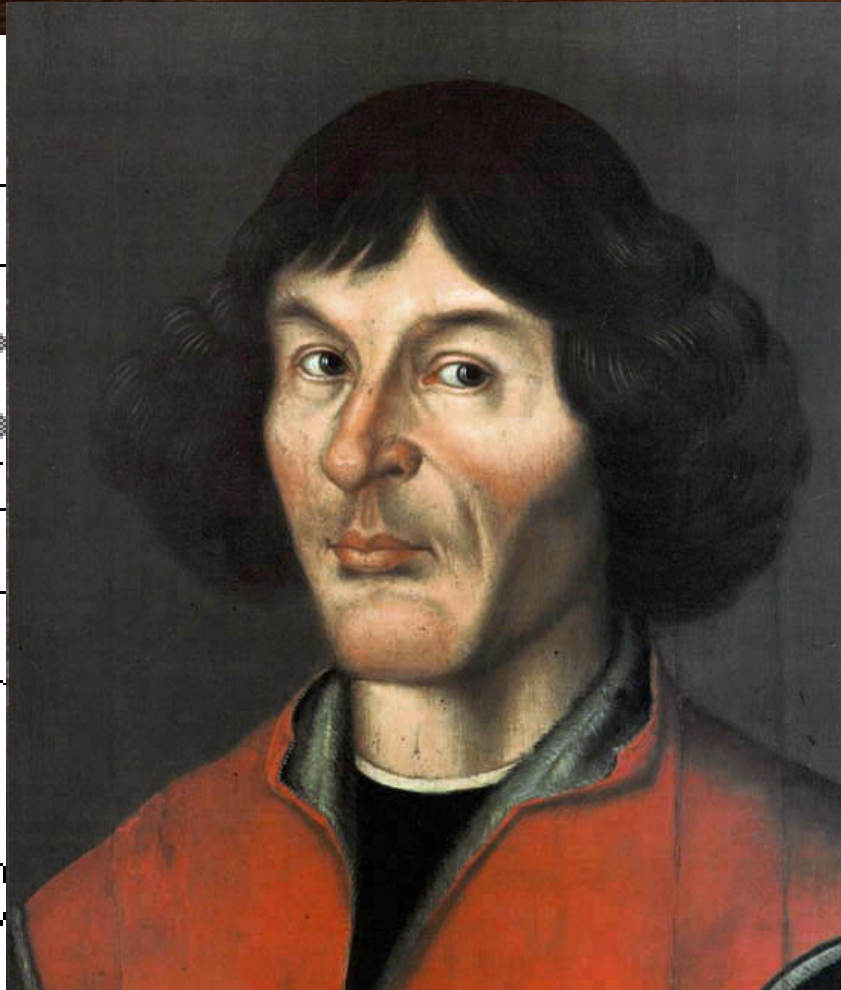


# CONTEMPLATIVE SCIENCE

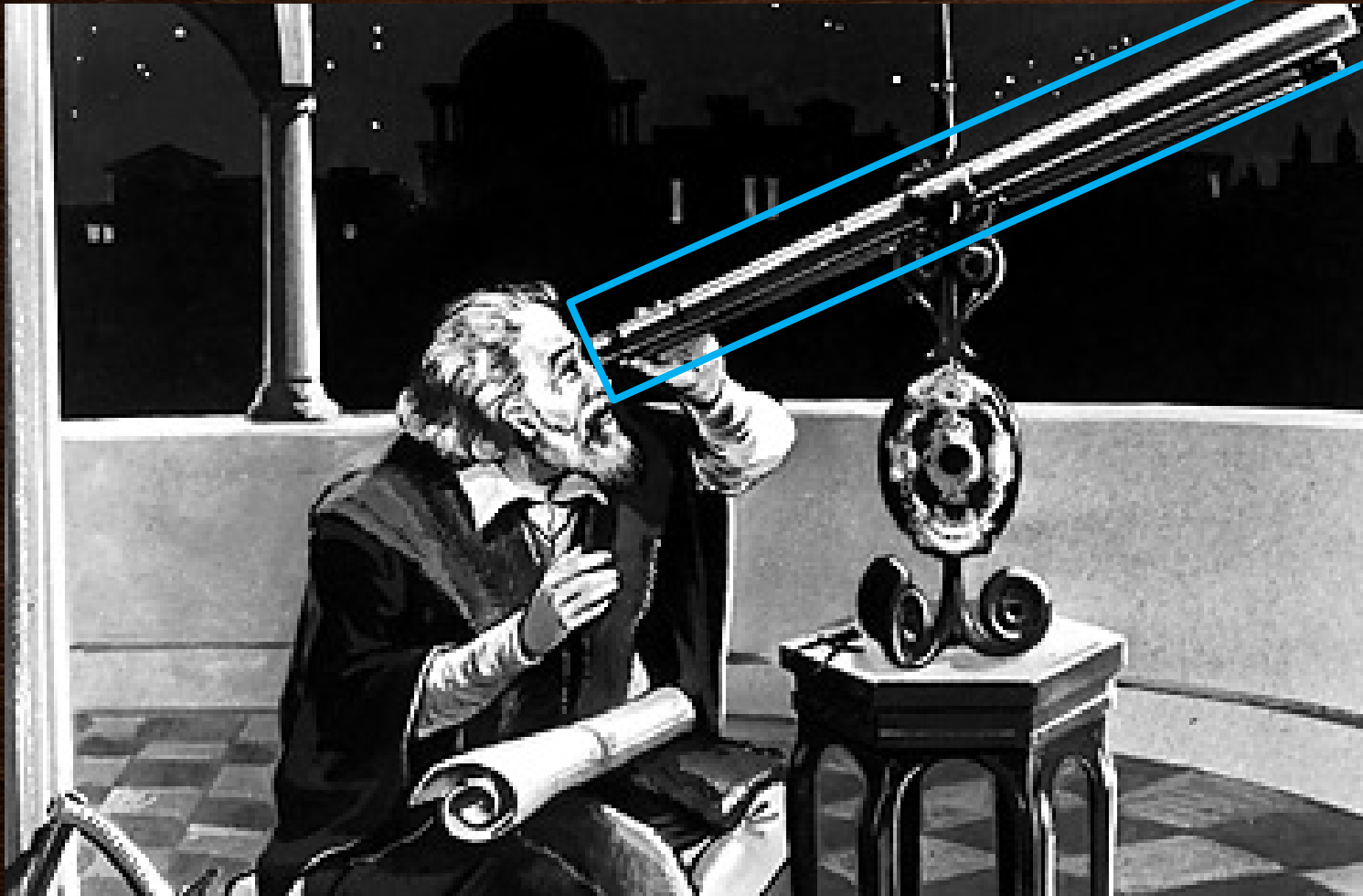
## HIDDEN PHENOMENA



Earth overtakes slow outer planet so 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.



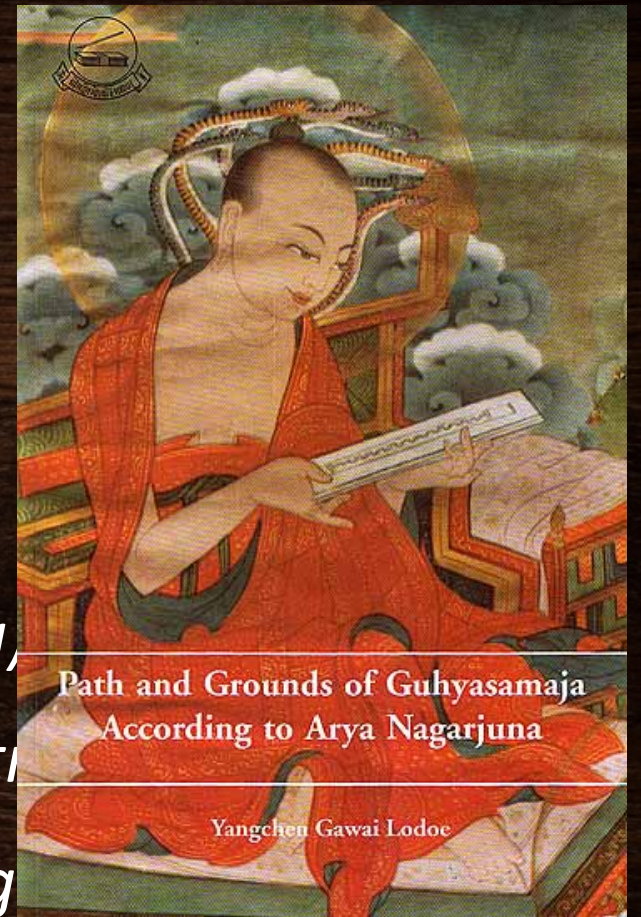
# CONTEMPLATIVE SCIENCE

HH DALAI LAMA

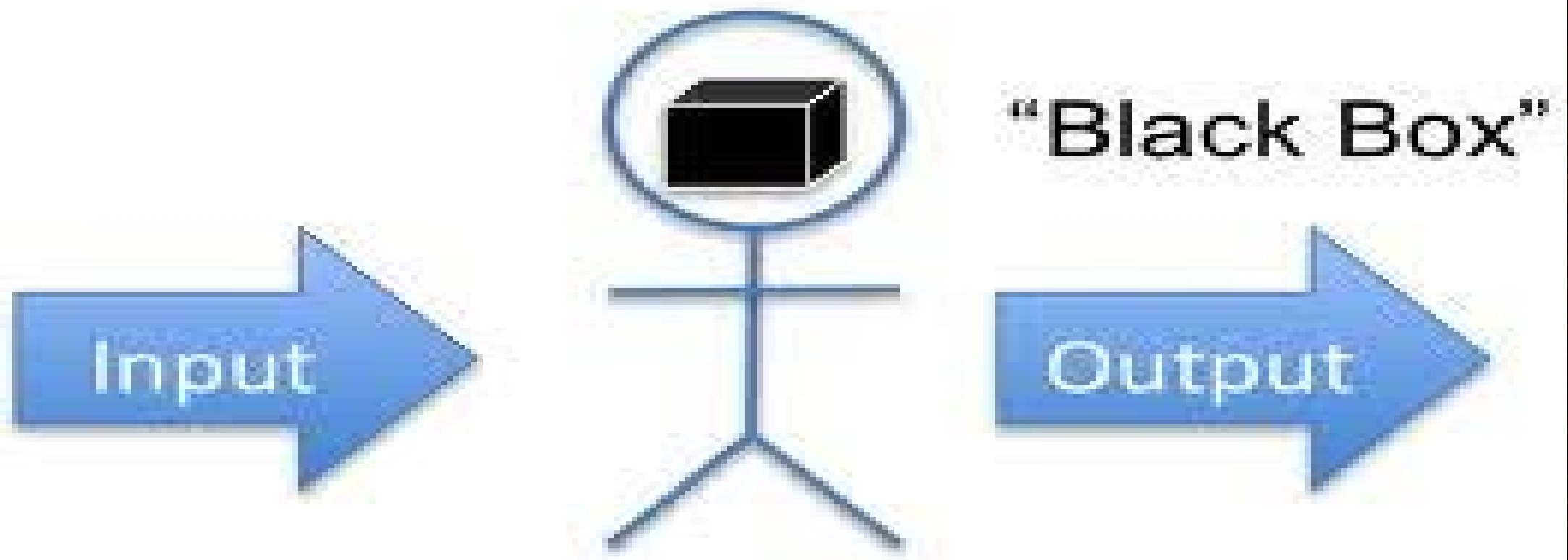
“Suppose that something is definitely proven through scientific investigation ... And suppose that fact is incompatible with Buddhist theory. There is no doubt that we must accept the result of the scientific research.”

# SCIENCE & BUDDHISM EVOLVING TRADITIONS

- *Great Exposition* (Vaibāsika)
- *Sutra* (Sutra)
- *Mind Only* (Cittamātra / Yogācāra)
- *Middle Way Autonomous* (Madhyamaka Sautāntika)
- *Middle Way Consequence* (Madhyamaka Prasangika)



# Behaviorism



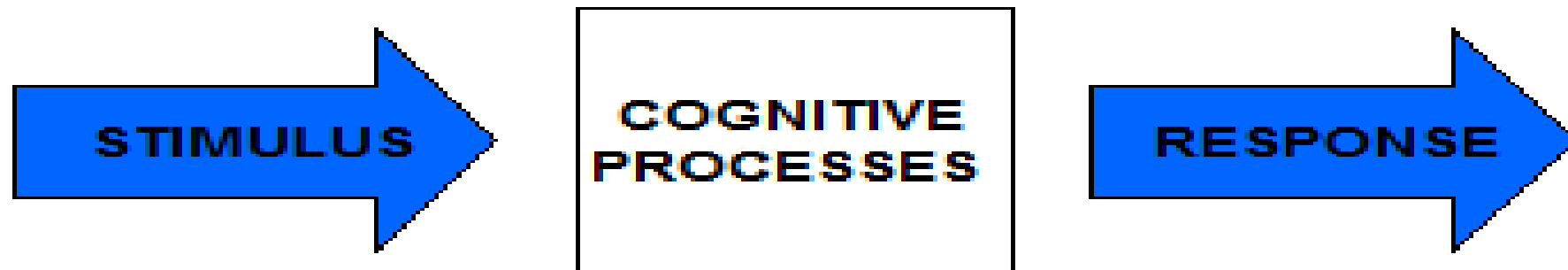
# SCIENCE & BUDDHISM

## EVOLVING TRADITIONS

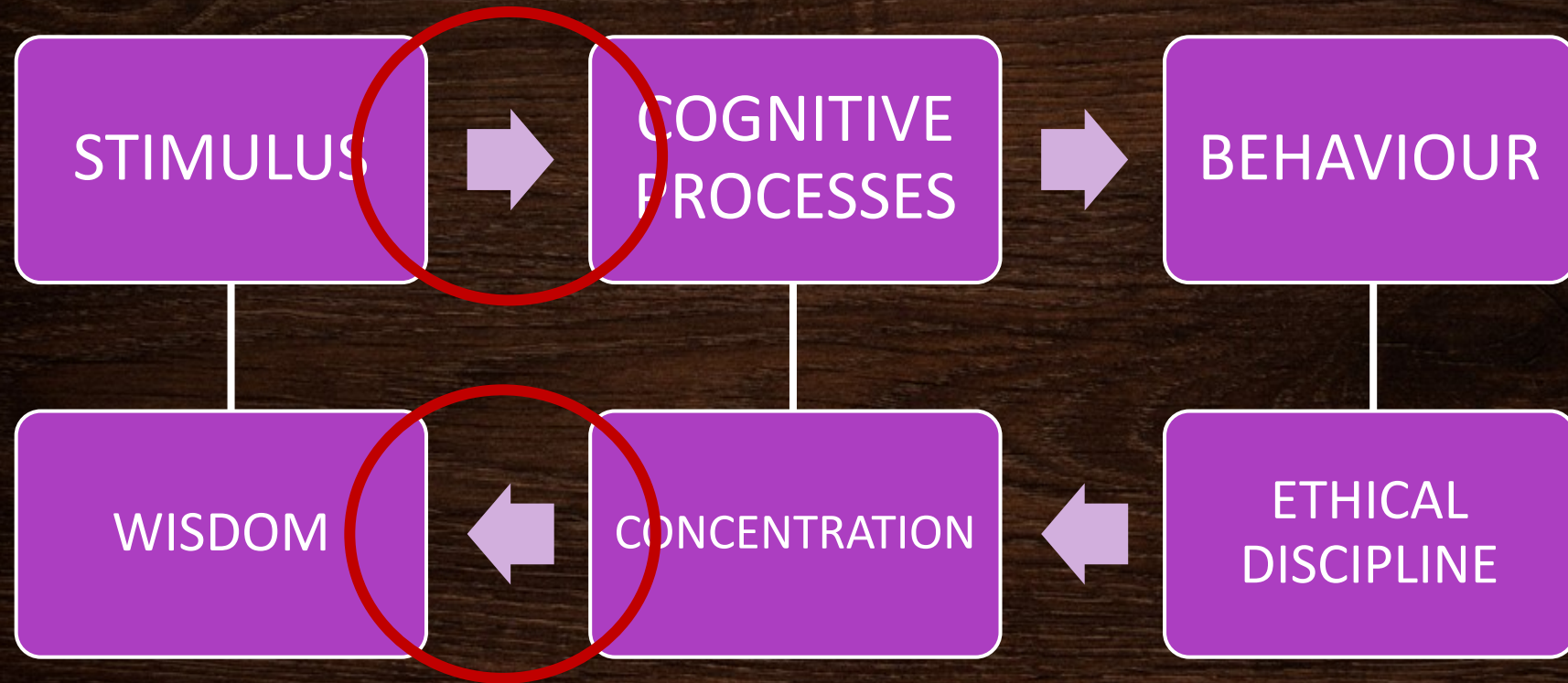
### Cognitive Theory

#### LEARNING

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



# COGNITIVE PSYCHOLOGY & THE THREE TRAININGS





**CHICKEN-CHURCH HOPES  
YOU'LL COME BACK NEXT SUNDAY**



# Contemplative Technology

## Mindfulness & introspection

### 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 & introspection

### 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.

## Contemplative Technology Mindfulness & introspection

“Mindfulness, when it arises, calls to mind wholesome and unwholesome tendencies, with faults and faultless, inferior and refined, dark and pure, together with their counterparts ...

... mindfulness, when it arises, follows the courses of beneficial and unbeneficial tendencies: these tendencies are beneficial, these unbeneficial; these tendencies are helpful, these unhelpful. Thus, one who practices yoga rejects unbeneficial tendencies and cultivates beneficial tendencies.”

Nagasena

CONTEMPLATIVE TECHNOLOGY

PLEASE GET COMFORTABLE

# Why There Are No Mental Diseases: The DSM - A Medical Model

# Mental Health: The DSM - A Medical Model

**A clinically significant behavioural or psychological syndrome or pattern**

- ... associated with present distress or disability or with a significantly increased risk of suffering death, pain, disability, or an important loss of freedom.
- ... must not be merely an expectable and culturally sanctioned response to a particular event, for example, the death of a loved one.
- ... whatever its original cause, it must currently be considered a manifestation of a behavioural, psychological, or biological dysfunction in the individual.

# Mental Health: The DSM - A Medical Model



# The DSM - A Medical Model:

## Depression Symptoms

- A Single or Recurrent depressive episode

### Major Depressive Episode:

1. Depressed mood most of the day, nearly every day.
2. Markedly diminished pleasure/interest in activities.
3. Significant weight loss or gain.
4. Insomnia or hypersomnia nearly every day.
5. Psychomotor agitation or retardation nearly every day.
6. Fatigue/loss of energy nearly every day.
7. Feelings of worthlessness, excessive guilt nearly every day.
8. Diminished ability to concentrate nearly every day.
9. Recurrent thoughts of death, suicide, suicide attempts.
10. 5 or more is needed, (incl 1/ or 2/) in a 2-week period.



# Authentic Happiness

Search

Home

Initiatives

Learn More

Questionnaires

About Us

Login

Select Language

Home / Questionnaires

## Questionnaire Center

Please log in to take questionnaires. If you need to register for an account, click the Login menu above and choose Register.

Emotion Questionnaires	My Score	Result Range	Last Taken	Options & Details
Authentic Happiness Inventory Measures Overall Happiness	N/A	N/A	N/A	<a href="#">Take Test</a>
General Happiness Scale Assesses Enduring Happiness	N/A	N/A	N/A	<a href="#">Take Test</a>
PANAS Questionnaire Measures Positive and Negative Affect	N/A	N/A	N/A	<a href="#">Take Test</a>
CES-D Questionnaire Measures Depression Symptoms	N/A	N/A	N/A	<a href="#">Take Test</a>
Fordyce Emotions Questionnaire Measures Current Happiness	N/A	N/A	N/A	<a href="#">Take Test</a>
Engagement Questionnaires	My Score	Result Range	Last Taken	Options & Details

# Kindness and Compassion

## Happiness As An Antidote To Stress

### 1. Hedonic Happiness:

A type of happiness or pleasure derived from what we can get **from** the world.

### 2. Genuine Happiness (Eudaimonia):

A type of happiness or well-being that is derived from what we bring **TO** the world.

**Aristotle** considered Eudaimonia *“the activity of the soul in accordance with [the best and most complete] virtue”*

# Kindness and Compassion

## Happiness As An Antidote To Stress

### Kindness:

Wishing people be happy (ourselves included).

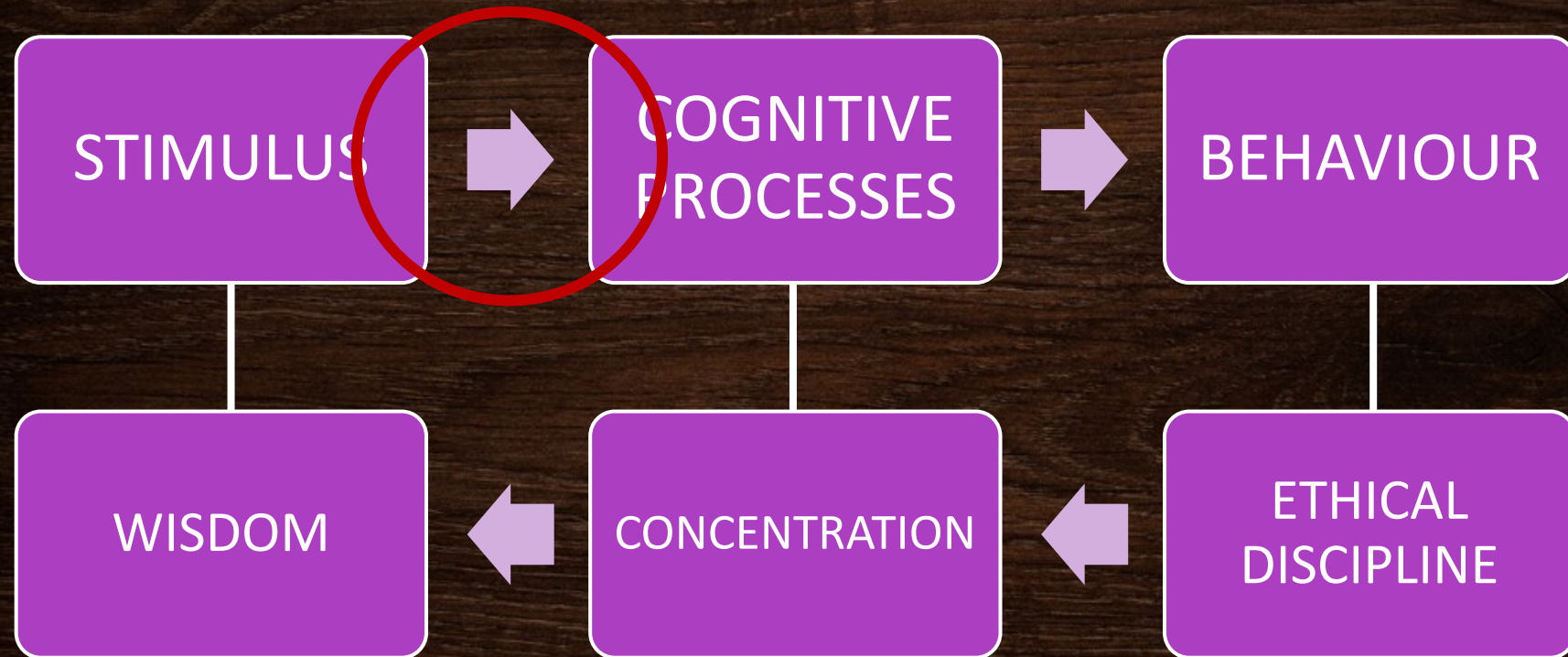
### Compassion:

Wishing people be free of suffering (ourselves included).

### Natural state:

Settling you body and mind in their natural states (you're already training in this with the mindfulness practices).

# COGNITIVE PSYCHOLOGY & THE THREE TRAININGS



# COGNITIVE PSYCHOLOGY & THE THREE TRAININGS

