

## CONTENTS

Preface • ix

Introduction • 1

- 1 First There Is a Mountain • 39
  - 2 Buddhism and the Science of Race • 73
  - 3 Two Tibetans • 105
  - 4 The Science of Buddhism • 153
  - 5 The Meaning of Meditation • 197
- Conclusion: Measuring the Aura • 211

Notes • 219

Index • 255