

# Contents

<i>Preface</i>	1
<i>Introduction</i>	3

## Part I—Western Tradition

CHAPTER 1	What It Is Like to Be Conscious	13
CHAPTER 2	Primary Awareness	32
CHAPTER 3	Paradoxical Awareness and Pathological Awareness	48
CHAPTER 4	Paranormal Awareness	72
CHAPTER 5	Consciousness, Mind and Intentionality: Philosophical Discussions	108
CHAPTER 6	Consciousness, Brain and the New Physics	137
CHAPTER 7	Psychologies of Consciousness	159

## Part II—Eastern Tradition

CHAPTER 8	Yoga: Royal Road to Higher Consciousness	193
CHAPTER 9	Vedanta: A Philosophy of Pure Consciousness	216
CHAPTER 10	Buddhism: A Psychology of Consciousness	232
CHAPTER 11	When East and West Meet: The Case of Meditation	257
CHAPTER 12	Confluence of Two Streams: East–West <i>Sangamam</i>	296

<i>Bibliography</i>	327
<i>Index</i>	353