

CONTENTS

Preface ix

PART I: MEDITATION: WHERE IT STARTED AND HOW IT GOT HERE 1

1. Who Am I? 3
2. The Origins of Contemplation 7
3. The Scientific Externalization of Meditation 15
4. Scientific Studies of Meditation 27

PART II: MEDITATION IN THEORY AND PRACTICE 37

5. Practice: Attending to the Breath of Life 39
6. Theory: Coming to Our Senses 41
7. Practice: The Union of Stillness and Motion 47
8. Theory: Knowing and Healing the Mind 53
9. Practice: Behold the Light of Consciousness 71
10. Theory: Exploring the Nature of Consciousness 75
11. Practice: Probing the Nature of the Observer 87

12. Theory: The Ground State of Consciousness	89
13. Practice: Oscillating Awareness	97
14. Theory: Consciousness Without Beginning or End	99
15. Practice: Resting in the Stillness of Awareness	119
16. Theory: Worlds of Skepticism	121
17. Practice: The Emptiness of Mind	137
18. Theory: The Participatory Worlds of Buddhism	139
19. Practice: The Emptiness of Matter	151
20. Theory: The Participatory Worlds of Philosophy and Science	153
21. Practice: Resting in Timeless Consciousness	167
22. Theory: The Luminous Space of Pristine Awareness	169
23. Practice: Meditation in Action	187
24. Theory: The Universe as a Whole	189
25. What Shall We Become?	197

Notes 201

Bibliography 221

Index 233