

Since 1970, B. ALAN WALLACE has devoted himself to the study and practice of Tibetan Buddhist philosophy, psychology, and meditation. Trained for ten years in Buddhist monasteries in India and Switzerland, he has taught Buddhist theory and practice in Europe and America since 1976. He has served as interpreter for numerous Tibetan scholars, including H. H. the Dalai Lama. He studied physics at Amherst College, graduating summa cum laude, and, in 1995, completed a doctorate in religious studies at Stanford University.

CHOOSING REALITY

A Buddhist View of Physics and the Mind



FOR CENTURIES SCIENTISTS AND PHILOSOPHERS HAVE PONDERED THE relationship between scientific theory and reality. Some have argued the "realist" position that science presents our best approximation of the natural world as it exists independently of human language and concepts. Others have long countered that humanity has no way of fathoming any reality independently of our modes of observation and conceptual frameworks. In their "instrumentalist" view, scientific theories simply make empirical evidence intelligible, without corresponding to any independent reality.

Analyzing both these positions, B. Alan Wallace points out the many assumptions required to adopt the realist view, and the nihilism implicit in the instrumentalist position. He then proposes a radical philosophical alternative based upon the Buddhist Centrist view. Avoiding the pitfalls of both realism and instrumentalism, as well as materialism and idealism, this perspective focuses on the participatory nature of scientific observation and theorizing. All phenomena are seen as dependently related events lending themselves to multiple interpretations, providing us with the freedom and responsibility to choose our reality within the context of valid experience. The concluding chapters of this provocative work explore the implications of this view for understanding the nature of the mind and its relation to the body.

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Choosing Reality A Buddhist View Of Physics And The Mind

**Dalai Lama XIV Bstan-'dzin-rgya-
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Choosing Reality A Buddhist View Of Physics And The Mind:

Choosing Reality B. Alan Wallace, 1996 Shares the podium with *The Tao of Physics* The Dancing Wu Li Masters and wears the gold medal John Tighe Ph D Daemen College Choosing Reality B. Alan Wallace, 2003-07-28 Choosing Reality shows how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology How shall we understand the relationship between the way we experience reality and the way science describes it In examining this question Alan Wallace discusses two opposing views the realist view which argues that scientific theories represent objective reality and the instrumentalist view which states that concepts cannot describe what exists independently of them Finding both of these philosophies of science inadequate the author explores the Buddhist middle way view and the relevance for modern physics of Buddhist contemplative methods of investigating reality He also examines the ideas of body mind and reincarnation from the viewpoint of Tibetan Buddhism Choosing Reality B. Alan Wallace, 1989 How shall we understand the relationship between reality as we experience it and reality as science describes it In examining this question B Alan Wallace discusses two opposing views the realist view which argues that scientific theories represent objective reality and the instrumentalist view which states that our human concepts cannot presume to describe what exists independently of them Finding both of these philosophies of science inadequate the author goes on to explore a middle way between the two extremes based on the centrist position of Buddhism and shows the relevance for modern physics of Buddhist contemplative methods of investigating reality He also examines the ideas of body mind and reincarnation from the point of view of Tibetan Buddhism The Cosmic Breath Amos Yong, 2012-05-10 The interjection of pneumatology in both theologies of interreligious dialogue and in the theology and science conversation comes together in this volume The resulting Christianity Buddhism science dialogue opens up to new pneumatological perspectives on philosophical cosmology and anthropology in interdisciplinary and global context **The Mind's Own Physician** Jon Kabat-Zinn, Richard Davidson, 2012-01-02 By inviting the Dalai Lama and leading researchers in medicine psychology and neuroscience to join in conversation the Mind Life Institute set the stage for a fascinating exploration of the healing potential of the human mind The Mind's Own Physician presents in its entirety the thirteenth Mind and Life dialogue a discussion addressing a range of vital questions concerning the science and clinical applications of meditation How do meditative practices influence pain and human suffering What role does the brain play in emotional well being and health To what extent can our minds actually influence physical disease Are there important synergies here for transforming health care and for understanding our own evolutionary limitations as a species Edited by world renowned researchers Jon Kabat Zinn and Richard J Davidson this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind its capacity to refine itself through training and its role in physical and emotional health **The Dialogical Spirit** Amos Yong, 2014-10-22 Contemporary proposals for Christian theology from postliberalism to Radical Orthodoxy and beyond have espoused their

own methodological paradigms Those who have ventured into this domain of theological method however have usually had to stake their claims vis a vis trends in what may be called the contemporary post al age whether of the postmodern post Christendom post Enlightenment post Western or postcolonial varieties This volume is unique among offerings in this arena in suggesting a way forward that engages on each of these fronts and does so from a particularistic Christian perspective without giving up on Christian theology s traditional claims to universality This is accomplished through the articulation of a distinctive dialogical methodology informed by both pentecostalism and evangelicalism one rooted in the Christian salvation history narrative of incarnation and Pentecost that is yet open to the world in its many and various cultural ethnic religious and disciplinary discourses Amos Yong here engages with twelve different interlocutors representing different ecumenical religious and disciplinary perspectives The Dialogical Spirit thus not only proffers a model for Christian theological method suitable for the twenty first century global context but also exemplifies this methodological approach through its interactions across the contemporary scholarly academic and theological landscape

Where Buddhism Meets Neuroscience The Dalai Lama, 2018-10-30 Designed as a conversation between the Dalai Lama and Western neuroscientists this book takes readers on a journey through opposing fields of thought showing that they may not be so opposing after all Is the mind an ephemeral side effect of the brain s physical processes Are there forms of consciousness so subtle that science has not yet identified them How does consciousness happen Organized by the Mind and Life Institute this discussion addresses some of the most troublesome questions that have driven a wedge between Western science and religion Edited by Zara Houshmand Robert B Livingston and B Alan Wallace Where Buddhism Meets Neuroscience is the culmination of meetings between the Dalai Lama and a group of eminent neuroscientists and psychiatrists The Dalai Lama s incisive open minded approach both challenges and offers inspiration to Western scientists This book was previously published under the title *Consciousness at the Crossroads*

Buddhism & Science B. Alan Wallace, 2004-01-01 Reflecting its wide variety of topics Buddhism and science is comprised of three sections The first presents two historical overviews of the engagements between Buddhism and modern science or rather how Buddhism and modern science have definded rivaled and complemented one another The second describes the ways Buddhism and the cognitive sciences inform each other the third address point of intersection between Buddhsim and the physical sciences On the broadest level this work illuminates how different ways of exploring the nature of human identity the mind and the universe at large can enrich and enlighten one another

Buddhism and Science B. Alan Wallace, 2003-03-17 Buddhism and Science brings together distinguished philosophers Buddhist scholars physicists and cognitive scientists to examine the contrasts and connections between the worlds of Western science and Eastern spirituality This compilation was inspired by a suggestion made by His Holiness the Dalai Lama himself one of the contributors after one of a series of cross cultural scientific dialogues in Dharamsala India sponsored by the Mind and Life Institute Other contributors such as William L Ames Matthieu Ricard and Stephen LaBerge assess not only the fruits of

inquiry from East and West but also shed light on the underlying assumptions of these disparate worldviews Their essays creatively address a broad range of topics from quantum theory's surprising affinities with the Buddhist concept of emptiness to the increasing need in the West for a more contemplative science attuned to the first person investigation of the mind to the important ways in which the psychological study of lucid dreaming maps similar terrain to the cultivation of the Tibetan Buddhist discipline of dream yoga Reflecting its wide variety of topics Buddhism and Science is comprised of three sections The first presents two historical overviews of the engagements between Buddhism and modern science or rather how Buddhism and modern science have defined rivaled or complemented one another The second describes the ways Buddhism and the cognitive sciences inform each other the third addresses points of intersection between Buddhism and the physical sciences On the broadest level this work illuminates how different ways of exploring the nature of human identity the mind and the universe at large can enrich and enlighten one another

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The Journal of the International Association of Buddhist Studies International Association of Buddhist Studies, 1996

Science, Religion, and the Human Experience James D. Proctor, 2005-04-21 This collection of essays looks at the relationship between science and religion The book begins from the premise that both science and religion operate in yet seek to reach beyond specific historical political ideological and psychological contexts

Computing and Philosophy in Asia Soraj Hongladarom, 2007 This volume is a collection of selected papers presented at the Second Asia Pacific Computing and Philosophy Conference which was held in Bangkok Thailand in January 2005 The conference was organized by the Center for Ethics of Science and Technology Chulalongkorn University on behalf of the International Association of Computing and Philosophy www.ia-cap.org Computing have had a long relationship with philosophy starting from the problem of how symbols being manipulated in computing bear a relation to the outside world to those of artificial intelligence robotics computer simulation and so on Moreover as computer technologies have become thoroughly pervasive in today's environment there are also issues concerning social and ethical impacts brought about by them The papers in the volume represent a wide variety of concerns and various dimensions within which computing and philosophy are related Furthermore it also represents some of the first attempts to highlight cultural dimensions of computing and philosophy which became prominent when the conference was held for the first time within the milieu of an Asian culture The First Asia Pacific Computing and Philosophy was held in Canberra Australia Hence many of the papers in the volume address this added dimension Apart from the usual problems of how computers and human lives are interconnected the papers here also discuss how computers are related to human lives as lived in a specific culture Thus the book breaks a new ground and should be of interest to a wide range of scholars and students who are interested not only on computing and philosophy generally

construed but also on this exciting new dimension of how the cultures of Asia the West and others bear upon the traditional issues in computing and philosophy and on how this dimension raises some new concerns and agenda Among the topics discussed in this volume are political online forums in Saudi Arabia e democracy and structural transformation of public sphere the Buddhist informational person a glance into the lives of computerized generation in Thailand technology and journalism in the market local approaches and global potential of information ethics computer enhanced good life computer teaching ethics and many others

Buddhist-Christian Dialogue in an Age of Science Paul O. Ingram,2007-10-01 Buddhist Christian dialogue has rarely touched on its interaction with science yet its importance has immense implications Buddhist Christian Dialogue in an Age of Science offers a fresh and exciting view on the ideas themes and people engaged in the three way dialogue between Christianity Buddhism and the natural sciences Ingram s comprehensive yet accessible scholarship is uniquely solid in both religion and science and has the gift of making complex theories understandable Providing these three different perspectives will be useful for anyone interested in the relationship between religion and science

Philosophy East & West ,1997 **Journal of the Society for Psychical Research** Society for Psychical Research (Great Britain),2006

Consciousness at the Crossroads Dalai Lama XIV Bstan-'dzin-rgya-mtsho,1999 This book addresses some of the most fundamental and troublesome questions that have driven a wedge between the realms of Western science and religion for centuries

The Quest ,1995 International Journal of Buddhist Thought & Culture ,2006 **Encyclopaedia of Oriental Philosophy and Religion: Buddhism** Nagendra Kr Singh,A. P. Mishra,2007

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Table of Contents Choosing Reality A Buddhist View Of Physics And The Mind

1. Understanding the eBook Choosing Reality A Buddhist View Of Physics And The Mind
 - The Rise of Digital Reading Choosing Reality A Buddhist View Of Physics And The Mind
 - Advantages of eBooks Over Traditional Books
2. Identifying Choosing Reality A Buddhist View Of Physics And The Mind
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Choosing Reality A Buddhist View Of Physics And The Mind
 - User-Friendly Interface
4. Exploring eBook Recommendations from Choosing Reality A Buddhist View Of Physics And The Mind
 - Personalized Recommendations
 - Choosing Reality A Buddhist View Of Physics And The Mind User Reviews and Ratings
 - Choosing Reality A Buddhist View Of Physics And The Mind and Bestseller Lists

5. Accessing Choosing Reality A Buddhist View Of Physics And The Mind Free and Paid eBooks
 - Choosing Reality A Buddhist View Of Physics And The Mind Public Domain eBooks
 - Choosing Reality A Buddhist View Of Physics And The Mind eBook Subscription Services
 - Choosing Reality A Buddhist View Of Physics And The Mind Budget-Friendly Options
6. Navigating Choosing Reality A Buddhist View Of Physics And The Mind eBook Formats
 - ePub, PDF, MOBI, and More
 - Choosing Reality A Buddhist View Of Physics And The Mind Compatibility with Devices
 - Choosing Reality A Buddhist View Of Physics And The Mind Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Choosing Reality A Buddhist View Of Physics And The Mind
 - Highlighting and Note-Taking Choosing Reality A Buddhist View Of Physics And The Mind
 - Interactive Elements Choosing Reality A Buddhist View Of Physics And The Mind
8. Staying Engaged with Choosing Reality A Buddhist View Of Physics And The Mind
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Choosing Reality A Buddhist View Of Physics And The Mind
9. Balancing eBooks and Physical Books Choosing Reality A Buddhist View Of Physics And The Mind
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Choosing Reality A Buddhist View Of Physics And The Mind
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Choosing Reality A Buddhist View Of Physics And The Mind
 - Setting Reading Goals Choosing Reality A Buddhist View Of Physics And The Mind
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Choosing Reality A Buddhist View Of Physics And The Mind
 - Fact-Checking eBook Content of Choosing Reality A Buddhist View Of Physics And The Mind
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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