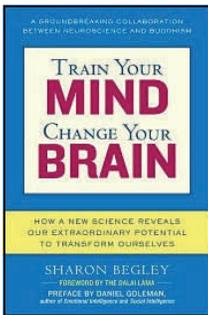


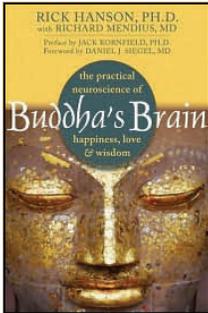
Buddhism & Science

Astronomy, Neuroscience, and Physics have quite a bit in common with Buddhism



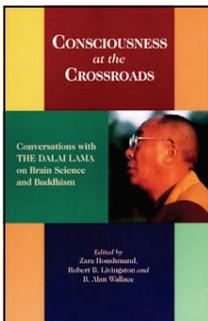
Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves by Sharon Begley

In this fascinating and far-reaching book, Newsweek science writer Sharon Begley reports on how cutting-edge science and the ancient wisdom of Buddhism have come together to reveal that, contrary to popular belief, we have the power to literally change our brains by changing our minds. Recent pioneering experiments in neuroplasticity – the ability of the brain to change in response to experience—reveal that the brain is capable of altering its structure and function, and even of generating new neurons, a power we retain well into old age.



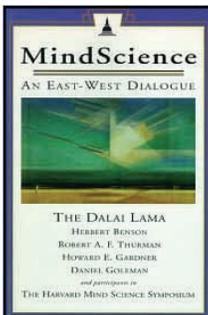
The Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom by Rick Hansen

The Buddha and other great teachers were born with brains built essentially like anyone else's - and then they changed their brains in ways that changed the world. Science is now revealing how the flow of thoughts actually sculpts the brain. By combining breakthroughs in neuroscience with insights from thousands of years of contemplative practice, you, too, can use your mind to shape your brain for greater happiness, love, and wisdom.



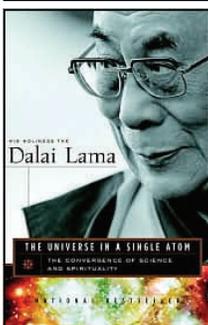
Consciousness at the Crossroads: Conversations with the Dalai Lama on Brain Science and Buddhism by His Holiness the Dalai Lama

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. This book resulted from meetings of the Dalai Lama and a group of eminent neuroscientists and psychiatrists. 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? The Dalai Lama's incisive, clear approach and open-minded pursuit of knowledge both challenges and offers inspiration to Western scientists.



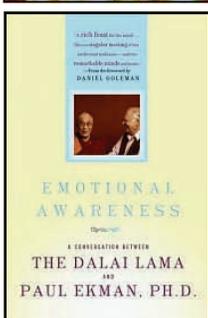
MindScience: an East-West Dialogue by His Holiness the Dalai Lama

Based on a day-long Harvard Medical School symposium in which His Holiness the Dalai Lama and other Indo-Tibetan scholars met with leading authorities from the fields of medicine, psychiatry, psychology, psychobiology, neurobiology, and education, *MindScience* offers important new insights into the workings of perception, cognition, and the mind/body connection.



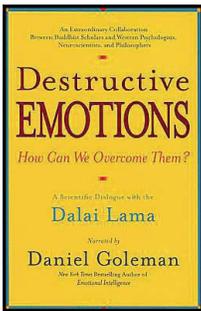
Universe in a Single Atom: The Convergence of Science and Spirituality by His Holiness the Dalai Lama

In this rare, personal investigation, His Holiness the Dalai Lama discusses his vision of science and faith working hand in hand to alleviate human suffering. Drawing on a lifetime of scientific study and religious practice, he explores many of the great debates and makes astonishing connections between seemingly disparate topics—such as evolution and karma—that will change the way we look at our world.



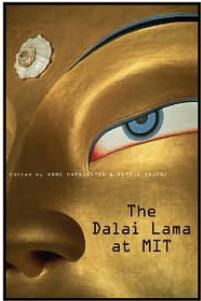
Emotional Awareness: a Conversation Between The Dalai Lama and Paul Ekman, Ph.D. edited by Paul Ekman

At their first meeting, a remarkable bond was sparked between the Dalai Lama, and the psychologist Paul Ekman, whose groundbreaking work helped to define the science of emotions. Now these two luminaries share their thinking about science and spirituality, the bonds between East and West, and the nature of our emotional lives. In this unparalleled series of conversations, the Dalai Lama and Ekman push toward answers to the central questions of emotional experience. What does science reveal about Buddhist meditation, and what can Buddhism gain from the scientific method?



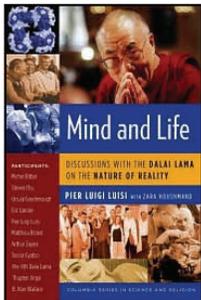
Destructive Emotions - How Can We Overcome Them? A Scientific Dialogue with the Dalai Lama by Daniel Goleman

Why do seemingly rational, intelligent people commit acts of cruelty and violence? What are the root causes of destructive behavior? How can we control the emotions that drive these impulses? Can we learn to live at peace with ourselves and others? Imagine sitting with the Dalai Lama in his private meeting room with a small group of world-class scientists and philosophers. The talk is lively and fascinating as these leading minds grapple with age-old questions of compelling contemporary urgency. Daniel Goleman provides the illuminating commentary—and reports on the breakthrough research this historic gathering inspired.



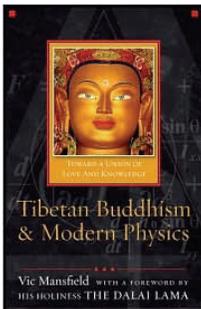
The Dalai Lama at MIT by Anne Harrington

The meeting between the Dalai Lama, other Buddhist monks and scholars, and Western scientists captured headlines; the waiting list for tickets was almost 2,000 names long. If you couldn't be there, this book will take you there. Including both the papers given at the conference and animated discussion and debate that followed, The Dalai Lama at MIT shows scientist and monks reaching across their cultural divide to share insights, studies, and enduring questions.



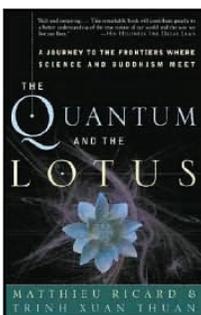
Mind and Life: Discussions with the Dalai Lama on the Nature of Reality by Pier Luigi Luisi

For over a decade, a small group of scientists and philosophers, members of the Mind and Life Institute, have met regularly to explore the intersection between science and the spirit. At one of these meetings, the themes discussed were both fundamental and profound: can physics, chemistry, and biology explain the mystery of life? How do our philosophical assumptions influence science and the ethics we bring to biotechnology? And how does an ancient spiritual tradition throw new light on these questions?



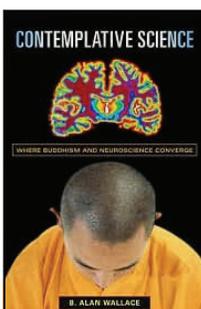
Tibetan Buddhism and Modern Physics: Toward a Union of Love and Knowledge by Vic Mansfield

Provides an expedition through the heart of modern physics and Tibetan Buddhism—from quantum mechanics, relativity, and cosmology to emptiness, compassion, and disintegratedness. Powerful connections are shown to exist between the Tibetan Buddhism principle of emptiness and modern quantum physics, modern relativity, and the nature of time. Along with these harmonies, a significant conflict concerning the role of causality is explored.



Quantum and the Lotus: A Journey to the Frontiers Where Science and Buddhism Meet by Matthieu Ricard

Matthieu Ricard trained as a molecular biologist, working in the lab of a Nobel prize winning scientist, but when he read some Buddhist philosophy, he became drawn to Buddhism. Eventually he left his life in science to study with Tibetan teachers, and he is now a Buddhist monk. Trinh Thuan was born into a Buddhist family in Vietnam but became intrigued by the explosion of discoveries in astronomy, and made his way to study at the prestigious California Institute of Technology. When Matthieu and Trinh met at an academic conference in 1997, they began discussing the many remarkable connections between the teachings of Buddhism and the findings of recent science.



Choosing Reality: A Buddhist View of Physics and the Mind by B. Alan Wallace

How shall we understand the relationship between the way we experience reality and the way science describes it? In examining this question, 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.

Contemplative Science: Where Buddhism and Neuroscience Converge by B. Alan Wallace

B. Alan Wallace, renowned Buddhist scholar, integrates the contemplative methodologies of Buddhism and Western science into a single discipline: contemplative science. The science of consciousness investigates the mind through Buddhist contemplative techniques, such as shamatha, an organized, detailed system of training the attention. Just as scientists make observations and conduct experiments with the aid of technology, contemplatives have long tested their theories with the help of highly developed meditative skills of observation and experimentation.