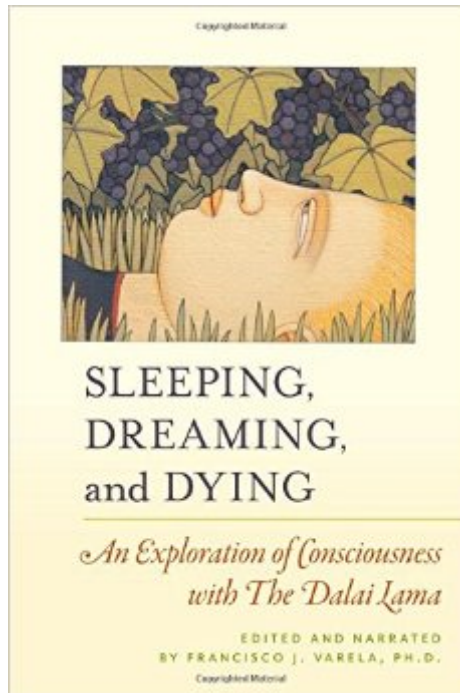


The book was found

# Sleeping, Dreaming, And Dying: An Exploration Of Consciousness



## Synopsis

This is an absorbing account of a dialogue between leading Western scientists and the foremost representative of Buddhism today, the Dalai Lama of Tibet. For modern science, the transitional states of consciousness lie at the forefront of research in many fields. For a Buddhist practitioner these same states present crucial opportunities to explore and transform consciousness itself. This book is the account of a historic dialogue between leading Western scientists and the Dalai Lama of Tibet. Revolving around three key moments of consciousness--sleep, dreams, and death--the conversations recorded here are both engrossing and highly readable. Whether the topic is lucid dreaming, near-death experiences, or the very structure of consciousness itself, the reader is continually surprised and delighted. Narrated by Francisco Varela, an internationally recognized neuroscientist, the book begins with insightful remarks on the notion of personal identity by noted philosopher Charles Taylor, author of the acclaimed *Sources of Self*. This sets the stage for Dr. Jerome Engel, Dr. Joyce MacDougal, and others to engage in extraordinary exchanges with the Dalai Lama on topics ranging from the neurology of sleep to the yoga of dreams. Remarkable convergences between the Western scientific tradition and the Buddhist contemplative sciences are revealed. Dr. Jayne Gackenbach's discussion of lucid dreaming, for example, prompts a detailed and fascinating response from the Dalai Lama on the manipulation of dreams by Buddhist meditators. The conversations also reveal provocative divergences of opinion, as when the Dalai Lama expresses skepticism about "Near-Death Experiences" as presented by Joan Halifax. The conversations are engrossing and highly readable. Any reader interested in psychology, neuroscience, Buddhism, or the alternative worlds of dreams will surely enjoy *Sleeping, Dreaming, and Dying*.

## Book Information

Paperback: 264 pages

Publisher: Wisdom Publications; Later Printing edition (May 1, 2002)

Language: English

ISBN-10: 0861711238

ISBN-13: 978-0861711239

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars Â Â See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #467,705 in Books (See Top 100 in Books) #71 inÂ Books > Politics & Social

Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #341 inÂ Books > Health, Fitness & Dieting > Mental Health > Dreams #570 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan

## Customer Reviews

Can you imagine a conversation about the essence of art taking place between, oh, say, Picasso and art therapists who treat mental patients, and some chemists who concoct formulaes for oil paints? Something like that is taking place here. The title alone is enough to pique your interest, but the content is less than secret-divulging. If you're not a neurologist, or a specialist in a related area, then much of the material presented by the neurologist will be for all practical purposes useless. If you're not familiar with the basic assumptions of esoteric buddhist psychology, then much of what HH Dalai Lama has to say will sound like so much dogma or articles of faith. I know next to nothing about brain sciences, but am academically acquainted with the buddhist conception of reality, so I found what the Dalai Lama had to say both interesting and amusing. Interesting, because he speaks as plainly as he can about things that are usually wrapped in some hairy buddhist language. Amusing, because the Dalai Lama would show utmost courtesy in listening to all the dry academic presentations, which even I found somewhat tedious, and then offer his views about the matter at hand by often beginning with what sounds like a gentle correction rather than a positing of difference of perspective only. I paraphrase from memory: "Well, your numbers and theories are all very nice, but no, it's actually like this." Some of the discussions on REM, and animal responses to dream states are interesting, but just merely interesting. Better on the Discovery channel. Much of the philosopher Charles Taylor's presentations concerning the Western/Christian conception of the Self is reliable but elementary. And dealing with the subject matter at hand, even an eminent philosopher can do only so much with Ratio alone.

[Download to continue reading...](#)

Sleeping, Dreaming, and Dying: An Exploration of Consciousness The Claiming of Sleeping Beauty: Sleeping Beauty Trilogy, Book 1 Waking, Dreaming, Being: Self and Consciousness in Neuroscience, Meditation, and Philosophy Origins of Consciousness: How the Search to Understand the Nature of Consciousness is Leading to a New View of Reality Essentials in Hospice Palliative Care - Second Edition: A basic end-of-life manual explaining how to care for the dying and helps health care workers, family and patients deal with death and dying. The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness Soul of An Octopus: A Surprising Exploration into the Wonder of Consciousness "Swan Lake" and "The Sleeping Beauty": Suites from

the Ballets in Full Score (Dover Music Scores) Sleeping Beastly: And Other tales from Maynard  
Moose The Baby Whisperer Solves All Your Problems: Sleeping, Feeding, and Behavior--Beyond  
the Basics from Infancy Through Toddlerhood Mayo Clinic The Menopause Solution: A doctor's  
guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being  
happy! Sleeping Naked Is Green: How an Eco-Cynic Unplugged Her Fridge, Sold Her Car, and  
Found Love in 366 Days Passive Income: Beginners Guide - Proven Steps And Strategies to Make  
Money While Sleeping (FREE Training Bonus Included) (Passive Income Online, ... Make Money  
Online, Passive Income Streams) Sleeping Beauty - English/Korean (Tales & Fables) (Korean and  
English Edition) Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and  
Personal Growth Sleeping with the Enemy: Coco Chanel's Secret War Sleeping Kitty Blank Book  
Lined 8.5 x 11: 8.5 by 11 inch lined blank book suitable as a journal, notebook, or diary with a cover  
photo of a happily ... feline leukemia. (Cats of Ralphie's Retreat) Sleeping Kitty Blank Book Lined  
5.5 X 8.5: 5.5 by 8.5 inch 100 page lined blank book suitable as a journal, notebook, or diary with a  
cover photo of a ... feline leukemia. (Cats of Ralphie's Retreat) Sleeping Freshmen Never Lie  
Sleeping Beauties: Newborns in Dreamland

[Dmca](#)