



PANEL: Monks and Scientist Discuss Meditation



Ringu Tulku: Tibetan Buddhist Master of the Kagyu Order. Miguel Farias: Co-author of *The Buddha Pill: Can Meditation Change You?* and lead editor of the *Oxford Handbook of Meditation*. Miles Kessler: Teacher of Aikido (6th dan), meditation, and Integral Practice, and founder of the Integral Dojo. Dada Jyotirupananda: Author of *Meditation: Searching for the Real You*. Daniel Ingram: Physician, meditation teacher, practitioner, researcher, author, co-founder of the Dharma Overground, researcher, author of “Mastering the core teachings of the Buddha”. Join us in this open-minded dialogue between West and East.

TOP EMBODIMENT TIP:

Dada: As science and contemplative practices become more emerged, we will come up with a new creation of science and meditation.

Daniel: Take it seriously at the level of like we would take Bringing a drugs.

Ringu: trying to open our minds and our hearts and show respect when faced with difference, dialogue is very, very important these days.

Miguel: We really need to get this kind of dialogue going; I mean, for longer and to get into the deeper stuff.

Science and Contemplative Practices Encounter:

- Similarities; They both deal with the mind, have similar systems and purposes, aim for truth and they both can be biased.
- Differences; **In Buddhist tradition, contemplative practices are part of a wider training** that also include conduct, and wisdom, and they look forward to bring their understandings to their own experience, and be transformed.
- These encounters are only possible because monks, nuns and other practitioners have kept them alive.

Mindfulness Benefits and Limits: Mindfulness Conceived as the Attention Practice.

- Benefits; May help with depression and anxiety. Help us be closer to our inner life and a more-than-material happiness. Keeps us ready to try anything. It’s brought down the ceiling of scientific materialism, giving room to some spirituality in science.
- None effect; Not particularly effective for sleep disorders or addiction.
- Limits; Believing it’s an easy way out; it needs work and engagement.
- Negative effects; They don’t come from the practice itself but can arise through another route. ([Progress or Pathology](#)).

Present Limitations Each has Brought:

- From science to practices; Spreading a narrow vision of these practices, their materialist fixations, and so lose of the experiential part (only neuroscientific studies).
- Limitations of the practices; Some people can go into meditation only after they’ve solved their initial problems: Meditate in a healthy state of mind.

Benefits Brought by this Melting:

- In science: A different understanding of mind, perception, attention, the nature of experience, and phenomenology.
- In contemplative practices: Being able to break some cultural and historical biases lying in the tradition, noticing the need for research such as socialization of their experiences while meditating.

The Self and Psychological Stability in the Practices:

- Not such a thing as emptiness or selflessness in these traditions, rather an experiential search towards who we are.
- Who am I really? What is the biggest sense of me? You are not what you say you are or aren’t.
- There is no correlation between psychological stability and being spiritual.

Resources

- ❖ **Website:** [Ringu Tulku; Bodhicharya](#); [Miguel Farias](#); [Dada Jyotirupananda: London & Meditation](#); [Daniel Ingram: Dharma Overground](#); [Daniel Ingram: Firekasina](#); [Daniel Ingram: The EPRC](#); [Miles Kessler: The Integral Dojo](#).



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