



Contemplative Science: Where Buddhism and Neuroscience Converge (Columbia Series in Science and Religion)

B. Alan Wallace

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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.

Contemplative science allows for a deeper knowledge of mental phenomena, and its emphasis on strict mental discipline counteracts the effects of conative (intention and desire), attentional, cognitive, and affective imbalances. Just as behaviorism, psychology, and neuroscience shed light on the cognitive processes enabling us to survive and flourish, contemplative science offers a groundbreaking perspective for expanding our capacity to realize genuine well-being. It also forges a link between the material world and the realm of the subconscious, transcending a traditional science-based understanding of the self.

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