

Buddhism and Science:

Community Wellness Digest Vol. 1, No. 6 (September 2021)

In this Issue:

- Scientific Inquiry Meets Contemplative Wisdom: A History
- UA's Pioneering Role in Research on Meditation and Consciousness
- Cutting-edge Research at UA's SEMA Lab
- Recommended Reading

Editors: Jiang Wu and Hannah Greene

Contributors: James Baskind, Manojkumar Saranathan, Jeffrey Liu

Welcome back to the Center for Buddhist Studies Community Wellness Digest!

In this monthly email, we share wisdom from Buddhist teachings you can use in your daily life, wellness tips, and information about university and community events. After a successful launch in Spring 2021, we are expanding the newsletter with a team of expert contributors and new sections. Each month will feature a theme--this month we explore **Buddhism and Science**.

We welcome your feedback and contributions. Next month, we explore Buddhist perspectives on the environment and climate change. Let us know what you think by emailing buddhist-studies@email.arizona.edu. Enjoying the newsletter? Hit the buttons below and share it with your network.

Sincerely,

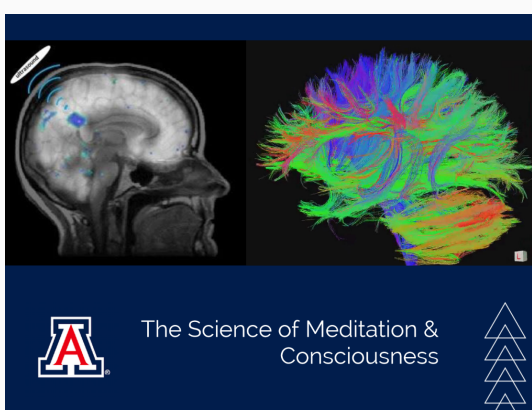
Jiang Wu
Director, Center for Buddhist Studies



Scientific Inquiry Meets Contemplative Wisdom: A History

Many Western scientists, particularly quantum physicists like Pauli, Schrödinger, and Heisenberg, have been intrigued by Eastern mysticism since the translation of Hindu and Buddhist works from Sanskrit to German by Schopenhauer. The World Parliament of Religions, held in Chicago in 1893, was one of the first venues where two prominent Buddhist monks, Anagarika Dharmapala and Shaku Soen, from two very different traditions (Theravada and Zen), stressed Buddhism's core principle of cause and effect and made parallels with modern science.

[>>Read more](#)



UA's Pioneering Role in Research on Meditation and Consciousness

At the University of Arizona, researchers have been carrying out groundbreaking investigations into the intersections of Buddhist practice and neuroscience for more than 25 years. In 1994, the first The Science of Consciousness (TSC) conference was held at the UA Medical Center.

[>>Read more](#)



Cutting-edge Research at UA's SEMA Lab

It's a familiar conundrum with beginning meditators: "I know that daily meditation practice will help me, but it's so challenging and hard to stick with it!" The team at the SEMA (Sonication Enhanced Mindful Awareness) Lab at UA's Center for Consciousness Studies are searching for a technological solution to make meditation more rewarding earlier in the process. They aim to better understand how mindfulness works to make the practice more accessible to a wider range of patients.

[>>Read more](#)

Recommended Reading

- [Buddha's Brain](#), Rick Hanson, Ph.D.
- [The Monk and the Philosopher](#), Jean-François Revel and Matthieu Ricard, Ph.D.
- [Neurodharma](#), Rick Hanson, Ph.D.
- [The Quantum and the Lotus](#), Matthieu Ricard, Ph.D.
- [The Science of Enlightenment](#), Shinzen Young
- [The Tao of Physics](#), Fritjof Capra, Ph.D.
- [Thoughts Without a Thinker](#), Mark Epstein, M.D.
- [Zen and the Brain](#), James H. Austin, M.D.



[DONATE NOW](#)

LAND ACKNOWLEDGEMENT

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham and the Yaqui. Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.

Copyright © 2019 Center for Buddhist Studies, the University of Arizona, All rights reserved.

Our mailing address is:

341C, Harvill Building
1103 E 2nd St, Tucson, AZ 85721-0076

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).