



RIDING THE OX HOME

A History of Meditation
from Shamanism to Science

WILLARD JOHNSON

Riding The Ox Home A History Of Meditation From Shamanism To Science

Willard L. Johnson



Riding The Ox Home A History Of Meditation From Shamanism To Science:

Riding the Ox Home Willard L. Johnson,1986 **Riding the Ox Home** Willard L. Johnson,1982 **The Oxford Handbook of Meditation** Miguel Farias,David Brazier,Mansur Lalljee,2021-10-21 Meditation techniques including mindfulness have become popular wellbeing practices and the scientific study of their effects has recently turned 50 years old But how much do we know about them what were they developed for and by whom How similar or different are they how effective can they be in changing our minds and biology what are their social and ethical implications The Oxford Handbook of Meditation is the most comprehensive volume published on meditation written in accessible language by world leading experts on the science and history of these techniques It covers the development of meditation across the world and the varieties of its practices and experiences It includes approaches from various disciplines including psychology neuroscience history anthropology and sociology and it explores its potential for therapeutic and social change as well as unusual or negative effects Edited by practitioner researchers this book is the ultimate guide for all interested in meditation including teachers clinicians therapists researchers or anyone who would like to learn more about this topic **Psychology of Meditation** S.K. Kiran Kumar,2002 **International Meditation Bibliography, 1950-1982** Howard R. Jarrell,1985 See Reviews *Hypnosis and meditation* Amir Raz,Michael Lifshitz,2016-04-08 Research over the past decade has helped to demystify hypnosis and meditation bringing these practices into the scientific and clinical mainstream Yet while hypnosis and meditation overlap on many levels few scientific accounts have explored their complementary rapprochement Despite cultural and historical differences hypnosis and meditation share common phenomenology cognitive processes and potential therapeutic merits This book provides a synthesis of knowledge concerning the bridging of hypnosis and meditation The authors adopt a trans disciplinary approach considering cultural historical and philosophical perspectives to elucidate contemporary questions in cognitive neurobiological and clinical science The book explores the relationship between hypnosis and meditation in five progressive sections Part 1 investigates historical cultural and philosophical issues to contextualize the scientific study of contemplative practices Part 2 presents a range of views concerning the similarities and differences between hypnosis and meditation Part 3 explores the psychological and cognitive mechanisms at work Part 4 integrates recent brain imaging findings to unravel the neural underpinnings Finally part 5 examines how juxtaposing hypnosis and meditation can enhance clinical applications Hypnosis and Meditation is a valuable resource to both specialists as well as interested lay readers and paves the road to a more unified science of how attention influences states of brain body and consciousness **Poetic Leaps in Zen'S Journey of Enlightenment** Yong Zhi,2012-08-09 While the philosophical discussion of Zen spirituality reaches its limit poetry offers an effective expression of the sublime experiences From a poetic perspective enlightenment is understood as poetic leaps in the spiritual journey which brings people from the habitually or conventionally established world toward new horizons of consciousness This leap is a breakthrough in the overall

consciousness rather than a progression in contemplative thought Therefore it cannot be adequately described through abstract representation but poetry can metaphorically capture this leap and reveal both the spiritual meaning and the practical wisdom of enlightenment This book will take you on this fantastic journey of enlightenment *Meditation* Domyo Sater Burk, 2016-02-09 Relieve stress and improve your understanding of yourself with the ultimate meditation guide for beginners While meditation is viewed in many ways it is essentially the slowing down of your thoughts in order to achieve awareness Most meditation practitioners use it as a means of focusing their thoughts and relaxing in their space and mind Many use it as a daily form of prayer Meditation can help focus your thinking lower your stress levels lower risks for medical issues such as high blood pressure glucose levels and heart disease and is considered to be preventative medicine It promotes mind body balance and fitness mindfulness and creativity *Idiot's Guides Meditation* offers a concise easy to grasp primer on the numerous types of meditation and how to practice them This book includes The definition and fundamental basics of meditation Preparing to meditate what when and where to meditate Tips for dealing with distractions while meditating Working meditation into your daily life Types of meditation Zen Vipassana breathing Tibetan Buddhist mindfulness Jewish meditation Christian prayer Sufi meditation and Native American meditation The physical and mental benefits of each type of meditation Mind body connection dealing with emotional challenges and habitual patterns Meditation in adults and children Healing meditation dealing with pain *Homeostatic Control of Brain Function* Detlev Boison, Susan Masino, 2016 *Homeostatic Control of Brain Function* offers a broad view of brain health and diverse perspectives for potential treatments targeting key areas such as mitochondria the immune system epigenetic changes and regulatory molecules such as ions neuropeptides and neuromodulators Loss of homeostasis becomes expressed as a diverse array of neurological disorders Each disorder has multiple comorbidities with some crossing over several conditions and often disease specific treatments remain elusive When current pharmacological therapies result in ineffective and inadequate outcomes therapies to restore and maintain homeostatic functions can help improve brain health no matter the diagnosis Employing homeostatic therapies may lead to future cures or treatments that address multiple comorbidities In an age where brain diseases such as Alzheimer's or Parkinson's are ever present the incorporation of homeostatic techniques could successfully promote better overall brain health Key Features include A focus on the homeostatic controls that significantly depend on the way one lives eats and drinks Highlights from emerging research in non pharmaceutical therapies including botanical medications meditation diet and exercise Incorporation of homeostatic therapies into existing basic and clinical research paradigms Extensive scientific basic and clinical research ranging from molecules to disorders Emerging practical information for improving homeostasis Examples of homeostatic therapies in preventing and delaying dysfunction Both editors Detlev Boison and Susan Masino bring their unique expertise in homeostatic research to the overall scope of this work This book is accessible to all with an interest in brain health scientist clinician student and lay reader alike **Virtual Realism** Michael

Heim,2000-04-13 Virtual reality has introduced what is literally a new dimension of reality to daily life But it is not without controversy Indeed some say that a collision is inevitable between those passionately involved in the computer industry and those increasingly alienated from and often replaced by its applications Opinions range from the cyberpunk attitude of Wired magazine and Bill Gates s commercial optimism to the violent opposition of the Unabomber Now with Virtual Realism readers have a thought provoking guide to the cyberspace backlash debate and the implications of cyberspace for our culture Michael Heim offers a comprehensive introduction to virtual reality and a provocative commentary on its present and future impact on our lives Heim describes the fascinating and important industrial and military uses of virtual reality as well as its artistic and entertainment applications He argues that we must balance the idealist s enthusiasm for computerized life with the need to ground ourselves more deeply in primary reality This uneasy balance he calls virtual realism

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