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NICHIKO NIWANO

Modern Meditations A Buddhist Sampler

Albert A Gayle



Modern Meditations A Buddhist Sampler:

Modern Meditations , *Modern Buddhism* Dr Marko Kimi Milic, 2016-08-08 Modern Buddhism in today's World Values of humans spirituality and religion controversies about religion religion from scientific way is the main aim of this book To show deference between old and new values of human race **The Global Repositioning of Japanese Religions** Ugo Dessi, 2016-07-01 The Global Repositioning of Japanese Religions An Integrated Approach explores how Japanese religions respond to the relativizing effects of globalization thereby repositioning themselves as global players Organized around concrete case studies focusing on the engagement of Japanese Buddhism Shinto and several new religious movements in areas such as ecology inter religious dialogue and politics this book shows that the globalization of Japanese religions cannot be explained simply in terms of worldwide institutional expansion Rather it is a complex phenomenon conditioned by a set of pervasive factors changes in consciousness the perception of affinities and resonances at the systemic and cultural levels processes of decontextualization and a wide range of power issues including the re enactment of cultural chauvinism The author investigates these dynamics systematically with attention to broader theoretical questions cross cultural similarities the definition of religion and the perils of ethnocentrism in order to develop his Global Repositioning model which constitutes an integrated approach to the study of Japanese religions under globalization An empirically grounded and theoretically informed study of the effects of global trends on local religions this book will appeal to scholars and students with interests in globalization religious studies Japanese studies Hawaii sociology anthropology and ecology Japanese Religions and Globalization Ugo Dessi, 2013 This book analyzes the variety of ways through which Japanese religions Buddhism Shint and new religious movements contribute to the dynamics of accelerated globalization in recent decades It looks at how Japanese religions provide material to cultural global flows thus acting as carriers of globalization and how they respond to these flows by shaping new glocal identities The book highlights how paradoxically these processes of religious hybridization may be closely intertwined with the promotion of cultural chauvinism It shows how on the one hand religion in Japan is engaged in border negotiation with global subsystems such as politics secular education and science and how on the other hand it tries to find new legitimation by addressing pressing global problems such as war the environmental crisis and economic disparities left unsolved by the dominant subsystems A significant contribution to advancing an understanding of modern Japanese religious life this book is of interest to academics working in the fields of Japanese Studies Asian history and religion and the sociology of religion **SPIRITUAL LIVING** Dr Marko Kimi Milic, 2016-08-11 Book is written from view of autor on spiritual way of life self knowledge our higher being Proposal and ways we could go in our life's listening to ourselves **Dharma World** , 1991 *The Middle Way* , 1990-05 **American Book Publishing Record** , 1991 International Books in Print, 1995 Barbara Hopkinson, [Anonymus AC01401231], 1995 *Subject Guide to Children's Books in Print* 1997 Bowker Editorial Staff, R R Bowker Publishing, 1996-09 Subject Guide to Books in Print

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Philosophy East & West ,1981 **Meditating Selflessly** James H. Austin, 2013-09-20 A guide to Zen meditative practice informed by the latest findings in brain research This is not the usual kind of self help book Indeed its major premise heeds a Zen master's advice to be less self centered Yes it is one more book of words about Zen as the author concedes yet this book explains meditative practices from the perspective of a neural Zen The latest findings in brain research inform its suggestions In *Meditating Selflessly* James Austin Zen practitioner neurologist and author of three acclaimed books on Zen and neuroscience guides readers toward that open awareness already awaiting them on the cushion and in the natural world Austin offers concrete advice often in a simplified question and answer format about different ways to meditate He clarifies both the concentrative and receptive styles of meditation Drawing widely from the exciting new field of contemplative neuroscience Austin helps resolve an ancient paradox why both insight wisdom and selflessness arise simultaneously during enlightened states of consciousness **Zen and the Brain: The James H. Austin Omnibus Edition (Meditating Selflessly, Zen-Brain Horizons, and Living Zen Remindfully)** James H. Austin, 2018-08-02 Three books on Zen and the brain by the celebrated Zen practitioner neurologist James Austin This compilation in digital form of three books by the celebrated Zen practitioner neurologist James Austin offers concrete advice about various methods of meditation provides timeless wisdom of Zen masters integrates classical Buddhist literature with modern brain research and explores mindfulness and remindfulness training In these books Austin clarifies the benefits of meditative training guiding readers

toward that open awareness awaiting them on the cushion and in the natural world He discusses different types of meditation meditation and problem solving and the meaning of enlightenment addresses egocentrism self centeredness and allocentrism other centeredness and the blending of focal and global attention and considers the illuminating confluence of Zen clinical neurology and neuroscience He describes an everyday life of living Zen while drawing on the poetry of Basho the seventeenth century haiku master and illuminates the world of authentic Zen training the commitment to a process of regular ongoing daily life practice that trains and enables us to unlearn unfruitful habits develop more wholesome ones and lead a more genuinely creative life

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