

Meditation Light Visions: A Neurological Analysis



Filesize: 9.15 MB

Reviews

*This is basically the greatest pdf i have got go through right up until now. It normally fails to cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Genoveva Langworth)*

MEDITATION LIGHT VISIONS: A NEUROLOGICAL ANALYSIS



Booksurge Publishing. Paperback. Book Condition: New. Paperback. 358 pages. This book presents a neurologically-grounded, reverse-engineering analysis of the spatial and temporal characteristics of meditation-induced light visions as observed by the author and as described in ancient Indian, Tibetan, and Chinese texts. It promises to become an indispensable reference for neuroscientific researchers, physicians, psychotherapists, anthropologists, scholars of religion, and intellectually curious meditators, especially those who see light visions themselves. The analysis shows how sleep rhythms generate meditative states and how destabilization of sleep rhythms triggers the emergence of partial seizures in which the subject experiences ecstasy without losing consciousness. A review of EEG studies using experienced meditators documents the unacknowledged presence of topological patterns typical of simple partial seizures in these sources. The book includes detailed, empirically-oriented drawings of the complete progression of meditation-induced light visions along with charts that compare descriptions of light visions in the ancient texts of India, China, and Tibet. The book has received favorable recognition from a number of specialists working in related fields. Michael Witzel, Wales Professor of Sanskrit at Harvard University, comments that it is interesting, plausible, and thus well worth reading despite the difficulty of the original texts which have been given many interpretations over the years. Gyrgy Buzski, M. D. , Ph. D. , an internationally-renowned researcher at Rutgers Center for Molecular and Behavioral Neuroscience, author of Rhythms of the Brain, writes that Nicholson's new book is full of thought-provoking ideas about the link between meditation and its underlying brain mechanisms which warrant further exploration. J. Allan Hobson, M. D. , Professor of Psychiatry, Emeritus, at Harvard Medical School and author of many books on the neuroscience of sleep and dreaming writes that Meditation and Light Visions is thoughtful and well written. You may be on to something, adding that What you...



[Read Meditation Light Visions: A Neurological Analysis Online](#)



[Download PDF Meditation Light Visions: A Neurological Analysis](#)

You May Also Like



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Read Document »](#)



Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with...

[Read Document »](#)



How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book

McGraw Hill. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New In Softcover Format, How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book. 1-1-3.

[Read Document »](#)



The Voyagers Series - Africa: Book 2 (Paperback)

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

[Read Document »](#)



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Read Document »](#)

**The L Digital Library of genuine books(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2002 Publisher: the BUPT title: Digital Library Original Price: 10 yuan

[Save Book »](#)

**Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how

[Save Book »](#)

**Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 282 Publisher: Higher Education Pub. Date :2009-01-01 version 2. This book is

[Save Book »](#)

**xk] 8 - scientific genius kids favorite game brand new genuine(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2010-01-01 Pages: 270 Publisher: Dolphin Publishing Our Books all book of

[Save Book »](#)

**Art appreciation (travel services and hotel management professional services and management expertise secondary vocational education teaching materials supporting national planning book)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Pages Number: 146 Publisher: Higher Education Pub. Date :2009-07-01 version 2. This book is

[Save Book »](#)