COURSE DETAIL

BUDDHISM AND SCIENCE: VIEW AND MEDITATION IN THE LIGHT OF PHYSICS AND NEUROSCIENCE

Country
Hong Kong

Host Institution
University of Hong Kong

Program(s)
University of Hong Kong

UCEAP Course Level
Upper Division

UCEAP Subject Area(s)
Religious Studies

UCEAP Course Number
127

UCEAP Course Suffix

UCEAP Official Title
BUDDHISM AND SCIENCE: VIEW AND MEDITATION IN THE LIGHT OF PHYSICS AND NEUROSCIENCE

UCEAP Transcript Title
BUDDHISM & SCIENCE

UCEAP Quarter Units
5.00

UCEAP Semester Units
3.30

Course Description

Buddhism has been repeatedly highlighted as being a “science of mind” rather than a religion. Puzzled by surprising research results (such as the superposition of quantum states or entanglement), physicists with philosophical questions have turned to Buddhism in search of new models of reality finding striking parallels between a “quantum interconnectedness” and Nāgārjuna’s dependent arising and emptiness. Common ground was also discovered through the constant corrective of repeatable experiments (physics) and first person experience of standardized meditation techniques (Buddhism). Physical and Buddhist models of reality thus share the principle of being valid only until refuted through valid cognition. Neuroscientists also struggle with the problem of correlating the “third-person” data of an experiment to the respective “first-person” experiences, and have also taken an interest in Buddhism. A significant result of the dialogue between Buddhists and neuroscientists are popular applications such as “Healthy Minds,” which largely make use of experiments conducted on meditation practitioners in laboratories. What has eventually been labelled “the Mindful Revolution,” brings meditation beyond traditional Buddhist contexts to benefit people from all walks of life.

Language(s) of Instruction
English

Host Institution Course Number
BSTC2048

Host Institution Course Title
BUDDHISM AND SCIENCE: VIEW AND MEDITATION IN THE LIGHT OF PHYSICS AND NEUROSCIENCE

Host Institution Course Details

Host Institution Campus

Host Institution Faculty
Host Institution Degree
Host Institution Department
Course Last Reviewed 2023-2024

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