

Meditation Light Visions: A Neurological Analysis



Filesize: 8.11 MB

Reviews

It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.
(Dr. Lily Wunsch II)

MEDITATION LIGHT VISIONS: A NEUROLOGICAL ANALYSIS

[DOWNLOAD](#)

To download **Meditation Light Visions: A Neurological Analysis** PDF, make sure you refer to the link listed below and download the file or have accessibility to other information that are relevant to MEDITATION LIGHT VISIONS: A NEUROLOGICAL ANALYSIS ebook.

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

See Also



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

Follow the hyperlink below to get "The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)" PDF file.

[Read Book »](#)



[PDF] Because It Is Bitter, and Because It Is My Heart (Plume)

Follow the hyperlink below to get "Because It Is Bitter, and Because It Is My Heart (Plume)" PDF file.

[Read Book »](#)



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

Follow the hyperlink below to get "How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book" PDF file.

[Read Book »](#)



[PDF] The Voyagers Series - Africa: Book 2 (Paperback)

Follow the hyperlink below to get "The Voyagers Series - Africa: Book 2 (Paperback)" PDF file.

[Read Book »](#)



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

Follow the hyperlink below to get "You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most" PDF file.

[Read Book »](#)



[PDF] Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Follow the hyperlink below to get "Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural" PDF file.

[Read Book »](#)

**[PDF] In Nature s Realm, Op.91 / B.168: Study Score (Paperback)**

Access the hyperlink listed below to read "In Nature s Realm, Op.91 / B.168: Study Score (Paperback)" file.

[Save Book »](#)

**[PDF] Public Opinion + Conducting Empirical Analysis**

Access the hyperlink listed below to read "Public Opinion + Conducting Empirical Analysis" file.

[Save Book »](#)

**[PDF] A Hero s Song, Op. 111 / B. 199: Study Score (Paperback)**

Access the hyperlink listed below to read "A Hero s Song, Op. 111 / B. 199: Study Score (Paperback)" file.

[Save Book »](#)

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

Access the hyperlink listed below to read "Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)" file.

[Save Book »](#)

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

Access the hyperlink listed below to read "xk] 8 - scientific genius kids favorite game brand new genuine(Chinese Edition)" file.

[Save Book »](#)

**[PDF] Variations on an Original Theme Enigma , Op. 36: Study Score (Paperback)**

Access the hyperlink listed below to read "Variations on an Original Theme Enigma , Op. 36: Study Score (Paperback)" file.

[Save Book »](#)