

The book was found

# Meditation And Modern Psychology



## Synopsis

This is a reprinting of the authoritative essay written in 1971 from the volume of work entitled *Psychology of Meditation* by Claudio Naranjo & Robert E. Ornstein. This new Malor book edition examines meditation from two perspectives: first that of religions and philosophies such as Zen, Yoga and from the Sufis and Christian mystics, and second from the modern psychologist's point of view -- what is happening neurophysiologically and what is the resulting experience? By looking at meditation from both points of view, Ornstein produces a modern scientific view - one sympathetic to the practice and enables the reader to appreciate and understand meditation as a tool which, under the right direction, leads to a different mode of perception. Robert Ornstein, Ph.D., has written more than twenty books on the brain, mind, and consciousness since the publication of the first edition of this book in 1971. This work emphasizes our urgent need and ability to develop perceptions beyond our human inheritance. "I wrote this essay in 1970, when meditation was a curiosity, known only to a few tie-dyed people and, of course, The Beatles...this book now looks like a good basic introduction to the high-tech research that followed." --Robert Ornstein, from the Preface to the 2008 edition

"This book is thoroughly worth buying, and reading-with a pencil. We desperately need what the book is talking about and showing to be a real possibility. We can no longer ignore the impressive testimony to the nature of consciousness that is coming from a convergence of the mentalities of the East and the West. The freeing of consciousness is a most urgent need of our time." - SEBASTIAN MOORE, *The Critic*

"This book is the first scientific treatment of meditation that is really good. If you're a meditator and want your worldview expanded, this will help. If you're a scientist and want your worldview expanded, this will do it." - CHARLES T. TART, *The Last Whole Earth Catalog*

## Book Information

File Size: 580 KB

Print Length: 134 pages

Simultaneous Device Usage: Unlimited

Publisher: Malor Books (February 20, 2010)

Publication Date: February 20, 2010

Sold by:Â Digital Services LLC

Language: English

ASIN: B003BLPGD6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,051,893 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #181

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Experimental Psychology #373 inÂ Books > Medical Books > Psychology > Experimental

Psychology #448 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling >

Experimental Psychology

## Customer Reviews

Valuable insight in to the function/dynamic of meditation .....is it just a physiological experience or is it in our DNA that Divine spark? Robert's research opens the commonality that is present in all the major religions approach/experirnce to meditation, is this our meeting point?

An early work by the highly regarded psychologist Dr. Robert Ornstein that gives an intelligent overview of meditation and how it relates to increasing knowledge about how our brain functions.

[Download to continue reading...](#)

Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Psychology: Social Psychology: 69 Psychology Techniques to Influence and Control People with Communication Tricks, NLP, Hypnosis and more... (Psychology, ... NLP, Social Anxiety, Cognitive Psychology) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Meditation and Modern Psychology Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Karma and Chaos: New and Collected Essays

on Vipassana Meditation (Vipassana Meditation and the Buddha's Teachings) Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief The Meditation Doctor: A Practical Approach to Healing Common Ailments Through Meditation Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) A History of Modern Psychology (PSY 310 History and Systems of Psychology) The Healing Power of Meditation: Leading Experts on Buddhism, Psychology, and Medicine Explore the Health Benefits of Contemplative Practice Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books) After Mindfulness: New Perspectives on Psychology and Meditation

[Dmca](#)