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Etymology. The closest words for meditation in the classical languages of Buddhism are bhāvanā (mental development) and jhāna/dhyāna. Pre-Buddhist India. Modern Buddhist studies has attempted to reconstruct the meditation practices of pre-sectarian Early Buddhism, mainly through philological and text critical methods using the early canonical texts. ...

Buddhist meditation - Wikipedia

Bruce Alan Wallace (born 1950) is an American author and expert on Tibetan Buddhism. His books discuss Eastern and Western scientific, philosophical, and contemplative modes of inquiry, often focusing on the relationships he sees between science and Buddhism. He is founder of the Santa Barbara Institute for Consciousness Studies.

B. Alan Wallace - Wikipedia

Dr. Paul T. P. Wong's autobiography, A Lifelong Search for Meaning: Lessons on Virtue, Grit, and Faith, is published in weekly installments. Stay updated here.

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