



Mind in the Balance: Meditation in Science, Buddhism, and Christianity (Columbia Series in Science and Religion)

By B. Alan Wallace

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By establishing a dialogue in which the meditative practices of Buddhism and Christianity speak to the theories of modern philosophy and science, B. Alan Wallace reveals the theoretical similarities underlying these disparate disciplines and their unified approach to making sense of the objective world.

Wallace begins by exploring the relationship between Christian and Buddhist meditative practices. He outlines a sequence of meditations the reader can undertake, showing that, though Buddhism and Christianity differ in their belief systems, their methods of cognitive inquiry provide similar insight into the nature and origins of consciousness.

From this convergence Wallace then connects the approaches of contemporary cognitive science, quantum mechanics, and the philosophy of the mind. He links Buddhist and Christian views to the provocative philosophical theories of Hilary Putnam, Charles Taylor, and Bas van Fraassen, and he seamlessly incorporates the work of such physicists as Anton Zeilinger, John Wheeler, and Stephen Hawking. Combining a concrete analysis of conceptions of consciousness with a guide to cultivating mindfulness and profound contemplative practice, Wallace takes the scientific and intellectual mapping of the mind in exciting new directions.

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Editorial Review

Review

Wallace is a master, guiding our inquiry into consciousness in exciting new directions.

(*Shift*)

Thought-provoking and at times insightful, this volume raises many interesting philosophical issues and presents many useful references.

(*Choice*)

Anyone interested in understanding more about the mind and consciousness would enjoy reading this book.

(Marcia Howton *Inquiring Mind*)

Review

Mind in the Balance addresses in a lucid, extremely well informed, and often quite original way what is now widely seen as the greatest lacuna in modern understanding: the actual nature of mind or consciousness. Its consistent advocacy of logical rigor, basis in a truly magisterial knowledge of Buddhist, Christian, and other contemplative practices, deep familiarity with contemporary scientific thinking, and imaginative and creative merging of all of these strands make this book a significant contribution to the field.

(Robert Mayer, University of Oxford)

Always challenging and controversial, B. Alan Wallace's abilities as a scholar and writer give this book an accessibility and breadth rarely encountered. As a book intended for a broad readership, *Mind in the Balance* successfully bridges history, theory, Christianity, Buddhism, and science, making it truly unique.

(Adam Frank, professor of astrophysics, University of Rochester)

Mind, intelligence, spirit and reason—Alan Wallace, one of the very best guides on this journey that we have today, brilliantly shows us how they work together in the mystery of human consciousness.

(Fr. Laurence Freeman, director of the World Community for Christian Meditation and author of *Light Within: Meditation as Pure Prayer*)

About the Author

B. Alan Wallace spent fourteen years as a Buddhist monk, ordained by H. H. the Dalai Lama. His Columbia University Press books are *Meditations of a Buddhist Skeptic: A Manifesto for the Mind Sciences and Contemplative Practice*; *Hidden Dimensions: The Unification of Physics and Consciousness*; *Contemplative*

Science: Where Buddhism and Neuroscience Converge; and *Buddhism and Science: Breaking New Ground* (editor). A prolific writer who has translated numerous Tibetan Buddhist texts, he is also the founder and president of the Santa Barbara Institute for Consciousness Studies (<http://www.sbinstitute.com>).

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