

The Varieties of Contemplative Experiences and Practices

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Towards Contemplative Science



A Contemplative Approach Towards Contemplative Science

Believing particulars make us wiser, I included lots of examples of extremes ...
some readers may rush to judge it a caricature. If, however, they will have the
patience ...

William James, The Varieties of Religious Experience

Normalizing Contemplative Practices

(individual) I --> (transpersonal) WE

It doesn't make sense for an individual (I) to vote (cf. no MLA wins by 1 vote).

Individuals (I) do vote.

People vote not as individual I (as in: I vote for Pawan Kalyan),
but as WE (as in: We, the thoughtful, are voting for our philosopher Pawan Kalyan).

Normalizing Contemplative Experiences

Dissolving Dualities

White (self-discounting)

Tools as extended body parts (Marx)

Self in Other (empathy)

Other in Self (imitation)

Content: Real vs. Fake

Reality: Inner consistency (Becoming consistent with Being)

Inconsistent: Everything is provable (Tarski)

Contradictions:

India AND Not-India = India's boundary

Cantor's lauter Einsen (distinct AND indistinguishable)

Meta-awareness

awareness of awareness =?= awareness

Foundations of mathematics don't need a language distinct from that of mathematics.

Geometry provides its own foundation.

Excessive iteration of $T' = \text{theory of } T$ would be sterile if pursued as idle speculation without attention to the fundamental motion of theory: abstract the essence of practice, in order to guide practice.

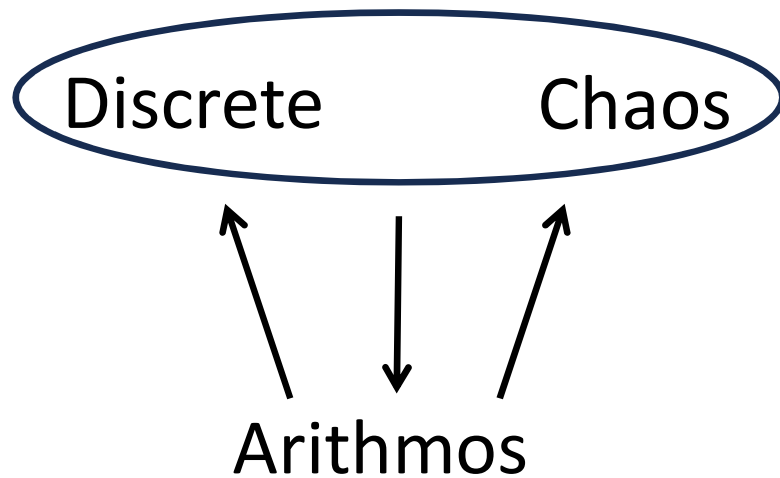
Defining MINDFULNESS

Mindfulness is what mindfulness does.

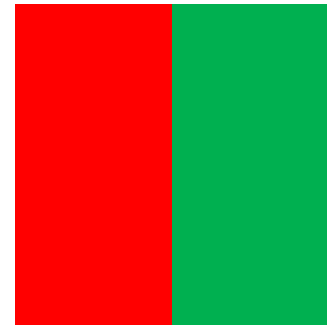
Mindfulness is what mindfulness is good for.

Mindfulness is what wouldn't be but for mindfulness.

Mental Object Formation



Observe - | Focus - | Wander



Red | Red-Green contrast | Green

Unity and Identity of Opposites