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## Meditation Light Visions: A Neurological Analysis

By Philip T. Nicholson

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...



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