


[DOWNLOAD](#)


## 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...



**READ ONLINE**  
[ 3.2 MB ]

### Reviews

*An incredibly awesome publication with perfect and lucid reasons. It can be written in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication I actually have studied during my very own lifestyle and could be the best publication for actually.*

-- **Paula Gutkowski**

*Most of these ebooks is the perfect publication accessible. It is written in easy terms and not difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Anastasia Kihn**

## Relevant eBooks



### **The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)**

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



### **Because It Is Bitter, and Because It Is My Heart (Plume)**

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! \* I am a reputable...



### **How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book**

McGraw Hill. Soft cover. Book Condition: Brand New. Dust Jacket Condition: No Dust Jacket. Brand New In Softcover Format, How The People Found A Home-A Choctaw Story, Grade 4 Adventure Book. 1-1-3.



### **The Voyagers Series - Africa: Book 2 (Paperback)**

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



### **You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most**

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



### **Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural**

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in.Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing in the doorway, a woman, resembling her...