



Il Buddha in Laboratorio: Incontri al Massachusetts Institute Of Technology fra il Dalai Lama e la scienza (Italian Edition)

A cura di Anne Harrington e Arthur Zajonc

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C'è una prova neuroscientifica dei benefici dell'addestramento alla meditazione (eccezionale memoria per parole e immagini, migliore attenzione e lucidità, controllo e persino eliminazione delle emozioni negative)? Può il buddhismo insegnare alla scienza che anche le emozioni più turbolente e istintive possono essere domate con l'addestramento, e offrirci una via di scampo dall'implacabile meccanismo per cui più si ha e più ci si convince di dover avere, per essere felici? Ha ragione il buddhismo a fare della compassione la principale virtù umana, e ha torto la scienza a trascurarla?

Ventitré voci di esperti in neuroscienze e scienze cognitive e comportamentali sostengono che il buddhismo ha solidi fondamenti scientifici, e che la scienza può partire da presupposti buddhisti per nuove indagini. Un coro ricco e qualificato, di famosi scienziati di cultura occidentale e maestri buddhisti, fra cui lo stesso Dalai Lama, s'incontrano nella roccaforte della scienza americana (il MIT, Massachusetts Institute of Technology) per gettare nuova luce sulla natura della mente umana.

Anne Harrington è docente di Storia della Scienza all'Università di Harvard; Arthur Zajonc insegna fisica all'Amherst College.

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