

Meditation Light Visions: A Neurological Analysis



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Reviews

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(Letha Okuneva)

MEDITATION LIGHT VISIONS: A NEUROLOGICAL ANALYSIS



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 interpretations over the years. Gyrgy Buzski, M. D. , Ph. D. , an internationally-renowned researcher at Rutgers Center for Molecular and Behavioral Neuroscience, author of Rhythms of the Brain, writes that Nicholson's new book is full of thought-provoking ideas about the link between meditation and its underlying brain mechanisms which warrant further exploration. J. Allan Hobson, M. D. , Professor of Psychiatry, Emeritus, at Harvard Medical School and author of many books on the neuroscience of sleep and dreaming writes that Meditation and Light Visions is thoughtful and well written. You may be on to something, adding that What you...



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