

Intro to Buddhism in the US: Week 6

Methods of Meditation

The usual zillion or so caveats and over-generalizations

A few comments on meditation retreats

Altered states of consciousness, with and without the help of various substances

A few ways we know this changes the brain

Mindfulness gone bad: some general pointers (but mostly, it isn't a panacea)

The several "McMindfulness" and "industrial mindfulness" controversies

An assortment of preparatory practices (which we've mostly already gone over)

More extended practices

Vipassana ("insight")

Samatha ("relaxed abiding")

Dzogchen, Mahamudra, and emptiness

Mindfulness-based stress reduction (MBSR)

Jhana practices

A few more psychological connections, mostly around the default mode network but also a bit of Michael Pollan on psychoactive substances