Index

Absorption, 71, 304, 339, 340, 349, 364, 475–476, 478–479, 495, 534
 "external," 302(table), 531
 hyperattentiveness (involuntary), 504–506
 residues, 508–510
 internal, 218, 280, 302(table), 339, 430, 477(fig), 501, 506, 507(fig), 513–514, 517–518, 532–533, 590(outline), 628
 opioids and, 507–508
 preludes to, 589–590
 and silence, 500, 501, 502, 635
 timing and duration of, 339, 510–513, 623
Acceptance, 445, 575, 613
Acetylcholine (ACH), 171, 185, 270, 273, 330, 338, 401, 464, 465, 506, 614, 619, 620, 622–623
 and arousal, 160–161
 and depression, 585, 586
 and D-sleep, 316–317
Acetylcholine (ACH) cells, 165(fig), 319, 330, 459, 462, 463, 486, 606, 620
 organization and function of ACH systems, 164–167
 painful stimuli and, 455–456
Acetylcholine (ACH) receptors, 236, 331, 592, 619, 662
 muscarinic and nicotinic classes, 167–169
ACTH. *See* Adrenocorticotrophic hormone
Action, 670
 brain functions generating, 671–672
 traditional elements, 669–670, 672
 voluntary and involuntary, 672–673
Activating mechanisms, 340–341
Activation, 158
Actualization, 136, 647
Actualized (buoyant, and compassionate), 47, 461, 727
Adamic experiences, 25, 302(table), 304
Adrenocortical stress hormones, 238–239, 344–345, 655
Adrenocorticotrophic hormone (ACTH), 210, 212, 588
 released *inside* brain, 218, 237, 238, 343, 464, 514, 590, 621, 623, 655
 triggered by stress and CRF, 237–238
Adversity, 235, 450, 535–536, 574–575, 688
"Aesthetic arrest," 21
Affirmation of Faith in Mind, 700–701
Affirmative properties ("positive" resonances), 606, 659, 695
Aggression, 177, 178, 179, 192, 195, 201, 231, 232–233, 335
Aging
 effects on brain, 661–663
 influence on alternate states, 662–663
Agnosias, 501, 597–599
Aitken-roshi, Robert, 647
Alcohol (giving up), 74
Alertness, 308, 339
Allman, J., 271, 272
Allocentric nerve cells, 186, 491, 498, 533
Alpha blocking, 104–106
Alpha rhythms, 84–85, 312
 during meditation, 87, 88–89, 91, 104–105, 110
Alternate states of consciousness, 306. *See also* Consciousness
 examples of evolving capacities for change, 688
Altruism, 649, 651, 693–694
Alzheimer's disease, 186–187, 662
Amines, biogenic, 104, 197, 235, 458, 517, 654. *See also by type*
Amnesia, 184, 186, 188, 260, 266, 490
 acute transient global, 188
Amphetamines, 169, 201, 423–424
Amygdala, 94, 98, 104, 215, 230, 260, 596, 658
 and fast emotional responses, 347–348
 and fear responses, 175–176, 178–179
 functional roles in behavior, 176–177
 influence on visual associations 247, 249–250
 and prefrontal cortex, 253–254
Analgesia, 231, 353, 409–410
Anesthesia, 237, 296
 and dreams, 385–386
 effects on hormones, 238–239
 local, 397–399
Animal research, 6, 208
 differences among individuals, 175–176, 191, 195, 207–208, 231–232, 321, 568
 differences among species, 180, 194, 335, 337, 403
Annatta (non-*I*), 50, 539
Anoxia, 408–409, 444
Anterior thalamic nucleus, 264(fig), 266, 269–270, 592
Anti-triggers, 454
Anxiety, 236, 567–568
Aplysia, 225–227, 332, 658, 685
Apperception, 523

Apraxia, 674
Arcuate nerve cells, 654–655
Arcuate nucleus, 151(fig), 194, 215, 514
Arousal, 157–158, 203, 273, 348, 369, 517
 cortical and limbic mechanisms in 163–164
 hypothalamic, thalamic, and subthalamic mechanisms in, 162–163
 midbrain and, 160–162
Arousal scale hypothesis, 32–35
Artificial intelligence, 393, 394
Ashoka, 8, 650, 689
Aspartate, 654
Association cortex, 253–254
Association nuclei of thalamus, 265–266
Associations, associative functions, 332, 394
Assurance, state of, 569
Athletic performance, 488–489 670–671, 675
Atropine, 168, 331
Attention, 69–73, 142, 204, 274, 294, 297, 365, 465, 480, 505, 603–604
 brain activity during, 284–285, 403
 involuntary, 504–506
 global, and metabolism, 491–492
 and parietal lobes, 245–247, 275–276
 single cell studies (Areas PG and V4), 276–277
 willed attentive processing, 278(table), 279
Attentiveness, 76, 81, 127–128, 279, 281
 and parietal lobes, 245–247, 402–403
Attitude(s), 137, 351–352, 447, 640–641, 691
Auditory cortex, 264(fig), 500
Augmenters, 354–355, 355(table)
Auras, 405–406
Autoscopy, 446
Autotopagnosia, 398
Aversion, 229, 234, 333, 606
Avoidance behavior, 333
Awakening(s), 11, 295, 316, 366–367, 375, 526, 536, 617, 620–621, 636, 639, 682
 potential paradoxes within, 611–612
 Tozan's degrees of, 580–581
Awareness, 69, 99, 126, 127, 133, 142, 143, 239, 323, 339–340, 418, 460, 465, 479, 481–482, 495–496, 622
 and amphetamines, 423–424
 and attention, 280, 465
 attributes of, 296–297
 conscious, 295–298, 462, 497
 heightened, emotionalized (state V), 302 (table), 404
 and loss of self, 503–506
 and polysensory cells, 497–498
 unconscious circumspatial, 488, 496(table), 672
 and thalamus, 270–271
Bacon, Francis, 47, 48
Bankei, 119, 121, 124, 157, 189, 333, 453, 525, 554, 555, 567, 608, 636, 639, 660, 691, 692
 on suffering, 355, 357
Barbiturates, 159, 319, 462
Basal forebrain, 167, 260, 269
Basal ganglia, 197, 671, 675, 676
Basal nucleus of Meynert, 165(fig), 167
Basho, 588
Batchelor, Steven, 253, 259
Baudelaire, 494
B-cognition, 576, 607
Becker, David, 104
Beddoes, Thomas, 407
Behavior
 deep transformations of, 305, 429, 638, 643, 656
 modifications of, 191–192, 211, 239, 335–336
Being, 141, 627–630
Bell, Charles, 397, 398
Benson, Herbert, 78
Benzodiazepine, 568
Bergson, H., 693, 696
Beta-endorphins, 212, 214, 215, 229, 234, 238, 343, 464, 465, 514, 590, 623, 655
 electrical stimuli releasing, 217–218
 novelty circuits and, 219–220
 in relation to states of awakening, 620–621
 speculative role in "runner's high," 218–219
Beta-receptors, 684
Beta rhythms, 86, 90, 737
Biological clocks, 338–339, 341, 492–493
 awareness and, 339–340
 endocrine system, 344–345
 and *kensho,* 615–617
 light and, 345–346
 meditation and, 346–347
 resetting, 342–343, 587
Biofeedback, 85, 89
Biological cycles, 584, 587–588
Biological intelligence, 393–394
Blackness, absolute, 481–482, 498
"Blackouts," 480–481
Blindsight, 242–244
Blink reflex, 329
Blocking, 32
Blofeld, J., 438–439, 540
Blood flow, cerebral, 284, 317
Blood pressure, 78, 444, 451
Bodhidharma, 8, 10, 358, 628
Bodhisattva of Compassion, 322, 651, 652, 698
Bodhisattva of Wisdom (Manjusuri), 548, 598
Bodhisattvas as exemplars, 669
Bodnath, 496

Bohr, Nils, 548
"Born again," 135, 447
Borobudur, 569–570
Boston University, psilocybin experiments on Good Friday at, 436–438
Bradyphrenia, 392
Brain
 anatomy, 149–154
 development of, 37–38
 evolution of, 685–686, 690–691
 networking functions of, 155–157
Brain hemispheres, 358–359
 as allies, 359–360, 367
 in relation to EEGs and other tests, 92, 363–365
 in relation to meditation and alternate states, 365–367
Brain stem, 150, 151(fig), 155–156, 163, 361, 378, 455, 460, 463, 508
Brain stimulation "reward," 334
Brainwashing, 103, 329
Brain waves. *See also by type*
 frequencies and forms of, 83–86
 processes generating, 86–87
Breathing, 107, 216, 517
 and meditation, 93–95, 99
 suspension, 97–98
 in TM, 96–97
Brewer, W., article on operant classical conditioning, 332
Broca, Paul, 169–170
Bronowski, Jacob, 5–6, 696
Broughton, R., 340, 774
Bucke, Richard, 20, 535, 617, 621
Buddha, 3, 7–8, 11, 125, 417–418, 636
 iconography, 11, 569–570, 639–640, 687, 690–691
 and suffering, 355–356
Buddha Nature, 52, 402, 552, 667
Buddhism, 3, 7, 36, 62, 74, 355–356, 579–580, 680, 687, 694
Bukko, 117, 495
Bundle of Vicq d'Azyr, 333
Burroughs, John, 157, 371, 375, 535, 688
Buspirone, 568

Calligraphy, 87, 513, 577, 593, 669, 805
cAMP. *See* Cyclic adenosine monophosphate
Campbell, Joseph, 499, 502, 635, 653
Cannabinoids, 207
Cannon-Bard theory, 347
Capacity to change, evolving, 687
Carbachol, 505
Carbon dioxide, 421, 463
Catalepsy, 213–214, 222–223
Cataplexy, 320
Catecholamines. *See* Dopamine; Norepinephrine; Epinephrine
Cats, 158, 159, 161, 178, 198, 202, 336, 456, 491
 attentiveness in, 402–403, 480, 505
 defense reaction and aggression in, 232–233
 fast EEG activity in, 158, 160
 hypothalamus in, 191–192, 193–194
 respiration studies in, 94, 95, 98
 sleep in, 314, 315, 317, 321
 timid, 175–176
CCK. *See* Cholecystokinin
Central gray substance, 151(fig), 217, 218, 233–235, 353, 658
Cerebellum, 150(fig), 169, 676–677
Cerebral cortex, 87, 149, 214, 216, 268, 394, 672
Cerebral hemispheres, 150(fig), 151(fig)
Cerebrum, 149–151
cGMP. *See* Cyclic guanosine monophosphate
Chan, 7, 8–9, 60, 126, 129, 144, 645, 681
chanting, chants, 68, 93–94, 395–396, 397, 698
Chao-chou (J: Joshu), 108, 112, 113, 116, 551, 647
Chemical messengers, 152–154
Chimpanzees, 420, 685, 687
China, 7, 8–9, 11, 62, 126, 144
Chirico, Giorgio de, 577
Chiyono, 453
Chlordiazepoxide hydrochloride (Librium), 568
Chlorpromazine, 417, 419–420
Cholecystokinin (CCK), 200, 212, 464
Cholinergic pathways, 165(fig), 166–167, 623. *See also* Acetylcholine
Christianity (aspects of), 15, 16, 20, 21, 126, 383, 452, 556, 576, 583, 677, 679
Chronotherapy, 586–587
Cingulate gyrus, 151(fig), 163, 172, 174, 386, 455, 492, 566, 588
Cingulum, 172, 173
Circadian rhythms, 339, 340–341, 342
Clarke, E., 317
Clicks, 104–105, 106
Clonidine, 204
Cocaine, 201, 424
Cognition, cognitive functions, 24, 221, 269, 546
Colliculi, 241, 506. *See also* Superior and inferior colliculi
Colors
 during meditation 374, 379
 perception, 276–277, 379, 484

Comic perspective, 414
Commandments, 74, 525
Commissures, 362
Compassion, 47, 64, 461 678, 680, 727
 mudra of, 649–650
 responsibility inherent in, 650–653
Comprehension (keynote of kensho), 496 (table), 591, 617, 622
Computers, 156, 393, 396
Conditioning, 332–334, 347, 522, 621, 622
 drugs and, 222, 328–329
 to intervals of time, 561–562
 unlearning and, 329–331, 621
Confucianism, 62, 144, 681
Conscience, 522
Consciousness, 280, 281, 325, 380, 431, 458, 479, 517, 592, 605–606, 652, 653
 alternate states of, 305–311, 323, 464, 624, 688
 daily variation in, 339, 340(fig)
 destabilization of, 308–309
 development of meanings within, 522–525
 fields within (schematic), 476(fig), 477(fig), 602, 610(fig)
 heightening, 266, 267
 "opening up and restructuring," 298–299
 ordinary, 295–298, 300(table), 320
 states of, 4, 299–305(tables), 769
 theories for "transcendent," 182, 184
 theory for "emptiness" of, 287
Controlled Substances Act of 1970, 427
Corpus callosum, 151(fig), 358, 359, 360
Cortex, 161, 163–164, 503–504, 518
 "athalamic," 264, 763, 802
Corticosterone, 238–239
Corticotropin-releasing factor (CRF), 212, 237–238, 464, 506, 590
Cortisol, 239, 349, 588
Cravings, 173–174, 424, 461
Creativity, 63, 258, 621
CRF. *See* Corticotropin-releasing factor
Crying, 349, 404, 416, 612
Cyclic adenosine monophosphate (cAMP), 193, 204, 568, 587
 production of, 224–225
Cyclic guanosine monophosphate (cGMP), 412, 676, 794

DA. *See* Dopamine
Daigu, 453
Daikaku, 499, 667
Daily life practice (*Shugyo*), 23, 141, 336, 692
Daito Kokushi, 60, 117, 274, 275
Daitoku-ji, 10, 60
Daiun Harada-roshi, 578
Dalai Lama (Tenzin Gyatso), 334, 350
Damage (caution against making functional interpretations based solely on), 162, 172, 176, 735, 813
Darwin, Charles, 349, 392, 393–394, 415, 416, 444, 450, 685
Davidson, J., 78, 288
Davy, Humphrey, 407–408, 409, 411
Deafness (transient, in absorption), 500
Death, attitudes toward, 448–450, 569
Death of nerve cell. *See* Excitotoxins
 apoptosis and, 819
Deathbed experiences, 447–448, 449–450, 451–452
Deautomatization, 281
Declaration of a Global Ethic by Parliament of Worlds' Religions, 356–357
Deconditioning, 329, 333–334
Defeat, 230–231
Defensive behaviors, 40, 233
Deikman, Arthur, 25, 34, 281
Deja vu, 251, 252
Delusions, 380, 398, 652
Dendrites, 86, 87, 152, 153(fig), 154, 159, 662
Dentate nucleus, 676
Depersonalization, 49
Depression, 459, 615
 biological cycles and, 587–588
 and meditation, 584–585
 and sleep deprivation, 341, 342, 586–587
 treatment of, 585–586
Deprivation, 100. *See also by type*
Derealization, 49
Desires, 74
Desynchronized sleep (D-sleep), 81, 90, 106, 166, 202, 207, 212, 227, 312, 313, 315, 340, 341–342, 406, 413, 462–463, 623, 772
 awakening from, 343–344
 dreams in, 323, 382
 LSD and, 422–423, 464
 functional changes during, 316–320
 and lucid dreams, 326, 327
 and rapid eye movements (REM), 320–322
Desynchronization, desynchrony, 181–182, 462–463
 not all fast rhythms are desynchronized, 737, 814
Diazepam (Valium), 237, 262, 568
Diencephalon, 361
Diffuseness, 128
Disinhibition, 255, 462, 676
Dispassion, 128, 129, 652
Distributed functions, 393, 394, 602

Dogen, 43, 46, 58, 60, 74, 77, 117, 124, 144, 374, 535, 536, 555, 573, 576, 625, 634, 638, 651, 676
Dogo, 651
Dogs, 234, 314, 328, 329, 330, 332, 568, 604
Dominance behavior, 207, 231–232
Donne, J., 55
Dopamine (DA), 104, 172, 179, 200(fig), 212, 214, 225, 258, 266, 334, 368, 424, 458, 464, 465, 506, 618, 620, 760
 and depression, 585, 586
 functioning of, 197–201, 760
 and mescaline, 438, 442
 and opioids, 215, 220–221
 role of, 675–676
 stress and, 236, 238
Dopamine cells, 198(fig), 199, 206, 459
Dopamine receptors, 199–200, 258, 368, 420, 506, 662
Dorsolateral prefrontal cortex, 254(table), 255–256
Dorsal striatum, 197, 198, 200
Dostoevsky, Fyodor, 405
Doyle, Conan, 560, 604
Dreams, dreaming, 312, 322–323, 374–375, 448, 464
 anesthetics and, 385–386
 brain function and, 316–318, 320–321
 lucid, 324–327, 326(table), 344, 517
Drowsiness, 91, 313–314
Drug addiction, 173, 174, 221
Drugs, 130, 171, 173, 174, 204, 262, 308, 331, 334, 351, 417, 420, 423–424, 458. *See also by type*
 and amine receptors, 440–443
 anxiety and, 236, 568
 and circadian rhythms, 340–341
 and conditioning, 328–329
 excitant, 161–162
 and mystical experiences, 430–431
 psychedelic, 442–443, 464
 psychedelic and transformation, 429–430
 in relation to sensorimotor deprivation, 103–104
D-sleep. *See* Desynchronized sleep
Dualism, duality, 294, 546–547
Dynorphin, 215, 222–223, 465, 507, 592, 619, 620, 656

Earth Day, 665–666
Eckhart, Meister, 534, 561, 576
Ecstacy, 287–288, 405, 454
EEG, 86–87, 162, 163, 171, 236, 270, 284, 287, 297, 327, 382, 403, 441, 536, 567
 and arousal, 157–158
 and brain hemispheres, 363–365
 introverts and extroverts and, 130, 131
 during meditation, 88–92, 97
 and pulvinar, 272, 273
 response to local barbiturate infusion, 159–160
 and seizures, 405–407
 during sleep, 227, 312–313, 314, 319
 and startle responses, 456–457
Ego, egocentric self, 12, 35, 61. *See also I-Me-Mine*
 death of, 433–434, 448–449, 667
Egocentric cells, 186, 491, 533
Eightfold path, 144, 356
Einstein, Albert, vii, 652
Eisai, 60, 645
Electrical stimulation, 172, 176, 190, 227, 265, 334, 335, 353, 386–387, 391, 480
 of frontal lobes, 256–257, 463
 of hypothalamus, 192, 193
 and opioids, 217–218
 of pulvinar, 272–273
 and reticular nuclei, 268–269
 of septal region, 170–171
 of temporal lobes, 384, 386–387
Electrocorticogram, 455
Electroencephalogram. *See* EEG
Embedded-Figures Test, 82
Emergent properties, 19
Emerson, Ralph Waldo, 253, 259, 457, 494, 607, 622, 633, 641, 643, 666
EMG (electromyogram), 326
Emotion(s), 195, 347–350, 360, 363, 404, 410, 464, 611
 during frontal lobe stimulations, 256–257
 and limbic system, 170–171, 179, 386
 resonances into perceptions, 387, 522–523
 and septal region, 170–172
Empathy, 429, 650, 652
"Emperor's clothes hypothesis" (in reverse), 416
Emptiness, 108, 110, 570–572
Encephalitis, 315
Endocrine cycles, 344–345
Endorphins, 217–218, 586
Enkephalins, 214–215, 221–222, 223, 232, 233, 262, 465, 507, 508, 592, 619, 620
Enlightenment, 3, 8, 117, 135, 350, 355, 526, 536, 540, 592, 622, 623, 636, 641, 666, 677, 686, 687
 approach through meditation, 11–12
 remains in memory, 187–188
Enryaku-ji, 60

Enso (moon circle), 577–578, 644
Epileptic seizures, 349, 384, 417
 EEGs and, 405–407
Epinephrine, 348, 417
Epiphany, 21, 302(table), 304
Epithalamian, 534
Ergotropic systems, 287, 288
Estrogen, 195, 199, 336
"Etching," 653–654
 excitotoxic amino acid, 656–657, 658
Eternity, 555, 564–565, 610
Ether, 238–239
Ethical base of Zen, 645–648
Evolution, 73, 683–684
 alternate states as an expression of, 688
 of brain, 685–686
 cultural, 686–687, 688
Excitation, 161–162, 185, 462, 480, 591, 605–606
 of cortex, 503–504
 of parabrachial nucleus, 165–166
 increasing tone of paraspinal muscles, 508–509
 visual, 377–378
Excitotoxins and cell death, 176, 654–655, 656–657
Exhalation, 93–94, 461–462
Experiant, 34–35, 507, 598, 638
Experience(s), 12–13, 23, 27, 251, 252, 353, 404, 503, 671. *See also* Mystical experiences; Psychedelic experiences; Religious experiences
 mental set and, 38–39
 schizophrenic, 30–31
 sequences during meditative training, 131–132
Experiential immediacy (limbic involvement in), 386
Experiential neurology, 697, 776
Expiration, 93–94, 95, 461–462
Extinction, 580, 774–775
Extraordinary states, 23
Extroversion, 130, 201

"Far-death" attitudes, 449–450
Fear, 175–176, 179, 451, 567–568, 569–570
 and amygdala, 177–178, 347–348
 blocked by opiates, 216–217
 loss of, 608–609
Fearlessness, 569–570
Feedback, 393
Fischer, Roland, 32–34, 287–288
Flow, 297
FMRI. *See* Magnetic resonance imaging (functional MRI)
Forebrain, 162, 190, 323
Foresight, 256
Fornix, 193, 565–566
Four Noble Truths, 8
Foxes, tame, 208
Freedom, 63, 137, 611, 638–639, 676
Freud, Sigmund, 35, 36, 127, 129, 134, 135, 307, 322
Frontal lobes, 149, 169, 216, 258, 275, 278, 323, 396, 417, 604, 624, 674
 attributes, 254(table)
 electrical stimulation and, 387, 463

GABA. *See* Gamma aminobutyric acid
Gallamine triethiodide (Flaxedil), 100
Gallup surveys, 20, 445–446, 634
Gamma aminobutyric acid (GABA), 152, 167, 199, 209(fig), 234, 237, 319, 368, 401, 402, 592, 623
 function of, 208–210
 and hypothalamus, 195–196
 and reticular nucleus, 267, 268–269
Gamma aminobutyric acid (GABA) cells, 610–611
 inhibited by NE, 273
 inhibited by ST, 205
Gamma aminobutyric acid (GABA) receptors, 209, 568
Gamma rhythms, 86, 674
Garden of Eden, 426
Gating, 267, 269, 400
Geniculate nuclei, 263. *See* Lateral, Medial nuclei
Gesture, 634, 654
Gigantocellular ACH cells, 165(fig), 166, 319
Global positioning system, 491
Glucocorticoids, 239
Glutamate, 199, 209(fig), 225, 401, 614, 619, 622–623, 654–656
 and GABA, 208, 209
Glutamate nerve cells, 654
Glutamate receptors, 225, 592, 659
Glutamate systems, 622, 623, 655–656
Gnostic sects, 556
Gowers, William, 416
G proteins, 224, 587, 659
Grace, 50, 55, 611
Great doubt, 110
Great Self (capital S), 18, 52, 435
Greeley, Andrew, 131, 553
 on mystical experiences, 17–18, 19, 20, 26–27, 28, 131, 374, 535, 634, 665
Grof, S., 426, 682
 on LSD experiments, 431–434, 581–582

Ground squirrels, 337–338
Gustatory nucleus, 165(fig), 229, 230

Habenular nucleus, 165(fig), 167, 206
"Habit energy," 571, 813
Habituation, 104–106, 227–228
Hakuin, 107, 113, 114, 117, 123, 129, 324, 395, 397, 453, 457, 458, 460, 481, 503, 505, 508, 516, 536, 577, 580, 639, 640
 on ambient vision, 495, 496
 "Sound of One Hand," 114, 116
 Zazen Wasan, 395–396, 495
Hallucinogens, 207, 426
Hallucinations, 102, 304, 320, 487, 488, 494
 creating, 389–390, 482–485
 mechanisms of, 383–386, 518
 during meditation, 373, 374, 470–471, 472–473
 and psychedelic drugs, 441–442
 sleep-related, 381, 382(table), 485–486, 517, 574(table)
 stimulating, electrically, 386–387
 and vision, 240–241
Haloperidol, 329
Hamburger, C., 344–345
Hamsters, 337
Han-shan, 584
Harding, Douglas: *On Having No Head,* 502, 803
Hardy, Alister, 20
Hartle, James, 555
Hawking, Stephen, 555
Hearing, 500, 501, 502, 508, 634, 635
Heart of Great Wisdom Sutra (Heart Sutra), 68, 572, 627, 652, 698–699
Heart rate, 78, 227, 236
Heath, R., 169, 170
Heim, Albert, 391, 443, 444–445, 446
Heisenberg, Werner, 80
Heraclitus, 564, 572
Herrigel, Eugen, 16
 Zen and the Art of Archery, 60, 670
Hess, Walter R., 149, 190, 194, 232, 287, 314, 579, 635–636
Hibernation, 337–338
Hiei, Mount, 60
"High Indifference," 576
Hinayana Buddhism, 8
Hinduism, 125
Hippocampal formation, 180
Hippocampus, 94, 151, 180, 203, 223, 239, 260, 318, 656
 aging and, 661–662
 CA1 and CA3 cells, 182, 183(fig), 184, 185, 187, 188, 654–656, 661–662
 desynchrony in, 181–182
 functions of, 185–189
 and hibernation, 337, 338
 and opioids, 214, 220, 222
 "place cells" in spatial perception, 489–490
Histamine, 193, 585
H.M., 186, 260
Hofmann, Albert, 426, 436
Holmes, Oliver Wendell, 239, 491
Hopper, Edward, 577
Homovanillic acid, 201
Hormones and brain functions, 195, 223, 231, 235, 238–239, 336
Houston, Jean, 14, 436
 psychedelic drug experiments of, 427–430, 663
Hsin hsin ming, 108, 576–577, 700–701
Hsuan-sha (J. Gensha), 666
Hsu-yun, 452, 453
Huai-hai, 48, 68, 681
Huang-po (J. Obaku), 52, 100, 367–368, 519, 535, 635
Hui-neng, 9, 116, 129, 453, 535, 551, 560, 637, 638, 645
Humphreys, Christmas, 6
Huntington's chorea, 657
Huxley, Aldous, 26
Hyperactivity, 214, 221
Hyperalertness, 236, 308
 prelude to trance states, 309
Hyperarousal, 32–33, 171–172, 288
Hyperattention, 71, 275, 485, 504–506
Hyperawareness, 470–471, 478, 590
Hyperexcitement, 288
Hypnosis, 313, 439
Hypomania, 586–587
Hypothalamus, 151, 166, 169, 202(fig), 206, 214, 229, 315, 318, 378, 417, 451, 464, 506, 655
 anterior regions of, 193–196
 and arousal mechanisms, 162–163
 defense and aggression and, 232–233
 functions of, 189–190
 and hibernation, 337, 338
 lateral regions of, 190–192
 NE and, 201–202
 posterior regions of, 192–193
 stress and, 235, 237

Id, 35, 350, 715
Idealism, 525–526
Identity (self-), 38, 446
Ikkyu, 453, 454, 478
Illuminated (beatific) face, 413

Illusions, 380–381, 398, 493–494
Imagery, 379–380, 382(table), 385, 388–389, 390, 391, 429, 574(table)
Imagination, 157, 389, 494–495
I-Me-Mine, 44–47, 50–51, 145, 280, 527, 569, 668, 716
 eliminating, 141–143, 598, 610(fig), 645, 692
 premises, 44(table)
Immanence, 555–556
Immediacy, 280, 386, 479, 505
Immobility response, 403–404
Impermanence, 572, 712
Impressions (deep, experiential), 524, 606–607, 608, 610, 612
Incorporated interpretations, 21
India, 7, 8, 250
Indian Buddhists, 126, 144, 474, 579–580
Individuation, 135
Indra's net, 499
Indus Valley, 73
Ineffability, 24, 515–516, 548, 611, 612, 614, 643
Infants, 230, 413, 415, 490, 567, 648
Inferior parietal lobule, 244, 757
Inferior temporal region, 248–249
Inhibition, 208–209, 248
"Initial value," 458
Inkblot tests, 131, 132–134
Inner journey, 14
"Inner weather," 64, 346
Insight, 12, 112, 114, 116, 523, 538. *See also* Prajna
 and inkblot tests, 132–133
 learning, 125–126
Insight-wisdom, 24, 324, 380, 529, 554–555, 623, 639–640, 807
 and *kensho-satori,* 542–544
Insomnia, 194, 315
Inspiration, 93, 95
Instinctive behaviors, 189–190, 460
"Integration, mutual," 581
Intelligence, biological, 156
Interbeing, 627
International Association for Near-Death Studies, 447
Interviews, personal. *See* Sanzen
Intralaminar nuclei, 264(fig), 266–267, 318–319, 787
Introspection, 129, 130
Introverts, 130, 131
Intuitive process, 128–129
Ireisai, 6
Isolation, 102, 198–199
Isshu-roshi, 235
Iwasaki, Yaeko, 450
Jackson, J. Hughlings, 242–243, 349, 379–380, 391, 416, 574
Jakugo ("capping phrases"), 114
Jamais vu, 251, 252
James, William, 4, 15, 18, 38, 69, 70, 75, 134, 299, 378, 387, 505, 558, 561, 569, 608, 661, 697
 on mysticism, 20, 24–25, 26, 30, 31
 and nitrous oxide, 407, 408, 410, 411
 on significance, 523–524
 on space, 487, 489
 on wisdom, 225, 226, 649
James-Lange theory, 347
Japan, 3, 6, 7, 10, 60, 192–193, 645, 683
Jesus, 21, 808
Jikijitsu, 123, 138
John of Ruysbroeck, St., 1, 644
Johnson, Samuel, 15, 20, 30, 447–448
Jordan, G., 435
Joshu. *See* Chao-chou
Judeo-Christian form of monotheism, 18
Judgment, 256
Jung, Carl, 34, 120, 129, 135, 291, 448, 545, 573, 574, 584, 660–661, 677

Kamakura, 10, 645
Kan, 126
Kannon (Kanzeon, Kanjizai), 698
Kant, Immanuel, 547, 551–552
Kao-feng, 117, 453, 615
Karma, 567
Karuna, 651
Katmandu, 496
Katou, Kiyonobu, 413
Kaufmann, W., 24, 28, 416
Kensho, 22, 53, 116, 117, 157, 229–230, 281, 303(table), 304, 349, 395, 477, 527, 533, 536, 541–542, 551, 560, 576, 591(outline), 594(fig), 596(table)
 affirmative properties of, 606
 brain mechanisms of, 613–621, 624
 defining, 542–544
 impacts of, 48–50, 366–367, 591–592, 602–605, 611–613
 and internal absorption, 518, 622
 and loss of fear, 608–609
 mechanisms of, 613–614
 mental field in, 610(fig)
 and moon, 577–578
 and neurological disorders, 597–599
 reflection in, 593–595
 salience and, 599–601
 and *samadhi,* 477–478
 and self, 569, 609–611

time dissolving in, 561, 563–566, 623
triggers for, 605, 615–617
Kinesthetic sense, 400
Kinhin, 67, 68, 77, 127, 139
Knowledge, 9, 52, 545–546
Knowledge-contact experiences, 25–26
Koan, 9, 107–109, 139, 299, 540, 622
"original face," 116, 540–542
realized, 117
resolving, 111–114
response to, 114–116
uses of, 116–119
Kobori-roshi, Nanrei, 9, 60, 61, 62–64, 65, 87, 109, 112, 121, 137–138, 250–251, 327, 413, 434, 472, 473, 481, 513, 536, 571, 643, 649, 654, 676
Kuan, 126
Kyogen (Hsian-yen), 453
Kyoto, 10, 59, 60, 469

LaBerge, S., 324, 325–326
Language, 20–21, 31–32, 61, 62, 360–361
Language disorders, 396–397
Lankavatara Sutra, 570
Lao-tzu, 9, 120, 329, 487, 570, 681
Laski, M., 25, 26, 27, 304, 453–454, 665
Lateral geniculate nucleus, 263, 264(fig), 265, 369, 377, 378, 391, 501
Lateral posterior nucleus, 264(fig), 504, 603
Lateral septal nucleus, 183(fig), 336, 656
Laughter, 413
and awakening, 414–418
Learning, 177, 190, 225, 226, 677
conditioned, 328–329
and repetition, 180–181
Left hemisphere, 150(fig), 359–361, 364–366, 388
"Letting go," 67, 251, 359, 622, 670
Leu-enkephalin, 214
Levo-dopa, 200, 201, 458, 617–618
LH-RH. *See* Luteinizing hormone-releasing hormone
Lie detector tests, 194–195, 597–598
Light
biological cycles and, 345–346
enveloping bright, 27, 196, 376–379, 445–446, 451, 462
phototherapy, 587–588
Limbic system, 151, 167, 169–170, 182, 183(fig), 505, 655
kensho and, 591, 614
repetition and long-term potentiation in, 180–181
Lin-Chi (J. Rinzai), 9, 124
Lindbergh, Charles, 492–493
Linnaeus, 338–339
Locus ceruleus, 59–60, 202(fig), 203, 204, 455
London Zen Centre, 536
Long-term potentation, 181, 677
Looking: process of, 278–281
LSD. *See* Lysergic acid diethylamide
Luteinizing hormone-releasing hormone (LH-RH), 211
Lysergic acid diethylamide (LSD), 130, 161, 321, 357, 390, 425, 426, 442
and changes of self/other interface 435–436
"cosmic unity" and, 581–582, 583
effects of, 418–420, 427–435, 463–464, 465, 582–584
and interactions with serotonin systems, 207, 317, 441, 618
physiological changes and, 421–423
and sensorimotor deprivation, 103, 104

"Magic mushroom." *See* Psilocybin
"Magnetic attention," 505
Magnetic resonance imaging (functional MRI, "fast MRI"), 284, 524
Magnocellular ACH cells, 165(fig), 166, 319
Mahakasyapa, 418
Maha-prajna-paramita, 12
Mahayana Buddhism, 7, 8–9, 137
Makyo, 374. *See also* Quickenings
Mammillothalamic tract, 183(fig), 193, 260
Mandell, A., 184, 288–289
Mania, 459, 586
Mapping dimensions, 490
Marceau, Marcel, 634
Marihuana, 568
Marmots, 337
Marsh Chapel, 436–438, 575
Maslow, Abraham, 20, 27, 28, 136, 304, 576, 607, 642, 646, 663
Masters. *See* Roshi
Masters, Robert, 14, 436
psychedelic drug experiments of, 427–430, 663
Materialism, spiritual, 143, 636
Ma-tsu, 415, 679
MDMA ("ecstasy"), 424
Meaning, dimensions of, 527–538, 599
Meanings, above and beyond the self, 694
Medial dorsal nucleus of the thalamus, 262, 264(fig), 265–266, 760
mediodorsal nucleus, 165, 254, 591, 592, 605, 656
Medial geniculate nucleus, 263, 500, 501
Medial orbito-frontal functions, 614

Medial prefrontal cortex, 255
Medial septal nucleus, 165(fig), 167
Medial septal region, 181
Medial temporal region, 235, 260, 386
Medial thalamocortical projection system, 460
Meditation, 4, 7, 8, 13–14, 57–58, 63, 227, 289, 293, 323, 359, 370, 396, 405, 420, 425, 517, 563, 582(table). *See also Zazen*
 and attention, 72, 294
 and biorhythms, 346–347
 and brain hemispheres, 365–366
 brain wave patterns in, 84–91
 and circadian rhythms, 340–341
 and consciousness, 299–303, 464, 592
 and depression, 341, 584–585
 and desynchronization, 462–463
 different methods and techniques of, 22, 72, 73, 75–76, 299, 300(table)
 effects differ from psychedelic drugs, 435
 and enlightenment, 11–12
 and enveloping light, 376–379
 eyes open or closed during, 582(table)
 functions of, 286, 370
 and locus ceruleus, 202–203
 as a mindful act, 667
 PET scans and, 282, 283
 physiological changes in, 78–83
 reducing distractions, 281
 side effects of, 373–374
 and sleep cycles, 91–92, 315
 and thalamus, 270–271
 visual system and, 390–391
Mediators, 235, 313
 inkblot studies of, 132–134
 selection of, 129–130
 transformation of, 141–144
Medulla, 93, 150, 159, 169, 206, 214, 451, 455, 517
 ACH cells and, 166, 463
 arousal and awareness and, 98–99
 and respiration, 94, 98
 sleep and, 319, 342
Memory, 225, 226, 260, 483, 559, 560, 662, 677, 761
 factors influencing, 261–262
 and hippocampus, 184, 186–187, 188–189
 retained during enlightened transformations, 187–188
 spatial perception and, 489–490
 "state-bound" aspects, 261
 time constructs embedded in, 562–563
Mental set, 38–39
Meperidine (Demerol), 173
Merging(s), 531–532
Merrell-Wolf, F., 576, 628
Mescaline, 161, 438–439, 441, 442
Messenger molecules, 514–515
Messenger systems ("second"), 223–225
Metabolism (brain), 216, 282–283, 317, 491–492
Metabotropic systems, 223, 224, 225, 659, 794
Metamorphosis, 3, 660, 684
Metenkephalins, 214, 215, 222, 232
Methamphetamine, 424
Mice, 200, 211, 230–232
Microawakening during meditation, 92
Microsleep during meditation, 92
Midbrain, 93, 99, 150, 151(fig), 167, 197, 218, 227, 233, 318, 455, 459
 and arousal, 160–162
Middle Way, 8, 240, 356, 425, 682
Midfrontal cortex, 274
Mind, word problems, 293–295
Mindfulness, 126–128, 647
 evolving into intuitive and introspective dimensions, 127–128
Mind's eye, 488
Miracle of Marsh Chapel, 436–438, 575
Miroku (Maitrea), 687
Mirror analogy, 48, 593
Mitchell, Edgar, 553
Modulators, 223
Moksha, 611
Monasteries, 123, 680–681
Monastic life as a planned withdrawal, 74
Mondo, 31, 110–111, 289. *See also* chapters 107, 123, 144
Monkeys, 173, 186, 202, 208, 273, 335, 338, 358, 455
 attention in, 275, 276–277
 fear in, 178–179
 hypothalamus in, 190, 191
 opioids and, 216–217
 social groups and, 568–569
 temporal lobes, 251, 606
 vision in, 249–250
Monosodium glutamate (MSG), 654–655
Mood, 218–219
Moon as Zen metaphor of enlightenment (enso), 577–578
Morning hours as favorable for kensho, 620–621
Morphine, 98, 169, 173, 231, 233, 262, 329, 507
 effects of, 213–214, 216–217, 221
Motivational drive, 220–221, 233, 608
Motor deprivation, 100–101
Motor functions, integrated, 403

Motor systems, opioids and, 220–221
MRI. *See* Magnetic resonance imaging
MSG. *See* Monosodium glutamate
Mu, 113, 477
approach to the implications of enlightenment, 688–689
Mu opioid receptors, 216, 233, 619
Muscarinic ACH receptors, 167–168, 330, 401, 662
Muscle tone, 90, 100, 222–223, 326, 508–509
Mushin, 293
Music, 503
Muso Kokushi, 415, 528
Myokyo-ni. *See* Schloegl, Irmgard
Mystical experiences, 131, 374, 452, 535, 634, 665
characterizing, 23–27
describing, 20–21
different from schizophrenic reactions, 31(table)
evolution of, 21–22
psilocybin and, 436–438
and psychedelic drugs, 430–431, 434–435
role of, 29–30
valuation of, 28–29
Mysticism, 4, 14, 18, 19, 30, 125
and science, 16–17
types of, 429, 530–531, 534
Western perspectives, 19–29
and Zen, 15–16

Naloxone, 216, 218, 219, 231
Nan-yueh, 116
Napping, 80–81, 315, 330
Naranjo, C., 628–629
Narcissism, 48
Narcolepsy, 200, 320, 383
Nature, 63, 666–667
sponsoring a dual approach to the meditative traditions, 665
NE. *See* Norepinephrine
Near-death experiences, 391, 444, 445–446, 447, 448, 451, 452
Neglect (inattention), 173, 274–275
Nelson, Horatio, 398
Neocortex, 394
Nepal, 7
Nerve cells, 151, 153(fig), 159, 197, 212, 214, 267, 318
acetylcholine (ACH), 161, 164–169
in arousal, 162–163
dopamine (DA), 198, 200
evolution of, 683–684
learning and memory in, 226, 227
messenger molecules and, 514–515
norepinephrine (NE), 201–205
organization of, 394–395
response of, 223–224
at rest, 368–369
serotonin (ST), 205–208
and their chemical messengers, 152–154
Nerve compression, 479, 506, 677
Neural networks, dynamic, 155–156
Neurohormones, 153
Neurological disorders, relevance to advanced Zen states and stages, 546, 595–599, 601, 604, 606, 674–675. *See also by type*
Neuromodulators, 153
Neurons, 151
Neurosciences, 6, 16, 18, 149, 155, 346, 578, 634
Neurosis, 386
Neurotransmission, neurotransmitters, 153, 223, 622. *See also by type*
Nialamide, 420
Nicotine, 168–169
Nicotinic ACH receptors, 168, 619
Nightmares, 374
Nigrostriatal pathway, 197
Nirvana, 137, 579–580, 628, 815
Nishitani, K., 475
Nitric oxide, 412–413, 655, 676
Nitrous oxide effects, 407–408, 620
associated with release of opioids, 409–410
properties of, 408–411
Nobel prizes, 224, 327–328, 334, 358, 666
Noetic quality, 24–25
Nonattention, 480
Noninterference, 607–608
"Non-peakers," 20
Norepinephrine (NE), 78, 104, 153, 162, 171, 173, 185, 195, 200(fig), 222, 273, 288, 330, 401, 424, 455, 458, 568, 623, 676, 684
and cAMP, 224–225
and depression, 585, 586
functions of NE systems, 201–205
interacting with serotonin systems, 206, 442, 618
and psychedelic drugs, 438, 441
and stress, 237, 238, 451
Norepinephrine (NE) cells, 202(fig), 203, 204, 222, 317, 459, 623
Norepinephrine (NE) receptors, 153, 195, 224–225, 265, 345, 368, 440, 442, 662, 684
No-thought, 141–143, 296, 400, 537
Novelty, 257, 285–286, 415, 424, 454, 623
and memory, 261–262
opioids and, 219–220

"Now," 509, 563–564, 623, 667, 670
Noxious stimuli releasing norepinephrine, 202, 204, 451
Nuclei of the diagonal band, 167
Nucleus accumbens, 214, 234, 236, 608, 620, 821
Nucleus of Cajal, 508
Nucleus of the solitary tract, 165(fig), 229
Nurture, 195

Objectivity, 574–575
Objective vision, 538, 573–574
Obora, Abbot, 571
Occipital lobes, 150, 597, 614
Oneness, 530, 532
On Having No Head (Harding), 502
Opiates, 213–214. *See also* Morphine
 effects of, 216–223
Opioid receptors, 215, 216(table), 456, 619–620
Opioids, 174, 178, 185, 202, 212, 229, 236, 262, 329, 465, 568, 586, 606. *See also by type*
 absorption and, 507–508
 and central gray substance, 233–235
 brain receptors for, 215–216
 functions of, 215–223
 and *kensho,* 592, 619–620
 and muscle tone, 508–509
 and nitrous oxide, 409–410
 production of, 214–215
 release of, 233–234
 relieving fear, 608–609
 relieving pain, 231, 352–353
 withdrawal from, 173, 204, 221
Orbital prefrontal cortex, 254–255
"Ordinary mind," 425
Orgasm, 171, 364
Orienting reflex, 157–158
"Original Face" (koan), 116, 540–542
Osumi, Yoshi, 60
Out-of-body experiences, 325, 326(table), 445–446
Overloading, 308–309
"Overself," 294
Overstimulation, 424–425, 518
Ox (Bull) and His Herdsman, The, 581, 640–641

Pacemaker cells, 402, 403
Pahnke, Walter, 436–438, 542, 575
Pai-chang, 115
Pain
 in depression, 588
 fast and slow, 352–353, 779
 loss with defeat, 231
 opiates and, 217, 218
 pathways, 217, 234, 264, 445, 754
 relieving, 234, 352–355
 and suffering, 357–358
P'ang Chu-Shih, 107, 399, 402, 552
Parabrachial nucleus, 165(fig), 166, 412, 456, 619
Paradoxes, 513–515, 516
 of Zen, 677–683
Paradoxical sleep, 312, 320
Parahippocampal gyrus, 180, 183(fig), 260, 490
Parallel distributed processing, 280(modes), 395
Parafascicular nucleus, 217
Paragigantocellular nucleus, 202, 451
Parietal lobes, 149, 271, 400, 614, 757. *See also* Inferior and superior lobules
 attention and, 245–246, 275, 276, 402–403
 vision and, 244–245, 246–247
Parkinson's disease, 200–201, 392, 585, 617–618, 675
Parliament of the Worlds' Religions, Declaration, 356, 357
Parmenides, 564
Passivity, 24, 445
Patience, 232
Pause, 242, 286, 370, 666
Pavlov, Ivan, 147, 157, 314, 327–328, 329, 330, 332
PCPA, 207
Peak experiences, 20, 28, 295, 407, 463, 646, 663
Pecking orders, 231
Penfield, W., 185, 196, 360, 384, 386
Pentylenetetrazol (Metrazol), 161–162
Peptide nerve cells, 210
Peptides, 586, 614, 655. *See also by type*
 coexistence with other messengers, 464, 514
 function of, 210–212, 514–515, 621
 nerve endings in amygdala, 175
Perception, 48, 439, 465, 494, 554, 622
 enhanced, 32–33
 and hallucinations, 483–485
Perceptual deprivation, 101
Perfection (Ultimate), 537, 555
Perky effect, 389
Persimmon, 649, 661
Personality, 144, 461, 645
Perspectivism, 526
PET scan. *See* Positron emission tomography
Peyote, 438
PG (area), 276, 277, 766
PGO waves. *See* Ponto-geniculo-occipital waves

Phantom limb, 398
Phencyclidine ("angel dust"), 103, 174
Phenothiazine drugs, 417, 419–420
Physicalism, 525
Physiological changes and meditation, 78–92, 96–97
Physostigmine, 316–317
Piaget, Jean, 323, 557
Pineal gland, 196
Pituitary gland, 210, 218, 235, 237
Place cells, 185–186, 491–492
Planck, Max, 578
Plateau experience, 27, 302, 304, 638
Play-absorption, 475
Play, playfulness, 415, 418, 671
Pneumatic Institution, 407, 409
Polygraphs, 194–195, 326
Polysensory cells (polymodal), 242, 497–498
Pons, 93, 94, 98–99, 150, 166, 319, 463
Ponto-geniculo-occipital (PGO) waves, 166, 456–457
Positive feeling states, 350–352, 653
Positron emission tomography (PET), 103, 252, 272, 274, 285, 588
 description and use of, 281–284, color plate
Posterior parietal lobe, 603, 671
Posterior temporal region, 248, 349
Posture, 77, 211, 231, 675,
 erect after internal absorption, 479, 508–509
 in zazen, 58–59, 65, 81, 469–470, 478, 822
Pragmatism, 13, 526
Prajna, 112, 126, 128, 545–546, 547–548
 as a two-edged sword, 548–549
Praying, 88–89
Preattentive processing, 278(table), 280–281, 505
Preconceptions overturned, 115
Prefrontal cortex, 150(fig), 253, 274, 492, 536, 596, 623, 655
 regions of, 254–259
Prescription to listen, 666
Presynaptic nerve endings and terminals, 153, 226
Priestley, Joseph, 407
Primates, 178–179, 205, 215–216, 220, 241, 265, 420, 480. *See also* Monkeys
Procaine, 455
"Promethean hyperpraxia," 674–676
Prometheus project, 393
Prosopagnosia, 597
Pseudo-dionysius, 480
Psilocybin, 130, 207, 441
 study in Marsh Chapel, 436–438
Psychedelic experiences, 427(table), 428–429, 432–435, 465, 581–584
Psychic blindness, 250
Psychic cycles, 345
Psychic energy, 135, 660–661
Psychoanalysis, 127, 134–135
Psychological tests, 82–83, 130, 134, 488, 601, 604, 693
Psychophysiology, xix, 40, 589
Psychotropic drugs, 130
P300 wave, 257, 285
Pulvinar, 377, 490, 497, 603, 619, 624
 structure and function of, 271–274
Pure Being. *See* Ultimate Being
Purity, notions of, 637
Purkinje cells, 677

Quantum theory, 18, 298
Quan-Yin, 652, 698
Quickenings, personal descriptions, 378, 379, 390, 395–396, 399, 404, 413–414

Rabbits, 318, 329, 403
Rage, 175, 192–194
Raja Yoga, 105
Rajneeshee, 125
Ram Dass, 419
Raphe nuclei, 198(fig), 205, 206, 317, 456
Rapid eye movements (REM), 312, 317, 320–322, 342, 464, 662. *See also* Desynchronized sleep (D-sleep)
Rapture, 33, 34, 287–288, 507, 532
Rats, 104, 176, 185, 199, 200, 202, 211, 229, 236, 237, 315, 353, 368, 409, 458, 489
 aging in, 661, 662
 brain development in, 332–333
 and fear, 177–178, 347–348
 hypothalamus in, 191, 194
 immobility response, 403–404
 and memory, 261–262
 MSG in, 654–655
 and opiates, 213–214, 218, 219–220, 221, 222–223
 and opioids, 215, 229
 self-stimulation in, 334, 335
 and time intervals, 561–562, 566
 unlearning in, 190, 329–331
Raw experience, 21
Reaction times, 672–674
Realism, 117
Reality, 13, 50, 61, 135, 306–307, 529, 537, 539, 541–542, 575, 691
Receptors. *See types*
Reducers, 354–355(table)
Reflection, 47–48
Reflections on kensho (I–IV), 593–595, 596 (table), 598–613, 617

Reflexive interpretations, 21
"Regressions," 134–135
Religion, 16, 20, 135, 569, 636–637, 686, 692–694
 Eastern, 3–4
 and science, 18–19
Religious experiences, 20–21, 584
 LSD and, 426, 428–429
 psilocybin and, 436–438
 seizures and, 405, 406
REM. *See* Rapid eye movements
REM sleep. *See* Desynchronized sleep (D-sleep)
Renunciation. *See* Shila
Reserpine, 162, 456, 458
Respiration, 94, 97–98, 216
Rest, 367, 368–369
"Rest principle," 459
Restraint (renunciation), 73–74, 126. *See also* Shila
Restraint (physical), 236
Reticular activating system, 150, 591, 616
Reticular formation, 159–160
Reticular nucleus of thalamus, 267–271
 excitation causes sensate blockade of physical self, 503–504, 518
 excitation contributing to loss of psychic self 605, 610–611
Retina, electroretinogram of, 389
Retreats, 138, 375, 585, 616, 633. *See also* Sesshin
Retrocollis, 508
Retrospective interpretations, 22
Retrosplenial cortex, 174
Rhodopsin (visual purple), 684
Ribot rule, 187
Right hemisphere, 151(inner surface; fig), 358–361, 364–366, 388
Right parietal lobe, 365
Right living, 74
Rightness (intrinsic, in kensho), 537
Rilke, Rainer Maria, 461
Rinzai, Master (Ch. Lin-chi), 9, 124, 633, 634
Rinzai school, 10(table), 60, 62, 76, 139, 536, 641
 breathing and, 94–95
 koan and, 117, 118
 roshi in, 122–123
Roget, Peter, 407, 408, 410
Rorschach tests, 131, 132–134
Roshi, 415, 681
 koan and, 110–118
 role of, 120–125, 139
Rod-and-Frame Test, 82
"Runner's high," 219
Ryoko-in, 60–61, 62, 66–67, 107
Ryosen-an, 469–470, 512

Sacks, Oliver, 617
SAD. *See* Seasonal affective disorder
Sage knowledge, 52
Saint-Exupery, Antoine de, 695
Salience, 273–274, 523–524, 599–601, 603
Samadhi, 90, 138, 287–288, 304, 514, 635, 638
 defining, 473–476
 entering, 476–477
 as prelude to *kensho,* 477–478
Samantabhadra, 670
Sangha, 67, 680–681
Sanzen, 107–109, 122–123, 139
Sasaki, Ruth Fuller, 18, 469, 511, 514, 644
Sasaki-roshi, Joshu, 110–111, 122–123, 138, 528
Satori, 116, 303(table), 304, 395, 415–416, 453, 477, 533, 579, 583, 633, 637
Schachter, S., 347, 348
Schizophrenia, 30, 31(table), 199, 406, 423, 481
 and enhanced perceptions, 32–33
 and hallucinations, 384, 385
 language and, 31–32
Schloegl, Irmgard (Myokyo-ni), 121, 125, 141, 333, 350, 536–537, 539, 540, 612, 641
Schweitzer, Albert, 17, 693
Science
 and mysticism, 16–17
 and religion, 18–19
Scopolamine, 329, 331
Seasonal affective disorder (SAD), 588
Seizures, 255, 349, 396, 405–406, 407
Sekida, Katsuki, 473, 542, 639
Selective nerve cell death (mechanisms of), 239, 656
Self, 22–23, 34–35, 252, 311, 446, 476(fig), 533
 changing, 658–659
 construction of, 43–47
 and death, 449–450
 death of, 448–449
 development of, 37–39
 dissolution of, 609–611
 interpretations of, 34–35
 loss of physical self in absorption, 477(fig), 503–506
 loss of psychic self in kensho, 569, 570, 575, 606, 610(fig)
 and LSD, 435–436
 omniself (throughout levels in the brain), 41–42
 physical, 40–41, 303–304
 psychic, 39–40
 and Zen training, 35–36

Self-actualization, 136, 646
Self-awareness, 259
Self-discipline, 14
Self/other world, 46(fig)
Self-preservation, 40, 657, 658, 692
Self-referent constructs, 244, 573
Self-reliance, 14
Self-restraint, 73–74, 425
Self-stimulation, 321, 334–335
Self-topography, disorder of, 398
Sengai, 414, 593
Seng-ts'an, 59, 108, 189, 545, 549, 561, 593, 700
Senses, sensation, 79, 242, 399
  blocking, in posterior thalamus, 503–504
  and sensory nuclei of the thalamus, 263–265
Sensitization, 226–228, 719
  during meditative retreats, 454
Sensorimotor deprivation (SMD), 142, 198–199, 289, 308
  effects of, 101–104
Sensory deprivation, 100–101, 494
Sensory fixation reaction, 505
Septal region (septum), 169, 170–172, 181
Serotonin (ST), 98, 195, 222, 234, 238, 265, 288, 317, 345, 353, 480, 486, 623
  and depression, 585, 586, 588
  functions of, 205–208
  and hippocampus, 185, 186
  and psychedelic drugs, 436, 441, 442
  and spinal extensor muscle tone, 508–509
Serotonin cells, 198(fig), 486, 568
Serotonin receptors, 207–208, 442, 618, 655, 657, 662
  and psychedelic drugs, 441–443, 568
Service, 402, 648–649, 651
Sesshin, 137, 138–140, 235, 342
Sexual arousal, 171–172
Sexual behavior, 407
Shaku, Soyen, 57, 373, 642, 644
Shapiro, David, 78, 104
Shikantaza, 76
Shila, 74, 126, 141
Shinto, 10
Shui-lao, 415
Siddhartha Gautama, 6, 7–8, 136, 355–356, 535, 808. *See also* Buddha
Significance (salience), 523–524
Sila, 425
Silence, 133, 139–140, 499–500, 501, 502, 633–634
Simplicity, 644–645
Simultagnosia, 601, 603
"Sinking," 375
Sitting, 78, 469–470, 822
Skillful behavior, 651, 672, 692, 818
Siu, R., 52
Sleep, sleep cycles, 80–82, 207, 236, 261, 325, 383
  and LSD, 422(fig), 423
  mechanisms of, 311–313
  and meditation, 91–92
Sleep deprivation, 341, 342
Sleeping sickness, 315
Sleep-waking cycles, 308, 312, 339, 341–342, 459–460
  altering, 462–463
  awareness and, 510–513, 517
  and depression, 586–587
  and *kensho,* 615–617
  matters of timing in, 343–346
Slow-wave sleep (S-sleep), 312, 314–315, 319, 321, 325, 344
  and meditation, 343, 511–512
SMD. *See* Sensorimotor deprivation
Smell, sense of, 263, 453
Smiling, 413, 414, 417–418
Social (support) groups, 568–569
Social boundaries (hierarchies), 176, 231–232, 335
Solitude (voluntary), 103, 634, 695
Soto school, 10(table), 60, 62, 76, 95, 641, 647
  habituation and, 105, 106
  koan and, 117, 118
"Sound of One Hand" (Hakuin), 114, 116
Space, 244, 246, 280, 439, 487, 521
  awareness of (types of), 486(table)
  construction of, 489–491
  mental, 498–499, 522
  semantic, 521
Spatial mapping, 185–186, 490
Specific sensory relay nuclei (thalamus), 263–265
Sperry, Roger, 3, 18–19, 51, 358, 361, 589
Spinal cord, 150, 508–509, 671
Spinal fluid, 219, 585
"Spiritual" evolution, 686
Spiritual growth, stages of, 450
Sports, performance in, 670–671, 675
S-sleep. *See* Slow-wave sleep
ST. *See* Serotonin
Stage of ongoing enlightened traits, 303 (table), 638–645, 652
Startle responses, 456–457
State VII. *See* Kensho and Satori, 303(table)
State VIII. *See* Ultimate Being, 303(table)
Steroids, adrenal, and steroid receptors in the brain, 238–239
Stick (Kyosaku), 679

Stillness, 367–368, 635
Stimuli, 230, 308. *See also* Electrical stimuli; Noxious stimuli
 hypothalamus and, 190–191
 learning and, 227–228, 229
 painful, 202, 204, 455–456
 as triggers, 452–455
Stimulus-response patterns, 332
Stream of consciousness, 297
Stress responses (within brain), 212, 217, 330, 392, 451, 512, 585
 effects of, 235, 236–239, 258, 464
Striatum, 214. *See* Dorsal and ventral striatum
Strokes, 94, 515–516
Styron, William, 584, 588
Subcortical bridge, 361–363, 695
"Submergence," 375
Submissiveness, acquired and innate, 231–232
Submissive behavior and social hierarchy, 335
Substance abuse, 424–426
Substantia nigra, 197
"Subtractions" during kensho, 607, 611, 614, 657
Suchness, concepts of, 549–553
Suffering, 193, 213, 217, 323, 355–356; 588
 and pain, 357–358
 relief of, 213, 234
Sufis, 288
Sung dynasty, 10, 116, 695
Superego, 35
Superior colliculi, 241–242, 278
Superior parietal lobule, 398, 504, 757
Supreme Silence, 133
Surge(s), 203, 237, 269, 457–460, 465
Surprise, 286, 415
Sutra chanting, 68
Suzuki, Daisetz T., 11, 12, 16, 113, 117, 357, 467, 477, 533, 542, 552, 556, 570, 617, 627, 633, 644, 648, 665, 671
 on suchness, 549–553
Suzuki, Shunryu, 57, 549, 550, 633
"Switch process" (as a *deep* shift), 336, 393, 459, 587, 592, 603
Symbolism, 13, 569–570, 577, 593
Synapse, 152, 153(fig)
Synaptic leverage, 273
Syncretism, 601–602
Syzygy, 346, 592

Tachistoscope experience, 390–391, 418, 444
Tachyphrenia, 392
Takaori, Shuji, 59–60
Tathaqata, 637
Tathata, 552
Ta-hui, 116, 530, 536
Tanden, 93, 670
Tang dynasty, 9, 10, 100, 111, 122, 681, 695
Taoism, 9, 36, 62, 63, 144, 667, 681
Tao-sheng, 633
Tao Te Ching, 12, 327, 555
Tart, Charles, 305, 306, 307, 308, 311
Taste, 228–230, 452
TE area, 249
Tea ceremony, 64
Teilhard de Chardin, Pierre, 636, 683, 685
Teisho, 137
Temporal lobes, 149, 150(fig), 260, 391, 406, 420, 463, 465, 494, 606, 609, 614
 comparative interpretations, 251
 excitation of, 288–289
 hallucinations and, 384, 387, 483
 inferior temporal region 247–249
Tendai school, 60
Territory ("turf"), 176, 230–231
Te-shan, 544
Tesshu, 669
Testosterone (androgen), 195, 197, 217, 741
Tetrahydrocannabinol (THC), 568
Thalamus, 150, 161, 163, 166, 169, 197, 222, 260, 264(fig), 400, 417, 460, 482, 491, 548, 603, 605, 624
 ACH cells and, 165, 168, 463
 excitation and, 504, 591
 hallucinatory light and, 377–378
 during sleep, 318–319
 structure and function of, 263–274
THC. *See* Tetrahydrocannabinol
Theravada Buddhist tradition, 126, 374
Theta rhythms, 85–86, 96, 181
 during meditation, 89–90, 91
Thich Nhat Hanh, 627, 650
Thoreau, Henry David, vii, 621
Thought(s), 81, 97, 141, 171, 359
 speed of, 392–395
Thyrotropin-releasing hormone (TRH), 338, 343, 508–509
Time, sense of
 change during absorption, 563–564, 623
 construction, 557–560, 564–567
 dissolution in kensho, 563–566, 623
 effects of change during hypnosis, 439
 sequences involved in, 258, 566
 visceral aspects, 561–562, 566
Time frame, personal, 251–252
 doing-time, 562–563
Timing and duration
 of absorption, 339, 510–513, 623
 of kensho, 594, 615–617, 620–621, 623

Timidity, 567–568
Tinnitus, 500–501
TM. *See* Transcendental meditation
Tokusan (Ch: Te-shan), 453
Touch, 399–401
Touch healing, 91
Tozan Ryokai (Ch: Tung-shan), 510, 513, 516, 580
Training, 58, 77, 119–120, 622, 627
 and experience, 131–132
 koan and, 110–118
 Zen, 461, 641–642, 646–648, 668–669, 672, 679, 688, 693
"Transcendence," 288–289, 556
Transcendental meditation (TM), 77, 80, 81, 82, 130, 357, 375
 and breathing, 96–97
 habituation and, 105, 106
 physiological responses during, 78–79, 89
"Transcenders," 136
Transformation, 141–144, 428, 447, 642
 and drugs, 429–430
 enlightened, 187–188
 ongoing, 637–638
Transmitters, 152
Transpersonal experience, 434
Transpersonal world, 52
Trauma, 187, 450–451, 603–604
TRH. *See* Thyrotropin-releasing hormone
Tricyclic antidepressants, 585–586
Triggers, 665
 of kensho, 615–617
 responses to, 452–457, 622–623, 760
 sensory stimuli as, 166, 198
Trophotropic system, 287–288
Tryptophan, 353, 585, 657
Ts'ao-shan, 9
Ts'ao-tung school (J. Soto), 9
Tung-shan (J. Tozan), 9

Ullman, M., 322
Ultimate Being (State VIII), 303(table), 304, 627–630
Ultimate Beyond, 627
Ultimate Reality, 36, 259, 600, 635
Unconscious, 63–64
 circumspacial awareness, 488, 496(table), 672
Underhill, Evelyn, 15, 20, 350
Understanding, 537–538, 623
"Union" experience, kinds of, 26, 534, 722
Unity, 530–531, 532(table), 534, 581–582, 811
"Universal Mind," 52
Unlearning, 190, 327, 329–331, 646
Upside Down Circle, The, 417
Urna (symbol), 11, 639–640, 690–691
Ushnisha, 11, 687

Van Dusen, 577, 583
Van Ruysbroeck, 1, 532, 534
Vasoactive intestinal peptide (VIP), 212
Vecu, 252, 609
Ventral posterior lateral nucleus, 263, 264(fig)
Ventral posterior medial nucleus, 263, 264(fig), 504
Ventral striatum, 170, 197, 198(fig), 200, 221, 234, 330, 821
Ventral tegmental area, 197, 198
Vestibular system, 501–502
V4 area, 276, 277
VIP. *See* Vasoactive intestinal peptide
Vision(s), 101, 360, 383, 388, 462
 and aging, 662, 663
 ambient, 493–495, 496(table), 496–498, 801
 comprehensive, in kensho, 496(table)
 and hallucinations, 384–385, 389–390, 518
 and meditation, 374, 377–379, 390–391
 objective, 538, 573–577, 574(table)
 organization of, 240–244
 and parietal lobes, 244–245, 246–247
 and temporal lobe, 247–253
"Vision quests," 373, 425
Visual agnosias, 597–599
Visual awareness, 118
Visual cortex, 273
Visual perceptions, 82–83
Visual function streams (upper and lower), 243–244, 245(table), 595, 599
Visual systems (first and second), 241(table), 242–243, 757
Vocalization, 234–235
Von Euler, Ulf, 204, 210, 211

Wakefulness, 312, 339, 343–344, 462–463, 464, 486. *See also* Sleep-waking cycles
Water, and reflection, 47–48
Water tank isolation, 102
Watts, Alan, 22, 419, 434–435, 438, 634
Way(s), 669–670, 680. *See also* Middle Way
Wei Ming, 540
Wei Shan, 115
Weiss, B., 223
Wisdom, 547, 639, 642–643, 660. *See also* Insight-wisdom; *Prajna*
World War II, 217, 535
Worlds of personal experience, 52
Wordsworth, William, 247, 664
Wu, Emperor, 628