

Swami Paramatmananda 2011 1

Happiness and the Psychology of Enlightenment - An Investigation into Methods and Results
Amma The Art and Science of Heroism and Heroic Leadership Patrick Jones Pierre Lunel
Scott T. Allison
Happiness and the Psychology of Enlightenment - An Investigation into Methods and Results
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whilst happiness usually comes from how we think and feel about our life event based well being enlightenment is an internal experience not sourced from this process inner well being in this volume we look from a scientific point of view at the different approaches to enlightenment and the practices that trigger it this includes classical western approaches to contemplation and aesthetics eastern buddhist notions of satori modern predictors of self transcendent experiences assessments of current practitioners and their characteristics christian notions of mysticism hindu yoga practices the neuroscientific correlates of flourishing and the psychological stages in the journey to enlightenment we explore the evidence of these states traits and experiences the concepts underpinning them and the affect cognition and behaviour they transform

mata amritanandamayi genannt amma ist weltweit für ihre selbstlose liebe und ihr mitgefühl bekannt sie reist regelmäßig durch die ganze welt und inspiriert ermutigt und transformiert menschen durch ihre körperliche umarmung und ihre spirituelle weisheit viele bezeichnen sie als mahatma eine große seele und nennen sie im gleichen atemzug mit gandhi pierre lunel begleitet amma seit vielen jahren und erzählt mitreißend und bewegend wie das kleine fischermädchen aus südindien zu einer der inspirierendsten persönlichkeiten unserer zeit wurde

heroism is a rich elusive phenomenon any adequate understanding of heroic behavior requires a new type of scholarly imagination one that taps into human artistic sensibilities as much as it does the rigors of scientific inquiry in an important sense we invoke a meta version of the call to heroic imagination by franco blau and zimbardo 2011 who describe such imagination as a mind set and a collection of attitudes p 13 that can steer everyday people toward heroic achievement this ebook also merges our understanding of heroism with heroic leadership demonstrating that heroic leadership applies the principles of heroism in moving groups toward noble collective goals this ebook represents an effort by a distinguished group of authors to unleash their own creative mindsets attitudes and imaginations in their scholarship on heroism and heroic leadership

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