

佛教禪修經驗與心識學的交涉初探

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摘要

本文嘗試為科學與宗教作一個小小的對話。在科學方面，筆者選擇了當前相當熱烈發展的心智科學，此學門對意識的研究有許多科學方面的探討，並且經常接受心靈哲學的檢討。在宗教方面，則選擇具有豐富心靈修行經驗的佛教禪修學。在討論的主題上則環繞在兩者都關心的一個課題：心智或意識對身心或生理心理上有那些重要的因果關聯作用？科學的角度比較注重「由下而上」的因果關聯，而佛教則重視「由上而下」的因果關聯。佛教認為心智得到適當的培訓和發展時，它會產生某些力量，進而改變心理的狀態，同時對身體或生理上也產生影響，包括對大腦的變化產生影響力(如大腦的可塑性)。從科學與佛教禪修學的互動例子顯示，宗教經驗的研究對心識的科學化研究的確產生相當重要的貢獻。

關鍵字：佛教、禪修經驗、心識、因果關聯作用力、身心互動、心識的科學化研究

Buddhist Meditation Experiences and the Study of Mind or Consciousness

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Abstract

This paper attempts a small dialogue between science and religion. On the science side, we choose the science of the mind, which is represented by scientific studies of consciousness and constantly examined in the philosophy of mind. On the religion side, Buddhism is selected, which has a rich tradition of meditative and contemplative practices. The main subject of discussion for both disciplines is focused on some aspects of the power of causation between mind/mental and body/physical. While science prefers a ‘bottom up’ form of causation, Buddhist meditation experiences emphasizes a ‘top-down’ form of causation. From a Buddhist perspective, when the mind is properly cultivated and developed, the mind has certain powers to change mental states as well as influence the physical body. We would further suggest that mental powers directed towards mental phenomena, with perhaps the ability to change brain processes, are significant for the arising of consciousness. In this respect, the study of religious experiences will make important contributions to the scientific study of consciousness.

Keywords: Buddhism, meditation experiences, mind or consciousness, power of causation, interaction of mind-body, scientific study of consciousness.