

Contents

1 Introduction	1
References.....	11
2 Clarifications and Presuppositions	15
2.1 Experience.....	15
2.2 Spirituality.....	18
2.3 Spiritual Experience.....	20
2.4 Religious Experience	22
2.5 Religion.....	23
2.6 Religiosity	26
2.7 Faith	27
2.8 Doctrine, Dogma.....	29
2.9 God.....	31
2.10 Spiritual Practice, Meditation/Contemplation, Prayer	34
References.....	35
3 The Historical Framework: Enlightenment, Science, and the Difficulties with the Notion of God	37
3.1 The Development of the Natural Sciences and the Notion of Experience	41
3.1.1 Roger Bacon	41
3.1.2 Hugh of Balma and the Development of Inner Piety and Private Mysticism.....	43
3.1.3 Inner Experience in Theology: Thomas Aquinas and Meister Eckhart.....	46
3.1.4 Inner Experience in the Beginning of Modern Psychology.....	50
3.2 Dogma, Doctrine and Experience	53
3.3 Doctrine, Enlightenment, Science.....	59
3.4 Scientism.....	61
References.....	65

4	Spirituality, Taboo, and Opportunity for Science	69
4.1	The Question of the Reality of Consciousness	71
4.1.1	Idealism.....	71
4.1.2	Materialism	73
4.1.3	Dualism.....	79
4.1.4	Complementarity	80
4.2	The Question of Epistemology: Inner Experience as an Access Route to Reality	83
4.2.1	Again: Franz Brentano.....	84
4.3	The Question of Ontology: Inner Experience of Reality	87
	References.....	89
5	Secular, Non-dogmatic Spirituality	93
5.1	The Importance of Consciousness and Different States of Consciousness	94
5.1.1	Collective Culture or Lack of Culture of Consciousness	101
5.2	Neurobiology and Physiology of Concentration and Relaxation	106
5.2.1	Psychoneuroimmunology and the Physiology of Stress	106
5.2.2	Stress, Workload – Demand and Exertion	115
5.2.3	Neurobiology and the Physiology of Regeneration.....	115
5.2.4	Recuperation, Relaxation, Concentration and Collection.....	117
5.2.5	Spiritual Practice – Daily Psychological Hygiene.....	121
5.2.6	Neurobiology of Meditation and a Selection of Empirical Findings	122
5.2.7	Theoretical Considerations	130
5.3	Psychology of Meditation and of Spiritual Practice	137
5.3.1	Phases	137
	References.....	164
6	Distortions, Dangers, Further Considerations	173
6.1	Nazism and Spirituality.....	173
6.2	Esotericism.....	175
6.3	Rationalism, Enlightenment “Light”, and a Broader View of Rationality.....	176
6.4	Potential Dangers	179
6.5	Narcissism.....	180
	References.....	185

7 Getting on with Enlightenment: The Necessity of a Secular Non-dogmatic Spirituality..... 187

7.1 The Crisis of Meaning and the Danger of Fundamentalism..... 187

7.2 Thinking in Isolated Entities and the Climate and Energy Crisis..... 189

7.3 The Threat to Peace and the Peace Between Religions 190

7.4 The Problem of Misery and Poverty and the Distribution of Goods..... 192

7.5 The Production of Knowledge That Is Subservient to Life and the Problem of Guiding the Scientific Process 192

7.6 The Importance of Values and the Problem of a Lack of Commitment..... 196

7.7 The Problem of Division and the Unity of the World 199

7.8 Dogmatic Abstinence in Order To Serve Life..... 205

References..... 207

Index..... 209



<http://www.springer.com/978-3-319-09344-4>

Secular Spirituality

The Next Step Towards Enlightenment

Walach, H.

2015, VII, 216 p. 2 illus., Hardcover

ISBN: 978-3-319-09344-4