

Metaphysics of Meditation

In this video I'll explain the metaphysics of the universe according to the meditative traditions. We'll explore questions like "What is the nature of the universe?" and "What is the basis of reality?". Understanding the meditative worldview can help us contextualize meditative practices as well as form a framework to navigate life.

References and further reading:

- Gribbin, J. (1984). In search of Schrödinger's cat: Quantum physics and reality. Toronto: Bantam Books.

Glossary

Brahman