



Hypnosis and meditation: Towards an integrative science of conscious planes

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Research over the past decade has helped to demystify hypnosis and meditation, bringing these practices into the scientific and clinical mainstream. Yet, while hypnosis and meditation overlap on many levels, few scientific accounts have explored their complementary rapprochement. Despite cultural and historical differences, hypnosis and meditation share common phenomenology, cognitive processes, and potential therapeutic merits.

This book provides a synthesis of knowledge concerning the bridging of hypnosis and meditation. The authors adopt a trans-disciplinary approach considering cultural, historical, and philosophical perspectives to elucidate contemporary questions in cognitive, neurobiological, and clinical science. The book explores the relationship between hypnosis and meditation in five progressive sections:

Part 1 investigates historical, cultural, and philosophical issues to contextualize the scientific study of contemplative practices.

Part 2 presents a range of views concerning the similarities and differences between hypnosis and meditation. Part 3 explores the psychological and cognitive mechanisms at work.

Part 4 integrates recent brain imaging findings to unravel the neural underpinnings.

Finally, part 5 examines how juxtaposing hypnosis and meditation can enhance clinical applications.

Hypnosis and Meditation is a valuable resource to both specialists as well as interested lay readers, and paves the road to a more unified science of how attention influences states of brain, body, and consciousness.

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