



Some Christian-Buddhist Parallels in Relation to Transpersonal Theory.

Exploring Processes and Dynamics of Mystical Contemplative Meditation: Some Christian-Buddhist Parallels in Relation to Transpersonal Theory

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Abstract

This paper explores Christian contemplative meditation, focusing on the prayer of Recollection as it is developed especially by Evelyn Underhill and St. Teresa of Avila. It outlines the practice and explores possible theoretical and therapeutic dynamics, including some comparative reflections of this form of Christian meditation with Buddhist Samatha Vipassanā meditation and Mindfulness Based Cognitive Therapy. It also draws on the transpersonal theory of philosopher Michael Washburn, in exploring resistances, obstacles, and goals of such mystical practices.

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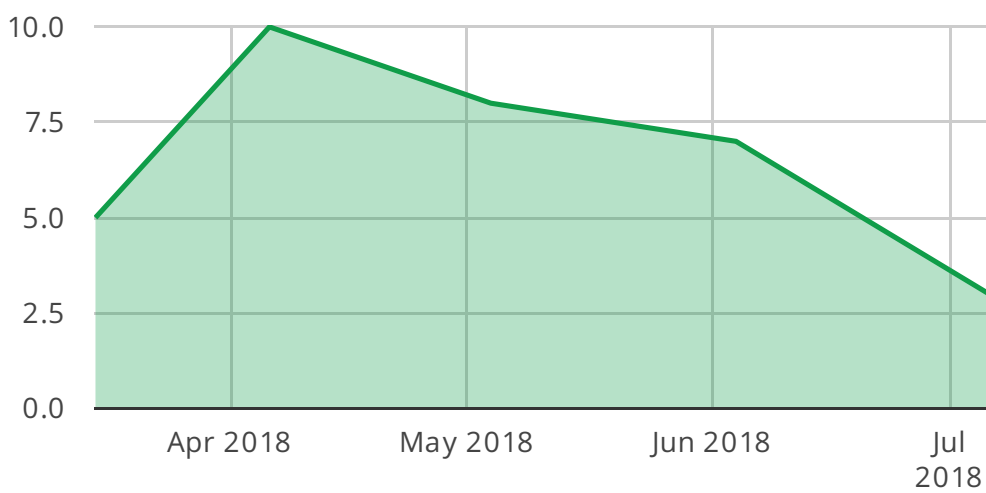
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