

## CURRICULUM VITAE

### B. Alan Wallace

Santa Barbara Institute  
For the Interdisciplinary Study of Consciousness  
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### EDUCATION

Ph.D. Stanford University, Department of Religious Studies, 1995

M.A. Stanford University, Department of Religious Studies, 1992

B.A. Amherst College (Physics, Philosophy of Science, and Sanskrit), *summa cum laude*, 1987

### LANGUAGE PROFICIENCY

#### Asian Languages

Classical Tibetan: complete fluency  
Spoken Tibetan: complete fluency  
Sanskrit: 2 years

#### European Languages

German: 7 years  
French: 1 year

### ACADEMIC AND PROFESSIONAL EMPLOYMENT

*President* - Santa Barbara Institute for Consciousness Studies, 2003 – present

#### Teaching Positions

*Lecturer* - Department of Religious Studies, University of California, Santa Barbara, 1997-2001

*Lecturer* – University of California, Los Angeles, Extension, 1997

*Visiting Scholar* - Psychology Department, Stanford University, 1996-1997

*Visiting Scholar* - Religious Studies Department, Stanford University, 1995-1996

*Lecturer* – Stanford University, Innovative Academic Courses Program, 1992

*Teaching Intern* - Department of Religious Studies, Stanford University, 1991

*Teaching Assistant* - Religious Studies Department, Stanford University, 1990-1994

*Lecturer* - Amherst College, Inter-term, 1987

*Lecturer* - Amherst College, American Institute of Buddhist Studies, Amherst, 1984-1986

*Lecturer* - Centre for Higher Tibetan Studies, Mt. Pèlerin, Switzerland, 1977-1979

*Lecturer* - Tibet Institute, Rikon, Switzerland, 1975-1977

### **Research and Consulting Positions**

*Co-principal Researcher* - A longitudinal, scientific study of the effects of attentional training. In collaboration with the scientific team at the University of California, Davis, Center for Mind and Brain, the Department of Psychology, and the Imaging Research Center, 2003 - present

*Co-researcher* - “Cultivating Emotional Balance” (CEB) project. In collaboration with cognitive scientist at the University of California, San Francisco and Santa Barbara Institute, 2003- present

*Consultant* - The research project “Cultivating Emotional Balance in the Classroom: CEBC). In collaboration with cognitive scientists at San Francisco State University, the University of California, San Francisco, and the Santa Barbara Institute for Consciousness Studies, 2005 – 2008

*Consultant* - The Mindful Awareness Project (MAP), a research for developing training for the prevention and treatment of ADHD. In collaboration with geneticists at the University of California, Los Angeles, School of Medicine, 2004 – 2007

*Consultant* - The Attention Training (MAT) for Epilepsy. In collaboration with the Reed Neurologic Research Center at University of California, Los Angeles, and the Medical University of Vienna, 2005 - 2006

*Consultant and interpreter* – The research project on traditional Tibetan medical treatment of breast cancer, University of California, San Francisco and California Pacific Medical Center, 1995-98

*Researcher* - “Training the Mind” project in psychological and neuroscientific studies of attention and compassion among advanced Tibetan contemplatives in northern India, 1990-1992

*Project Director* - Mind and Life Research Network, 1991 – 1993

## **PUBLICATIONS**

### **Authored Books**

#### **Books on Buddhism and Science**

*Mind in the Balance: Meditation in Science, Buddhism, and Christianity*. New York: Columbia University Press, 2009 (Also published in Portuguese, Italian, Spanish, Dutch, and Tibetan translations) – It has been nominated for the 2011 Louisville Grawemeyer Award in Religion

*Embracing Mind: The Common Ground of Science and Spirituality*. Co-authored with Brian Hodel. Boston: Shambhala Publications, 2008 (Also published in Dutch and Spanish translations)

*Hidden Dimensions: The Unification of Physics and Consciousness*. New York: Columbia University Press, 2007 (Also published in Dutch, Italian, Portuguese, and Tibetan translations)

*Contemplative Science: Where Buddhism and Neuroscience Converge*. New York: Columbia University Press, 2007 (Also published in Portuguese, Korean, and Thai translations)

*Buddhism and Science: Breaking New Ground*. Edited by B. Alan Wallace. New York: Columbia University Press, 2003

*The Taboo of Subjectivity: Toward a New Science of Consciousness*. New York: Oxford University Press, 2000

*Consciousness at the Crossroads: Conversations with the Dalai Lama on Brain-science*

*and Buddhism*. Edited by B. Alan Wallace, Zara Houshmand & David Livingston. Ithaca: Snow Lion, 1999 (Also published in Dutch, Portuguese, Korean, Spanish, French, Chinese, Italian translations)

*Choosing Reality: A Buddhist View of Physics and the Mind*. Revised edition. Ithaca: Snow Lion Publications, 1996. Re-edition of *Choosing Reality: A Contemplative View of Physics and the Mind*. Boston: Shambhala Publications, 1989 (Also published in French and Korean translations)

### **Books on Tibetan Buddhism**

*The Attention Revolution: Unlocking the Power of the Focused Mind*. Forward by Daniel Goleman. Boston: Wisdom Publications, 2006 (Also published in Complex Chinese, Catalan, Italian, German, Indonesian, Portuguese, Romanian, Chinese, Spanish, and Mongolian translations)

*Genuine Happiness: Meditation as a Path to Fulfillment*. Hoboken, NJ: John Wiley & Sons, 2005 (Also published in Spanish translation)

*Buddhism with an Attitude: The Tibetan Seven-Point Mind-Training*. Ithaca, NY: Snow Lion Publications, 2001 (Also published in Dutch, Italian, Finnish, Spanish, Portuguese, and Korean translations)

*The Four Immeasurables: Cultivating a Boundless Heart*. Ithaca, NY: Snow Lion Publications, 2004. Re-edition of the *Boundless Heart: The Four Immeasurables*. Ithaca, NY: Snow Lion Publications, 1999 (Also published in Italian, French, and Dutch translations)

*Balancing the Mind: A Tibetan Buddhist Approach to Refining Attention*. Ithaca, NY: Snow Lion Publications, 2005. New edition of *The Bridge of Quiescence: Experiencing Tibetan Buddhist Meditation*. Chicago: Open Court Press, 1998

*Tibetan Buddhism From the Ground Up*. Boston: Wisdom Publications, 1993 (Also published in Italian, Portuguese, Dutch, and Korean translations)

*The Seven-Point Mind Training*. Ithaca, NY: Snow Lion Publications, 2004. Re-edition of *A Passage from Solitude: A Modern Commentary on Tibetan Buddhist Mind Training*. Ithaca, NY: Snow Lion Publications, 1992 (Also published in Italian translation)

*Tibetan Tradition of Mental Development*. Geshe Ngawang Dhargyey. Sherpa Tulku, trans. Dharamsala: Library of Tibetan Works & Archives, 1974, 1976, 1978; rev. eds. 1985 & 1992 (Also published in Italian translation)

*Spoken Tibetan*. Co-authored with Kerrith McKenzie. Mt. Pèlerin, Switzerland: Center for Higher Tibetan Studies, 1985

### **Translated Books from Tibetan**

*The New Physics and Cosmology: Dialogues with the Dalai Lama*. Edited by Arthur Zajonc. Co-translated with Geshe Thupten Jinpa. New York: Oxford University Press, 2004

*The Vajra Essence: From the Matrix of Primordial Consciousness and Pure Appearances, a Tantra on the Self-arisen Nature of Existence*. Dūdjom Lingpa. Ashland: Mirror of Wisdom Publications, 2004

*The Great Treatise on the Stages of the Path to Enlightenment*, Volume III. Co-translator. Tsong-kha-pa, Ithaca, NY: Snow Lion Publications, 2003

*Destructive Emotions: A Scientific Dialogue with the Dalai Lama*. Edited by Daniel Goleman, co-translated with Geshe Thupten Jinpa. New York: Bantam Doubleday, 2002

*Realizing Emptiness: Madhyamaka Insight Meditation*. Gen Lamrimpa. Ithaca, NY: Snow Lion Publications, 2002. Re-edition of the *Realizing Emptiness: The Madhyamaka Cultivation of Insight*. Ithaca, NY: Snow Lion Publications, 1999 (Also published in Vietnamese translation)

*Meditation, Transformation, and Dream Yoga*. Gyatrul Rinpoche. Co-translated with Sangye Khandro. Snow Lion Publications, 2002. Re-edition of *the Ancient Wisdom: Nyingma Teachings of Dream Yoga, Meditation and Transformation*. Ithaca: Snow Lion Publications, 1993 (Also published in Italian, Russian, French, Korean translations)

*Naked Awareness: Practical Teachings on the Union of Mahāmudrā and Dzogchen*. Karma Chagmé, with commentary by Gyatrul Rinpoche. Ithaca: Snow Lion Publications, 2000

*Healing from the Source: The Science and Lore of Tibetan Medicine*. Dr. Yeshe Dhonden. Ithaca: Snow Lion Publications, 2000 (Also published in French, Dutch, and Polish translations)

*Transcending Time: The Kālacakra Six-Session Guruyoga*. Gen Lamrimpa. Boston: Wisdom Publications, 1999

*A Spacious Path to Freedom: Practical Instructions on the Union of Mahāmudrā and Atiyoga*. Karma Chagmé, with commentary by Gyatrul Rinpoche. Ithaca: Snow

Lion Publications, 1998, 2009 (Also published in Chinese translation)

*Natural Liberation: Padmasambhava's Teachings on the Six Bardos.* Padmasambhava, with commentary by Gyatrul Rinpoche. Boston: Wisdom Publications, 1998, 2008 (Also published in Russian, Chinese, and French translations)

*A Guide to the Bodhisattva Way of Life: A translation from the Sanskrit and Tibetan of Śāntideva's Bodhicāryāvātāra.* Co-translated with Vesna A. Wallace. Ithaca, NY: Snow Lion Publications, 1997 (Also published in Thai, Spanish, Polish, and Indonesian translations)

*Sleeping, Dreaming, and Dying: An Exploration of Consciousness with the Dalai Lama.* Edited by Francisco J. Varela, co-translated with Geshe Thupten Jinpa. Boston: Wisdom Publications, 1997 (Also published in Dutch translation)

*Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health.* Edited by Daniel Goleman, co-translated with Geshe Thupten Jinpa. Boston: Shambhala Publications, 1997

*Calming the Mind: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence.* Gen Lamrimpa. Ithaca: Snow Lion Publications, 1995. Re-edition of the *Shamatha Meditation: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence.* Snow Lion Publications, 1992 (Also published in Spanish and Italian translations)

*Worlds in Harmony: Dialogues on Compassionate Action.* The Dalai Lama with Daniel Goleman, Stephen Levine, Jean Shinoda Bolen, Daniel Brown, Jack Engler, Margaret Brenman-Gibson and Joanna Macy. Co-translated with Geshe Thupten Jinpa. Berkeley: Parallax Press, 1992

*Gentle Bridges: Conversations with the Dalai Lama on the Sciences of Mind.* Francisco Varela & Jeremy Hayward, ed. Co-translated with Geshe Thupten Jinpa. Boston: Shambhala Publications, 1992; 2nd edition 2001

*Transcendent Wisdom: A Commentary on the Ninth Chapter of Shantideva's Guide to the Bodhisattva Way of Life,* H.H. the Dalai Lama. Ithaca: Snow Lion Publications, 1988; 2nd edition, 1994 (Also published in Spanish, Dutch, French, Chinese, and Italian translations)

*The Kalachakra Tantra,* Geshe Ngawang Dhargyey. Dharamsala: Library of Tibetan Works and Archives, 1986

*Health Through Balance: An Introduction to Tibetan Medicine.* Dr. Yeshe Dhonden. Co-translated with Jeffrey Hopkins. Ithaca: Snow Lion Publications, 1986 (Also published in Finnish, Croatian, Italian, French, Russian, Japanese, Hindi, Polish, and German translations)

*Commentary on 'The Eight Verses on the Training of the Mind' and Commentary on 'The Song of the Four Mindfulnesses'*, H. H. the XIV Dalai Lama. Four Essential Buddhist Commentaries. Dharamsala: Library of Tibetan Works & Archives, 1982

*The Life and Teachings of Geshé Rabten*. London: George Allen & Unwin, 1980.  
Reprinted as *The Life of a Tibetan Monk by Geshe Rabten*. Le Mont-Pèlerin, Switzerland: Edition Rabten, 2000

*The Ambrosia Heart Tantra: A Classic Treatise on Tibetan Medicine*. Annotated by Dr. Yeshe Dhonden. Dharamsala, India: Library of Tibetan Works & Archives, 1976

*Waterdrop from the Glorious Sea: A History of the Sakya Tradition of Tibetan Buddhism*. Sherab Gyaltzen Amipa. Rikon, Switzerland: Tibet Institute, 1976

### **Book Chapters**

“Buddhism and Science.” In *The Oxford Handbook of Religion and Science*. Edited by Philip Clayton. New York: Oxford University Press, 2006

“Buddhist Training in Enhanced Attention Skills.” In *Investigating the Mind: The Dalai Lama at MIT*. Edited by Arthur Zajonc & Anne Harrington. Cambridge, MA: Harvard University Press, 2006: 37-45

“Vacuum States of Consciousness: A Tibetan Buddhist View.” In *Buddhist Thought and Applied Psychology: Transcending the Boundaries*. Edited by D.K. Nauriyal. London: Routledge-Curzon, 2006

“The Scientific Frontier of the Inner Spirit.” In *Spiritual Information: 100 Perspectives*. Edited by Charles L. Harper, Jr. West Conshohocken, PA: Templeton Foundation Press, 2005

“The Intersubjective Worlds of Science and Religion.” In *Science, Religion, and the Human Experience*. Edited by James Proctor. New York: Oxford University Press, 2005

“The Spectrum of Buddhist Practice in the West.” In *Westward Dharma: Buddhism Beyond Asia*. Edited by Charles Prebish & Martin Baumann. Berkeley: University of California Press, 2002

“Four Applications of Mindfulness.” In *American Spiritualities: A Reader*. Edited by Catherine L. Albanese, ed. Bloomington: Indiana University Press, 2001

“Three Dimensions of Buddhist Studies.” In *Buddhist Theology: Critical Reflections of*

*Contemporary Buddhist Scholars*. Edited by John Makransky & Roger Jackson. London: Curzon Press. 1999

“The Dialectic Between Religious Belief and Contemplative Knowledge in Tibetan Buddhism.” In *Buddhist Theology: Critical Reflections of Contemporary Buddhist Scholars*. Edited by John Makransky & Roger Jackson. London: Curzon Press. 1999

“Training the attention and exploring consciousness in Tibetan Buddhism.” In *Toward a Science of Consciousness III: The Third Tucson Discussions and Debates*. Edited by Stuart Hameroff, Al Kaszniak, & David Chalmers. Cambridge, MIT Press, 1999

### **Journal Articles**

“Mental Balance and Well-Being: Building Bridges between Buddhism and Western Psychology.” Co-authored with Shauna Shapiro. In *American Psychologist*, October 2006, Vol. 161, No. 7: 690-701

“Choice of Perspectives: Science limited in explanations ” In *Science & Theology*, January 2006

“Buddhist and Psychological Perspectives on Emotions and Well-Being.” Co-authored with Paul Ekman, Richard J. Davidson, and Matthieu Ricard. In *Current Directions in Psychology*, 2005, Vol. 14, No. 2: 59-63

“The Scientific and Contemplative Exploration of Consciousness.” In *Leonardo Electronic Almanac*, 2003

“A Science of Consciousness: Buddhism (1), the Modern West (0).” In *The Pacific World: Journal of the Institute of Buddhist Studies*. Third series, Number 4, Fall 2002: 15-31

“The Scientific Frontier of the Inner Spirit.” *Network: The Scientific and Medical Network Review*, December 2002, No. 80: 18-19

“Intersubjectivity in Indo-Tibetan Buddhism.” In *Journal of Consciousness Studies*, 8, No. 5-7, 2001: 209-30

“The Potential of Emptiness: Vacuum States in Physics and Consciousness.” *Network: The Scientific and Medical Network Review*, December 2001, No. 77: 21-25

“The Buddhist Tradition of Śamatha: Methods for Refining and Examining Consciousness.” *Journal of Consciousness Studies*, 6, No. 2-3, 1999: 175-187. Also published in *The View from Within: First-person Methods in the Study of Consciousness*. London: Imprint Academic, 1999

“Training the attention and exploring consciousness in Tibetan Buddhism.”  
*Consciousness Studies Bulletin*, Fall, 1998

“The Self and the Limits of Reason in the Indo-Tibetan Buddhist Tradition.” *The Tibet Journal*, Autumn Vol. XV, No. 3: 59-68, 1990

### **Magazine Articles**

“Within You, Without You: Like a telescope launched into orbit beyond the distortions of the earth’s atmosphere, shamatha meditation provides a platform for exploring the deep space of the mind.” In *Tricycle: The Buddhist Review*, Winter, 2009: 78 – 83, 119.

“Achieving Free Will: A Buddhist Perspective.” In *Mandala: A Tibetan Buddhist Journal*, January/March 2009: pp. 55 – 58

“If You Meet Buddha in Salon.” In *Opinions Section of Salon.com*, December 9, 2006:  
<http://www.salon.com/opinion/feature/2006/12/09/buddha/index.html>

“Materialism of the Gaps.” In *Mandala: A Tibetan Buddhist Journal*, December 2006/January 2007: pp. 8-10

“Religion and Reason: A Review of Sam Harris’s Letter to a Christian Nation.” In *Shambhala Sun*, October/November 2006: 99-104

“Waking to the Dream.” In *Tricycle: The Buddhist Review*, Winter 2006: 52-57

“Immaterial Evidence.” In *Tricycle: The Buddhist Review*, Spring 2006: 84-86

“Energy Dynamics.” In *Life Positive Plus*, January 2006: 63-66

“What Is True Happiness?” In *Tricycle: The Buddhist Review*, Fall 2005: 68-73, 119

“Pure Dharma, Barefoot Dharma.” In *Buddhadharma: The Practitioner’s Quarterly*, Vol. 2, No. 4, Summer 2004: 26-29

“Overlapping Worlds.” In *Tricycle: The Buddhist Review*, Spring 2003: 58- 69

“Science & Buddhism: A Case for collaboration.” In *Life Positive Plus*, October – December 2003: 34-37

“Refining the Attention: Focusing on What Matters, Moment by Moment.” In *Spiritual & Health: The Soul/Body Connection*, Summer issues, 2002: 30-33

“Emptiness on My Mind.” In *Mandala: Buddhism in Our Time*, June 2001: 25-27

### **WORK IN PRESS**

“A Buddhist View of Free Will: Beyond Determinism and Indeterminism.” In *Journal of Consciousness Studies*, Summer, 2010

*Foundations of Buddhist Insight Meditation: The Four Applications of Mindfulness*, Ithaca, NY: Snow Lion Publications, 2010

*Awakening Within the Dream: Lucid Dreaming and Dream Yoga*, Boston: Wisdom Publications, 2010

*The Vajra Quintessence: Quintessential Instructions on the Breakthrough and Direct Crossing-over of Dzogchen. Dūdjom Lingpa and Dūdjom Rinpoche*. Co-translated with Chandra Easton. Ashland: Vimala Publishing, 2009

“Shamatha in the Indian Buddhist Tradition.” In *Mandala: A Tibetan Buddhist Journal*, 2010

### **AWARDS, HONORS, AND RESEARCH GRANTS**

#### **Book Award**

Scientific and Medical Network 2001 Book Prize for *The Taboo of Subjectivity: Toward a New Science of Consciousness*, 2001

#### **Honor**

Honorary Faculty Member Golden Key National Honors Society at the University of California, Santa Barbara, May 1999

#### **Research Grants**

Research Grant from the National Center for Complementary and Alternative Medicine in support of Mechanisms of Meditation study, 2009 - 2011

Research Grants from the John E. Fetzer Institute, Hershey Family Foundation, National Science Foundation, Social Science and Humanities Research Council of Canada, Tan Teo Charitable Foundation, Peter Baumann Institute, and Mental Insight Foundation in support of the Shamatha Project, 2006 – 2011

Research Grants from the Central Minnesota Community Foundation, the Gere

Foundation, Hershey Family Foundation, Tan Teo Charitable Foundation, Fidelity Charitable Foundation, John E. Fetzer Institute, and the Vangaurd Charitable Foundation in support of research hosted by the Santa Barbara Institute for Consciousness Studies, 2003 – 2011

Research Grants from H.H. the Dalai Lama, the Mind and Life Institute, the John E. Fetzer Institute, Hershey Family Foundation, Tan Teo Charitable Foundation, Kluge Foundation, Impact Foundation, and the Peter Baumann Institute in support of the Cultivating Emotional Balance Project, 2003 – 2009

John E. Fetzer Institute research grant for editing the book of essays on *Buddhism and Science: Breaking New Ground*, 1999

Research grant for editing the book of essays on *Buddhism and Science: Breaking New Ground*, Richard Gere Foundation 1999

Research grant for translating from Tibetan and editing the book *Healing from the Source: The Science and Lore of Tibetan Medicine*, Balm Foundation 1998-1999

John E. Fetzer Institute research grant for writing the book *The Taboo of Subjectivity: Toward a New Science of Consciousness*, 1995-1996

### **Fellowships**

Jacob K. Javits Fellowship (U. S. Dept. of Education) for pursuing the Ph.D. at Stanford University, 1990-1994

George Stebbins Moses Memorial Fellowship from Amherst College for study at Stanford University, 1989-1990

Phi beta kappa, Amherst College, 1987

Moseley Prize in Religion, Amherst College, 1986-1987

John Sumner Rennels Memorial Prize (for zeal in the pursuit of understanding), Amherst College, 1985-1986

Bassett Prize in Physics, Amherst College, 1984-1985

### **PROFESSIONAL AND ACADEMIC MEMBERSHIPS**

*Member of Board of Directors* - Phuket International Academy Day School, 2009 – present

*Member* of the Board of Directors, Mind and Life Institute, 1990 – 2009; 2009 – present:  
Emeritus Board Member and Senior Fellow

*Member* of the Advisory Council for the East-West Scholars Program in the Tenzin Gyatso Institute, 2007 – present

*Member* of the Advisory Committee for the MIT Center for Ethics and Transformative Values, 2007 – present

*Co-chair* of the Mysticism Group, American Academy of Religion, 2000-2001

*Member* of the Steering committee of the Mysticism Group, American Academy of Religion, 1997-2001

*Member* of the American Academy of Religion, 1995-2001

## **SCHOLARLY PRESENTATIONS**

“Buddhism and Science: Confrontation and Collaboration,” “Buddhism and Clinical Psychology,” and “The Shamatha Project” at the Scuola Superiore S. Anna, in La Normale University, Pisa, Italy, September, 2009

“Cultivating Emotional Balance,” a meditation seminar sponsored by the Dalai Lama Center for Ethics and Transformative Values, Massachusetts Institute of Technology (MIT), Cambridge, Massachusetts, September, 2009

“The Shamatha Project: Unlocking the Power of the Focused Mind” sponsored by the Dalai Lama Center for Ethics and Transformative Values, Massachusetts Institute of Technology (MIT), Cambridge, Massachusetts, September, 2009

“What is the Mind? A Buddhist View” sponsored by the Departamento de Filosofía y Ética, DHCS, Titular de la Cátedra de Investigación en Ciencia y Cultura, Tecnológico de Monterrey, Mexico, August, 2009

“Buddhism and Mind Sciences: Confrontation and Collaboration,” the keynote address presented at the conference “International Conference on Buddhism and Mind Sciences: Ancient Wisdom and Modern Knowledge” organized by the College of Religious Studies, Mahidol University, Salaya, Nakornpathom, Bangkok, co-sponsored by the Santa Barbara Institute for Consciousness Studies, August, 2009

“Teaching Genuine Happiness in Modern Education.” The University of Porto Alegre, Brazil, June, 2009

“Healing the Mind: Where Meditation and Neuroscience Converge.” The University of São Paulo, Brazil, June, 2009

- “Principles of a Contemplative Science of the Mind.” Albert Einstein Instituto Israelita de Ensino e Pesquisa, São Paulo, Brazil, June, 2009
- “The Conscious Universe: Where Buddhism and Science Converge.” University of Rio de Janeiro, Brazil, June, 2009
- “Advancing the Legacy of William James: The Radically Empirical Study of the Mind” at the conference on Computation and Neural Systems. California Institute of Technology, March, 2009
- “The Buddhist Contribution to First-Person Cognitive Science” at the Mind and Life conference “Attention, Memory and the Mind: A Synergy of Psychological, Neuroscientific and Contemplative Perspectives,” Dharamsala, India, April, 2009
- “Buddhism and Science: Confrontation and Collaboration” Keynote lecture presented at the International Conference on Buddhism and Science, Central University of Tibetan Studies, Sarnath, Varanasi, India, January, 2009
- “A Buddhist View of Mental Resilience” in a panel dialogue on “Mental Resilience in Times of Crisis,” chaired by Prof. Kua Ee Heok, National University of Singapore, December, 2008
- “A Buddhist Paradigm for Human Flourishing,” the keynote address presented at the conference “International Conference on Buddhism in the Age of Consumerism” organized by the College of Religious Studies, Mahidol University, Salaya, Nakornpathom, Bangkok, December, 2008
- “The Scientific Study of Mindfulness in Relation to Mental Balance” and “Neuroscience and Clinical Studies: The Scientific Perspective on Mindfulness,” presented at the conference “Caring for Ourselves (While We’re Busy Caring for Others): A Program on Mindfulness and Stress Reduction For Professionals Involved in Conflict Resolution, hosted by The Multnomah Bar Association in conjunction with the Oregon Attorney Assistance Program, Portland, Oregon, October, 2008
- “Neuroscience of Buddhist Contemplative Practices” Keynote lecture at the conference “Neuroscience and Contemplative Practices: Transforming the Embodied Mind” at Claremont School of Theology, Claremont, California, October, 2008:
- Seminar “Cultivating Attention and Mindfulness for the Development of Enhanced Mental Health and Balance,” presented at the University of Milan, Italy, June, 2008
- “The Shamatha Project: Unlocking the Power of the Focused Mind,” “The Conscious Universe: Where Buddhism and Physics Converge,” and “The Question of Free Will: A Buddhist Perspective” at the Scuola Superiore S. Anna, in La Normale University, Pisa, Italy, June, 2008

- “A Buddhist Science of the Mind,” “Balancing the Heart and Mind: A Buddhist View,” “A Buddhist View of Free Will: Beyond Determinism and Indeterminism,” and “Three Dimensions of Consciousness: A Buddhist Phenomenology of the Mind,” presented in the Buddhism Seminar, Philosophy Department, University of New Mexico, New Mexico, June, 2008
- “The Pursuit of Meaning in the Age of Science and Religions,” presented at Amherst College, Amherst, Massachusetts, April, 2008
- “The Conscious Universe: Where Buddhism and Physics Converge,” sponsored by the Committee for the Study of Science and Religion, University of Wisconsin-Eau Claire, April, 2008
- “Advancing the Legacy of William James: The Radically Empirical Study of the Mind,” sponsored by the Center for Ethics and Transformative Values, Massachusetts Institute of Technology (MIT), April, 2008
- “Advancing the Legacy of William James: The Radically Empirical Study of the Mind” at Hartwick College, New York, April, 2008
- “A Buddhist View of Free Will: Beyond Determinism and Indeterminism,” presented at Neuroscience of Free Will Symposium, Columbia University, New York, March, 2008
- Respondent to Prof. Harold Roth’s Hsuan Hua Memorial Lecture “Against Cognitive Imperialism,” presented at Pacific School of Religion, Graduate Theological Union, Berkeley, California, March, 2008
- “Principles of a Contemplative Science of the Mind,” sponsored by the Psychiatry and Spirituality Forum, University of California, Irvine, January, 2008
- “The Encounter between Buddhism and Science” and “Buddhist Views of Mental Well-being,” presented at the conference “Buddhism & Science” in the College of Religious Studies, Mahidol University, Bangkok, August, 2007
- “Buddhism in the West,” presented at Zanabazar University, Ulaanbaatar, Mongolia, July, 2007
- “Principles of a Contemplative Science,” presented in the Mind/Supermind lecture series, Santa Barbara City College, January, 2007
- Panel discussant on “Interpreting Quantum Mechanics: Buddhist and Christian Perspectives,” with Charles H. Townes and William R. Stoeger, sponsored by the Science, Technology, and Religion Group of the American Academy of Religion, Washington D.C., November, 2006

“Contemplative Science,” presented at the conference on “Understanding Mind Inside and Out: Bridging Buddhism and Modern Science,” sponsored by the Program in Science and Society, the Emory-Tibet Partnership, Emory Contemplative Initiative, Office of the Dean of the College and the Religion Department, Emory University, October, 2006

Discussant at the conference “William James Revisited? The Importance of William James for Buddhism and Science,” Leiden Institute for the Study of Religions at Leiden University, September, 2006

Plenary speaker at the meeting “Meditation: Does It Work?” sponsored by the Center for Science and Worldview at the University of Tilburg, The Netherlands, September, 2006

“Observing the Mind: A Buddhist Approach to Exploring Consciousness,” a plenary Experiential Psychology Section of the British Psychological Society at St Anne’s College, Oxford, September, 2006

“Observing the Mind: A Buddhist Approach to Exploring Consciousness, presented at the “Science, Mind and Buddhism” Seminar, with H. H. the Dalai Lama, in Santiago, Chile, The University of Valparaiso and the University of Chile, May, 2006

“Toward the First Revolution in the Mind Sciences,” presented at Zentrum für Neurowissenschaft, Zürich, Switzerland, June, 2006

“Unmasking Idols in Religion and Science” and “Dependent Origination in Buddhism and Science,” presented at the Scuola Superiore S. Anna, in La Normale University, Pisa, Italy, April, 2006

“Toward a Science of Contemplative Practice: Issues, Findings, and Experiential Training in Meditative Quiescence,” co-presented with Dr. Clifford Saron at the “Toward a Science of Consciousness” conference, University of Arizona, Tucson, April, 2006

“Naturalizing the Mind Sciences,” a keynote lecture at the conference on “Mind & Reality: A Multidisciplinary Symposium on Consciousness,” Center for the Study of Science and Religion, Columbia University, February 2006

“From Cognitive Science to a Science of Consciousness,” sponsored by Religion Department, Psychology Department, and Asian Studies Department, Colorado College, January, 2006

“Beyond Idolatry: Where Science and Spirituality Converge,” Georgetown University, Washington DC, November, 2005

- “Hedonic and Eudaimonic Well-being,” presented at the conference on “Gross National Happiness: Bhutan’s Unique Approach to Social and Economic Progress,” University of California, Berkeley, co-sponsored by Swissnex, Annex of the Consulate General of Switzerland, January, 2006
- “The Buddhist Science of Meditation,” presented at the conference “Mind and Life XIII, Johns Hopkins University, Washington DC, November, 2005
- “A Buddhist View of Craving and Choice,” presented at the conference with His Holiness the Dalai Lama on “Craving, Suffering, and Choice: Spiritual and Scientific Explorations of Human Experience,” Stanford University, November, 2005
- “The Buddhist Investigation of Consciousness,” presented at the “Symposium on the East-West Encounter: Eastern and Western Perspectives on Consciousness, Spirituality, Healing, and World Peace,” presented at the Asian American Cultural Center, Rutgers University, October, 2005
- “Paths to Genuine Happiness,” presented at Rio de Janeiro’s State University, Brazil, June, 2005
- “Choosing Reality: A Buddhist View of the Mind and Nature,” presented at the Institute of Physics, sponsored by the Department of Theology, Pontifical Catholic University of São Paulo, Brazil, June, 2005
- “A Buddhist View of Optimal Mental Health,” the inaugural lecture in the series “Exploring the Mind: Buddhist and Scientific Approaches to Mental Health and Healing,” Department and Centre for the Study of Religion and the Centre for Addiction and Mental Health, University of Toronto, April, 2005
- “Observing the Mind: A Buddhist Approach to Exploring Consciousness,” at the First Annual Brown University Mary Interlandi ’05 Memorial Lecture on Contemplative Studies, Office of the Chaplains and Religious Life, Brown University, April, 2005
- “Meta-cognition in Real Time and As Short-term Memory,” presented at the Center for Mind and Brain, University of California, Davis, March, 2005
- “Principles of a Buddhist Science of Mind,” University of Virginia Department of Religious Studies and the Tibetan Himalayan Digital Library, January, 2005
- “Cognitive Science Dialogue: Consciousness East and West,” a debate with John Searle, Cognitive Science Program, Northwestern University, January, 2005
- “Three Dimensions of Consciousness: A Buddhist Phenomenology of the Mind,”

presented at the conference on “From Autopoiesis to Neurophenomenology: A Tribute to Francisco Varela,” Amphithéâtre Richelieu, Université Panthéon-Sorbonne, Paris, June, 2004

“Meta-cognition in Real Time and As Short-term Memory” and “Objectivity and Cognitive Invariance: A Buddhist View,” presented at the conference on “Science et subjectivité,” CREA CNRS/École Polytechnique, Paris, June, 2004

“First-, Second-, and Third-Person Perspectives in the Study of the Mind: Where Buddhism and Science Meet,” Scuola Superiore Sant’Anna, La Normale University, Pisa, June, 2004

“A Buddhist Model of Mental Health,” Department of Psychology and the Center for Cognitive Science, University and Polytechnic of Torino, Italy June, 2004

“The Impact of Buddhism on Western Science and Philosophy,” presented at the congress on “Buddhism in Belgium, Buddhism in the West,” University of Louvain, Belgium, November, 2003

“A Buddhist Ideal of Mental Health: Balancing Attention, Emotions and Cognition,” presented at the 2nd International Conference on Traditional Tibetan medicine, Washington D.C., November, 2003

“Outer, Inner, and Nondual Space,” presented at the conference on “Space in Mind: at the Interface of Inner and Outer Space,” at King Alfred's College, Winchester, April, 2003

“Vacuum States of Consciousness: A Tibetan Buddhist View,” presented at the 5th Biennial International Symposium of Science, Technics and Aesthetics: “Space, Time and Beyond,” Lucerne, Switzerland, January, 2003

“Why the West Has No Science of Consciousness: A Buddhist View,” presented at the conference on “Indic Contributions to a Global Renaissance,” Columbia University Institute of Buddhist Studies, July, 2002

“A Science of Consciousness: Buddhism (1) the Modern West (2),” presented at the conference on “Wisdom, Compassion, and Consciousness: Buddhist Practice and Cognitive Science.” Sponsored by the Institute of Buddhist Studies and the Center for Theology and the Natural Sciences, Berkeley, California, May, 2002

“The Intersubjective Worlds of Science and Religion,” presented as part of the lecture series on “Science, Religion, and the Human Experience,” University of California, Santa Barbara. Sponsored by the John Templeton Foundation, June, 2001

“Vacuum States of Consciousness: A Tibetan Buddhist View,” presented at the

- conference on “Nothing in Common: Scientific and Contemplative Views on Nothing,” University of California, Santa Barbara, May, 2001
- “Cosmology in Science, a Buddhist Reflection,” presented at the conference on “Religion and Its New Challenges,” Graduate Theological Union, Berkeley, California, April, 2001
- “The Humoral Theory and Models of Optimal Physical and Mental Health in Traditional Tibetan Medicine,” University of Virginia School of Medicine, October, 2000
- “A Reassessment of the Status of Buddhism as a Non-theistic Religion,” Center for South Asian Studies, University of Virginia, October, 2000
- “Vital Energies and Healing: Ancient and Modern Perspectives,” presented at the 3rd Annual University of California, Santa Barbara Conference on Global Medicine, entitled “The Influence of Mind on Healing and Dying,” May, 2000
- “The Retinal Blind Spot in the Scientific Vision of Our Origins,” presented in the Veritas Forum Lecture Series entitled “Our Journey: Origins and Destinations,” University of California, Santa Barbara, May, 2000
- “The Refinement and Epistemic Uses of Mental Perception in Tibetan Buddhism,” a plenary lecture presented at the conference “Toward a Science of Consciousness: Tucson 2000, sponsored by the Center for Consciousness Studies, the University of Arizona, April, 2000
- “First-, Second-, and Third-person Methods for Studying Consciousness,” Department of East Asian Studies, University of California, Santa Cruz, February, 2000
- “The Encounter between Tibetan Buddhism and Modern Science,” presented at the symposium on “Representing Tibet,” University of Colorado, Boulder. Sponsored by the Center for Humanities and the Arts, Center for Asian Studies, and the School of Law, January, 2000
- “Is Buddhism Really Non-theistic?” Presented at the National Conference of the American Academy of Religion, Boston, Mass., November, 1999
- “The Buddhist Pursuit of Spiritual Awakening and the Scientific Pursuit of Objective Knowledge,” presented at the conference on “Globalizing Philosophy: Comparing Eastern and Western Approaches to the Central Metaphysical Issues of Philosophy and Science,” Department of Religion, Columbia University, April, 1999
- “Monastic Education in Traditional Tibet,” presented at the conference on “Life in Traditional Tibet,” University of California, Santa Barbara, January, 1999

- “Tibetan Medicine in the Context of Tibetan Buddhism,” presented at the First International Congress on Tibetan Medicine, George Washington University Medical Center, Washington DC, November, 1998
- “Training the attention and exploring consciousness in Tibetan Buddhism” presented at the conference on “Toward a Science of Consciousness,” University of Arizona, April, 1998
- “A Madhyamaka Critique of the Foundations of Quantum Mechanics,” presented at the conference “The Metaphysics of Quantum Mechanics,” Philosophy Department, Rutgers University, April, 1998
- “Buddhism and Modern Science,” a guest lecture, University of California, Los Angeles, Extension, March, 1998
- “A Madhyamaka View of the Foundations of Modern Physics,” presented at the conference on “Physics and Tibetan Buddhism: Dialogues between Physicists and Buddhist Scholars,” University of California, Santa Barbara, January, 1998
- “Psychological Maturation and Spiritual Awakening in Tibetan Buddhism,” presented at the National Conference of the American Academy of Religion, San Francisco, California, November 1997
- “Buddhist Mind Control,” Psychology Department, Stanford University, January 1997
- “The Dialectic between Contemplative Knowledge and Religious Belief in Tibetan Buddhism,” presented at the National Conference of the American Academy of Religion, New Orleans, Louisiana, November, 1996
- “The Science of Logic in Indo-Tibetan Buddhist Education” presented at the Third University of California, Santa Barbara Conference on Tibetan Buddhism, Santa Barbara, California, November, 1996
- “Logic and Debate in Tibetan Buddhist Culture,” presented at the “Model of Education Conference,” John E. Fetzer Institute, Kalamazoo, Michigan, July, 1996
- “Attentional training, introspection, and the investigation of consciousness in Tibetan Buddhism,” presented at Center for the Study of Language and Information, Stanford University, March, 1996
- “The Place of Consciousness in Religion and Science,” presented at the conference “Chaos, Calculus, and Comparative World Views” at Evergreen State College, Olympia, Washington, sponsored by the National Science Foundation, August, 1995
- “The Tibetan Cultivation of Shamatha (Meditative Quiescence) and the Nature of

Consciousness,” presented at the Second University of California Conference on Tibetan Buddhism: “The Nature of Mind in Tibetan Buddhism” Department of Religious Studies, University of California, Santa Barbara, California, May, 1995

“The Contemplative Use of Introspection in Indo-Tibetan Buddhism,” presented at the Annual Meeting of the Western Region of the American Academy of Religion, University of Redlands, California, March, 1995

“What is Meditation?” Presented at Mind/Body Node of the MacArthur Foundation, Chicago Headquarters, December, 1992

“Lucid Dreaming and Tibetan Buddhist Dream Yoga,” presented at the Evergreen College, Olympia, April, 1992

“The Meditative Cultivation of Attentional Stability and Clarity,” presented at the Psychiatry Department, University of California at Irvine, March, 1992

“Emptiness, Conceptual Schemas and the Practice of Vajrayāna,” presented at the Religious Studies Department, University of California at Santa Barbara, December, 1991

“Tibetan Buddhist Perspectives on Relative and Ultimate Truths” and “Buddhism in the World of Science,” presented at the Religion Department, Willamette University, Salem, September, 1991

“From Cognitive Science to a Science of Consciousness,” presented at the conference on “Renewal of Thinking in Science and Technology,” Mt. Holyoke College, Massachusetts, sponsored by Laurence Rockefeller, June, 1991

“Methods and Applications of Enhancing Focused Attentional Duration,” presented at the Psychiatry Department, Stanford University School of Medicine, June, 1991

“Contemplative Ways of Knowing in Tibetan Buddhism” and “Tibetan Culture in the Modern World,” presented at the Religious Studies Department, Reed College, Portland, April, 1991

“A Tibetan Buddhist View of Modern Science,” presented at the Department of Physics and Astronomy, Colgate University, October, 1986

## **ORGANIZING AND CHAIRING ACADEMIC CONFERENCES**

Co-organizer of the “International Conference on Buddhism and Mind Sciences: Ancient Wisdom and Modern Knowledge,” College of Religious Studies, Mahidol University, Mahidol University, Salaya, Nakornpathom, Bangkok, August, 2009

- Principal Organizer of the Mind and Life Institute conference with H. H. the Dalai Lama, “Attention, Memory and the Mind: A Synergy of Psychological, Neuroscientific and Contemplative Perspectives,” Dharamsala, India, April, 2009
- Co-organizer of “The International Conference on Buddhism in the Age of Consumerism,” College of Religious Studies, Mahidol University, Salaya Campus, Nakhorn Pathom, Thailand, December, 2008
- Co-organizer of the conference “Awakening Within the Dream: A View of the Illusory Nature of Reality Buddhist and Scientific Perspective,” La Salle Medical University, Mexico City, August, 2008
- Co-organizer of the conference “Death and Dying: Buddhist and Scientific Perspectives,” La Salle Medical University, Mexico City, August, 2007
- Co-organizer of “The International Conference on ‘Buddhism and Science’ in Celebration of His Majesty King Bhumibol Adulyadej’s Eightieth Birthday,” College of Religious Studies, Mahidol University, Salaya Campus, Nakhorn Pathom, Thailand, August, 2007
- Co-organizer of the conference on “Craving, Suffering, and Choice: Spiritual and Scientific Explorations of Human Experience” with H. H. the Dalai Lama, sponsored by the Stanford University School of Medicine, November, 2005
- Co-chaired the panel, with Princeton neuroscientist Jonathan Cohen, on “Attention and Cognitive Control” at the conference Mind & Life XI: Investigating the Mind: Exchanges Between Buddhism and the Biobehavioral Sciences on How the Mind Works, co-sponsored by the McGovern Institute for Brain Research at MIT, Sept. 13-14, 2003
- Organizer of the conference on “Nothing in Common: Scientific and Contemplative Views on Nothing,” sponsored by the Infinity Foundation and the Department of Religious Studies, University of California, Santa Barbara, May, 2001
- Organizer of the conference on “Religion and Science” lecture series, Department of Religious Studies, University of California, Santa Barbara, Winter & Spring, 1999
- Organizer of the conference on “Life in Traditional Tibet” conference, Department of Religious Studies, University of California, Santa Barbara, January, 1999
- Organizer of the conference on “Physics and Tibetan Buddhism” conference, Department of Religious Studies, University of California, Santa Barbara, January, 1998

## **TEACHING EXPERIENCE**

### **Undergraduate Courses**

“The Culture and Religions of Tibet,” Department of Religious Studies, University of California, Santa Barbara

“The Life and Thought of the XIV Dalai Lama,” Department of Religious Studies, University of California, Santa Barbara

“The Pursuit of Individual Liberation in Tibetan Buddhism,” Department of Religious Studies, University of California, Santa Barbara

“The Bodhisattva Ideal in Tibetan Buddhism,” Department of Religious Studies, University of California, Santa Barbara

“Sleeping, Dreaming, and Dying in Tibetan Buddhism,” Department of Religious Studies, University of California, Santa Barbara

“Religion and Healing in Global Perspective (co-taught with Professor Catherine Albanese), Department of Religious Studies, University of California, Santa Barbara

“The Contemplative Life (co-taught with Professor Richard Hecht),” Department of Religious Studies, University of California, Santa Barbara

“Religion, Science, and the Problem of Consciousness,” Department of Religious Studies, University of California, Santa Barbara

“First-Year Tibetan Language,” Department of Religious Studies, University of California, Santa Barbara

“Intermediate Spoken and Written Tibetan,” Department of Religious Studies, University of California, Santa Barbara

“Advanced Tibetan,” Department of Religious Studies, University of California, Santa Barbara

### **Graduate Seminars**

“Seminar on Theories and Methods in the Study of Tibetan Buddhism,” Department of Religious Studies, University of California, Santa Barbara

“Seminar on Religion and Science,” Department of Religious Studies, University of California, Santa Barbara

“Seminar on Buddhist Epistemology,” Department of Religious Studies, University of California, Santa Barbara

## **FIELD RESEARCH ON TIBETAN BUDDHISM IN ASIA**

2004 – September: Research in tantric yogic practices in Amdo and Kham regions of Tibet

1997 – Summer: Research in Tibetan Buddhist monasticism in western China and central Tibet

1996 – Research in Indo-Tibetan Buddhism in India, Nepal, and Tibet

1992 – Summer: Research in Tibetan Buddhism in western China and central Tibet

1980-1981 - Research in the Buddhist Theravāda contemplative traditions in India and Sri Lanka

1977-1979 – Research in Buddhist philosophy in the Center for Higher Tibetan Studies, Mt. Pèlerin, Switzerland

1975-1977 - Research in Buddhist philosophy in Tibet Institute, Rikon, Switzerland

1973-1974 – Research in Buddhist monastic debate in Buddhist School of Dialectics, Dharamsala, India

1971-1973 – Research in the Library of Tibetan Works and Archives, Dharamsala, India

## **PUBLIC ACTIVITIES**

### **Public Services**

*Chairman* – Phuket International Academy Mind Centre, 2009 – present

*Member* of the Advisory Board for the World Happiness Forum, Sydney, Australia, 2007 – present

*Member* of the Advisory Board for InnerKids Foundation, URL: [www.innerkids.org](http://www.innerkids.org), 2004 - present

*Member* of the Senior Advisory Council for the Garrison Institute’s Initiative on Contemplative Education, 2009 – present

### **Interpreting from Tibetan**

- Interpreter for H. H. the Dalai Lama at the Mind and Life conference “Attention, Memory and the Mind: A Synergy of Psychological, Neuroscientific and Contemplative Perspectives,” Dharamsala, India, April 6 – 10, 2009
- Interpreter for H. H. the Dalai Lama at the Mind and Life conference “Neuroplasticity,” Dharamsala, India, October 18 - October 22, 2004
- Interpreter for H. H. the Dalai Lama at the Mind and Life conference “The Nature of Matter, the Nature of Life,” Dharamsala, India, September 30 - October 4, 2002
- Interpreter for H. H. the Dalai Lama at the Mind and Life conference “Transformations of Mind, Brain and Emotion: Neurobiological and Bio-Behavioral Research on Meditation” at the University of Wisconsin, Madison, May 21-22, 2001
- Interpreter and consultant for an NBC Dateline one-hour program on Tibetan medical treatment for metastatic breast cancer that aired January 1, 2001
- Interpreter and co-organizer of the conference on “Destructive Emotions” with H. H. the Dalai Lama and Western cognitive scientists and philosophers in Dharamsala, March 20-24, 2000
- Interpreter for H. H. the Dalai Lama for his lecture “The Relevance of Tibetan Medicine Today” presented at the First International Congress on Tibetan Medicine, sponsored by George Washington University Medical Center, in Washington DC, November 7, 1998
- Discussant and co-interpreter for H. H. the Dalai Lama at the International Symposium on Epistemological Questions in Quantum Physics and Eastern Contemplative Sciences. Sponsored by the Institut für Experimentalphysik, University of Innsbruck, June 15- 22, 1998
- Interpreter for H. H. the Dalai Lama at the conference “Mind and Life VI: Physics and Buddhism,” Dharamsala, India, Nov. 1997
- Interpreter for H. H. the Dalai Lama at conference on “Buddhism and Academia,” Stanford University, 1994
- Interpreter for H. H. the Dalai Lama at the conference “Mind and Life IV: Sleeping, Dreaming, and Dying,” Dharamsala, India, 1992
- Interpreter for H. H. the Dalai Lama at the conference “Mind and Life III: Healing Emotions,” Dharamsala, India, 1990
- Interpreter for H. H. the Dalai Lama at the conference “Mind and Life II:

Transformations of Consciousness,” Newport Beach, California, 1989

Interpreter for H. H. the Dalai Lama at “Mind and Life I: Dialogues Between Buddhism and the Cognitive Sciences,” Dharamsala, India, 1987

Interpreter for H. H. the Dalai Lama, “Inner Sciences Conference,” Amherst College, 1984

Interpreter for H. H. the Dalai Lama, European tour, 1979

Interpreter for Tibetan Buddhist scholars and contemplatives throughout Europe and North America, 1975 – present

### **Public Lectures**

“A Critical View of Mindfulness Meditation in Clinical Practice,” Maudsley Hospital, London, December, 2009

“The attention revolution – unlocking the power of the focused mind,” “The mechanics of learning - attention, memory and plasticity” and “Ethics as a foundation for mental wellbeing.” Presented at the conference “Mind and Its Potential,” Sydney, Australia, December, 2009

“A Buddhist View of Dreaming and Awakening,” presented at the conference “Awakening Within the Dream: Buddhist and Scientific Perspectives on the Illusory Nature of Reality,” La Salle Medical University, Mexico City, August, 2008

“Unlocking the Power of the Focused Mind,” Sydney, Australia, May, 2008

“The Role of Consciousness in the Natural World: A Buddhist View.” Presented at the seminar “Buddhism, Mind, and Matter,” Rochester, April 26, 2008

“The Conscious Universe: Where Buddhism and Physics Converge,” Santa Barbara Institute for Consciousness Studies, Santa Barbara, California, January, 2008

“The Shamatha Project: Unlocking the Power of the focused Mind,” Santa Barbara Institute for Consciousness Studies, Santa Barbara, California, December, 2007

“Dependent Origination in Buddhism and Science,” Jefferson Tibetan Society, Charlottesville, December, 2007

“A Buddhist View of Death and Dying,” presented at the conference on “Death and Dying: Buddhist and Scientific Perspectives,” La Salle Medical University, Mexico

City, August, 2007

“The Four Immeasurables,” Jefferson Tibetan Society, Charlottesville, , December, 2006

“Dependent Origination in Buddhism and Science, Jefferson Tibetan Society,  
Charlottesville, December, 2006

“Toward the First Revolution in the Mind Sciences,” Google Headquarters, Mountain  
View, California, August, 2006

Three lecture-series: “Choosing Reality: Physics, Meditation, and Buddhism,”  
“Meditation Practice,” and “Ethics, Science, and Meditation,” presented at the  
Brazilian Conference of Meditation, Curitiba, June, 2005

“A Buddhist View of Optimal Mental Health,” University of Virginia School of  
Medicine, January, 2005

“Scientific and Buddhist Views of Energy” and “A Buddhist View of Optimal Mental  
Health,” Casa Tibet México, Mexico City, January 31-February 1, 2005

“Buddhism and Physics,” Dehra Dun, India, December, 2005

“The Role of Attentional Balance in Mental Health,” Neuropsychiatric Institute at the  
University of California School of Medicine, Los Angeles, January, 2004

Discussant at “The Way of Peace” conference with H.H. the Dalai Lama and Fr.  
Lawrence Freeman on scripture and imagery in Buddhism and Christianity, Prato,  
Italy, May, 1999

Public Lecturer on Tibetan Buddhism, Santa Barbara, California, 1997-present

Public Lecturer on Tibetan Buddhism in Switzerland, Germany, England, France, and  
Italy, 1976-1979

### **Public Interviews**

”Is the Dalia Lama an Atheist?” on “Skeptiko: Science at the Tipping Point,” February,  
2009: <http://skeptiko.com/index.php?id=74>

”Unwavering Samadhi: Meditative Achievement and Its Impact in the World”  
interviewed for Podcast “Buddhist Geeks, March 17, 2008:  
[http://www.fallingfruit.tv/episodes/unwavering-samadhi-meditative-achievement-  
and-its-impact-world](http://www.fallingfruit.tv/episodes/unwavering-samadhi-meditative-achievement-and-its-impact-world)

“A Mindful Balance: Interview with B. Alan Wallace.” In *Tricycle: The Buddhist Review*, Spring, 2008: 60-63, 109-111

Interviewed for “The Tibet Connection: The English-Language Radio News Magazine About Tibet,” July 27, 2007:  
<http://www.thetibetconnection.org/sitebuildercontent/sitebuilderfiles/tc0707-3.mp3>

“Buddhismus im Labortest.” Interview published in “Die Zeit,” March 15, 2007, Nr. 12: <http://www.zeit.de/2007/12/Meditation-Interview> pdf:  
<http://hermes.zeit.de/pdf/archiv/2007/12/Meditation-Interview.pdf>

“On Contemplative Science,” interviewed for Podcast “Buddhist Geeks:”  
<http://www.buddhistgeeks.com/2007/01/29/buddhist-geeks-4-get-a-phd-in-10-contemplative-science/>

“On Achieving Shamatha,” interviewed for Podcast “Buddhist Geeks:”  
<http://www.buddhistgeeks.com/2007/01/15/buddhist-geeks-2-alan-wallace-on-achieving-shamatha/>

Interviewed for “The Skeptics Corner:”  
<http://www.theskepticsguide.org/skepticsguide/podcastinfo.asp?pid=73>

“Happiness—A Science of the Mind.” Interviewed by Paula Gordon and Bill Russell, “The Paula Gordon Show: Conversations with People at the Leading Edge,” November 26, 2006: <http://www.paulagordon.com/shows/awallace/>  
<http://www.huffingtonpost.com/paula-gordon/>. See also “Be Happy, Start a Revolution,” by Paula Gordon. In *The Huffington Post*, Nov. 29, 2006: [http://www.huffingtonpost.com/paula-gordon/be-happy-start-a-revolut\\_b\\_35127.html](http://www.huffingtonpost.com/paula-gordon/be-happy-start-a-revolut_b_35127.html)

“Buddha on the Brain,” interviewed by Steve Paulson, November 27, 2006:  
<http://www.salon.com/books/int/2006/11/27/wallace/>. See also:  
<http://souljerky.com/>

Interviewed with MIT neuroscientist Christopher Moore on “The Leonard Lopate Show,” New York Public Radio, April 28, 2006:  
<http://www.wnyc.org/shows/lopate/episodes/2006/04/28>

“Mindfulness: The Heart of Buddhist Meditation? A Conversation with Jan Chozen Bays, Joseph Goldstein, Jon Kabat-Zinn, and Alan Wallace.” For *Inquiring Mind: A Semiannual Journal of the Vipassana Community*, Vol. 22, No. 2, Spring 2006: 4-7, 28-29

Interviewed by Rob M. Hogendoorn at Columbia University, February 26, 2006:  
<http://mindandreality.org/interviews.html#BAlanWallace>

“Interview with Alan Wallace” by Sarah Lionheart. In *Yoga & Health*, February 2005: 9-10: [http://www.lionhearts.boltblue.com/Interview\\_with\\_Alan\\_Wallace\\_May\\_2004\\_Glasgow.Pdf](http://www.lionhearts.boltblue.com/Interview_with_Alan_Wallace_May_2004_Glasgow.Pdf)

“Altruism: What Science Can Learn from Buddhism.” For *Science & Theology News*, December 2004: 11

“Scientific Mind, Buddhist Mind.” For *Inquiring Mind: A Semiannual Journal of the Vipassana Community*, Vol. 20, No. 2, Spring 2004: 22-25

“Tibetan Buddhism in the West: Is It Working?” For *Tricycle: The Buddhist Review*, Summer 2001: 54-63