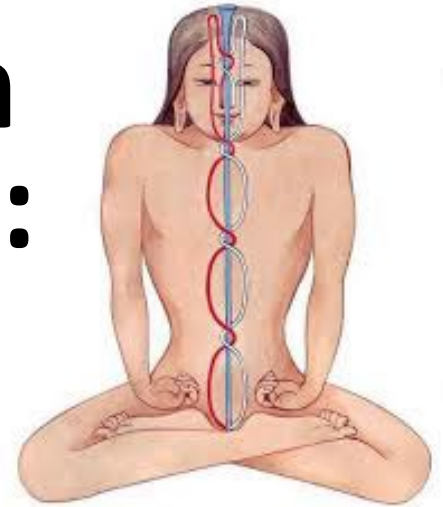




# Tibetan Buddhism and Neuroscience: Conceptual Frameworks for Visual Meditation Practices



Opening of the Vienna Meditation Research Network  
at the Institute of South Asian, Tibetan and Buddhist Studies (ISTB)

Mindfulness has become *the* term when referring to meditation. Denoting mostly secularised techniques derived from Buddhism, the largest proportion of Buddhist techniques, including Tibetan Buddhism, remain little explored.

This initial symposium is an interdisciplinary event between Buddhist studies and cognitive neuroscience related to Indo-Tibetan visual meditation practices, that aims to developing a conceptual framework for the exploration of Tibetan visual meditations.

*Speakers:*

*Tina Draszczyk • Peter Malinowski • Tilmann Reiss • Jim Rheingans  
Julian Schott • Michael Sheehy • Isabella Würthner*

*Conveners:*

*Jim Rheingans • Julian Schott*

**Please register by 10 October:  
[meditationframes.istb@univie.ac.at](mailto:meditationframes.istb@univie.ac.at)**



**International  
Symposium**

**October 18, 2024,  
10:00-17:30**

**Venue:**  
Seminarraum "Alte Kapelle",  
University Campus  
Spitalgasse 2, Hof 2.8,  
1090 Vienna

# Schedule

## Opening

- 10:00 **Jim Rheingans** (Prof. of Tibetology, ISTB, University of Vienna)  
*"Why research on conceptual frameworks of visual meditation practices? Towards a transcultural 'dictionary' between Buddhist Studies, Neuroscience, and Philosophy"*

## Concepts of Tantric Buddhist Visualisations

- 10:30 **Julian Schott** (Postdoc at the ISTB, University of Vienna)  
*"Tattva, caryā, caṇḍālī, and the two kramas: frameworks of tantric yogic practices"*
- 11:15 **Isabella Würthner** (Lecturer at the ISTB, University of Vienna)  
*"Illustration of the Tibetan Medical Body of Channels"*
- 12:00 **Q&A**

12:15-13:30: Lunch break

## Presentations with Practical Exercises

- 13:30 **Tilman Reiss** (Head of the "Ngagpa House", Germany)  
*"Trulkor: Tibetan yoga and practice-traditions"*
- 14:00 **Tina Draszczyk** (Independent Tibetologist and MBSR trainer)  
*"Mindfulness from a Mahāyāna perspective in its sūtric and tantric aspects"*



14:45-15:00: Coffee break

## Towards a Dialogue with Cognitive Neuroscience

- 15:00 **Jim Rheingans** (Prof. of Tibetology at ISTB, University of Vienna)  
*"Steps from a popular compassion training (Avalokiteśvara): An attempt at cultural translation"*
- 15:30 **Peter Malinowski** (Reader in Cognitive Neuroscience, director of the Meditation Research Lab at the Research Centre for Brain and Behaviour, Liverpool John Moores University)  
*"Neuroscientific Perspectives on Buddhist Meditation"*
- 16:15 **Michael Sheehy** (Research Assoc. Prof.; Assoc. Prof. of Religious Studies by courtesy; Director of Research Contemplative Sciences Center, University of Virginia)  
*"Towards a Typology of Contemplative Styles: A Transdisciplinary Prototype"*
- 17:00 **Q&A**