

Exploring Consciousness

Scientific & Contemplative Approaches

This self-paced online course bridges neuroscience, cognitive science, and Buddhist mind science to examine the nature of consciousness, perception, and the self. Combining theory with guided meditation and mindfulness, the course offers both intellectual inquiry and experiential insight into human experience and awareness.



Online Course

Exploring Consciousness

Scientific & Contemplative Approaches



with Prof. David Anderson, Geshe Tenzin,
Prof. Axel Seth, Dr. Marjorie Leiboldson,
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