

# BRIDGING ESOTERIC VAJRAYANA BUDDHISM PRACTICES WITH SCIENCE TO ENHANCE HUMAN COGNITION



## ONLINE WORKSHOP

March 16 - March 26, 2021:  
Asynchronous

March 26-28, April 1-3, 2021:  
Synchronous (live sessions) via  
zoom

### Overview

The primary goal of this workshop is to bring together psychologists, neuroscientists, and medical scientists as well as Vajrayana scholars and practitioners to examine the effects of mind-body practices of the Tibetan and Himalayan Buddhist tradition of Vajrayana on enhancing human cognition and creativity. Particular attention will be paid to advanced Vajrayana practices, such as Tummo – “Inner heat practice” and “Dream yoga”.

The aim of the workshop is twofold: firstly, we hope that this workshop will facilitate the attraction of greater scientific attention to these practices by uncovering their unique potential to enhance human cognition, and thus contributing to the preservation of their intangible heritage; secondly, we hope it will contribute to contemporary psychology and neuroscience by advancing scientific research on exceptional human cognition and creativity. The workshop will include proposal outlines of the most promising research directions and future scientific projects on bridging Vajrayana esoteric practices with science.

### Format

The format is both asynchronous (from March 16 until March 26) and synchronous (live sessions on March 26-28, April 2-4, 2021).

- **Virtual Workshop:** All talks will be recorded in advance and be made available from March 16th, 2021 until March 26, 2021.
- **Live Sessions:** There will be several panels relevant to the recorded talks, each with an assigned timeslot for live discussions taking place via Zoom on March 26-28, and April 2-4, 2021.

PLEASE CLICK FOR THE DETAILED PROGRAM [HERE](#).

PLEASE REGISTER YOUR ATTENDANCE [HERE](#).

*Your access to the workshop will be sent to you via email after registration.*

*Do visit our workshop website for future updates.*