Contents

Preface xxi

I

Teachings of the Zen Master & the Grand Conditioner 1

1

Meditation & the East: The Zen Master 5

 $\begin{array}{c} \textbf{ORDINARY AWARENESS:} \\ \textbf{AWKWARD SELF-CONSCIOUSNESS, 7} \end{array}$

 ${\tt MEDITATION\ AND\ CONSCIOUSNESS,9}$

THE ALTERED STATE, 15

SUMMARY, 54

2

Behavioral Self-management & the West:
The Grand Conditioner 55

THE IMPORTANCE OF ORDINARY AWARENESS, 57
BEHAVIORAL SELF-OBSERVATION, 64

(xvii)

THE ELEMENT OF CHOICE, 72

BEHAVIORAL SELF-MANAGEMENT, 78

SELF-CONTROL, FREE WILL, AND DETERMINISM: SOME CONCLUDING REMARKS, 109

SUMMARY, 114

II

Zen Behaviorism: When the Zen Master Meets the Grand Conditioner 117

3

Crisis: Freedom as Illusion 121
WHAT IS FREEDOM?, 122
THE CRISIS, 129
SUMMARY, 137

4

Responsibility & Evaluation:
Toward a New Awareness & an Affirmation 139

DEVELOPING A NEW AWARENESS, 140

DEVELOPING AN AFFIRMATION, 145

SUMMARY, 152

5

A New Alternative: The Path of Heart 153
THE SEARCH FOR THE "REAL ME," 155
CHOOSING THE "REAL ME," 169

(xviii)

Contents

INTEGRATING THE EAST-WEST VISION TO FIND THE PATH OF HEART, 170

EGOLESSNESS AND STRONG SENSE OF SELF, 182

YIELDING, ASSERTIVENESS, SELF-CONTROL, AND SPONTANEITY, 187

LIVING IN THE MOMENT: INTEGRATING ORDINARY AWARENESS AND THE ALTERED STATE, 194

DETACHED OBSERVATION (NONATTACHMENT) AND CARING LOVE, 206 SUMMARY, 215

6

Techniques: Following the Path of Heart 217

COMBINING EASTERN AND
WESTERN TECHNIQUES: CASE EXAMPLES, 220
SUMMARY, 256

7

Education: Having the Self-soar 257

LETTING YOURSELF SOAR, 258
HOW TO CREATE YOURSELF, 261
SUMMARY, 263
SUMMARY OF A SUMMARY, 265

IIIEpilogue 267

8

Self-celebrating: The Art of the Cosmic Chuckle 269 SOME COMMENTS ON NIRVANA, 270

(xix)

SOME COMMENTS ON PRECISION NIRVANA, 272

SOME COMMENTS ON CARE AND MAINTENANCE OF THE MIND, 274

AND NOW IT'S YOUR RESPONSIBILITY: AN OWNER'S MANUAL. 275

SUMMARY, 279

IV

Appendixes 281

APPENDIX 1: A REQUEST TO READERS, 282

> APPENDIX 2: HARD-CORE ZEN. 284

APPENDIX 3: EAST-WEST TECHNIQUES—DIFFERENCES, SIMILARITIES, AND ADVANTAGES IN COMBINING, 286

APPENDIX 4: BEHAVIORISM, HUMANISM, AND BEYOND, 294

> APPENDIX 5: SELECTED READINGS, 302

> > APPENDIX 6: CHAPTER NOTES, 312

> > > APPENDIX 7: GLOSSARY, 329

> > > > Index 335