

Allan Wallace 「冥想科學」意識研究之檢視

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提 要

本文是對 Alan Wallace 「冥想科學」意識研究的觀點作初步檢視，歸納出其三個主要論點分別是：一、批判科學唯物論意識研究取向的謬誤；二、主張科學與佛教的整合，將有助於意識的探究；三、重視佛教禪定之學可為心識研究提供不同的切入視角。對於 Wallace 的觀點，本文認為有三點值得重視的論點：一、反思科學研究意識問題之限制；二、突顯佛學觀點之重要性；三、價值實現為意識研究背後之要務。此外，對於 Allan Wallace 之論點，本文也作出評論，認為應注意佛教特殊的表達語境，而重視佛教語彙釐清的工作；以及佛學論述立足點之自我檢視，使能較公允嚴正地代表佛教立場。最後，對 Wallace 強調佛學與科學作整合的觀點提出討論，認為佛學與科學間是相容或對立的不同主張，應避免各說各話的傾向，而須認清佛學與科學在面對意識問題各有所長，而在認清兩者之差異的前提下，進而使兩者各盡其能來探究意識，而此多管齊下的意識探究，將助於更整體而全面的掌握意識的全貌。

關鍵字：意識、心靈、冥想、科學、佛學

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An Investigation on Allan Wallace's Consciousness Studies of *Contemplative Science*

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Abstract

In this preliminary study of *Contemplative Science* by Allan Wallace, three main lines of thought are presented: 1. a strong criticism of scientific materialism, 2. an outline of the benefits of cooperation between Buddhism and science in studies related to consciousness, 3. emphasis on the importance of the Buddhist tradition of meditation in providing new angles on the various aspects of consciousness. Besides, this report takes positive inspiration from the Wallace's views on consciousness with regards to the following: 1. the limitation of scientific studies of consciousness, 2. the importance of Buddhist views on consciousness, 3. the achievement of positive contributions being the first priority of studies of consciousness. On the contrary, some issues are raised with regard to the importance of a clarification of Buddhist terminology, as well as the essential role that a thorough examination of our traditional presumptions of Buddhist knowledge may play in investigations related to consciousness. I conclude by suggesting that a cautious attitude be held when making claims toward the compatibility of Buddhism and science, for Buddhism and science each take very different approaches to the study of consciousness, each presenting their own unique advantages. Furthermore, in order to gain a more comprehensive understanding of the vast subject of consciousness, these two approaches ought to be assigned equal value.

Keywords: consciousness, mind, meditation, science, buddhist studies

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