

Title: **Physiology of Nirvana**

Organizers: Haruo Mizutani (University of Tokyo, Japan)

Naohisa Miyakawa (Nigata University, Japan)

Speakers: Sodo Yasunaga (Department of International Zen Studies, Hanazono University Faculty of Letters, Zen Monk)

Keishin Kimura (Japan Yoga Niketan, Japan Yoga Therapy Society)

Hideho Arita (Department of physiology, Toho University Graduate School of Medicine, Japan)

Date: 26 July, 2009, 15:00-17:00

Venue: Kyoto Prefectural University of Medicine Library Hall, Kyoto, Japan

Outline:

Kyoto is a former capital of Japan, but it also has a long history of being the center of the Buddhism religion. Throughout the city, there are many Buddhist temples of different denominations, which have branched out and developed with various religious philosophies during the 1200-year history of Buddhism in Japan. In these temples, monks practice different religious practices. For instance, they read a series of scriptures, perform asceticism and practice meditation, or Zen. These seemingly different practices are actually conducted for the same aim of attaining higher perception, awakening in the true nature of the universe, and achieving Enlightenment. In this symposium, we would like to address the physiological phenomena that take place in our body and mind during the meditation and the moment of Nirvana. The organizers are now inviting participants from physiological societies of each country.

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