

## 2 Buddhism and Science

### Abstract

While Buddhism is often referred to as a ‘non-theistic religion’, it has the potential to play a unique mediating role between theistic religions, with their emphasis on faith and divine revelation, and the natural sciences, with their ideals of empiricism, rationality, and scepticism. The main body of this article focuses on Buddhist approaches to cultivating eudaimonic well-being, probing the nature of consciousness, and understanding reality at large. In each case, religious, scientific, and philosophical elements are blended in ways that may not only lend themselves to dialogue with Western science, but push forward the frontiers of scientific research as well as interdisciplinary and cross-cultural inquiry. The article also argues that Buddhism has developed a science of consciousness, with a few exceptions regarding sciences with no controlled experiments.