

-Subjects covered in
REFLECTION ON REFLECTION

OVERVIEW

INTRODUCTION

What is Reflection about?

Who is this book for?

A novelist takes up the story

‘Reflection’ as ‘Western’ ‘Meditation’

Is there a difference between the mindset of the East and that of the West?

What is involved in reflection

Some suggestions about ideas worth preserving through Reflection today

Ways to prepare for Reflection

Some basic concepts of Western Reflection thinking:

Further reflection on REFLECTION

What celebrated people say about reflection

Finding yourself includes observing yourself.

Philosophy comes in many guises

Preferred priorities may come into clearer view

Reflection – Thinking for yourself

PRACTICAL WISDOM

How should we live our lives

A Training for Practical Wisdom

An Unpopular approach

Some outré ideas

Have You Suffered a bereavement?

Are You Undergoing a Divorce?

DOUBTING THOMAS – the downside of Reflection

A VIRTUAL AGORA FOR OCCIDENTAL MEDITATION

CONTEMPLATION: *'Ruminative' reflection in action*

Reflection and Philosophers

Language

What can we learn about ourselves from the animal world?

Longevity and maturity

The Physical world

Individuals are communal beings as well as being individual

What, if anything, is unique about me?

What is it that conveys an 'essence'?

Our soul and the Afterlife

Celestial Justice

A Blur

Schrödinger's Cat...

Is there one truth or system that is sufficient to explain the Mystery?

More about 'Unseen Nature'

A few observations on this way of looking at the world

A all-too-brief gaze at the heavens

SOME CONCLUSIONS

APPENDIX

CONCEPTS

Patterns of thought about which we may not be fully aware

The Moving Goalpost

The Irony Principle

The Proximity Principle

The Threshold Point

Binary Thinking

Concepts relating to international relations and society

Morality should be the same for leaders as for the led

Value Systems as opposed to Belief Systems

FURTHER ASPECTS OF REFLECTION

Reflective Practice

Reflective practice encourages innovation

Reflective practice encourages engagement

Objective Thinking

Metacognition

Critical Reflection

Transformative Learning

The Art of Self-Scrutiny