

Author Bibliography



Wim van den Dungen

2023



Het hart is niet alleen een orgaan dat precies en gestaag ongeveer vijf liter bloed door ons lichaam pompt. Recente onderzoeken tonen aan dat het hart 'intelligent' is, en ook het brein kan sturen in plaats van altijd omgekeerd. Het elektromagnetisch veld geproduceerd door de hartslag is duizenden malen sterker dan de fijne corticale velden, doordringt alle cellen van het lichaam én strekt zich uit tot voorbij de lichaamsgrens. Dit veld is niet alleen een ritmisch fenomeen, maar kan intelligente beslissingen doorseinen naar alle cellen en hun omgeving.

In alle spirituele tradities speelt het hart een belangrijke rol. Al deze hartmetaforen wijzen naar een dieperliggend, geestelijk aspect van het hart. De centrale kenmerken van de hartmetaforiek bezongen door deze tradities worden gehoord en vergeleken. Hierbij komen aan bod het Oude Egypte, de Kabbalah, de Christelijke mystiek, het Soefisme, het Boeddhisme en het Taoïsme. De auteur laat meerdere bestaanslagen van het hart spreken. Hierbij wordt wat mystici over het hart schrijven en wat de hedendaagse wetenschappen aanreiken vergeleken. Dergelijke inzichten kunnen licht werpen op het openen van het hart. Een levend contact met het goede hart bevordert niet enkel de fysieke gezondheid en de schone uitstraling, maar ook de ware vrede van de geest die zich inzet om het lijden van alle andere wezens weg te nemen. Een geest die allen het hoogste geluk toewenst.

Met oorspronkelijke citaten uit de teksten en de belangrijkste bronnen van genoemde tradities.

Een studie over de kennis van het hart in de verschillende spirituele tradities, zoals het Oude Egypte, de Kabbalah, de Christelijke mystiek, het Soefisme, het Boeddhisme en het Taoïsme, maar ook in neurocardiologie en biofeedback.

Uitgever : Edicola/Bress – 2015
Paperback – 272 pagina's – met illustraties



ANCIENT EGYPTIAN
READINGS

WIM VAN DEN DUNGEN



English translation of selected Ancient Egyptian texts covering sapiential, magical, ceremonial, and theological traditions.

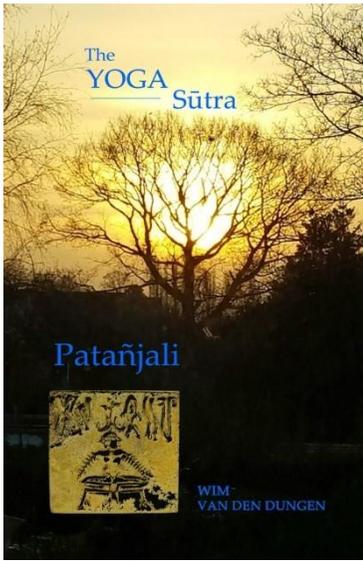
Included are : 'Instruction to Hordedef,' 'Instruction to Kagemni,' 'Pyramid Texts (of Unas),' 'Instruction to Merikare,' 'To Become Magic,' 'Discourse of a Man with his Ba,' 'Instruction to Amenemhat,' 'The Great Praise of the Aten,' 'The Book of the Cow of Heaven,' 'Hymns to Amun,' 'The Shabaka Stone,' 'Instruction to Amen-em-apt,' 'The Adoration of Re.' These readings span thirteen

centuries, covering all critical stages of the literature. Translated from Egyptian originals and ordered chronologically.

Publisher : Taurus Press – 2016

Paperback – 250 pages – illustrated

www.sofiatopia.org/ancient_egyptian_readings.html



English, French & Dutch translations of the Yoga Sūtra of Patañjali, a text of about 1200 words, codifying the best yoga practices in 195 Sanskrit aphorisms. Yoga became one of the six schools of Hindu philosophy and remained close to the Vedas. These scriptures speak of three paths to freedom from ignorance and suffering : Ritual, Mystical Devotion, and Yoga.

The Yoga Sūtra of Patañjali turned Hindu Yoga systematic and close to direct yogic experience.

Publisher : Taurus Press – 2016

Paperback – 114 pages

www.sofiatopia.org/yoga_sutra_of_Patanjali.htm



The YOGA SŪTRA of PATAÑJALI

translations and commentary

WIM VAN DEN DUNGEN



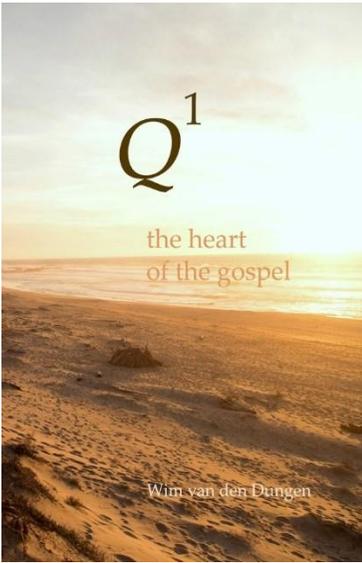
This book offers translations of the Yoga Sūtra of Patañjali in English, French, and Dutch, as well as a commentary from the perspective of a practicing Buddhist.

Besides a critique of the eternal substances of the seer (the self) and seen (Nature), the commentary also identifies links between Jhāna Yoga and the various types of union (samādhi) mentioned by Patañjali. It compares the application of concentration, contemplation, and union with Tibetan Buddhism's Nine Stages of Calm Abiding.

Publisher : Taurus Press – 2016

Paperback – 340 pages

www.sofiatopia.org/yoga_sutra_of_Patanjali.htm



Dedicated to Q¹, called 'the Heart of the Gospel.' It is the oldest layer of the New Testament, the so-called : 'Book of Q' in English, French, and Dutch translations.

It is a reconstruction by scholars of the original 'oral lore' of Jesus of Nazareth.

The Gospel of Mark served as a model for Matthew and Luke. Besides the Gospel of Mark, Matthew and Luke used independently from one another a text called : 'The Words of Jesus' or 'Q.' Mark did not.

The redaction of these wisdom words happened in three steps : Q¹, Q², and Q³. The oldest layer is Q¹, written ca.50 CE.

Publisher : Taurus Press – 2016

Paperback – 50 pages

www.sofiatopia.org/q1.htm

Beatrice of Nazareth

On Seven Ways of Holy Love



WIM VAN DEN DUNGEN

menichē noch vūit noch engel noch heile-
gen noch gode deluz i al haten doene ofte
latene wōrene ofte i vāltēn en i gāte
vūete wale dāne minne es dīne hāre
alū vāck en alū hēre wōrende i d mīte
des lichāme alē in vete wōren i kene
vāte en geuule dāne mīte mīte engher
leere i mōnde noch i wīte in die ghene
vūte
len en nā volge met vrouwe en ufenē
mer begēn en i hērogeer in hāten
i groten arbande en in vete ymē en in
oghenake te dogene en alle clene dōe
moeten nīck groer tere dē mīte dān
i d vete comen dāne minne hāne hāre
vegere die gewelighke vāte d mīte
vāte en die alle dīne clene mīte en

English and Dutch translations of 'On Seven Ways of Holy Love,' a mystagogic treatise on 'minne' or 'holy love' by Beatrice of Nazareth, a 13th-century Cistercian nun and the oldest datable mystical prose text in Middle Dutch.

Beatrice describes the nuptial relationship between the good soul and her Bridegroom in seven ways of holy love. The use of vernacular contributed to a mystic language impacting the more scholarly approach of John of Ruusbroec.

Publisher : Taurus Press

2016 Paperback – 92 pages

www.sofiatopia.org/on_seven_ways_of_holy_love.htm

Ten Ox-Herding Images



training the mind for enlightenment

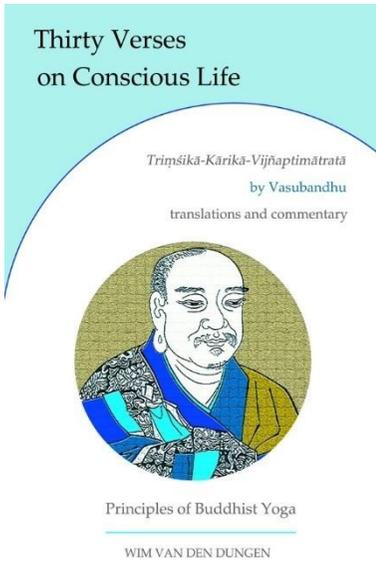
WIM VAN DEN DUNGEN

The 'Ten Ox-Herding Images' are an ingenious set of metaphors representing the process of awakening, the recognition of the original mind. These images by Rinzai Ch'an priest Kuoan Shiyuan of the 12th century, reproduced by Tensho Shubun (1414 – 1463), have been repainted throughout the centuries. However, while varying versions exist, what they splendidly convey stands unchanged. Part of the Zen tradition, they show how to train the mind, a process shared by all schools of the Buddha Vehicle.

Publisher : Taurus Press – 2016

Paperback – 86 pages – illustrated

www.sofiatopia.org/ten_ox_herding_images.htm



The 'Thirty Verses' or 'Treatise on the Thirty Verses on No More Nor Less than Representation Only' by Vasubandhu (316 – 396), is a succinct and concentrated set of thirty verses crucial to the Yogācāra ('yoga practice' or 'one whose practice is yoga'), the second branch of the Mahāyāna.

Yogācāra is, next to Madhyamaka or Śūnyavāda (Nāgārjuna), one of the two schools of Mahāyāna, integrating yoga and epistemology. It became canonical and was translated into Chinese.

The commentary avoids this typical take on Vasubandhu and returns to his original approach : a critical and phenomenological Yogācāra, also called 'citta-mātra,' Consciousness-Only.

Publisher : Taurus Press – 2016

Paperback – 164 pages

www.sofiatopia.org/thirty_verses_on_conscious_life.htm



BOOK OF LEMMAS

'Book of Lemmas' presents the outlines of immanent and transcendent metaphysics.

The latter is introduced by a survey of epistemology, particularly criticism, demarcating between valid and invalid propositions and between science & metaphysics. Immanent metaphysics does not move beyond the limitations of conceptual reason and is a heuristic of science.

The ontological principle of the proposed process-ontology is the actual occasion, defined by its two-state vectors : material efficiency and scalar finality (information and consciousness).

Publisher : Taurus Press – 2016

Paperback – 352 pages

www.sofiatopia.org/book_of_lemmas.htm

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REGULÆ

In 1628 or perhaps a few years earlier, René Descartes began working on a treatise, left unfinished, regarding the correct method for systematic thinking : 'Rules for the Direction of the Mind.'

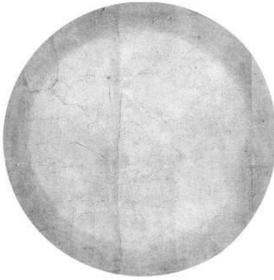
To honor his effort, this little book brings together a hundred rules of the 'game of "true" knowing.'

This sport, played by scientists and philosophers alike, intends to gather novel conceptual knowledge valid pro tem

Publisher : Taurus Press – 2016
Paperback – 80 pages
www.sofiatopia.org/regulae.htm

Emptiness

Panacea



Philosophy & Experience

WIM VAN DEN DUNGEN

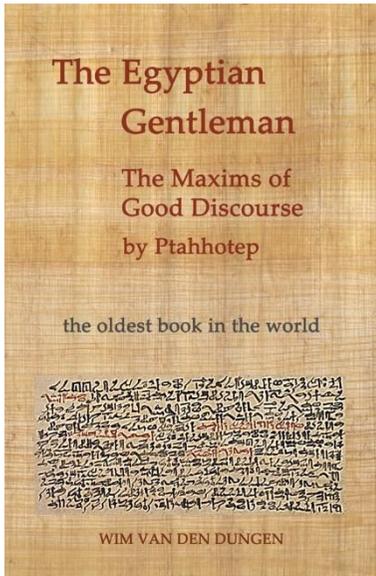
This book is about emptiness, the core of the Buddhayana, the 'vehicle' of the Buddha. Shunyata is the noun form of the adjective 'shunya,' meaning 'void, zero, nothing, and empty,' from the root 'shvi,' or 'hollow.' However, 'emptiness' does not mean 'nothing.' Instead, it refers to the absence of something, to the fact an object has been negated. What is found wanting? A certain common way of existence kept by most of us. This book gives body to my intent to help understand emptiness clearly and distinctly, so

its salvic power may benefit as many as possible. It is directly related to the fact that common Emptiness Meditation clears emotional and mental afflictions, whereas 'seeing' emptiness is a nondual state of mind with nondual perception, thought, and action.

Publisher : Taurus Press – 2017

Paperback – 738 pages – illustrated

www.sofiatopia.org/emptiness_panacea.htm



A commentary on the 'Maxims of Good Discourse,' an exceptional text from Ancient Egypt's Old Kingdom (ca. 2670 – 2205 BCE), written over 4000 years ago by Ptahhotep.

To the British, a 'Gentleman' is modest, well-mannered, self-deprecating, quietly intelligent, considerate of other people's feelings, well-informed, and never vulgar, inflated, vain, boastful, noisily ignorant, sleazy, or unsophisticated.

So too, in Egypt.

The 'Maxims' describe a special kind of discourse, one leading to a happy life by engaging in proper thoughts, speech, and actions. Morality is rooted in thought (heart) and speech (the right or wrong use of the tongue).

Publisher : Taurus Press – 2017

Paperback – 184 pages – illustrated

www.sofiatopia.org/egyptian_gentleman.html

In Togetherness



a transpersonal philosophy

WIM VAN DEN DUNGEN

An organized summary of my philosophy of the transpersonal, referring to experiences, processes, and events transcending the egology of the coarse mind and involving a sense of connection to, or participation with, a more meaningful existence transforming consciousness.

Transpersonal philosophy fostered Perennial, Empiricist, and Participatory models to explain the holotropic or altered states of consciousness calling for wholeness.

This book integrates these views to accommodate a critical model, encompassing Criticism, Process Philosophy, Piaget's Genetic Epistemology, Maslow's Hierarchy of Needs, the Eastern Chakra system, the Qabalah, Psychedelics, and Depth Psychology, in casu Assagioli's Psychosynthesis. The distinction between self-actualization (the vision of totality) and self-realization (mystical experience touching the infinite) is pertinent and informs this critical and eclectic transpersonal philosophy.

Publisher : Taurus Press – 2018

Paperback – 514 pages – illustrated

www.sofiatopia.org/in_togetherness.htm



TURNING THE WHEEL

WIM VAN DEN DUNGEN

The Lotus Wheels found at the entrance of Tibetan monasteries and institutes are anchored in the earth, spun by hand, and called 'Ground Wheel' or 'Earth Wheel.' Likewise, when turned in the heat of the fire, the wheel is called a 'Fire Wheel,' if turned in the wind, an 'Air Wheel,' and if turned by water, a 'Water Wheel.' In the traditional account, wherever the smoke of the fire of a fire wheel pervades, sentient beings attain Buddhahood. The same happens wherever the wind blows or wherever water flows. Turned on the ground, all sentient beings dwelling in

that place attains enlightenment. With the advent of electricity, solar energy may also turn it on. Here, the fifth type of wheel, the so-called 'Hand Wheel,' is investigated. Held in the right hand and turned by a small movement of the wrist, whoever sees, hears, recalls, or touches that person will attain without taking a long time.

Publisher : Taurus Press – 2019

Paperback – 328 pages – illustrated

www.sofiatopia.org/turning_the_wheel.htm

Finding the Face

by
WIM VAN DEN DUNGEN

About recognizing the nature of mind, metaphorically called 'the Face.' A state of total presence is undefinable by any term but inherently radiant and wakeful.

Figuratively explained as a mirror, its nature is brilliant clarity and an unobstructed medium for whatever appears. The method leading to it is called 'supreme yoga,' known in Tibet as Dzogchen or Great Completion, said to have been first taught by the semi-historical Garab Dorje, initiated by Buddha Vajrasattva himself.

In his "Three Incisive Precepts," he summarized to his heart student the 6.4 million verses explaining these teachings as follows :

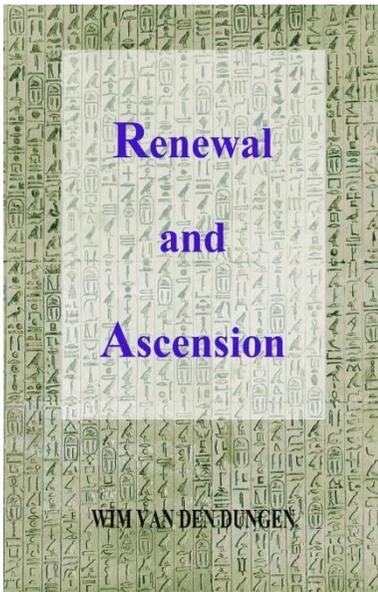
'A direct introduction into the nature of mind is the first imperative.
Absolute conviction in the practice is the second imperative.
Gain confidence in release is the third imperative.'

This book is about the first.

Publisher : Taurus Press – 2019

Paperback – 160 pages

www.sofiatopia.org/finding_the_face.htm



King Unas, Unis or Wenis (ca. 2378 – 2348 BCE) was the last king of the Vth Dynasty. His pyramid at Saqqara is the smallest of all known Old Kingdom pyramids (43 m high, with a slope of 56°). Unas was the first to include hieroglyphic inscriptions in his tomb, namely on the corridor walls, antechamber, passage-way, and burial chamber, as well as on the four gables.

These earliest 'Pyramid Texts' were found by Maspero in 1881. The tomb had been sealed ca. 2348 BCE, so these texts remained unaltered for over 4200 years !

Besides an introduction into how to approach Egyptian texts, involving epistemological, anthropological, and egyptological considerations, and a complete translation, the commentary points to two salvic strategies put into evidence in the texts : renewal (in the Duat of Osiris) and ascension (on/in the horizon, headed towards the sky of Re), mediated by 'Horus-consciousness,' the power of majesty. These salvic perspectives return in Hermetism, monotheism, and Hermeticism.

Publisher : Taurus Press – 2019

Paperback – 160 pages – illustrated

www.sofiatopia.org/renewal_and_ascension.html

WIM VAN DEN DUNGEN



CRITIQUE of a METAPHYSICS
of
PROCESS

This 'Critique of a Metaphysics of Process' aims to provide the necessary demarcations between science and metaphysics, valid and invalid metaphysics, and immanent and so-called 'transcendent metaphysics,' thus clarifying their role in speculative thought.

The text advances a process ontology based on three irreducible operators : matter, information, and consciousness, sharing the actual occasion as their ontological principal.

This metaphysics and its ontology harmonize with transpersonal psychology and mysticism.

Publisher : Taurus Press – 2020

Paperback – 416 pages

www.sofiatopia.org/metaphysics.htm



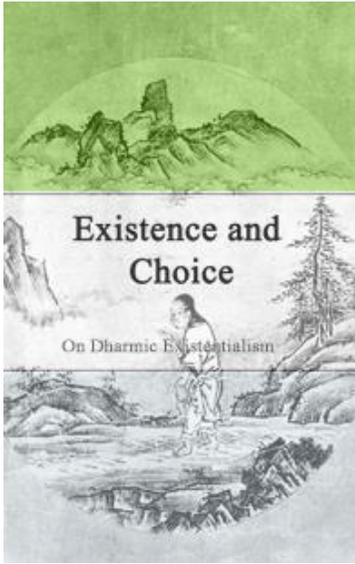
About the basics of escaping prison, beginning by showing where the bars are. Not some actual cage, but one of self-delusion, a mental fabrication superimposed upon appearances. With colored eyeglasses on, the interrelated nature of the process underlying reality is filtered out. Understanding (sophia, prajñā) and experientially and existentially "seeing" (gnosis, jñāna) reality's disposition ends the confusion about "I" and "other," breaking the irons put on oneself, taking off the spectacles, liberating self-slavery. The contraction of consciousness by the ego binds it to

a single, monolithic outlook defined by the duality between this grasping "I" and the objects possessed, between a knower and a known, between a grasper and what is grasped. As a result, the unbounded groundless ground of sentience condenses to finite, limited dyadic forms of identity. This needs to be overcome.

Publisher : Taurus Press – 2021

Paperback –310 pages – illustrated

www.sofiatopia.org/no_ego_no_demons.htm



Choice is what this is about. Undoubtedly, to decide lies at the heart of existentialism. Do we choose, or are we set? Both. Defining existentialism, a word coined by the French philosopher Gabriel Marcel in 1943, is irrelevant and impossible. Immaterial because an objectifying stance or "God's Eye" on the matter is absent. Unfeasible because existentialists hold a wide range of divergent positions when answering its two basic queries : Who am I? How to live? Given the replies to these questions are as inexhaustible as crucial, existentialism is never outdated or on the way out.

Publisher : Taurus Press – 2021

Paperback –310 pages – illustrated

www.sofiatopia.org/existence_and_choice.htm