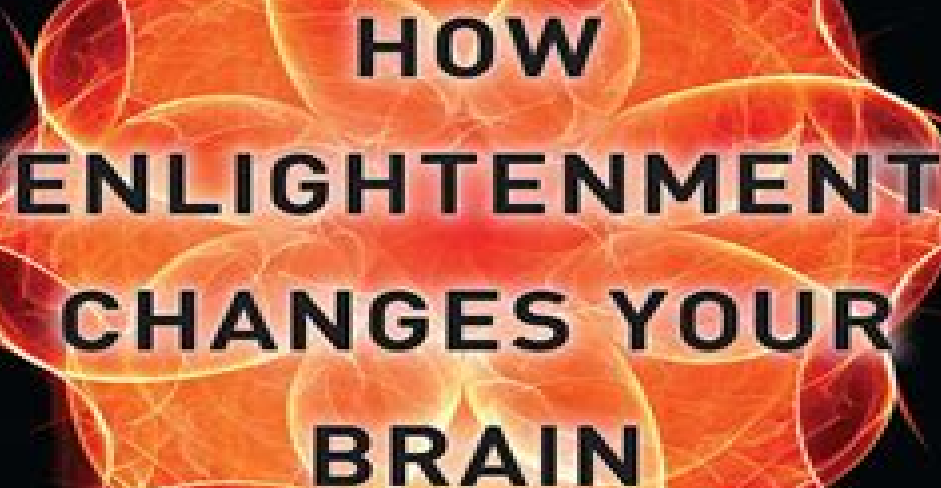


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## The New Science of Transformation



# HOW ENLIGHTENMENT CHANGES YOUR BRAIN

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FRED STELLA

ANDREW NEWBERG, MD, AND MARK ROBERT WALDMAN

AUTHORS OF *How God Changes Your Brain*

# How Enlightenment Changes Your Brain

**Theresa Cheung**



## **How Enlightenment Changes Your Brain:**

**How Enlightenment Changes Your Brain** Andrew B. Newberg, Mark Robert Waldman, 2016 The bestselling authors of How God Changes Your Brain reveal the neurological underpinnings of enlightenment offering unique strategies to help readers experience its many benefits In this original and groundbreaking book Andrew Newberg M D and Mark Robert Waldman turn their attention to the pinnacle of the human experience enlightenment Through his brain scan studies on Brazilian psychic mediums Sufi mystics Buddhist meditators Franciscan nuns Pentecostals and participants in secular spirituality rituals Newberg has discovered the specific neurological mechanisms associated with the enlightenment experience and how we might activate those circuits in our own brains In his survey of more than one thousand people who have experienced enlightenment Newberg has also discovered that in the aftermath they have had profound positive life changes Enlightenment offers us the possibility to become permanently less stress prone to break bad habits to improve our collaboration and creativity skills and to lead happier more satisfying lives Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable Newberg brings us a new paradigm for deep and lasting change

**How Enlightenment Changes Your Brain** Andrew Newberg, MD, Mark Robert Waldman, 2016-03-15 The bestselling authors of How God Changes Your Brain reveal the neurological underpinnings of enlightenment offering unique strategies to help readers experience its many benefits In this original and groundbreaking book Dr Andrew Newberg and Mark Robert Waldman turn their attention to the pinnacle of the human experience enlightenment Through his brain scan studies on Brazilian psychic mediums Sufi mystics Buddhist meditators Franciscan nuns Pentecostals and participants in secular spirituality rituals Newberg has found the specific neurological mechanisms responsible for an enlightenment experience and how we can activate those circuits in our own brains In his survey of more than one thousand people who have experienced enlightenment Newberg has also discovered that in the aftermath they have had profound positive life changes Enlightenment offers us the possibility to become permanently less stress prone break bad habits improve our collaboration and creativity skills and lead happier more satisfying lives Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable Newberg brings us a new paradigm for deep and lasting change

Bliss Brain Dawson Church, 2020-09-15 Award Winner in the Science category of the 2020 Best Book Awards sponsored by American Book Fest Award winning author and thought leader Dawson Church Ph D blends cutting edge neuroscience with intense firsthand experience to show you how you can rewire your brain for happiness starting right now Neural plasticity the discovery that the brain is capable of rewiring itself is now widely understood But what few people have grasped yet is how quickly this is happening how extensive brain changes can be and how much control each of us has over the process In Bliss Brain famed researcher Dawson Church digs deep into leading edge science and finds stunning evidence of rapid and radical brain change In just eight weeks of practice

12 minutes a day using the right techniques we can produce measurable changes in our brains. These make us calmer, happier and more resilient. When we cultivate these pleasurable states over time, they become traits. We don't just feel more blissful as a temporary state; the changes are literally hard-wired into our brains, becoming stable and enduring personality traits. The startling conclusions of Church's research show that neural remodeling goes much farther than scientists have previously understood, with stress circuits shriveling over time. Simultaneously, the Enlightenment Circuit associated with happiness, compassion, productivity, creativity and resilience expands. During deep meditation, Church shows how the 7 neurochemicals of ecstasy are released in our brains. These include anandamide, a neurotransmitter that's been named the bliss molecule because it mimics the effects of THC, the active ingredient in cannabis. It boosts serotonin and dopamine; the first is an analog of psilocybin, the second of cocaine. He shows how cultivating these elevated emotional states literally produces a self-induced high. While writing *Bliss Brain*, Church went through a series of disasters, including escaping seconds ahead of a California wildfire that consumed his home and office and claimed 22 lives. The fire triggered a painful medical condition and a financial disaster. Through it all, Church steadily practiced the techniques of Bliss Brain while teaching them to thousands of other people. This book weaves his story of resilience into the fabric of neuroscience, producing a fascinating picture of just how happy we can make our brains, no matter what the odds.

*21 Rituals to Change Your Life* Theresa Cheung, 2017-03-14 Aristotle said you are what you repeatedly do. Most of us have no idea that what we repeatedly do creates our lives; we think our future is shaped by big events, the decisions we make, the thoughts we have, but this book will show you that it is your daily actions that are the key. Over the last few decades, neuroscientists and psychologists have discovered that there is more power in *I do* than *I think*. However, if an action is repeated enough times, it becomes habit, but habits lack thought, consideration and presence. To effect long-lasting, meaningful change, our actions need to be filled with a sense of personal meaning and power; they need to be ritualized. Creating personal ritual in our lives allows us to bring the presence of the sacred into the everyday. The rituals in this book have been designed as symbolic acts, providing a framework for anyone to use to create positive change in their lives. The 7 morning rituals are designed to help you wake with determination; the 7 afternoon rituals focus on living on purpose, and the 7 evening rituals are about retiring with satisfaction.

**Break Through the Limits of the Brain** Joseph Selbie, 2025-09-12 A life-changing guide to understanding your brain and how to change it for good. *Break Through the Limits of the Brain* explores the neuroscience of sacred, superconscious experience. It offers proven ways to break through the brain's limits into a life-changing, life-enhancing awareness that is beyond our everyday consciousness, an awareness that is intuitive, creative, energized, joyful and spirit-filled. Selbie explains how and why the brain's neural circuits reinforce thoughts, emotions and behaviors that keep us immersed in limited, conscious awareness and how radical neuroplasticity enables our innate ability to rewire the brain to break through to unlimited, superconscious awareness. The book offers many practices, the Hong Sau technique of meditation for deepening concentration, energization exercises for

increasing life force and vitality methodical introspection techniques for identifying neurally reinforced negative patterns of thought emotion and behavior and affirmations for directly rewiring them These practices will help you bring superconscious awareness into your life that enables awakens and supports success vitality creativity health peace of mind and lasting fulfilling happiness Break Through the Limits of the Brain provides strong scientific support for superconscious awareness scientific support provided by quantum physics and M theory for the existence of a subtle nonlocal reality a reality in which we exist simultaneously with physical reality a reality of which we can become aware by breaking through the limits of the brain The book debunks scientific materialism s brain based explanation for consciousness and intelligence the brain as supercomputer model and explains the view of many prominent and open minded scientists that an all pervading intelligent consciousness is not only the source of our own consciousness but also the foundation of reality an age old sacred belief shared by saints sages mystics and those who ve had near death experiences Meditation is a central theme of the book what it is how to do it why it works its physical mental and emotional benefits as measured by neuroscientists and how it rewires the brain for us to experience superconscious awareness and to achieve whatever we put our mind to     *The Ten Worlds* Ash ElDifrawi,Alex Lickerman,2018-10-02 What exactly is happiness that we spend our lives pursuing it more fiercely than anything else The answer Drs Lickerman and ElDifrawi argue is that happiness isn t just a good feeling but a special good feeling in fact the best good feeling we re capable of having Enduring happiness is something we all want yet many of us fail to achieve Look around you How many people do you know who would say they feel a constant and powerful sense of satisfaction with their lives How many people do you imagine wouldn t find their ability to be happy impaired by a significant loss like the death of a parent a spouse or a child How is it possible to be happy in the long term when so many terrible things are destined to happen to us In this highly engaging and eminently practical book told in the form of a Platonic dialogue recounting real life patient experiences Drs Lickerman and ElDifrawi assert that the reason genuine long lasting happiness is so difficult to achieve and maintain is that we re profoundly confused not only about how to go about it but also about what happiness is In identifying nine basic erroneous views we all have about what we need to be happy views they term the core delusions Lickerman and ElDifrawi show us that our happiness depends not on our external possessions or even on our experiences but rather on the beliefs we have that shape our most fundamental thinking These beliefs they argue create ten internal life conditions or worlds through which we continuously cycle and that determine how happy we re able to be Drawing on the latest scientific research as well as Buddhist philosophy Lickerman and ElDifrawi argue that once we learn to embrace a correct understanding of happiness we can free ourselves from the suffering the core delusions cause us and enjoy the kind of happiness we all want the kind found in the highest of the Ten Worlds the world of Enlightenment The Ten Worlds Hell Hunger Animality Anger Tranquility Rapture Learning Realization Compassion Enlightenment     The Automatic Writing Experience (AWE) Michael Sandler,2021-02-16 An AWE Inspiring Adventure Automatic writing can do

more than merely help you tap into inner guidance The practice can boost creativity ignite intuition and even trigger mystical experiences January February 2022 issue of Unity Magazine Ever grabbed the steering wheel and yanked it to the side just in the nick of time Or ever picked up the phone to call someone only to find they re already there Inside of each one of us is an inner wisdom just waiting to come out It s the voice that had you turn the wheel or pick up the phone And this inner knowing has the answers to your most pressing questions Where do I go What do I do Why am I even here Or even how do I get out of this mess The answers are closer than you think and with The Automatic Writing Experience AWE a revolutionary process to enter a meditative state put pen to paper and watch the words flow you ll have access to this incredible wisdom anytime you want And the greatest thing is you don t need any particular belief spirituality or even gift This ability to tap in is available to everyone especially you In AWE you ll quickly and easily learn how to tune into this wisdom get answers find direction and point your ship almost anywhere you desire You ll learn more about your life than you ever imagined And using AWE you ll tap into the most powerful manifestation tool putting the law of attraction into action helping attract your dreams and much more

**Living in the Presence** Rabbi Burt Jacobson, 2024-11-19 A rabbi s lifelong journey to discover the source and inspiration of Hasidism As a student of Abraham Joshua Heschel s at Jewish Theological Seminary sixty years ago Burt Jacobson was moved to devote his life to the study of Israel Baal Shem Tov the founder of Hasidism Heschel considered the Baal Shem the greatest Jewish teacher and communal leader of the last 1 000 years Living in the Presence A Personal Quest for the Baal Shem Tov is a wide ranging portrait revealing numerous facets of the Baal Shem Tov s biography and revolutionary thought previously unknown Through his knowledge of the world s wisdom traditions and personal journey Rabbi Jacobson is able to place the Baal Shem in the company of the great world spiritual teachers He reveals the Baal Shem s vision as an ecstatic mystical encounter that opened to the transcendent unity of existence It was this that inspired his love and compassion for all creation especially for the people he met His disciples testified that their experience of these truths transformed how they understood their own identities as manifestations of the Divine altered how they lived as spiritual leaders of their communities and laid the foundations for Hasidism as a movement Throughout his book Jacobson presents and evaluates insights of historians and scholars but it is also filled with personal stories about Jacobson s own struggle with his Jewish identity and his encounter with the Baal Shem as his spiritual teacher Both a tour de force and a labor of love this book will quickly become the most essential work on the subject ever published in English

**The Science of Consciousness** Trevor A. Harley, 2021-02-18 Consciousness concerns awareness and how we experience the world How does awareness a feature of the mental world arise from the physical brain Is a dog conscious or a jellyfish and what explains the difference How is consciousness related to psychological processes such as perception and cognition The Science of Consciousness covers the psychology philosophy and neuroscience of consciousness Written for introductory courses in psychology and philosophy this text examines consciousness with a special emphasis on current neuroscience research as

well as comparisons of normal and damaged brains The full range of normal and altered states of consciousness including sleep and dreams hypnotic and meditative states anesthesia and drug induced states as well as parapsychological phenomena and their importance for the science of consciousness is covered as well as the higher states and how we can attain them Throughout the text attempts to relate consciousness to the brain     The Happiness Problem Sam Wren-Lewis,2019-11-28 We appear to have more control over our lives than ever before If we could get things right the perfect job relationship family body and mind then we d be happy With enough economic growth and technological innovation we could cure all societal ills The Happiness Problem shows that this way of thinking is too simplistic and can even be harmful no matter how much progress we make we will still be vulnerable to disappointment loss and suffering The things we do to make ourselves happy are merely the tip of the iceberg Sam Wren Lewis offers an alternative process that acknowledges insecurity and embraces uncertainty Drawing on our psychological capacities for curiosity and compassion he proposes that we can connect with and gain a deeper understanding of the personal and social challenges that define our time     *Extraterrestrial Intelligence* Jensine Andresen,Octavio A. Chon Torres,2022-03-09 What are the implications for human society and for our institutions of higher learning of the discovery of a sophisticated extraterrestrial intelligence ETI operating on and around Earth This book explores this timely question from a multidisciplinary perspective It considers scientific philosophical theological and interdisciplinary ways of thinking about the question and it represents all viewpoints on how likely it is that an ETI is already operating here on Earth The book s contributors represent a wide range of academic disciplines in their formal training and later vocations and upon reflection on the book s topic they articulate a diverse range of insights into how ETI will impact humankind It is safe to say that any contact or communication with ETI will not be merely a game changer for human society but it also will be a paradigm changer It makes sense for human beings to prepare themselves now for this important transition     *Neurotheology* Andrew Newberg,2018-03-27 Religion is often cast in opposition to science Yet both are deeply rooted in the inner workings of the human brain With the advent of the modern cognitive neurosciences the scientific study of religious and spiritual phenomena has become far more sophisticated and wide ranging What might brain scans of people in prayer in meditation or under the influence of psychoactive substances teach us about religious and spiritual beliefs Are religion and spirituality reducible to neurological processes or might there be aspects that at least for now transcend scientific claims In this book Andrew Newberg explores the latest findings of neurotheology the multidisciplinary field linking neuroscience with religious and spiritual phenomena He investigates some of the most controversial and potentially transformative implications of a neurotheological approach for the truth claims of religion and our understanding of minds and brains Newberg leads readers on a tour through key intersections of neuroscience and theology including the potential evolutionary basis of religion the psychology of religion including mental health and brain pathology the neuroscience of myths rituals and mystical experiences how studies of altered states of

consciousness shed new light on the mind brain relationship and what neurotheology can tell us about free will When brain science and religious experience are considered together in an integrated approach Newberg shows we might come closer to a fuller understanding of the deepest questions

**Memory Rescue** Daniel G. Amen, MD, 2017-11-14 A proven program from 1 New York Times bestselling author and brain researcher Dr Daniel Amen to help you change your brain and improve your memory today Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms Learn the actions you can take to help not just prevent memory loss later in life but to begin restoring the memory you may have already lost Expert physician and author of The End of Mental Illness Dr Amen reveals how a multipronged strategy including dietary changes avoiding toxins physical and mental exercises and spiritual practices can improve your brain health enhance your memory and reduce the likelihood that you ll develop Alzheimer s and other memory loss related conditions Dr Amen makes his extensive medical research clear and understandable as he outlines how to Lower the inflammation that contributes to cognitive decline Support your mental health and alleviate the stress that can increase your risk of memory problems Strengthen your mind through exercises that target specific areas of the brain Keeping your brain healthy isn t just a medical issue it s a God given capacity and an essential building block for physical emotional and spiritual health Take action against the fast increasing memory crisis that threatens this crucial part of who you are and help your brain body and soul stay strong for the rest of your life

**Megaliths, Music, and the Mind** Linda Eneix, 2024-05-24 What drove the building of the first megalithic monuments and lifestyle changes that launched Western civilization This exploration of the human experience of special sound in ancient ritual and ceremonial spaces brings a new perspective for anyone with an interest in prehistory and human development in its most pivotal days From G bekli Tepe in Anatolia to megalithic temples in Malta to passage tombs in Ireland the world s oldest buildings and the newest scientific research combine for a look at the Western Neolithic Revolution that goes where no one has gone before With original photos and illustrations Megaliths Music and the Mind assembles content from the worlds of archaeology architecture anthropology ethnomusicology genetics neuroscience physics and more Fascinating pieces of evidence are set side by side resulting in a stunning premise This book is a core overview focused on the rediscovery of an ill understood sensory element of developing culture with hope for therapeutic application in the modern world Material from the out of print booklet Listening for Ancient Gods has been expanded and updated in this volume which also includes select papers from OTSF Archaeoacoustics International Conferences plus a personal account from one of the founding fathers of new age music

**The Power of Eight** Lynne McTaggart, 2017-09-26 What we send out into the universe comes back to us magnified Although the power of intention the energy of positive thoughts is widely accepted as an influential force in transforming lives the exponential power of group intention has never been explored until now In this book Lynne McTaggart an expert on the science of spirituality reveals her findings from ten years of experiments about how group intention can heal our lives and change the



world for the better      **Applied Mysticism** Richard H. Jones, 2025-03-01 Examines how mystical practices and experiences are being applied in secular contexts today Today is an exciting time for mysticism Interest in mysticism today often involves what Aldous Huxley called applied mysticism that is taking mystical practices and experiences out of their traditional contexts where the focus was on the total transformation of the individual and applying them often within a secular framework to help other people with more limited worldly problems such as a person's well being in society or general social change Neuroscientists are taking mystical experiences seriously studying meditators and psychedelic subjects to gain knowledge of how the brain works Cognitive scientists are exploring mystical altered states of consciousness to expand the spectrum of consciousness states in particular whether there is a state of pure consciousness Buddhist meditation is being taken out of its religious contexts and adapted by psychotherapists to help with problems such as depression or addiction The use of psychedelics in psychotherapy is also gaining traction while New Age thinkers are extolling the alleged merger of post Newtonian science with mysticism Mystical ideas are being adapted to problems on the social level for example in socially engaged Buddhism This is the first book to explore all these varieties of applied mysticism together and to examine the current state of the field with a focus on philosophical issues in a readily accessible manner      *Church, Capitalism, and Democracy in Post-Ecological Societies* Cheng-tian Kuo, 2018-10-24 Most ecotheologies build their arguments on the Bible's creation story and resurrection narrative in the hope to save the ecology through spiritual meditation reforming capitalism and or deliberative democracy However based on a Chinese Christian social scientist's perspective this book argues that few of these ecotheologies are theologically and empirically valid Instead it proposes a neuro institutional post ecology theology that builds on the major themes of the Last Judgment to refocus ecotheology toward evangelism and to adapt ecotheology to capitalism and democracy in order to embrace the already but not yet impacts of the inevitable total destruction of the ecology in the near future The vanities in current ecotheologies are divided into religious economic and political categories Among the major ones discussed in this book are the vanities of ecological meditation theology leftist and rightist economic theologies as well as ecotheologies of green authoritarianism and deliberative democracy Even if these ecotheologies work perfectly as they were intended to global ecological crises have passed the point of no return i e post ecology and rendering all of them a global vanity Based on a Chinese Christian social scientist's perspective this book proposes a moderate course of ecological spirituality economic behaviors and democratic actions but with a radical devotion to crisis management and evangelism in preparation for the Domsdays This book is unique in its balanced interdisciplinary composition employing theories from cognitive science Christian theology economics and political science      **The Varieties of Spiritual Experience** David B. Yaden, Research Director at the Marcus Institute of Integrative Health Andrew Newberg, 2025-08-22 This book explores scientific breakthroughs on spiritual experiences from the fields of psychology and neuroscience beginning with an account of William James's foundational work before turning to cutting edge research using neuroimaging

psychedelics and large surveys Illustrated with examples of spiritual experiences drawn from a diverse set of personal accounts this book provides the basis for a scientifically informed contemporary understanding of these mysterious and deeply meaningful moments

**Simply Sacred** Irene Kokatay, 2018-10-25 Many of us are experiencing an urgency to wake up to live more fully in the here and now and to stop taking our lives for granted We are haunted by a feeling there is something more to life something just out of reach We feel disconnected incomplete but sense an intrinsic wholeness at a deeper level of our being In Simply Sacred author Irene Kokatay offers an invitation to wake up to our fundamental nature in the ordinary lives we are living She weaves together narratives of her years of experience working as a hospice counselor facing death on a regular basis at an ashram in India and her encounters with a spiritual mentor to share her unique journey of awakening Kokatay seeks to inspire others to embark on their own quest to live a richer and fuller expression of who they are Through stories insights and contemplations on life death and awakening she encourages us to deepen the experience of the sacredness contained in the everyday moments of our lives

**Calm Clarity** Due Quach, 2018-05-15 Author of the viral Medium piece Poor and Traumatized at Harvard Due Quach shares her Calm Clarity program to show readers how to deal with toxic stress and adversity We often don't realize how much control we have over our thoughts feelings and actions on some days the most minor irritation can upset us but on others we are in our best form and can rise to challenges with grace These fluctuations depend on the neural networks firing in our brains and we have the power to consciously break hardwired thought patterns Due Quach developed an intimate understanding of the brain during her personal journey of healing from post traumatic stress disorder According to Quach people function in three primary emotional states Brain 1.0 Brain 2.0 and Brain 3.0 In Brain 1.0 people act out of fear and self preservation Brain 2.0 involves instant gratification and chasing short term rewards at the expense of long term well being Brain 3.0 is a state of mind that Quach calls Calm Clarity in which people's actions are aligned with their core values As Quach confronted PTSD and successfully weaned herself off medication she learned how to activate exercise and strengthen Brain 3.0 like a muscle In Calm Clarity she draws on the latest scientific research and ancient spiritual traditions alike to show us how we too can take ownership of our thoughts feelings and actions in order to be our best selves

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