

Attention Members!

Personal Numbers and Office Procedures

Please help your administration office to run smoothly and so help you efficiently:

- when your details change (address, telephone number, email address etc.) please make sure we know
- use your membership number whenever you contact us, and write it onto all correspondence, conference booking slips, subscription forms, bankers order forms and orders for books, services etc.
- book early for conferences - it helps you get a place, and us get the tickets to you in good time
- ensure cheques are made out correctly to Scientific & Medical Network; for conferences and orders: always add (legibly!) details of what it's for and membership number on back, even when accompanied by a booking form
- remember we're a network, and it often takes time for all relevant people to be contacted so when making requests give us time to respond helpfully (and always remember to tell us who you are - we sometimes get forms back with no name at all!)
- help us save money; whenever possible pay in £ sterling and use bankers orders and gift aid for your subscriptions - it maximises funds available for more important things

Office hours are 9am – 5pm Monday – Friday and there is normally someone to answer the telephone between those hours, with an ansaphone otherwise.

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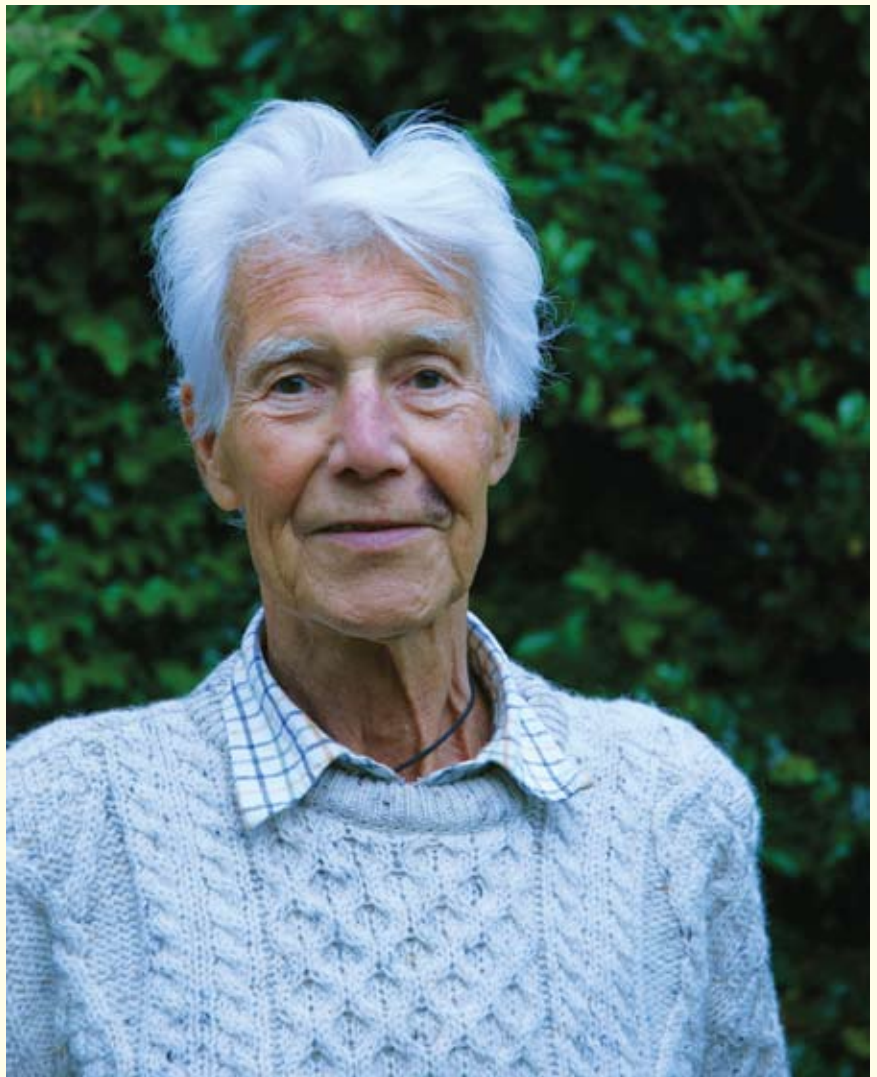
Subscriptions

Because SMN's accounting year ends in December, it needs subscriptions to be paid in January, before it incurs the cost of providing members services for the year. Regardless when you paid your subscription in 2008, your 2009 subs were due in January, and from then until the subscription is paid it will show in the membership records as owing. This causes administrative confusion in the office as well as affecting the timely receipt of your copies of Network Review until your subscription is received. SO PLEASE HELP US TO HELP YOU BY PAYING YOUR SUBSCRIPTION AS CLOSE TO JANUARY AS POSSIBLE.

NETWORK NEWS

DEATH OF VICE-PRESIDENT, PROFESSOR BRIAN GOODWIN

I was greatly saddened to learn that Brian Goodwin had died recently at Schumacher College. He had not been well for a few months and failed to recover from surgery after a fall from his bike. Brian will be remembered as warm, humorous and brilliant human being who made substantial contributions to a new approach in biology. I published an essay of his about Richard Dawkins in the August 1987 newsletter called 'Rumbling the Replicator'. He was then part of a May dialogue with Dawkins the following year. Brian was an early member of the Network, taking part in a conference on the healing of science at Emerson College as long ago as 1981. Some members will remember his talk at the Annual Gathering in Manchester as well as his lecture at last year's Mystics and Scientists conference at which he had spoken on two or three previous occasions. His book *How the Leopard Changed its Spots* won the 1994 Network book prize. He was a strong supporter of Goethean science and what he called a science of qualities, about which he wrote in a Festschrift for David Bohm in 1987. My other connection with Brian was through the International Futures Forum, of which we were both members. My most vivid memory in this connection was his contribution to our second meeting in November 2001, a few weeks after 9/11, when he put forward his ideas of the self reinforcing 'Love' and 'Fear' loops of thinking and behaviour. He and his colleagues at Schumacher had formulated this the day after the event, and it has been hugely influential in the subsequent work of the IFF - see www.internationalfuturesforum.com



Dr Stephan Harding, Schumacher College, writes:

Brian Goodwin, Emeritus Professor of Biology at the Open University and Scholar in Residence at Schumacher College, was one of the few contemporary biologists of outstanding ability who strongly opposed the 'central dogma' of neo-Darwinist thought in which natural selection acting on selfish genes is seen as the primary force that drives evolution.

Brian was a major pioneer of an alternative approach that uses complexity theory to explore the notion that organisms are creative, irreducible wholes that give rise to emergent structures that cannot be understood on the basis of genes alone. He was also a key pioneer of the newly emerging discipline of 'holistic science' here at Schumacher College, in which intuition, sensing and feeling are cultivated alongside rigorous rational analysis of natural phenomena, thereby shifting the emphasis in science away from an amoral notion of control to a deeply ethical sense of participation in the unfolding story of life on Earth.

I remember Brian's first visit to Schumacher College. It was with Vandana Shiva, and he gave a brilliant talk on the limitations of the neo-Darwinist paradigm that gave me a new way of seeing the world. Brian kept coming back, eventually to found the world's first MSc in Holistic Science, a task in which I happily helped him. We did it together, and for the past twelve years or so of our teaching and talking together it was always a joy to work with him. There was never any conflict. He had a kind, gentle wisdom, an ability to listen, and an intelligence that never failed to move me and anyone else who met him. He was much more than merely a scientist – it is no exaggeration to say that in his later years he had become a sage. He had discovered how to live a happy life and knew how to make others happy too. He gave of himself without reservation. I feel that he lives on as one of the great ones – as an ancestor. He's always there, ready to listen and to share his gentle wisdom. Be at peace, my dear friend Brian. How lucky I was to have known you.

Memories of Brian Goodwin by Max Payne

I remember Brian Goodwin from the earliest days of the Scientific and Medical Network as one of our most useful and active members. He was keen to see the frontiers of science explored, and interested in any results that could be obtained in the investigation of telepathy, dowsing, or unusual methods of healing. He was also a critic of unreflective scientific dogmatism, and in his own field of biological evolution he opposed a narrow neo-Darwinian dogmatism which was unworthy of the openness of Darwin's original insights. At the same time he insisted that the paranormal should be subjected to the same severe tests as any orthodox scientific investigation put to a peer reviewed journal, and he thought that too often researchers into the paranormal were too uncritical or too optimistic in the interpretation of their results. He was good humoured, and an inspiring companion, and he provided the SMN with necessary critical balance.

Brian tended to be dubious when the word 'spirituality' was used, and rather felt that those who used it tended to build metaphysical cloud castles beyond the fringe of what was scientifically provable. However when I last met him he had had a near death experience. As a scientific observer he had carefully noted the stages of his experience, and to his surprise his mother now appeared to him, not as the old woman she was when she died, but as the young woman he had known as a child. His opinion on the use of the word 'spirituality' had now altered. One likes to presume that he is now continuing his investigations further.

Jenny Blaker has just discovered a 4-minute You Tube video interview with Brian Goodwin speaking last September - well worth watching for anyone who did not know him well or had not heard him speak recently!

<http://www.youtube.com/watch?v=JAnrSYBPJq4>

APPOINTMENT OF DIRECTORS, 2009

Dr Athar Yawar joined the Board in July. He trained in medicine, psychiatry and anthropology at Oxford and London before becoming a senior editor of The Lancet. His essays on culture and philosophy of medicine have been published in The Lancet and the Journal of the Royal Society of Medicine. He is now doing a PhD at University College London, contrasting the epistemological approaches and practices of traditional healers with those of psychiatrists. For the past seven years he has been treating survivors of torture.



'CRISIS AS OPPORTUNITY' BOOK: CONTRIBUTIONS SOUGHT FROM MEMBERS

Submissions are invited for an SMN Book which will further develop our campaign as outlined in the 'Crisis as Opportunity: Seizing the Moment for a New Renaissance' manifesto.

We are seeking essays between 2,000 and 4,000 words long that discuss the causes of, and/or paths beyond, the current crisis. The following areas are categories for submission:

- Economics and governance
- Spirituality and religion
- Science and academia
- Medicine and healthcare
- Consciousness and wellbeing
- The environment and ecology
- Modernity and materialism
- Education and Learning

Members may submit their essays under more than one category, if the essay traverses these themes. Winning essays will become chapters in the book. Chapters will be chosen by a board of editors. Remaining essays will feature on the SMN website.

All essays must be submitted by **November 30th 2009**.

The aim is to expand upon the themes in the Manifesto, and to create an important repository of wisdom on this important and difficult juncture in history and of progressive solutions to the problems that define it. We hope to receive a wide diversity of submissions from members.

Please send contributions by email to David Lorimer at dl@scimednet.org

Authors should bear in mind that the Network is not committed to any dogma or creed, that it encourages intellectual discernment and is wary of the ill-founded and sensational claims of 'pseudo-science'.

NEW MEMBERS, AUGUST 2009

We welcome the following members who have joined us since mid-April:

NAME	COUNTRY
Abidi, Rosa	UK
Armitstead, Charles Julian	UK
Bhattessa, Seema	UK
Broomby, Edward	Australia
Bury, Dennis	UK
Caroe, Hannah	UK
Clarke, Alison	UK
Ernesto, Aramburo	Switzerland
Evans, Yvonne	UK
Ferrer, Jorge	UK
Ford, Caroline	UK
Giagounidis, Daniel	UK
Hartnett, Susan	Canada
Hassaballa, Mona	UK
Hemingway, Annamaria	USA
Hickson, Edward	UK
Jamieson, Susan	Hong Kong
Johnson, Guy	UK
Lander, Geraldine	UK
Le Fanu, James	UK
Louis, Yvonne	UK
Maira, Shakti	India
Malinowski, Peter	UK
McDermott, John	UK
Morris, Tony	UK
Parsons, Keith	UK
Sahlén, Martin	UK
Santosh, Romila	UK
Sargent-Porter, Deanna	UK
Stone, Beverley	UK
Straughan, Roger	UK
Syrgios, Ioannis	UK
van Leusden, Carolien	Portugal
Wight, Ian	UK

35TH ANNIVERSARY APPEAL

The SMN would like to thank all the below individuals who donated to the 35th Anniversary Appeal for the Development Fund, either at the House of Lords dinner or by post. We are very grateful for your ongoing support of our activities, and look forward to reporting in the near future how we shall be using the Development Fund money to further our charitable outreach and to invest in our future as an organisation.

Those who attended the fundraising dinner and made a donation:

Allan, Alex	Allan, Maureen
Allen, Valerie	Asseily, Alexandra
Barnett, Maurice	Berry, David
Berry, Pattie	Bilimoria, Edi
Cahill, Cindy	Coufalik, Helen
Cupe, Irene	Dexter, Ros
Fenwick, Peter	Gordon, John
Greenhow, Desna	Guo, Bisong
Harpur, Oonagh	Holton, Wilfrid
Kramer, Ulrich	Lord Baldwin of Bewdley
McKeon, Terry	Monk, Marilyn
Nielsen, Claudia	Novakovic, Margaret
Nunn, Laurie	Orbach, Tuvi
Robinson, Michele	Stedall, Jonathan
Stone, Andrew	Tower, Rupert
Tresidder, Andrew	Wade, Valerie
Wagner, Veronica	Walker, Colin
Zane, Alexis	

Those who did not attend the dinner but made a donation:

Benjamin, Isaac	Bishop, Beata
Bostock, Graham	Brown, Peter
Browning, Robert	Buswell, Rona
Byng, George	Caddy, John
Corbett, Hugh	Cowdray, Michael
Cox, Arthur	D'Angelo, James
Dawson-Taylor, Kate	Donne, Graham
Fawcett, Pam	Fontana, David
Forssander, Christian	Franklin, John
Furieux, W.D	Galbraith, Jean
Gladwin, Eric	Haden, Sandra
Hammersley, Brian	Hidderley, Margaret
Iverson, Anne	Jackson, Monica
James, Sheelah	Jenkins, Vernon
Jessel, Charles	Jonas, Susan
Jones, R. L	Kraus-Harper, Ursula
Livingstone, Margaret	Larkins, David
Macartney, Pamela	Low, Kathleen
Marshall, Paul	March, J.E. Countess
Needham, Duncan	Neate, Tony
Perry, Michael	Nind, I. Joan
Risby, Lesley	Richmond, Susan
Sayer, Margaret	Sale, Luci
Squire, Sheila	Sills, Helen
Warburton, Brian	Walters, Jean
	Wells, Rosemary

LEARNING FOR LIFE VALUES POSTER PROGRAMME

We concluded our year with successful award ceremonies at the Scottish Parliament, the Welsh Assembly and at Stormont in Northern Ireland. We received over 700 prize entries and produced a magazine in Scotland, which you can order at www.learningforlife.org.uk/awards/homepage.aspx - next year we are planning more extensive activity in England and abroad, so if any reader has suggestions about schools to approach, please contact me on dl@scimednet.org

MEMBERS' NEWS**DR. RUPERT SHEDRAKE****Wager with Lewis Wolpert**

Rupert writes: Professor Lewis Wolpert and I have set up a wager on the predictive value of the genome. The wager will be decided on May 1, 2029, and if the outcome is not obvious, the Royal Society will be asked to adjudicate. The winner will receive a case of fine port, Quinta do Vesuvio, 2005, which should have reached perfect maturity by 2029 and is being stored in the cellars of The Wine Society. This wager arose from our debate on the nature of life at the 2009 Cambridge University Science Festival which you can listen to here. <http://www.sheldrake.org/B&R/audiostream/index.html>

Wolpert bets that the following will happen.

I bet it will not:

By May 1, 2029, given the genome of a fertilized egg of an animal or plant, we will be able to predict in at least one case all the details of the organism that develops from it, including any abnormalities.

We have both written short essays setting out why we think we'll win in the July 11 issue of *New Scientist*, and they are now online here. <http://www.newscientist.com/article/mg20327161.100-what-can-dna-tell-us-place-your-bets-now.html?full=true>





**LEONARD SHLAIN,
Best-Selling Author, San Francisco Surgeon Dies,
May 11, 2009**

The Bay Area lost a renowned visionary thinker and educator when Leonard Shlain, best-selling author and San Francisco surgeon, died Monday, May 11, 2009 at his home in Mill Valley after a battle with brain cancer. He was 71 years old. Admired among artists, scientists, philosophers, anthropologists and educators, Leonard Shlain authored three best-selling books: *Art & Physics*, *Alphabet vs. The Goddess* and *Sex, Time, and Power*. He delivered multimedia presentations based upon his books in venues around the world including Harvard, The New York Museum of Modern Art, CERN, Los Alamos, The Florence Academy of Art and the European Council of Ministers. His fans include Al Gore, Norman Lear and singer Bjork who credited Shlain's *Alphabet vs. The Goddess* with inspiring her recent album 'Wanderlust'. His fourth book *Leonardo's Brain* about Leonardo da Vinci will be published next spring by Viking. Dr. Shlain was a surgeon for 38 years at California Pacific Medical Center where he headed the Laparoscopic Surgery Department and an Associate Clinical Professor of Medicine at UCSF. See www.leonardshlain.com

INDIAN NEWS

Dr.N.Sasikumar, Mob:+91 944 7027216

The Siva Ayurveda & Yoga Therapy Centre has been working in Trivandrum for the last thirty years. 'Sivam Holistic Centre for Diabetes' is an offshoot of the above institution. This special centre is treating people for diabetes and its subsequent complications. We have successfully conducted two diabetic camps at Trivandrum. The camps are meant mainly for poor people. Blood, Urine, ECG and other tests will be given free of cost. We are also trying to get Ayurvedic medicines free of cost for distribution. For the successful conduct of this humanitarian venture which is also a research project, we need help and co-operation from persons and institutions. We request you to kindly co-operate with us by offering us whatever help you consider suitable. If you are interested we would be happy to display your name and the name of your organisation as our valued sponsor.

ALEXANDRA ASSEILY

The Garden of Forgiveness

Alexandra was the inspiration behind the Garden of Forgiveness in Beirut as a place for contemplation and forgiveness. This is supported by the Guerrand-Hermes Foundation for Peace, which promotes the development of qualities needed for ensuring peace and a humane society. They have published one of her papers entitled 'Breaking the Cycles of Violence in Lebanon – and Beyond'. She reflects on the individual's responsibility for perpetuating violence, which has led her to an understanding of the significance of ancestral influences and 'embodied memory' across generations in the history of conflict and trauma. She writes that 'The cycle of violence occurs when a person or group reacts with a feeling of grievance and/or violent intent in reaction to someone else's violence.' See www.ghfp.org



ERIC GLADWIN

Poems

Eric is now in his 10th decade and has been writing poetry for many years. His latest collection is entitled 'The Beauty of the Feminine'. In the dedication to his late wife, he writes that 'It can be no accident that whatever is done in the name of great religions.... pure love heads the qualities revered by humankind. Without *love*, placed by the miracle of the sun's light in all planned through life, we are nothing.' Here is a poem from an earlier collection:

O God
Lord of the Limitless
The Everlasting
Will of Light.
Moulder of swirling galaxies
Spiralling ceaseless
Past long aeons of cosmic dust.

Invisible
Yet
All-pervasive
Spirit of Life
In all stars and suns...

See me
Minute as I am
Wrapped within my fleshly shell
Help me
Self-willed as I am
To know and serve humbly and well....

Enquiries to Eric on egladwin@tiscali.co.uk

LOCAL GROUP NEWS

NEW ZEALAND

LEO HOBBS, 00 64 9 441 7402

Friends of the Scientific and Medical Network, July 2009

Our main theme for 2009 is 'Transcendence'. We are having presentations from a variety of people, each speaking about Transcendence from their own perspective.

Margaret Needham began in March by describing her personal experience of the imaginal realm of the subconscious. This experience, which she called 'Inland', took place over an extended period in the 1990s but it is only recently that she has reached an understanding of its deeper meaning for her life. It began when she woke from sleep one night and found herself spontaneously in an imaginal place which she could later enter at any time she felt the need to do so. It was peopled by many characters of all ages, some of whom Margaret recognised as corresponding to people in her own life. She was fully conscious throughout and able to exercise some control as things unfolded. She was faced with many challenging situations, some of them so harrowing that they disturbed her everyday life. Towards the end she met the 'Counsel of the Deep', 10 archetypal characters who helped her understand her experiences. Throughout, Margaret was guided and supported by the perceptive wisdom of one, Dalmos. Inland concluded with a 'Review' before a great assembly which acknowledged her achievements in facing the many tests encountered. Two instructions stand out. One, given at the end of the Review; 'Well done. Now write what you know'. This she has faithfully done. The other, from Celsus, a recorder and keeper of knowledge; 'There are two kinds of knowledge.....That which is learned and that which is inner knowing.' Margaret concluded by suggesting that the mythic actors in her story are aspects of the soul at the junction of the inner self and the physical self. Soul is our deepest identity and the story is about attending to formative events in her life which needed to be addressed if soul is to fully express itself.

In April **Dr Tony Fernando** spoke on *Sleep Medicine—from basics to clinics*. Tony is a psychiatrist and sleep specialist with a special focus on insomnia. Not much body repair occurs during sleep. Its main function seems to relate to supporting memory, facilitating tasks requiring practice and problem sorting skills, the pruning and strengthening of neural circuitry, learning new skills and reinforcing existing ones. The brain seems to have separate circuitry concerned with waking and sleeping, with a delicate and fairly easily disturbed balance between them. For good sleep Tony recommends: avoidance of over-stimulation before retiring by TV programmes, reading, caffeine, alcohol etc; attention to bed firmness and ambient noise; and going to bed only when really sleepy. Sleep deprivation is common, frequently for occupational reasons, resulting in performance errors, sometimes serious. Shift workers are particularly vulnerable. Many factors may be involved in insomnia: psychiatric, drug abuse, neurological, circadian rhythm disturbance, shift work, jet lag. A wide range of treatments are available and most sufferers can be helped. Cultivation of mindfulness, eg. through meditation, can be very helpful for treating insomnia and many other conditions. This was an informative and entertaining talk with much audience participation. Relevant information can be found on 2 websites; www.insomniaspecialist.com and www.calm.auckland.ac.nz

In May **Leo Hobbs** spoke on *Transcendent Relationship in Evolution and Human Affairs*. This talk was about transcendence in the sense of transformation, about transcendent relationships which have made us what we are and point to what we might become. The story of the evolution of the universe and planetary life can help us to better understand how we relate to the whole of creation in a world where everything is connected. We can trace the successive creative processes in which transcendent relationships have promoted increasing complexity leading to the appearance of life and the emergence of conscious awareness. Each one of us embodies the whole history of the cosmos! It is a truly awe-inspiring story. Our personal relationships have helped to form us from the moment of conception and are the key to the wellbeing of ourselves and our society, at its best when love, compassion and justice are present, and when these qualities extend beyond our immediate families and communities.

As Stuart Kauffman has pointed out in his recent book, *Reinventing the Sacred*, consciousness brings with it agency, meaning, and value. These qualities are real in the universe but cannot be predicted by reductionist science. Kauffman emphasises that evolution proceeds not only by natural selection but also by events which are inherently unpredictable and outside natural law. Our culture desperately needs to restore morality to a proper place in our communities and institutions but seems unlikely to do so unless science itself changes to allow a non-material aspect as part of reality. Referring to the need to rediscover the sacred, Kauffman suggests that we can find reverence in the ceaseless and unpredictable creativity in the unfolding of nature, a creativity which he says is 'God enough for me'. He also writes that 'this new scientific worldview brings with it a sense of membership with all of life and a responsibility for the planet that's largely missing in our secular world.' The meeting ended with some spirited debate. None present supported a wholly reductionist view but for some the creative process was not God enough for them.

In June, **Christine Wykes** told of her own transcendent experiences through her story, entitled, *Here and Now in all Time: From duality to non-duality*. From early childhood Chris had many unusual psychic experiences. She wondered about the mysteries of existence and knew the world was more than the five senses could comprehend. After leaving an unhappy marriage in 1974 she took up Transcendental Meditation and began a search for God, or Truth. By 1979 she had become aware that she was a Silent Witness or Watcher in which the objects of the world appeared in pure empty awareness. She continued searching for truth for 23 years, unsuccessfully she thinks because she was still caught in a duality, whereas she needed to dissolve into the non-dual. She stopped searching in 2002, by when she was overworking, sick and chronically fatigued. After giving up work to train in an alternative therapy she had an experience of herself as 'Pure Being, here and now in all time'. There was a lightness of Being, completely formless and unbounded. But it didn't last. In 2003 she was diagnosed with invasive breast cancer. While in her worst hell after radical surgery followed by chemo- and radio-therapy, she fell into a perfect peace and knew she had 'come home', was whole, and totally fulfilled. She remained that way through most of 2004 although suffering again, this time with bronchial pneumonia, but then subsided into a kind of half-way house, no longer completely home yet not fully identified

with the world of form either. She believes that by trying to hold on to peace, trying to work it out intellectually, her ego had reasserted itself. Although not cleared by her oncologist, something has changed forever and she's not afraid of dying. She 'knows we are all the unborn, undying, Pure Being, and that being totally unified and whole, our essential nature is Love'.

SWEDISH GROUP

BO AHRENFELT +46 470 126 00

The Swedish group held the spring meeting. Our next meeting is 4-5 September in Mullsjö, hosted by Jens Allwood.



Jens Allwood reports: On May 8th - 9th, 2009, the Swedish SMN group gathered in Kosta, Småland to listen to **Paul Devereux**. Paul gave a lively presentation and informed us about how he and other researchers have rediscovered and recreated ancient sounds and sound environments. Often, these sounds have been connected with sacred sites. In part two of his presentation, Paul presented interesting information about spiritual paths through the landscapes in Europe. He also described how interestingly enough, similar ideas about spiritual paths have emerged in several different cultures outside of Europe like North and South America.

IRISH GROUP

JACQUI NIELSEN - +353 (876) 488748

A TALK BY PATRICK MCGOVERN MB MICGP D.Obst. (RCPI) CAFC

To enable members to get to know Irish colleagues better, the Ireland Group is having a series of talks in which members present their research or describe their practice. **Dr Patrick McGovern** gave a talk on his work on Saturday 6th June 2009. His practice integrates conventional and complementary medicine. In his introduction Dr McGovern said that the conventional gold standard for determining the efficacy of any treatment is the Double Blind Placebo Controlled Test. Nothing that fails to meet this standard can be entertained. Funding comes from pharmaceutical companies so research is geared to their requirements.

The benefits of the orthodox approach are rigorous training and reliability in detecting and diagnosing serious conditions.

Complementary medicine suffers from a lack of funding because any substances used are generally not patentable, so there is no incentive to fund research. The benefits of the complementary approach are that it is inclusive and it offers more emotional support to the patient. Often therapeutic goal-setting and treatment plans in complementary medicine suffer from vagueness. A doctor who also integrates complementary techniques into his practice attracts more complex cases and the conventional 'treatment failures.' Professional marginalisation in a

small country like Ireland is also a problem. In his experience in North America, the profession was more open there. Use of a broad range of therapies was acceptable if combined with patient information and a thoughtful, ethical approach.

His own practice as a GP is an integrated one where he uses complementary medicine and conventional medicine providing patients with an approach which strives to be inclusive but also reasonably analytical, i.e. to get the best of both. His general practice includes a limited amount of non-surgical cosmetic procedures. Typically patients who might respond well to integrative medicine would include those suffering from chronic fatigue, fibromyalgia, irritable bowel syndrome, hormonal and mood problems. His procedure in such cases is to take a complete

medical history and subjective problem list then try to make sense and identify patterns. He looks particularly for gut infections, food reactions, subclinical thyroid or adrenal problems, impaired liver detoxification, and hormone imbalances. Most patients require laboratory investigation.

Treatment used would include (as well as appropriate conventional interventions) vitamin, mineral and glutathione supplementation, aids to digestion/ gut absorption, UVB to treat infections and hormones or neurotransmitters if indicated. Magnesium supplementation is often very effective. It is important to deal with any gastrointestinal infection to relieve pressure on the immune system and the liver. Only when the patient has made some progress are emotional issues and unrecognised trauma or anger addressed. Information is often forthcoming in casual conversation during procedures—perhaps more so than in the initial taking of a history. Further steps are the restoration of a healthy sleep pattern, tweaking T3 thyroid hormone, oestrogen and progesterone, serotonin and cortisol levels. Dr McGovern tries to avoid prescribing anti-depressants.

If physical problems are not to recur ongoing emotional support and skilled empathetic psychotherapy and acupuncture to deal with mind/ body issues must be available. His practice has an in house psychotherapist, Betty Drury. A particular feature of his practice is the time given to individual consultations, as much as

an hour for an initial consultation and half an hour to three quarters for follow up consultations or treatment sessions. This would seem an inordinate time to most GPs. Although he necessarily charges a multiple of the standard GP fee, it is not quite on a par as regards revenue with a 'standard' practice that may devote only five to fifteen minutes to an individual consultation. Hence such a practice is sometimes difficult to sustain financially but the satisfaction he gets from his work makes it worthwhile.

CAMBRIDGE GROUP

HAZEL GUEST – 01223 369148

On 8th July **Gunnel Minnett** spoke on *The Development of the Self from Conception to Adult Brain*. She gave an account of the 'windows' of development and the consequences if any stage of development is missing or distorted during the period of its appropriate window. As usual, a lively discussion ensued.

On Wednesday 9th September 2009, **Graham Ewing** will demonstrate Virtual Scanning. This new therapeutic technique is based upon 'an understanding of the role of brain waves in the management of the body's physiology'. We meet from 7.40 for 8pm start, at Hazel Guest's flat, 44 Beaufort Place, Thompson's Lane, Cambridge CB5 8AG. Tel: 01223 369148.

LONDON GROUP

CLAUDIA NIELSEN – 0207 431 1177

The talks below have been recorded and can be heard or downloaded from *Summaries of Previous Events* of the **London Group** page of the Network's website. To do so, please go through the Members' Circle portal.

In April we hosted a presentation by **Shakti Maira**, whose talk was entitled *Beauty: a Master Key for Sustainable Relationships*. Shakti is an Indian sculptor and painter, who started life as an economist and business manager working for multinational banks and international corporations. He has for many years written about art, aesthetics and education for magazines and newspapers, and has formulated the 'Asian Vision of Arts in Education: Learning through the Arts' for UNESCO. This evening we also had the pleasure of welcoming **Satish Kumar**, the editor of *Resurgence*, teacher, ecological and peace warrior who introduced the speaker. Shakti started his presentation by pointing out that the economic crisis we are enduring presently in the West is a symptom of the materialistic values we have become dominated by, which see the world as populated by things that are unrelated and disconnected from each other. In this world beauty has lost its meaning and what we see is skin-deep appearances.

The Indian perspective of beauty is a dynamic process of interconnection, an experience which encompasses as a unit - the observer and the observed. He asked us to close our eyes and think of something we consider beautiful and through this made us aware of the experience we variously call pleasure, gladness, joy, timelessness etc. Beauty is the property of an object on the one hand, but it is also a personal, transient one on the other. The fact that it is subjective should not be an obstacle to universal understanding. It incorporates balance, harmony, truth, goodness etc, but its main attribute is its transformative potentiality. Beauty leads

to bliss and transformation. It may be complex but is never complicated! It is active and animate, it connects us with others in delight. By demanding our attention, it activates our consciousness! If we were to embody this reality and become homo aestheticus instead of the current status of homo economicus, we would move towards a better world. Shakti and Satish had a dialogue about beauty and sustainability, in which the hope emerged, for a world in which BUD (Beautiful, Useful and Durable) becomes the order of the day. Shakti is author of *Towards Ananda: Rethinking Indian Art and Aesthetics* was published by Penguin/Viking in 2006 and his website is www.shaktimaira.com.

In May we welcomed **Dr. Elisabet Sahtouris** whose talk was entitled *Scientific Revolution or Evolution? Conquest vs Consortium as the Future of Science*. Elisabet is an internationally known evolution biologist and her current interest is to identify the next paradigmatic step in science. Elisabet argues that the current supremacy of Western science has silenced and displaced valuable and important sciences from other cultures around the world. Paradigms are based on culturally informed assumptions and although the materialistic assumptions on which the Western scientific paradigm is based have led to the successful development of technology, these assumptions are not universally helpful. For example consciousness studies are much better served by the assumptions from the Vedic traditions, agriculture by those of the Incas and economics by Islamic cultures. Elisabet explained that her evolutionary biology is informed both by Darwin, who saw the competitive side of nature, as well as by Kropotkin who focused more on the cooperative side. This both/and approach forms the basis of her view that the current competitive superiority of Western science could evolve to a more cooperative one in which sciences from different cultures address the areas of their expertise for a more inclusive world. Consortium as opposed to conquest as the future of science.

This was discussed at the first Evolution of Science Symposium in Hokkaido, Japan organised by Dr. Sahtouris which hopes to raise €5,000 to fund a study to examine the beliefs and assumptions underlying the science of 5,000 credential scientists around the world. It is well known that whereas only 50 years ago consciousness was considered an epi-phenomenon of matter, today primacy of consciousness is a belief widely held by many people including mainstream scientists. This shift is a consequence of a generation of young people going to India, learning about yoga and meditation through first hand experience and bringing this knowledge back to the West. Science, as Elisabet pointed out, cannot establish truths; it can only establish working hypothesis and look for consistency in the result of research methods, and for patterns and regularities that can lead to reliable predictions in the world. Ancient Vedic and Chinese science, Persian and Egyptian sciences, Aztec and Inca sciences have all done this. No religion she noted, has succeeded in taking over the world as Western science has. We need the whole range of human intelligence in science as much as we need it in religion and cultural values. Elisabet's website is www.sahtouris.com.

In June **Dr. Chris Riley**, fellow of the Royal Astronomical Society, science writer and documentary film maker, explored the *Spiritual Gifts of Apollo* on this, the 40th anniversary of man's first walk on the moon. Chris has directed and produced over 50 films for the BBC's technology program Tomorrow's World and used clips from the film *In the Shadow of the Moon* released in 2007, which he also produced and directed.



The Apollo mission was responsible for progress in technology in many industries, from fabric to communication and information, but there have been important spiritual gifts too. The impact of this amazing feat had a unifying effect which translated in the universal psyche as an achievement of mankind. For example, Michael Collins commander of Apollo 11 became aware of this as he spoke about the mission around the world. People everywhere were exhilarated as they identified themselves collectively with the achievement. The reaction of nations around the world to the predicament of Apollo 13 was another example; the craft suffered an accident on board which disabled some of their equipment and put in peril their return to Earth. Political enemies put aside their differences and offered whatever help they could and prayed for their safe return. On a personal level, several of the astronauts also had deep spiritual experiences; for instance Edgar Mitchell, the lunar module pilot of Apollo 14 had an epiphany on the way back to Earth and went on to found the Institute of Noetic Sciences, as a centre for the exploration of consciousness. Rusty Schweickart was deeply moved by the realization that from space, there are no borders or boundaries to be seen on Earth yet people kill each other over imaginary boundaries that don't exist!

The photographs showing the Earth as a blue jewel hanging in space, fragile and vulnerable also had a great impact on the way we see ourselves, and marked the beginning of ecological activism and organizations such as Friends of the Earth, Gaia, etc started to appear. Chris completed the presentation with the famous words of Archibald McLeish 'to see the earth as it truly is, small blue beautiful in that eternal silence in which it floats, is to see ourselves as riders on the Earth together, brothers on that bright loveliness in the eternal cold, brothers who know they are truly brothers. Humanity is not the centre of the universe as we once thought, but part of a vast unknown universe - now even known to be a very small part with most of it being invisible dark matter and dark energy- but nevertheless a beautiful part, which, as he says, like the frost on a winter's day makes the whole universe more beautiful. Articles by Chris on the Apollo mission can be found on <http://www.chris-riley.com/articles.htm>.

In July we heard **Dr. Mike King**, a Visiting Research Fellow at London Metropolitan University, former director of the SMN and also an author, whose previous book, *Secularism: the Hidden Origins of Disbelief* shared in the Network Book Prize 2008. This evening Mike talked about the second book of this project, *Postsecularism: The Hidden Challenge to Extremism*. In the first book Mike examines the emergence of secularism, with its dismissal of all things spiritual, and in this latest



book he traces the path of what he calls *postsecularism*, a quiet voice running between the pre-secular and the secular, which amongst others, refutes extreme views. Mike defines the term as 'a renewed opening to questions of the spirit retaining a secular tradition of critical thought'. It is a fourth way emerging from a combination of the best and most valuable aspects of old religion, secularism plus the New Age. From old religion comes spirituality, from secularism, critical thinking and the New Age contributes enthusiasm and inclusiveness. The book is composed of extensive conversations with representative thinkers of the three strands, conversations which Mike explored throughout his talk.

We heard how the project, which was developed over a long period of time, had to be reconsidered with the event of 9/11. In the previous book Mike suggested that in the 20th century there was what he called, a mutual ignorance pact between the faith traditions and the secular world. With the atrocities of 9/11 this had to be abandoned and a new strengthened atheistic position with a strident voice emerged to participate in a new debate, retrenched into two distinct camps – secular and pre-secular. Mike explores this debate in the first part of this book and notes the development of an openness towards questions of faith coupled with deep critical thinking. The second part of the book examines how postsecular thinking emerges within eight specific disciplines: physics, consciousness studies, transpersonal psychology, the new age, nature, arts, post modernism and feminism. Mike thinks that the book is dense and might be a useful source of reference, but having read the first one with great interest, I am looking forward to taking this one on my hols.

MANCHESTER GROUP

CHRISTINA HEATON- christinaheaton@msn.com
Sunday 7th June 2009

Dr Irene Lancaster spoke in the morning on *Why Richard Dawkins is Wrong: Science and Religion in the Middle Ages*. She pointed out that in the Middle Ages many religious thinkers were also scientists and her studies find that Muslims and Jews used scientific approaches to understand the Bible. In the same way, today there are scientists who are also religious and find no conflict in this. An example of this is the scientist and Christian, Alistair McGrath

Whereas Dawkins interprets the word 'faith' as 'blind trust' the Hebrew word is related to the word for 'truth' and does not exclude science. The Talmud guides that where there is conflict between religion and science (especially medicine), one should follow science. Dawkins denies 'purposeful design' insisting that everything is the outcome of chance. He states later, however, that humans alone have the power to shape things. It seems that Dawkins does not engage with religions in the same way as he does with science: he is not using the same rational approach to religion as did Jews and Muslims in the Middle Ages.

Dr Lancaster moved on to say that according to many medieval Jewish thinkers the Torah and Science spring from the same source. She cited the tenth century religious leader of the Jewish community in Babylon, Saadiah Gaon: 'If the words of the sages contradict reason we are not obliged to accept them'. An example of this approach in action is the Spanish-born Jewish rabbi, philosopher and scientist Abraham ibn Ezra, writing in the 12th century that science is the

key to understanding religion. Ibn Ezra travelled from Spain through Italy, France and England, in order to bring scientific thought, written in Arabic, to the Jews of Christian Europe. In Pisa he drew up astronomical tables from his scientific studies and in France wrote on the cycles of the moon. Stating in his commentary on the Bible that 'the angel between Adam and God is his intelligence' he commented that we are here to solve scientific conundrums, not discard them, and we cannot interpret the Bible without science.

Lengthy chaired discussion followed the talk and continued informally over lunch. More information about Dr Lancaster's work and her book on Ibn Ezra, *Deconstructing the Bible* (Routledge), is on her blog www.irenelancaster.typepad.com and she can be contacted at lirene@013.net. The paperback version of the book is available from Amazon.co.uk.

In the afternoon the group watched *The Effects of Intercessory Prayer*, the DVD of Larry Dossey MD in interview with David Lorimer and Peter Fenwick from *Beyond the Brain V* in 2003. Lively discussion followed consisting of rigorous questioning and comment.



Dr Irene Lancaster left, with Christina Heaton.

SCOTTISH GROUP

DAVID LORIMER – 01333 340490

In May we welcomed **Tom Nehrer**, author of *The Essence of Reality* to Edinburgh. He described his own experiences from the philosophical viewpoint is that we are Oneness perceiving itself. Recurrent patterns in our lives have inner roots, which are essential to address if these patterns are to shift. This means looking inwards to the depths of our unconscious and realising that our thoughts are indicators of these patterns. Among the techniques he recommended were self hypnosis and dream analysis. It is necessary to trust oneself and enter into the flow of life rather than the struggle for existence. This also involved withdrawing projections and replacing negative with positive elements. This will help create a new relationship between inner and outer. There was an extensive and lively discussion after the talk.

EAST WESSEX AND WEST HAMPSHIRE LOCAL GROUPS

CHRIS CLARKE writes: The groups in Hampshire have undergone various transmutations over the last 18 months. They have been renamed the East Wessex group, currently coordinated by Jim Graham and Lizzie Laird (grahjim@gmail.com), meeting in Winchester; and the West Hampshire group with Chris Clarke as secretary (cclarke@scispirit.com), meeting in New Milton. The groups have a common email list and a common web page with details of events and venues on the SMN web site under 'West Hampshire Group' (<http://tinyurl.com/nteqwd>).

The West Hampshire group normally meets monthly with a mixture of invited speakers and discussions initiated by 'locals'. In the first category (though the distinction is somewhat blurred) the group has recently welcomed Chris Nunn and, by the time this report is published, Andy Tomlinson. Topics introduced by locals have included 'Dignitas - do we need it here in Britain?'; a video on 'Introducing sex, by Mum and Dad', 'Truth', 'the Nature — the Dynamic — of Loving', 'The Natural World and our Psychological Health' and a review of Peter and Elizabeth Fenwick's 'The Art of Dying'.

The East Wessex group normally meets every other month with invited speakers. The programme has included Dorothy Hamilton, 'Palaeolithic Cave Painting and Non-ordinary Reality'; Diana Clift, 'Beyond the Fringe – an Exploration'; Alan Shrimpton, 'Transcendental Meditation, higher states of consciousness and the teaching of Maharishi Mahesh Yogi'; and (by publication time) Isabel Clarke, 'Madness, Mystery and the Survival of God'.

The groups are always on the look-out for speakers and we will be delighted to receive offers or suggestions from any SMN members (our email addresses are above).

YORKSHIRE SMN GROUP

meeting held 11th July 2009

MAX PAYNE writes: The meeting was held at 16 Burnt Stones Grove, Sheffield. **James Graham** gave the opening talk on the Geometry of the Soul. As a result of intense personal experiences he saw

the energies of consciousness as light, but light that could travel at superliminal speed. This insight brought together problems in science about the nature of black holes and the atom, and problems in biology about the speed of nerve impulses. This in turn fitted with the 'morphic fields' described by Rupert Sheldrake. He saw these light energies concentrated in the heart, and suggested that nature of healing could be understood in terms of light energies.

After lunch **Paul Devereux** gave a double bill. Firstly he explained his researches into the archeology of sound. Neolithic times were relatively silent compared to the constant vibrations of our machine age, and the noises made by natural objects were far more obvious. Archeologists had searched caves for physical relics such as flints or bones, and had observed the possible significance of lines of sight to the sun and stars. Until recently they have neglected the importance of sound, yet some caves echoed and amplified the human voice. It is unlikely that Neolithic man did not observe this and use it

for ritual purposes. A particularly impressive example was the sound in a vast underground cave complex in Malta that had been hollowed out. Lithophones - that is rocks that emit a musical note when struck are often associated with ritual sites. The blue sarsen stones of Stonehenge are just one example.

For his second talk he explained 'spirit roads'. In mediaeval times corpses often had to be carried long distances to the local parish church for burial, and in isolated closed communities the route was often used for little else. These 'corpse roads' can be found all over Britain and Ireland, and legends of ghosts, fairies, and bad luck seem to accumulate along these roads.

The next meeting will be held on October 10th 2009. For more details contact Max Payne, 0114 2304194, e-mail maxgpayne@googlemail.com

MEMBERS' ARTICLES AND ARTICLES OF INTEREST

All the articles listed below are available electronically on the members' side of the website or online if referenced.

SCIENCE/PHILOSOPHY OF SCIENCE

Darwins Theorie und was daraus wurde – An overview in *Tattwa Viveka* by Stephan Krall, a periodical where the SMN has some regular pages.

An Overview of Integral Ecology

A Comprehensive Approach to Today's Complex Planetary Issues, Sean Esbjörn-Hargens, Michael E. Zimmerman (14 pp)

The challenge of complexity: Unfolding the ethics of science, in memoriam Ilya Prigogine

Isabelle Stengers, Université Libre de Bruxelles, Brussels (8 pp. from E:CO, Special Double Issue Vol. 6 Nos. 1-2 2004 pp. 92-99)

MEDICINE-HEALTH

Doctors Warn: Avoid Genetically Modified Food, Jeffrey M. Smith (9 pp.)

On May 19th, the American Academy of Environmental Medicine (AAEM) called on 'Physicians to educate their patients, the medical community, and the public to avoid GM (genetically modified) foods when possible and provide educational materials concerning GM foods and health risks.' The article documents a number of adverse health reactions including animals dying from eating cotton with the Bt gene.

Is a Degree in Homoeopathy a Sick Joke?

Richard Tomkins, from FT.Com, May 23rd. An attack on complementary medical degrees, drawing on Professors Ernst and Colquhoun.

The Campaign against CAM – a Reason to be Proud,

Prof. Harald Walach (6. pp. from *Journal of Holistic Healthcare*, 2009). A fascinating comment on the status of relations between CAM and the mainstream touching on political, economic and scientific factors.

What factors contribute to healthy ageing?

Anthony Edwards (13 pp)

PHILOSOPHY-RELIGION

Religion without Fairy Tales, Science with Soul by Frank Parkinson: A Review by Howard Jones (2 pp.)

PSYCHOLOGY-CONSCIOUSNESS STUDIES

Telepathy – True or False? **Richard Alabone**

(23 pp. from his book). An original review of the background and evidence for telepathy and allied phenomena, including Russian research on torsion fields and Sheldrake's morphogenesis.

Is there Life after Death? **Bob Charman**, JSRP review of Anthony Peake's book (4 pp.).

GENERAL

Soul Purpose, an article about the remarkable life of Member Cy Grant, with some of his musings and poems (8 pp. from *Black History*, 365, Summer 2009)

The Garden of Forgiveness, **Alexandra Asseily** (6 pp.)

'Forgiveness is an expression of tolerance and love. It is the subordination of hatred and vengeance. Forgiveness is, above all, a human necessity and a means to live. Without forgiveness friendships end, love terminates, and eventually the beauty of life ceases to refine our senses. Without forgiveness no one will ever learn from a mistake or bad luck but will be blinded by retaliation and killed by pride.'

(Lebanese Student, May 1998)

Online papers by Anthony Judge: www.laetusinpraesens.org

Periodic Pattern of Human Life

the Periodic Table as a metaphor of lifelong learning
<http://www.laetusinpraesens.org/musings/period.php>

Periodic Pattern of Human Knowing: implication of the Periodic Table as metaphor of elementary order

<http://www.laetusinpraesens.org/musings/periodx.php>

Abuse of Faith in Governance: mystery of the unasked question

<http://www.laetusinpraesens.org/docs00s/faith.php>

Enabling Strategies for Viable Futures

<http://www.laetusinpraesens.org/docs00s/futvoic.php>

NEWS AND NOTICES

World Future Council – Future Justice Starts Today

A visionary document about securing the rights of future generations based on the need to change our relationships with ourselves, each other and the Earth. Both the human and natural worlds are suffering from our misguided actions. The report addresses a number of specific issues such as the shortcomings of the GDP, pumping resources into the perpetuation of violence and classifying crimes against future generations as crimes against humanity. See www.worldfuturecouncil.org/futurejustice.html for more detailed information.

Kosmos Newsletter

The primary goal of our newsletters will be to further build our blossoming Kosmos community by engaging with you and sharing inspirational stories of how you as a global citizen can help to usher in the new civilization and how you can serve the global commons. We also want to introduce you to the expanding work of Kosmos Associates, Inc., a global commons organization dedicated to the global good. Much more than just publishers of the print journal, the Kosmos team actively partners with transnational organizations and thought leaders in a sustained effort to create a better world for the common good. How do you envision the possibilities of the dawning new civilization? See www.kosmos.org