



WAYS TO GO BEYOND

AND WHY THEY WORK

Rupert Sheldrake

BOOK LAUNCH

King's College, Strand, Lecture Theatre B5
London WC2R 2NS

Thursday 7th February 2019, 7:00-9:00 pm

Chaired by David Lorimer

WAYS TO GO BEYOND AND WHY THEY WORK

Dr Rupert Sheldrake

Rupert Sheldrake looks at seven spiritual practices that are personally transformative and have scientifically measurable effects. All provide ways of going beyond our everyday states of mind into experiences such as flow, a sense of a greater conscious presence, bliss, fuller understanding, or deep connectedness. In this sequel to *Science and Spiritual Practices*, Sheldrake writes as both a scientist and a spiritual explorer, and assesses the following practices in the light of the latest scientific research.

- Participation in sports – which can induce feelings of ‘flow’
- Learning from animals – which can deepen our relationship with non-human nature
- Fasting
- Cannabis, psychedelics and spiritual openings
- Praying
- Observing holy days and festivals
- Cultivating good habits, avoiding bad habits and being kind

Why do these practices work? Are their effects ‘all inside the brain’ and essentially illusory? Or can we really make contact with forms of consciousness greater than our own? Sheldrake suggests that we can.

Rupert Sheldrake, Ph.D. is a biologist and author of more than 85 scientific papers and 12 books, including **The Science Delusion** and **Science and Spiritual Practices**. His new book **Ways to Go Beyond** is due to be published on January 24, 2019. He was a Fellow of Clare College, Cambridge and a Research Fellow of the Royal Society, and is now a Fellow of the Institute of Noetic Sciences, in Petaluma, California, and of Schumacher College, in Dartington, Devon. His website is www.sheldrake.org.

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