



Contents / Sept. - Issue #26

- At the Frontiers**
- ▶ The Edge
- ▶ Affiliate Spotlight
- ▶ Media Spotlight
- ▶ Top 10
- Shift in Action**
- ▶ Live Teleseminars
- ▶ Recent Releases
- ▶ Shift Magazine
- ▶ GreenShifting
- Personal Connections**
- ▶ Living Deeply
- ▶ Comedy Corner
- ▶ Monthly Intention



Inspiring, soulful films about family & more

Spiritual Cinema Circle presents ***A Relative Thing***, an evocative and universal feature film about the changes in family that are triggered by love, death, rivalry, hardship, and laughter. If you enjoyed ***The Big Chill***, you'll love this film. It comes with three short films, including ***Lucky Boy***, a touching story that follows the exploration of a college student searching for his birth mother. If you [click here](#) before September 12, you can get all four of these films for free (you just pay a nominal shipping fee).



Please visit spiritualcinemacircle.com

From the Editor



Vesela Simic / Here in the States, September always greets us with Labor Day, the symbolic close to summer, and throughout much of the world, September reliably ushers millions of students and teachers back to their studies. Time to let go of summer fun and to settle in and get serious about our work again. IONS members will find that this month also brings them their fall issue of *Shift* magazine, an issue that invites readers to begin to explore "art, science, and consciousness."

It's always a challenge to narrow down any of the rich subjects *Shift* examines to a handful of magazine articles. As we went about identifying and researching perspectives for this issue, I found it especially difficult at the start to get a foothold on what we were covering. Art and consciousness--that relationship was familiar. Science and consciousness--even that was clear. But the relationship between art and science to the study of consciousness, that seemed to suggest mutually exclusive schools of investigation. What I learned as we cast about for article possibilities, however, is that this division is as false and ultimately unproductive as the apparent divide between spirituality and science. All knowledge is derived from common ground, "the same database," as psychologist Jeanne Achterberg puts it. IONS has recognized the necessity and value of a multidisciplinary approach to consciousness studies from its inception. A holistic perspective is fundamental. And art and science have everything to gain from their marriage, as *Shift* contributor Jonah Lehrer effectively points out in this fall's issue.

This issue of *iShift* is sprinkled with items that invite you to consider the connections between the arts, the sciences, and consciousness studies. At some point in our education, many of us found ourselves focusing on some aspect of the one and not the other. May this new season of learning find you venturing into a field of study that you once considered outside your understanding, seemingly disconnected from your specialty--and may you discover the relationship between them to be as natural and organic as it is revelatory.

Ever learning, we deepen our experiences and appreciation for life. As part of its **Living Deeply** campaign, IONS continues to offer a \$1 trial membership in our dynamic *Shift in Action* program. Upon joining, you'll receive the book, *Living Deeply: The Art and Science of*

3rd Annual International Conference on "Engaging the Other: The Power of Compassion"

September 4-7, 2008

San Mateo, California

with Marianne Williamson, Dennis Kucinich, Don Beck, Corinne McLaughlin, James O'Dea, Stanley Krippner, Sharif Abdullah, and more

An international, multi-cultural, multi-disciplinary conference examining concepts of "the other" from a universal, cross-cultural perspective to promote wider public dialogue about concepts of "us and them."

[More...](#)

Sign up here to receive iShift!



GO

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All IONS Partners

Check out these great organizations that support [IONS](#) through our Partnership Program.

Global Partner:



[Men's Wearhouse](#)

Silver Partners:



[Nine Gates Mystery School](#)



[Prayers for a peaceful world](#)



Transformation in Everyday Life written by IONS researchers Marilyn Schlitz, Cassandra Vieten, and Tina Amorok; a *Living Deeply* practice CD with audio from 11 transformational leaders in wisdom traditions from around the world; the acclaimed *2008 Shift Report*; and all the offerings *Shift in Action* members enjoy, including weekly live teleseminars and one of the largest archives of downloadable audio content on the Web. To join, or to invite a friend to join, [click here](#). Also, please see the [Living Deeply](#) section of this issue for details on the upcoming *Living Deeply* workshops in San Francisco, Ashland, and Vancouver.

The Edge

Is literature necessary? What is its evolutionary function?



Recent studies suggest that reading fiction enhances our social skills and capacities for empathy and personality change. After assessing how much fiction participants in one study routinely read, investigators Maja Djikic, Raymond Mar, and Keith Oatley, of the University of Toronto in Canada, asked them to take a "mind-in-the-eyes test," which measures empathy and social acumen. Fiction readers showed substantially greater empathy and interpersonal perception in the test than non-fiction readers did. "I liken fiction to a simulation that runs on the software of our minds," says investigative psychologist Keith Oatley. "Just as computer simulations can help us get to grips with complex problems such as flying a plane or forecasting the weather, so novels, stories, and dramas can help us understand the complexities of social life." See the *Journal of Research in Personality* 40.5 and the *Creativity Research Journal* 20.4. You'll find the mind-in-the-eyes test [here](#).

More than reading is at stake.

"Reading at Risk," a 2004 survey of literary reading in America funded by the National Endowment for the Arts, reports that "literary reading in America is not only declining among all age groups, but the rate of decline has accelerated among the young." The survey covers most major demographic groups, providing statistical measurements by age, gender, education, income, region, race, and ethnicity. The report also demonstrates that readers play a more active role in their communities and thereby argues that the survey "foreshadows an erosion in cultural and civic participation." ([learn more](#))



An economics of vengeance?

Some economists have turned their attention to vengeance and are attempting to measure it in the real world. Naci H. Mocan, an economist at Louisiana State University, gathered information on 89,000 people in 53 countries to draw a map of vengefulness. He found that among the

The Monroe Institute

Bronze Partners:



Big Mind



Spiritual Paths Institute



School of the New Spirituality

**IONS Campus and Retreat Center Events
Petaluma, California**

Skan-Reichian Therapy - Exploring the Body of Emotions

September 5-7, 2008

Skan Therapy is based on the work of Wilhelm Reich. Skan can be defined as a process of re-establishing the unobstructed flow of the body's own life energy. This can be felt whole bodily as a sensation of "streaming" and pleasure, and emotionally as love, enjoyment, and happiness.

Regression Therapy Intensive Training, Level I

September 15-20, 2008

Barbara Kauffman is a prominent board-certified regression therapist, educator, lecturer, and researcher with over fifteen years of experience in the field of past-life regression.

Creative Memories Scrapbooking Weekend with Felicia

Schonborn-Young

September 19-21, 2008

March 20-22, 2009

Celebrate and preserve your

most vengeful are women, older people, the poor, and residents of high-crime areas. Most of Mocan's findings confirm what researchers in different disciplines have already found: "that vengeful feelings are strong in countries with low levels of income and education, a weak rule of law, and those who recently experienced a war or are ethnically or linguistically fragmented." ([learn more](#))

Reminder: September 21 is International Peace Day!

Evolution, Addiction, and Economic Demand

Those of you who enjoyed the popular article "[Peak Oil--Believe It Or Not?](#)" from *iShift* #25 will also enjoy this radio interview with the article's author, Nate Hagens. Appearing on *The Reality Report* (KZYX&Z, Mendocino County, California), Nate discusses evolution, addiction, and economic demand--or how our brains trick us into wanting more than we need. ([listen now](#))



ITP Seeks Applicants

The Institute of Transpersonal Psychology invites applicants for full-time and half-time core faculty clinical psychology positions. ([details](#))



Affiliate Spotlight

Economic Wisdom for Uncertain Times

Catherine Austin Fitts has a new two-part audioseminar CD called "Positioning Your Assets for Growth in Uncertain Times" (\$60 plus shipping, or \$50 for an MP3). It explains how to protect and grow your financial assets in a way that not only cares for you and your family but also transforms our communities and networks.



IONS is partnering with Catherine on this and other Solari.com products. Simply go to the Solari store (www.solari.com/store), make your selection, and enter the code **E1/NOE** in the Comments Box on the sales form when you order. You can also mention this offer if calling in your order: 1-800-695-2241 (U.S.); 001-931-964-2241 (International). ([seminar description and audio clip](#)) ([Shift in Action teleseminar with Catherine Austin Fitts](#))

Earth Cinema Circle

With actor Ed Begley Jr. as its spokesperson, the Earth



Cinema Circle (ECC) is the only DVD film club exclusively devoted to expanding environmental consciousness and is doing so in a way that entertains, informs, and sometimes inspires. Recent films have ranged from a 26-minute lesson in eco-literacy by David Suzuki to the life-cycle of to-go coffee cups and why corn truly is "king." IONS has

memories into treasured keepsakes--your life, your story, your way. Felicia will show you how with top quality photo albums and organizing products.

Metzner Alchemical Divination Training, with Ralph Metzner

September 21-26, 2008

February 1-6, 2009

The Metzner Alchemical Divination® training is offered in three 5-day modular workshops that can be taken in any sequence. In these workshops, participants will experience the divinations for themselves as well as light-fire purifying energy meditations (Agni Yoga). Participants will practice guiding others with them in dyads and small groups.

Spiritual Activism: Compassion in Action with Andrew Harvey

September 26-28, 2008 -

The Realm of the Heart

December 12-14, 2008 -

The Pathways of the Intellect

February 6-8, 2009 - The Wisdom of the Body

"A spirituality that is only private and self-absorbed, one devoid of an authentic political and social consciousness, does little to halt the suicidal juggernaut of history. On the other hand, an activism that is not purified by profound spiritual and psychological self-awareness and rooted in divine truth, wisdom, and compassion will only perpetuate the problem it is trying to solve, however righteous its intentions. When, however, the deepest and most grounded spiritual vision is married to a practical and pragmatic drive to transform all existing political, economic and social institutions, a holy

partnered with ECC to help educate people about the need for global environmental sustainability. By joining [the club](#) you help both the Institute and the people who are making these much-needed films. ([website](#))

Media

Film

Crazy Sexy Cancer. In 2003, actress-photographer Kris Carr was diagnosed with a rare and incurable cancer. Weeks later she began filming her story. With experimental treatment as her only option, Kris became determined to find answers where there were none. She traveled throughout the country interviewing experts in alternative medicine as she tenaciously dove head first into a fascinating and often hilarious holistic world. Along the way, she met other vivacious young women determined to become survivors. Their stories are as poignant and exciting as the women who tell them. As Kris's amazing journey unfolds, she realizes that healing is about truly living rather than fighting. Winner of the 2008 Gaia Documentary Award, *Crazy Sexy Cancer* is available on DVD and can be found at www.crazysexcancer.com.



Project Kashmir. From directors Senain Khesghi and Geeta Patel comes the story of these two American friends from opposite sides of the divide who investigate the war in Kashmir. They discover that their friendship will be tested over deeply rooted religious, political, and cultural biases that they never had to face in the United States. Beautifully filmed by Academy Award winner Ross Kauffman, the movie captures the stunning beauty of Kashmir and expertly weaves deeply moving personal stories of Kashmiris with those of the two American women who strive to reconcile their ethnic and religious heritages with the violence that haunts their homeland. *Project Kashmir* opened to sold-out theaters this June at the Human Rights Watch International Film Festival at Lincoln Center in New York. *Project Kashmir* is available on DVD; contact Sarah Masters, Hartley Film Foundation Managing Director, at masters@hartleyfoundation.org or visit www.hartleyfoundation.org.



Dalai Lama Renaissance. At the cusp of the new millennium, forty visionaries and innovative thinkers left the United States with high expectations of changing the world. They set off for India to meet with His Holiness the Dalai Lama at his residence at the mystical foothills of the Himalayas to discuss the world's problems and solutions. What transpired was unexpected and powerful. The Wakan Foundation for the Arts took its 18-person film crew to India and shot more



force--the power of wisdom and love in action--is born. This force I define as Sacred Activism." Andrew Harvey

[Making Money Make Change](#)

October 2-5, 2008

A national gathering for young progressive people with wealth, creating space to support and challenge one another to use their financial and other resources to contribute to change and to join fully in movements of social justice.

[Peter Russell](#)

October 16, 2008

Potluck dinner followed by a meeting with visionary scientist Peter Russell, who has just released an updated, tenth anniversary re-release of his award-winning 1998 bestseller *Waking Up In Time: Finding Inner Peace in Times of Accelerating Change*. This book was considered a classic manifesto for awakening to the planetary crisis--and much of it was prophetic as to what has actually come to pass in the last decade. A Friendly Favors event--registration required.

[Meditation Specialist™ Certification](#)

October 18-20, 2008

March 11-14, 2009

June 4-7, 2009

October 19-22, 2009

This four-part course for healthcare professionals provides in-depth training in the theory, science, and practice of meditation therapy with a focus on the use of meditation as a true healing science.

[Foundation for Shamanic Studies \(Journeywork\)](#)

October 26-31, 2008 (part 1 of a three-year series)

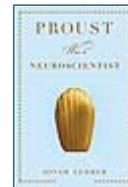
Originated by Dr. Michael

than 140 hours of video footage during the weeklong meeting. The result, a feature-length documentary narrated by actor Harrison Ford, has been receiving numerous film festival awards and is now being widely released and distributed. ([learn more](#))

Books

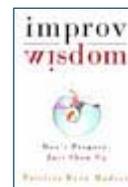
***Proust Was a Neuroscientist* by Jonah**

Lehrer. With impressively clear prose, Lehrer explores the overlooked places in literary history where novelists, poets, and the occasional cookbook writer predicted scientific breakthroughs with their artistic insights. The 25-year-old Columbia graduate, Rhodes scholar, and editor-at-large of *SEED* magazine draws from his diverse background in neuroscience lab work, science writing, and fine cuisine to explain how Cézanne anticipated breakthroughs in the understanding of human sight, how Walt Whitman intuited the biological basis of thoughts and, in the title essay, how Proust penetrated the mysteries of memory by immersing himself in childhood recollections. ([buy](#))



***Improv Wisdom: Don't Prepare, Just Show Up* by Patricia Ryan Madson.**

Senior Lecturer Emerita and longtime member of the drama faculty at Stanford University, Madson is now a teacher-at-large in places such as Esalen Institute, and she is sure to jumpstart your creativity--and possibly transform your life. In *Improv Wisdom*, she offers 13 maxims to guide the fledgling improviser. "Say yes" with the ecstasy of Molly Bloom: It will open up new worlds. "Don't prepare": In focusing on the future, you might miss the present. "Start anywhere": Take any entry into a problem, and once you get inside you'll have a better perspective. Madson's fans include a host of wise luminaries in their own right, and all agree that "to practice the basic rules of improvisational theater is to walk a path toward a spiritually satisfying life." ([buy](#)) ([Shift in Action teleseminar with Patricia Ryan Madson](#))



***Artscience: Creativity in the Post-Google Generation* by David**

Edwards. This book is an attempt to show how innovation is often catalyzed by those who cross the conventional line drawn between the arts and the sciences. A biomedical engineering professor at Harvard, Edwards describes how contemporary creators achieve breakthroughs in the arts and sciences by developing their ideas in an intermediate zone of human creativity where neither art nor science is easily defined. Through analysis of original stories of what Edwards calls "artscience" innovation in France, Germany, and the United States, he argues for the development of a new cultural and educational environment in which artists



Harner, this course is the most advanced training in shamanism and shamanic healing offered by the Foundation for Shamanic Healing and generally is considered unparalleled in the world. It involves intensive extended training in progressively higher levels of very advanced shamanism, including initiations into rare and little-known practices and principles.

Rejuvenate Your Practice Intensive

November 13-16, 2008

Learn how to build your successful Holistic or Coaching Practice using heart-based strategies so you can help more people and make more money than you ever thought was possible.

Gathering in Gratefulness

February 20-22, 2009

This weekend--led by Br. David Steindl-Rast, Roshi Joan Halifax, and Tessa Bielecki--will allow you to explore the practice of grateful living--the ethics behind a sustainable global community--and will give you an opportunity to learn about A Network for Grateful Living (ANG*L). ANG*L's labor of love touches lives in more than 240 countries.

[More...](#)

Special Events

3rd Annual International Conference on "Engaging the Other: The Power of Compassion"

September 4-7, 2008

San Mateo, California

with Marianne Williamson, Dennis Kucinich, Don Beck, Corinne McLaughlin, James O'Dea, Stanley Krippner, Sharif Abdullah, and more

and scientists team up with cultural, industrial, social, and educational partners. ([buy](#))

***Art and Intimacy: How the Arts Began* by Ellen Dissanayake.**

An independent scholar affiliated with the University of Washington, Dissanayake's books are considered classics among Darwinian theorists and art historians. In *Art and Intimacy* she digs deeply into the beginnings of artistic expression and the myriad forms that have been created by human beings, suggesting that the expression of art reflects an inborn capacity and need for mutuality, belonging, finding and making meaning, and acquiring competency through handling and making. ([buy](#))



Audio

***Cosmix* by Ram Dass and Kriec.**

With the release of *Cosmix*, the past and the present become one through music. Greatly recovered from the massive stroke he suffered in 1997, Ram Dass accepted down-under DJ Kriec's invitation to select key dialogue from his broad range of lectures to mix and share with a younger generation. *Cosmix* merges timeless wisdom with modern sounds, chants, and world instruments. ([buy](#))



***Miles from India* by various artists.**

In an original recreation of music from jazz legend Miles Davis, producer-archivist Bob Belden and coarranger and celebrated keyboardist of India Louiz Banks have recast landmark Davis recordings in an East-meets-West sensibility. Recorded in Mumbai and Madras, India, and New York, Chicago, and Los Angeles, the music was performed by classical and jazz musicians from India and musicians who recorded or performed with Davis throughout his career--among them, Ron Carter, Jimmy Cobb, Chick Corea, and John McLaughlin. ([buy](#))



Top Ten

Simon Dedeo's Nine "Physical Theories as

Women." Maybe there's a woman out there who inspires you to add a tenth theory of your own!

0. Newtonian gravity is your high-school girlfriend. As your first encounter with physics, she's amazing. You will never forget Newtonian gravity, even if you're not in touch very much anymore.
1. Electrodynamics is your college girlfriend. Pretty complex, you probably won't date long enough to really understand her.
2. Special relativity is the girl you meet at the dorm party

An international, multi-cultural, multi-disciplinary conference examining concepts of "the other" from a universal, cross-cultural perspective to promote wider public dialogue about concepts of "us and them."

[The Power of Practice: An Integral Approach to Realizing Your Fullest Potential](#)

**September 19-21, 2008
Mercer Island and Kenmore, Washington**

Enhance the quality of your life through Integral Transformative Practice (ITP), created by George Leonard and Michael Murphy of Esalen Institute. This workshop, led by senior ITP teachers Barry Robbins and Pam Kramer, offers the direct experience of Integral Transformative Practice, involving movement, meditation, and mind/body practices to create a long-term, daily practice for increased vitality, fulfillment, and joy.

[Living Deeply: Transformation and Healing in Everyday Life](#)

**September 13
San Francisco, California
with Marilyn Schlitz, Cassandra Vieten, & Tina Amorok**

Opportunities to actively engage in your own transformation and that of our world are woven into the fabric of everyday life. Learning more about the terrain of consciousness transformation at this special workshop.

[Living Deeply Presentation, Book Signing, and Workshop](#)

**September 19-20
Ashland, Oregon
with Marilyn Schlitz & Cassandra Vieten**
In the workshop, which blends the rigors of science with the

while you're dating electrodynamics. You make out. It's not really cheating because it's not like you call her back. But you have a sneaking suspicion she knows electrodynamics and told her everything.

3. Quantum mechanics is the girl you meet at the poetry reading. Everyone thinks she's really interesting and people you don't know are obsessed about her. You go out. It turns out that she's pretty complicated and has some issues. Later, after you've broken up, you wonder if her aura of mystery is actually just confusion.

4. General relativity is your high-school girlfriend all grown up. Man, she is amazing. You sort of regret not keeping in touch. She hates quantum mechanics for obscure reasons.

5. Quantum field theory is from overseas, but she doesn't really have an accent. You fall deeply in love, but she treats you horribly. You are pretty sure she's fooling around with half of your friends, but you don't care. You know it will end badly.

6. Cosmology is the girl that doesn't really date, but has lots of hot friends. Some people date cosmology just to hang out with her friends.

7. Analytical classical mechanics is a bit older, and knows stuff you don't.

8. String theory is off in her own little world. She is either profound or insane. If you start dating, you never see your friends anymore. It's just string theory, 24/7.

This list was found on www.mcsweeneys.net, which recently received the national Webby Award for Best Writing. *McSweeney's Internet Tendency* is the scrappy internet arm of *McSweeney's*, a literary journal edited by author Dave Eggers.

Shift in Action / Live Teleseminars



Our weekly LIVE teleseminar series, now on both Tuesdays and Wednesdays. All Tuesday teleseminars are in the *Living Deeply* series, which features spiritual leaders and practical visionaries who share their practices for living a deeper, more fulfilling life.

This month's schedule of live calls:

deep wisdom of the world's spiritual traditions, participants will learn through the pathways of rigorous inquiry, group dialog, and direct experience about the kinds of transformations in consciousness that dramatically and permanently change a person's worldview to one that is more loving, kind, compassionate, and connected to others.

Living Deeply: Transformation and Healing in Everyday Life

October 3-5, 2008

Big Sur, California

with Marilyn Schlitz & Cassandra Vieten

No matter who you are, where you come from, or what your current path is--whether you seek to transform your life completely or simply make adjustments that will add a layer of richness and depth to your life--exploring the many ways that transformation is stimulated and sustained can hold great power. Weaving together cutting-edge science with wisdom from teachers of the world's transformative traditions, this workshop explores what we have learned about how people experience deep shifts in their consciousness, and how those shifts can lead to healing and wholeness.

Living Deeply Signature Education Workshop

October 29-30, 2008

Vancouver, British Columbia

with Marilyn Schlitz & Cassandra Vieten

On Oct. 29, Dr. Marilyn Schlitz offers an interactive presentation based on the book, *Living Deeply*, followed by a book signing. On Oct. 30 both presenters facilitate the Living Deeply workshop



Tuesday, September 2nd at 11am Pacific - Marilyn Schlitz with **Van Jones** on "The Green-Collar Economy"

[More...](#)



Wednesday, September 3rd at 5pm Pacific - Stephen Dinan with **Brian Robertson** on "Holacracy"

[More...](#)



Tuesday, September 9th at 11am Pacific - Cassandra Vieten with **Paul Ekman** on "Emotional Awareness"

[More...](#)



Wednesday, September 10th at 5pm Pacific - Cassandra Vieten with **Bill Plotkin** on "Nature and the Human Soul"

[More...](#)



Tuesday, September 16th at 11am Pacific - Tina Amorok with **Morty Lefkoe** on "Everyone Knows you Can't Eliminate Beliefs Permanently ... Are you Sure?"

[More...](#)



Wednesday, September 17th at 5pm Pacific - Marilyn Schlitz with **Ilene Serlin** on "Whole Person Healthcare"

[More...](#)



Tuesday, September 23rd at 11am Pacific - Angela Murphy with **Vlad Cardema** on "From Pointing Guns to Pointing Didgeridoos"

[More...](#)



Wednesday, September 24th at 5pm Pacific - Belvie Rooks with **Erich Jarvis**

[More...](#)



Tuesday, September 30th at 5pm Pacific - Community dialogue with IONS Vice President **Marilyn Schlitz**

[Join Shift in Action](#) today to participate in these calls!

Shift in Action / Recent Releases

Free samples from the *Shift in Action* program



through dialogue and direct experiences.

[2012 Conference San Francisco: Shift by the Bay](#)
October 31-November 2, 2008

San Francisco, California
with James O'Dea, Daniel Pinchbeck, and more

2 Day Conference on leadership towards 2012, the coming shift of the ages, bringing together national leading authors and scholars.

- Expert Presentations
- Think-tank insight Sessions
- Maya, Q'ueero and Vedic Sacred Ceremonies
- Film Premieres and cosmic music

From now through Sept. 30th IONS community can take advantage and save \$75 on the price of registration when they sign up for 2012 Conference. CODE: **IONS**

[IONS Community "Consciousness Cruise"](#)

November 15-20, 2008
San Diego, California

Travel the Mexican Riviera from San Diego, Cabo San Lucas, to Ensenada & back. Enjoy five delightful days of relaxation, stimulation, sea, fun, meeting kindred spirits, building lifelong friendships, and enjoying great food and spectacular beauty...all for only \$79 a day!

[Journey to South India with IONS](#)

January 28-February 15, 2009

South India

Join IONS and guide Shantum Seth on a journey to the ancient land of India at this time of global shift and transformation. This is a special opportunity for Circle members (\$1,000 and above annual membership level).

- [Shift in Action audio highlights](#)
- [Great Shift audio highlights](#)
- [Transcripts](#)

[Join Shift in Action](#) today!

Shift Magazine

Here is a sneak preview of our upcoming **Shift #20**, entitled "**Art, Science, and Consciousness.**" If you join IONS today, you can still receive this fascinating issue! ([Join now](#))



Table of Contents

WHY SCIENCE NEEDS ART

by Jonah Lehrer

The more we know about reality--its quantum mechanics and neural origins--the more palpable its paradoxes become. The author of *Proust Was a Neuroscientist* believes that by interpreting scientific ideas and theories, the arts offer science a new lens through which to see itself while furthering our inquiry into the nature of consciousness.

POETIC MEDICINE: A KIND OF MAGIC

by John Fox

Western medicine's zealous preoccupation with technology, prescription drugs, and financial return has taken much of the healing out of health care. Citing new research and his own experience with patients, poetry therapist John Fox offers another path; he shows how the reading, hearing, and writing of poems can be a healing catalyst and transform people at profound levels.

ON THE SIGNIFICANCE OF ARCHITECTURE

by Alain de Botton

In this lyrical excerpt from his recent book, *The Architecture of Happiness*, Botton examines the ways that architecture speaks to us. By embodying ennobling values, built spaces can evoke associations that put us in touch with our true selves and influence how we conduct our lives. "Taking architecture seriously," he writes, "requires that we open ourselves to the idea that we are affected by our surroundings."

VISIONS FROM THE TECHNO-MYSTIC EDGE

by Kate McCallum

Writer, producer, and "transmedia" consultant McCallum surveys the mind-blowing intersection of brain science, digital technology, and the visual arts. From fractal biofeedback software to virtual reality immersions, media makers today are crossing a threshold of creative expression as they explore new ways to engage human beings at deeper

Space Shuttle Launch Trip with Edgar Mitchell

February 11-14, 2009

Cape Canaveral, Florida

Visit the Kennedy Space Center in Orlando, Florida, to witness the launch of Shuttle *Discovery* with IONS Founder and *Apollo 14* astronaut Edgar Mitchell.

The invitation to join this trip is a benefit for IONS Founder's Circle members (\$10,000 and above annual membership level).

The Institute of Noetic Sciences 13th

International Conference

Toward a Global Shift:

Seeding the Field of

Collective Change

June 17-21, 2009

Tucson, Arizona

Save the date!

[More...](#)

Other Event Listings

CIIS

Conference Alerts

Friendly Favors

Naropa University

Omega Institute



VISIT THE BLEEPSTORE

Information • Community • Networking

At Bleepstore.com you can find inspiring, enlightening, and intriguing books, music, videos and more. PLUS there are monthly articles online about the latest in

Consciousness studies • Science
• Green living • Alternative

levels.

GreenShifting

Getting Personal About Climate Change

"Our outer environment can only begin to be healed by our inner, and I'm not sure we can ever truly tend to our polluted waters, our shrinking forests, the madness we've loosed on the air until we begin to try to clean up the inner waters, and attend to the embattled wild spaces within us," writes Pico Iyer. His essay, "The Inner Climate," is part of a collection in which six authors describe how climate change is affecting them personally. You'll find the essays in the [September-October 2008 issue of Orion magazine](#).

Managed Grazing

Goats and grazing animals have been used for countless years as land management tools and are a popular alternative to the land management conventions of mowing, disking, and burning. Managed grazing takes into account multiple levels of ecology and environment, including vegetation types, soil types, watershed functions, plant recovery mechanisms, nutrient flow, and energy cycling. IONS is welcoming 250 goats and sheep on campus as part of a managed grazing program implemented by San Francisco-based Living Systems Land Management. ([Living Systems website](#))



Living Deeply

Our Year of Living Deeply continues with the launch of our new Signature Education workshops:

Living Deeply: The Art and Science of Transformation in Everyday Life



- CIIS, San Francisco, California: September 13 ([more](#))
- Ashland, Oregon: September 19-20 ([more](#))
- Esalen Institute, Big Sur, California: October 3-5 ([more](#))
- UBC Downtown, Vancouver, British Columbia: October 29-30 ([more](#))
- Open Center, New York, New York: November 21 ([more](#))
- River's Edge, Cleveland, Ohio: May 1-2, 2009

These workshops blend the rigors of science with the deep wisdom of the world's spiritual traditions. Join IONS research staff Marilyn Mandala Schlitz, PhD; Cassandra Vieten, PhD; and Tina Amorok, PsyD; as they offer key insights from the decade-long qualitative and quantitative research study of how people transform their lives.

health • Conscious parenting

There are also articles and book and movie reviews from [The Bleeping Herald](#) as well as [The Global Intelligencer](#).

[More...](#)



***The 2008 Shift Report:
Changing the Story of Our
Future***

You can get a [PDF](#) or [hard copy](#) of this year's *Shift Report* at the Bleepstore.

About the Report

Over the past several decades, new scientific discoveries along with a surge in grassroots initiatives addressing social and economic injustices have begun calling into question the view of the universe-and essentially of ourselves-as ultimately cold and mechanistic. Revealing both the mysterious directionality of the evolving cosmos and the irrepressible humanity within our own natures, new evidence is emerging that we are innately capable of far more than we realize. Yes, the evidence is compelling that the arc of the human species is on a self-destructive decline, and yet once the pieces are put together, there is no denying that another reality is fighting through the cracks of the dominant narrative. We are just beginning to tap into our potential as human beings despite, or perhaps because of, the multiple

Comedy Corner

DEAR SWAMI
by Swami Beyondananda

"Where Swami Answers Your Questions - and You Will Question His Answers"



Dear Swami:

People tell me all the time that I'm too negative, and I tell them in no uncertain terms, "I am NOT!" But lately, I've been getting the feeling that maybe I do have a bit of a negative edge, and this might be keeping away some good stuff. On the other hand, I don't want to seem like some naïve Pollyanna. Is there some way I can still be negative from time to time, yet get positive results? Maybe I can be twice as negative. After all, two negatives make a positive, right?

Mae Krong, Eden Prairie, Minnesota

Dear Mae:

It's true a lot of spiritual teachers are telling us not to be negative, and then there's that "Just say NO to negativity!" campaign those Positively Positive folks have launched. But I say, if you positively must be negative you might as well enjoy it. Go ahead and be miserable. Whatever makes you happy. Say YES to your negativity, because if you can at least feel positive about your negativity, that's a start in the right direction. But don't overdo it. Sure, two negatives make a positive-- but do you know what two positives make? Something twice as positive as that one positive you got by doubling your negativity. Hey, do the math. Being positive is a plus that adds to your life, while the negative just takes away. The secret to happiness is simple. All you have to do is subtract the negative and multiply the positive and you'll be basking in the aftermath.

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Swami Beyondananda -- and his hilarious books and CDs
-- can be found online at
<http://www.wakeuplaughing.com/>*

Ask Swami your own question. Send it [here](#).

Monthly Intention

September Intention:

At the beginning of each month, we encourage you to take a quiet moment to link your intention with people around the world.

crises that we are facing.

For a discount on 10 or more copies, contact Tiffany at tmitchell@noetic.org.

This month our intention is *to see what has escaped our attention by noticing which filter we typically see through and choosing another.*

September Action:

In *Improv Wisdom*, Patricia Ryan Madson writes, "The light in which something is perceived will determine its value."

We can look at a person or event from three vantage points, she observes:

1. To see what's *wrong* with it (*the critical method*-- commonly used in higher education). Using this lens the *self* looms large.
2. To see it objectively (*the scientific method*). Using this lens both the *self* as well as *others* are meant to disappear.
3. To see the *gift* in it (*the improviser's method*). With this lens *others* loom large.

September Questions for Reflection:

How do I look at reality? Which lens am I using now? What has escaped my attention?

If you would like to offer an intention for next month, please send it [here](#).



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