

3 Death - Chazotog back to body - Idea of dying - going on into
thoughtless space - was not threatening.

8 He thinks we are on the brink of positive change
Based on a change of consciousness but gives no path to it

21 ECME - on Cosmic Consciousness - by Grof quest
neurotically separated from the cosmic consciousness.

22 - The Lens - was my whole consciousness - not merely a
piece of it.

28 - Truth is within our selves - Browning

30 Our Lens - We each perceive through a different one.

35 - Increasing Evidence That Universe Not made of Matter
but of energy or potentialities of energy or matter.

36 - The Center of True Religion - Einstein.

Note specific theology
Entho - To know that what is impenetrable to us truly exists

39 Emerson Everything is made of one hidden stuff.

42 Bergson Brain Function - Not so much Creative as
Eliminative - without it we would be

constantly bombarded with all the information in the
universe

45 ? - we can't know ourselves except through knowing the
larger whole of which we are a tiny part. (But - universe within two)

In the Beginning - were NO words - only experiences.

46 - The Teaching Plants are our own inner theater - a sort of teaching
theater

47 ? A loner - not really - but - Why I have been separated from
my natural community by the repression of the Death
Culture ... w/ the killing religions

48 Physics - Reality is inevitably altered by the presence of the
observer.

52 The Strength required to meet the challenge will
come from the Inner World ECME

55 Wm. James - The Divorce between Scientific and
spiritual facts may not be so clear.

- 58 Ritual - Medicine Wheel - or Wheel of Life
- 57 - 60 How Shamanic Path Differs from Buddhism
- 62 - Yogi (meditator) - wishes to free himself from nature.
- but Pagan? - ~~to~~ Jung. ECHOE - "Nature, the psyche, and life appear to me like divinity unfolded"
- 72 Human Consciousness - Does Not Distinguish between that which is real PRAISE FOR THE LENS OF PERCEPTION - that which is imagined.

"Bennett's metaphor for each human being's own way of looking at life is a 'lens.' He shows how this concept is useful in understanding relationships, careers and life itself. His approach is through the shamanic tradition and what he sees as its modern continuation, Jungian analysis. Bennett's ideas are intelligent and well stated. You may disagree with him but, then again, your lens is not his."

—Publishers Weekly

"Using a range of techniques from shamanic stories to guided imagery, Bennett leads readers to consider how to use their 'lens' to help in life decisions. This is not a religious book in any sense, but it certainly lends credence to the spiritual aspects of life: readers are left to use this spirituality as they feel appropriate."

—School Library Journal

"The Lens of Perception offers a new perspective on the process of rebirthing spiritual insight into post-modern life."

—Terence McKenna, author of *Archaeic Revival*

"Bennett brings the magical world of our existence back into our everyday lives."

—Lynn Andrews, author of *Walk in Balance*

"Twenty years before *The Secret*, Hal Bennett's *The Lens of Perception* provided readers with an in-depth look at the transformative power of the mind. In this classic book, Bennett weaves together the realities of science and spirit and offers tools for exploring our inner worlds."

165 - Quantum Physics?
 —Colleen Mauro, publisher of *Intuition Magazine*
 where All and Everything ultimately appears as pure
 "If you're looking for an instruction manual on how to uncover and develop your innate capacities to create and manifest in the world from the soul level, this is it!" Consciousness

73 2 techniques - Positive Thinking Michael Toms, *New Dimensions Radio*
 and Mental Rehearsal - esp. for athletes

74 - Great Quote - Athletes - Cocoon of Concentration.

76 - The Brain's receptivity is optimal when you are physically relaxed.

102 ECHOE - For Individual Health → must have planetary health - planetary health could only be produced through individual evolution - People developing a spiritual link with mother earth.



103 - Einstein - The more Knowledge

We acquire, The more Mystery we find.

112 - We are all part of a Reality That is not as we
perceive it to be with our 5 senses.

118 - The Unconscious mind (Brain) does not distinguish
between a real (sensory) and an imagined experience.

119 - We live in a world alienated from its sacred Dimension.

122 Our Busy-ness robs us of great self Knowledge & pleasure.

144 - ? It is common to see the spirit leaving the physical body.

161 - Quote - Elisabeth Kubler-Ross - E.C.M.E. - "Our biggest job is to change
our whole way of thinking"

109 - Huxley "I am entirely on the side of the mystery..." - Great!
E.C.M.E.