

- 73-5 State of ^{myth is} unification of Logic & Intuition. Left Brain/Right agreement produces quality visceral experience. - Same Pot & Neurofeedback
- 3 "He takes a picture" of the moment of Mystical Transcendence
- 2) Allow deeper inner self to emerge - inner self + truest part of who he is
- 3) The picture is of blood flow patterns.
- 4 "Unusual activity" in lobe associated with drawing the ^{thing} distraction between the individual and everything else.
- 5) Biology in some way - compels the spiritual urge.
- 9 Spirituality just a delusion (or) evidence of a neurological process which has evolved to allow us humans to transcend material existence and acknowledge and connect with deeper, more spiritual part of ourselves perceived of as an absolute, universal reality that connects us to all that is.
- 15 - In all living things the nerve cell is similar & works in similar ways.
- 21 "Classic understanding" of Right/Left Brain Differentiation "proper functioning" of the brain. Typ. properly requires the coordinated interaction
- 22 Split Brain people have 2 minds - 2 consciousnesses
- 23 The generation of human awareness, in all its multilayered fullness, depends on harmonious integration of both sides of the brain
- 36 There is NO objective direct experience of reality.
- 36 - Redefinition + Sense - god just "All in your head"
- 38 - Autonomic Nervous system - Regulates heart rate, blood pressure, temperature, digestion, connects emotion, A.N.S. Divided into Sympathetic N.S. - Fight or Flight Adrenaline Arousal system and parasympathetic N.
- 39 A.N.S. Fundamental to religious experience - Yogic meditators Control heart rate, blood pressure, breathing. Like Camels - which "balances A.N.S."

- 42 A.N.S. closely connected to limbic system which regulates emotions
- 55 Altars - Animal Sacrifice sold as 200,000 yrs ago
- 60 - incident with first indications of "humans" - Iudea Religion? - That world was controlled by powerful forces they could come to know - or influence
- 55 (Campbell) **WHY GOD WON'T GO AWAY**
- Myth coeval with mankind
- As far back as any evidence of humanity - mythological Anno and concerns were already shaping the arts and world of homo sapiens
- 60/61 Humans have cognitive ability, and imperative Can't help "thinking" - Animals don't "worry" - they respond to stimulus
- No lion, No worry - Humans can foresee, recall, predict, worry about dangers so they spend their time using Cognitive operators to creatively adapt - prevent these disasters
- BUT THEN**
- Mind discovers one apprehension that cannot be resolved by any natural means - the sobering understanding that everyone dies. When Discovered the cognitive imperative drives mind to find solution
- Then - other questions
- Then - Bis. How can we live in this bafflingly uncertain world without so much fear. Cog. imperative tirelessly pushes mind for solution - mind creates myth. Resolution in the form of myth.
- 64 - So an existential fear drives the Cog. imperative to use Binary operators to reduce it to pairs of irreconcilable opposites that become the elements of myth.
69. Right Brain - Images and Emotion, Rather than Language and Logic
- 23 Believed not because they think he is right, because they feel it
- 24 Why - human myths so consistently similar.
- 80 Religious Ritual - if effective involves the brain to adjust Cognitive & Emotional Perceptions - interpreted as closing the distance between self and god / ^{then is the distance between self and god} ^{quite} ^{the distance between self and god}

- Also practical/political use - Social cohesion, look at common goals.
Social benefits may have been major role of public ritual.
- 81 Must Have Ritual sense of specialness and common destiny
- 82 Animals Animals have ritual too - similar
- 87 Lower input (deafferent) the orientation area you begin to blur the edge of the brain's sense of self
 Also by Eugene d'Aquili and Andrew Newberg
 opening door to unitary states which have the primary goal of releasing ritual.
- The Mystical Mind: Probing the Biology of Religious Experience
- 90 Ritual - Addressed distance scan between human and Gods - According to Campbell - "The one great source of myth, that in the beginning we were united with the source but that we were separated from it and we must find a way to return."
- 91 Primary Function of Ritual - to turn spiritual power into spiritual experience. From Believe it to Feel it
- 101 - Good on mystical & E a few moments - lose oneself rapturous state - interior illumination of reality that results in ultimate freedom
- Core - to have risen above material plane & spiritually united with the absolute - Common East or West
- 102 Examples from other cultures Even Christianity
- Black Elk - Peace comes within the souls of men when they realize their oneness with the universe
- 103 Hindu - "The Japanese ~~and~~ dissolve ~~themselves~~ in the sea of self
 pure consciousness - Infinite and immortal.
 Contrast - up to delirious - essence is obedience
103. People who experience genuine mystical states enjoy much higher levels of psychological health in terms of 6 factors
- 109 Mystical Psychotic Experiences Are Different
- 110 - Temporal Lobe Epilepsy - produce religious awe/ecstasy
- 111 Mentions Drugs
- 119 Passive meditation - at max point of calm & deafferentation - Can produce neurological "spillover" in which Super calm produces max arousal response.
- 120 - All traditions of the East describe the ineffable unity Nirvana Tao Brahman Atman

- 120 Active meditation - Produces rather different pattern of brain activity - Which may account for western perceptions of the transcendent absolute.
- Active med - max out the arousal function, then spill over causing max activation of quiescent function.
- 121 Again as with pot & drugs - max pleasure is when both arousal & quiescent functions maximally activated.

WHY GOD WON'T GO AWAY

- 123 Interpretations of rel. mystical experience - are always colored by after the fact subjectivity.

If unity is absolute - No this and No that

124 Probably - mind's ability to reach unitary states did not evolve for spiritual transcendence?

Then What? and the Biology of Belief

What survival advantage would neurology of transcendence - as it developed in earlier stages - Why would Natural Selection allow it?

- to counter the materialistic mechanistic ego centered
- 125 My God ANDREW NEWBERG, M.D. acquisitive view
- Neurological EUGENE D'AQUILI, M.D., Ph.D.
- Machinery of Transcendence may have arisen from the neural circuitry that evolved for mating and sexual experience?

Language - Bliss, exultation, ecstasy, rapture - The same.

Orgasm - activated by repetitive rhythmic stimulation

And requires simultaneous stimulation of Both Arousal & Quiescent systems

Have Shown

BALLANTINE BOOKS • NEW YORK

- 1) Mind can exist without ego
- 2) Awareness can exist without self?

Origins

129 - Is Rel. pure weakness dependence from

A Clear Health Benefits of Religion (to praying)

It's not a static Blind Immune System

133 EVOLUTIONARY USE Protect Humans from Self Defeating Fatalism

134 Unintentional Unitary experiences provide a strong foundation for religious faith

135 Mysticism is Source of essential wisdom and truth upon which all religions are founded.

But Who show to translate ineffable insights into specific Beliefs.
To our families

137 First Religion - attempt to influence forces - or spiritual forces - with sacrificial gifts

139 Neurology of Transcendence borrows the neural circuitry of sexual response

① The inherited ability to experience spiritual union is the real source of religious staying power.

Anders Religion is something deeper and more potent than intellect or reason.

140 - So is Unitary Experience just a Neurological Function

② Genuine Experiences the brain can Perceive
Could it be that the brain has evolved the ability to transcend material existence and experience a higher plane of being that actually exists. Mystics insist they enter a realm of being more real than the material world we trust without question.

142 - Chapt 8 - Realer than Real

144 Either the Self or the World/universe is the more fundamental form of reality

147 - Mystics believe they have experienced a primary reality that runs deeper than material existence.

A state of pure being that encompasses all the rest.

147 - All sentient beings

(Huang Pu - Zen) All sentient beings are Nothing but One mind - Beyond which nothing else exists.

148 - State must be felt to be believed by both body & mind
We have to use the mind to get beyond the mind. The mind has to get out of its own way.

151 Mystics. Not Delusional - certain that experiences are real

152 Most never experienced - & No reason to suspect existence of a higher reality beyond our subjective awareness of mat. world

155 Experience - Changed me Forever & in, insignificant more & precious

Self & World must be contained within & perhaps created by - The reality of Absolute Unitary Being.

Existence of an Absolute Higher Reality or Power is at least as rationally possible as the existence of a purely material world

157 Unknowableness of God - A defining principle for mystical religions of the east (5 marter)

In the West - the Big 3 Religions founded on the Revelation of a god who is a Distinct Supreme Being - a distinct supernatural entity - set apart from the ~~natural~~ natural world. Empirically real with name, history, and an agenda (showing poorly takeover) for his people

159 Do not prattle about god

161 - of course god can not be set aside from this absolute oneness as a separate identifiable being.

Xian Teasedale - says - well, god is both the personal guy & the impersonal unity

162 - The Personal God -

PRO - Judeo Xian tradition has helped the West to acquire the liberal humanism it values so highly

CON - Can become a mere idol, carried in our own image.

Dangerous - Instead of ~~pushing us beyond our~~ pushing us beyond our expectations - Encourages us to remain complacently within them - & like him cruel, callous,

self satisfied and portial as he comes to be

JUDGE CONDEMN MARGINALIZE with hand

164 & even the Personal Rel - Personal God

- which religious intolerance is based on caused by incomplete states of Transcendence - Eg. Mystic Falls short of absolute unity - the subjective recollection that separates awareness survives, sees it as an encounter between a self and some other - an ineffable union.

168 Key Thesis - Mysticism - our most practical and effective hope for improving human behavior
 We have Natural Genies to be egotistical, grasping, violent naming enemies, fiercely protecting our interests.
 Rearrange energy from within suffer less if we have compassion and nurture our companions.

CONTENTS

169 Science - Killed only the personal crediting of god
 162 - Generations may pass before we will get mystical heat worlds divested
 - We don't have generations - That's why the plants were again revelled - & The Force gave us Dr. Hoffman
 171 - God in the personalized, personified ways humans know him is only a metaphor - if Absolute Unitary Being is real.

Core of Entheos - Prove Entheos does

1. A Photograph of God?: An Introduction to the Biology of Belief	1
2. Brain Machinery: The Science of Perception	11
3. Brain Architecture: How the Brain Makes the Mind	35
4. Myth-making: The Compulsion to Create Stories and Beliefs	54
5. Ritual: The Physical Manifestation of Meaning	77
6. Mysticism: The Biology of Transcendence	98
7. The Origins of Religion: The Persistence of a Good Idea	128
8. Realer Than Real: The Mind in Search of Absolutes	142
9. Why God Won't Go Away: The Metaphor of God and the Mythology of Science	157

Notes	173
References	201
Index	217

167 this one - this freedom from alienation and insecurity is the pure foundation for a better world
 Try to help each other rather than hurt each other.
 - mysticism "last best hope for a happier future - overcome greed, mistrust, self protective fears → suffering
 "Domination, cruelty, greed, violence, - arise from a sense of insufficient and insecure being"

172 Plausibility of Absolute Unitary Being makes a strong case that there is more to human existence than pure material existence.

183 - The Gut Regulated by a third component of A.N.S.

185 - Like with pot - Evidence of arousal and quiescent activity at the same time

193 - During meditation significant changes in Heart Rate (like pot) not just relaxation

196 Near Death Experience and Rel. experience - produce improved mental health & changed perspective

197 - Many meditation studies - both times of increased and decreased autonomic activity.

192 cites Psychological benefit of Religiosity

152 The Duck Test - "intentionality" How to test whether unitary religious experience is real

198 Absolute Unitary Being would resolve all existential question - & resolve the dilemma of opposites (dualism) life/death, good/evil, god, man, - that compel us to make myths and as the focus of all of our spiritual strivings.

The Question - Do The Entheogens produce same deaffiliation - same picture as deep meditation break through moments

129 Do Entheogens Do It
Of the Angels
 Provide Deepest Origins of Religion