









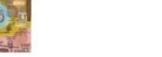
•	Th	e Human Mind	
Sub-chapter	Section	Subject Matter	People
	i. From cell to atom	The composition of human cells • The importance of carbon	
	ii. Organic physics	The carbon atom & the creation of organic compounds ● The physics of living matter	
	iii. Biochemical awareness	The complexity & the fragility of life • Death & organic dispersal	
Part 1: The Web of Tife	iv. Losing consciousness	The fall to unconsciousness • Beyond deep sleep & the tunnel of white light • Spiritual perception	
Web of Aije	v. Spiritual perspectives	Understanding the phenomena of 'out of body' experiences & dreamed visions • From the subtle body to the Nirvanic realm	Carl Jung
	vi. Dreams: the meeting of minds	Dreamed perspectives • The chaos of 'garbage dreams' • The collective unconscious & shared dreams • The power of lucid dreams	Jesus   Buddha   Mohammed
	vii. Animal instinct	The tuned perceptions of different animal species (from dolphins to honey bees) • The sixth sense: from ESP to infantile autism	



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	viii. Human awareness	Intellectual perception & our distant intuitive roots ● Pain, attention & the singular girus ● REM sleep & primate perceptions	
Part 1: The Web of Tife	ix. Geographical sensitivity	Ancient observations: China & the prediction of earthquakes • Migraines	
Web of Life (continued)		Energy & the flow of human thought • Mystics & human reality • Matter & the shape of energy	
	xi. Thought energy	Human thought as electrical impulses ● Mind over matter	
	i. Recall	Memory & social habit ● Mnemonics ● The role of RNA in remembering experiences ● Tips for improving memory	Wilder Penfield
Part 2: Sensory	ii. Exteroceptive balance	The balance of sensory perception • The abstract world of human imagination: from strawberries to radon gas	
Sensory Perception	iii. Our shared sanity	A hypothetical confinement of the mind • Our impressionable minds as children and adults	
	iv. Our collective perception of reality	Closed societies & the power of political indoctrination • Extremism: a departure from collective reality	
Part 3: Imagination and Reason	i. Thoughts, dreams and physical reality	The electrochemical process of thoughts in the neocortex • Intellectual cognition & the passing of time • Memory & imagination: reality from the thoughts of others	





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Part 3: Imagination and Reason (continued)	ii. A state of alert	The emotional focus of dreams & vagueness of waking lucidity  • The insensitivity of intelligence in a 'self-obsessed' human world	
	i. A history of western perspectives	Christian persecution of the mentally ill - demonic possession • Lunacy & moral therapy • Creative genius & psychotic depression • 20th century therapy: psychiatry & clinical psychology	Jesus of Nazareth
Part 4: Mental Disorders (Psychological	ii. Psychology as a Modern Science	Introspection & the beginnings of psychology • From phenomenology to ethnomethology • Gestalt • Clinical psychology & behaviourism • Neuropsychology: understanding different brain functions • From comparative psychology to counselling & cognitive therapy • Behavioural therapy & the concept of IQ • Eugenics & the abuse of scientific ideas	Wilhelm Wundt   Oswald Kulpe   Edmumd Husserl   Christian von Ehrenfels   Max Wertheimer   Wolfgang Köhler   Fritz Perls   Laura Perls   John Watson   B.F. Skinner   Jean Piaget   Paul Broca   Carl Wernicke   John Jackson   Ivan Pavlov   Carl Rogers   Aaron Beck   Hans Eysenck   Alfred Binet   Francis Galton
& Organic)	iii. Psychiatry et al.	From repression & psychoanalysis to the Oedipus complex: the studies of Freud • The inferiority complex & the beginnings of social psychology • From personality dimensions to collective unconsciousness: the studies of Jung • Falsification & the value of science • From pragmatism to empiricism	Sigmund Freud   Alfred Adler   Stanley Milgram   Carl Jung   Karl Popper   Thomas Kuhn   Charles Darwin   Albert Einestein   Paul Faverabend   Charles Peirce   William James
	iv. Parapsychology and sensory inhibition	The validity of precognitive & paraphysical research • Automatism • A.I.: A practical application of experimental psychology • Our limited senses & unlimited minds • Extrahuman sensory perceptions	F.W. Myer   Joseph Rhine





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Part 4: Mental	v. The brain itself	The primary role & evolutionary journey of the human brain • Integral areas: from the cerebral cortex to the corpus callosum • Vulnerabilities: Physical trauma & disease - from asphasia & epilepsy to meningitis & paranoid schizophrenia	
Disorders (Psychological & Organic)	vi. Depression	Historical treatments: from lobotomy to ECT • Mild depression & manic depression (bipolar disorder) • Natural forms of treatment (from lithium to hypericum) & the role of serotonin • The complex effects of synthetic antidepressants (Prozac as an example) • Cognitive therapy	Aaron Beck
(continued)	vii Death of the brain	The nature of death (instantaneous & gradual) • Alzheimer's disease • The fragility of waking consciousness: fatal familial insomnia	
Part 5: States of	i. A matter of consciousness	Our individual journeys to a shared human reality • The importance of sleep to our waking world • The emotional nature of dreams & their cumulative psychological effect on our conscious perceptions • The world in-between: sanity & wisdom • Alternative consciousness: Spiritual connections & scientific progress	Sigmund Freud   Carl Jung
Waking	ii. Stress	Everyday stress & related disorders • Manifestations of stress (from sport to war)	
Consciousness			
	iii. A very human experience	The fragility of our physical & psychological existence • Human sensory experience & intuitive inclination • Illness & perception	





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	v. Perceptions of love and hate	The psychology of emotion • Emotional extremes • Different forms of love in modern society • Hate & the distortion of rational perception • Abstract ideas of love (from patriotism to chocolate)	William James   Carl Lange
Part 5: States of Waking	vi. Animal emotions	From selfless love to fear • Pleasure & pain: a part of life for all higher-order species • Oxytocin & motherly love	
Consciousness	vii. Curious attributes of the human mind	To see & to sneeze • Imagination & memory: the evocation of taste • The mind & physical reality • The power of self-belief	Stephen Gallagher   Napoleon Hill
	viii. Inspiration	Inspiration as the catalyst for creativity & as an evolutionary gift to humanity	
	ix. Evolution of mind	The effect of society on our continuous intellectual evolution • The dangers of corruptive indoctrination	
Part 6:	i. Physiological aspects	Sleep patterns • Sleepwalking and the boundaries of consciousness • Narcolepsy • REM sleep: A precursor to waking realities • The vital importance of dreaming	
Sleep and the Realms of the	ii. Dreaming to live	Dreamed experiences & their function • Nightmares & their relevance to adult life	
Unconscious	iii. Our dreamed connection	The collective unconscious & the emotional content of dreams  • The meeting of dreaming minds	Carl Jung



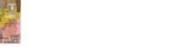
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Dreams

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Part 6: Sleep and the Realms of the Unconscious (continued)	iv. Dream meetings	Cultural & personal perspectives • The reacquaintance of old friends & deceased relatives • Reoccurring dreams, the limitations of dreamed consciousness & emotional overflow into the waking world • Dreams of death • The absence of time & the masks of others		
		v. A foray into lucidity	Becoming aware • The neurophysiological consequences of dreams	
	Part 6: Sleep	vi. The birth, life, and death of reality	The dreaming mind: from foetus to adult • Mastering our reality • Dreams in death	
	Realms of the	vii. Altering realities	Sleep as physical rest & psychological recuperation • Sanity & the dangers of sleep depravation	
	(continued)	viii. Parasomnia	Parasomnia as a childhood disorder • The hallucinatory dangers of adult parasomniacs	
		ix. Sleep and the paranormal	Out-of-body experiences & paralysis attacks • Dream telepathy: from the 'Maimonides studies' to the 'Ganzfeld experiment'	
		x. Insomnia	Insomnia as an inability to let go of reasoned perceptions for the peace of slumber	
		Footnote	Semi-conscious inspiration	
	Part 7: Jucid	i. Mastery of dreams	Definition & primacy • Evolution of mind & the formation of dreams • Memory pools & the collective unconscious •	Carl Jung



Dreaming in the animal world





		Part No.	
	ii. The intuitive study of dreams	Sleeping awareness & waking amnesia • Lucid dreams as a gateway • The Christian suffocation of lucid awareness	Jesus   Moses   Mohammed
	iii. Lucid regularity	Childhood lucidity • Western society & the throwaway façade of 'sixth sense' perceptions	
	iv. Mixed reality	Waking from a lucid state • False awakenings & hallucinations • Shallow western perceptions	
Part 7: Jucid Dreams	v. The art of falling asleep	A guide to the sleep cycle: from the hypnogogic state to protracted morning dreams	
(continued)	vi. A question of consciousness	A method to remember dreams • From dream sleep to reason • Vision as a primary sense • The absence of pain as an evolutionary necessity • Psychosis & war	
	vii. Ancient dreamscapes	The absence of pain but abundance of pleasure • The birth of dreams • Tuning in to our senses	
	viii. Opening up	Our dreamed consciousness & inherited memories: The sum of human existence	
	Footnote	Connecting to your child through a shared dream	
Part 8:	i. New life	The spiritual & physiological significance of pregnancy • Childhood love & the sexualisation of human thought	
Sexual Intuition and Social Imbalance	ii. Cerebral dominance	General functions of the cerebral hemispheres & the social bias toward male attributes • The supremacy of man & the birth of civilisation - exchanging intuition for intellect • The development of children: generations of enforced social conditioning • Balancing logic & creativity: a hallmark of the greatest minds	Leonardo da Vinci   Albert Einstein





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		iii. (Male) sexual energy	The body: connecting the mind with physical reality • Channelling sexual energy into non-sexual pursuits • Sex & Christian prohibition • The energy of genius	William Shakespeare   Wolfgang Amadeus Mozart   Robert Burns   Pablo Picasso
	(	iv. The depth of (female) sexual influence	The success of man & the intuitive support of woman ● Hormonal regulation ● Marriage & sexual relationships: a natural duration	
	. 0	v. Male insecurity and female stability	The impediments of testosterone: from social aggression to apathy • The paradox of male social success • Female psychological balance: the saviour of man	
	Part 8: Sexual ntuition nd Social mbalance (continued)	vi. Power and sufferance	Sexual indoctrination • Sexuality in Eastern philosophy: The universal balance of yin & yang • Semitic tradition & the rejection of intuitive qualities • The continuance of historic abuse against women	
and		vii. An open destiny	The classical perception of fate • Coincidence & intuition	Emmeline Pankhurst
		viii. Cultural indoctrination in action	Living in our age: how we reflect the societies that we grow up in (using 'music' & 'profanity' as examples) • Society & moral perceptions: the social conditioning of totalitarian states versus the materialistic greed of capitalism • The abuse of vulnerable minds as a cost of liberty	
		ix. Social conformity and self-advancement	commonplace feelings of social mediocrity • The power of self-belief • Breaking the illusory comfort of familiarity & the contagion of positive thought	







		i. The minds of animals, men and machines	Animal intelligence: the complex communities & self-awareness of great apes & cetaceans • The birth of human cognition (from the dream-like perceptions of female reverence) • Human intelligence & lack of reason: our historic exploitation of nature • AI: the logical route to performing complex tasks (bit v. neuron) • Contemplating the emotional consequences of human intelligence	
		Footnote	Cognitive ethology	
	Part 9: Intellectual	ii. A class apart	Comparative psychology & understanding the context of animal behaviour with an intelligent mind • Human society & hierarchic suppression • Maintaining a social elite • The privilege of European dominance (war & capitalist venture) • Class & social crime	
	Evolution	iii. Focusing human reality from a western perspective	The Dark Ages (God & music) • The Renaissance & the age of discovery • Reformation & the beginnings of science • The sharpening of minds: from heavenly spheres to relativity • Modern perceptions: reality on a quantum scale	Johannes Gutenberg   Nicolaus Copernicus   Galileo Galilei   Isaac Newton   Albert Einstein
		iv. Science and imagination	The march of modern science (from quantum mechanics to chaology) ● Determinism & a question of free will ● Intuition & coincidence	
		v. Ancestral roots	Genetic inheritance: parental genes & the commonality of bloodlines • Shared characteristics: the human gene pool • hypnosis: a suggestive state of mind	
		vi. Predicament and self-belief	Institutional prejudices • Positive thinking: ambition & respect • Transpersonal psychology • Negative energy & false fulfilment	

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Part 9: Intellectual Evolution (continued)	vii. The power of positivity	From subconscious impulse to idea: imagination & the route to conscious thought • Overcoming social prejudice: the art of self-belief • Positive emotions: training the inner-self • superconsciousness & personal success	
	viii. From the minds of children	Child consciousness: our maturing ability to focus on human reality (from babies to teens) • The world we grow into: society, disability, compassion & eugenics	
	ix. Social maladjustment	Childsplay as a defining line of reality • The adult suppression of childhood perceptions • The warped psychology of traditional schooling • Psychological inheritance • Adult dreams & their growing complexity over the centuries • Human emotion & the exploitation of our planet	
	x. To be awake	The power of a common reality • Social unity & degrees of prejudice • Spiritual/emotional enlightenment	
	xi. Quantum imagination	Quantum electrodynamics: a point of reference for imagining reality • An alternative perspective of time • The evolution of mind over physical attributes	Werner Heisenberg
	xii. Universe of illusion	Human reality as a unique perception (Hypothetical visits, catastrophes & reflections) • Our changing reality through the ages • Learning & knowing: How different species perceive • Manipulating human reality - from innovation to self-belief • From dream to reality	Roger Bannister
	xiii. Perception and sanity	Science & the illusion of physicality • Habitual sensory instinct • Mystics & psychotics: a fluxing of conscious realities	
	xiv. Only the here and now	Explaining the present moment as a consequence of space & time • Our fragile reality: the constant threat of disease	

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Part 9: Intellectual Evolution

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xv. Quantum immortality

The seeming incompatibility of relativity & quantum mechanics

• Consciousness & the quantum world • The perception of self: from scientific, religious & intuitive viewpoints • The multiverse & death

Werner Heisenberg | Hugh Everett

