

About the Authors

JEANNE ACHTERBERG, PH.D. is a scientist who has received international recognition for her pioneering research in medicine and psychology. A faculty member for eleven years at Southwestern Medical School, she is currently a Professor of Psychology at Saybrook Graduate School and Research Center in San Francisco. She has authored over 100 papers and six books, including *Imagery in Healing*, critically acclaimed as a classic in the field of mind/body studies, *Woman as Healer*, *Rituals of Healing*, and *Lightning at the Gate*. In April of 2001, she was featured in *Time* magazine as one of the six innovators of alternative and complementary medicine for the coming century. Dr. Achterberg is past president of the Association of Transpersonal Psychology. She is a Senior Editor for the *Journal of Alternative and Complementary Medicine*, a peer-reviewed medical journal with an international circulation. Her most recent research

on prayer and distant intentionality, using the fMRI technology, was conducted at North Hawaii Community Hospital and sponsored by the Earl and Doris Bakken Foundation.

TINA AMOROK, PSY.D., is a clinical psychologist and research psychologist at the Institute of Noetic Sciences where she coedited the anthology *Consciousness and Healing: Integral Approaches to Mind-Body Medicine* (Churchill Livingstone/Elsevier, 2005). With a background in integral health and healing, clinical psychology, and change management, Amorok designs and delivers programs for professional, university, corporate, and lay sectors on personal and social wellness and transformation. Her current research, *The Eco-Trauma and Eco-Recovery of Being*, examines how to heal and transform the primal wound of human alienation from nature from which destructive ecological behaviors, violence, and unhealthy life styles arise.

JAMES H. AUSTIN, M.D., has spent most of his years as an academic neurologist, first at the University of Oregon Medical School and later at the University of Colorado Health Sciences Center. He is currently Clinical Professor of Neurology at the University of Missouri–Columbia’s Health Sciences Center. Included in Dr. Austin’s cultural background is his first sabbatical spent in New Delhi, India; and the second spent in Kyoto, Japan, where he began Zen meditation training with an English-speaking Zen master, Kobori-Roshi, in 1974. He maintains a keen interest in the experimental designs and findings of investigators who study meditation, insight, and related states of consciousness. His early research background includes publications in the areas of clinical neurology, neuropathology, neurochemistry, and neuropharmacology. Dr. Austin is the author or co-author of more than 140 professional publications, including three books published by MIT Press: *Zen and the Brain: Toward an*

Understanding of Meditation and Consciousness (1998); *Chase, Chance, and Creativity: The Lucky Art of Novelty* (2003); and *Zen-Brain Reflections: Reviewing Recent Developments in Meditation and States of Consciousness* (2006). His next book from MIT Press, due out in 2008, is entitled, *Zen-Brain and the Meditative Transformations of Consciousness*.

New York Times bestselling author **GREGG BRADEN** is a former Senior Computer Systems Designer for Martin Marietta Aerospace, and internationally renowned as a pioneer in bridging science and spirituality. For more than twenty years Gregg has searched remote monasteries and forgotten texts to uncover their timeless secrets. His work, published in 16 languages in 26 countries, has led to such paradigm-shattering books as *The God Code* and *The Divine Matrix*. (www.greggbraden.com)

DAWSON CHURCH, PH.D., is the author of several books, including *The Genie in Your Genes* (Energy Psychology Press, 2007). Dawson is the Research Director of ACEP, the Association for Comprehensive Energy Psychology, the founder of Soul Medicine Institute (www.SoulMedicineInstitute.org), and former president of two health and spirituality publishing companies, Aslan Publishing and Elite Books. He gives around 100 radio shows and print interviews each year, lectures at psychology and medical conferences, and trains organizations in how to apply the epigenetic insights of Energy Psychology for peak performance. He recently started the Iraq Vets Stress Project (www.StressProject.org) to offer the benefits of these brief therapies to returning veterans.

LARRY DOSSEY, M.D., is a physician of internal medicine and former Chief of Staff of Medical City Dallas Hospital. He received his MD from Southwestern Medical School (Dallas), and trained

in internal medicine at the Parkland and VA hospitals in Dallas. He is the author of ten books dealing with consciousness, spirituality, and healing, including the *New York Times* best-seller *Healing Words: The Power of Prayer and the Practice of Medicine* and, most recently, *The Extraordinary Healing Power of Ordinary Things*. Dr. Dossey is the former co-chairman of the Panel on Mind/Body Interventions, National Center for Complementary and Alternative Medicine, National Institutes of Health. He is the executive editor of the peer-reviewed journal *EXPLORE: The Journal of Science and Healing* and lectures around the world. He lives in Santa Fe with his wife Barbara, who is a nurse-consultant and the author of several award-winning books.

ROBERT A. EMMONS, PH.D., is Professor of Psychology at the University of California, Davis. He received his PhD degree in Personality Psychology from the University of Illinois at Urbana-Champaign, and his Bachelor's degree in Psychology from the University of Southern Maine. He is the author of nearly 100 original publications in peer-reviewed journals or chapters and has written or edited four books, including *The Psychology of Ultimate Concerns* (Guilford Press), *The Psychology of Gratitude* (Oxford University Press), and *THANKS! How the New Science of Gratitude Can Make You Happier* (Houghton-Mifflin). A leader in the positive psychology movement, Dr. Emmons is founding editor and editor-in-chief of the *Journal of Positive Psychology*. He is past president of the American Psychological Association's Division 36, The Psychology of Religion. His research focuses on personal goals and purpose, spirituality, the psychology of gratitude and thankfulness, and subjective well-being. Dr. Emmons has received research funding from the National Institute of Mental Health, the John M. Templeton Foundation, and the National Institute for Disability

Research and Rehabilitation. His research has been featured in dozens of popular media outlets including the *New York Times*, *USA Today*, *U.S. News and World Report*, *Newsweek*, *Time*, NPR, PBS, *The Paul Harvey Show*, *The Dr. Laura Show*, *The Osgood Radio Files*, and *Reader's Digest*.

LES FEHMI, PH.D., is Director Emeritus of the Princeton Biofeedback Center in Princeton, New Jersey. Since the late 1960s, he has been one of the pioneers in the field of neurofeedback. In 1968, he chaired the first meeting of biofeedback researchers at the third annual “Winter Brain Research Conference” in Aspen, Colorado. Over nearly four decades, he has been active as a psychologist in private practice, as a conference speaker, as a university lecturer, and as a biofeedback trainer and consultant for numerous corporations and organizations, including Harvard Medical School, Johnson & Johnson, the Veterans Administration, the Dallas Cowboys, and the New Jersey Nets. An active member of numerous scientific societies, his articles and papers have appeared in health, scientific, and psychoanalytic journals throughout his long and distinguished career. Les holds a PhD and MA in Physiological Psychology from UCLA. His wife, Susan Shor Fehmi, a psychoanalyst and social worker, is Executive Director of the Princeton Biofeedback Center.

OWEN FLANAGAN is a James B. Duke Professor of Philosophy at Duke University. He is the author of *The Really Hard Problem, Consciousness Reconsidered* (MIT Press), *The Problem of the Soul: Two Visions of Mind and How to Reconcile Them*, and other books.

DANIEL GOLEMAN is an internationally known psychologist who lectures frequently to professional groups, business audiences, and on college campuses. He is author of the worldwide

bestsellers, *Emotional Intelligence*, *Working With Emotional Intelligence*, and *Destructive Emotions*, and is the co-author of *Primal Leadership*. Nominated twice for the Pulitzer Prize for his journalistic work covering the brain and behavioral sciences published in the *New York Times*, he is currently co-chair of the Consortium for Research on Emotional Intelligence at Rutgers University and a Fellow of the American Association for the Advancement of Science. He is a member of the board of directors of the Mind & Life Institute, which sponsors an ongoing series of dialogues between modern science and the great living contemplative traditions and fosters relevant research. For more information, visit www.danielgoleman.info/blog.

JOAN H. HAGEMAN, PH.D., is the Chair of Research with PSYmore Research Institute, Inc. in Tampa, Florida. In this capacity, she conducts and facilitates cross-cultural research in human consciousness from varied perspectives, such as anthropology, historical, neuroscience, psychology, parapsychology, psychophysiology, and sociology. She is an accomplished international speaker and author on multiple topics regarding consciousness, Kouksundo, spirituality, meditation, hypnosis, dissociation, shamanism, cross-cultural methodology, dreaming, religion, and health, among other subjects related to psychological well-being. Dr. Hageman resides in Tampa, Florida, with her husband.

RICK HANSON, PH.D., is a clinical psychologist, author, and teacher who focuses on the intersection of psychology, neurology, and Buddhism. He has written and taught extensively on personal well-being, relationships, families, and integrating spiritual depth with everyday life. With Rick Mendius, MD, he founded the Heartwood Institute for Neuroscience and Contemplative Wisdom, edits the Wise Brain Bulletin (see www.WiseBrain.org),

and teaches the Train Your Brain course (available on-line). He is first author of *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships* (Penguin, 2002), and first author of a book in progress entitled *Buddha's Brain: The New Neuroscience of Happiness, Love, and Wisdom*. He and his wife have a young adult daughter and son.

SANDRA INGERMAN is the author of *Soul Retrieval: Mending the Fragmented Self*, *Welcome Home: Following Your Soul's Journey Home*, *A Fall to Grace*, *Medicine for the Earth: How to Transform Personal and Environmental Toxins*, *Shamanic Journeying: A Beginner's Guide*, and *How to Heal Toxic Thoughts: Simple Tools for Personal Transformation*. She is the author of "The Soul Retrieval Journey," "The Beginner's Guide to Shamanic Journeying," and "Miracles for the Earth" lecture programs produced by Sounds True. Sandra teaches workshops internationally on shamanic journeying, healing, and reversing environmental pollution using spiritual methods. She has trained and founded an international alliance of Medicine for the Earth Teachers and shamanic teachers. Sandra is recognized for bridging ancient cross-cultural healing methods into our modern culture, addressing the needs of our times. She is a licensed marriage and family therapist and professional mental health counselor, and is also a board certified expert on traumatic stress, as well as being certified in acute traumatic stress management. Sandra presented her work at the UN on July 27, 2006.

STANLEY KRIPPNER, PH.D., is the Alan Watts Professor of Psychology at the Saybrook Graduate School in San Francisco, California. He was the recipient of the American Psychological Association's Award for Distinguished Contributions to the International Advancement of Psychology, and the Society for Psychological

Hypnosis's Award for Distinguished Contributions to Professional Hypnosis. He received the Parapsychological Association's Lifetime Achievement Award in 1998, and in 2002, Andhra University in Visakhapatnam, India, presented him the J.B. Rhine Award for Outstanding Contributions to Parapsychology. As a result of his book *The Psychological Effects of War Trauma on Civilians: An International Perspective* and his work with civilians in war-torn countries, he received the Ashley Montagu Peace Award in 2003. In 2007, Praeger published his co-authored book *Haunted by Combat: Understanding PTSD in War Veterans Including Women, Reservists, and Those Coming Back from Iraq*.

PETER LEVINE, PH.D., holds doctorates in medical biophysics and in psychology. He was a consultant for NASA on the early space shuttle flights. His internationally bestselling book, *Waking the Tiger, Healing Trauma*, has been published in 20 languages. Dr. Levine is the originator of Somatic Experiencing®, the approach to trauma that he has developed over the past 40 years. The dissemination of this work is through the Foundation for Human Enrichment: www.traumahealing.com.

BRUCE H. LIPTON, PH.D., is an internationally recognized authority on bridging science and spirit. He has been a guest speaker on dozens of TV and radio shows, as well as a keynote presenter for national conferences. Dr. Lipton's groundbreaking book *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* documents the amazing new awareness that is currently rewriting the science of biology and medicine—awareness that the mind's perception of the environment, not genes, controls life at the cellular level. Dr. Lipton describes his own life as “radically transformed” because of his research: “Though I sought science as an alternate to accepting spiritual

truths, lessons learned . . . revealed that life was not an issue of science OR spirituality, it was an amalgam of science AND spirituality.” (www.brucelipton.com)

LYNNE MCTAGGART is the award-winning author of five books, including the bestsellers *The Intention Experiment* and *The Field*, published in 20 languages and considered one of the seminal works of the New Age. Her book *The Intention Experiment* enlists her readers in ongoing web-based experiments to test whether group thoughts have the power to change the world (www.theintentionexperiment.com). She also runs worldwide Living The Field master classes and groups (www.livingthefield.com), designed to help people adapt the ideas of the new scientific paradigm into their everyday lives. As co-executive director of the newsletter “What Doctors Don’t Tell You” (www.wdnty.com), she has become an international spokesperson on alternatives to conventional medicine. She lives in London with her husband and business partner Bryan Hubbard and their two children.

ANDREW NEWBERG, M.D., is currently an Associate Professor in the Department of Radiology and Psychiatry at the Hospital of the University of Pennsylvania and is a staff physician in Nuclear Medicine. He has published numerous articles and chapters on brain function, brain imaging, and the study of religious and mystical experiences. He is the author of the new book *Born to Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs* (Free Press). He has also co-authored the bestselling book *Why God Won’t Go Away: Brain Science and the Biology of Belief* (Ballantine) and *The Mystical Mind: Probing the Biology of Belief* (Fortress Press), both of which explore the relationship between neuroscience and spiritual experience. The latter book received the 2000 award for Outstanding Books in Theology and the Natural Sciences presented by the Center for Theology and the

Natural Sciences. He has presented his work at scientific and religious meetings throughout the world and has appeared on *Good Morning America*, *Nightline*, and *ABC World News Tonight*, as well as in a number of media articles in such publications as *Newsweek*, the *New Scientist*, the *Los Angeles Times* and *Readers Digest*.

CANDACE PERT, PH.D., is an internationally recognized psychopharmacologist who is a former Research Professor at the Georgetown University School of Medicine and Section Chief at the National Institute of Mental Health. She has published more than 250 scientific articles and has lectured worldwide on pharmacology, neuroanatomy, and her own leading-edge research on emotions and the bodymind connection. Dr. Pert's recent appearance in the film *What the Bleep Do We Know!?*, her most recent book, *Everything You Need to Know to Feel Go(o)d*, and her 1997 bestselling book *Molecules of Emotion: The Science Behind Bodymind Medicine*, have popularized her groundbreaking theories on consciousness, neuropeptides, and reality. You can learn more about her work at www.candacepert.com.

DEAN RADIN, PH.D., holds an adjunct appointment in the Psychology Department at Sonoma State University and is on the Distinguished Consulting Faculty at Saybrook Graduate School. He has worked for AT&T Bell Laboratories and later at GTE Laboratories on advanced telecommunications research and development. He has conducted psi research at Princeton University, University of Edinburgh, University of Nevada, SRI International, and Interval Research Corporation and is currently a Senior Scientist at the Institute of Noetic Sciences. He has been featured in the *New York Times Magazine* among other publications and is author of *Entangled Minds*. For more information, visit www.deanradin.com.

A resident of Montana since 1976, **JIM ROBBINS** is an award-winning journalist and the author of two books. For more than twenty years, he has been a frequent contributor to the *New York Times*, writing for nearly every section of the paper. He also writes for *Smithsonian*, *Audubon*, *Vanity Fair*, *The London Sunday Times*, *Scientific American*, *New York Times Magazine*, *Discover*, *Psychology Today*, *Gourmet*, *Condé Nast Traveler*, and other magazines. Jim has appeared as an analyst on ABC's *Nightline* and National Public Radio's *All Things Considered* and *Morning Edition* numerous times, and as a guest on NBC's *Today Show* to discuss his first book, *Last Refuge: The Environmental Showdown in the American West* (Morrow 1993/HarperCollins 1995). His second book, *A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback*, was published by Atlantic Monthly Press (2000) and was excerpted in *Newsweek*, the *New York Times*, and *Cerebrum*, a neuroscience journal. He received the first Distinguished Western Journalist Award from the History and Journalism Departments at the University of Colorado at Boulder, and numerous grants from the Fund for Investigative Journalism in Washington, DC.

PETER RUSSELL is the author of ten books and producer of two award-winning videos. His work integrates Eastern and Western understandings of the mind, exploring their relevance to the world today and to humanity's future. He has degrees in theoretical physics, experimental psychology, and computer science from the University of Cambridge, England. In India, he studied meditation and Eastern philosophy, and on his return took up research into the psychophysiology of meditation at the University of Bristol. He was one of the first people to introduce human potential seminars into the corporate field, and for twenty years worked with major corporations on creativity,

learning methods, stress management, and personal development. His principal interest is the inner challenges of the times we are passing through. His books include *The Global Brain*, *Waking Up in Time*, and most recently, *From Science to God*.

MARILYN MANDALA SCHLITZ, PH.D., is a clinical research scientist, medical anthropologist, writer, speaker, thought leader, and change consultant. Her work over the past three decades explores the interface of consciousness, science, and healing. She is vice president for research and education at the Institute of Noetic Sciences and senior scientist at the Research Institute at California Pacific Medical Center. She has published hundreds of articles on consciousness studies and lectured widely on a number of topics, including talks at the United Nations, the Smithsonian Institution, and the Explorers Club. She has taught at Trinity, Stanford, and Harvard Medical Centers, and is the coeditor of *Consciousness and Healing: Integral Approaches to Mind Body Medicine* (Churchill Livingstone/Elsevier, 2005).

SUZANNE C. SEGERSTROM, PH.D., is a Professor of Psychology at the University of Kentucky in Lexington and the author of *Breaking Murphy's Law: How Optimists Get What They Want From Life, and Pessimists Can, Too*. Her work on optimism garnered first place in the Templeton Positive Psychology Prize in 2002 and has been supported by the UCLA Norman Cousins Program, the Templeton Foundation, and the National Institute of Mental Health. Her current work focuses on the physical benefits—as well as possible costs—of optimistic expectations.

DAN SIEGEL, M.D., is a graduate of the Harvard Medical School, Director of the Mindsight Institute, and Co-Director of the UCLA Mindful Awareness Research Center. He also serves as the Founding Editor-in-Chief for the Norton Series on

Interpersonal Neurobiology. He has authored *The Developing Mind*, (Guidford, 1999) and *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*, (Norton, 2007). Siegel is a physician, psychiatrist, psychotherapist, and educator, and lectures worldwide.

GARY SMALL, M.D., Professor of Psychiatry and Biobehavioral Sciences, is the Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, Director of the UCLA Center on Aging, and a leading expert on memory and aging. Dr. Small has authored over 500 scientific works and received numerous awards and honors, including Senior Investigator Award from the American Association for Geriatric Psychiatry, and the Jack Weinberg Memorial Award for Excellence in Geriatric Psychiatry from the American Psychiatric Association. In 2002, *Scientific American* magazine named him one of the world's top innovators in science and technology. Dr. Small's studies have been featured in the *New York Times*, *Wall Street Journal*, *London Times*, *Washington Post*, *Time*, and *Newsweek*, as well as numerous television programs, including NBC's *Today Show*, ABC's *Good Morning America* and *20/20*, and *Martha Stewart Living*. He is the author of several popular books on healthy aging and memory improvement (*The Memory Bible*, *The Memory Prescription*, *The Longevity Bible*), which have been translated into two dozen languages.

CHARLES TART, PH.D., Core Faculty at the Institute of Transpersonal Psychology, Professor Emeritus of Psychology at the University of California at Davis, and Senior Research Fellow of the Institute of Noetic Sciences, is internationally known for his research with altered states of consciousness, transpersonal psychology, and parapsychology. His books include two that have been called classics, *Altered States of Consciousness* and

Transpersonal Psychologies, as well as 11 others dealing with states of consciousness, marijuana intoxication, and parapsychology. He is author of *Waking Up: Overcoming the Obstacles to Human Potential* (1986), and *Mind Science: Meditation Training for Practical People* (2000). His primary goals are to build bridges between the scientific and spiritual communities and to help bring about a refinement and integration of Western and Eastern approaches to personal and social growth. Full information is available at www.paradigm-sys.com/cttart/.

WILLIAM TILLER, PH.D., Fellow to the American Academy for the Advancement of Science and Professor Emeritus of Stanford University's Department of Materials Science, spent 34 years in academia after nine years as an advisory physicist with the Westinghouse Research Laboratories. In his conventional science field he has published over 250 scientific papers, three books and several patents. In parallel, for the past 30 years, he has been avocationally pursuing serious experimental and theoretical study of the field of psychoenergetics, which he thinks will become a very important part of "tomorrow's" physics. In this new area, he has published an additional 100 scientific papers and four seminal books: *Science and Human Transformation* (Pavior Publishing, 1997), *Conscious Acts of Creation* (Pavior Publishing, 2001), *Some Science Adventures with Real Magic* (Pavior Publishing, 2005) and *Psychoenergetic Science: A Second Copernican-Scale Revolution* (Pavior Publishing, 2007).

CASSANDRA VIETEN, PH.D., is a licensed clinical psychologist, a research psychologist at the Institute of Noetic Sciences, an associate scientist and codirector of the Mind-Body Medicine Research Group at California Pacific Medical Center Research Institute in San Francisco, and vice president of the Institute for Spirituality and Psychology. Her research over the last twelve

years, funded by the National Institutes of Health, the State of California, and several private foundations, has focused on how biology, psychology, and emotion are involved in addiction and recovery; mindfulness-based approaches to cultivating health and well-being; the role of compassionate intent and belief in healing; and factors, experiences, and practices involved in psychospiritual transformation. She has published several academic articles and chapters as well as conducting numerous presentations at international scientific conferences.

IAN WICKRAMASEKERA is a psychologist working in the field of Mind/Body Medicine at the Jesse Brown VA Medical Center in Chicago, IL. He enjoys teaching and conducting research on mind/body phenomena such as hypnosis and meditation and is a member of the faculty of the University of Illinois at Chicago and the Adler School of Professional Psychology. Dr. Wickramasekera has been the president of the American Psychological Association's Society of Psychological Hypnosis (Division 30).

GARRET YOUNT, PH.D., earned a BS in Molecular and Cell Biology from the Pennsylvania State University and a PhD in Neurobiology and Behavior from the State University of New York at Stony Brook. Dr. Yount currently directs a molecular biology laboratory at the California Pacific Medical Center Research Institute in San Francisco where he has established a track record in obtaining research funding from both federal and private agencies, including the National Institutes of Health, the Department of Defense, and the Rockefeller-Samueli Center for Research in Mind-Body Energy. Dr. Yount's interest in evaluating the potential for integrating Traditional Chinese Medicine with Western medicine in the treatment of cancer has led to collaborations with biofield practitioners from China, Japan, Canada,

and the United States. Dr. Yount serves as a Scientific Advisor to various federal agencies, including the National Center for Complementary and Alternative Medicine, and as a scientific reviewer for numerous biomedical journals, including *Cancer Research*, *The American Journal of Clinical Hypnosis*, and the *Journal of Consciousness Studies*.