



**MEASURING THE
IMMEASURABLE**
The Scientific Case
for Spirituality

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"*Measuring the Immeasurable* is a superb collection examining the relation of science and spirituality. Full of insights from some of the most respected names in the field, it is highly recommended."

Ken Wilber,
The Integral Vision

MEASURING THE IMMEASURABLE

The Scientific Case for Spirituality

Can your thoughts heal another person, even from across the globe? Does meditation create "superhuman" levels of perception? Can prayer and intention actually affect reality? A few decades ago, scientists would have dismissed such ideas as superstition. Today, a growing body of persuasive research has turned many skeptics into believers in the power of spirituality. *Measuring the Immeasurable* brings together some of the most prominent authorities on the new frontier where science and spirit intersect, including:

- **Bruce Lipton, Ph.D.** (*The Biology of Belief*) on the science of epigenetics, and how consciousness shapes our health, genetics, and evolution
- **Lynne McTaggart** (*The Field*) with the latest findings on the power of mind over matter from her ongoing "Intention Experiment"
- **Dr. Gary Small** (*The Longevity Bible*) offers new evidence on lifestyle changes that improve our brain function
- **Daniel Goleman** (*Social Intelligence*) on "the brain's melody" and our moment-to-moment perceptions
- **Candace Pert, Ph.D.** (*Molecules of Emotion*) on the science behind new paradigm therapies and the intimate relationship between mind and body
- Thought-provoking articles from other modern luminaries, including **Peter Russell, Larry Dossey, Andrew Newberg, Dean Radin, Suzanne Segerstrom, Jeanne Achterberg, Marilyn Schlitz, Peter Levine**, and more

As we use the methods of science to examine spiritual practices such as meditation, yoga, and energy healing, not only do we see evidence for the tangible benefits of these "technologies of the mind"—we are also beginning to fill in the missing links in our understanding of evolution, physics, and our role in the universe. Filled with leading-edge research, startling discoveries, and the breakthrough ideas of some of today's most innovative thinkers, *Measuring the Immeasurable* brings you an invaluable resource for exploring the mysteries of the quantum age—and explains what this new science will mean for your own life.

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