



Sacred Pathways: The Brain's role in Religious and Mystic Experiences (Volume 1)

Todd Murphy

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Sacred Pathways is the 21st century synthesis of science and spirituality by Neuroscientist Todd Murphy. It uses neuroscience to explain spiritual, mystic and religious experiences, and Darwin's theory of evolution to take a new and fresh look at the human death-process, including reincarnation. Professor Murphy proposes that rebirth is an evolutionary adaptation that contributed to the survival of our species, and that the self is a hallucination, that God is a manifestation of our own sense of self, that enlightenment appears after an avalanche of neural activity in very specific brain areas. He also believes that spirituality is a very positive force in the world, and in the lives of individual people. Spirituality, he argues, is an adaptive force that's crucial to our survival as a species, and so is an integral part of our nature. An atheist who openly encourages prayer, Murphy goes well past the debates between skeptics and believers to see how religion helps us, without regard for the truth or falsehood of anyone's private beliefs. This extensively referenced tour-de-force work explains the brain's role in religious and mystic experiences including psychic perceptions, enlightenment, prayer, near-death experiences. It also offers ideas that explain reincarnation, out-of-body experiences and the spiritual nature of romantic love. It includes a chapter that summarizes the first theory of reincarnation to be published by a peer-reviewed scientific journal, making it possible for scientists and critics alike to discuss it within the framework of science. It also has a chapter with an in-depth discussion of the famous *God Helmet*. Sacred Pathways is a major advance in *neurotheology*, a synthesis of science and religion that discusses spirituality only in the language of science. Most people in this field confine themselves to looking at what the brain is doing when people have otherworldly experiences, epiphanies, and peak experiences. Murphy goes further than that, seeing these things in the context of anthropology, sociology, and human evolution as well as in the human brain. Todd Murphy has published in several scientific journals, including the journal for Near-Death Studies, Psychology Reports, NeuroQuantology, and *Activitas Nervosa Superior*. This is a fascinating, accessible, and thought provoking book that will change the way you see spirituality. Sacred Pathways is "...the principia (principle work) of the scientific investigation of spiritual experiences" (From the forward by Dr. Michael Persinger, inventor of the God Helmet). "... illuminating ..." - The Dalai Lama This book is partly based on a series of lectures that can be seen here: http://www.shaktitechnology.com/video_lectures/Video_lectures.htm

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