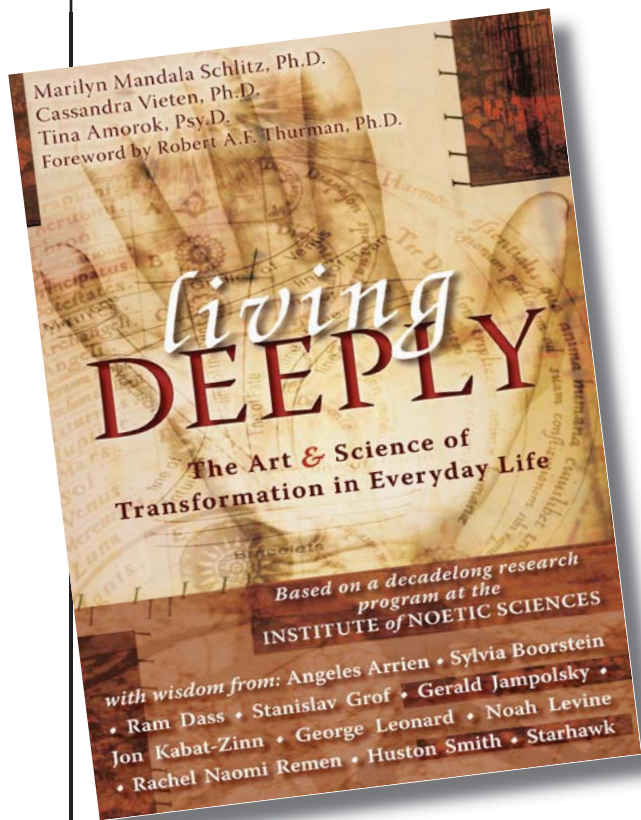


# We Live in an Exciting Time of Transformation!



Opportunities to transform your life and our world are woven through the fabric of our everyday lives. **Living Deeply** integrates science and spiritual wisdom to tell you how you can find emotional balance, improve your health, and make a positive impact in the world.

A 2001 Gallup Poll showed that 77% of Americans think of spirituality more in a “personal and individual sense” than in terms of “organized religious and church doctrine.” 40% of all Americans say they are “spiritual but not religious.” And a full 60% believe success in life is pretty much determined by religious or spiritual forces, and their faith is involved in every aspect of their lives. **Living Deeply** provides a research-based roadmap for integrating a cross-traditional, non-denominational, and not necessarily even religious form of spirituality and wisdom into everyday life.

Introducing **Living Deeply: The Art and Science of Transformation in Everyday Life** and the companion DVD, **Living Deeply: Transformative Practices from the World's Wisdom Traditions**. This unique combination of the most recent scientific advances and perennial wisdom brings what people know about changing their lives off the mountain top, down from the ivory tower, out of the laboratory, and into your hands. Read the book, watch the DVD, and learn incredible insights about personal transformation.

**Living Deeply**, written by Marilyn Mandala Schlitz, Ph.D., Cassandra Vieten, Ph.D. and Tina Amorok, Psy.D., draws from the Institute of Noetic Sciences' 30 years of groundbreaking research on human consciousness. The authors' premise is simple, yet radical: your behavior, attitudes, and ways of being in the world are changed in life-affirming and lasting ways only when your consciousness transforms, and you commit to living deeply into that transformation. To ground this claim, the team of researchers leads you on a scientific adventure, exploring the mystery of consciousness with a Christian monk, a Lakota elder, a Jewish rabbi, and a Zen Buddhist roshi. They identify the common elements of transformation in the experiences of a Himalayan Yoga swami, a transpersonal psychologist, a seasoned oncologist, and a Methodist minister, and more.

*continued...*

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**LIVING DEEPLY: The Art and Science of Transformation in Everyday Life**

by Marilyn Mandala Schlitz, Ph.D., Cassandra Vieten, Ph.D., Tina Amorok, Psy.D., Foreword by Robert A. F. Thurman, Ph.D.

**Book:** ISBN: 978-1-57224-533-4, 224 Pages • **DVD:** ISBN: 978-1-57224-539-6 • Co-published by New Harbinger Publications, Inc. (800-748-6273 • [www.newharbinger.com](http://www.newharbinger.com)) and Noetic Books (707-775-3500 • [www.noetic.org](http://www.noetic.org)) • January 2008

You will learn that an evangelical Christian, a successful businessman, a devout Sufi, a skilled athlete, a dedicated physician, a reluctant soldier, a Jewish mother, and an agnostic musician are all walking surprisingly similar paths. And what's more, science is adding another level of depth to the fascinating and perplexing mysteries of transformation.

Springing from their studies of how people transform their lives, ***Living Deeply*** will describe and discuss topics such as:

- how people change their worldview so fundamentally, sometimes seemingly in an instant, that nothing is ever the same again
- mind-body practices that foster health and well-being
- effects that love, compassion, mindfulness, trust and altruism have on the brain and the immune system
- how attention, intention, and perception shape our reality

***Living Deeply: The Art and Science of Transformation in Everyday Life*** and ***Living Deeply: Transformative Practices from the World's Wisdom Traditions*** transcend any one approach by focusing on common elements of transformation across a variety of transformative traditions, while affirming and supporting the diversity of approaches across religious, spiritual, scientific, academic, or cultural backgrounds. This book shows that science and spirituality are interconnected, and it will empower you to become your own scientist, develop and test your own hypotheses, reach your own conclusions, and create your own path of transformation.

This book not only provides a framework for creating your own journey, but also shows how your transformation links to a larger wave of collective and global consciousness, and how you can use your own transformative powers to effect real-world change in organizations, society, and the world.

## ABOUT INSTITUTE OF NOETIC SCIENCES (IONS)



The **Institute of Noetic Sciences** is a non-profit organization founded in 1973 by Apollo 14 astronaut Edgar Mitchell. His goal was to bring together scientists, spiritual teachers, philosophers, psychologists, doctors, and business leaders to explore human consciousness. IONS conducts "leading-edge research into the potentials and powers of consciousness—including perceptions, beliefs, attention, intention, and intuition."\* The Institute explores phenomena that do not necessarily fit conventional scientific models, while maintaining a commitment to scientific rigor. Areas of study have included mind-body interactions, parapsychology, and quantum entanglement.

\* From [www.noetic.org](http://www.noetic.org)

### Noetic Books/ New Harbinger Publications partnership

New Harbinger Publications and IONS have partnered to publish cutting-edge, scientifically sound books on global issues, consciousness, and spiritual and psychological wellness. *Living Deeply* is their second co-published book, and many more are in the making.

*IONS is located in Northern California and has nearly 30,000 members and close to 300 community groups worldwide.*

***For more information about Institute of Noetic Sciences, please visit: [www.noetic.org](http://www.noetic.org).***

## PRAISE FOR *Living Deeply*

*A brilliant synthesis of science and wisdom from the world's greatest spiritual traditions, both ancient and modern, translated into practical tools for anyone who is seeking more depth and meaning in their life. I highly recommend this book.* —**Deepak Chopra**, author of *Buddha: A Story of Enlightenment*

*Living Deeply is a magnificent invitation to dive below the surface appearances of life and plumb the depths of our shared humanity...and spirituality. Clear, concise, credible, and inspiring it will be a classic in the field of human potential and transformation.* —**Joan Borysenko, Ph.D.**, author of *Your Soul's Compass: What is Spiritual Guidance?*

*The timely transformation of our thinking, valuing, and living is the key to achieving a more peaceful and sustainable civilization. This book offers a way to achieve this transformation for all the citizens of our stressed and endangered planet.* —**Ervin Laszlo**, president of the Club of Budapest and author of *Science and the Akashic Field* and *The Chaos Point*

*Living Deeply is the accumulated wisdom of many of our greatest living teachers, all adepts in the goal of personal transformation. This is one of the finest collections of gentle, penetrating insights available. Highly recommended.* —**Larry Dossey, MD**, author of *The Extraordinary Healing Power of Ordinary Things*

*Living Deeply provides us with some of the most significant insights into spiritual transformation that I have ever read. Based on interviews with spiritual teachers, leading scientific researchers, religion scholars, important public intellectuals, and major writers, this volume is a remarkable example of an integrative approach to a topic of immense importance. It is marvelous to look through the different windows of transformation that are so richly described and interpreted both spiritually and scientifically. Living Deeply is a major accomplishment that will hopefully become a classic in an emerging field. It is truly a brilliant synthesis. I think Living Deeply will change lives and change the world for the better.* —**Stephen G. Post, Ph.D.**, professor of bioethics at Case Western Reserve University School of Medicine

*"Living Deeply is a true treasure trove of information about healing, inner transformation, and consciousness evolution, an extraordinary book that brings together revolutionary discoveries of modern science and ancient wisdom of the great spiritual traditions of the world and offers invaluable insights and guidelines for everyday life. Highly recommended reading for professionals, as well as general audiences!"* - **Stanislav Grof, MD., Ph.D.**, recipient of the Vaclav Havel Vision '97 Award, psychiatrist, professor, author, and co-founder of Holotropic Breathwork

*"The work of the Institute for Noetic Science has been at the forefront of the evolution of species consciousness for decades. Now this book gently puts some of the most dynamic and compelling developments growing out of that work into our hands. A treasure chest! Open it at your risk, because these gems change hearts and minds."* - **Jeremy Taylor, D. Min.**, Unitarian Universalist minister, past president of the International Association for the Study of Dreams, professor at The Graduate Theological Union in Berkeley

*"Living Deeply reveals the universality of what are the common elements of the transformative process across tradition, practices and world views. More than 60 teachers, scholars, and masters of transformative practices and traditions from around the world have been interviewed and researched. This is an invaluable and original book and study that people of any age, culture and profession can use and readily identify where they are in their own transformational process, as well as contribute to transforming social consciousness for the greater good of all."* - **Angeles Arrien, Ph.D.**, cultural anthropologist, author of *The Four-Fold Way* and *The Second Half of Life*

*"Few books on your library shelves remain in continual use. Living Deeply is a wonderful examination of how limited our everyday perception is and how we can expand this by practical exercises. It is based on years of scholarship and experience of transformation and transcendence by the authors. I recommend it as one of those books which won't be gathering dust in ten years time and will become a classic in its own right."* — **Peter Fenwick, M.D., F.R.C. Psych.**, neuropsychiatrist and author of more than 200 papers and chapters on the science of brain function

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**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 the president and CEO 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, lectured widely on a number of topics, including talks at the United Nations, the Smithsonian Institution, and the Explorers Club, has taught at Trinity, Stanford, and Harvard Medical Centers, and is the co-editor of "Consciousness and Healing: Integral Approaches to Mind Body Medicine".



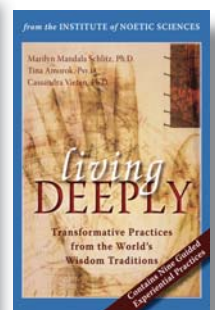
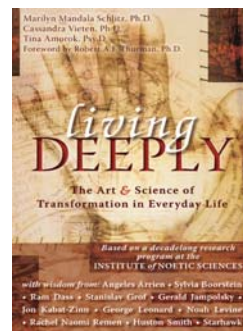
**Cassandra Vieten, Ph.D.,** is a licensed clinical psychologist, a researcher at the Institute of Noetic Sciences and the Mind-Body Medicine Research Group at California Pacific Medical Center Research Institute in San Francisco, and vice-president of the Institute for Spirituality and Psychology. Her research has been funded by the National Institutes of Health, the State of California, and several private foundations, and has focused on how emotion regulation is involved in addictions, on mindfulness-based approaches to cultivating health and well-being, and on experiences and practices that lead to psychospiritual transformation. She has published several academic articles and chapters as well as conducting numerous presentations at international scientific conferences.



**Tina Amorok, Psy.D.,** is a clinical psychologist and Research Psychologist at the Institute of Noetic Sciences where she co-edited the anthology, "Consciousness and Healing: Integral Approaches to Mind-Body Medicine". With a background in integral health, clinical psychology, and change management, Amorok designs and delivers programs on social wellness and transformation. Her current research, "The Eco-Trauma and Eco-Recovery of Being," examines how to heal and transform our relationship with the natural world.

Foreword writer **Robert A. F. Thurman, Ph.D.,** is the Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies in the Department of Religion at Columbia University. He also serves as the president of the Tibet House U.S., a non-profit organization dedicated to the preservation and promotion of Tibetan civilization, and as the president of the American Institute of Buddhist Studies.

Preface writer Richard Gunther is a noted businessman from Los Angeles.



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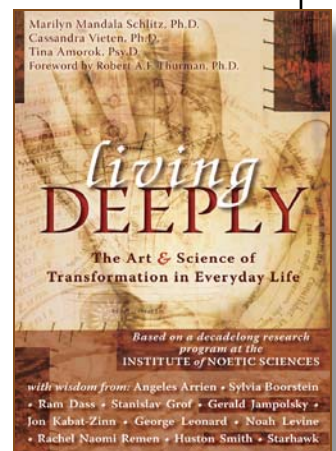
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## SUGGESTED INTERVIEW TOPICS & QUESTIONS FOR *Living Deeply*

- What is the Institute of Noetic Sciences (IONS), and what does it do?
- Please share more about IONS' decade-long research that inspired *Living Deeply*. When you began researching these concepts, did you plan to eventually write a book about your experiences?
- What are consciousness and transformation, and how do they work?
- What does it mean to live deeply? How is the way most people tend to live these days different from what you describe in your book?
- What's unique about what you've done in this book? How is it different from other books on transformation?
- Early on in your book you mention the question of "blending science and religion." What are some of the risks involved in blending the two, and how did you manage to avoid them?
- Transformation is a subjective experience. How were you able to write a definitive book on such an intensely personal subject?
- What do you hope your readers will gain from your book?
- Throughout your book, you incorporate several personal accounts of transformation. Was there one you felt was particularly poignant, one in which you felt transformed just by hearing about it?
- Robert Frager recalls when a Sufi master from Istanbul entered his office one day and seemed to absorb all of Robert's "life data." He soon developed a particularly strong relationship with his master. Did you have any kind of similar experience, given all of the people you've interviewed throughout your research?
- If you were to sum up the concepts of *Living Deeply* in one sentence, what would you say?
- What was the most challenging aspect of writing *Living Deeply*? What was most rewarding?



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