



# Science, Sense and Soul: The Mystical-Physical Nature of Human Existence

*Sifu Casey Blood*

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In a world of political and social turmoil, can science tell us anything helpful? Can we make practical use of mysticism-the essence of religion-with its promise of a higher spiritual truth? Is it true that physics and biological science are incompatible with religion? Or can they be fruitfully reconciled?

In this groundbreaking work, Dr. Casey Blood shows how quantum physics does indeed explain the true nature of the physical universe. He tells us how neuroscientists can provide an understanding of the way the brain makes sense of our inner and outer worlds. He also shows that neuroscience, in conjunction with a basic knowledge of mysticism, can clarify how and why meditation techniques and other mystical practices work.

Most satisfying of all, he paints a world picture in which quantum physics is not only compatible with mysticism but also gives us a deeper understanding of spiritual matters. For Dr. Blood, three diverse disciplines-quantum physics, neuroscience, and mysticism-rather than being in conflict, give a unified picture of human existence. Together they show that the spiritual world has an immense effect on what happens here and now. And they suggest that spiritual practices can enable society to match human aspirations.

Though the subjects are profound, *Science, Sense & Soul* is written in a clear, uncomplicated, readable style. The three sections on physics, neuroscience, and mysticism are mini-courses in the basics of those fields of inquiry. These three strands are then interwoven into an intricate design that illuminates the structure of and reason for human existence.

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