



Pushing the Limits of Transformation Suggested Reading and Discussion Questions

Who doesn't love a whole new start? The chance to reimagine and remake our home, our job, our neighborhood or ourselves. And what about those among us who can pick up any raw material and hammer it into a work of art? Humans stretch themselves all the time to transform what was into what could be. Get ready to discover what humans can accomplish by pushing the limits of transformation.

How Enlightenment Changes Your Brain: The New Science of Transformation

Andrew Newberg and Mark Robert Waldman, Nonfiction. In this original and groundbreaking book, the authors turn their attention to the pinnacle of the human experience: enlightenment. Through his brain-scan studies on Brazilian psychic mediums, Sufi mystics, Buddhist meditators, Franciscan nuns, Pentecostals, and participants in secular spirituality rituals, Newberg has discovered the specific neurological mechanisms associated with the enlightenment experience--and how we might activate those circuits in our own brains.

In his survey of more than one thousand people who have experienced enlightenment, Newberg has also discovered that in the aftermath they have had profound, positive life changes. Enlightenment offers us the possibility to become permanently less stress-prone, to break bad habits, to improve our collaboration and creativity skills, and to lead happier, more satisfying lives. Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable, Newberg brings us a new paradigm for deep and lasting change. - *amazon.com*

- The authors discuss their brain scan studies on Brazilian psychic mediums, Sufi mystics, Buddhist meditators, Franciscan nuns, Pentecostals, and participants in secular spirituality rituals. Which studies did you find the most interesting? Why?
- How does science contribute to our understanding of enlightenment? Do you think there are aspects of enlightenment that science can't address?
- The authors present different perspectives on enlightenment. Andrew Newberg is a neuroscientist at Thomas Jefferson University Hospital (Pennsylvania), and Mark Robert Waldman is a faculty member in Loyola Marymount University's MBA program. How do their perspectives differ? What is the unique contribution of each author's perspective to your understanding of enlightenment?

