

## Science And Spiritual Practices Reconnecting Through Direct Experience

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### Science And Spiritual Practices Reconnecting

Spirituality is a method of integrating our seeming separation from Creation and Creator and healing the loss of wholeness that accompanies reductionist evolutionary science. As Darwin repeatedly stated. "It is love and mutual cooperation that defines the truly "fit"...and not a random selection.

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Science and Spiritual practice is a very critical look at the artificial division between science and spiritual practice as a form of cosmology and insight rather than dogmatic ritual or belief. In this book biologist, Rupert Sheldrake shares insights from his own work with plants and "fields".

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Obviously science and spiritual practice are worlds apart in the materialist culture that we find ourselves in. This book goes some way in explaining why this is but also suggests that science is impoverished because it has become too dogmatic in its approach and is reluctant (to put it mildly) to explore phenomena which may be described as supernatural.

### Science and Spiritual Practices: Reconnecting through ...

Science and Spiritual Practices : Reconnecting through direct experience. 3.75 (37 ratings by Goodreads) Paperback. English. By (author) Rupert Sheldrake. Share. In this pioneering book Rupert Sheldrake shows how science helps validate seven practices on which all religions are built, and which are part of our common human heritage: \* Meditation.

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The effects of spiritual practices are now being investigated scientifically as never before, and many studies have shown that religious and spiritual practices generally make people happier and healthier. Rupert illustrates how science helps validate seven particular practices which underpin all major world religions. Meditation Gratitude

### Science and Spiritual Practices - Rupert Sheldrake

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By the author of The Science Delusion, a detailed account of how science can authenticate spirituality. In this pioneering book, Rupert Sheldrake shows how science helps validate seven practices on which all religions are built and which are part of our common human heritage: Meditation ; Gratitude ; Connecting with nature ; Relating to plants ; Rituals

### Science and Spiritual Practices: Reconnecting Through ...

"Science and Spiritual practices" shows the limits of modern science and indicates the value to the individual of exploring new ways of thinking and feeling .This book is written for everybody, religious or not and Rupert explains any unfamiliar concept for all to understand. He encourages us to investigate spiritual practices such as ...

### Science and Spiritual Practices: Reconnecting through ...

Biologist Sheldrake attempts to beat new atheists at their own game by using science to shore up devotion to spiritual practices in this persuasive appeal for a more enchanted world. To do that, he considers seven practices that are spiritually fulfilling while also having proven health benefits: meditation, gratitude, connecting with the non-human world, human-plant relationships, ritual, singing, and pilgrimage.

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In this pioneering book Rupert Sheldrake shows how science helps validate seven practices on which all religions are built, and which are part of our common human heritage: · Meditation · Gratitude · Connecting with nature · Relating to plants · Rituals · Singing and chanting · Pilgrimage and holy places. The effects of spiritual practices are now being investigated scientifically as never before, and many studies have shown that religious and spiritual practices generally make people ...

**Science and Spiritual Practices by Sheldrake, Rupert (ebook)**

In Reconnecting to the Source he unpacks the science behind spiritual experience, investigating the ways in which we can access realms of experience beyond the everyday. It is in these moments, when our conscious minds are in contact or perhaps even overridden by our unconscious selves, that we can explore the depths of spiritual meaning.

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