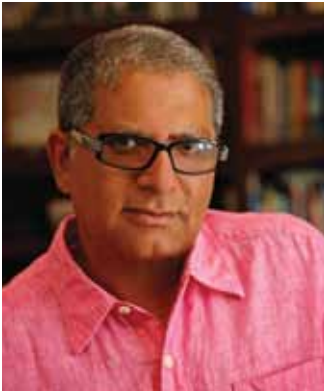


CONSCIOUSNESS: THE ULTIMATE REALITY

Monday, May 2, 2011
9am to 4pm
**Aula Magna Hall
Stockholm, Sweden**



Deepak Chopra, MD
will lead a special
workshop as part of
the 2011 Conference:
**Toward a Science
of Consciousness
Brain, Mind and Reality**



Illustration: Dave Cantrell, AHSC Biomedical Communications

New York Times Bestselling Author, Founder, The Chopra Foundation and Gallup Senior Scientist <http://consciousness.arizona.edu/TSC2011deepakworkshop.htm>

Based on a theoretical framework from Vedic traditions that consciousness is the ultimate reality, and in the context of modern medical science, **Dr. Deepak Chopra** will discuss ancient spiritual disciplines. These include various types of meditation such as transcending, contemplative, reflective, and healing practices which can expand consciousness to deeper levels of nonlocal awareness and awaken dormant potentials. Deepak will also address the significance of love, compassion, joy, kindness, and service as transcendence to higher states of consciousness. He will explore a map from Vedic wisdom traditions leading us through stages of spiritual development towards enlightenment. Participants will be shown how to influence their autonomic nervous system to lower heart rate and blood pressure, and change body temperature.

Deepak Chopra, MD is Founder and Chairman of the Chopra Foundation, the Chopra Center for Wellbeing, and Gallup Senior Scientist. He is a prolific author of over fifty-five books with eighteen New York Times best sellers on mind-body health, quantum mechanics, spirituality, and peace. He is a columnist for the San Francisco Chronicle and Washington Post On Faith and contributes regularly to Oprah.com, Intent.com, and Huffington Post. Chopra's Wellness Radio airs weekly on Sirius/XM Stars, Channels 102 and 55, which focuses on the areas – success, love, sexuality and relationships, well-being, and spirituality. – *Time Magazine heralds Deepak Chopra as one of the top 100 heroes and icons of the century, and credits him as "the poet-prophet of alternative medicine."* – *Time Magazine*

Featured Discussion: "Neuroscience of Enlightenment"

Neuroplasticity and gene regulation show that consciousness can change brain structure and function. Thought, perception, emotion, intention and other mental processes correlate with neural representation in synaptic networks. A new understanding of the mind/brain relationship shows evolution of our consciousness through mental practices such as meditation and mindful awareness. In the workshop, attendees will be transcendence and how to get in touch with pure consciousness, higher states of consciousness and rewiring the brain for enlightenment.

Evening Public Forum at Aula Magna Hall – Monday May 2 5:00-7:00 PM
Dr. Chopra will also speak at the Evening Public Forum at Aula Magna Hall
"Are Science and Spirituality Incompatible?" (speakers TBA)

Workshop participants are invited to keep their seats. Additional Seats for public based on availability

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Contact Info/Tickets: center@u.arizona.edu
Contact in USA: center@u.arizona.edu – Contact in Sweden: info@mindevent.se

- Is there an ultimate reality? What comprises the universe? How does reality relate to conscious experience?
- Is consciousness an epiphenomenal illusion emerging from complex computation as materialists believe? Or is consciousness primary, conceiving, governing, constructing and becoming the universe, as Vedic traditions describe?
- Is it the universe itself within the brain which becomes self-aware? Does consciousness extend to the fine structure of spacetime geometry?
- Are paths to enlightenment through meditation and spiritual practice taking us to deeper levels of reality in the physical universe? Does reaching deeper levels enhance intuition, creativity, choices, healing, and non-local communication?
- How far can our consciousness evolve? Are we influenced by the future? Can we achieve physical, emotional, spiritual, social, financial and ecological well-being? Can we save the world?