



What is this book about?

In *Expanding Reality*, neuroscientist Mario Beauregard presents a large body of scientific evidence, related to mind and consciousness, showing that the materialist model of the world has run its course. In this informative and thought-provoking book, Dr. Beauregard also explains why we need to expand our model of reality by embracing a postmaterialist paradigm, and he discusses elements of this emerging paradigm. Beauregard further proposes that the shift from materialist science to postmaterialist science may lead us to the next great scientific revolution.

Endorsements

As Dr. Mario Beauregard clearly and convincingly presents in *Expanding Reality*, science is experiencing another paradigm change whose revolutionary implications may be immense.

Gary E. Schwartz PhD, Professor of Psychology, Medicine, Neurology, Psychiatry and Surgery; Director, Laboratory for Advances in Consciousness and Health, University of Arizona

Science seeks to understand the nature of reality. But science rests upon many assumptions, some of which are incorrect and have caused science to derail. To help put science back on track. Mario Beauregard provides a clear and comprehensive survey of “postmaterialistic” evidence and concepts. Read *Expanding Reality* to gain a thrilling glimpse of what is likely to become the foundations of 22nd century science.

Dean Radin PhD, Chief Scientist, Institute of Noetic Sciences, Associated Distinguished Professor, California Institute of Integral Studies, author of *Supernormal* and *Real Magic*

In *Expanding Reality*, neuroscientist Mario Beauregard presents the impressive body of scientific evidence that our familiar materialistic model of the world is locked into a sadly outdated 19th century philosophy. Whether or not you agree with all his conclusions, this courageous book will challenge you to rethink how we see ourselves and our world – and may help usher in a new scientific revolution.

Bruce Greyson MD, Carlson Professor Emeritus of Psychiatry & Neurobehavioral Sciences Division of Perceptual Studies University of Virginia Health System

In *Expanding Reality*, Dr. Mario Beauregard lays the foundation for the next great scientific revolution, the revolution beyond scientific materialism. The reader is guided through the comprehensive scientific evidence for postmaterialism in a clear and digestible way, emerging enlightened by the science of consciousness. *Expanding Reality* breaks the chains of an outdated paradigm to usher in a new world in which we understand our interconnection and embrace our divine nature. A must-read for anyone yearning for an evolution in human consciousness.

Natalie Leigh Dyer PhD, Research Scientist at Kripalu Center for Yoga & Health and at University Hospitals Connor Integrative Health Network

In this very interesting and important book the overwhelming clinical, empirical and statistical evidence is shown that consciousness must be fundamental, and that conscious experiences cannot be fully understood due to the current widely accepted materialist paradigm in Western science. There is no scientific method whatsoever to objectify nor prove the content of our subjective consciousness. Unfortunately, a significant part of society remains under the influence of a mechanist, materialist and reductionist view of the world, and this has hindered and delayed the development of scientific studies about consciousness. In this wonderful book Mario Beauregard describes many studies about transcendent conscious experiences, nonlocal phenomena (beyond time and space) such as telepathy, remote viewing, precognition, presentiment, and mental influence on physical systems. He discusses how during meditation or in placebo treatment the mind can influence the function and structure of the brain (neuroplasticity), and how the mind can also change the activity of our genes (epigenetics). He writes about experiences of enhanced consciousness around the deathbed as well as after death, and also about proven cases of reincarnation. These studies support the idea of the continuity of consciousness after physical death. Postmaterialist science is based on the undeniable fact that consciousness is fundamental in the universe, and that it is a prerequisite for reality. We mostly do not realize anymore that the world, as we see it, only derives its “subjective” reality from our state of consciousness. Because it is only our consciousness that is determining how we perceive the reality in this world. So we have to change and expand our ideas about the nature of reality by changing our ideas about the function of the mind, with a better access to, and acceptance of, the “higher” dimensions of our consciousness. This will lead to a profound transformation of all aspects of life on our endangered planet. Highly recommended.

Pim van Lommel, cardiologist, NDE-researcher, author of *Consciousness Beyond Life*



About the author

Dr. Mario Beauregard, PhD., is a neuroscientist currently affiliated with the Department of Psychology, University of Arizona. He has received a bachelor degree in psychology and a doctorate degree in neuroscience from the University of Montreal. He also underwent postdoctoral fellowships at the University of Texas Medical School (Houston) and the Montreal Neurological Institute (MNI), McGill University.

Dr. Beauregard is the author of more than 100 publications in neuroscience, psychology, and psychiatry. He was the first neuroscientist to use functional neuroimaging to investigate the neural underpinnings of voluntary control in relation to emotion. Because of his research into the neuroscience of consciousness, he was selected (2000) by the World Media Net to be one of the “*One Hundred Pioneers of the 21st Century.*” In addition, his groundbreaking research on the neurobiology of spiritual experiences (including near-death experiences) has received international media coverage.

In 2008, he was invited to participate in a symposium held at the United Nations. A few years later, he participated in a dialogue with the Dalai Lama in regard to the new science of mind and consciousness.

Dr. Beauregard has appeared over several radio programs in the U.S.A., Canada, and Europe, Asia, and Australia. His research has been featured on TV (Discovery Channel) and in many newspapers and magazines, including *Nature*, *Science*, *The New Scientist*, *Scientific American Mind*, and *The Economist*. He has received a number of distinctions, including the *Joel F. Lubar Award (International Society for Neuronal Regulation, USA)* and the *Spectrum Award (The Institutes for the Achievement of Human Potential, USA)*.

Being also an author, Dr. Beauregard has published *The Spiritual Brain* (Harper Collins, 2007) and *Brain Wars* (Harper Collins, 2012). In these books, he demonstrates that mind and consciousness are much more than the activity of nerve cells in our brains. He also shows that spirituality is a central feature of human beings that cannot be reduced to physical processes.

Beauregard actively contributes to the articulation of the new postmaterialist scientific paradigm. Co-author of the *Manifesto for a Postmaterialist Science*, which has been signed by several hundreds of scientists (see <https://opensciences.org/about/manifesto-for-a-post-materialist-science>), he is also one of the founders of *The Academy for the Advancement of Postmaterialist Sciences (AAPS; see <https://www.aapsglobal.com/>)*.