

“Combining science and religion with history and politics and more, ‘God 4.0: On the Nature of Higher Consciousness and the Experience Called ‘God’ by Robert Ornstein looks to explore why humans are still fixated on our higher purpose, the meaning of life, and our wider consciousness.

This book is well written and although dealing with multiple sources and sometimes technical ideas, I think that it will be easily accessible to a wide range of readers. Written by award-winning psychologist and brain researcher Robert Ornstein with his wife Sally Ornstein, you’d expect nothing less. Each part of the book is clearly defined, with chapters and sections that develop their ideas in a way that is clear and enlightening.

This book is aimed at those who want to think critically about our world and consciousness; not just the day-to-day life we see before us but the higher consciousness we experience that some people connect to religion or spirituality. This book sets out that it is neither an argument for science or religion, but looks to explore the connections between the two, and many other topics besides. The recognition that this transcendence would take us beyond faith and to a level of consciousness which could provide the answers for a lot of our world's problems.

I found ‘God 4.0’ to be an enlightening and inspiring read, and one that can fit among the self-help (or should I say self-understanding?) genres alongside those of science and spirituality.”

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