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GOD 4.0

*On the Nature of Higher Consciousness
and the Experience Called "God"*

A new book by Robert Ornstein
with Sally M. Ornstein

**"The capstone to Robert Ornstein's brilliant,
ground-breaking half century of research...
Deeply thoughtful and wide-ranging in scope."**

– Tony Hiss

**"...a stunning tour de force of erudition, deftly
summarizing forty thousand years of the
human search for spiritual transcendence."**

– Lisa Alther

What if "God" was not some external being but rather the experience of certain brain states in which the self is transcended?

Could practices of modern day religions be degenerated relics of the true spiritual practices of the original prophets?

Might it be possible for humans to move beyond faith, belief, doctrine and emotion to directly experience states of consciousness sometimes referred to as "God?"

Drawing on research from neuropsychology and religion, to evolutionary psychology, anthropology, archeology, and genetics, *God 4.0* documents these "what ifs" as "what is."

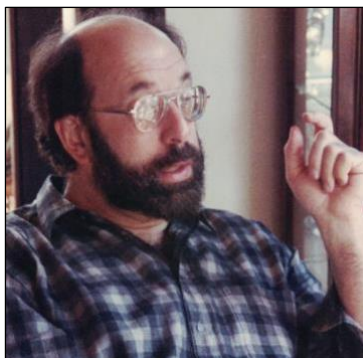
The authors begin by coalescing findings from the shamans of the Ice Age (God 1.0), to the first temples, priests and gods of the Neolithic era and Mesopotamia (God 2.0), to the Axial Age prophets and the three major monotheistic religions of Judaism, Christianity and Islam (God 3.0), showing how transcendence happens and has been sought since Paleolithic times.

We now know that what we commonly call reality is in fact a narrowed, filtered selection of our senses and brain, a "virtual reality" created to aid our survival in the physical world.

But we are also endowed with a quiescent "second network" of cognition which, when activated, can dissolve or break through the barriers of ordinary consciousness.

This activation is not the same as a temporary trance experience or drug-induced state. It involves practicing virtues like gratitude, humility, generosity and service—actions and attitudes that function to idle areas of the brain focused on the self, releasing a stabilized experience, both individually and collectively, of the world's greater interconnectedness and unity and an understanding of one's place in it.

Working to develop this innate second system could be the first step toward finding the vital common ground from which to approach our global problems from a new spiritual literacy and enter a new era—God 4.0.



Robert Ornstein

Considered one of the foremost experts on the brain, Robert Ornstein was an internationally renowned psychologist and author of more than 20 books on the nature of the human mind. He was perhaps best known for his pioneering research on the bilateral specialization of the brain, continually emphasizing the necessity of “conscious evolution” to meet the challenges of the 21st century. His books have sold over six million copies worldwide and have been used in more than 20,000 university classes. Completed just before his death, *God 4.0* was a collaboration with his wife Sally who edited and published it posthumously.

“[Ornstein’s] insights are startling, original and certain to change how we think about ourselves and others.”

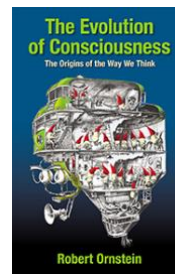
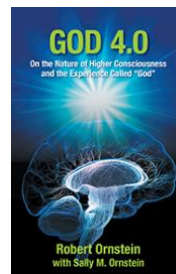
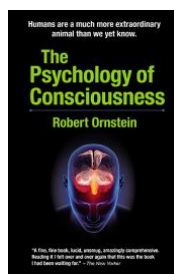
—Paul Eckman

[For more information visit RobertOrnstein.com](http://RobertOrnstein.com)

The Psychology of Conscious Evolution Trilogy

God 4.0 is the culmination of Ornstein’s trilogy of works that provide a basic reconsideration of ancient religious and spiritual traditions in the light of advances in brain science and psychology. Along with this new book, *God 4.0: On the Nature of Higher Consciousness and the Experience Called “God,”* Malor Books is proud to announce new editions of *The Psychology of Consciousness* and *The Evolution of Consciousness*. Ornstein considered these his most important works.

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