

## **Book Preview: Waking Up: Overcoming the Obstacles to Human Potential**

**Charles Tart**

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“There is an awakening of your mind possible that will make ordinary consciousness seem like a state of sleep,” writes Charles T. Tart, an internationally recognized authority in the field of consciousness studies.

In "Waking Up", Dr. Tart takes the reader on a journey of awakening to a life of greater awareness, joy, effectiveness, and peace. He shows how ordinary, "normal" consciousness is actually a kind of trance in which the essential self is suppressed, controlled by mechanical habits of thought, perception, and behavior. To help the reader escape from this condition, the author offers insights and techniques drawn from the teachings of G. I. Gurdjieff as well as his own experience with such disciplines as Aikido, Buddhism, and psychological growth processes. These methods, involving balanced work on the intellect, emotions, and body, are ideally suited for practical use in everyday life.

By integrating ancient spiritual ideas with the findings of modern psychology, Dr. Tart has made the path to awakened consciousness highly accessible to contemporary men and women who seek both personal fulfillment and peace in the world.

Charles T. Tart is Professor of Psychology at the University of California at Davis. He is widely known for his classic book, "Altered States of Consciousness", which was pivotal in stimulating the study of hypnotic trance, psychedelic drug experiences, dreams, and meditative states. Recognized for his experimental work in parapsychology, he has explored ESP and psychokinesis, "lucid dreaming," out-of-body and near-death experiences, and similar phenomena.