



# Zen Physics, the Science of Death, the Logic of Reincarnation

*David Darling*

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Acclaimed astrophysicist David Darling comes well-armed with both science and mysticism to provide a theory of consciousness and its final conclusion. His well-researched ideas on psychology, neuro-biology, quantum physics and a host of others meld with Zen mysticism to provide a step by step approach to what consciousness is, and what it is not. The urban myth of 'who we are' is peeled back to reveal a terrible-wonderful truth. We are a fragmented assortment of often biased memories held together by a selfish brain whose primary concern is its own immortality. So how does this amalgam of 'I' manage to create what is considered the highest life-form on earth? You start at conception, add some biology and evolutionary theory, and what emerges is an organism using its every meager power to construct its own unique reality. Or is it that unique? Are we truly disconnected from all those other 'unique realities' of the past, present and future? Darling launches into a frank discussion of consciousness. How each of our stories is pieced together from a constantly changing conglomerate of memories. It is these stories that make us who we are. If the memories are changed - we change. If they are erased then we are erased. Our consciousness lives and dies dependent on our memories. When the physical brain dies with the rest of the body what happens to 'us'? Do not look here for comforting ideas of lounging in heaven with friends and family. Darling also does not support utter annihilation. Darling instead shows where mysticism may provide some insight for science. A well-grounded theory emerges of what happens when you can no longer observe scientifically those moments beyond our last breath. Darling provides a compelling answer for what lies beyond the end as we know it. Darling has acquired a profound insight into the process of death and the many misconceptions we have about it. He systematically walks you through the scientific process of death as well as other scientific phenomenon and lets you see for yourself that there isn't a huge mystery behind it all. Darling doesn't give you the answer to "the great question", but points you in the correct direction with style. Darling uses logic to explain how quantum physics may be bound with personality, but never pretends that Zen can be explained rationally. This collection of thoughts is extremely well-organized and well-written. David Darling's book explains quantum mechanics in a way anyone can understand. He also presents an intelligent thesis on the nature of life after death. His answer may not be what we wish to hear, but it makes sense. Author Bio - David Darling is the author of more than 40 titles including narrative science titles: Megacatastrophes!, We Are Not Alone, Gravity's Arc, Equations of Eternity, a New York Times Notable Book, and Deep Time. He is also the author of the bestseller-The Universal Book of Mathematics: From Abracadabra to Zeno's Paradoxes. Darling's other titles include The Universal Book of Astronomy, and The Complete Book of Spaceflight, as well as more than 30 children's books. His articles and reviews have appeared in Astronomy, Omni, Penthouse, New Scientist, the New York Times, and the Guardian, among others. David Darling was born in Glossop, Derbyshire, England, on July 29, 1953, and grew up in the beautiful Peak District, close to Kinder Scout for those who know the area. He went to New Mills Grammar School and then on to Sheffield University, where he earned his B.Sc. in physics in 1974, and Manchester University, for my Ph.D. in astronomy in 1977. David Darling's interests, apart from his work and family, include singing, song-writing, and playing guitar, walking, and travel.

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