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# **Does Your Brain Filter Reality Through a Maze of Genes and Ancient Social Patterns? A Scientist Explores the Hidden Realms of the Unconscious**

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**San Francisco, CA (June 1, 2011)** -- An engineer and researcher who moves in the worlds of nuclear physics and advanced semiconductors, Dr. Bernardo Kastrup has made surprising forays into the unconscious. His ground-breaking new book, *Dreamed Up Reality: Diving Into Mind to Uncover the Astonishing Hidden Tale of Nature*, is based on hard science and on his personal experiences in dreams, thought and spirituality.

Though a method that he calls "subjective exploration", Kastrup has discovered that our perceptions of reality are based a synchronized, shared set of cognitive models and expectations, partly social and partly in our genes. He suggests that some sciences, including even the laws of physics, may be emergent byproducts of such synchronization of thoughts.

Through computer simulations, voluminous research and his own profound experiences, laid out in a fascinating and easily grasped writing style in *Dreamed Up Reality*, he explores the implications of this hypothesis of reality. He finds, among other things, that dreams are autonomous manifestations of our psyche, and that reality is an externalized combination of the subconscious dreams of us all, as projected onto the fabric of space-time.

The author lays out scientific evidence that spiritual practices disrupt and bypass the filtering mechanism of the brain--in fact, he posits that we humans have historically developed and enhanced the richness of the world's religions and spiritual traditions by devising ways to loosen the straitjacket of consciousness imposed by genomic evolution. In his fascinating new look at reality, spirituality and human nature, he answers the questions:

- How do we bypass the intrinsic genomic filters of the brain?
- Does death merely release consciousness, rather than destroying it?
- Can existential truths be discovered through the models of hard science?
- Is there a hidden reality for each of us that transcends culture, language, history and personal belief?

Dr. Kastrup writes: *"Our culture may be lost in a collective daze induced by survival mechanism built right into the animal body eons ago. As we move into an epigenetic landscape governed and driven by ideas--not genes--we have an opportunity to transcend the primate body and experience the truly unfathomable reality operating inconspicuously right under our noses. There lies the human soul, the universe itself, in its most naked and radiant glory. "*

### **About the Author**

Bernardo Kastrup has a Ph.D. in Computer Engineering and has worked as a scientist in some of the world's foremost research laboratories, including the European Organization for Nuclear Research (CERN) and the Philips Research Laboratories (where the "Casimir Effect" of Quantum Field Theory was discovered).

An entrepreneur and founder of two high-tech businesses, he has authored many scientific papers. Currently, he is an executive in one of the world's most influential technology companies. He now resides in the Netherlands.

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