

## Table of Contents

<b>Introduction</b>	<b>9</b>
Standing On The Shoulders of Giants	9
The Fundamental Assumptions	12
The Global Implications of the Levels of Awareness	13
<b>An Uncertain World</b>	<b>14</b>
The Challenge	15
Brain ‘Alchemy’	17
What Is A Level of Awareness?	18
Developmental Stages/Levels	19
Seeking Solutions	21
<b>Can We Change?</b>	<b>23</b>
Neuroplasticity	23
Mindsets	26
Two Thinking Systems	27
Brain Alchemy: A Fundamental Formula	28
A Progression of Truth	30
A Picture of Hope	31
<b>A Brief History of the Brain</b>	<b>33</b>
An Overview of the Evolution of Life on Earth	33
What Is a Nervous System?	34
Early Nervous Systems	34
Reptilian Nervous Systems	35

Mammalian Nervous Systems	36
The Triune Brain	36
The Downside of Human Brains	37
<b>The Levels of Awareness: An Introduction</b>	<b>39</b>
The Levels of Awareness	39
Caveats	40
What Is Awareness?	40
Ignorance	41
Wisdom	41
Getting Acquainted	43
A Little Knowledge is a Dangerous Thing	45
Evolution not Revolution	46
<b>Transitions As Transmutation</b>	<b>48</b>
Transmutation of Ignorance into Wisdom	49
The Conversion of Subjective Experience Into Objective Knowledge	50
Transmutation Through the Levels of Awareness	54
Transitional Realizations	54
Brain Alchemy: The Formula Revisited	54
The Catalyst of Transmutation	55
The Ultimate Source of Suffering	57
The Personal Implications of the Levels of Awareness	58
Transition Stages	59
Possible Outcomes of The 'Alchemy' Of The Brain	63
<b>The Early Years: Separation</b>	<b>64</b>

The First Transition	64
From Level 1 to Level 2	65
From Level 2 to Level 3	66
No Guarantees	66
The Separation Mechanism	67
<b>Membership: Level 3 Awareness</b>	<b>69</b>
Level 3 Awareness	70
Transmutation at Level 3 Awareness	70
Components of Level 3 Awareness:	70
Level 3 Awareness In The World	72
More Examples of Level 3 Awareness in the World	78
The Transition From Level 3 to Level 4 Awareness	78
The Upside of Problems	78
The Wisdom of Level 3	79
The Ignorance of Level 3	79
Stages of Transition - Level 3 to Level 4	80
<b>Independence: Level 4 Awareness</b>	<b>82</b>
Level 4 Awareness	82
Status Anxiety and Level 4 Awareness	83
Components of Level 4 Awareness:	84
Level 4 In The World	91
More Examples of Level 4 Awareness in the World:	96
The Transition From Level 4 to Level 5 Awareness	97
The Wisdom of Level 4	97

The Ignorance of Level 4	97
Stages of Transition - Level 4 to Level 5	98
<b>Interdependence: Level 5 Awareness</b>	<b>101</b>
Level 5 Awareness	101
A Level of Tolerance	102
Jumping to Conclusions	102
A Broader Perspective on Conflict	105
Components of Level 5 Awareness:	107
Level 5 Awareness in the World	111
More Examples of Level 5 Awareness in the World	112
The Transition From Level 5 to Level 6 Awareness	114
The Wisdom of Level 5	114
The Ignorance of Level 5	115
Stages of Transition - Level 5 to Level 6	115
<b>Wholeness: Level 6 Awareness</b>	<b>117</b>
The Great Work	117
Level 6 Awareness	118
Equilibrium	120
Transcendence	121
Components of Level 6 Awareness:	121
One With The Universe	124
Essential Innocence	125
The Illusion of a Separate Self	126
The Persistence of Individuality	128

Is This Enlightenment?	129
<b>Are We There Yet?</b>	<b>130</b>
Where Are We Now?	131
An Antidote to Intolerance	135
<b>Getting There</b>	<b>137</b>
Getting From Here to There	137
Is There A Shortcut?	138
One Step At A Time	138
Resistance to Transition	139
Prerequisites to Transition	140
Aids to Transition	141
Reaching The Limit	142
Preparing The Way	142
Facilitating Transitions	143
How to Proceed	144
The Necessity of Drives	144
<b>Creating a Sustainable Future</b>	<b>146</b>
A Geography of Hope	147
The Berkana Institute	148
Becoming the Solution	149
Me to We	149
Worldchanging.com	150
GiveMeaning.com	152
Kiva	153

The Internet as a Tool for Wisdom	155
Other Ways to Connect on the Internet	156
<b>Conclusions</b>	<b>159</b>
<b>Recommended Resources for Further Reading</b>	<b>163</b>
<b>Appendix I: Buddhism and The ‘Alchemy’ Of The Brain</b>	<b>164</b>
<b>Appendix II: Drives, Desires, Outcomes, and Suffering</b>	<b>170</b>
<b>The Author</b>	<b>172</b>