



The Quiet Center: Isolation and Spirit

John C., Md. Lilly, Phillip Bailey Lilly, Tom Robbins

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The Quiet Center presents the core of Dr. John Lilly's groundbreaking isolation experiments, edited into an accessible format for a new generation to embrace the revolutionary thinking of this fascinating scientist. It is a book that distills the essence of Dr. Lilly's philosophies—higher consciousness, the varieties of isolation experience, heightened awareness—and minimizes the scientific jargon to make his theories and examples accessible to the general reader who is searching for heightened conscious experience and serene self-awareness. As a pioneer in the research of animal intelligence, altered states of consciousness and isolation tank experiments, Lilly, like his peers Timothy Leary, Alan Watts, Carlos Casteneda and Charles Tart, can and should be read by a whole new generation seeking to extend his ideas that blend science and philosophy as a means to see new truths to themselves and to seek shelter from the onslaught of external stimuli in today's society. Whether the reader can use an actual tank or devises their own "isolation space," The Quiet Center is the first word in isolation therapy for the new millennium.

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