- 1.1. Anthony Ray Hinton. Public Domain.
- 1.2. An orangutan mother kissing her adult daughter. iStockphoto.
- 1.3. Brain capacity in cubic centimeters before and after humans began using tools. Author.
- 1.4. Reconstruction of the features of an elderly Neanderthal. CC BY-SA 4.0 Neanderthal-Museum, Mettmann.
- 1.5. Mortality rates of children over the last two millennia. CC BY 4.0 Our World In Data.
- 1.6. CYP17 gene. CC BY-SA 3.0 A2-33, via Wikimedia Commons.
- 1.7. The Task Positive Network. Author.
- 1.8. An MRI image of the Default Mode Network. John Graner, Neuroimaging Department, National Intrepid Center of Excellence, Walter Reed National Military Medical Center. Public Domain.
- 1.9. Participants at a retreat I taught at Esalen Institute in California. Author.
- 1.10. France is full of beauty and grace. iStockphoto.
- 1.11. My morning meditation shortly after the fire. Author.
- 1.12. With advanced scanners like this Siemens fMRI. Author.
- 1.13. Emotion Regulation Circuit: Author.
- 1.14. Selfing Control Circuit: Author.
- 1.15. Attention Circuit: Author.
- 1.16. Empathy Circuit: Author.
- 1.17. The Default Mode Network and the Task Positive Network operate like a seesaw or teeter-totter. Author.
- 1.18. Mother Teresa. Getty Images.

- 2.1. Dwayne Johnson. CC BY-NC 4.0 Printerval.
- 2.2. Neurons. Author.
- 2.3. Undulating Line. Author.
- 2.4. Brain Gyrification. Author.
- 2.5. Muscular Arm. Artisteer via iStockPhoto.
- 2.6. Alzheimer's brain. Author.
- 2.7. Iris Murdoch. Public Domain.
- 2.8. Cortical gray matter. Author.
- 2.9. Graham Phillips. Used with permission of Graham Phillips.
- 2.10. Elder chess. Pixabay.
- 2.11. Prosocial emotions. iStockPhoto.
- 2.12. Sea horse. Pixabay.
- 2.13. Dentate Gyrus. Used with permission of Noguchi et al., (2016).
- 2.14. Albert Einstein. Public Domain.
- 2.15. Stress reduces neural connections. Author.
- 2.16. Rollerblading. Pixabay.
- 2.17. Anxiety and cognition seesaw. Author.
- 2.18. Mother and daughter meditating. Pixabay.
- 2.19. Mingyur Rinpoche. CC BY-SA 4.0 Youngerson via Wikimedia Commons.

- 3.1. Bench presses require good form. iStockPhoto.
- 3.2. Buddha. Pixabay.
- 3.3. Psychotherapy session. iStockPhoto.
- 3.4. Once you've built the trait of happiness into your brain. iStockPhoto.
- 3.5. Depression and spirituality are two sides of the same coin. Author Al.
- 3.6. Brain scientist and EEG subject. Author.
- 3.7. Mural of people who demonstrate SQ. Author AI.
- 3.8. Etty Hillesum. Public Domain.
- 3.9. Saint Lawrence. Public Domain.
- 3.10. Herbert Benson. Author Al.
- 3.11. Paul Brunton. Public Domain.
- 3.12. Greg Berg. Author.
- 3.13. Chop Wood, Carry Water. Author Al.

- 4.1. Awa'awa'puhi Valley. Author.
- 4.2. The perspective from which we see things. Roses thorns. iStockPhoto.
- 4.3. The transcendent states of mystics. Author Al.
- 4.4. Countries of the European Union. iStockPhoto.
- 4.5. The boundaries between self and not-self disappear. Author Al.
- 4.6. Location 3 Finders experience universal yet impersonal love. Author Al.
- 4.7. Location 4 Finders no longer pay attention to what other people think. Author Al.
- 4.8. Radiance begins to shine all around. Author AI.
- 4.9. Meditator entering a state of blissful union. iStockPhoto.
- 4.10. In Tibetan Buddhism, mandalas are often used as an object of contemplation. Author Al.
- 4.11. Buddhist monks in Thien Mu Pagoda, Vietnam, chanting traditional prayers. iStockPhoto.

- 5.1. Brain-wave frequencies from the slowest wave (delta) to the fastest wave (gamma). Author.
- 5.2. Max Cade with a group of students using the first 1970s version of the Mind Mirror. Public Domain.
- 5.3. Ordinary consciousness. Author.
- 5.4. Stress. Author.
- 5.5. Awakened Mind. Author.
- 5.6. EEG hookup showing Awakened Mind at one of my EcoMeditation Retreats. Author.
- 5.7. The diamond crystal in throat and heart. Author Al.
- 5.8. Maslow's revised pyramid. Author.
- 5.9. Alexi Pappas. Author AI.
- 5.10. Peruvian weaver near Machu Picchu. iStockPhoto.
- 5.11. The basics of biology are consistent. iStockPhoto.
- 5.12. Sanskrit characters of the Yoga Sutras. iStockPhoto.
- 5.13. Engaging the energy of your heart and connecting to the infinite. Author Al.
- 5.14. The trinkets are just window dressing. iStockPhoto.
- 5.15. Connections between regions of the brain in a highly creative state. Author.
- 5.16. Participants at SQ retreat. Author.
- 5.17. Team flow. iStockPhoto.
- 5.18. The Great Recession halted construction of thousands of homes. iStockPhoto.
- 5.19. Meditation and mindfulness in prison. Photo by Jayme Younger, Chief Operating Officer, Prison Compassion Project.

- 6.1 The fossil record gives us evidence of changes to species like the horse over long periods of time. CC BY-SA 3.0, H. Zell (User:Llez), via Wikimedia Commons.
- 6.2. Bryozoan colony. By Bernard Dupo. Bango, Mantehage Island, Sulawesi. Indonesia. CC BY Flickr.
- 6.3. Silverleaf nightshade *(Solanum elaeagnifolium)*. CC BY Paul Asman and Jill Lenoble. Albuquerque, New Mexico via Flickr.
- 6.4. Tuskless elephant. Pixabay.
- 6.5. Catfish catching pigeon. Author.
- 6.6. A Chinese researcher collects a blood sample from an ethnic Tibetan man participating in the DNA study. Author AI.
- 6.7. Tuberculosis bacteria. Public domain. CDC.
- 6.8. Like lights being dimmed up or down, genes can be expressed or silenced. iStockphoto.
- 6.9. Starving child in the Hague, Holland, 1944. Public domain.
- 6.10. The end of Gerry's road. iStockPhoto.
- 6.11. Modern humans with easy lives can have cortisol levels as high as people facing deadly threats. CC BY WallpaperManiac / 45701.
- 6.12. Mice can learn to extinguish even genetically encoded fears. iStockPhoto.
- 6.13. Early humans exchanged knowledge through cumulative culture. CC BY thesubversivearchaeologist.com.
- 6.14. Knapping an obsidian arrowhead. CC BY Travis via Flickr.
- 6.15. The early Christians formed tightly knit congregations for mutual sharing and support. Author Al
- 6.16. Biases are inherent and often unconscious. iStockPhoto.
- 6.17. Child labor was common even at the start of the previous century. iStockPhoto.
- 6.18. Elizabeth Cady Stanton. Anna Elizabeth Klumpke (1856–1942), Public domain, via Wikimedia Commons.
- 6.19. Colonialism. iStockPhoto.
- 6.20. Most ancient societies had little use for the elderly and disabled. Modern societies take care of them. iStockPhoto.
- 6.21. Jimmy Carter. Public domain.
- 6.22. Natural selection selects for compassion and altruism. iStockPhoto.
- 6.23. Cravings typically diminish in meditators, leading to eventual shrinkage of the brain's nucleus accumbens. iStockPhoto.
- 6.24. St. Martin de Porres. Author Al.
- 6.25. Fractals are patterns that repeat at large and small scales. Pixabay.

- $\ensuremath{\mathsf{6.26}}.$  Top: Magnetic field variations over the course of a month. Author.
- ${\it 6.27.} \ The \ human \ brain \ and \ universe \ display \ striking \ similar ities. \ iS tock Photo.$
- 6.28. In transcendent states, we resonate with the universal field. Author Al.

- 7.1. Global wellbeing from 1820 on. Author.
- 7.2. Workers. iStockphoto.
- 7.3. Joy at an EcoMeditation retreat. Author.
- 7.4. Jack Schwartz. Courtesy of Lois Schwarz. Public Domain.
- 7.5. Médecins Sans Frontières goes wherever the need arises. Shutterstock.
- 7.6. Athletes meditating. Shutterstock.
- 7.7. Wars between Great Powers from 1500 on. Author.
- 7.8. 1903 engraving of St. Joan of Arc. Albert Lynch, Public Domain, via Wikimedia Commons.
- 7.9. Number of homicides per 100,000 people in Europe from 1250 to the present. CC BY-SA 4.0, Our World In Data.
- 7.10. The mad electric crew. Photo by permission of Harald N. Røstvik.
- 7.11. NASA map showing substantial reforestation. NEO (NASA Earth Observations). Public Domain.
- 7.12. Pope John Paul II assassination attempt. Tullio Saba, Public domain, via Wikimedia Commons.
- 7.13. Lunch 800 feet in the air. Charles Clyde Ebbets, Public domain, via Wikimedia Commons.
- 7.14. Giving Pledge. Author AI.
- 7.15. Drone operator in Africa. By Oubaidallah Own work, CC BY-SA 4.0, via Wikimedia.
- 7.16. SQ improves productivity and mood in business. iStockphoto.
- 7.17. Compassion breeds connection across the generations. iStockphoto.
- 7.18. Picasso creating artwork by waving a light. Photo by Gjon Mili, from The LIFE Picture Collection/Shutterstock.
- 7.19. Oregon State Beavers in action. Shutterstock.
- 7.20. Manila's prayer and protest gathering. Shutterstock.