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We are not human beings having a spiritual experience; but spiritual beings having a human experience. --Pierre Teilhard de Chardin

Steve Dinan's Consciousness Timeline lists various key books and events that demarcate the growing Western interest in the nature of consciousness, from William James to Freud to Huxley to Yogananda to Allan Watts to Ken Wilber.

Be The Change:

Read a book that give you a deeper insight into your human nature.