

Mystics and Scientists 31

Rhythms and Cycles in Biological and Spiritual Life

BOOKING DETAILS

Venue University College, Winchester (formerly King Alfred's College) is set in attractive surroundings overlooking one of the oldest cities in Britain. One hour by train from London Waterloo.

Accommodation

On site - in single rooms. Please indicate if you require special accommodation considerations due to a physical disability.

Off site - we have reserved 10 en suite rooms at the Winchester Hotel, with a bed and breakfast rate of £105 per room per night (double) and £95 (single). These rooms will be allocated on a first-come first-served basis and must be booked and paid for directly by delegates (i.e. not through the SMN office). Address: the Winchester Hotel, Worthy Lane, Winchester SO23 7AB, telephone 01962 709988/ fax 01962 840862. You will need to quote the booking reference SMN2803. The rooms will only be held until the end of January.

Fees Fees include University accommodation, lecture programme, and all meals. They are payable in full on booking. Please take advantage of early bird rates.

Cancellations A fee of £25 will be retained, or £75 after 10th March; after 18th March, no refund.

Booking *Places are strictly limited so early application is essential.* Send cheque for full amount, payable to "Scientific and Medical Network". Detailed information about the venue will be sent with the booking confirmation.

WE CANNOT GUARANTEE BOOKINGS MADE AFTER 15th MARCH

Please send to: **Conference Administrator, Scientific and Medical Network, PO Box 11, Moreton-in-Marsh, Glos GL56 0ZF. Tel: +44 (0) 1608 652000, Fax: +44 (0)1608 652001, Email: info@scimednet.org**

BOOKING FORM

PLEASE WRITE IN BLOCK CAPITALS

Name

Address

E-mail

CONFERENCE OPTION

Members

Early Bird Residential £220.00
(before 20th February)

Residential (after 20th February) £250.00

Early Bird Non-residential £170.00
(before 20th February)

Non-residential (after 20th February) £195.00

Non-Members

Early Bird Residential £240.00
(before 20th February)

Residential (after 20th February) £270.00

Early Bird Non-residential £190.00
(before 20th February)

Non-residential
(after 20th February) £215.00

Please send me a joining form and another leaflet so that I can enrol at the Members' rate

How did you hear about the conference?

MEALS - are you? Vegetarian Vegan

SPECIAL DIETARY REQUIREMENTS:

PAYMENT OPTION

Cheque/Bank Draft/Money Order (payable to "Scientific and Medical Network")

Credit card (VISA or MasterCard)

Card No.: _____

Expires: _____ Security Code _____

Signature: _____

Our life is an apprenticeship to the truth that around every circle another can be drawn; that there is no end in nature, but every end is a beginning, and under every deep a lower deep opens.

Ralph Waldo Emerson

CHAIRS:

PROFESSOR JOHN CLARKE is Professor Emeritus in the History of Ideas at Kingston University, and is the author of *Oriental Enlightenment: the Encounter between Asian and Western Thought*. He is Chairman of the Scientific and Medical Network.

DAVID LORIMER is Programme Director of the Scientific and Medical Network and Vice-President of Wrekin Trust. He is editor of *The Spirit of Science, Thinking Beyond the Brain and Science, Consciousness and Ultimate Reality*. His book on the Prince of Wales's philosophy and work - *Radical Prince* - was published in 2003 and has been translated into French, Spanish and Dutch

THE ORGANISER

The Scientific and Medical Network was founded in 1973 by George Blaker, Dr. Patrick Shackleton, Dr. Peter Leggett and Sir Kelvin Spencer. The founders believed that neither orthodox religion nor conventional science was sufficient to answer pressing questions about human existence and the cosmos, and that new ways of thinking were needed.

The Network provides interdisciplinary education exploring the frontiers of science, consciousness and spirituality. It draws on a worldwide community of scientists, doctors, psychologists, engineers, philosophers and theologians to provide events, publications, and courses that link insights from the spiritual traditions and the arts, with the study and application of science and medicine.

MYSTICS & SCIENTISTS 31

Rhythms and Cycles in Biological and Spiritual Life

28th - 30th March, 2008

University College, Winchester

CHAIRS: David Lorimer, Prof. John Clarke

SPEAKERS: Jennifer Cole, Prof. Keith Critchlow, Prof. Brian Goodwin, Dr. Michael Hastings, Sr. Eva Heymann, Alexander Lauterwasser

 The Scientific and Medical Network

The Mystics and Scientists conferences, which have been held every year since 1978, are dedicated to forging a creative understanding of the complementary roles of scientific and mystical approaches to reality. This year we are looking at the nature of rhythms and cycles in biological and spiritual life. Our lives are framed by such rhythms and cycles at various different levels – outbreath and in-breath, sleeping and waking, darkness and light, waning and waxing, winter and summer, old age and youth, death and (re)birth, withdrawal and return, even forgetting and remembering. Many of us live according to the rhythm of machines, ignoring the rhythms of our bodies and of nature. Yet there is a powerful natural impulse within, impelling us towards living in harmony with ourselves, each other, and with nature. We shall be exploring ways in which rhythms and cycles are part of our experience and that of the world that surrounds us.

SPEAKERS and PROGRAMME

FRIDAY 28th March

Opening Wine Reception followed by dinner and introductions



David Lorimer:
Soul Cycles: Models of Life, Death and Rebirth

In contrast with the linear understanding of Christianity where the structure of life is understood to consist of birth, death and resurrection, Greek and esoteric philosophies draw on oriental models of rebirth and reincarnation. Western models tend to emphasise the possibility of evolutionary progress, while liberation in Hinduism consists of escape from the wheel of rebirth. In the last 40 years, empirical research on reincarnation has come to the fore. How does this relate to more traditional understandings? And what is the nature of the self that reincarnates?

SATURDAY 29th March



Prof. Brian Goodwin:
Rhythms and Transformations in Scientific Understanding and Meaning

Science undergoes periodic shifts of understanding and meaning that resonate with earlier patterns of comprehension, sometimes over significant time intervals, suggesting deep archetypal forms of gnosis are at work. I shall explore a few of these that connect the renaissance to present developments in biology, and emergent understanding in the physics of the early 20th century with contemporary

confusion in genetics. These point to fundamental changes of perspective in contemporary culture that constitute more than a scientific paradigm shift.

Brian Goodwin was born in 1931 in Canada where he studied biology. He then took a mathematics degree at Oxford and a PhD involving biology and mathematics at Edinburgh University. He has held research and teaching positions at MIT, at the University of Sussex, and the Open University, UK, where he was Professor of Biology. He was connected with the Santa Fe Institute for a number of years in the 80s and 90s. He now teaches Holistic Science at Schumacher College in England. His interests are in developing a science of qualities that can address issues of health and quality of life in diverse areas, in promoting holistic patterns of living, and in the reunion of the arts and humanities with the sciences. He is a Vice-President of the Network.



Dr. Michael Hastings:
The Body's Daily Clock: Cycles, Genes and Health

The daily cycle of sleep and wakefulness is the most obvious manifestation of our body's internal clock.

Below the surface almost all of our physiology and metabolic processes change over the day and night following a precise temporal programme that makes us an efficient biological machine. These daily cycles continue with a period of approximately 24 hours even when we are deprived of time cues because they are driven by internal circadian (circa-approximately, dies- day) clocks. The master

pacemaker clock resides in the brain, but we now know that subordinate clocks are also present in most of our major organs, including liver, heart, lungs and kidney. The job of the brain is to keep these peripheral clocks in synchrony with each other and with the outside world. When that synchrony breaks down (e.g. sleep disorders, shift-work, jet-lag, neurological diseases) our physiological well-being and mental abilities are compromised. This talk will review what we know about our clockwork, the genes that encode it and how this genetic timekeeper relates to health and disease.

Dr. Michael Hastings trained as a Marine Biologist on the Isle of Man, studying tidal and lunar cycles in invertebrates. After obtaining his PhD from the University of Liverpool in 1980 and a PGCE from the University of Manchester in 1981, he moved to the University of Cambridge to investigate how the daily clock controls seasonal rhythms in mammals, with a particular emphasis on how the hormone melatonin acts as an internal calendar. Since then he has moved on to study how light and social cues synchronise our internal cycles to the external world. He recently moved to the Laboratory of Molecular Biology in Cambridge where he has directed his research to analyse the genes that make up our daily body clock, how they work together across the body, how they impact upon our health and how they go wrong in various diseases. He has published over 100 scientific papers and spoken widely on the topic of body clocks to both scientific and general audiences.



Jennifer Cole:
Seasonal Cycles in the Development of Religion

Many early religions and religious systems are based on the observance of repeating, and therefore predictable, natural occurrences such as the first flowers of Spring. These are underpinned by more fixed cyclic observances such as the solstices and equinoxes, the lunar cycle and the movement of the stars.

Over time, observances that began in direct response to natural cycles take on increasing

levels of ritual and superstition, as well as elements from other belief systems, until the celebration itself may move away from the event it originally observed. Curiosity about why, for example, the Christian celebration of Easter includes eggs and rabbits can 'cycle' followers back to earlier belief systems in which the return of life was demonstrated by the emergence of new life in the Spring.

Jennifer Cole is a writer and editor living in Putney, West London. Her interest in folklore and Celtic religion began to take shape while at art college in the late 1980s, where she undertook work experience in the graphics department of Hereford and Worcester Archaeology Department. While a student of Archaeology and Anthropology at Cambridge University from 1989-92, she worked as a finds artist on a bronze age/iron age dig on the Danish island of Als and undertook research work at the British Museum to complete a dissertation on the early human species *Australopithecus Afarensis*. Since graduating, she has worked in publishing for 14 years, which has included a number of years as editor of the weekly part-work magazine *Enhancing Your Mind, Body, Spirit*. She also provides editorial consultancy to Duncan Baird Publishers, the publishers of her recent book *Ceremonies of the Seasons*, on which her presentation at this conference will be based.



Alexander Lauterwasser:
Resonance and Creation – Sound Images of Water

The film shows the formative energies of vibration and sound, starting with some examples of Chladni-Figures (sand on metal plates), continuing with water drops oscillating in geometrical forms. The most important phenomenon is called "standing-waves": wave-patterns and special structures arise within the totally vibrating water. The ordering principles of such harmonic fields are very familiar to the forms of many plants and flowers. Such patterns are increasingly coming to be seen by science as the design plan or matrix for a widely varied range of formative phenomena.

Alexander Lauterwasser was born in 1951 in Überlingen, Lake of Constance, Germany. He studied philosophy and psychology in Heidelberg and for the last 20 years has been continuing with the work of E.F.Chladni and the Cymatics of Hans Jenny. He has conducted his own experiments and scientific investigations into questions of morphogenesis in nature. His 2002 book was *Wasser-Klang-Bilder*, edited in English 2006: *Water Sound Images*. He also published *Wasser Musik* in 2005. www.wasserklangbilder.de

SUNDAY 30th March

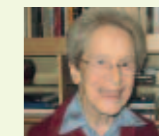


Prof. Keith Critchlow:
Time and Timelessness: Circle, Centre and the Axis of Sacred Cycles

We all think we know what time is, but find it harder to describe timelessness, yet they are interdependent as are certainty and uncertainty. There is an incurable human desire to claim one or the other of these profound integralities as being the only truth. In this presentation Keith Critchlow will show evidence of the earliest measurable examples of human skill in the traditional subjects of arithmetic and geometry; particularly three dimensional geometry. He will also explain the significance of megalithic sites as they represent temples of sacred space and the locus of traditionally cyclic sacred time. As symbols they reveal a pattern of existence bringing meaning to human existence through an understanding of the unity of human and cosmic structure.

Prof. Keith Critchlow is an internationally known lecturer, teacher and author. His many books include *Order In Space*, *Islamic Pattern as a cosmological art* and the recently reprinted *Time Stands Still*. He is a founder member of RILKO (Research into Lost Knowledge Organisation) a founder member and president of the Temenos Academy and a founder member and Director of Studies of Kairos. Dr. Critchlow founded the Visual Islamic and Traditional Arts a department now known as the Prince's School of Traditional Arts, where he is the Professor Emeritus. He has

been a senior lecturer at the Architectural Association in London and continues to design, lecture and advise in the field of architecture especially in the area of sacred geometry.



Sr. Eva Heymann:
Discovering a Deeper Centre: Rhythms in Human Life and the Life of Trees

From a very early age, trees have always been my companions and teachers. They have taught me to enter into the mystery of the visual and hidden lights in the daily events of my life. I was awed by the strength of pine trees and loved the frail blossoms of fruit trees. Their rootedness in harsh weather gave me hope. I may not have had the words to express these feelings, but sitting under a favourite tree was in itself a mysterious friendship and source of healing. I learnt that the deepest things in life needed no words – but could be conveyed in silent interaction. I could echo Christopher Fry's words from *The Boy With A Cart*: 'The beauties of nature make me feel honest with myself.' I look forward to exploring this further at our conference.

Sr. Eva Heymann was born into a nominally Jewish family in Germany. In 1939, she came to England on one of the Kinder Transports. It was an uprooting unlike any previous experience, but it led her to 'give birth to myself' through darkness and light' and that process is still continuing. She embraced Catholicism in her 20s and 5 years later, entered an educational congregation, 'The Society of the Holy Child Jesus.' She worked 20 years in primary schools as teacher and headmistress. In 1967 she took a post graduate course in Psychiatric Social work/Family therapy and moved into clinical work, based in Hackney, one of the most deprived areas in London. After retirement in 1987, Eva worked as a volunteer at the Terrence Higgins Trust – the first agency in England to address the HIV/AIDS endemic. She currently works one day a week with an organisation which offers support to women who have been trafficked into this country. Her first book 'The Deeper Centre' was published last year.