



# Theory of Reality: Evidence for Existence Beyond the Brain and Tools for Your Journey

*David O. Wiebers M.D.*

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As a society, we have the tendency to see the universe as a collection of separate objects rather than a unified living process. We fragment the world in an effort to make better sense of it, defining our individual *selves* as separate from the universe, the earth, and other human and nonhuman beings. Despite our best efforts, looking outward for meaning and answers has not given us the peace we seek, instead causing innumerable problems in science and society. The Theory of Reality provides a new approach to experiencing peace and social transformation by addressing the most basic universal questions of humankind- Who are we? Where are we going? and How do we fit into the universe?

Dr. David O. Wiebers, a world leader in neuroscience who has experienced the brain and consciousness from numerous perspectives in a variety of clinical and research settings, arrives at meaningful answers to questions about the deeper nature of ourselves, the deeper nature of our universe and the deeper nature of reality. He does this by finding the common denominators of numerous fields, including neuroscience, physics and metaphysical science. The Theory of Reality can change our lives, not only as individuals but also as a society.

The first half of this book provides scientific explanation for significant evidence that shows that consciousness is the fundamental fabric of our universe and our deeper selves. Further evidence shows that the brain and body are simply temporary vehicles for use on this physical plane rather than a person's core identity. The YOU beyond your brain and body is indestructible even by death. Near-Death and other types of Expanded-Reality Experiences are valid, real phenomena. We can experience spiritual enlightenment by deeply understanding this scientific knowledge and incorporating it into our daily lives through practical day-to-day applications.

The second half of this book presents these applications. Methods to increase one's coherence, resilience and equanimity range from esoteric metaphysical techniques to relatively simple approaches based on twelve key factors. Dr. Wiebers offers tools and techniques to empower you and to help you find your own answers through increased coherence, optimized brain and neurological function, and improved psychological health. This book is for anyone who is ready to live a happier, more successful, and more fulfilling life.

Take control of your own life journey and allow inspiration, uncommon creativity, and greater happiness to unfold.

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