# Contents

*Foreword by Gregg Braden* xi

Prologue: The End Is Nigh 1

## PART 1

Introduction 11

1. Lamarck's Red Pill 17
2. Insights from a Fractal Universe 29
3. Conscious Evolution and the Tree of Life 41
4. Conscious Evolution's Two-Phase Spiral 53
5. The Secret of Life: Take Two 69
6. Genes: An Evolutionary Conundrum 73
7. The Magical Membrane 77
8. The Quantum Language of Cells 91
9. Origins of the Chemistry of Life 103
10. Planetary Etching and the Fractal Field 111
11. The New Science 115
12. The Science of Spirituality:
    The Key to Global Harmony 123

## PART 2


Introduction 133

13. Beyond Franken Food 141
14. More Than a Smile: Dentists as Healers 157
15. Our Saber-Toothed Tigers 165
16. Pushing Back the Doomsday Clock 175

Epilogue: Why Is This Relevant? 181

*Acknowledgments* 188
*Notes* 192
*Index* 201