



Sharpham Centre for Contemporary Buddhist Enquiry

Sharpham House, Ashprington, Near Totnes, Devon TQ9 7UT

Science and Buddhism

*Waking from the
Meme Dream*

**Fri 1 - Sun 3
December**

Dr Susan Blackmore

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Waking from the Meme Dream

Why does it sometimes feel as though we live our lives in a dream? And can we wake up? Memes are all the infectious thoughts, habits, skills, and stories that we pass from person to person and which can all too easily overload our minds and cloud our perception. The illusion of an inner self who has consciousness and free will can also be understood as a creation of the memes and seeing it this way can help us to let go. The weekend will include a mixture of lectures and discussions, with meditation sessions and mindfulness exercises, designed to help make it easier to wake up from the meme dream.

Dr Susan Blackmore is a psychologist and writer whose research on consciousness, memes, and anomalous experiences has been published in over sixty academic papers, as well as book chapters, reviews and popular articles. She has a regular piece in the Guardian, and often appears on radio and television. Her book *The Meme Machine* (1999) has been translated into 12 other languages and more recent books include a textbook *Consciousness: An Introduction* (2003) and *Conversations on Consciousness* (2005). She has been practising Zen for twenty years.

Fee: £140 inclusive
Please send a deposit of £50 to secure a place.