



Return to the Brain of Eden: Restoring the Connection between Neurochemistry and Consciousness

Tony Wright, Graham Gynn

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An exploration of our fall from the pinnacle of human evolution 200,000 years ago and how we can begin our return

- Explores recent neurological and psychological research on the brain and the role of plant biochemistry in human brain expansion
- Explains how humanity's prehistoric diet change led to a neurodegenerative condition characterized by aggression and a fearful perception of the world
- Outlines a strategy of raw foods, tantric sexuality, shamanic practices, and entheogens to reverse our mental degeneration and restore our advanced abilities

Over a period of a million years the human brain expanded at an increasingly rapid rate, and then, 200,000 years ago, the expansion abruptly stopped. Modern science has overlooked this in order to maintain that we are at the pinnacle of our evolution. However, the halt in brain expansion explains not only recently uncovered anomalies within the human brain but also the global traditions of an earthly paradise lost and of humanity's degeneration from our original state of perpetual wonder and joy.

Drawing on more than 20 years of research, authors Tony Wright and Graham Gynn explore how our modern brains are performing far below their potential and how we can unlock our higher abilities and return to the euphoria of Eden. They explain how for millions of years early forest-dwelling humans were primarily consuming the hormone-rich sex organs of plants--fruit--each containing a highly complex biochemical cocktail evolved to influence DNA transcription, rapid brain development, and elevated neural and pineal gland activity. Citing recent neurological and psychological studies, the authors explain how the loss of our symbiotic fruit-based diet led to a progressive neurodegenerative condition characterized by aggressive behaviors, a fearful perception of the world, and the suppression of higher artistic, mathematical, and spiritual abilities.

The authors show how many shamanic and spiritual traditions were developed to counteract our decline. They outline a strategy of raw foods, tantric sexuality, shamanic practices, and entheogen use to reverse our degeneration, restore our connection with the plant world, and regain the bliss and peace of the brain of Eden.

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