



Sleep, Consciousness & Non-Ordinary States FROM CULTURE TO NEUROSCIENCE

Presented by: Danny Lewin

Thursday, January 26, 9:30 a.m. – 12 noon

Bethany Congregational Church
556 N. Hope Avenue, Santa Barbara

805-967-6030
vistas@vistaslifelonglearning.org

This talk will take a deep dive into recent applied science on the consciousness continuum from sleep to non-ordinary and how these states contribute to mental health and wellbeing. Cultural and historical definitions of sleep have varied greatly, and recent advances in neuroscience and sleep health provide important insights into the essential behavior as a window into consciousness and as essential to mental and physical health. The practical portion of this discussion will span optimal sleep, sleep disorders, ethnographic and sociocultural aspects of sleep spanning 21st-century challenges. The culture-to-neuroscience portion of the talk will cover definitions of sleep and consciousness, from Tibetan Buddhist



sleep and mindfulness practices to neuroscience. Sleep and dreams will be discussed in the context of other conscious states that have been the focus of recent cutting-edge science, such as the practice of mindfulness and non-ordinary states of consciousness associated with plant medicine which are currently in phase-three clinical trials that may contribute to a shift in psychopharmacology. These practices and compounds will be presented in a historical and ethnographic context as well as how they are used to improve physical and mental health and quality of life.

PLEASE REVIEW THE STATEMENT ON THE OTHER SIDE OF THIS FLYER REGARDING VACCINATION REQUIREMENTS.

Preferred registration deadline* : January 19, 2023

*Early enrollment helps us with our planning; also, those who register by the preferred deadline will be given priority in case of over-enrollment.

Enrollment form: Sleep, Consciousness, and Non-Ordinary States

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VISTAS members \$20; non-members \$30

➤ **EITHER pay online** on our website by secure credit card through PayPal:
<https://www.vistaslifelonglearning.org/current-courses>

➤ **OR mail this form** and your check to: VISTAS Lifelong Learning, Inc.
P.O. Box 23228, Santa Barbara CA 93121

Number of persons _____ \$ _____ Check # _____

Name(s): _____

Phone: _____ Email: _____

It is understood that attendance is limited to those who are fully vaccinated against Covid-19.

SUGGESTED READING (optional):

Matthew Walker, *Why We Sleep: Unlocking the Power of Sleep and Dreams*

Tara Brach, *Radical Compassion*

Michael Pollan, *How to Change your Mind: What the New Science of Psychedelics Teaches Us about Consciousness, Dying, Addiction, Depression, and Transcendence*



After a 25-year career as a sleep scientist and clinician, Danny Lewin has spent the past two years in intensive certificate training programs in mindfulness medicine and meditation and psychedelic-assisted psychotherapy. He has published more than 50 articles and chapters on sleep and has served as a program director at a DC Children's Hospital and as a program director at the National Institutes of Health. He is currently working in the health device development sector. Many VISTAS members will recall his two outstanding previous presentations on sleep medicine.

IMPORTANT COVID-19 POLICY

The health and safety of our attendees and their families are of utmost importance to us. **Accordingly, we are limiting attendance to those who are fully vaccinated.** Proof of vaccinations and boosters (digital Covid-19 Vaccination Card or a photo of your printed card) must be sent to our business manager via email (vistas@vistaslifelonglearning.org) or text (805-967-6030). Participants may also be asked to show vaccination status on the first day of each course in case our records are incomplete. This needs to be done only once—your proof of vaccination will remain valid for all VISTAS events. Face masks are recommended, though not currently required, at VISTAS in-person, indoor gatherings.

VISTAS Winter/Spring 2023 Calendar

SUBJECT TO CHANGE; for up-to-date information, visit our website (VistasLifelongLearning.org) frequently!

Course / Event	Date(s)	Time	Venue
VISTAS Winter Social	Sunday, February 5	1:30 pm	Music Academy of the West
Monday Nonfiction Book Club / Dawn McGrew	4th Monday monthly	1:30 pm	Via Zoom
Four Great Ages of Western Civiliz. / Jim Hemmer	Wed. Jan. 11, 18, 25, Feb. 1	9:30 am	Bethany Congreg. Church
The Creative Artist in Opera / Simon Williams	Jan. 17, Jan. 24, Jan. 30, Feb. 7	9:30 am	Music Academy of the West
Sleep, Consciousness, and Non-Ordinary States	Thurs. Jan. 26	9:30 am	Bethany Congreg. Church
Criminal Law and Procedure / Patrick McKinley	Mon. Feb. 6, 13, 20, 27	9:30 am	Bethany Congreg. Church
"Sounds Good! Does It Really Work?"/ P. Sokolove	Wed. Feb. 8, 15, 22	9:30 am	Bethany Congreg. Church
Rodgers and Hammerstein / Bob Weinman	"Tues. Feb. 14, 21, and 28	9:30 am	Music Academy of the West
Short Story Discussion Group Sect. 1 / Denny Klos	Wed. March 1, 8, 15, 22	1:00 pm	Bethany Congreg. Church
Short Story Discussion Group Sect. 2 / Denny Klos	Thurs. March 2, 9, 16, 23	1:00 pm	Valle Verde Social Room
Sending Smallpox into History / Bee Bloeser	Mon. March 6	9:30 am	Bethany Congreg. Church
Shakespearean History Plays / Mark Rose	Tues. March 7, 14, 21, 28	9:30 am	Montecito Covenant Church
The Allure of Fascism Here and Abroad / D. Bisno	Thurs. Mar. 23, 30, Apr. 6, 13	9:30 am	Music Academy of the West
Humans That Drove Computer Revol. / J. Ingraham	Mon. April 3, 10	9:30 am	Bethany Congreg. Church
Heroes and Rogues, Fifth Series / Gerry Corrigan	POSTPONED — Information about rescheduled dates to come later		
Joseph Haydn: From Court to City / Derek Katz	Weds. May 10, 17, 24	9:30 am	Music Academy of the West
The U.S. and China: AI Superpowers / Jim Hemmer	Thurs. May 11	9:30 am	Bethany Congreg. Church