

THE HOLISTIC HEART OF SCIENCE

How do heart and mind hold together the human journey through challenging times?



**A 4 Week Course
with Philip Franses &
Louise Livingstone**

"The purpose of our journey is to restore ourselves to wholeness"

Debbie Ford

About the tutors

Philip Franses, with a degree in mathematics from Oxford University, has worked to find the edge where science and spirit meet, teaching Holistic Science as Senior Lecturer, and applying these lessons as Director of Strategy with The Flow Partnership. He is chief editor of Holistic Science Journal and author of Time, Light and the Dice of Creation published by Floris Books.



Louise Livingstone has recently completed her PhD at Canterbury Christ Church University. Her thesis title is: 'How can the thought of the heart offer effective ways of engaging with conflict? An imaginal & reflexive study.' Prior to her PhD, Louise gained an MSc in Holistic Science from the Schumacher College. Louise is the founder of the Heart Sense Research Institute – www.heartsenseresearch.co.uk. Her work aims to re-imagine the long-forgotten, wise & intelligent heart for contemporary times.



About the course

Our world is dramatically pulling itself apart. The split of 'thinking' as something separate from 'feeling', that has been the traditional division of science & art, is dropping us into a void of opposites. Finding the path that supports us to integrate our hearts & minds is crucial for the integrity of the world to reassert itself.

In this course, Louise offers the story of the heart, and her own personal story with her biological and subtle heart, to illuminate the limitations of modern, reductionist thinking.

Philip, from the standpoint of science, will speak about how the generative energy of whole transformation guides our choice as a freedom at all scales of engagement – from atom, to cell to spirit

In this sense, this course creates the space to recognise both our participation & limitation within a dynamic reality. Specifically, how holistic science & heart sense, can help us to think differently, and act differently in the world.

Each week will incorporate dialogue between Philip & Louise, and invite participants to share their own learning and experience as the course progresses.

Week one: Our past informs our present

We cannot hope to encounter wholeness, nor understand our lived experience embedded within the unfolding dance of life, unless we understand our past and contemplate how Western contemporary thought has reduced our ability to encounter the living quality of life. In this session, we will explore the history of the heart and of science to help us understand how our perceptions shape the world.

Week two: A crisis of thought – moving away from wholeness

Highlighting the limitations of reason/analytical thinking and exploring the emerging split between the philosophical space of heart and head. This week we will explore how the notion that everything can be explained through reason alone came into question within science. We will look at observer influence (quantum physics), Jung and Freud (unconscious); Phenomenology and Goedel's theorem. Indeed, these developments created a rational despair that reason alone could not encompass life, and yet thought alone was employed to address the riddle.

Week three: Coming-into-being – turning towards wholeness

In this session we will be honouring two modes of attention to notice the coming-into-being of the living world. Louise will explore how the heart tells us that there is a way to be in the world differently, to expand our awareness. Indeed, leading from the heart opens up the process of the world. Philip will talk about how mathematics went beyond dualism to the origin of its own order; and consequently how thought can go beyond its paradox with freedom into a new discovery of form.

Week four: Encountering the heart of wholeness: implications of holistic science and the holistic heart

In this session we will explore the formative freedom between individual and collective. Feeling the intelligence/spark of unity aggregating choice at scales from atom, to amoebae, to plant, to embryo, to the spiritual - using holistic science and the thought of the heart. We will also explore personal story. How has this course changed our thinking?

PERSONAL COMMITMENT: This course is for those individuals wishing to enter a transformative space to sincerely contemplate life and mind differently. The course asks for individual commitment for maximum return.

COURSE DATES: 25th August, 1st, 8th, 15th September 2020, 7pm - 9pm
(UK - London time)

WHERE?: Online via Zoom - all links will be provided

PRICE: £95 (spaces are limited. For those on reduced income, several bursaries are available. Please state your interest at registration)

For more information and to book your place, visit:

<https://www.heartsenseresearch.co.uk/the-holistic-heart-of-science>



"The wholeness and freedom that we seek is our true nature, who we truly are"

Jack Kornfield