

Roger O'Keefe

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▪ [Roger O'Keefe, I write because I love words! Medium.com](https://www.medium.com/@rogerokeefe) ▪ [Prana Books Media.com](https://www.pranabooksmedia.com)

Explore The Relationship Between **Reality** and **Consciousness** | by Roger O'Keefe

Origin and Inspiration

The idea for his talks; Short Cut to Inner Peace, A Deep Dive Into Consciousness, A Deep Dive Into Quantum Physics, each talk a Journey Through Science, Humor, and the Nature of Consciousness, his podcast Shaman's, Scientist's, and Local's, and writings on Medium.com Roger O'Keefe, I write because I love words! came after O'Keefe returned to **Oaxaca City, Mexico**, 47 years after his first visit. He attended the annual *Día de los Muertos* (Day of the Dead) celebration. Watching how local people connected with the spirits of their ancestors inspired him to share his own experiences with non-ordinary reality, his understanding of Consciousness, Quantum Physics, and the Nature of Reality.



Explore how O'Keefe in his three talks:

- 1.Short Cut to Inner Peace
- 2.A Deep Dive Into Consciousness
- 3.A Deep Dive Into Quantum Physics

Each talk, is a Journey Through Science, Humor, and the Nature of Consciousness. Talks are customized to audience tastes, and desired length of presentation, 45, 60, and 75 minutes.

Dive into advanced topics like quantum mechanics while exploring the interplay between the mind and the physical world. This isn't just another Quantum science lecture—it's a

revolutionary way to connect science, and consciousness. Discover how; in a practical way, to integrate Roger O'Keefe's short cut to inner peace into your life.

Join renowned speaker, author, and educator Roger O'Keefe for a compelling exploration of science, skepticism, and the nature of consciousness. This event offers an evidence-based perspective on quantum reality, the invisible world, and the transformative impact of awareness on our lives.

Delve into the seven essential states of happiness:

Authenticity, joy, gratitude, kindness, transcendence/being present in the now, calm in the face of whatever life brings one's way, and gently sinking into one's ever-present, inner peace. Drawing from scientific principles and contemporary research, Roger will illuminate the profound mysteries of consciousness and discuss how awareness fundamentally shapes our reality.

Roger O'Keefe's extensive background includes appearances on television and radio, published works in education, numerous articles and photographs in traditional and online media, and hosting two podcasts. His unique upbringing in an artist colony surrounded by writers in Puerto Vallarta, Mexico, and ongoing contributions as a novelist and educator enrich his perspective.



Explore how O'Keefe connects **Quantum Physics**, **Ordinary reality**, and **Non-ordinary reality in his podcast** Shaman's, Scientist's, and Local's | Podcast on Spotify and Apple podcasts, also available on podcast addict, iheart, podbay, and amazon music.

Podcast Overview

A balanced spiritual and scientific examination of the two sides of the same coin. The nature of ordinary reality awareness and non-ordinary reality awareness. Listeners are invited to take a deep dive into a deeper understanding of the relationship between reality and consciousness.

Three Perspectives on the Invisible world, The Quantum Field

These terms represent three distinct ways of understanding and interacting with the world, each rooted in a different tradition, methodology, and cultural perspective.

The Scientist

- **Core Approach:** Relies on the scientific method, empirical evidence, experimentation, and peer review.
- **Worldview:** Objective, materialist, and measurable. The universe operates under physical laws that can be discovered through rigorous observation.
- **Source of Authority:** Data, verifiable facts, academic training, and repeatable results.
- **Primary Role:** Explaining *how* things work, developing technology, and predicting outcomes based on patterns.

The Shaman

- **Core Approach:** Relies on altered states of consciousness, ritual, intuition, and communication with a spiritual realm.
- **Worldview:** Animistic and holistic. Everything in nature possesses a spirit, and physical realities (like illness or weather) are deeply tied to spiritual balance.
- **Source of Authority:** Lineage, spiritual calling, personal visionary experiences, and community recognition.
- **Primary Role:** Mediating between the human and spirit worlds, healing spiritual or psychosomatic illnesses, and maintaining communal harmony with nature.

The Local

- **Core Approach:** Relies on lived experience, oral history, generational habits, and daily observation of a specific geographic area.
- **Worldview:** Practical and contextual. Knowledge is deeply tied to immediate survival, comfort, and community identity in a specific place.
- **Source of Authority:** Longevity in an area, hands-on experience, and consensus among community elders or peers.
- **Primary Role:** Navigating daily terrain, predicting local weather patterns based on immediate signs, preserving regional culture, and managing local resources

How **Science**, **Ancient Spiritual Traditions**, and **Human Consciousness** connect

The "Actual Nature of Reality".

The Core Theme

A balanced look at **ordinary reality** (the everyday physical world we see) and **non-ordinary reality** (spiritual or altered states of awareness) and the Quantum Field. O'Keefe treats these two concepts as **two sides of the same coin**. He blends together ideas from:

- **Quantum physics** and modern science
- **Ancient shamanic wisdom** and indigenous elders
- **Non-duality philosophies** and decades of personal meditation practice.

Key Podcast Topics and Episodes

The podcast episodes (26) are short and cover several specific ideas:

- **Expanding Consciousness:** Discussions on how coming to terms with non-ordinary reality can speed up a person's spiritual growth and bring inner peace.
- **Shamans and Scientists Align:** O'Keefe maps out **14 specific areas of common belief** shared by quantum scientists and tribal shamans.
- **Indigenous Elders:** A look at how ancient Indigenous Elders can help modern people understand deeper fields of awareness.



Explore The Relationship Between **Reality** and **Consciousness** | by Roger O'Keefe

Medium. com Roger O'Keefe, I write because I love words!

There are several articles on O'Keefe's website, but the following article:

The Relationship Between Reality and Consciousness [The Relationship Between Reality and Consciousness | by Roger O'Keefe, I write because I love words! | May 2026 | Medium](#)

serves as a quick guide to his many articles that are the most helpful in bettering one's understanding of the relationship between reality and consciousness, and includes his short cut to Inner Peace.

Partial List of Articles on Medium.com:

Particles, Waves and Superposition, The Actual Nature of Reality
Atoms and Photons, The Actual Nature of Reality
The Actual Nature of Reality/The Quantum Field and the Field of Awareness
Quantum Computing & AI Clues to The Actual Nature of Reality
The Actual Nature of Reality, The Non — Duality Philosophies
EGO and non-duality
Forty-Three Years of Meditation
Short Cut to Inner Peace



Roger O'Keefe's Talks:

Short Cut to Inner Peace, A Deep Dive Into Consciousness, and A Deep Dive Into Quantum Physics

Insights into Science, Consciousness, and Well-being!

Distinguished Presentations by Roger O'Keefe—Exploring Quantum Reality and Human Experience—A Journey Through Science, Humor, and the Nature of Consciousness! Talks are customized to audience tastes, and desired length of presentation, 45, 60, and 75 minutes.

- 1.Short Cut to Inner Peace
- 2.A Deep Dive Into Consciousness
- 3.A Deep Dive Into Quantum Physics

Secure your participation in these enlightening presentations and engage with a community dedicated to advancing knowledge and understanding. Contact Roger at

rogerokeefe1561@gmail.com now, to benefit from Roger O'Keefe's expertise and discover strategies for achieving inner peace and well-being.