

Roger O'Keefe

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

Consciousness · Quantum Reality · Inner Peace · Speaker · Author · Educator · Podcast Host

Short Cut to Inner Peace

A Journey Through Science, Humor, and the Nature of Consciousness

Part I Science and the Nature of Reality

1. Why things are not really as they seem to us.
2. How one's confusion regarding the nature of reality leads to unintended consequences, detracting from one's potential happiness.
3. The scientific evidence of our connection to everyone and everything.
4. How Quantum Physics teaches that reality isn't solid; examine wave-particle duality.
5. The significance of particles, waves, the CERN project, and Higgs field.
6. Cells, Atoms, and Superposition.
7. Quantum Fields, and The Quantum Jump.
8. Introducing the Founding Fathers of Classical Physics, and Quantum Physics.
9. Quantum field theory (QFT)
10. Quantum entanglement, scientific evidence of entangled photons.
11. Explore interesting unproven scientific theories, such as, string theory and worm holes, hologram theory, and the brain's neuron structures; Microtubules.
12. Better understand the implications of the Double Split Experiment.

Part II Exploring Consciousness

1. Defining Consciousness.
2. Implications of Universal Consciousness.
3. Introducing the world's most famous philosophers, and their conclusions.
4. Defining Awareness.
5. Examine the States of Being that Color our Lives.
6. Roger O'Keefe's Short Cut To Inner Peace.
7. Better understanding the Relationship Between Reality and Consciousness.
8. Examine our Minds, our Ego, and our Authentic Self.
9. Explore the Seven Benefits From Roger O'Keefe's Talk that enhance one's well-being.
10. Learn How to Sink Into Our Ever-present Inner Peace.