The Future Of The Body: Explorations Into The Further Evolution Of Human Nature

Michael Murphy


Michael Murphy is the co-founder of Esalen Institute and the author of "The Future of the Body: Explorations Into the Further Evolution Of Human Nature," which was first published in 1992. The book explores the idea that humans have the potential for extraordinary growth and development beyond what has been traditionally considered possible. Murphy argues that we are only scratching the surface of human potential and that with the right mindset and tools, we can access and develop these previously unrealized capacities.

The book presents a variety of methods and approaches for developing these new capacities, including meditation, altered states of consciousness, and other practices that explore the limits of human experience. Murphy also discusses the role of culture and society in shaping human potential and how we can create conditions that foster further evolution.

The Future of the Body has been influential in the fields of psychology, spirituality, and personal development, and it continues to be a widely read and respected work in these areas.