Sofia University Profile
Mark Brady, PhD

In a recent Flowering Brain blog, Mark Brady looks back at the common denominator of over fifty practices and areas of study he engaged over the past 50 years as “growth opportunities,” which he now understands, from his neuroscientist perspective, as “human potential and suffering-reduction processes and practices.” The list includes spiritual paths, creative practices, and approaches to psychotherapy that integrate body, mind, emotions, and mystical experiences.

Mark writes: “Almost every single process and practice on that list has, at its most fundamental level, the goal of either temporarily or permanently changing the distributed network that comprises my brain and body in order to improve its capacity to process energy and information.”

Mark also reflects on how organically his engagement with the various practices and areas of practices unfolded over the years. His connection with ITP/Sofia has been central to this unfolding. He writes: “In 1980 was enrolled in a Ph.D. psychology program at UCLA when a supposedly “chance” meeting with Marilyn Ferguson, author of The Aquarian Conspiracy pointed me to a start-up graduate school in transpersonal psychology (Sofia University). I traveled to the Bay Area for an information interview, intuitively felt it was a much better fit for me in both size and curriculum than UCLA, and immediately applied.”

In 1992, Subsequent to his graduation from ITP, Mark joined the ITP faculty, and in 1996 he and a colleague, Ruth Cox, initiated the Global Distance Learning program, which was modeled after the online forum The Well. He has been a member of the faculty for over 20 years, contributing to the Global programs through curriculum development, mentoring, seminar presentations, online teaching, and dissertation committees. Mark now lives and works on Whidbey Island, WA.

Mark says about his current brain research: “My developing interest in neuroscience is much more tempered than it used to be. What neuroscience has taught me is that the brain and body are NOT all that matter and NOT all that life boils down to. On the contrary, the very complexity and extraordinary workings of brain and body parts – seen and unseen – convince me that there is much more to life and living than most of us ever consciously suspect. . . . It’s a sufficiently robust, complex and mysterious place for me to be spending the remaining days of my life.”

For the complete blog and all of Mark’s blogs (over 250 by now), and to learn more about Mark’s approach to social neuroscience. Log on to the Flowering Brain http://tinyurl.com/floweringbrain
**Aikido Club**

To Sofia students, faculty and alumni,

Interested in learning the Japanese martial art of Aikido? Aikido, also known as the way of harmony, is a beautiful, nonviolent martial art that holds the potential for personal and spiritual growth, as well as self-defense. Sofia University has had its own aikido club for many years now. Classes are taught by two experienced black-belts under the supervision of Sue Ann McKean Sensei, 6th Dan. Current Sofia students are welcome to join us at no cost. Please come and train with us Thursday nights 8-9:15 and Sunday nights 6-7:30 in the Sofia dojo. For more information please contact Kenny Chan at 510-260-4215, Steve Curley at 408-886-4269 or go to our website: www.emcaikido.com.

We look forward to training with you.

Sincerely,
SueAnn McKean, 6th dan
Steven Curley, Ph.D, 2nd dan
Kenny Chan, 2nd Dan

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**Library Hours for September**

Mon.-Fri. 9-5  
Sat. 10-4  
Sun. Closed.*

The Library will be closed on Labor Day Weekend: Aug. 30-Sept. 1, 2014. We will reopen on Tuesday, Sept. 2

*We will have special open hours on selected Sundays by program request. Please contact the library at refdesk@sofia.edu for details.

**Arthur Hastings Chocolate Raiser**

**Raffle Details**

**Grand Prize includes:**

- DVD: The Psychedelic Experience  
- DVD: Healing Words: Poetry and Medicine  
- DVD: Everything Flows  
- Mandala: Mandala Charger (Energy Tool)  
- Psychobox: A Box of Psychological Games

**How to enter:**

1 Bag of Chocolate = 3 Raffle Tickets  
Bring your bag(s) of individually wrapped chocolates to the Library Circulation Desk in exchange for your raffle tickets.

**Raffle Drawing:**

The winning tickets will be drawn on October 1 in the afternoon, time is TBD. You do not need to be present to win, but we would love it if you were there to celebrate with us.

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**Imagery International's Sixth Annual Conference**

**Oct 24-26, 2014**  
**Vallombrosa, Menlo Park, CA**

Six Cutting Edge Workshops with Exceptional Presenters including Associate Core Faculty Member Dorit Netzer PhD, ATR-BC, LCAT who will present Imaginal Resonance: Healing ourselves, healing our world.

See their website for all details and registration: www.imageryinternational.org

Early Bird Registration Ends September 12, 2014.