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## Zen Meditation Leaves Consciousness Scientist Susan Blackmore Skeptical

**In-depth interview with noted skeptic and consciousness author Dr. Susan Blackmore explores her disillusionment with parapsychology, her study of consciousness and what she's learned as a longtime practitioner of Zen meditation**

Del Mar, CA, March 5, 2007 – Join host Alex Tsakiris when he interviews well known skeptic and consciousness author, Dr. Susan Blackmore about her journey from a disillusioned parapsychology researcher to an author on human consciousness.

During the 30-minute interview Blackmore directly states her conclusions about human consciousness: “We live in a pointless universe. We’re here for no reason at all. There isn’t a soul. There isn’t a spirit. We’re not going to live forever in some kind of heaven, or something like that. And, I think there are no paranormal phenomena, although I can’t be sure of that. Yet, we have extraordinary experiences.”

She also explains how her longtime Zen mediation practice has impacted her work: “If you sit in meditation and stare into the face of a rising phenomena what do you see? I think most people would agree that after some practice, and learning to calm the mind and see clearly... that if you sit in meditation and then ask something like, ‘who am I?’ you don’t find that self. This is one of the fundamental discoveries in meditation.”

The interview is available for immediate free download at: [www.skeptiko.com/index.php?id=12](http://www.skeptiko.com/index.php?id=12)

Dr. Susan Blackmore is the author of *Conversations on Consciousness* (2005).

### About Skeptiko

Skpetiko is the first scientifically oriented Podcast exploring new research in controversial areas of science such as telepathy, psi, parapsychology, near-death-experience, reincarnation, and after-life encounters. Each episode features open, honest debate on new scientific discoveries. The show includes interviews with top research scientists and their critics.

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