

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

Michael Murphy (author)

Body: Explorations into the Further Evolution of Human Nature (1992) The Life We Are Given: A Long-Term Program for Realizing the Potential of Body,

Michael Murphy (born September 3, 1930) is an American writer, co-founder of the Esalen Institute, and a key figure in the Human Potential Movement.

== Life and career ==

Michael Murphy was born September 3, 1930, to an Irish father and Basque mother in Salinas, California.

In April 1950, while enrolled in the pre-med program at Stanford University, he mistakenly wandered into a lecture on comparative religions. This lecture so fanned the flame of his interest in the integration of Eastern and Western thought that he enrolled in the class and subsequently began meditation.

On January 15, 1951, during seated meditation by Lake Lagunita at Stanford, he experienced what he describes as a "hinge moment", after which he dropped out of the pre-med program with a new vision for the purpose of his life.

He continued with his formal education, earning his B.A. in psychology in 1952 from Stanford University. After graduation, he was drafted by the US Army and spent two years stationed in Puerto Rico as a psychologist. He returned to Stanford for two quarters of graduate studies in philosophy before he quit in 1956 to go to India.

Human evolution

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origins of humans involves

Homo sapiens is a distinct species of the hominid family of primates, which includes all the great apes. Over their evolutionary history, humans gradually developed traits such as bipedalism, dexterity, and complex language. Modern humans interbred with archaic humans, indicating that their evolution was not linear but weblike. The study of the origins of humans involves several scientific disciplines, including physical and evolutionary anthropology, paleontology, and genetics; the field is also known by the terms anthropogeny, anthropogenesis, and anthropogony—with the latter two sometimes used to refer to the related subject of hominization.

Primates diverged from other mammals about 85 million years ago, in the Late Cretaceous period, with their earliest fossils appearing over 55 mya, during the Paleocene. Primates produced successive clades leading to the ape superfamily, which gave rise to the hominid and the gibbon families; these diverged some 15–20 mya. African and Asian hominids (including orangutans) diverged about 14 mya. Hominins (including the Australopithecine and Panina subtribes) parted from the Gorillini tribe between 8 and 9 mya; Australopithecine (including the extinct...

Future of space exploration

The future of space exploration involves both telescopic and physical explorations of space by robotic spacecraft and human spaceflight. Near-term physical

The future of space exploration involves both telescopic and physical explorations of space by robotic spacecraft and human spaceflight. Near-term physical exploration missions, focused on obtaining new information about the Solar System, are planned and announced by both national and private organisations.

Tentative plans for crewed orbital and landing missions to the Moon and Mars to establish scientific outposts will later enable permanent and self-sufficient settlements. Further exploration will potentially involve expedition and the other planets and settlements on the Moon, as well as establishing mining and fueling outposts, particularly in the asteroid belt. Physical exploration outside the Solar System will be robotic for the foreseeable future.

== Benefits of space exploration ==

Effect of spaceflight on the human body

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The effects of spaceflight on the human body are complex and largely harmful over both short and long term. Significant adverse effects of long-term weightlessness include muscle atrophy and deterioration of the skeleton (spaceflight osteopenia). Other significant effects include a slowing of cardiovascular system functions, decreased production of red blood cells (space anemia), balance disorders, eyesight disorders and changes in the immune system. Additional symptoms include fluid redistribution (causing the "moon-face" appearance typical in pictures of astronauts experiencing weightlessness), loss of body mass, nasal congestion, sleep disturbance, and excess flatulence. A 2024 assessment noted that "well-known problems include bone loss, heightened cancer risk, vision impairment, weakened immune systems, and mental health issues... [y]et what's going on at a molecular level hasn't always been clear", arousing concerns especially vis a vis private and commercial spaceflight now occurring without any scientific or medical research being conducted among those populations regarding effects.

Overall, NASA refers to the various deleterious effects of spaceflight on the human body by...

Space exploration

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While the observation of objects in space, known as astronomy, predates reliable recorded history, it was the development of large and relatively efficient rockets during the mid-twentieth century that allowed physical space exploration to become a reality. Common rationales for exploring space include advancing scientific research, national prestige, uniting different nations, ensuring the future survival of humanity, and developing military and strategic advantages against other countries.

The early era of space exploration was driven by a "Space Race" in which the Soviet Union and the United States vied to demonstrate their technological superiority. Landmarks of this era include the launch of the first human-made object to orbit Earth, the Soviet Union's Sputnik 1, on 4 October 1957, and the first Moon landing by the American Apollo 11 mission on 20 July 1969. The Soviet space program achieved many of the first milestones, including the first living being in orbit in 1957, the first human spaceflight (Yuri Gagarin aboard Vostok 1) in 1961, the first spacewalk...

Speculative evolution

in the future, features post-human descendants in the form of the beautiful but weak Eloi and the brutish Morlocks. Further into the future, the protagonist

Speculative evolution is a subgenre of science fiction and an artistic movement focused on hypothetical scenarios in the evolution of life, and a significant form of fictional biology. It is also known as speculative biology and it is referred to as speculative zoology in regards to hypothetical animals. Works incorporating speculative evolution may have entirely conceptual species that evolve on a planet other than Earth, or they may be an alternate history focused on an alternate evolution of terrestrial life. Speculative evolution is often considered hard science fiction because of its strong connection to and basis in science, particularly biology.

Speculative evolution is a long-standing trope within science fiction, often recognized as beginning as such with H. G. Wells's 1895 novel *The Time Machine*, which featured several imaginary future creatures. Although small-scale speculative faunas were a hallmark of science fiction throughout the 20th century, ideas were only rarely well-developed, with some exceptions such as Stanley Weinbaum's *Planetary* series, Edgar Rice Burroughs's *Barsoom*, a fictional rendition of Mars and its ecosystem published through novels from 1912 to 1948...

Formation and evolution of the Solar System

the result of giant collisions. Collisions between bodies have occurred continually up to the present day and have been central to the evolution of the

The formation of the Solar System began about 4.6 billion years ago with the gravitational collapse of a small part of a giant molecular cloud. Most of the collapsing mass collected in the center, forming the Sun, while the rest flattened into a protoplanetary disk out of which the planets, moons, asteroids, and other small Solar System bodies formed.

This model, known as the nebular hypothesis, was first developed in the 18th century by Emanuel Swedenborg, Immanuel Kant, and Pierre-Simon Laplace. Its subsequent development has interwoven a variety of scientific disciplines including astronomy, chemistry, geology, physics, and planetary science. Since the dawn of the Space Age in the 1950s and the discovery of exoplanets in the 1990s, the model has been both challenged and refined to account for new observations.

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The Solar System has evolved considerably since its initial formation. Many moons have formed from circling discs of gas and dust around their parent planets, while other moons are thought to have formed independently and later to have been captured by their planets. Still others, such as Earth's Moon, may be the result of giant collisions. Collisions between bodies have occurred...

Human presence in space

human space exploration has evolved into a global and commercial frontier. Participation and representation of humanity in space is an issue of human

Human presence in space (also anthropogenic presence in space or humanity in space) is the direct and mediated presence or telepresence of humans in outer space, and in an extended sense across space including astronomical objects. Human presence in space, particularly through mediation, can take many forms from space debris, uncrewed spacecraft, artificial satellites, space observatories, crewed spacecraft, art in space, to human outposts in outer space such as space stations.

While human presence in space, particularly its continuation and permanence can be a goal in itself, human presence can have a range of purposes and modes from space exploration, commercial use of space to extraterrestrial settlement or even space colonization and militarisation of space. Human presence in space is realized and sustained through the advancement and application of space sciences, particularly astronautics in the form of spaceflight and space infrastructure.

Humans have achieved some mediated presence throughout the Solar System, but the most extensive presence has been in orbit around Earth. Humankind reached outer space mediated in 1944 (MW 18014) and have sustained mediated presence since 1958...

Evolution

organism's evolution can reveal the genes needed to construct parts of the body, genes which may be involved in human genetic disorders. For example, the Mexican

Evolution is the change in the heritable characteristics of biological populations over successive generations. It occurs when evolutionary processes such as genetic drift and natural selection act on genetic variation, resulting in certain characteristics becoming more or less common within a population over successive generations. The process of evolution has given rise to biodiversity at every level of biological organisation.

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The scientific theory of evolution by natural selection was conceived independently by two British naturalists, Charles Darwin and Alfred Russel Wallace, in the mid-19th century as an explanation for why organisms are adapted to their physical and biological environments. The theory was first set out in detail in Darwin's book *On the Origin of Species*. Evolution by natural selection is established by observable facts about living organisms: (1) more offspring are often produced than can possibly survive; (2) traits vary among individuals with respect to their morphology, physiology, and behaviour; (3) different traits confer different rates of survival and reproduction (differential fitness); and (4) traits can be passed from generation to generation (heritability...

Future of Earth

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The biological and geological future of Earth can be extrapolated based on the estimated effects of several long-term influences. These include the chemistry at Earth's surface, the cooling rate of the planet's interior, gravitational interactions with other objects in the Solar System, and a steady increase in the Sun's luminosity. An uncertain factor is the influence of human technology such as climate engineering, which could cause significant changes to the planet. For example, the current Holocene extinction is being caused by technology, and the effects may last for up to five million years. In turn, technology may result in the extinction of humanity, leaving the planet to gradually return to a slower evolutionary pace resulting solely from long-term natural processes.

Over time intervals of hundreds of millions of years, random celestial events pose a global risk to the biosphere, which can result in mass extinctions. These include impacts by comets or asteroids and the possibility of a near-Earth supernova—a massive stellar explosion within a 100-light-year (31-parsec) radius of the Sun. Other large-scale geological events are more predictable. Milankovitch's theory predicts...

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