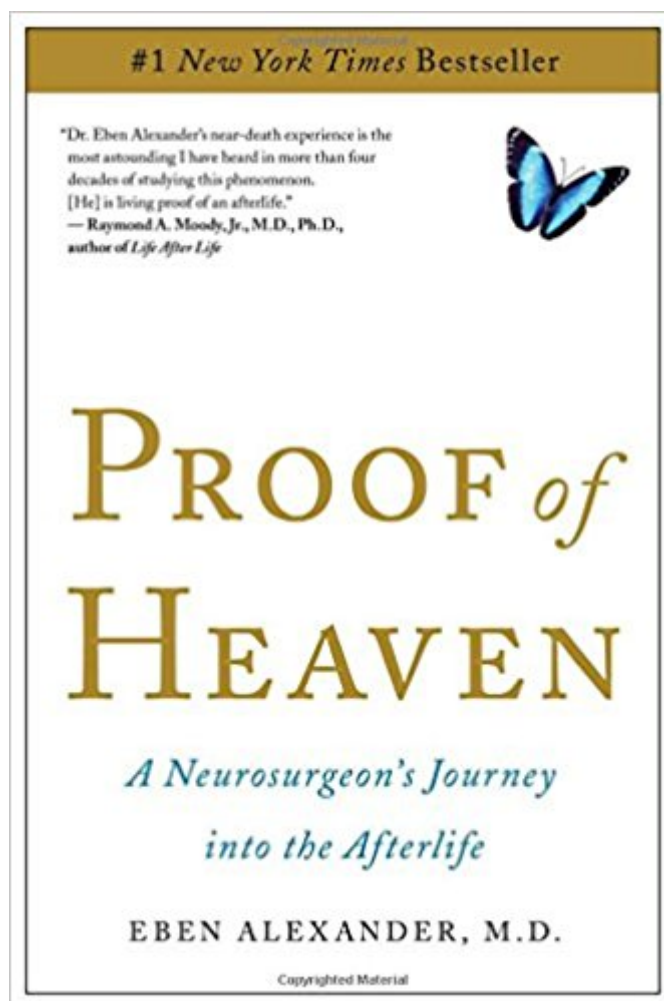


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# Proof Of Heaven: A Neurosurgeon's Journey Into The Afterlife



## Synopsis

The #1 New York Times bestselling account of a neurosurgeon's own near-death experience. Thousands of people have had near-death experiences, but scientists have argued that they are impossible. Dr. Eben Alexander was one of those scientists. A highly trained neurosurgeon, Alexander knew that NDEs feel real, but are simply fantasies produced by brains under extreme stress. Then, Dr. Alexander's own brain was attacked by a rare illness. The part of the brain that controls thought and emotion—and in essence makes us human—shut down completely. For seven days he lay in a coma. Then, as his doctors considered stopping treatment, Alexander's eyes popped open. He had come back. Alexander's recovery is a medical miracle. But the real miracle of his story lies elsewhere. While his body lay in coma, Alexander journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. There he met, and spoke with, the Divine source of the universe itself. Alexander's story is not a fantasy. Before he underwent his journey, he could not reconcile his knowledge of neuroscience with any belief in heaven, God, or the soul. Today Alexander is a doctor who believes that true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition. This story would be remarkable no matter who it happened to. That it happened to Dr. Alexander makes it revolutionary. No scientist or person of faith will be able to ignore it. Reading it will change your life.

## Book Information

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## Customer Reviews

A neurosurgeon's first-person account of his near-death experience after an E. coli meningitis-related seizure and seven-day coma will reassure afterlife believers, though it is unlikely to convince skeptics. Alexander's credentials are impressive: medical school at Duke and 15 years at Harvard-affiliated hospitals. But to agnostics and atheists, Alexander may not come across as a completely objective observer. He writes that he attended his Episcopal church even as he questioned how God, heaven, and an afterlife could exist, yet the heaven he describes seeing certainly seems like a biblical one; a typical line is, "the visual beauty of the silvery bodies of those scintillating beings above." His story includes interesting asides about past struggles with alcohol and with adoption. (His birth mother delivered him when she was 16 and for years did not want to meet him.) But the book mostly focuses on religion. It ends with a request to support Eterneia, Alexander's nonprofit that has as its mission, "increasing global acceptance of the reality of our eternal spiritual existence . . . under an all-loving God." For believers, not skeptics. --Karen Springen --This text refers to the Hardcover edition.

"Eben Alexander brings a unique perspective to the sacred world combining a glorious, personal vision of spiritual consciousness with patient, insightful scientific inquiry. "Proof of Heaven" is a compelling story of what may lie ahead for all of us in the life beyond this one. We have nothing to fear." --Allan J. Hamilton, MD, FACS, author of "The Scalpel and the Soul" and "Zen Mind, Zen Horse"" "Proof of Heaven" is more than just an awe-inspiring account of a profound encounter with spiritual reality. Dr. Alexander's neuroscience career taught him that near-death experiences are brain-based illusions, and yet his personal experience left him dumbstruck. His honest struggle to make sense of this unforgettable journey is a gripping story, unique in the literature of spiritual experiences, that may well change how we understand our role in the universe." --Bruce Greyson, MD, co-editor of "The Handbook of Near-Death Experiences: Thirty Years of Investigation" "I can highly recommend this important book that has the potential to break many scientific taboos." --Dr. Pim van Lommel, cardiologist, author of "Consciousness Beyond Life: The Science of the Near-Death Experience" "Dr. Eben Alexander's near-death experience is the most astounding I have heard in more than four decades of studying this phenomenon. [He] is living proof of an afterlife." --Raymond A. Moody, M.D., Ph.D., author of Life After Life

I had a NDE after a serious motorcycle accident when I was 33 years old - I'm now 70! The experience will always be with me! Our Creators name is LOVE!!! Sometimes when I tell my story,

the reactions are good and sometimes people just think the brain is reacting to the death process! I only wish I had the ability to express in words what took place, however, I now realize, that words can never express the LOVE that that I felt and the removal of all hate! Hate does not live in that realm, and can never live there! To feel totally immersed in LOVE, cannot be put into the languages of this world - I've tried and failed. I will tell you this much - all religions fail - ALL. Our creator is so far beyond this nonsense that I can't even put it in words! All I know is that I will always LOVE my creator, OM, or what ever name you want to use! I really stopped caring if people believed me or not, however, when they want to know what I experienced - I'm always happy to tell them what happened to me - as best I can - with the limitations that language can express! What a great book! Thanks to you Doctor; now others may understand what I went through! Rather you are a believer or not, Religious or Atheist, Agnostic, or what ever you are, at the very least you will come away with questions, that will at least make you wonder!!! I actually feel blessed that my Creator had me go through this in my Life - as painful as it was! It really made me look at Life in a much different way! Sorry for going on and on, but, I really appreciated this book, especially from a neurosurgeon! All I know is; that to me it was no dream! This was so different that I know it will be with me until I return to my Creator. What an experience! I thought my life was over at age 33, however, he/she, Creator, OM, Love, Truth, has shown me what Life really is! I hope all, and I mean all find what I found! Maybe, just maybe, this world or realm we live in would become a better place!

A useful addition to the NDE literature. Like all the other books on this subject, this one does not prove there is life after death. However, it does show that there is a huge amount we don't know about the brain and consciousness. Anything that helps us wake up to that fact is a good thing, in my view. I applaud Dr. Alexander for his courage in publicly recounting his experience, and thereby helping to move the field of noetic science further forward. I also highly recommend Dr. Charles Tart's review of the book. He has done vast amounts of research in this and related fields--the "forbidden" areas beyond mainstream neuroscience. here is the link to Dr. Tart's review of the book [http://www..com/review/RDGSW5LSKAHYQ?\\_encoding=UTF8&asin=1451695187&cdForum=Fx3ILQPY0BH2WSU&cdMSG=addedToThread&cdPage=&cdThread=Tx2R5MV9ZBZUCWI&newContentID=Mx1CT1H8NNCADLS&newContentNum=21&store=books#CustomerDiscussionsNRPBESquire](http://www..com/review/RDGSW5LSKAHYQ?_encoding=UTF8&asin=1451695187&cdForum=Fx3ILQPY0BH2WSU&cdMSG=addedToThread&cdPage=&cdThread=Tx2R5MV9ZBZUCWI&newContentID=Mx1CT1H8NNCADLS&newContentNum=21&store=books#CustomerDiscussionsNRPBESquire) Magazine's article bashing Dr Alexander thoroughly distorts the facts: regarding Eben Alexander's reported experience, regarding witness statements, and even regarding His Holiness the Dalai Lama's statements. For their own gain, the Esquire editors have trashed Dr. Eben Alexander's reputation. Score one for "scientific" dogmatism... Here is the link to Esquire Magazine's

unwarranted attack upon the book and its

author <http://iands.org/news/news/front-page-news/970-esquire-article-on-eben-alexander-distorts-the-facts.html>

Dr. Alexander writes about his personal near death experience (NDE), which was unique in its causes and somewhat different than most reported NDEs. His insights are deeply personal, and the doctor stresses the impossibility of using language to describe what happened to him - or at least his remembrance of it - but he determined that the experience was valid and had a purpose. The purpose was to allow him to expose the fact that consciousness survives the death of the body. Like many other NDEs reported his is both unique and common. Much like the survivors of the Titanic, each has their own special story but all of the stories swing around the common theme of shipwreck. Evidence of the doctor's experience actually comes from a source not mentioned by him. As he detailed in the book, his near death was the result of a specialized bacteriological agent that, if it was loosed upon humanity, could destroy at least half the people on earth in a year. And while he talks for awhile about this bacteria and what it could do, it is actually a minor part of his story. There is the key. As a rock solid scientist and medical man, in other circumstances his ENTIRE focus would be on that potentially mass killing agent and not on his personal experience. But in this instance his entire focus is on his remembered incident. This focus is unusual in the extreme for a person with the author's background. This should tell the reader that Dr. Alexander is absolutely sincere and deeply believes that what he saw, heard, felt, and otherwise went through was absolutely real. The author does not spend any time on philosophy or trying to explain the conundrum of life. Descartes' "ghost in the machine" doesn't concern him. He tells us that consciousness is nothing like any philosopher has told us or could ever tell us. What the doctor has said is life and consciousness are so vast and mysterious that they cannot be explained in language or comprehended by our earthly minds. Deeply within creation is what he sometimes terms a creator, but he stresses that our minds cannot grasp what this reality is or means. With this he moves far beyond human experience as a foundation for truth. He clearly denotes that our minds cannot find or determine truth and could not comprehend it if we did find it - at least through observation and measurement. What he describes is beyond measurement and science. While the doctor does not say it, his ideas mean that all our philosophy and science will not attain the ultimate goal of understanding existence because we are not capable of such understanding. His result is neither rational or irrational, it is beyond any kind of rationality. In the final boiled down explanation he tells us love is the key to the universe and that we can, through meditation and other

semi-spiritual means, move closer to that truth. This idea is not new, and in fact reaches back thousands of years to the very beginnings of humanity. Thus, the doctor offers little that is new outside of his individual experience. The book is easy to read and understand and gives the reader a good insight into the doctor's mind. Dr. Alexander is a brilliant man and has a mind honed to a fine edge by his education and insights. Well worth the time to read. His list of other reading sources on NDE is excellent. AD2

One of these best of the books written on this topic. It is a good place to start for those without faith to start.

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