

In "proof of heaven- a neurosurgeon's journey into the afterlife" Dr Eben Alexander Hi neocortex was not working at all, he experienced the reality of the world of consciousness that exists beyond the limitations of the physical brain. The death of the body & the brain are not the end of consciousness, the human experience continues beyond the grave with a creator who loves us and cares about every one of us and about where the universe and all the beings in it are ultimately going. A world so real it makes this reality seem dreamlike in comparison.

this life isn't meaningless`

Dr Alexander believed what modern neuroscience says brain gives rise to consciousness- the mind, soul, spirit, the invisible part of what truly makes us who we are. Science undermined his ability to believe in something larger.

The message he got

- 1- you are loved & cherished dearly forever
- 2- you have nothing to fear
- 3- there is nothing you can do wrong

there seemed no distance between himself & God, he felt like he was being born into a larger world, that the universe itself is a giant cosmic womb, that there are many, even infinite universes & love lays at the center of them all. Evil is also present in all universes, but in tiny amounts compared to the amount of love. there are countless higher dimensions, but they cannot be known from lower levels. the time/space world is enmeshed within higher worlds and all are part of one divine reality.

Unconditional love and acceptance is the basis of & foundation for and core of all that exists. It is to be embodied in all our actions. It is also the single most important scientific truth.

While in our bodies, the brain gives us a clearly defined sense of our self, ego, and filters and blocks out the larger cosmic background.

We are part of the divine and nothing can take that away- ever.

Our brains model reality by taking in data and forming a rich tapestry. Perceptions are only a model, not reality itself, But all the neurons firing constantly in the brain creating this illusion are not capable of producing consciousness itself. The brain is a reducing mechanism, a filter reducing the whole spiritual realm into a more manageable scope for a mortal life. The brain is working hard every moment of life to filter out