

science and spirituality [skeptiko.com](http://skeptiko.com)

1  
00:00:09,709 --> 00:00:06,010

[Music]

2  
00:00:11,480 --> 00:00:09,719  
on this episode of skeptic Oh Alex talks

3  
00:00:14,990 --> 00:00:11,490  
with neuroscientist and near-death

4  
00:00:17,510 --> 00:00:15,000  
experiencer even Alexander one thing

5  
00:00:20,480 --> 00:00:17,520  
that we will have to let go of is this

6  
00:00:23,529 --> 00:00:20,490  
kind of addiction to simplistic

7  
00:00:26,540 --> 00:00:23,539  
primitive reductive materialism

8  
00:00:30,410 --> 00:00:26,550  
because there's there's really no way

9  
00:00:33,530 --> 00:00:30,420  
that I can see a reductive materialist

10  
00:00:36,799 --> 00:00:33,540  
model coming remotely in the right

11  
00:00:39,560 --> 00:00:36,809  
ballpark to explain what we really know

12  
00:00:43,130 --> 00:00:39,570  
about consciousness now and you know

13  
00:00:45,500 --> 00:00:43,140

coming from a neurosurgeon who before my

14

00:00:47,600 --> 00:00:45,510

coma I thought I was quite certain how

15

00:00:50,810 --> 00:00:47,610

the brain and the mind interacted and it

16

00:00:52,430 --> 00:00:50,820

was very clear in that realm that the

17

00:00:54,439 --> 00:00:52,440

brain gives you consciousness and

18

00:00:57,139 --> 00:00:54,449

everything else and when the brain dies

19

00:01:00,500 --> 00:00:57,149

there goes consciousness soul mind it's

20

00:01:02,660 --> 00:01:00,510

all gone and it was clear now having

21

00:01:04,789 --> 00:01:02,670

been through my coma I can tell you that

22

00:01:07,690 --> 00:01:04,799

that's exactly wrong and that in fact

23

00:01:10,789 --> 00:01:07,700

the mind and consciousness are

24

00:01:13,370 --> 00:01:10,799

independent of the brain stay with us

25

00:01:22,500 --> 00:01:13,380

for skeptic Oh

26

00:01:26,200 --> 00:01:24,730

welcome to skeptic aware we explore

27

00:01:28,690 --> 00:01:26,210

controversial science with leading

28

00:01:31,120 --> 00:01:28,700

researchers thinkers and their critics

29

00:01:33,460 --> 00:01:31,130

I'm your host Alex Karras and on today's

30

00:01:36,420 --> 00:01:33,470

episode we have an interview with dr.

31

00:01:38,469 --> 00:01:36,430

eben Alexander a very highly respected

32

00:01:41,580 --> 00:01:38,479

neurosurgeon neuroscientist

33

00:01:44,500 --> 00:01:41,590

who also happens to be an NDE

34

00:01:46,990 --> 00:01:44,510

experiencer it's a fascinating interview

35

00:01:49,810 --> 00:01:47,000

and a topic that was suggested by you

36

00:01:51,520 --> 00:01:49,820

the skeptical listeners and I thank you

37

00:01:56,139 --> 00:01:51,530

for that let's get right to the

38

00:01:59,590 --> 00:01:56,149

interview today we welcome dr. even

39

00:02:01,810 --> 00:01:59,600

Alexander - skeptic Oh dr. Alexander has

40

00:02:04,210 --> 00:02:01,820

been an academic neurosurgeon for more

41

00:02:07,240 --> 00:02:04,220

than 25 years including 15 years at

42

00:02:10,630 --> 00:02:07,250

Harvard Medical School in Boston and in

43

00:02:12,820 --> 00:02:10,640

November of 2008 he had a near-death

44

00:02:15,580 --> 00:02:12,830

experience that changed his life and

45

00:02:17,560 --> 00:02:15,590

caused him to rethink everything he

46

00:02:20,949 --> 00:02:17,570

thought he knew about the human brain

47

00:02:23,350 --> 00:02:20,959

and consciousness dr. Alexander welcome

48

00:02:26,680 --> 00:02:23,360

- skeptic oh thank you it's good to be

49

00:02:29,229 --> 00:02:26,690

here well your story is really quite

50

00:02:31,960 --> 00:02:29,239

amazing and for those who haven't heard

51  
00:02:33,460 --> 00:02:31,970  
of it and don't unaware of what you went

52  
00:02:34,840 --> 00:02:33,470  
through do you want to tell us a little

53  
00:02:38,170 --> 00:02:34,850  
bit about your experience

54  
00:02:41,890 --> 00:02:38,180  
yes um it it really struck out of the

55  
00:02:44,140 --> 00:02:41,900  
blue I had been quite healthy up until

56  
00:02:45,759 --> 00:02:44,150  
that time in fact I was in the

57  
00:02:48,400 --> 00:02:45,769  
reasonably good shape because my older

58  
00:02:52,720 --> 00:02:48,410  
son had been putting me through a big

59  
00:02:55,449 --> 00:02:52,730  
workout anticipating a climb of a 20,000

60  
00:02:59,380 --> 00:02:55,459  
foot volcano in South America luckily I

61  
00:03:01,350 --> 00:02:59,390  
was in pretty good shape and about 4:30

62  
00:03:05,410 --> 00:03:01,360  
in the morning um

63  
00:03:07,750 --> 00:03:05,420

November 10th 2008 I got out of bed I

64

00:03:09,190 --> 00:03:07,760

was getting ready to go up to work I was

65

00:03:13,900 --> 00:03:09,200

working in Charlottesville at the time

66

00:03:18,150 --> 00:03:13,910

and I had severe sudden back pain much

67

00:03:21,729 --> 00:03:18,160

worse than I had ever experienced and

68

00:03:23,470 --> 00:03:21,739

literally within 10 or 15 minutes it it

69

00:03:26,320 --> 00:03:23,480

got me to a point where I could not even

70

00:03:26,990 --> 00:03:26,330

take a step I was really in tremendous

71

00:03:29,800 --> 00:03:27,000

agony

72

00:03:33,350 --> 00:03:29,810

my wife Holly was rubbing my back and

73

00:03:36,440 --> 00:03:33,360

then my older son I mean my younger son

74

00:03:39,130 --> 00:03:36,450

bond came in and so I was in La distress

75

00:03:41,810 --> 00:03:39,140

and he started rubbing my temples and I

76  
00:03:43,580 --> 00:03:41,820  
realized when he did that I had a severe

77  
00:03:46,040 --> 00:03:43,590  
headache it was like he took a railroad

78  
00:03:47,570 --> 00:03:46,050  
spike and put it through my head but I

79  
00:03:50,480 --> 00:03:47,580  
was already really going down very

80  
00:03:54,650 --> 00:03:50,490  
quickly I didn't know it at the time

81  
00:03:57,500 --> 00:03:54,660  
found out much later that I had acute

82  
00:04:02,300 --> 00:03:57,510  
bacterial meningitis and it was with a

83  
00:04:05,870 --> 00:04:02,310  
very unusual bacterium one that the

84  
00:04:07,699 --> 00:04:05,880  
incidence of e.coli a spontaneous e.coli

85  
00:04:09,680 --> 00:04:07,709  
meningitis in adults in the US is about

86  
00:04:12,530 --> 00:04:09,690  
one in ten million per year so it's

87  
00:04:15,770 --> 00:04:12,540  
really rare we never found out where it

88  
00:04:18,590 --> 00:04:15,780

came from but at any rate it within

89

00:04:23,480 --> 00:04:18,600

about two two-and-a-half hours

90

00:04:25,460 --> 00:04:23,490

drove me deep down and in fact my last

91

00:04:28,370 --> 00:04:25,470

words really were to my wife

92

00:04:33,110 --> 00:04:28,380

don't call 9-1-1 trust me I'm a doctor

93

00:04:34,610 --> 00:04:33,120

and luckily Shield that and she did that

94

00:04:36,770 --> 00:04:34,620

because she saw me having a grand mal

95

00:04:38,870 --> 00:04:36,780

seizure on the bed of course I don't

96

00:04:40,190 --> 00:04:38,880

remember that and I really don't

97

00:04:46,550 --> 00:04:40,200

remember anything that happened for the

98

00:04:48,770 --> 00:04:46,560

next week because I was gone and I was

99

00:04:51,260 --> 00:04:48,780

very sick during that time as I as I

100

00:04:54,320 --> 00:04:51,270

heard later in fact I was so sick that

101  
00:04:57,680 --> 00:04:54,330  
my I was on a ventilator the whole week

102  
00:05:00,320 --> 00:04:57,690  
and in fact they did several lumbar

103  
00:05:02,090 --> 00:05:00,330  
punctures trying to guide therapy I was

104  
00:05:06,050 --> 00:05:02,100  
on triple antibiotics

105  
00:05:09,680 --> 00:05:06,060  
very early on due to a very good medical

106  
00:05:12,110 --> 00:05:09,690  
team but they did a lumbar puncture

107  
00:05:14,420 --> 00:05:12,120  
about the second third day into this and

108  
00:05:18,409 --> 00:05:14,430  
my cerebral spinal fluid glucose which

109  
00:05:20,719 --> 00:05:18,419  
is normally around sixty to eighty and

110  
00:05:22,820 --> 00:05:20,729  
then a bad case of meningitis might drop

111  
00:05:25,159 --> 00:05:22,830  
down to about twenty well my glucose

112  
00:05:28,370 --> 00:05:25,169  
went down to one so I was the really

113  
00:05:31,580 --> 00:05:28,380

sick so at this point nothing should be

114

00:05:33,860 --> 00:05:31,590

going on in your brain and yet something

115

00:05:36,920 --> 00:05:33,870

was happening in your conscious

116

00:05:40,230 --> 00:05:36,930

awareness yeah I'd say that's correct

117

00:05:43,200 --> 00:05:40,240

it's I mean the to me and

118

00:05:44,820 --> 00:05:43,210

I spent more than you know the last

119

00:05:47,370 --> 00:05:44,830

three years I've spent a lot of time

120

00:05:49,770 --> 00:05:47,380

trying to explain this and that

121

00:05:50,999 --> 00:05:49,780

explanation initially all I was doing

122

00:05:55,830 --> 00:05:51,009

was trying to explain it nor

123

00:05:57,180 --> 00:05:55,840

scientifically and I mean meningitis is

124

00:05:58,950 --> 00:05:57,190

very helpful because it's probably

125

00:06:02,400 --> 00:05:58,960

better than anything else it really

126

00:06:05,189 --> 00:06:02,410

diffusely wiping out the neocortex but

127

00:06:08,300 --> 00:06:05,199

one can always argue that there's a some

128

00:06:10,860 --> 00:06:08,310

idling function at a deep level that

129

00:06:12,839 --> 00:06:10,870

might still survive and in fact one of

130

00:06:16,260 --> 00:06:12,849

the hypotheses that I entertained about

131

00:06:19,230 --> 00:06:16,270

all this was because the experience that

132

00:06:22,850 --> 00:06:19,240

I'll describe to you seemed very hyper

133

00:06:26,219 --> 00:06:22,860

real extremely crisp and vivid much more

134

00:06:27,870 --> 00:06:26,229

real and interactive than sitting here

135

00:06:31,290 --> 00:06:27,880

and talking with you right now I mean it

136

00:06:33,839 --> 00:06:31,300

was extraordinary and that is something

137

00:06:36,120 --> 00:06:33,849

that is often described in near-death

138

00:06:39,270 --> 00:06:36,130

experiences and of course one of my

139

00:06:42,469 --> 00:06:39,280

early hypotheses was well maybe there

140

00:06:45,600 --> 00:06:42,479

was some differential effect against

141

00:06:47,610 --> 00:06:45,610

inhibitory neuron networks that allowed

142

00:06:51,089 --> 00:06:47,620

over expression of excitatory neural

143

00:06:54,810 --> 00:06:51,099

networks and gave this illusion of kind

144

00:06:57,540 --> 00:06:54,820

of a hyper real situation and I can tell

145

00:07:01,770 --> 00:06:57,550

you from having lived through it that it

146

00:07:03,240 --> 00:07:01,780

was so powerful and so beyond that kind

147

00:07:06,959 --> 00:07:03,250

of explanation that I wasn't very

148

00:07:09,749 --> 00:07:06,969

hopeful that that would work out in the

149

00:07:13,529 --> 00:07:09,759

end but I figured I needed to give it a

150

00:07:15,330 --> 00:07:13,539

chance and look at the micro anatomy in

151

00:07:17,309 --> 00:07:15,340

the cortex and the different connections

152

00:07:21,420 --> 00:07:17,319

with the thalamus and basal ganglia see

153

00:07:23,790 --> 00:07:21,430

if I could come up with some way um that

154

00:07:26,279 --> 00:07:23,800

one might have an illusion of hyper

155

00:07:29,010 --> 00:07:26,289

reality but I can tell you because of

156

00:07:31,140 --> 00:07:29,020

the kind of content of the experience

157

00:07:33,540 --> 00:07:31,150

and kind of the powerful overwhelming

158

00:07:36,839 --> 00:07:33,550

nature of it and the fact that it was so

159

00:07:39,719 --> 00:07:36,849

complex I think much of what I

160

00:07:41,309 --> 00:07:39,729

remembered from that experience I don't

161

00:07:45,120 --> 00:07:41,319

think my brain in mind could possibly

162

00:07:47,189 --> 00:07:45,130

manage even now I mean the the kind of

163

00:07:49,589 --> 00:07:47,199

mental function that occurs when you're

164

00:07:51,570 --> 00:07:49,599

in that hyper real state the the way

165

00:07:53,320 --> 00:07:51,580

that information comes in from spiritual

166

00:07:55,240 --> 00:07:53,330

beings

167

00:07:58,030 --> 00:07:55,250

kind of the interaction with them is so

168

00:08:00,280 --> 00:07:58,040

intense and extraordinary it's it's

169

00:08:03,310 --> 00:08:00,290

really inexplicable in in kind of

170

00:08:07,720 --> 00:08:03,320

earthly terms but it it would basically

171

00:08:09,550 --> 00:08:07,730

outrun any of those kind of theories but

172

00:08:12,400 --> 00:08:09,560

that was something I was looking for and

173

00:08:15,000 --> 00:08:12,410

in fact I never found a kind of an

174

00:08:17,740 --> 00:08:15,010

anatomic distribution that would support

175

00:08:21,520 --> 00:08:17,750

kind of that over activity of excitatory

176

00:08:22,960 --> 00:08:21,530

pathways okay so great thanks for doing

177

00:08:24,820 --> 00:08:22,970

that I think we've jumped a little bit

178

00:08:25,990 --> 00:08:24,830

ahead of the story for for those who

179

00:08:29,350 --> 00:08:26,000

don't know tell us a little bit about

180

00:08:33,089 --> 00:08:29,360

your NDE okay well I think you know you

181

00:08:37,450 --> 00:08:33,099

were asking what is it like when when

182

00:08:40,810 --> 00:08:37,460

one is has their cortex shut down like

183

00:08:42,640 --> 00:08:40,820

that and and in fact for one thing I was

184

00:08:44,740 --> 00:08:42,650

surprised I remembered anything because

185

00:08:46,540 --> 00:08:44,750

as a neurosurgeon having had many

186

00:08:51,370 --> 00:08:46,550

patients who were in coma for various

187

00:08:52,990 --> 00:08:51,380

reasons and had a lot of them recover my

188

00:08:54,700 --> 00:08:53,000

understanding was it in general you

189

00:09:00,460 --> 00:08:54,710

don't really remember anything even when

190

00:09:02,470 --> 00:09:00,470

the patient's seemed to be interacting I

191

00:09:04,780 --> 00:09:02,480

knew that usually if they've been sick

192

00:09:06,340 --> 00:09:04,790

for instance with a meningitis that that

193

00:09:08,200 --> 00:09:06,350

they really wouldn't remember much of it

194

00:09:09,340 --> 00:09:08,210

occasionally there were exceptions to

195

00:09:12,520 --> 00:09:09,350

that you'd have patients who would

196

00:09:15,579 --> 00:09:12,530

remember very remarkable things from

197

00:09:17,290 --> 00:09:15,589

deep inside but you know before I had

198

00:09:19,030 --> 00:09:17,300

always kind of explained that away with

199

00:09:22,600 --> 00:09:19,040

the standard answers though this is what

200

00:09:26,500 --> 00:09:22,610

the brain does when it's very sick what

201  
00:09:29,770 --> 00:09:26,510  
I do remember from deep inside coma for

202  
00:09:32,620 --> 00:09:29,780  
one thing my first awareness was of not

203  
00:09:36,280 --> 00:09:32,630  
I had no memory whatsoever of my life I

204  
00:09:38,380 --> 00:09:36,290  
had no language no words all of my

205  
00:09:41,079 --> 00:09:38,390  
experience in life knowledge of humans

206  
00:09:45,010 --> 00:09:41,089  
you know earth the universe all that was

207  
00:09:48,820 --> 00:09:45,020  
gone and the only thing I had was this

208  
00:09:50,860 --> 00:09:48,830  
very kind of crude existence and I call

209  
00:09:54,010 --> 00:09:50,870  
it in my book I call it the earth worms

210  
00:09:57,460 --> 00:09:54,020  
eye view because it really was just a

211  
00:10:00,820 --> 00:09:57,470  
very crude kind of underground of I have

212  
00:10:02,850 --> 00:10:00,830  
a vivid memory of dark roots above me

213  
00:10:04,500 --> 00:10:02,860

and

214

00:10:08,760 --> 00:10:04,510

it was there was kind of a monotonous

215

00:10:13,170 --> 00:10:08,770

pounding dull sound in the background

216

00:10:15,810 --> 00:10:13,180

pounding away eternally and it was just

217

00:10:18,090 --> 00:10:15,820

murky and gross every now and then I you

218

00:10:19,830 --> 00:10:18,100

know a face animal or something would

219

00:10:22,230 --> 00:10:19,840

kind of boil up out of the muck and

220

00:10:23,790 --> 00:10:22,240

there might be some chant or roar or

221

00:10:27,600 --> 00:10:23,800

something and then they'd disappear

222

00:10:29,820 --> 00:10:27,610

again and it sounds very foreboding to

223

00:10:32,520 --> 00:10:29,830

talk about it right now but in fact

224

00:10:35,820 --> 00:10:32,530

since I knew nothing no other existence

225

00:10:38,430 --> 00:10:35,830

I don't remember being particularly

226  
00:10:41,940 --> 00:10:38,440  
alarmed when I was in that setting and

227  
00:10:43,920 --> 00:10:41,950  
and I I think that that was the best

228  
00:10:47,430 --> 00:10:43,930  
kind of consciousness that my brain

229  
00:10:51,000 --> 00:10:47,440  
could muster when it was soaking in pus

230  
00:10:52,890 --> 00:10:51,010  
and it turns out that that seemed to

231  
00:10:55,350 --> 00:10:52,900  
last for a very long time I mean given

232  
00:10:58,050 --> 00:10:55,360  
that it was my first awareness of

233  
00:10:59,850 --> 00:10:58,060  
anything it actually seemed to be years

234  
00:11:02,340 --> 00:10:59,860  
or eternity I don't know it seemed like

235  
00:11:05,850 --> 00:11:02,350  
a very very long time and then there was

236  
00:11:07,740 --> 00:11:05,860  
a spinning melody this bright melody

237  
00:11:10,320 --> 00:11:07,750  
that just started spinning in front of

238  
00:11:14,190 --> 00:11:10,330

me beautiful beautiful melody compared

239

00:11:17,430 --> 00:11:14,200

to that dull pounding sound that I had

240

00:11:20,010 --> 00:11:17,440

heard for eons and it spun and as it

241

00:11:22,410 --> 00:11:20,020

spun around it cleared everything away

242

00:11:25,410 --> 00:11:22,420

and this was the part that was so

243

00:11:29,190 --> 00:11:25,420

shocking and so hard to explain it was

244

00:11:33,030 --> 00:11:29,200

it the blinders came off and the reality

245

00:11:36,330 --> 00:11:33,040

there was was much more crisp real and

246

00:11:39,060 --> 00:11:36,340

interactive and fresh than any reality

247

00:11:41,760 --> 00:11:39,070

I've ever known in this in this earthly

248

00:11:43,350 --> 00:11:41,770

existence and that part is very shocking

249

00:11:45,540 --> 00:11:43,360

and hard to explain when you go through

250

00:11:48,290 --> 00:11:45,550

it and yet what I've found since then is

251

00:11:51,150 --> 00:11:48,300

a lot of people who have had NDEs

252

00:11:53,850 --> 00:11:51,160

discussed the same kind of hyper reality

253

00:11:57,930 --> 00:11:53,860

but it's very shocking to see it and for

254

00:12:01,890 --> 00:11:57,940

me it was I was a speck on a butterfly

255

00:12:04,290 --> 00:12:01,900

wing I had no no body awareness at all

256

00:12:07,170 --> 00:12:04,300

in fact I had no body awareness through

257

00:12:09,150 --> 00:12:07,180

this entire kind of deep coma experience

258

00:12:11,900 --> 00:12:09,160

and I was a speck on a beautiful

259

00:12:14,880 --> 00:12:11,910

butterfly wing millions of other

260

00:12:15,890 --> 00:12:14,890

butterflies around us we were flying

261

00:12:20,690 --> 00:12:15,900

through

262

00:12:23,120 --> 00:12:20,700

trees and they were all kind of coming

263

00:12:25,190 --> 00:12:23,130

out as we flew through them and beside

264

00:12:29,500 --> 00:12:25,200

me on the butterfly wing was a beautiful

265

00:12:32,360 --> 00:12:29,510

girl and I remember her face to this day

266

00:12:35,210 --> 00:12:32,370

absolutely a beautiful girl blue eyes

267

00:12:36,620 --> 00:12:35,220

and she was dressed in what when I was

268

00:12:39,440 --> 00:12:36,630

trying to write all this up in the

269

00:12:40,910 --> 00:12:39,450

months after I came back I described as

270

00:12:44,050 --> 00:12:40,920

kind of a peasant garb but I can

271

00:12:47,060 --> 00:12:44,060

remember the colors very well kind of a

272

00:12:49,550 --> 00:12:47,070

peach orange and a powder blue just

273

00:12:52,760 --> 00:12:49,560

really beautiful she never said a word

274

00:12:54,800 --> 00:12:52,770

to me and she was looking at me and her

275

00:12:58,760 --> 00:12:54,810

thoughts would just come into my

276

00:13:01,070 --> 00:12:58,770

awareness and her thoughts things like

277

00:13:04,070 --> 00:13:01,080

you are loved your cherished forever

278

00:13:06,079 --> 00:13:04,080

there is nothing you can do wrong you

279

00:13:10,340 --> 00:13:06,089

have nothing to worry about you will be

280

00:13:13,400 --> 00:13:10,350

taken care of and it was so soothing and

281

00:13:16,010 --> 00:13:13,410

so beautiful and of course as I said my

282

00:13:18,590 --> 00:13:16,020

language wasn't really working in so

283

00:13:22,070 --> 00:13:18,600

those particular words are words I had

284

00:13:26,390 --> 00:13:22,080

to put on it when I came back out but a

285

00:13:29,030 --> 00:13:26,400

lot of this flowed perfectly when I came

286

00:13:30,710 --> 00:13:29,040

back out in fact I didn't read anything

287

00:13:33,800 --> 00:13:30,720

about near-death experiences or about

288

00:13:36,140 --> 00:13:33,810

physics or cosmology because of the

289

00:13:39,140 --> 00:13:36,150

advice my older son Evan the fourth who

290

00:13:41,470 --> 00:13:39,150

was majoring in neuroscience at

291

00:13:43,880 --> 00:13:41,480

University of Delaware and he advised me

292

00:13:45,199 --> 00:13:43,890

you know three days after I left the

293

00:13:47,690 --> 00:13:45,209

hospital when he came home for

294

00:13:49,190 --> 00:13:47,700

Thanksgiving back in 2008 he said well

295

00:13:51,769 --> 00:13:49,200

if you want to write this up as a useful

296

00:13:53,360 --> 00:13:51,779

report don't read anything just write

297

00:13:56,120 --> 00:13:53,370

everything down you can remember and I

298

00:13:57,410 --> 00:13:56,130

spent the next two months typing

299

00:13:59,000 --> 00:13:57,420

everything I could remember in the

300

00:14:02,050 --> 00:13:59,010

computer and it came out to about a

301  
00:14:06,860 --> 00:14:02,060  
hundred pages of memories from this deep

302  
00:14:10,250 --> 00:14:06,870  
experience within the coma I think from

303  
00:14:14,269 --> 00:14:10,260  
that from that beautiful valley scene on

304  
00:14:19,220 --> 00:14:14,279  
the butterfly wing waterfalls pools of

305  
00:14:21,620 --> 00:14:19,230  
water indescribable colors and above

306  
00:14:25,220 --> 00:14:21,630  
there were these arcs of silver and gold

307  
00:14:27,350 --> 00:14:25,230  
light and beautiful hems coming down

308  
00:14:29,540 --> 00:14:27,360  
from them and described ibly gorgeous

309  
00:14:31,820 --> 00:14:29,550  
hymns and I later came to call

310  
00:14:35,900 --> 00:14:31,830  
of them angels those arcs of light in

311  
00:14:38,139 --> 00:14:35,910  
the sky um and I think that word is

312  
00:14:42,220 --> 00:14:38,149  
probably fairly accurate um

313  
00:14:47,470 --> 00:14:42,230

the on this butterfly wing the first

314

00:14:50,030 --> 00:14:47,480

time I was there I remember having this

315

00:14:53,900 --> 00:14:50,040

sensation It was as if there was a warm

316

00:14:57,710 --> 00:14:53,910

summer breeze that just blew by and then

317

00:15:01,250 --> 00:14:57,720

everything changed and the scene stayed

318

00:15:03,410 --> 00:15:01,260

the same but I became aware again in

319

00:15:07,300 --> 00:15:03,420

looking back on it that was my awareness

320

00:15:12,139 --> 00:15:07,310

of a divine presence of incredibly

321

00:15:16,730 --> 00:15:12,149

indescribable Oh kind of a super power

322

00:15:19,730 --> 00:15:16,740

of divinity and then we went out of this

323

00:15:22,880 --> 00:15:19,740

universe and I remember just seeing

324

00:15:27,259 --> 00:15:22,890

everything receding and initially I felt

325

00:15:29,990 --> 00:15:27,269

as if my awareness was in a gigantic I

326

00:15:34,250 --> 00:15:30,000

mean an infinite black void it was very

327

00:15:39,230 --> 00:15:34,260

comforting but I could feel the extent

328

00:15:41,329 --> 00:15:39,240

of the infinity and and that it was as

329

00:15:45,590 --> 00:15:41,339

you would expect impossible to put into

330

00:15:47,750 --> 00:15:45,600

words and I was there with that divine

331

00:15:51,319 --> 00:15:47,760

presence that was not anything that I

332

00:15:54,949 --> 00:15:51,329

could visibly see and describe and with

333

00:15:57,620 --> 00:15:54,959

an orb a brilliant orb of light and and

334

00:15:59,690 --> 00:15:57,630

there was a distinct sensation for me or

335

00:16:01,940 --> 00:15:59,700

memory that they were not one in the

336

00:16:04,910 --> 00:16:01,950

same and I don't know what that means in

337

00:16:08,480 --> 00:16:04,920

my awareness when I say I was aware this

338

00:16:11,110 --> 00:16:08,490

goes far far beyond the consciousness of

339

00:16:13,100 --> 00:16:11,120

anyone this is not Evan Alexander's

340

00:16:13,460 --> 00:16:13,110

consciousness aware of being in that

341

00:16:17,630 --> 00:16:13,470

space

342

00:16:19,750 --> 00:16:17,640

I was far beyond that point way beyond

343

00:16:23,420 --> 00:16:19,760

any kind of human consciousness and

344

00:16:25,370 --> 00:16:23,430

really just one consciousness and when I

345

00:16:29,000 --> 00:16:25,380

got there they said that I would be

346

00:16:30,710 --> 00:16:29,010

going back but I didn't know what that

347

00:16:32,269 --> 00:16:30,720

meant and they said there were many

348

00:16:34,759 --> 00:16:32,279

things that they would show me and they

349

00:16:36,650 --> 00:16:34,769

they continued to do that and in fact

350

00:16:40,069 --> 00:16:36,660

the whole higher dimensional multiverse

351  
00:16:42,620 --> 00:16:40,079  
was this incredibly complex corrugated

352  
00:16:44,840 --> 00:16:42,630  
ball and all these lessons

353  
00:16:47,720 --> 00:16:44,850  
into me about it and part of the lessons

354  
00:16:53,120 --> 00:16:47,730  
involved becoming all of what I was

355  
00:16:56,449 --> 00:16:53,130  
being shown and it was indescribable

356  
00:16:58,430 --> 00:16:56,459  
but then I would find myself and time

357  
00:17:00,949 --> 00:16:58,440  
out there I can say is totally different

358  
00:17:02,870 --> 00:17:00,959  
from what we call time I mean there was

359  
00:17:05,510 --> 00:17:02,880  
access from out there to any part of our

360  
00:17:06,919 --> 00:17:05,520  
space-time and that made it difficult to

361  
00:17:08,689 --> 00:17:06,929  
understand a lot of these memories

362  
00:17:11,169 --> 00:17:08,699  
because we always try to seek with

363  
00:17:13,549 --> 00:17:11,179

sequence things and put them in a linear

364

00:17:16,880 --> 00:17:13,559

form and description and that just

365

00:17:19,819 --> 00:17:16,890

really doesn't work but suffice it to

366

00:17:22,490 --> 00:17:19,829

say that I would find myself back at the

367

00:17:25,699 --> 00:17:22,500

earthworm I view and what I learned was

368

00:17:31,310 --> 00:17:25,709

if I could recall the notes of that

369

00:17:33,169 --> 00:17:31,320

melody the spinning melody uh that would

370

00:17:35,899 --> 00:17:33,179

start the melody spinning again that

371

00:17:38,810 --> 00:17:35,909

would take me back into that beautiful

372

00:17:40,640 --> 00:17:38,820

crisp clear hyper real valley on the

373

00:17:42,710 --> 00:17:40,650

butterfly wing my guardian angel was

374

00:17:45,890 --> 00:17:42,720

always there and she was always very

375

00:17:47,870 --> 00:17:45,900

comforting and then we would go out into

376

00:17:50,690 --> 00:17:47,880

what I came to call the core which was

377

00:17:53,480 --> 00:17:50,700

outside of the entire physical universe

378

00:17:54,830 --> 00:17:53,490

and again they would show lessons and

379

00:17:57,980 --> 00:17:54,840

often those lessons would involve

380

00:18:00,200 --> 00:17:57,990

becoming a tremendous part of what they

381

00:18:03,470 --> 00:18:00,210

were demonstrating and so much of it is

382

00:18:06,380 --> 00:18:03,480

just indescribable and so much of it you

383

00:18:10,190 --> 00:18:06,390

really mean there are reasons why we

384

00:18:11,510 --> 00:18:10,200

cannot bring a lot of that back and

385

00:18:15,730 --> 00:18:11,520

there are reasons

386

00:18:18,200 --> 00:18:15,740

in fact why I mean I've come to see um

387

00:18:22,159 --> 00:18:18,210

you know that we're conscious in in

388

00:18:24,350 --> 00:18:22,169

spite of our brain and it really to me

389

00:18:26,860 --> 00:18:24,360

that makes a lot more sense and I go

390

00:18:31,039 --> 00:18:26,870

into detail about all that my book but

391

00:18:35,289 --> 00:18:31,049

it turns out that I would oscillate from

392

00:18:40,789 --> 00:18:35,299

this beautiful idyllic place in the core

393

00:18:43,190 --> 00:18:40,799

coming back down into earth for my view

394

00:18:45,500 --> 00:18:43,200

and it seems it was three or four times

395

00:18:47,720 --> 00:18:45,510

like I said sequencing was so strange

396

00:18:52,100 --> 00:18:47,730

because when I was in the earth where my

397

00:18:55,370 --> 00:18:52,110

view um everything seemed to be one kind

398

00:18:55,740 --> 00:18:55,380

of soup of just kind of mixed foam and

399

00:18:58,020 --> 00:18:55,750

there

400

00:19:00,150 --> 00:18:58,030

it was very hard to put sequins on it

401  
00:19:02,370 --> 00:19:00,160  
but it was very clear to me that several

402  
00:19:04,890 --> 00:19:02,380  
times I would use the memory of those

403  
00:19:08,340 --> 00:19:04,900  
notes and spend that melody and go back

404  
00:19:10,440 --> 00:19:08,350  
in and then it just and they would

405  
00:19:13,170 --> 00:19:10,450  
always say you you are not here to stay

406  
00:19:17,670 --> 00:19:13,180  
no dr. Alexander a couple of quick first

407  
00:19:24,650 --> 00:19:17,680  
what is the title of your book okay well

408  
00:19:26,430 --> 00:19:24,660  
I I'm going through several possible

409  
00:19:29,250 --> 00:19:26,440  
agents right now I don't have a

410  
00:19:30,990 --> 00:19:29,260  
publisher and I have a feeling that you

411  
00:19:33,030 --> 00:19:31,000  
know agents and publishers will have

412  
00:19:36,060 --> 00:19:33,040  
their own ideas what I can tell you is

413  
00:19:40,260 --> 00:19:36,070

the tentative working title right now

414

00:19:45,260 --> 00:19:40,270

and this could easily change um is life

415

00:19:50,400 --> 00:19:45,270

life beyond death a neurosurgeons

416

00:19:52,380 --> 00:19:50,410

life-changing near-death a let me hone

417

00:19:55,860 --> 00:19:52,390

in on a couple of things it's an amazing

418

00:19:59,880 --> 00:19:55,870

experience an amazing account tell us a

419

00:20:02,010 --> 00:19:59,890

little bit about coming back into this

420

00:20:04,620 --> 00:20:02,020

world because I want to hone in on a

421

00:20:06,830 --> 00:20:04,630

couple of things that we need to nail

422

00:20:09,810 --> 00:20:06,840

down if we're going to really try and

423

00:20:12,000 --> 00:20:09,820

understand this account from our world

424

00:20:15,210 --> 00:20:12,010

and what I want to one thing I want to

425

00:20:18,230 --> 00:20:15,220

nail down is the time perspective how do

426

00:20:20,700 --> 00:20:18,240

we know that these memories were formed

427

00:20:22,710 --> 00:20:20,710

during the time when you're in a coma

428

00:20:25,170 --> 00:20:22,720

you've already laid out a couple of

429

00:20:26,700 --> 00:20:25,180

points about that and that normally we

430

00:20:29,850 --> 00:20:26,710

wouldn't even expect you to have a lot

431

00:20:31,590 --> 00:20:29,860

of clear coherent memories three days

432

00:20:33,290 --> 00:20:31,600

after coming out of this coma but you

433

00:20:35,730 --> 00:20:33,300

said that's when you started writing

434

00:20:37,830 --> 00:20:35,740

down this account you also said you

435

00:20:39,810 --> 00:20:37,840

tried not to contaminate your memories

436

00:20:42,930 --> 00:20:39,820

with talking to other people so those

437

00:20:44,280 --> 00:20:42,940

are good parts of your story what are

438

00:20:45,960 --> 00:20:44,290

some other aspects of it that you can

439

00:20:47,880 --> 00:20:45,970

tell us that make you confident that

440

00:20:50,970 --> 00:20:47,890

these memories were formed while you

441

00:20:53,460 --> 00:20:50,980

were in this severely compromised mental

442

00:20:56,490 --> 00:20:53,470

state I can tell you when I first

443

00:20:58,290 --> 00:20:56,500

started waking up it was very shocking

444

00:21:01,950 --> 00:20:58,300

because I as I said I didn't have

445

00:21:05,790 --> 00:21:01,960

memories of my life before and my family

446

00:21:07,390 --> 00:21:05,800

loved ones sisters my wife and sons they

447

00:21:10,420 --> 00:21:07,400

were there

448

00:21:12,310 --> 00:21:10,430

so initially I in fact I have a very

449

00:21:15,040 --> 00:21:12,320

distinct memory as I was emerging which

450

00:21:16,570 --> 00:21:15,050

is on the seventh day of coma and I

451

00:21:18,130 --> 00:21:16,580

still had the I was still on the

452

00:21:23,710 --> 00:21:18,140

ventilator still had the endotracheal

453

00:21:26,350 --> 00:21:23,720

tube in and my awareness was of several

454

00:21:28,540 --> 00:21:26,360

phases and I remember one was my wife

455

00:21:30,340 --> 00:21:28,550

and one was a good friend of ours who

456

00:21:34,390 --> 00:21:30,350

was also my infectious disease doctor

457

00:21:36,460 --> 00:21:34,400

and a neighbor dr. Scott Wade and then

458

00:21:38,020 --> 00:21:36,470

one was also my ten-year-old son and

459

00:21:40,600 --> 00:21:38,030

these phases were there I did not

460

00:21:43,570 --> 00:21:40,610

recognize them they would say words I

461

00:21:45,520 --> 00:21:43,580

didn't understand the words but I had a

462

00:21:47,830 --> 00:21:45,530

very powerful visual memory they would

463

00:21:50,290 --> 00:21:47,840

kind of boil up out of the muck and then

464

00:21:53,230 --> 00:21:50,300

they'd go away I'm fairly sure that that

465

00:21:54,910 --> 00:21:53,240

was Sunday morning because much much

466

00:21:56,980 --> 00:21:54,920

later after I'd written everything down

467

00:21:59,169 --> 00:21:56,990

and I did start asking people about

468

00:22:01,240 --> 00:21:59,179

things that had happened it seemed that

469

00:22:02,470 --> 00:22:01,250

that's when people were doing that now

470

00:22:04,930 --> 00:22:02,480

in fact they've been doing it all week

471

00:22:06,730 --> 00:22:04,940

but I've been I think I was unaware of

472

00:22:08,640 --> 00:22:06,740

it during the week and that's mainly

473

00:22:11,020 --> 00:22:08,650

based on the people that I do remember

474

00:22:14,890 --> 00:22:11,030

seeing who were only those who are there

475

00:22:17,560 --> 00:22:14,900

that Sunday morning um and my language

476  
00:22:20,530 --> 00:22:17,570  
started coming back very quickly and so

477  
00:22:23,169 --> 00:22:20,540  
did my visual cortex because I think and

478  
00:22:26,830 --> 00:22:23,179  
again it's so hard to put a time label

479  
00:22:30,280 --> 00:22:26,840  
on this but in talking with people who

480  
00:22:33,520 --> 00:22:30,290  
were there I think that probably over an

481  
00:22:36,370 --> 00:22:33,530  
hour 2 or 3 I started getting language

482  
00:22:38,350 --> 00:22:36,380  
back quickly my auditory cortex started

483  
00:22:40,480 --> 00:22:38,360  
coming online my ability to understand

484  
00:22:43,390 --> 00:22:40,490  
speech so what called Wernicke's area in

485  
00:22:44,710 --> 00:22:43,400  
the dominant temporal lobe was starting

486  
00:22:46,210 --> 00:22:44,720  
to come back up to speed and I can

487  
00:22:49,419 --> 00:22:46,220  
understand things I could then start

488  
00:22:54,130 --> 00:22:49,429

making speech um so I was having a very

489

00:22:56,950 --> 00:22:54,140

rapid return of cortical function um but

490

00:22:59,770 --> 00:22:56,960

I was still kind of in and out of

491

00:23:02,410 --> 00:22:59,780

reality I in fact in my book I go into

492

00:23:05,620 --> 00:23:02,420

great detail describing what I call the

493

00:23:08,440 --> 00:23:05,630

nightmare which was kind of a paranoid a

494

00:23:12,280 --> 00:23:08,450

a crazy thing that where I was halfway

495

00:23:15,190 --> 00:23:12,290

in and out of the reality and in my son

496

00:23:16,870 --> 00:23:15,200

my younger son bond I mean he can

497

00:23:18,940 --> 00:23:16,880

describe it to you it was kind of a very

498

00:23:20,890 --> 00:23:18,950

frightening thing because I would seem

499

00:23:21,370 --> 00:23:20,900

to be with it and then I'd be saying

500

00:23:23,740 --> 00:23:21,380

things

501  
00:23:26,320 --> 00:23:23,750  
we're just out of out of my mind and of

502  
00:23:28,480 --> 00:23:26,330  
course initially as I explained to some

503  
00:23:32,020 --> 00:23:28,490  
of my physicians what I remembered was

504  
00:23:34,419 --> 00:23:32,030  
this incredibly powerful hyper real

505  
00:23:37,240 --> 00:23:34,429  
spiritual experience they would say oh

506  
00:23:40,360 --> 00:23:37,250  
yes well you you were very very sick we

507  
00:23:42,039 --> 00:23:40,370  
thought you're going to die and you know

508  
00:23:43,510 --> 00:23:42,049  
I can't even believe that you're back I

509  
00:23:44,799 --> 00:23:43,520  
mean they were predicting that I would

510  
00:23:47,260 --> 00:23:44,809  
have two to three months in the hospital

511  
00:23:49,450 --> 00:23:47,270  
and then need chronic care for the rest

512  
00:23:51,789 --> 00:23:49,460  
of my life so they were obviously quite

513  
00:23:54,880 --> 00:23:51,799

shocked that I that I came back like I

514

00:23:56,500 --> 00:23:54,890

did it was just so strange but initially

515

00:23:59,830 --> 00:23:56,510

I thought well gosh it was it was almost

516

00:24:02,350 --> 00:23:59,840

too real to be real I mean it that hyper

517

00:24:04,210 --> 00:24:02,360

reality that people describe I just wish

518

00:24:05,470 --> 00:24:04,220

we could bottle that up and give it to

519

00:24:07,659 --> 00:24:05,480

people so they could see what it's like

520

00:24:10,210 --> 00:24:07,669

because it is not something that is

521

00:24:13,570 --> 00:24:10,220

going to be explained by these little

522

00:24:16,480 --> 00:24:13,580

simplistic kind of you know talking

523

00:24:18,850 --> 00:24:16,490

about co2 and oxygen levels and I mean

524

00:24:20,740 --> 00:24:18,860

that that just won't work I promise you

525

00:24:24,450 --> 00:24:20,750

that won't work that's an interesting

526  
00:24:27,130 --> 00:24:24,460  
point because as you mentioned briefly

527  
00:24:30,010 --> 00:24:27,140  
you know it won't work because you

528  
00:24:31,750 --> 00:24:30,020  
actually went and tried to see if there

529  
00:24:33,760 --> 00:24:31,760  
was a model that you're aware of from

530  
00:24:35,460 --> 00:24:33,770  
your training that could fit your

531  
00:24:38,950 --> 00:24:35,470  
experience right so you became a

532  
00:24:40,899 --> 00:24:38,960  
near-death experience or who became a

533  
00:24:42,820 --> 00:24:40,909  
near-death experience researcher from a

534  
00:24:43,930 --> 00:24:42,830  
neuro physiological standpoint and I

535  
00:24:46,480 --> 00:24:43,940  
think that's one of the things that

536  
00:24:49,000 --> 00:24:46,490  
really draws people to your story tell

537  
00:24:51,909 --> 00:24:49,010  
us a little bit more about your your

538  
00:24:53,470 --> 00:24:51,919

quest to understand this from your from

539

00:24:56,500 --> 00:24:53,480

the perspective of your background as a

540

00:24:58,210 --> 00:24:56,510

neurosurgeon okay well I can tell you

541

00:25:01,690 --> 00:24:58,220

that you know I mentioned a few minutes

542

00:25:03,700 --> 00:25:01,700

ago that initially I was kind of getting

543

00:25:07,500 --> 00:25:03,710

the message from my physicians that I

544

00:25:11,649 --> 00:25:07,510

was extremely sick and you know it

545

00:25:15,580 --> 00:25:11,659

doesn't surprise them that that I had

546

00:25:17,169 --> 00:25:15,590

very very unusual memories there was one

547

00:25:19,630 --> 00:25:17,179

other thing that really got my attention

548

00:25:22,060 --> 00:25:19,640

that I'll mention and that is I told you

549

00:25:25,330 --> 00:25:22,070

about the faces I saw kind of floating

550

00:25:27,070 --> 00:25:25,340

in the muck which I think you know again

551

00:25:30,130 --> 00:25:27,080

it's a hard to put a time on it I know

552

00:25:32,200 --> 00:25:30,140

that some of them appeared that Sunday

553

00:25:34,210 --> 00:25:32,210

morning and maybe the Saturday afternoon

554

00:25:34,510 --> 00:25:34,220

and some could have could have been

555

00:25:36,250 --> 00:25:34,520

early

556

00:25:38,080 --> 00:25:36,260

and there was one that that I think was

557

00:25:41,560 --> 00:25:38,090

earlier although she seems like all the

558

00:25:43,480 --> 00:25:41,570

rest and her her name is Susan wrenches

559

00:25:45,730 --> 00:25:43,490

and she's a friend of my wife's they

560

00:25:51,250 --> 00:25:45,740

work together you know 25 years earlier

561

00:25:53,800 --> 00:25:51,260

teaching in Raleigh and Susan's had a

562

00:25:55,510 --> 00:25:53,810

lot of experience of helping coma

563

00:26:00,340 --> 00:25:55,520

patients she wrote a book called third

564

00:26:03,460 --> 00:26:00,350

eye open and it involves of her going

565

00:26:06,460 --> 00:26:03,470

into a state or trance and and then

566

00:26:08,410 --> 00:26:06,470

going to them you know in whatever

567

00:26:11,890 --> 00:26:08,420

fashion I that's not something I claim

568

00:26:14,920 --> 00:26:11,900

to understand but not through the

569

00:26:16,480 --> 00:26:14,930

physical material realm and in fact

570

00:26:18,580 --> 00:26:16,490

she'd done that with a lot of patients

571

00:26:22,300 --> 00:26:18,590

and she discussed that in her book and

572

00:26:26,620 --> 00:26:22,310

she Holly called her up I think it was

573

00:26:28,840 --> 00:26:26,630

Thursday night that Susan heard all this

574

00:26:30,730 --> 00:26:28,850

and said yes I'll try and help and I

575

00:26:32,230 --> 00:26:30,740

remember her being there very clearly I

576

00:26:35,680 --> 00:26:32,240

mean just like all the rest she was

577

00:26:37,630 --> 00:26:35,690

there and she she never was physically

578

00:26:38,260 --> 00:26:37,640

there she did this from Chapel Hill

579

00:26:41,350 --> 00:26:38,270

where she lives

580

00:26:43,090 --> 00:26:41,360

um and of course in the first few days

581

00:26:45,040 --> 00:26:43,100

as I was coming around and I told my

582

00:26:47,710 --> 00:26:45,050

wife about the six phases that I

583

00:26:49,990 --> 00:26:47,720

remembered that does not include my

584

00:26:53,440 --> 00:26:50,000

guardian angel who I still didn't know

585

00:26:55,630 --> 00:26:53,450

at that time oh but those six phases I

586

00:26:58,560 --> 00:26:55,640

said and Susan drenches was there and

587

00:27:01,240 --> 00:26:58,570

Holly said well she she did come to you

588

00:27:03,700 --> 00:27:01,250

you know channeling or whatever she came

589

00:27:05,200 --> 00:27:03,710

to you in the psychic realm and I can

590

00:27:08,080 --> 00:27:05,210

tell you when Holly told me that I said

591

00:27:09,670 --> 00:27:08,090

you know of course you know you know

592

00:27:12,400 --> 00:27:09,680

don't need any explanation for that and

593

00:27:14,220 --> 00:27:12,410

of course as I healed it probably took

594

00:27:17,260 --> 00:27:14,230

three or four weeks for a lot of my

595

00:27:21,340 --> 00:27:17,270

neuroscience a neurosurgical training to

596

00:27:22,570 --> 00:27:21,350

come back and all along that time I you

597

00:27:25,840 --> 00:27:22,580

know I was still writing all this down

598

00:27:27,850 --> 00:27:25,850

and and not reading anything I was very

599

00:27:29,290 --> 00:27:27,860

tempted but my son had told me you want

600

00:27:33,280 --> 00:27:29,300

this be worthwhile don't read anything

601  
00:27:35,710 --> 00:27:33,290  
else just write it all down and I was I

602  
00:27:38,680 --> 00:27:35,720  
just was shocked I was buffeted because

603  
00:27:40,690 --> 00:27:38,690  
my neuroscience mind said no I couldn't

604  
00:27:43,090 --> 00:27:40,700  
happen the more I heard about how sick I

605  
00:27:45,500 --> 00:27:43,100  
was my cortex shut down no that's

606  
00:27:48,640 --> 00:27:45,510  
impossible your cortex was down and

607  
00:27:51,710 --> 00:27:48,650  
for a while I was going after the

608  
00:27:53,780 --> 00:27:51,720  
hypotheses that involved formation of

609  
00:27:55,909 --> 00:27:53,790  
these very complex intricate memories

610  
00:27:58,159 --> 00:27:55,919  
either right before my coma or right

611  
00:28:00,080 --> 00:27:58,169  
coming out of it and of course that

612  
00:28:03,020 --> 00:28:00,090  
really did not explain it

613  
00:28:04,960 --> 00:28:03,030

at all part of the problem when you get

614

00:28:08,330 --> 00:28:04,970

right down to it is that whole issue of

615

00:28:11,600 --> 00:28:08,340

remembering the melody because that was

616

00:28:13,940 --> 00:28:11,610

a very clear part of it that I I

617

00:28:16,039 --> 00:28:13,950

remember the elation when I figured that

618

00:28:17,780 --> 00:28:16,049

I could just remember that melody and

619

00:28:20,240 --> 00:28:17,790

that spun the melody in front of me and

620

00:28:22,419 --> 00:28:20,250

then all sudden boom everything opened

621

00:28:26,539 --> 00:28:22,429

up and I went back out into that valley

622

00:28:28,430 --> 00:28:26,549

so crisp and beautiful and my my angel

623

00:28:30,560 --> 00:28:28,440

was with me as I came to call her my

624

00:28:32,720 --> 00:28:30,570

companion on the butterfly wing and then

625

00:28:35,960 --> 00:28:32,730

out into the core outside of the

626

00:28:38,810 --> 00:28:35,970

universe and very difficult to explain

627

00:28:40,970 --> 00:28:38,820

that fluctuation I guess one could

628

00:28:43,220 --> 00:28:40,980

always argue well your brain was

629

00:28:46,070 --> 00:28:43,230

probably you know just barely able to

630

00:28:48,380 --> 00:28:46,080

ignite real consciousness and then it

631

00:28:50,419 --> 00:28:48,390

would flip back into a very diseased

632

00:28:54,380 --> 00:28:50,429

state which doesn't make any sense to me

633

00:28:57,169 --> 00:28:54,390

especially because that hyperreal state

634

00:28:59,750 --> 00:28:57,179

is so indescribable and so crisp it's

635

00:29:01,220 --> 00:28:59,760

totally unlike any drug experience a lot

636

00:29:03,710 --> 00:29:01,230

of people have come up to me and said oh

637

00:29:05,659 --> 00:29:03,720

that sounds like a DMT experience or

638

00:29:08,659 --> 00:29:05,669

that sounds like ketamine and you know

639

00:29:11,720 --> 00:29:08,669

not at all I mean that is not even in

640

00:29:13,520 --> 00:29:11,730

the right ballpark those things do not

641

00:29:17,419 --> 00:29:13,530

explain the kind of clarity the rich

642

00:29:20,330 --> 00:29:17,429

interactivity the layer upon layer of

643

00:29:22,010 --> 00:29:20,340

kind of understanding and of lessons

644

00:29:25,100 --> 00:29:22,020

taught by deceased loved ones and

645

00:29:27,860 --> 00:29:25,110

spiritual beings and of course they're

646

00:29:30,230 --> 00:29:27,870

all deceased loved ones I've kind of

647

00:29:31,940 --> 00:29:30,240

wondered you know where is it that these

648

00:29:35,120 --> 00:29:31,950

people are coming from that they say oh

649

00:29:37,220 --> 00:29:35,130

the brain was very sick but it was very

650

00:29:39,460 --> 00:29:37,230

selective and made sure it only

651  
00:29:41,840 --> 00:29:39,470  
remembered deceased loved ones I mean

652  
00:29:43,250 --> 00:29:41,850  
they're just not hearing something you

653  
00:29:44,600 --> 00:29:43,260  
know I think that that brings up a very

654  
00:29:46,669 --> 00:29:44,610  
interesting point and one that we've

655  
00:29:49,370 --> 00:29:46,679  
covered a lot on this on this show

656  
00:29:51,350 --> 00:29:49,380  
because to be fair well not only to be

657  
00:29:53,750 --> 00:29:51,360  
fair but to try and really understand

658  
00:29:56,450 --> 00:29:53,760  
the entire phenomena and understand how

659  
00:29:57,980 --> 00:29:56,460  
it fits in our culture in our society

660  
00:29:59,000 --> 00:29:57,990  
which i think is important because here

661  
00:30:01,120 --> 00:29:59,010  
you are

662  
00:30:03,230 --> 00:30:01,130  
like yourself with your obvious

663  
00:30:05,600 --> 00:30:03,240

intellectual capabilities but also

664

00:30:08,060 --> 00:30:05,610

medical understanding and you have this

665

00:30:09,860 --> 00:30:08,070

experience and you have to come back and

666

00:30:12,020 --> 00:30:09,870

try and make it make sense with all your

667

00:30:14,180 --> 00:30:12,030

training and I think all the rest of us

668

00:30:16,870 --> 00:30:14,190

are right there with you trying to make

669

00:30:20,330 --> 00:30:16,880

sense of these completely

670

00:30:22,610 --> 00:30:20,340

counterintuitive experiences and then

671

00:30:25,220 --> 00:30:22,620

trying to jam them back in our head and

672

00:30:28,130 --> 00:30:25,230

in our experience and in that sense I do

673

00:30:28,940 --> 00:30:28,140

have a lot of empathy and appreciation

674

00:30:31,580 --> 00:30:28,950

for the NDE

675

00:30:34,100 --> 00:30:31,590

researchers both the skeptical ones and

676  
00:30:36,290 --> 00:30:34,110  
the non skeptical ones so let me talk a

677  
00:30:39,620 --> 00:30:36,300  
little bit about that in de research and

678  
00:30:41,870 --> 00:30:39,630  
get your perspective on it because of

679  
00:30:44,000 --> 00:30:41,880  
course there are a few of these brave

680  
00:30:46,580 --> 00:30:44,010  
researchers out there who've stuck their

681  
00:30:48,710 --> 00:30:46,590  
neck out really only a very few and have

682  
00:30:51,380 --> 00:30:48,720  
tried to tackle this but it seems to me

683  
00:30:55,250 --> 00:30:51,390  
that they're really barely making a dent

684  
00:30:57,140 --> 00:30:55,260  
in the medical model that we have I mean

685  
00:31:00,560 --> 00:30:57,150  
the medical model that we have sees us

686  
00:31:04,040 --> 00:31:00,570  
as these biological robots and death as

687  
00:31:06,920 --> 00:31:04,050  
kind of ultimate boogeyman and can we

688  
00:31:11,720 --> 00:31:06,930

really believe that we're going to

689

00:31:15,550 --> 00:31:11,730

change such an entrenched system I think

690

00:31:19,390 --> 00:31:15,560

so I think that is very much a

691

00:31:21,950 --> 00:31:19,400

possibility and what it really takes um

692

00:31:25,490 --> 00:31:21,960

you know there's this this whole issue

693

00:31:31,310 --> 00:31:25,500

of mind and brain and you know kind of

694

00:31:33,130 --> 00:31:31,320

duality versus non dualism and kind of

695

00:31:37,280 --> 00:31:33,140

material the physical material

696

00:31:39,620 --> 00:31:37,290

reductivist kind of models and I think

697

00:31:41,180 --> 00:31:39,630

you know I'll go into this in great

698

00:31:43,220 --> 00:31:41,190

detail in my book but I think you have

699

00:31:45,800 --> 00:31:43,230

to go back about 3,000 years to really

700

00:31:49,610 --> 00:31:45,810

get to the beginning of the discussion

701  
00:31:52,880 --> 00:31:49,620  
and to start to see why certain things

702  
00:31:55,250 --> 00:31:52,890  
have transpired and I think most

703  
00:31:57,890 --> 00:31:55,260  
importantly I was the part of this

704  
00:32:02,480 --> 00:31:57,900  
discussion that happened between a Rene

705  
00:32:05,540 --> 00:32:02,490  
Descartes and Spinoza oh you know back

706  
00:32:08,450 --> 00:32:05,550  
in the 17th century they kind of started

707  
00:32:11,440 --> 00:32:08,460  
us into our current era and our current

708  
00:32:17,750 --> 00:32:15,380  
kind of mind uh you know in our

709  
00:32:20,930 --> 00:32:17,760  
consciousness in our soul and all that

710  
00:32:22,840 --> 00:32:20,940  
has been put in the realm of the church

711  
00:32:25,460 --> 00:32:22,850  
more or less that that was kind of a

712  
00:32:28,400 --> 00:32:25,470  
truth of sorts that I guess Descartes

713  
00:32:31,880 --> 00:32:28,410

came up with back then to say there's

714

00:32:34,909 --> 00:32:31,890

mind and then there's body and you know

715

00:32:37,130 --> 00:32:34,919

just let the natural scientists those

716

00:32:39,830 --> 00:32:37,140

with an interest like Francis Bacon and

717

00:32:42,590 --> 00:32:39,840

Galileo and Newton oh you know let's not

718

00:32:44,810 --> 00:32:42,600

burn them all at the stake let some of

719

00:32:48,020 --> 00:32:44,820

them survive so I think it was a good

720

00:32:51,049 --> 00:32:48,030

thing to have that truce

721

00:32:53,360 --> 00:32:51,059

so that science survived but I mean I'm

722

00:32:55,070 --> 00:32:53,370

a scientist and I love science in the

723

00:32:58,400 --> 00:32:55,080

scientific method I've just come to

724

00:33:01,610 --> 00:32:58,410

realize that the the universe is much

725

00:33:05,180 --> 00:33:01,620

grander than then we appreciate and so I

726

00:33:06,890 --> 00:33:05,190

have to simply broaden my definitions I

727

00:33:10,850 --> 00:33:06,900

think science is still very important to

728

00:33:13,700 --> 00:33:10,860

get us there of getting back to you know

729

00:33:16,370 --> 00:33:13,710

that mind brain issue what happened over

730

00:33:17,780 --> 00:33:16,380

time of course is science kind of grew

731

00:33:20,510 --> 00:33:17,790

up and you ought to be more and more

732

00:33:25,039 --> 00:33:20,520

powerful at giving us many things and

733

00:33:28,310 --> 00:33:25,049

and science has been a real wonder but I

734

00:33:31,630 --> 00:33:28,320

think that it's been somewhat at a price

735

00:33:34,669 --> 00:33:31,640

and that price came from splitting out a

736

00:33:37,159 --> 00:33:34,679

you know mind and body back then in that

737

00:33:38,659 --> 00:33:37,169

kind of dualistic approach because it's

738

00:33:43,280 --> 00:33:38,669

science gained more and more of an upper

739

00:33:44,720 --> 00:33:43,290

hand people were losing track of the the

740

00:33:47,210 --> 00:33:44,730

kind of mind part of it the

741

00:33:49,520 --> 00:33:47,220

consciousness part let's talk about that

742

00:33:53,030 --> 00:33:49,530

a little bit right now because part of

743

00:33:55,039 --> 00:33:53,040

that does seem to be contradictory to

744

00:33:56,360 --> 00:33:55,049

your experience and the experience we've

745

00:33:58,310 --> 00:33:56,370

heard from other folks who had these

746

00:34:01,450 --> 00:33:58,320

transformative spiritual experiences in

747

00:34:04,460 --> 00:34:01,460

this way in that if there is this

748

00:34:06,020 --> 00:34:04,470

broader knowing and much broader knowing

749

00:34:07,850 --> 00:34:06,030

broader doesn't even begin to describe

750

00:34:09,889 --> 00:34:07,860

it but that we hear over and over again

751

00:34:11,720 --> 00:34:09,899

we hear it from your account we hear it

752

00:34:14,119 --> 00:34:11,730

from many near-death experience accounts

753

00:34:15,800 --> 00:34:14,129

we also hear it from all sorts of

754

00:34:18,349 --> 00:34:15,810

transformative spiritual accounts

755

00:34:21,109 --> 00:34:18,359

Kundalini accounts spontaneous spiritual

756

00:34:23,810 --> 00:34:21,119

awakenings there's this sense of knowing

757

00:34:24,349 --> 00:34:23,820

much much greater knowing that then that

758

00:34:27,019 --> 00:34:24,359

then

759

00:34:29,869 --> 00:34:27,029

must be kind of crammed back into our

760

00:34:31,759 --> 00:34:29,879

body and it doesn't need it you know so

761

00:34:32,200 --> 00:34:31,769

your account says that and others do as

762

00:34:36,950 --> 00:34:32,210

well

763

00:34:39,109 --> 00:34:36,960

can we really then hope to get out of

764

00:34:41,479 --> 00:34:39,119

the consciousness loop that we're in now

765

00:34:42,049 --> 00:34:41,489

can't is it just going to be a matter of

766

00:34:44,720 --> 00:34:42,059

Oh

767

00:34:47,619 --> 00:34:44,730

a philosophical shift like we had back

768

00:34:49,759 --> 00:34:47,629

in the 1700s or is there something

769

00:34:52,909 --> 00:34:49,769

fundamental to the way that we're

770

00:34:55,129 --> 00:34:52,919

constructed that's going to keep us

771

00:34:58,249 --> 00:34:55,139

limited in how much we can really tap

772

00:35:01,670 --> 00:34:58,259

into and understand that knowing that

773

00:35:06,950 --> 00:35:01,680

you experienced in my view what what I

774

00:35:09,529 --> 00:35:06,960

think is going to happen is that science

775

00:35:13,789 --> 00:35:09,539

in the much broader sense of the word

776

00:35:16,190 --> 00:35:13,799

and spirituality which will be mainly an

777

00:35:19,339 --> 00:35:16,200

acknowledgement of the profound nature

778

00:35:22,640 --> 00:35:19,349

of our consciousness will grow closer

779

00:35:26,059 --> 00:35:22,650

and closer together and we will all move

780

00:35:28,670 --> 00:35:26,069

forward into a far more enlightened

781

00:35:34,329 --> 00:35:28,680

world one thing that we will have to let

782

00:35:37,190 --> 00:35:34,339

go of is this kind of addiction to

783

00:35:40,519 --> 00:35:37,200

simplistic primitive reductive

784

00:35:44,509 --> 00:35:40,529

materialism because there's there's

785

00:35:48,769 --> 00:35:44,519

really no way that I can see a reductive

786

00:35:52,069 --> 00:35:48,779

materialist model coming remotely in the

787

00:35:54,859 --> 00:35:52,079

right ballpark to explain what we really

788

00:35:57,370 --> 00:35:54,869

know about consciousness now and you

789

00:36:00,859 --> 00:35:57,380

know coming from a neurosurgeon who

790

00:36:02,630 --> 00:36:00,869

before my coma I thought I was quite

791

00:36:04,849 --> 00:36:02,640

certain how the brain and the mind

792

00:36:07,670 --> 00:36:04,859

interacted and it was clear to me that

793

00:36:09,470 --> 00:36:07,680

there were many things I could do or see

794

00:36:12,019 --> 00:36:09,480

done on my patients and it would

795

00:36:15,829 --> 00:36:12,029

eliminate consciousness and and it was

796

00:36:17,450 --> 00:36:15,839

very clear of in that realm that the

797

00:36:19,460 --> 00:36:17,460

brain gives you consciousness and

798

00:36:22,160 --> 00:36:19,470

everything else and when the brain dies

799

00:36:25,489 --> 00:36:22,170

there goes consciousness soul mind it's

800

00:36:27,680 --> 00:36:25,499

all gone and it was clear now having

801  
00:36:30,190 --> 00:36:27,690  
been through my coma I can tell you that

802  
00:36:32,809 --> 00:36:30,200  
that's exactly wrong and that in fact

803  
00:36:35,700 --> 00:36:32,819  
the main income of the mind and

804  
00:36:37,880 --> 00:36:35,710  
consciousness are independent of the

805  
00:36:40,020 --> 00:36:37,890  
brain it's very hard to explain that

806  
00:36:41,820 --> 00:36:40,030  
certainly if you're if you're limiting

807  
00:36:45,089 --> 00:36:41,830  
yourself to that reductive materialist

808  
00:36:48,329 --> 00:36:45,099  
view and to any of any of the scientists

809  
00:36:52,440 --> 00:36:48,339  
in the crowd who want to get in on this

810  
00:36:54,960 --> 00:36:52,450  
what I would recommend there's there's

811  
00:36:57,510 --> 00:36:54,970  
one book that I kind of consider the

812  
00:36:59,910 --> 00:36:57,520  
Bible of this and it's a wonderful book

813  
00:37:01,950 --> 00:36:59,920

but it is really for those who have a

814

00:37:05,070 --> 00:37:01,960

strong scientific interest in it and

815

00:37:06,780 --> 00:37:05,080

it's called irreducible mind Edward

816

00:37:09,150 --> 00:37:06,790

Kelly Emily Williams Kelly

817

00:37:12,270 --> 00:37:09,160

Bruce Grayson you know Adam Crabtree

818

00:37:16,140 --> 00:37:12,280

Alan gold micro graça the whole group

819

00:37:17,880 --> 00:37:16,150

from Esalen and also based in the

820

00:37:20,370 --> 00:37:17,890

division of perceptual studies at the

821

00:37:23,250 --> 00:37:20,380

University of Virginia I have done an

822

00:37:25,380 --> 00:37:23,260

incredibly good job toward a psychology

823

00:37:27,359 --> 00:37:25,390

for the 21st century it's the subtitle

824

00:37:29,550 --> 00:37:27,369

and that's exactly what it is and I

825

00:37:31,859 --> 00:37:29,560

thought their book was was quite

826

00:37:35,310 --> 00:37:31,869

illustrative and of course it caused a

827

00:37:37,200 --> 00:37:35,320

huge splash when it came out in 1987 but

828

00:37:40,290 --> 00:37:37,210

again a lot of the reductive

829

00:37:44,010 --> 00:37:40,300

materialists like myself were not really

830

00:37:45,450 --> 00:37:44,020

going to put in the work to you know go

831

00:37:47,310 --> 00:37:45,460

through all of that and we just thought

832

00:37:50,130 --> 00:37:47,320

well we can't understand it so it can't

833

00:37:51,750 --> 00:37:50,140

be true I think you're being a little

834

00:37:54,900 --> 00:37:51,760

bit too generous there because some of

835

00:37:56,670 --> 00:37:54,910

the folks do do the work do tap into the

836

00:38:00,570 --> 00:37:56,680

research and still come out the other

837

00:38:02,760 --> 00:38:00,580

end holding on to that materialistic

838

00:38:04,829 --> 00:38:02,770

model that we're stuck with here because

839

00:38:07,650 --> 00:38:04,839

there's a lot invested in it and with

840

00:38:09,599 --> 00:38:07,660

that what I wanted to do was I sent you

841

00:38:12,329 --> 00:38:09,609

a couple of audio clips that I thought

842

00:38:13,829 --> 00:38:12,339

you might like to respond to and because

843

00:38:16,859 --> 00:38:13,839

it fits in to what you're just talking

844

00:38:18,720 --> 00:38:16,869

about people who have been they walked

845

00:38:21,060 --> 00:38:18,730

in your shoes and are still there in

846

00:38:22,950 --> 00:38:21,070

that model so the first clip I'd like to

847

00:38:25,079 --> 00:38:22,960

play for you is a former guest on this

848

00:38:28,940 --> 00:38:25,089

show dr. Steven novella who is a

849

00:38:32,220 --> 00:38:28,950

clinical neurologist at Yale University

850

00:38:35,250 --> 00:38:32,230

well-known and outspoken skeptic of

851  
00:38:37,020 --> 00:38:35,260  
near-death experiences but a nice guy

852  
00:38:38,400 --> 00:38:37,030  
who's willing to engage the topic so

853  
00:38:41,520 --> 00:38:38,410  
what I thought I'd do is play this

854  
00:38:44,550 --> 00:38:41,530  
little clip and see any response you

855  
00:38:46,530 --> 00:38:44,560  
might have to it okay all right the

856  
00:38:49,230 --> 00:38:46,540  
three basic kinds of explanations are

857  
00:38:51,030 --> 00:38:49,240  
wanted spiritual that it represents the

858  
00:38:52,770 --> 00:38:51,040  
that the mind can exist separate from

859  
00:38:55,380 --> 00:38:52,780  
the brain the second one is that it's a

860  
00:38:57,150 --> 00:38:55,390  
psychological experience of some sort

861  
00:38:58,730 --> 00:38:57,160  
and then the third is that it's it's

862  
00:39:02,300 --> 00:38:58,740  
organic it's it's neuro physiological

863  
00:39:04,170 --> 00:39:02,310

the evidence and some of the best

864

00:39:06,840 --> 00:39:04,180

explanatory models that people are

865

00:39:09,450 --> 00:39:06,850

putting forward are blending the second

866

00:39:12,210 --> 00:39:09,460

to the psychological and the organic

867

00:39:14,520 --> 00:39:12,220

that the neuroscientific think what

868

00:39:18,240 --> 00:39:14,530

we're seeing is that there's a core

869

00:39:20,460 --> 00:39:18,250

experience that's primarily organic it's

870

00:39:22,680 --> 00:39:20,470

what just have the kinds of things that

871

00:39:26,670 --> 00:39:22,690

can happen to the brain under various

872

00:39:28,650 --> 00:39:26,680

kinds of stress now I gotta add that if

873

00:39:31,850 --> 00:39:28,660

you really listen to the whole interview

874

00:39:33,810 --> 00:39:31,860

with Steve and the follow-up that we had

875

00:39:36,660 --> 00:39:33,820

what he's talking about is really a

876

00:39:39,120 --> 00:39:36,670

bunch of fluff really there really isn't

877

00:39:41,280 --> 00:39:39,130

a research that shows any neuro

878

00:39:43,500 --> 00:39:41,290

physiological cause for near-death

879

00:39:44,910 --> 00:39:43,510

experience and I really kind of held his

880

00:39:48,240 --> 00:39:44,920

feet to the fire and he was unable to

881

00:39:51,750 --> 00:39:48,250

produce anything of really any real

882

00:39:53,490 --> 00:39:51,760

substance about that research but maybe

883

00:39:55,950 --> 00:39:53,500

you can talk because it speaks so much

884

00:39:59,520 --> 00:39:55,960

to I guess the position that you were in

885

00:40:01,800 --> 00:39:59,530

just a few years ago about that position

886

00:40:03,180 --> 00:40:01,810

and that kind of entrenched it has to be

887

00:40:05,040 --> 00:40:03,190

in the brain kind of thing and how you

888

00:40:08,460 --> 00:40:05,050

think that relates to near-death

889

00:40:12,680 --> 00:40:08,470

experience I would say for one thing I

890

00:40:15,540 --> 00:40:12,690

think that you know a healthy skeptical

891

00:40:17,490 --> 00:40:15,550

approach to all this is a good thing

892

00:40:20,760 --> 00:40:17,500

because it helps us get to the truth it

893

00:40:23,280 --> 00:40:20,770

helps us know the answer and what we

894

00:40:26,160 --> 00:40:23,290

have to be careful of of course is not

895

00:40:30,150 --> 00:40:26,170

getting in the trap of having our

896

00:40:33,320 --> 00:40:30,160

prejudice rule the day because a lot of

897

00:40:36,599 --> 00:40:33,330

these experiments a lot of these studies

898

00:40:40,170 --> 00:40:36,609

how you interpret them will depend a lot

899

00:40:44,580 --> 00:40:40,180

on of you know what your prejudices are

900

00:40:46,680 --> 00:40:44,590

going in and I found early on in my

901  
00:40:49,590 --> 00:40:46,690  
experience I had to do as Descartes

902  
00:40:52,140 --> 00:40:49,600  
recommended when he was talking about

903  
00:40:55,680 --> 00:40:52,150  
getting to the truth and that was to

904  
00:40:58,910 --> 00:40:55,690  
really up to ignore or to reject

905  
00:41:01,770 --> 00:40:58,920  
everything everything I had ever

906  
00:41:03,069 --> 00:41:01,780  
accepted as real that was the only way

907  
00:41:06,819 --> 00:41:03,079  
to start getting to where I

908  
00:41:10,029 --> 00:41:06,829  
could figure any of this out and I know

909  
00:41:12,969 --> 00:41:10,039  
that a lot of the reductive kind of

910  
00:41:15,099 --> 00:41:12,979  
scientific crowd out there I have a

911  
00:41:16,630 --> 00:41:15,109  
favorite quote from Stephen Hawking he

912  
00:41:18,759 --> 00:41:16,640  
says there's a fundamental difference

913  
00:41:21,249 --> 00:41:18,769

between religion which is based on

914

00:41:23,319 --> 00:41:21,259

Authority or imposed dogma and faith as

915

00:41:25,839 --> 00:41:23,329

opposed to science which is based on

916

00:41:28,269 --> 00:41:25,849

observation and reason and what I would

917

00:41:32,559 --> 00:41:28,279

say is I think his statement is true as

918

00:41:34,089 --> 00:41:32,569

a general statement of but that science

919

00:41:37,180 --> 00:41:34,099

and certainly those who believe in

920

00:41:40,109 --> 00:41:37,190

science and scientists are as prone to

921

00:41:44,410 --> 00:41:40,119

addiction to impose Dogma and faith as

922

00:41:46,809 --> 00:41:44,420

as our you know religious zealots so one

923

00:41:48,719 --> 00:41:46,819

has to be very careful to really step

924

00:41:51,039 --> 00:41:48,729

back and want to know the truth and

925

00:41:53,799 --> 00:41:51,049

that's what I think we all would like to

926

00:41:55,390 --> 00:41:53,809

know in this case if we really do step

927

00:41:57,549 --> 00:41:55,400

back one of the things that's troubling

928

00:42:02,019 --> 00:41:57,559

to me and you touched on it a minute ago

929

00:42:05,529 --> 00:42:02,029

is how overwhelming the evidence seems

930

00:42:08,650 --> 00:42:05,539

to be at this point we can confidently

931

00:42:10,689 --> 00:42:08,660

say that one near death experiences

932

00:42:12,959 --> 00:42:10,699

didn't just start happening in the last

933

00:42:15,309 --> 00:42:12,969

twenty years since we had advanced

934

00:42:17,829 --> 00:42:15,319

resuscitation techniques we can

935

00:42:20,019 --> 00:42:17,839

confidently say that four or five

936

00:42:22,449 --> 00:42:20,029

percent of everyone who has a cardiac

937

00:42:25,359 --> 00:42:22,459

arrest is having this there's obviously

938

00:42:27,279 --> 00:42:25,369

hundreds of millions of people over time

939

00:42:29,009 --> 00:42:27,289

we've had these accounts and we have

940

00:42:31,420 --> 00:42:29,019

thousands and thousands of

941

00:42:34,959 --> 00:42:31,430

well-documented consistent accounts

942

00:42:37,089 --> 00:42:34,969

across cultures across times these are

943

00:42:40,269 --> 00:42:37,099

the measures that we would normally use

944

00:42:42,670 --> 00:42:40,279

to say this is a real phenomenon and

945

00:42:44,890 --> 00:42:42,680

then when when the skeptics have been

946

00:42:47,499 --> 00:42:44,900

really the scientists the mainstream

947

00:42:49,749 --> 00:42:47,509

scientists have pounded against it for

948

00:42:52,150 --> 00:42:49,759

20 years with really what amounts to a

949

00:42:54,999 --> 00:42:52,160

bunch of kind of very silly explanations

950

00:42:57,880 --> 00:42:55,009

but ones that have been carefully looked

951  
00:43:00,189 --> 00:42:57,890  
at and dismissed you know was it co2 is

952  
00:43:02,349 --> 00:43:00,199  
it fear of death is it other

953  
00:43:04,269 --> 00:43:02,359  
psychological factors is it all the

954  
00:43:07,509 --> 00:43:04,279  
different things REM intrusion all these

955  
00:43:09,910 --> 00:43:07,519  
things that clearly that this would

956  
00:43:11,829 --> 00:43:09,920  
normally be something where we'd be

957  
00:43:14,729 --> 00:43:11,839  
putting a lot of attention into it or

958  
00:43:16,539 --> 00:43:14,739  
that it would then become the presumed

959  
00:43:18,519 --> 00:43:16,549  
explanation for it but

960  
00:43:21,549 --> 00:43:18,529  
none of that's happening that they have

961  
00:43:24,449 --> 00:43:21,559  
managed to kind of hold back the Dyke

962  
00:43:27,489 --> 00:43:24,459  
you know so so what do you make of that

963  
00:43:28,769 --> 00:43:27,499

okay well I think you know when trying

964

00:43:34,059 --> 00:43:28,779

to get back to your original question

965

00:43:36,279 --> 00:43:34,069

with the the previous guests um to me

966

00:43:38,229 --> 00:43:36,289

one thing that has emerged from my

967

00:43:40,390 --> 00:43:38,239

experience and from very rigorous

968

00:43:42,729 --> 00:43:40,400

analysis of that experience over several

969

00:43:44,529 --> 00:43:42,739

years talking it over with with others

970

00:43:46,599 --> 00:43:44,539

that I respect in neuroscience and

971

00:43:50,469 --> 00:43:46,609

really trying to come up with an answer

972

00:43:55,630 --> 00:43:50,479

is that consciousness outside of the

973

00:43:58,120 --> 00:43:55,640

brain is a fact it's an established fact

974

00:44:02,079 --> 00:43:58,130

and of course you know that was a hard

975

00:44:03,640 --> 00:44:02,089

place for me to to get coming from you

976

00:44:05,799 --> 00:44:03,650

know being card toting reductive

977

00:44:09,099 --> 00:44:05,809

materialist over decades it was very

978

00:44:12,519 --> 00:44:09,109

difficult to get to knowing that

979

00:44:14,890 --> 00:44:12,529

consciousness that are there's a soul of

980

00:44:19,859 --> 00:44:14,900

us that that is not dependent on the

981

00:44:22,179 --> 00:44:19,869

brain and as much as I I know all the

982

00:44:24,939 --> 00:44:22,189

reductive materialist arguments against

983

00:44:26,589 --> 00:44:24,949

that I think part of the problem is it's

984

00:44:28,359 --> 00:44:26,599

like the guy looking for his keys under

985

00:44:30,719 --> 00:44:28,369

the streetlight and a reductive

986

00:44:33,039 --> 00:44:30,729

materialists are under the streetlight

987

00:44:35,679 --> 00:44:33,049

because that's where they can see things

988

00:44:38,019 --> 00:44:35,689

but in fact if your keys are lost out in

989

00:44:41,589 --> 00:44:38,029

the darkness of the techniques there are

990

00:44:43,929 --> 00:44:41,599

no good and it is only by letting go of

991

00:44:45,910 --> 00:44:43,939

that reductive materialism and opening

992

00:44:51,069 --> 00:44:45,920

up to what is a far more profound

993

00:44:53,529 --> 00:44:51,079

understanding of consciousness and this

994

00:44:57,069 --> 00:44:53,539

is where I think you know from me as a

995

00:44:58,959 --> 00:44:57,079

scientist I look at quantum mechanics

996

00:45:04,029 --> 00:44:58,969

and I go into this in great detail in my

997

00:45:05,919 --> 00:45:04,039

book um is is a huge part of kind of the

998

00:45:07,059 --> 00:45:05,929

smoking gun it shows us that there's

999

00:45:09,969 --> 00:45:07,069

something going on there about

1000

00:45:13,239 --> 00:45:09,979

consciousness that that our primitive

1001  
00:45:15,429 --> 00:45:13,249  
models don't get and it's far more

1002  
00:45:17,890 --> 00:45:15,439  
profound than than I ever realized

1003  
00:45:19,539 --> 00:45:17,900  
before I mean that's where I'm coming

1004  
00:45:23,759 --> 00:45:19,549  
from because my experience showed me

1005  
00:45:26,589 --> 00:45:23,769  
very clearly of that incredibly powerful

1006  
00:45:28,769 --> 00:45:26,599  
consciousness far beyond what I'm

1007  
00:45:30,490 --> 00:45:28,779  
trapped in here in the earthly realm

1008  
00:45:32,770 --> 00:45:30,500  
begins to umber

1009  
00:45:34,990 --> 00:45:32,780  
as you get rid of that filtering

1010  
00:45:38,230 --> 00:45:35,000  
mechanism of the brain I mean it is

1011  
00:45:40,780 --> 00:45:38,240  
really astonishing and that is what we

1012  
00:45:43,210 --> 00:45:40,790  
need to explain and thousands or

1013  
00:45:45,730 --> 00:45:43,220

millions of near-death experiencers have

1014

00:45:48,010 --> 00:45:45,740

talked about this not only that but of

1015

00:45:50,380 --> 00:45:48,020

course as you mentioned a few minutes

1016

00:45:53,050 --> 00:45:50,390

ago people don't even have to go to a

1017

00:45:56,710 --> 00:45:53,060

near-death situation there are plenty of

1018

00:46:01,089 --> 00:45:56,720

mystical experiences of that have

1019

00:46:02,800 --> 00:46:01,099

occurred over millennia that are part of

1020

00:46:04,870 --> 00:46:02,810

the same mechanism and that's why all

1021

00:46:06,070 --> 00:46:04,880

this talk about oxygen tension co2 and

1022

00:46:08,920 --> 00:46:06,080

all that you can pretty much throw out

1023

00:46:11,260 --> 00:46:08,930

the window because you really need to be

1024

00:46:13,690 --> 00:46:11,270

working towards explaining all of those

1025

00:46:17,290 --> 00:46:13,700

phenomena and part of the problem is

1026

00:46:21,070 --> 00:46:17,300

they're hard to explain but that is a

1027

00:46:23,800 --> 00:46:21,080

clue that in fact that's where the who

1028

00:46:25,330 --> 00:46:23,810

was it that the Willy Loman through ever

1029

00:46:26,410 --> 00:46:25,340

they asked him why do you rob banks he

1030

00:46:29,230 --> 00:46:26,420

said because that's where the money is

1031

00:46:33,460 --> 00:46:29,240

well same kind of thing they're hard

1032

00:46:36,250 --> 00:46:33,470

issues and the whole understanding of

1033

00:46:39,190 --> 00:46:36,260

what consciousness really involves and I

1034

00:46:41,320 --> 00:46:39,200

came a lot closer that in my coma

1035

00:46:43,599 --> 00:46:41,330

experience and coming out of it and in

1036

00:46:45,070 --> 00:46:43,609

doing all the very intense homework for

1037

00:46:48,609 --> 00:46:45,080

the three years since then to try and

1038

00:46:51,070 --> 00:46:48,619

understand it and that that it's a

1039

00:46:53,290 --> 00:46:51,080

difficult question because it's close to

1040

00:46:56,920 --> 00:46:53,300

the real truth that we're going after

1041

00:46:58,630 --> 00:46:56,930

you know if it were easy oh you know it

1042

00:47:00,220 --> 00:46:58,640

would be widely available and it would

1043

00:47:01,890 --> 00:47:00,230

have already been written up by somebody

1044

00:47:05,680 --> 00:47:01,900

who wanted to publish or perish and

1045

00:47:08,320 --> 00:47:05,690

that's that's not not how it works it's

1046

00:47:10,410 --> 00:47:08,330

not that easy dr. Alexander a little bit

1047

00:47:14,130 --> 00:47:10,420

of time we have left what's it been like

1048

00:47:17,290 --> 00:47:14,140

being so public about your experience

1049

00:47:18,910 --> 00:47:17,300

well you know people many people have

1050

00:47:22,390 --> 00:47:18,920

come up to me and said wow this takes a

1051

00:47:24,790 --> 00:47:22,400

lot of courage to do this you know it

1052

00:47:26,950 --> 00:47:24,800

probably would have taken courage to

1053

00:47:29,740 --> 00:47:26,960

talk like this right after I came out of

1054

00:47:32,050 --> 00:47:29,750

it and I learn to put the lid on it but

1055

00:47:33,490 --> 00:47:32,060

then as I did more and more work and

1056

00:47:38,670 --> 00:47:33,500

talk with more people and started

1057

00:47:42,550 --> 00:47:38,680

realizing oh my gosh this is all real

1058

00:47:44,240 --> 00:47:42,560

then I can tell you takes no courage at

1059

00:47:50,600 --> 00:47:44,250

all because it's simply

1060

00:47:52,580 --> 00:47:50,610

it is so powerful to know this and and I

1061

00:47:55,400 --> 00:47:52,590

think and one thing I'm trying to do in

1062

00:47:57,770 --> 00:47:55,410

my book is to show why it's so logical

1063

00:47:59,990 --> 00:47:57,780

why this is a very rational way for

1064

00:48:03,680 --> 00:48:00,000

things to work and especially when you

1065

00:48:06,200 --> 00:48:03,690

really delve into the profound mystery

1066

00:48:09,560 --> 00:48:06,210

of conscious existence and again I'd

1067

00:48:11,540 --> 00:48:09,570

recommend irreducible mind to any people

1068

00:48:14,330 --> 00:48:11,550

with a scientific bent who really want

1069

00:48:17,390 --> 00:48:14,340

to get into it go in there and and

1070

00:48:20,440 --> 00:48:17,400

because the whole issue is far far

1071

00:48:24,320 --> 00:48:20,450

deeper than we would like to think and

1072

00:48:25,850 --> 00:48:24,330

it's it's absolutely wonderful to to

1073

00:48:29,540 --> 00:48:25,860

realize this and I think it's going to

1074

00:48:32,240 --> 00:48:29,550

change this world in wonderful ways but

1075

00:48:35,300 --> 00:48:32,250

a big part of it of course is to try and

1076  
00:48:37,970 --> 00:48:35,310  
broaden the boundaries of science and of

1077  
00:48:42,370 --> 00:48:37,980  
what we accept and will use to get

1078  
00:48:45,830 --> 00:48:42,380  
towards truth and I'm very hopeful that

1079  
00:48:48,710 --> 00:48:45,840  
science and spirituality will come

1080  
00:48:50,420 --> 00:48:48,720  
together hand in hand and go forward to

1081  
00:48:53,330 --> 00:48:50,430  
help with these the getting these

1082  
00:48:55,160 --> 00:48:53,340  
answers and help people to understand

1083  
00:48:58,840 --> 00:48:55,170  
the true nature of our existence and a

1084  
00:49:04,060 --> 00:48:58,850  
side effect of course will be that

1085  
00:49:07,880 --> 00:49:04,070  
humanity and kind of the Grace and

1086  
00:49:11,210 --> 00:49:07,890  
harmony that we will see around this

1087  
00:49:13,150 --> 00:49:11,220  
world will expand tremendously as we

1088  
00:49:16,370 --> 00:49:13,160

move forward in that fashion

1089

00:49:18,980 --> 00:49:16,380

great it's certainly an amazing account

1090

00:49:22,130 --> 00:49:18,990

and you do a great job of bringing forth

1091

00:49:23,450 --> 00:49:22,140

this this information so we wish you the

1092

00:49:25,610 --> 00:49:23,460

best of luck with that and we'll

1093

00:49:27,890 --> 00:49:25,620

certainly look forward to your book

1094

00:49:29,840 --> 00:49:27,900

coming out when probably next year maybe

1095

00:49:31,580 --> 00:49:29,850

something I certainly hope so I'm hoping

1096

00:49:35,210 --> 00:49:31,590

to finish it now and I do have a web

1097

00:49:36,830 --> 00:49:35,220

page which is life beyond death net for

1098

00:49:38,540 --> 00:49:36,840

any people who have an interest I'll

1099

00:49:40,700 --> 00:49:38,550

tell you I'm so busy on the book you can

1100

00:49:43,280 --> 00:49:40,710

send me email sign up for the newsletter

1101  
00:49:45,170 --> 00:49:43,290  
whatever but I won't be responding for a

1102  
00:49:46,790 --> 00:49:45,180  
few months so if people are interested

1103  
00:49:48,290 --> 00:49:46,800  
they're welcome to get in touch sign up

1104  
00:49:50,600 --> 00:49:48,300  
for the newsletter which won't be coming

1105  
00:49:53,930 --> 00:49:50,610  
out until I've done the book and then

1106  
00:49:56,990 --> 00:49:53,940  
we'll move move from there but it's just

1107  
00:49:58,099 --> 00:49:57,000  
a wonderful gift and I think people will

1108  
00:50:00,559 --> 00:49:58,109  
see that it actually

1109  
00:50:03,920 --> 00:50:00,569  
makes more sense than anything else has

1110  
00:50:07,849 --> 00:50:03,930  
so far and that's why I think it's it's

1111  
00:50:10,339 --> 00:50:07,859  
it's of inestimable value to get this

1112  
00:50:12,559 --> 00:50:10,349  
out to the world great well thanks so

1113  
00:50:16,489 --> 00:50:12,569

much for joining us today well thank you

1114

00:50:18,410 --> 00:50:16,499

very much I appreciate Alex thanks again

1115

00:50:20,390 --> 00:50:18,420

to dr. Alexander for joining me today on

1116

00:50:23,089 --> 00:50:20,400

skeptic oh and I certainly wish him

1117

00:50:25,220 --> 00:50:23,099

success with his book and I know he's

1118

00:50:27,559 --> 00:50:25,230

very hopeful that his book and his

1119

00:50:29,269 --> 00:50:27,569

experience will advance this topic

1120

00:50:31,309 --> 00:50:29,279

forward and help us come to a deeper

1121

00:50:34,940 --> 00:50:31,319

understanding of what's really going on

1122

00:50:36,200 --> 00:50:34,950

with near-death experience but I don't

1123

00:50:38,479 --> 00:50:36,210

think it's going to happen

1124

00:50:40,759 --> 00:50:38,489

I think he's way too optimistic about

1125

00:50:42,589 --> 00:50:40,769

the amount of change that he's going to

1126

00:50:44,829 --> 00:50:42,599

be able to bring I think we're just too

1127

00:50:48,950 --> 00:50:44,839

deeply entrenched in our biological

1128

00:50:50,420 --> 00:50:48,960

robot mindset paradigm that we're in but

1129

00:50:52,339 --> 00:50:50,430

hey that's just my opinion and I

1130

00:50:54,140 --> 00:50:52,349

certainly hope that I'm wrong and I

1131

00:50:56,479 --> 00:50:54,150

certainly hope that you'll tell me if

1132

00:51:02,329 --> 00:50:56,489

you think I'm wrong either on The

1133

00:51:04,819 --> 00:51:02,339

Skeptical website at ske pti KO comm or

1134

00:51:06,920 --> 00:51:04,829

in our forum which you'll also find from

1135

00:51:08,960 --> 00:51:06,930

our website or by just dropping me an

1136

00:51:10,609 --> 00:51:08,970

e-mail or connecting with me on facebook

1137

00:51:12,739 --> 00:51:10,619

and also if you'd like more information

1138

00:51:15,099 --> 00:51:12,749

about this show please visit that

1139

00:51:17,870 --> 00:51:15,109

website we have over a hundred and fifty

1140

00:51:20,089 --> 00:51:17,880

previous shows in our library we invite

1141

00:51:23,239 --> 00:51:20,099

you to check those out well that's going

1142

00:51:23,569 --> 00:51:23,249

to do it for today until next time take

1143

00:51:25,780 --> 00:51:23,579

care

1144

00:51:33,990 --> 00:51:25,790

bye for now