



skeptiko.com

THE MEDICAL MYSTERY OF NEAR-DEATH EXPERIENCE

190. DR. EBEN ALEXANDER

1
00:00:14,910 --> 00:00:12,180
on this episode of skeptic Oh Alex talks

2
00:00:17,070 --> 00:00:14,920
with dr. eben Alexander about near-death

3
00:00:19,950 --> 00:00:17,080
experience science and his new book

4
00:00:21,840 --> 00:00:19,960
proof of heaven one of the really

5
00:00:23,730 --> 00:00:21,850
fascinating parts of the book is the

6
00:00:26,940 --> 00:00:23,740
professional transformation you go

7
00:00:29,640 --> 00:00:26,950
through you weren't totally unaware of

8
00:00:31,109 --> 00:00:29,650
the near-death experience research but

9
00:00:34,170 --> 00:00:31,119
it was just something that you

10
00:00:36,690 --> 00:00:34,180
completely look past because all your

11
00:00:38,880 --> 00:00:36,700
training had said this is impossible

12
00:00:42,120 --> 00:00:38,890
this doesn't exist so it kind of creates

13
00:00:44,610 --> 00:00:42,130

this blind spot in your medical

14

00:00:47,550 --> 00:00:44,620

knowledge it did require a tremendous

15

00:00:49,740 --> 00:00:47,560

amount of Education having been an

16

00:00:52,890 --> 00:00:49,750

academic neurosurgeon for over 20 years

17

00:00:54,810 --> 00:00:52,900

I thought I understood brain and help

18

00:00:57,840 --> 00:00:54,820

range and race consciousness and mind

19

00:01:00,570 --> 00:00:57,850

and soul spirit what-have-you but my

20

00:01:03,360 --> 00:01:00,580

thinking was clearly that when the brain

21

00:01:05,999 --> 00:01:03,370

and the body die that's the end of

22

00:01:08,760 --> 00:01:06,009

consciousness soul spirit I now know

23

00:01:11,789 --> 00:01:08,770

that's absolutely not true and to get to

24

00:01:13,319 --> 00:01:11,799

that point after my experience I really

25

00:01:14,429 --> 00:01:13,329

had to learn a tremendous amount about

26

00:01:27,670 --> 00:01:14,439

consciousness

27

00:01:31,640 --> 00:01:30,050

welcome to skeptic Oh where we explored

28

00:01:34,010 --> 00:01:31,650

controversial science with leading

29

00:01:36,020 --> 00:01:34,020

researchers thinkers and their critics

30

00:01:37,850 --> 00:01:36,030

I'm your host Aleksic Harrison on this

31

00:01:39,920 --> 00:01:37,860

episode of skeptic oh I have an

32

00:01:42,440 --> 00:01:39,930

interview with dr. Evan Alexander

33

00:01:45,050 --> 00:01:42,450

regarding his new book proof of heaven

34

00:01:46,970 --> 00:01:45,060

now as you know this book as well as

35

00:01:49,370 --> 00:01:46,980

this interview has already caused quite

36

00:01:51,830 --> 00:01:49,380

a stir among the scientific and medical

37

00:01:53,900 --> 00:01:51,840

communities because number one his

38

00:01:56,150 --> 00:01:53,910

credentials are so strong and number two

39

00:01:57,860 --> 00:01:56,160

and maybe this is the main reason he's

40

00:02:00,680 --> 00:01:57,870

really gone there in terms of the

41

00:02:01,310 --> 00:02:00,690

spiritual implications of his personal

42

00:02:03,650 --> 00:02:01,320

NDE

43

00:02:05,450 --> 00:02:03,660

and the broader near-death experience

44

00:02:07,190 --> 00:02:05,460

phenomenon and I think that makes some

45

00:02:08,930 --> 00:02:07,200

people very very uncomfortable

46

00:02:11,540 --> 00:02:08,940

I think the spiritual connections are

47

00:02:14,060 --> 00:02:11,550

obvious to anyone who's looked at this

48

00:02:15,950 --> 00:02:14,070

research the science but I think it

49

00:02:18,290 --> 00:02:15,960

still makes people uncomfortable they

50

00:02:21,470 --> 00:02:18,300

like to deal with it on a very sterile

51
00:02:23,630 --> 00:02:21,480
analytical scientific basis and of

52
00:02:25,280 --> 00:02:23,640
course dr. Alexander is capable of doing

53
00:02:27,740 --> 00:02:25,290
that and I think does a good job of that

54
00:02:30,620 --> 00:02:27,750
but what's really unique about his story

55
00:02:33,080 --> 00:02:30,630
is that he brings his expertise to this

56
00:02:36,110 --> 00:02:33,090
medical mystery and we do have to really

57
00:02:39,920 --> 00:02:36,120
start there near-death experience after

58
00:02:43,040 --> 00:02:39,930
all is a medical mystery there isn't any

59
00:02:45,380 --> 00:02:43,050
conventional explanation for it and that

60
00:02:48,110 --> 00:02:45,390
sends us off into these other directions

61
00:02:53,210 --> 00:02:48,120
that you're going to hear about in this

62
00:02:55,880 --> 00:02:53,220
interview with dr. Evan Alexander today

63
00:02:58,130 --> 00:02:55,890

we welcome dr. Evan Alexander back to

64

00:03:00,610 --> 00:02:58,140

skeptic Oh dr. Alexander has just

65

00:03:03,050 --> 00:03:00,620

published proof of heaven a

66

00:03:06,590 --> 00:03:03,060

neurosurgeons near-death experience in

67

00:03:08,330 --> 00:03:06,600

journey into the afterlife welcome dr.

68

00:03:11,570 --> 00:03:08,340

Alexander thanks for joining me on

69

00:03:13,100 --> 00:03:11,580

skeptic oh well hello Alex and thanks

70

00:03:16,100 --> 00:03:13,110

very much for having me back

71

00:03:19,699 --> 00:03:16,110

well you've written quite a book here

72

00:03:21,380 --> 00:03:19,709

one part medical thriller it really is

73

00:03:24,890 --> 00:03:21,390

and one part near-death experience

74

00:03:27,199 --> 00:03:24,900

science book it's a great read I didn't

75

00:03:31,400 --> 00:03:27,209

think neurosurgeons were supposed to be

76

00:03:33,860 --> 00:03:31,410

writers of this caliber well thanks a

77

00:03:35,720 --> 00:03:33,870

lot I appreciate it I think you can tell

78

00:03:36,890 --> 00:03:35,730

it's really a story from the heart

79

00:03:41,089 --> 00:03:36,900

because

80

00:03:44,839 --> 00:03:41,099

it's a very personal story and my

81

00:03:50,030 --> 00:03:44,849

experience was absolutely life-changing

82

00:03:52,430 --> 00:03:50,040

in every sense of the word and I mean to

83

00:03:55,300 --> 00:03:52,440

me I think a lot of people are most

84

00:03:58,000 --> 00:03:55,310

interested when they hear that I had a

85

00:04:01,330 --> 00:03:58,010

profound near-death experience like

86

00:04:04,720 --> 00:04:01,340

millions of people have had and

87

00:04:10,059 --> 00:04:04,730

witnessed that ultra reality in that

88

00:04:14,630 --> 00:04:10,069

startling nature of that realm and

89

00:04:17,900 --> 00:04:14,640

because I had bacterial meningitis which

90

00:04:21,199 --> 00:04:17,910

really pretty much turned off the human

91

00:04:23,690 --> 00:04:21,209

part of my brain after I had was

92

00:04:26,600 --> 00:04:23,700

recovering and putting the whole story

93

00:04:28,430 --> 00:04:26,610

together it started to become very clear

94

00:04:31,010 --> 00:04:28,440

to me that there was absolutely no way

95

00:04:33,680 --> 00:04:31,020

that it had happened in my brain and

96

00:04:37,490 --> 00:04:33,690

that was based on neuro scientific

97

00:04:39,170 --> 00:04:37,500

principle so as stunned as I was by the

98

00:04:42,200 --> 00:04:39,180

nature of the experience and the

99

00:04:45,950 --> 00:04:42,210

ultra-reality when I was waking up from

100

00:04:48,200 --> 00:04:45,960

coma my original intent was to try and

101
00:04:50,740 --> 00:04:48,210
explain that based on neuro scientific

102
00:04:53,980 --> 00:04:50,750
principles and then over a few months

103
00:04:57,490 --> 00:04:53,990
and even before I started reading any

104
00:04:59,990 --> 00:04:57,500
near-death experience literature I

105
00:05:02,510 --> 00:05:00,000
realized how sick I was and how it was

106
00:05:06,710 --> 00:05:02,520
really impossible to explain this very

107
00:05:09,950 --> 00:05:06,720
rich experience through the typical

108
00:05:12,260 --> 00:05:09,960
neuro scientific explanations and it

109
00:05:14,360 --> 00:05:12,270
really happened and it happened in a

110
00:05:16,270 --> 00:05:14,370
place that's outside of our physical

111
00:05:18,620 --> 00:05:16,280
universe and I think that's what's so

112
00:05:21,920 --> 00:05:18,630
stunning and that's why so many people

113
00:05:24,080 --> 00:05:21,930

are fascinated by this story absolutely

114

00:05:26,600 --> 00:05:24,090

and of course as you just mentioned I

115

00:05:30,050 --> 00:05:26,610

think the other aspect of it that draws

116

00:05:32,690 --> 00:05:30,060

people in of course is your background I

117

00:05:34,820 --> 00:05:32,700

mean you would know the answers to some

118

00:05:37,760 --> 00:05:34,830

of those questions you have quite an

119

00:05:39,950 --> 00:05:37,770

extensive academic background as well as

120

00:05:42,320 --> 00:05:39,960

professional I mean you are a brain

121

00:05:43,640 --> 00:05:42,330

surgeon you know as I said you know it

122

00:05:45,170 --> 00:05:43,650

doesn't take a brain surgeon well in

123

00:05:47,300 --> 00:05:45,180

this case it takes a brain surgeon

124

00:05:49,339 --> 00:05:47,310

you're a professor at Harvard Medical

125

00:05:50,629 --> 00:05:49,349

School for 15 years you're publishing

126

00:05:53,119 --> 00:05:50,639

papers in all

127

00:05:55,640 --> 00:05:53,129

medical journals so you are a bona fide

128

00:05:56,899 --> 00:05:55,650

expert in these areas and then if I

129

00:05:59,209 --> 00:05:56,909

can't just fill in a little bit your

130

00:06:01,909 --> 00:05:59,219

story so there you are you're you're a

131

00:06:03,350 --> 00:06:01,919

neurosurgeon you move back to the South

132

00:06:05,779 --> 00:06:03,360

where you're from originally with your

133

00:06:07,159 --> 00:06:05,789

family to kind of slow down a little bit

134

00:06:09,830 --> 00:06:07,169

although you still have a very active

135

00:06:14,330 --> 00:06:09,840

practice and due to this day but then

136

00:06:18,350 --> 00:06:14,340

this incident this spinal meningitis and

137

00:06:20,600 --> 00:06:18,360

it's an e coli bacteria which I just was

138

00:06:22,820 --> 00:06:20,610

was stunned I didn't know anything about

139

00:06:25,010 --> 00:06:22,830

it but again this book is part medical

140

00:06:26,749 --> 00:06:25,020

thriller so when you read this book and

141

00:06:28,429 --> 00:06:26,759

it's really a great read it's not only a

142

00:06:30,469 --> 00:06:28,439

book you're gonna want to read for

143

00:06:32,149 --> 00:06:30,479

yourself but I really think it's the

144

00:06:34,580 --> 00:06:32,159

kind of book you're going to want to

145

00:06:37,040 --> 00:06:34,590

give to someone else because they'll be

146

00:06:40,240 --> 00:06:37,050

drawn into the story and at the same

147

00:06:43,010 --> 00:06:40,250

time they'll be overwhelmed by the

148

00:06:45,529 --> 00:06:43,020

medical and scientific evidence behind

149

00:06:47,809 --> 00:06:45,539

it but anyways this thing happens to you

150

00:06:51,800 --> 00:06:47,819

and I guess one of the parts we could

151
00:06:54,829 --> 00:06:51,810
explore right now as a physician tell

152
00:06:59,179 --> 00:06:54,839
folks a little bit about the medical

153
00:07:01,579 --> 00:06:59,189
miracle of your recovery itself because

154
00:07:03,829 --> 00:07:01,589
taking the in de out of it this is just

155
00:07:07,579 --> 00:07:03,839
an extraordinary medical case isn't it

156
00:07:11,360 --> 00:07:07,589
right it's I must say all the physicians

157
00:07:14,480 --> 00:07:11,370
and nurses who took care of me were

158
00:07:17,269 --> 00:07:14,490
absolutely dumbfounded that I ended up

159
00:07:18,559 --> 00:07:17,279
making a complete recovery as you

160
00:07:21,189 --> 00:07:18,569
pointed out a minute ago it's very

161
00:07:24,409 --> 00:07:21,199
important to note that it was an e coli

162
00:07:26,689 --> 00:07:24,419
spontaneous ecoli meningitis which in

163
00:07:29,329 --> 00:07:26,699

adults probably has an incidence of

164

00:07:34,570 --> 00:07:29,339

around one and ten million per year or

165

00:07:37,279 --> 00:07:34,580

less so it's very rare and that I think

166

00:07:40,100 --> 00:07:37,289

has mainly served the purpose of keeping

167

00:07:45,559 --> 00:07:40,110

me focused so that I was not about to

168

00:07:48,439 --> 00:07:45,569

dismiss any of this it's almost like it

169

00:07:52,100 --> 00:07:48,449

was kind of an overkill of forcing

170

00:07:53,959 --> 00:07:52,110

rarity on me so I would not lose track

171

00:07:56,269 --> 00:07:53,969

of how important it was to get to the

172

00:07:59,719 --> 00:07:56,279

bottom of all this the other thing of

173

00:08:02,570 --> 00:07:59,729

course is as I do tell in the in the

174

00:08:03,690 --> 00:08:02,580

book I when I first came down with this

175

00:08:07,260 --> 00:08:03,700

illness which was

176

00:08:08,970 --> 00:08:07,270

November 10th 2008 I became symptomatic

177

00:08:11,870 --> 00:08:08,980

at about 4:00 in the morning and it was

178

00:08:14,340 --> 00:08:11,880

very severe very rapidly progressive

179

00:08:17,310 --> 00:08:14,350

disease so it started with the back pain

180

00:08:20,280 --> 00:08:17,320

and then rapidly to a severe headache

181

00:08:22,710 --> 00:08:20,290

and then within about three hours of

182

00:08:25,950 --> 00:08:22,720

onset into a grand mal epileptic seizure

183

00:08:28,590 --> 00:08:25,960

that was really not breakable and if you

184

00:08:31,920 --> 00:08:28,600

do a literature search you'll find that

185

00:08:35,880 --> 00:08:31,930

if someone has a gram-negative bacteria

186

00:08:38,040 --> 00:08:35,890

meningitis like I had and they go into

187

00:08:41,040 --> 00:08:38,050

coma rapidly and in the literature

188

00:08:43,400 --> 00:08:41,050

that's within 24 hours of course I was

189

00:08:46,020 --> 00:08:43,410

so sick I did that within 3 or 4 hours

190

00:08:48,690 --> 00:08:46,030

it turns out that with that history when

191

00:08:51,480 --> 00:08:48,700

they get to the emergency room all their

192

00:08:54,080 --> 00:08:51,490

mortality is already at 90% from that

193

00:08:56,490 --> 00:08:54,090

illness so I had only a 10% chance of

194

00:08:59,240 --> 00:08:56,500

surviving when I got to the emergency

195

00:09:03,020 --> 00:08:59,250

room and they quickly put me on three

196

00:09:05,880 --> 00:09:03,030

antibiotics to try and cover this and I

197

00:09:09,720 --> 00:09:05,890

did not respond for several days to the

198

00:09:11,580 --> 00:09:09,730

antibiotics so that 10% survival

199

00:09:16,290 --> 00:09:11,590

estimate when I first came in the door

200

00:09:18,600 --> 00:09:16,300

crept towards you know 2 or 3 percent by

201
00:09:21,720 --> 00:09:18,610
the end of the week which is the time

202
00:09:23,850 --> 00:09:21,730
when I finally woke up and my physicians

203
00:09:27,450 --> 00:09:23,860
were making it very clear to my family

204
00:09:29,370 --> 00:09:27,460
that even if I did survive it especially

205
00:09:31,230 --> 00:09:29,380
by that point after I've been in coma on

206
00:09:35,180 --> 00:09:31,240
a ventilator for a week

207
00:09:38,100 --> 00:09:35,190
that my chances for neurologic recovery

208
00:09:39,570 --> 00:09:38,110
were very limited and that I would

209
00:09:42,060 --> 00:09:39,580
probably spend the rest of my life in a

210
00:09:43,920 --> 00:09:42,070
nursing home and so in fact they were

211
00:09:45,930 --> 00:09:43,930
even even at a point of discussing

212
00:09:48,480 --> 00:09:45,940
stopping the antibiotics just so they

213
00:09:49,620 --> 00:09:48,490

didn't get caught in that trap where you

214

00:09:52,380 --> 00:09:49,630

know at the end of the day they might

215

00:09:54,840 --> 00:09:52,390

have cured the meningitis and yet been

216

00:09:58,280 --> 00:09:54,850

left with somebody in a persistent

217

00:10:01,500 --> 00:09:58,290

vegetative state so it really was a

218

00:10:04,830 --> 00:10:01,510

absolute miracle that I was able to come

219

00:10:08,010 --> 00:10:04,840

back and you're coming back is I can

220

00:10:09,810 --> 00:10:08,020

just stunningly remarkable talk a little

221

00:10:12,300 --> 00:10:09,820

bit about that you do in the book you

222

00:10:15,120 --> 00:10:12,310

describe the process but I it's just

223

00:10:17,490 --> 00:10:15,130

sounds almost unbelievable that you

224

00:10:20,820 --> 00:10:17,500

would recover the way that you did

225

00:10:23,730 --> 00:10:20,830

well I will tell you that if if I've had

226

00:10:26,420 --> 00:10:23,740

a patient before my coma if you would

227

00:10:30,000 --> 00:10:26,430

ask me how much does a patient remember

228

00:10:32,130 --> 00:10:30,010

if they have acute back true meningitis

229

00:10:34,290 --> 00:10:32,140

going to coma within hours it's been a

230

00:10:36,990 --> 00:10:34,300

week on a ventilator and then finally

231

00:10:39,270 --> 00:10:37,000

start to wake back up but your eyes pop

232

00:10:40,860 --> 00:10:39,280

open right um and I mean your eyes pop

233

00:10:43,650 --> 00:10:40,870

open and you say take this ventilator

234

00:10:47,010 --> 00:10:43,660

out and you start talking I mean that is

235

00:10:48,720 --> 00:10:47,020

also quite amazing right was absolutely

236

00:10:52,710 --> 00:10:48,730

stunning and I think it's important to

237

00:10:56,070 --> 00:10:52,720

point out to people that for one thing I

238

00:10:58,800 --> 00:10:56,080

would not expect a person to a patient

239

00:11:02,310 --> 00:10:58,810

to remember anything at all from within

240

00:11:03,960 --> 00:11:02,320

that experience and so in fact I was

241

00:11:05,730 --> 00:11:03,970

very shocked because I remembered a

242

00:11:08,010 --> 00:11:05,740

tremendous amount and that's what I tell

243

00:11:11,040 --> 00:11:08,020

in my story the other thing that's

244

00:11:13,980 --> 00:11:11,050

crucial to understand is that the

245

00:11:15,990 --> 00:11:13,990

meningitis was so effective at wiping

246

00:11:18,450 --> 00:11:16,000

out the outer surface of my brain my

247

00:11:21,480 --> 00:11:18,460

neocortex that's the part where all of

248

00:11:24,000 --> 00:11:21,490

our human experience happens meningitis

249

00:11:27,240 --> 00:11:24,010

is probably the most efficient way to

250

00:11:30,750 --> 00:11:27,250

wipe out human brain and in human

251

00:11:32,400 --> 00:11:30,760

existence and still leave some of the

252

00:11:34,200 --> 00:11:32,410

deeper structures intact so that

253

00:11:37,170 --> 00:11:34,210

potentially somebody could survive it

254

00:11:38,610 --> 00:11:37,180

although very very few people who are as

255

00:11:42,870 --> 00:11:38,620

sick as I was with bacterial meningitis

256

00:11:45,090 --> 00:11:42,880

end up surviving at all so I still

257

00:11:48,510 --> 00:11:45,100

consider myself extremely fortunate and

258

00:11:50,310 --> 00:11:48,520

you remark in the book that this is for

259

00:11:53,550 --> 00:11:50,320

those reasons probably one of the most

260

00:11:55,050 --> 00:11:53,560

convincing cases of survival of

261

00:11:57,650 --> 00:11:55,060

consciousness because it's very

262

00:12:00,570 --> 00:11:57,660

difficult to argue from a medical

263

00:12:04,260 --> 00:12:00,580

neuroscience standpoint that there was

264

00:12:07,440 --> 00:12:04,270

anything going on in that brain state

265

00:12:11,970 --> 00:12:07,450

that you're in right well I think my

266

00:12:14,640 --> 00:12:11,980

neurologic exams very clearly point out

267

00:12:17,370 --> 00:12:14,650

that I was getting much worse through

268

00:12:18,660 --> 00:12:17,380

the week to a point where I really

269

00:12:21,210 --> 00:12:18,670

didn't need much in the way of sedation

270

00:12:25,020 --> 00:12:21,220

or anything my brain stem was very

271

00:12:27,060 --> 00:12:25,030

damaged you can tell from my lack of

272

00:12:29,490 --> 00:12:27,070

brainstem reflexes I mean I was

273

00:12:30,770 --> 00:12:29,500

extremely sick from this and of course

274

00:12:32,960 --> 00:12:30,780

when I started reviewing

275

00:12:35,150 --> 00:12:32,970

medical record much much later I was

276

00:12:37,730 --> 00:12:35,160

kind of shocked that I could be that

277

00:12:39,860 --> 00:12:37,740

sick and then be coming back to the

278

00:12:41,870 --> 00:12:39,870

point where I was reviewing my own

279

00:12:44,870 --> 00:12:41,880

medical record and in fact I was present

280

00:12:47,530 --> 00:12:44,880

at my own Grand Rounds which you know

281

00:12:49,760 --> 00:12:47,540

were clinical pathologic correlation

282

00:12:53,270 --> 00:12:49,770

conference which you know most people

283

00:12:54,920 --> 00:12:53,280

obviously cannot ever do because those

284

00:12:59,390 --> 00:12:54,930

conferences are about patients who were

285

00:13:02,390 --> 00:12:59,400

deathly ill and it's it just shocked me

286

00:13:05,840 --> 00:13:02,400

the the meningitis was so effective that

287

00:13:08,150 --> 00:13:05,850

deep inside coma of you know when I

288

00:13:11,360 --> 00:13:08,160

first became aware of anything deep

289

00:13:15,110 --> 00:13:11,370

inside coma I had absolutely no memory

290

00:13:17,090 --> 00:13:15,120

of my life no knowledge whatsoever of

291

00:13:19,880 --> 00:13:17,100

Earth or humans or this universe

292

00:13:22,250 --> 00:13:19,890

certainly nothing about my identity or

293

00:13:24,530 --> 00:13:22,260

any of that I didn't even have any words

294

00:13:28,040 --> 00:13:24,540

all my words were completely gone there

295

00:13:31,490 --> 00:13:28,050

was no language at all and I spent a

296

00:13:34,160 --> 00:13:31,500

very long period of time initially and

297

00:13:35,630 --> 00:13:34,170

of course long is easy to understand

298

00:13:38,180 --> 00:13:35,640

when you realize I had no prior

299

00:13:40,730 --> 00:13:38,190

existence so I mean just like for a

300

00:13:41,960 --> 00:13:40,740

newborn you know an hour - can seem like

301
00:13:45,890 --> 00:13:41,970
infinity because it's their whole

302
00:13:48,080 --> 00:13:45,900
lifetime and likewise just coming into

303
00:13:51,260 --> 00:13:48,090
existence in this murky kind of

304
00:13:56,950 --> 00:13:51,270
underground muddy foaming realm which is

305
00:14:00,470 --> 00:13:56,960
what I initially remembered it it was

306
00:14:02,360 --> 00:14:00,480
it's it's a area that I call in my book

307
00:14:05,720 --> 00:14:02,370
the earth worms eye view was a very

308
00:14:08,240 --> 00:14:05,730
murky I don't think memory was working

309
00:14:11,390 --> 00:14:08,250
at all well and that's why I've seen so

310
00:14:14,030 --> 00:14:11,400
far I had no body awareness no sense of

311
00:14:16,400 --> 00:14:14,040
self at all I was just aware of being

312
00:14:19,670 --> 00:14:16,410
the speck in this kind of mundane

313
00:14:23,420 --> 00:14:19,680

boiling soup with this mechanical

314

00:14:26,660 --> 00:14:23,430

pounding sound deep off in the distance

315

00:14:28,790 --> 00:14:26,670

and kind of a vague sensation of roots

316

00:14:31,870 --> 00:14:28,800

or vessels or something that we're

317

00:14:34,520 --> 00:14:31,880

coursing through the muck around me

318

00:14:36,740 --> 00:14:34,530

occasionally even a memory of some face

319

00:14:39,530 --> 00:14:36,750

that might boil up I mean you could be

320

00:14:42,760 --> 00:14:39,540

ugly grotesque shapes certainly nothing

321

00:14:44,949 --> 00:14:42,770

identifiable they boil out of the muck

322

00:14:47,650 --> 00:14:44,959

and there might be some screech or war

323

00:14:50,560 --> 00:14:47,660

or something and then they go back into

324

00:14:53,050 --> 00:14:50,570

the bubbling soup and that was that and

325

00:14:58,750 --> 00:14:53,060

I felt like I was in that earthworm I've

326

00:15:00,490 --> 00:14:58,760

you that murky realm for ages it's it's

327

00:15:02,199 --> 00:15:00,500

impossible to really put a number on it

328

00:15:04,240 --> 00:15:02,209

because it was for a very very long time

329

00:15:08,350 --> 00:15:04,250

it was the only existence I'd ever known

330

00:15:12,670 --> 00:15:08,360

and and it was in that setting that I

331

00:15:15,910 --> 00:15:12,680

had this what to me seems to be kind of

332

00:15:17,740 --> 00:15:15,920

a spontaneous emergence which is most

333

00:15:20,320 --> 00:15:17,750

paradoxical and looking back on it

334

00:15:22,870 --> 00:15:20,330

because it was at a point where that

335

00:15:26,860 --> 00:15:22,880

earth were my view that Mach was at its

336

00:15:28,840 --> 00:15:26,870

lowest ebb and you know my thinking when

337

00:15:30,430 --> 00:15:28,850

I was writing all this up is that that

338

00:15:33,100 --> 00:15:30,440

earth were my view was about the best

339

00:15:36,910 --> 00:15:33,110

consciousness that my brain soaking in

340

00:15:39,850 --> 00:15:36,920

pus could muster and that's why it was

341

00:15:43,470 --> 00:15:39,860

so stunning that what happened next was

342

00:15:46,120 --> 00:15:43,480

an awareness of the spinning melody of

343

00:15:48,100 --> 00:15:46,130

bright light and all these fine

344

00:15:49,930 --> 00:15:48,110

filaments coming off of it and it was

345

00:15:51,940 --> 00:15:49,940

spinning very slowly in front of me and

346

00:15:56,199 --> 00:15:51,950

coming closer but it had a beautiful

347

00:15:59,260 --> 00:15:56,209

melody that went with it and as it came

348

00:16:02,650 --> 00:15:59,270

closer it opened up like a rip in the in

349

00:16:06,639 --> 00:16:02,660

the fabric of existence and was a portal

350

00:16:08,470 --> 00:16:06,649

into this lovely verdant Valley but I

351
00:16:12,090 --> 00:16:08,480
found that I was going into a beautiful

352
00:16:16,150 --> 00:16:12,100
realm that was a very rich tapestry very

353
00:16:20,199 --> 00:16:16,160
experiential in recalling all the the

354
00:16:22,060 --> 00:16:20,209
memories of it and my awareness of it in

355
00:16:23,680 --> 00:16:22,070
the weeks after my coma when I was

356
00:16:27,250 --> 00:16:23,690
trying to write all this up as a neuro

357
00:16:31,560 --> 00:16:27,260
scientific report the amazing thing was

358
00:16:34,990 --> 00:16:31,570
how a lot of the visual and auditory

359
00:16:37,060 --> 00:16:35,000
sensations had this complete overlap and

360
00:16:41,590 --> 00:16:37,070
I mean I think it sounds a lot like what

361
00:16:44,019 --> 00:16:41,600
is known as synesthesia where people in

362
00:16:46,600 --> 00:16:44,029
kind of recognizing their senses in

363
00:16:50,260 --> 00:16:46,610

constructing the world realized that

364

00:16:53,980 --> 00:16:50,270

sometimes auditory may overrun into

365

00:16:55,960 --> 00:16:53,990

visual and olfactory may be associated

366

00:16:58,239 --> 00:16:55,970

with certain visual or auditory

367

00:17:00,099 --> 00:16:58,249

and I saw a lot of that kind of thing

368

00:17:02,829 --> 00:17:00,109

when I was recalling all this and trying

369

00:17:07,259 --> 00:17:02,839

to write it down and it was a incredibly

370

00:17:11,350 --> 00:17:07,269

interactive realm and one that was very

371

00:17:14,710 --> 00:17:11,360

beautiful and kind of vivid and stunning

372

00:17:19,829 --> 00:17:14,720

but in recalling the beautiful music and

373

00:17:22,720 --> 00:17:19,839

a lot of the scenes that I saw it was

374

00:17:25,629 --> 00:17:22,730

very difficult to unravel just because

375

00:17:28,480 --> 00:17:25,639

of this incredible overlap and it was

376

00:17:30,879 --> 00:17:28,490

all ultra real it was it makes the realm

377

00:17:32,860 --> 00:17:30,889

that we live in here and on earth seem

378

00:17:35,769 --> 00:17:32,870

very dreamlike in comparison it was a

379

00:17:38,830 --> 00:17:35,779

very sharp and crisp and and poignant

380

00:17:43,919 --> 00:17:38,840

and and meaningful and even though I had

381

00:17:47,799 --> 00:17:43,929

no words in that realm the concepts

382

00:17:51,549 --> 00:17:47,809

conceptual flow was pure and complete I

383

00:17:53,889 --> 00:17:51,559

mean in fact words are seem to be a

384

00:17:57,060 --> 00:17:53,899

great bottleneck a hurdle to

385

00:18:00,310 --> 00:17:57,070

understanding compared to the way

386

00:18:04,629 --> 00:18:00,320

information flowed into me there and so

387

00:18:08,049 --> 00:18:04,639

I had that absolutely lovely scene that

388

00:18:13,480 --> 00:18:08,059

I float up into that was very rich in

389

00:18:16,690 --> 00:18:13,490

its in its complexities and also very

390

00:18:18,220 --> 00:18:16,700

interactive any question in my mind and

391

00:18:20,289 --> 00:18:18,230

again these were not worded questions

392

00:18:23,320 --> 00:18:20,299

but I could wonder kind of why and who

393

00:18:26,409 --> 00:18:23,330

and what and the answers to those

394

00:18:28,360 --> 00:18:26,419

questions hit me like these incredible

395

00:18:31,269 --> 00:18:28,370

waves of experience and they would come

396

00:18:33,490 --> 00:18:31,279

through me and I would know completely

397

00:18:37,419 --> 00:18:33,500

the the truth to everything around any

398

00:18:40,779 --> 00:18:37,429

of those queries and from there there

399

00:18:43,149 --> 00:18:40,789

was this very profound sense of divine

400

00:18:45,009 --> 00:18:43,159

and of the divine presence that I

401
00:18:47,740 --> 00:18:45,019
described in the book and also of the

402
00:18:50,080 --> 00:18:47,750
importance of love and how powerful love

403
00:18:53,110 --> 00:18:50,090
is in that realm and then I went outside

404
00:18:58,659 --> 00:18:53,120
of the entire universe and I was out

405
00:19:01,029 --> 00:18:58,669
with with the orb of light and with this

406
00:19:03,549 --> 00:19:01,039
divinity and learned so much more and I

407
00:19:06,609 --> 00:19:03,559
go into that in detail in the book but

408
00:19:09,520 --> 00:19:06,619
the important thing is that that very

409
00:19:12,370 --> 00:19:09,530
rich experience with profound knowledge

410
00:19:16,570 --> 00:19:12,380
coming into me would then suddenly

411
00:19:18,340 --> 00:19:16,580
without any apparent lead-in I would be

412
00:19:21,580 --> 00:19:18,350
back in that earthworm I've you and

413
00:19:24,430 --> 00:19:21,590

actually I learned that by recalling the

414

00:19:28,230 --> 00:19:24,440

notes of the melody that beautiful light

415

00:19:31,300 --> 00:19:28,240

would come spin up in front of me and

416

00:19:33,310 --> 00:19:31,310

then as I kind of encouraged the melody

417

00:19:35,560 --> 00:19:33,320

and remembered more of it the whole

418

00:19:37,870 --> 00:19:35,570

thing would open up again as a portal

419

00:19:40,240 --> 00:19:37,880

into that beautiful very complex rich

420

00:19:42,340 --> 00:19:40,250

ultra real realm and then back outside

421

00:19:44,260 --> 00:19:42,350

of the universe where I was taught more

422

00:19:46,780 --> 00:19:44,270

lessons and that happened several times

423

00:19:48,610 --> 00:19:46,790

and it was a real mystery as I was

424

00:19:51,490 --> 00:19:48,620

trying to put it all together and write

425

00:19:54,100 --> 00:19:51,500

it down when I came back especially that

426

00:19:57,460 --> 00:19:54,110

it was back and forth between this murky

427

00:20:03,460 --> 00:19:57,470

very simple and unresponsive earth were

428

00:20:06,610 --> 00:20:03,470

my view and the very rich and vivid and

429

00:20:08,470 --> 00:20:06,620

alive and responsive aspects of what I

430

00:20:11,500 --> 00:20:08,480

call the gateway and then the core which

431

00:20:14,260 --> 00:20:11,510

was outside of the entire universe and I

432

00:20:16,810 --> 00:20:14,270

it took me a long time to understand you

433

00:20:19,510 --> 00:20:16,820

know why that all was and what that was

434

00:20:23,320 --> 00:20:19,520

showing me really has taken me about

435

00:20:24,880 --> 00:20:23,330

three and a half years to to come to my

436

00:20:28,450 --> 00:20:24,890

current level of understanding about

437

00:20:30,490 --> 00:20:28,460

what that entire journey meant and what

438

00:20:32,950 --> 00:20:30,500

it was what it was telling me well it's

439

00:20:35,980 --> 00:20:32,960

an absolutely amazing account and it's

440

00:20:38,470 --> 00:20:35,990

amazing on several levels one is the

441

00:20:40,960 --> 00:20:38,480

detail you know it's unbelievable that

442

00:20:43,420 --> 00:20:40,970

you could have a recollection of that

443

00:20:45,520 --> 00:20:43,430

level of detail and you can remember

444

00:20:47,530 --> 00:20:45,530

things happening in this sequence is

445

00:20:50,440 --> 00:20:47,540

both remarkable and is very useful for

446

00:20:52,900 --> 00:20:50,450

folks who want to understand whatever

447

00:20:54,670 --> 00:20:52,910

message you could bring back to us from

448

00:20:56,770 --> 00:20:54,680

that realm which i think is a tricky

449

00:20:58,870 --> 00:20:56,780

subject that we might want to talk more

450

00:21:00,760 --> 00:20:58,880

about later and I also like and you

451
00:21:04,990 --> 00:21:00,770
bring this out quite clearly in the book

452
00:21:07,960 --> 00:21:05,000
is that despite any uncomfortableness

453
00:21:11,860 --> 00:21:07,970
that it might create in someone the

454
00:21:15,550 --> 00:21:11,870
message is one of divinity the message

455
00:21:19,270 --> 00:21:15,560
is one of love and a compassion that

456
00:21:21,400 --> 00:21:19,280
goes far beyond what we can imagine in

457
00:21:23,760 --> 00:21:21,410
this earthly realm but which we often

458
00:21:26,910 --> 00:21:23,770
talk about when we talk to people

459
00:21:29,100 --> 00:21:26,920
have had various kinds of spiritually

460
00:21:31,890 --> 00:21:29,110
transformative experiences so you do

461
00:21:33,840 --> 00:21:31,900
kind of go there if you will and kind of

462
00:21:37,130 --> 00:21:33,850
jump right into it and say yep there's

463
00:21:40,050 --> 00:21:37,140

no question about it this was this

464

00:21:42,720 --> 00:21:40,060

divine experience the phrase

465

00:21:44,820 --> 00:21:42,730

unconditional love of course people talk

466

00:21:48,300 --> 00:21:44,830

about all the time who have had these

467

00:21:50,730 --> 00:21:48,310

kind of experiences and the words just

468

00:21:53,760 --> 00:21:50,740

fail to do it justice but it explains so

469

00:21:56,040 --> 00:21:53,770

much and it's the comfort that I found

470

00:21:58,710 --> 00:21:56,050

there and the love and the oneness and

471

00:22:02,640 --> 00:21:58,720

the connectedness that we all have and

472

00:22:06,870 --> 00:22:02,650

share is really profound but of course

473

00:22:10,860 --> 00:22:06,880

this is all confirmed turns out that my

474

00:22:12,720 --> 00:22:10,870

older son had come home from college two

475

00:22:14,850 --> 00:22:12,730

days after I got out of the hospital and

476

00:22:16,920 --> 00:22:14,860

he was shocked to see me

477

00:22:18,540 --> 00:22:16,930

you know conversing at all because the

478

00:22:22,560 --> 00:22:18,550

last time he'd see me I had been in deep

479

00:22:24,750 --> 00:22:22,570

in coma and he was just amazed at this

480

00:22:27,510 --> 00:22:24,760

transition he said it was as if there

481

00:22:29,610 --> 00:22:27,520

was a light glowing within me which I

482

00:22:31,260 --> 00:22:29,620

certainly felt I mean I was getting up

483

00:22:33,630 --> 00:22:31,270

at 1:30 or 2:00 every morning and just

484

00:22:36,810 --> 00:22:33,640

writing I was so elated to be alive and

485

00:22:40,260 --> 00:22:36,820

elated to have been through all this but

486

00:22:42,290 --> 00:22:40,270

he also advised me he could tell I was

487

00:22:44,910 --> 00:22:42,300

very interested in writing this up and

488

00:22:46,860 --> 00:22:44,920

at the time my intent was to try and

489

00:22:48,750 --> 00:22:46,870

explain it based on neuro scientific

490

00:22:50,670 --> 00:22:48,760

principles and because that

491

00:22:53,340 --> 00:22:50,680

ultra-reality is just an absolutely

492

00:22:56,280 --> 00:22:53,350

stunning thing and I had after I wrote

493

00:22:58,620 --> 00:22:56,290

down everything I could remember and he

494

00:23:01,080 --> 00:22:58,630

advised me to do that before I read

495

00:23:02,880 --> 00:23:01,090

anything so in fact it took me about six

496

00:23:05,700 --> 00:23:02,890

weeks after I got out of the hospital to

497

00:23:08,490 --> 00:23:05,710

write down what amounted to about 20,000

498

00:23:12,810 --> 00:23:08,500

words which was kind of my core story

499

00:23:15,300 --> 00:23:12,820

um and based on my son Evan was advised

500

00:23:17,070 --> 00:23:15,310

which is very sage advice not to read

501
00:23:20,100 --> 00:23:17,080
anything at all about physics cosmology

502
00:23:22,770 --> 00:23:20,110
or near-death experiences until I'd

503
00:23:25,020 --> 00:23:22,780
ripped my entire story down then I

504
00:23:27,390 --> 00:23:25,030
started reading the near-death

505
00:23:31,080 --> 00:23:27,400
literature and was kind of was shocked

506
00:23:32,790 --> 00:23:31,090
that the similarities across the board

507
00:23:36,450 --> 00:23:32,800
of what people experienced there and in

508
00:23:37,740 --> 00:23:36,460
fact when you research the afterlife

509
00:23:39,720 --> 00:23:37,750
literature going all the way

510
00:23:42,690 --> 00:23:39,730
to the Egyptian Book of the Dead Tibetan

511
00:23:44,640 --> 00:23:42,700
Book of the Dead and lots of other early

512
00:23:47,610 --> 00:23:44,650
writings about afterlife going all the

513
00:23:50,490 --> 00:23:47,620

way back to ancient Greece it's very

514

00:23:52,380 --> 00:23:50,500

clear that the similarities far outweigh

515

00:23:55,290 --> 00:23:52,390

the differences and are far more

516

00:24:01,320 --> 00:23:55,300

impressive that this realm is very real

517

00:24:03,960 --> 00:24:01,330

and this realm is eternal and it's it's

518

00:24:06,840 --> 00:24:03,970

it's very reassuring to see all this

519

00:24:09,720 --> 00:24:06,850

confirmation you know in so many

520

00:24:12,870 --> 00:24:09,730

different places and for me as a

521

00:24:16,110 --> 00:24:12,880

neurosurge and it's pretty clear how the

522

00:24:18,900 --> 00:24:16,120

the differences arise in in some of

523

00:24:21,330 --> 00:24:18,910

these stories and that has a lot to do

524

00:24:22,980 --> 00:24:21,340

with the brain as serving as in human

525

00:24:27,000 --> 00:24:22,990

mind serving as kind of a filtering

526
00:24:31,680 --> 00:24:27,010
function and so that our culture and our

527
00:24:34,020 --> 00:24:31,690
personal history can kind of flavor or

528
00:24:35,820 --> 00:24:34,030
color our recollections when we come

529
00:24:38,160 --> 00:24:35,830
back from these places but having been

530
00:24:40,800 --> 00:24:38,170
there I can tell you that it was far

531
00:24:42,000 --> 00:24:40,810
more striking to me the similarities and

532
00:24:46,050 --> 00:24:42,010
the similarities going back from

533
00:24:48,270 --> 00:24:46,060
millennia in these writings of people

534
00:24:50,610 --> 00:24:48,280
who have visited these realms and it's

535
00:24:53,880 --> 00:24:50,620
not simply those who have a near-death

536
00:24:55,470 --> 00:24:53,890
experience there are numerous ways to

537
00:24:58,980 --> 00:24:55,480
have spiritually transformative

538
00:25:01,290 --> 00:24:58,990

experiences and to me some of the most

539

00:25:04,260 --> 00:25:01,300

instructive were in Raymond Moody's

540

00:25:06,510 --> 00:25:04,270

recent book glimpses of eternity where

541

00:25:08,910 --> 00:25:06,520

he talked about shared death experiences

542

00:25:11,160 --> 00:25:08,920

where loved ones although back in the

543

00:25:13,770 --> 00:25:11,170

late 70s it was health care workers who

544

00:25:17,970 --> 00:25:13,780

happen to be there when a patient made

545

00:25:19,890 --> 00:25:17,980

the transition over would be kind of

546

00:25:22,800 --> 00:25:19,900

sucked in along that spiritual journey

547

00:25:24,810 --> 00:25:22,810

even to the point of seeing someone's

548

00:25:28,560 --> 00:25:24,820

life review a soul as a life review on

549

00:25:31,500 --> 00:25:28,570

their way into the heavenly realm and

550

00:25:33,960 --> 00:25:31,510

then the in the shared death experience

551

00:25:36,510 --> 00:25:33,970

you have a person who is perfectly

552

00:25:38,220 --> 00:25:36,520

healthy who gets whose soul gets sucked

553

00:25:40,170 --> 00:25:38,230

along for part of that journey and then

554

00:25:43,830 --> 00:25:40,180

comes back to tell about it

555

00:25:45,720 --> 00:25:43,840

and I would say before my coma of course

556

00:25:49,050 --> 00:25:45,730

I would have been very tempted to say

557

00:25:50,810 --> 00:25:49,060

that's just some very kind of stressed

558

00:25:53,120 --> 00:25:50,820

out psychological response

559

00:25:56,180 --> 00:25:53,130

now I know that real and that these

560

00:25:59,899 --> 00:25:56,190

things indicate kind of the profound

561

00:26:02,600 --> 00:25:59,909

nature of what's going on with reality

562

00:26:04,129 --> 00:26:02,610

and our existence and these are things

563

00:26:07,610 --> 00:26:04,139

that if we really want to understand

564

00:26:11,149 --> 00:26:07,620

truth and get to truth we need to have a

565

00:26:13,279 --> 00:26:11,159

better understanding of what these kind

566

00:26:15,169 --> 00:26:13,289

of experiences are telling us let's talk

567

00:26:16,909 --> 00:26:15,179

a little bit about that because one of

568

00:26:19,190 --> 00:26:16,919

the really fascinating parts of the book

569

00:26:21,049 --> 00:26:19,200

is the professional transformation you

570

00:26:22,669 --> 00:26:21,059

go through as a result of this

571

00:26:25,100 --> 00:26:22,679

experience I mean it's kind of like a

572

00:26:27,440 --> 00:26:25,110

flat earth kind of thing where you

573

00:26:29,810 --> 00:26:27,450

reveal in the book that you weren't

574

00:26:33,110 --> 00:26:29,820

totally unaware of the near-death

575

00:26:35,690 --> 00:26:33,120

experience research you had it was out

576

00:26:37,159 --> 00:26:35,700

there you had heard of Raymond Moody but

577

00:26:40,220 --> 00:26:37,169

it was just something that you

578

00:26:42,379 --> 00:26:40,230

completely looked past because all your

579

00:26:44,930 --> 00:26:42,389

training had said this is impossible

580

00:26:48,440 --> 00:26:44,940

this doesn't exist so it kind of creates

581

00:26:51,320 --> 00:26:48,450

this blind spot in your medical

582

00:26:53,539 --> 00:26:51,330

knowledge I think that process is

583

00:26:56,389 --> 00:26:53,549

fascinating and you're very open about

584

00:26:59,360 --> 00:26:56,399

it I think it goes a long way towards

585

00:27:01,820 --> 00:26:59,370

helping us understand how we can be in

586

00:27:04,820 --> 00:27:01,830

the situation we're in in terms of the

587

00:27:07,940 --> 00:27:04,830

medical establishments and scientific

588

00:27:09,980 --> 00:27:07,950

establishments view of these kind of

589

00:27:13,700 --> 00:27:09,990

experiences do you want to talk to that

590

00:27:16,639 --> 00:27:13,710

a little bit yes I mean that's actually

591

00:27:20,060 --> 00:27:16,649

one of my favorite test subjects as you

592

00:27:21,619 --> 00:27:20,070

can imagine is kind of the transition

593

00:27:24,499 --> 00:27:21,629

that I went through because of this I

594

00:27:27,850 --> 00:27:24,509

had grown up in North Carolina and

595

00:27:31,519 --> 00:27:27,860

winston-salem in a family my father was

596

00:27:36,350 --> 00:27:31,529

was a academic neurosurgeon and he

597

00:27:39,619 --> 00:27:36,360

always kind of led me into this

598

00:27:41,240 --> 00:27:39,629

scientific way of thinking and I really

599

00:27:43,580 --> 00:27:41,250

spent my life growing up at with a

600

00:27:45,769 --> 00:27:43,590

scientific way of thinking he had also

601
00:27:50,169 --> 00:27:45,779
been a combat surgeon in the Pacific in

602
00:27:52,310 --> 00:27:50,179
World War two and I think it is strong

603
00:27:55,100 --> 00:27:52,320
spirituality that got him through that

604
00:27:58,460 --> 00:27:55,110
experience relatively intact because

605
00:28:00,470 --> 00:27:58,470
that was a very tough time and so he

606
00:28:02,029 --> 00:28:00,480
gave me both a spiritual background and

607
00:28:03,730 --> 00:28:02,039
we used to go to church a Methodist

608
00:28:07,060 --> 00:28:03,740
Church when I was growing up

609
00:28:09,040 --> 00:28:07,070
um but and as much as I wanted to

610
00:28:11,230 --> 00:28:09,050
believe in you know God in heaven and

611
00:28:12,750 --> 00:28:11,240
the power of prayer and all that the

612
00:28:15,190 --> 00:28:12,760
more I went through my academic

613
00:28:16,990 --> 00:28:15,200

neurosurgical career and I trained at

614

00:28:18,520 --> 00:28:17,000

Duke and then I spent 15 years on

615

00:28:22,570 --> 00:28:18,530

faculty at Harvard Medical School and

616

00:28:26,890 --> 00:28:22,580

neurosurgery the more it just seemed to

617

00:28:30,370 --> 00:28:26,900

be very basically impossible to explain

618

00:28:34,180 --> 00:28:30,380

how of the spiritual realm and God in

619

00:28:39,400 --> 00:28:34,190

heaven could exist and in fact I had my

620

00:28:43,660 --> 00:28:39,410

own personal kind of psychic challenge

621

00:28:45,669 --> 00:28:43,670

or trauma back in 2000 that had to do

622

00:28:49,180 --> 00:28:45,679

with the fact that I was adopted and and

623

00:28:51,820 --> 00:28:49,190

that ended up really crushing out of

624

00:28:53,740 --> 00:28:51,830

existence my last hope that there could

625

00:28:56,230 --> 00:28:53,750

be a loving God or that prayers would be

626
00:28:59,410 --> 00:28:56,240
answered and that was in 2000 that that

627
00:29:02,320 --> 00:28:59,420
happened and it was eight years later

628
00:29:04,450 --> 00:29:02,330
that I went into coma and I can tell you

629
00:29:07,240 --> 00:29:04,460
that my journey in coma showed me very

630
00:29:10,900 --> 00:29:07,250
clearly of the existence and the power

631
00:29:14,110 --> 00:29:10,910
of that divinity that exists and is very

632
00:29:17,740 --> 00:29:14,120
real and it also proved to me beyond any

633
00:29:19,810 --> 00:29:17,750
doubt of the Eternity of our souls and I

634
00:29:22,210 --> 00:29:19,820
know that physical death of the body and

635
00:29:24,580 --> 00:29:22,220
brain is not the end it's a transition

636
00:29:27,040 --> 00:29:24,590
and in fact I think many will be quite

637
00:29:30,640 --> 00:29:27,050
surprised to find that their conscious

638
00:29:33,820 --> 00:29:30,650

awareness actually expands greatly when

639

00:29:36,070 --> 00:29:33,830

they leave the confines of the physical

640

00:29:38,200 --> 00:29:36,080

limitation of human brain and body and

641

00:29:41,560 --> 00:29:38,210

that's something else that I explained

642

00:29:43,330 --> 00:29:41,570

pretty clearly in the book for me it it

643

00:29:45,870 --> 00:29:43,340

did require a tremendous amount of

644

00:29:48,970 --> 00:29:45,880

Education having been an academic

645

00:29:51,460 --> 00:29:48,980

neurosurgeon for over 20 years I thought

646

00:29:53,470 --> 00:29:51,470

I understood brain and help range and

647

00:29:56,530 --> 00:29:53,480

race consciousness and mind and soul

648

00:29:59,530 --> 00:29:56,540

spirit what-have-you but my thinking was

649

00:30:03,100 --> 00:29:59,540

clearly that when the brain and the body

650

00:30:05,440 --> 00:30:03,110

die that's the end of consciousness soul

651
00:30:05,830 --> 00:30:05,450
spirit I now know that's absolutely not

652
00:30:09,220 --> 00:30:05,840
true

653
00:30:10,720 --> 00:30:09,230
and to get to that point after my

654
00:30:12,580 --> 00:30:10,730
experience I really had to learn a

655
00:30:16,840 --> 00:30:12,590
tremendous amount about consciousness

656
00:30:17,560 --> 00:30:16,850
that I never had to know as a practicing

657
00:30:19,720 --> 00:30:17,570
academic

658
00:30:22,180 --> 00:30:19,730
neurosurgeon because in neurosurgery we

659
00:30:23,980 --> 00:30:22,190
know a few things about consciousness we

660
00:30:26,800 --> 00:30:23,990
know a few things that'll that seem to

661
00:30:29,410 --> 00:30:26,810
turn it off every day we use general

662
00:30:32,020 --> 00:30:29,420
anesthesia which is effective at turning

663
00:30:33,580 --> 00:30:32,030

off of consciousness and yet having used

664

00:30:36,040 --> 00:30:33,590

it for 150 years

665

00:30:38,980 --> 00:30:36,050

we still have absolutely no clue how

666

00:30:41,320 --> 00:30:38,990

general anesthesia works and I think

667

00:30:42,940 --> 00:30:41,330

that should give give the listener a

668

00:30:45,010 --> 00:30:42,950

little bit of an idea of how little we

669

00:30:50,650 --> 00:30:45,020

really understand about consciousness

670

00:30:53,500 --> 00:30:50,660

and in fact what my my experience showed

671

00:30:56,080 --> 00:30:53,510

me very clearly and I go into nine neuro

672

00:30:58,060 --> 00:30:56,090

scientific hypotheses in my book that I

673

00:31:00,640 --> 00:30:58,070

entertained and discussed with others in

674

00:31:04,050 --> 00:31:00,650

neuroscience neurosurgery trying to

675

00:31:07,360 --> 00:31:04,060

explain how my ultra real experience

676

00:31:11,380 --> 00:31:07,370

might have happened in my brain giving

677

00:31:15,400 --> 00:31:11,390

given the severity of my meningitis and

678

00:31:17,380 --> 00:31:15,410

none of them work and so in in many ways

679

00:31:20,400 --> 00:31:17,390

my experience showed me that

680

00:31:22,870 --> 00:31:20,410

consciousness can exist very richly

681

00:31:26,200 --> 00:31:22,880

totally outside of the brain and body

682

00:31:30,910 --> 00:31:26,210

and that it exists in that form all

683

00:31:33,190 --> 00:31:30,920

after our body dies now there's a lot of

684

00:31:35,260 --> 00:31:33,200

literature and transpersonal psychology

685

00:31:37,390 --> 00:31:35,270

that has to do with reincarnation and

686

00:31:41,190 --> 00:31:37,400

past life studies and also a tremendous

687

00:31:44,620 --> 00:31:41,200

literature on what I call phenomena of

688

00:31:47,830 --> 00:31:44,630

extended consciousness of some people in

689

00:31:51,490 --> 00:31:47,840

the past would say sigh or paranormal or

690

00:31:54,520 --> 00:31:51,500

parapsychological experiences like

691

00:31:57,460 --> 00:31:54,530

remote viewing telepathy extrasensory

692

00:32:00,760 --> 00:31:57,470

perception psychokinesis out-of-body

693

00:32:04,240 --> 00:32:00,770

experiences all manner of things like

694

00:32:06,580 --> 00:32:04,250

that that that that I know from my

695

00:32:09,100 --> 00:32:06,590

experience since coma are very real

696

00:32:11,860 --> 00:32:09,110

phenomena and there's a marvelous book

697

00:32:13,780 --> 00:32:11,870

irreducible mind that Edie Kelly and

698

00:32:18,090 --> 00:32:13,790

Bruce grace and in the group UVA put out

699

00:32:20,530 --> 00:32:18,100

for any scientific types who still doubt

700

00:32:23,740 --> 00:32:20,540

extended or what we call non-local

701

00:32:26,460 --> 00:32:23,750

consciousness and also of course the

702

00:32:29,710 --> 00:32:26,470

book by PIM van la ville on

703

00:32:34,779 --> 00:32:29,720

consciousness beyond life both of those

704

00:32:37,180 --> 00:32:34,789

books about consciousness and how it how

705

00:32:39,759 --> 00:32:37,190

it exists and in fact exists in a much

706

00:32:42,100 --> 00:32:39,769

richer form when it's not encumbered

707

00:32:43,539 --> 00:32:42,110

with a physical brain and body but I do

708

00:32:45,970 --> 00:32:43,549

have to say one of the things I

709

00:32:48,580 --> 00:32:45,980

appreciated about the book is you really

710

00:32:51,210 --> 00:32:48,590

don't venture into those other areas too

711

00:32:53,740 --> 00:32:51,220

far which I think can get a little bit

712

00:32:55,869 --> 00:32:53,750

confusing and a little bit thin in terms

713

00:32:57,519 --> 00:32:55,879

of the real science of it when folks do

714

00:32:59,409 --> 00:32:57,529

that I mean you kind of allude to

715

00:33:00,519 --> 00:32:59,419

there's this other body of research out

716

00:33:02,499 --> 00:33:00,529

there that you might explore in

717

00:33:05,590 --> 00:33:02,509

consciousness but it you don't go too

718

00:33:07,840 --> 00:33:05,600

far in the book and also what you do do

719

00:33:10,720 --> 00:33:07,850

in the book which I really appreciate I

720

00:33:13,899 --> 00:33:10,730

thought was great is because the book is

721

00:33:17,169 --> 00:33:13,909

written in a very accessible way in a

722

00:33:18,669 --> 00:33:17,179

very page-turner kind of fashion you do

723

00:33:20,909 --> 00:33:18,679

have an appendix in the book that you're

724

00:33:24,519 --> 00:33:20,919

just referring to that is in more of

725

00:33:27,519 --> 00:33:24,529

neuroscience ease that will certainly

726

00:33:30,129 --> 00:33:27,529

address pretty directly these kind of

727

00:33:32,320 --> 00:33:30,139

quote-unquote scientific arguments that

728

00:33:34,269 --> 00:33:32,330

are often leveled against near-death

729

00:33:36,629 --> 00:33:34,279

experience you by the way I love this

730

00:33:39,909 --> 00:33:36,639

you mention that after looking at these

731

00:33:42,490 --> 00:33:39,919

scientific arguments you found them what

732

00:33:46,180 --> 00:33:42,500

did you say that you were shocked by

733

00:33:47,499 --> 00:33:46,190

their transparent flimsiness so you do

734

00:33:50,049 --> 00:33:47,509

have an appendix in the book that

735

00:33:52,389 --> 00:33:50,059

addresses things from a more medically

736

00:33:54,190 --> 00:33:52,399

oriented standpoint don't you well I

737

00:33:57,100 --> 00:33:54,200

think it's important I mean we're all in

738

00:33:59,769 --> 00:33:57,110

this together I think we're all trying

739

00:34:02,200 --> 00:33:59,779

to get to truth so it's not as if this

740

00:34:03,879 --> 00:34:02,210

is some great babble and somebody's

741

00:34:06,519 --> 00:34:03,889

gonna come out winning I think all of us

742

00:34:08,919 --> 00:34:06,529

really would like to get closer to the

743

00:34:12,760 --> 00:34:08,929

truth about our existence and what my

744

00:34:14,680 --> 00:34:12,770

experience forced me to do was to really

745

00:34:17,710 --> 00:34:14,690

come to grips with what we know about

746

00:34:20,079 --> 00:34:17,720

consciousness and what we don't because

747

00:34:24,280 --> 00:34:20,089

it's all about consciousness and of

748

00:34:26,649 --> 00:34:24,290

course just to clarify for people some

749

00:34:28,899 --> 00:34:26,659

in fact some people in my audiences who

750

00:34:30,760 --> 00:34:28,909

thought that only humans are conscious

751

00:34:32,889 --> 00:34:30,770

because we're the ones who talk and have

752

00:34:35,399 --> 00:34:32,899

language well it turns out the

753

00:34:39,579 --> 00:34:35,409

consciousness probably goes way down the

754

00:34:43,040 --> 00:34:39,589

evolutionary ladder and in fact I will

755

00:34:45,590 --> 00:34:43,050

assure you that many animals

756

00:34:46,700 --> 00:34:45,600

have a very rich consciousness of many

757

00:34:50,330 --> 00:34:46,710

of them probably have a richer

758

00:34:52,640 --> 00:34:50,340

consciousness than we do because the the

759

00:34:54,590 --> 00:34:52,650

linguistic brain that little rational

760

00:34:56,360 --> 00:34:54,600

part in our brain and of course that's a

761

00:34:58,070 --> 00:34:56,370

part that I you know put all that

762

00:35:01,940 --> 00:34:58,080

tuition money into in all those years of

763

00:35:05,180 --> 00:35:01,950

training to teach my teach myself neuro

764

00:35:08,450 --> 00:35:05,190

surgery it turns out that that little

765

00:35:11,090 --> 00:35:08,460

voice the rational voice in our head is

766

00:35:14,600 --> 00:35:11,100

not really our consciousness and then in

767

00:35:17,240 --> 00:35:14,610

fact I've gotten into a pattern of daily

768

00:35:19,850 --> 00:35:17,250

meditation centering prayer things like

769

00:35:22,700 --> 00:35:19,860

that ever since my coma because the real

770

00:35:23,930 --> 00:35:22,710

answers lie deep within all of us we

771

00:35:27,380 --> 00:35:23,940

have these answers in our own

772

00:35:29,420 --> 00:35:27,390

consciousness but it involves my

773

00:35:31,820 --> 00:35:29,430

meditations involve first and foremost

774

00:35:34,340 --> 00:35:31,830

turning off that little voice you know

775

00:35:36,830 --> 00:35:34,350

little boy some reason in my head and in

776

00:35:39,530 --> 00:35:36,840

fact neuroscience showed 30 40 years ago

777

00:35:41,770 --> 00:35:39,540

with Benjamin Libet's experiments as a

778

00:35:45,140 --> 00:35:41,780

starting point but others more recently

779

00:35:46,730 --> 00:35:45,150

that that little voice of reason is not

780

00:35:48,920 --> 00:35:46,740

the decision-maker that we'd like to

781

00:35:51,620 --> 00:35:48,930

think but it's actually a passive

782

00:35:54,340 --> 00:35:51,630

observer it's tied with our ego and with

783

00:35:58,730 --> 00:35:54,350

self and in fact what I found is that

784

00:36:01,250 --> 00:35:58,740

liberating you know who I am and my

785

00:36:04,790 --> 00:36:01,260

awareness liberating that from myself

786

00:36:06,200 --> 00:36:04,800

and my ego is a very important part of

787

00:36:08,330 --> 00:36:06,210

trying to get to some of these deeper

788

00:36:10,910 --> 00:36:08,340

truths which I think are accessible

789

00:36:13,220 --> 00:36:10,920

through deep meditation or centering

790

00:36:15,560 --> 00:36:13,230

prayer although certainly I know

791

00:36:20,180 --> 00:36:15,570

patients and families who've gotten the

792

00:36:22,400 --> 00:36:20,190

same kind of bridge to the divine to

793

00:36:25,250 --> 00:36:22,410

knowing of the divine to what I call the

794

00:36:27,140 --> 00:36:25,260

gift of desperation which also can

795

00:36:28,820 --> 00:36:27,150

certainly happen in people's lives where

796

00:36:30,560 --> 00:36:28,830

you just feel like you can't take

797

00:36:33,020 --> 00:36:30,570

another step because everything has gone

798

00:36:35,960 --> 00:36:33,030

wrong and it's just kind of the end and

799

00:36:39,680 --> 00:36:35,970

that's when you feel that divine love

800

00:36:43,070 --> 00:36:39,690

inside of you and it's very real because

801
00:36:46,040 --> 00:36:43,080
it is real it's it's and again that's

802
00:36:48,560 --> 00:36:46,050
something I go into in my book about the

803
00:36:51,020 --> 00:36:48,570
power of love and that unconditional

804
00:36:53,750 --> 00:36:51,030
love and how we all all are loved and

805
00:36:55,790 --> 00:36:53,760
it's a crucial thing to understand as we

806
00:36:58,100 --> 00:36:55,800
move forward

807
00:37:00,950 --> 00:36:58,110
and I think it will help people feel

808
00:37:03,440 --> 00:37:00,960
this connectedness that we all share to

809
00:37:05,960 --> 00:37:03,450
read my book and kind of get how this

810
00:37:08,410 --> 00:37:05,970
has changed the way I look at all of our

811
00:37:11,390 --> 00:37:08,420
existence and look at consciousness I

812
00:37:14,000 --> 00:37:11,400
did ago how I had to learn a tremendous

813
00:37:15,800 --> 00:37:14,010

amount about consciousness and I came

814

00:37:19,160 --> 00:37:15,810

upon the hard problem of consciousness

815

00:37:20,870 --> 00:37:19,170

which I also would urge any interested

816

00:37:23,360 --> 00:37:20,880

parties to look into if you haven't done

817

00:37:25,220 --> 00:37:23,370

that yet it's the hard problem is

818

00:37:29,630 --> 00:37:25,230

actually a very simple thing to state

819

00:37:32,210 --> 00:37:29,640

it's simply how does our kind of

820

00:37:35,360 --> 00:37:32,220

conscious awareness that we each know

821

00:37:37,580 --> 00:37:35,370

and experience every waking second how

822

00:37:40,580 --> 00:37:37,590

does that emerge from the physics

823

00:37:43,640 --> 00:37:40,590

chemistry biology and anatomy physiology

824

00:37:47,720 --> 00:37:43,650

of the human brain and what I can assure

825

00:37:52,340 --> 00:37:47,730

you is that there is not a soul on earth

826

00:37:55,070 --> 00:37:52,350

who has a clue but the first sentence in

827

00:37:56,570 --> 00:37:55,080

the chapter describing that emergence of

828

00:37:59,090 --> 00:37:56,580

consciousness from the physical brain

829

00:38:00,920 --> 00:37:59,100

there's no one on earth who knows how to

830

00:38:04,810 --> 00:38:00,930

start writing that chapter because it's

831

00:38:07,820 --> 00:38:04,820

a very very deep mystery this is

832

00:38:09,740 --> 00:38:07,830

something that I've really had to come

833

00:38:12,800 --> 00:38:09,750

to know full force because it helps me

834

00:38:15,260 --> 00:38:12,810

to understand of my whole experience and

835

00:38:17,540 --> 00:38:15,270

of course the other side of it that I

836

00:38:19,850 --> 00:38:17,550

discussed briefly in the book has to do

837

00:38:21,770 --> 00:38:19,860

with the Enigma of the interpretation of

838

00:38:23,780 --> 00:38:21,780

quantum mechanics because quantum

839

00:38:28,930 --> 00:38:23,790

mechanics has been telling us for almost

840

00:38:32,390 --> 00:38:28,940

a hundred years now that consciousness

841

00:38:36,760 --> 00:38:32,400

paints reality that there is something

842

00:38:40,850 --> 00:38:36,770

very profound about consciousness that

843

00:38:42,080 --> 00:38:40,860

enables a reality to emerge and our what

844

00:38:44,900 --> 00:38:42,090

we would consider our common-sense

845

00:38:46,430 --> 00:38:44,910

day-to-day knowledge that says that

846

00:38:49,460 --> 00:38:46,440

there's a reality there and we're simply

847

00:38:51,640 --> 00:38:49,470

passive observers is not correct and

848

00:38:53,780 --> 00:38:51,650

that's why many very brilliant

849

00:38:55,760 --> 00:38:53,790

scientists who came up with quantum

850

00:38:59,450 --> 00:38:55,770

mechanics in the first place were driven

851
00:39:01,820 --> 00:38:59,460
to mysticism in trying to explain what

852
00:39:03,710 --> 00:39:01,830
the experiments revealed and the

853
00:39:06,500 --> 00:39:03,720
experiments have only gotten even more

854
00:39:09,499 --> 00:39:06,510
mysterious in recent years not less so

855
00:39:11,299 --> 00:39:09,509
but I think the physics community has

856
00:39:13,729 --> 00:39:11,309
I would say they've not necessarily

857
00:39:15,259 --> 00:39:13,739
stepped up to the plate to try and

858
00:39:17,239 --> 00:39:15,269
answer that although there are notable

859
00:39:20,299 --> 00:39:17,249
exceptions like Roger Penrose has

860
00:39:23,059 --> 00:39:20,309
written several excellent books trying

861
00:39:27,049 --> 00:39:23,069
to establish a physics that can be used

862
00:39:29,359 --> 00:39:27,059
to help explain consciousness so dr.

863
00:39:30,620 --> 00:39:29,369

Alexander the name Raymond moody of

864

00:39:32,749 --> 00:39:30,630

course the pioneering

865

00:39:34,669 --> 00:39:32,759

NDE researcher his name's come up a

866

00:39:36,379 --> 00:39:34,679

couple times in this interview I'd like

867

00:39:38,209 --> 00:39:36,389

to explore one aspect of that that I

868

00:39:40,969 --> 00:39:38,219

don't know if you're aware of but in

869

00:39:44,059 --> 00:39:40,979

your book you're very open about your

870

00:39:47,359 --> 00:39:44,069

experience of adoption being adopted as

871

00:39:50,259 --> 00:39:47,369

a baby and how that plays into your

872

00:39:53,029 --> 00:39:50,269

near-death experience in a very amazing

873

00:39:55,729 --> 00:39:53,039

mystical almost kind of way I don't know

874

00:39:59,749 --> 00:39:55,739

if you're aware but dr. moody is a

875

00:40:03,469 --> 00:39:59,759

parent of two adopted children and he

876

00:40:06,349 --> 00:40:03,479

tells an amazing story about his son at

877

00:40:10,129 --> 00:40:06,359

a very young age coming to him with this

878

00:40:13,069 --> 00:40:10,139

between lives memory and his son Raymond

879

00:40:16,479 --> 00:40:13,079

Moody's son says I remember looking down

880

00:40:20,329 --> 00:40:16,489

and seeing you and Mom on the beach

881

00:40:22,519 --> 00:40:20,339

talking about adoption and I was told

882

00:40:23,719 --> 00:40:22,529

you're gonna go join that family and

883

00:40:24,439 --> 00:40:23,729

you're going to become part of that

884

00:40:27,679 --> 00:40:24,449

family

885

00:40:29,149 --> 00:40:27,689

and I guess there's so many different

886

00:40:31,039 --> 00:40:29,159

aspects of that that we could go into

887

00:40:34,339 --> 00:40:31,049

but one of the things I guess I wanted

888

00:40:38,629 --> 00:40:34,349

to explore is does it not seem that a

889

00:40:41,870 --> 00:40:38,639

lot of times these NDEs serve up to us

890

00:40:44,479 --> 00:40:41,880

just what we're looking for or just what

891

00:40:46,849 --> 00:40:44,489

we're needing to advance sometimes on a

892

00:40:50,179 --> 00:40:46,859

level that we can't even understand but

893

00:40:53,209 --> 00:40:50,189

they somehow fit into our into our life

894

00:40:56,239 --> 00:40:53,219

plan and resolve for us these life

895

00:41:00,019 --> 00:40:56,249

issues yeah I think that's that's a

896

00:41:02,239 --> 00:41:00,029

beautiful point and yes dr. moody is a

897

00:41:05,419 --> 00:41:02,249

good friend of mine I just I love him

898

00:41:08,419 --> 00:41:05,429

dearly he's such a wonderful soul as

899

00:41:12,769 --> 00:41:08,429

many people who know him will attest and

900

00:41:15,199 --> 00:41:12,779

I have heard his telling of some of the

901
00:41:19,059 --> 00:41:15,209
revelations that he is he has gotten

902
00:41:21,349 --> 00:41:19,069
from his adoptive children and it's just

903
00:41:22,700 --> 00:41:21,359
absolutely beautiful but you're exactly

904
00:41:25,700 --> 00:41:22,710
right it's

905
00:41:29,510 --> 00:41:25,710
and of course I'm sure you you kind of

906
00:41:33,320 --> 00:41:29,520
saw how in my story it was it was woven

907
00:41:36,290 --> 00:41:33,330
together to demonstrate very clearly how

908
00:41:38,210 --> 00:41:36,300
much of my life and how so much of my

909
00:41:41,990 --> 00:41:38,220
life especially parts that just didn't

910
00:41:45,230 --> 00:41:42,000
make sense before all came together and

911
00:41:47,120 --> 00:41:45,240
made sense by putting the pieces

912
00:41:49,730 --> 00:41:47,130
together through my MDE

913
00:41:53,950 --> 00:41:49,740

and in fact it was kind of a two-way

914

00:41:58,520 --> 00:41:53,960

street because my my NDE

915

00:42:02,020 --> 00:41:58,530

in many ways in my mind was validated

916

00:42:04,130 --> 00:42:02,030

very profoundly as a deep rich

917

00:42:07,670 --> 00:42:04,140

transcendental spiritual experience

918

00:42:11,360 --> 00:42:07,680

because of the way it presented to me

919

00:42:14,690 --> 00:42:11,370

and and basically through things that

920

00:42:16,610 --> 00:42:14,700

were unknown to me because of the fact

921

00:42:19,460 --> 00:42:16,620

that I had been adopted put up for

922

00:42:23,540 --> 00:42:19,470

adoption and that kind of validation is

923

00:42:24,950 --> 00:42:23,550

very powerful and I think all that in

924

00:42:28,210 --> 00:42:24,960

essence I mean it would certainly seem

925

00:42:32,330 --> 00:42:28,220

that it could have easily been a

926

00:42:35,510 --> 00:42:32,340

purposeful thing because the revelation

927

00:42:37,600 --> 00:42:35,520

to me was so profound when I when I put

928

00:42:44,450 --> 00:42:37,610

it all together several months after

929

00:42:46,790 --> 00:42:44,460

after my coma that it really basically

930

00:42:48,680 --> 00:42:46,800

made everything started make sense once

931

00:42:51,200 --> 00:42:48,690

I put it together but you're right it's

932

00:42:54,140 --> 00:42:51,210

amazing how these NDEs often will bring

933

00:42:56,450 --> 00:42:54,150

the pieces together that they that help

934

00:42:59,420 --> 00:42:56,460

our life on earth it may have seemed

935

00:43:01,430 --> 00:42:59,430

somewhat fragmented before to may bring

936

00:43:04,220 --> 00:43:01,440

it all to a point where it makes much

937

00:43:05,930 --> 00:43:04,230

more sense and one of the beautiful

938

00:43:08,380 --> 00:43:05,940

gifts that we get out of these

939

00:43:10,790 --> 00:43:08,390

experiences but there's also a challenge

940

00:43:13,490 --> 00:43:10,800

therein and I think it has to do with

941

00:43:15,920 --> 00:43:13,500

this word again personal because there

942

00:43:17,800 --> 00:43:15,930

is a tendency sometimes for folks to

943

00:43:21,200 --> 00:43:17,810

come back from these experiences and

944

00:43:23,480 --> 00:43:21,210

generalize their personal message and

945

00:43:25,640 --> 00:43:23,490

kind of broadcast it out there that hey

946

00:43:28,160 --> 00:43:25,650

you know I just talked to God and here's

947

00:43:31,850 --> 00:43:28,170

what he had to say or here's what she

948

00:43:33,320 --> 00:43:31,860

had to say and as tempting as it is to

949

00:43:35,210 --> 00:43:33,330

go along with that and I think anyone

950

00:43:36,320 --> 00:43:35,220

who's been into near-death experience

951
00:43:38,810 --> 00:43:36,330
research as

952
00:43:42,530 --> 00:43:38,820
been uplifted by some of these accounts

953
00:43:45,320 --> 00:43:42,540
there's a certain inability we have to

954
00:43:47,500 --> 00:43:45,330
really access that information we can't

955
00:43:50,810 --> 00:43:47,510
really take it on face value can we

956
00:43:53,330 --> 00:43:50,820
right that that's absolutely true and I

957
00:43:58,730 --> 00:43:53,340
I think that's why I try to make the

958
00:44:00,590 --> 00:43:58,740
point in my book that is profound and

959
00:44:05,930 --> 00:44:00,600
life-changing as a near-death experience

960
00:44:09,320 --> 00:44:05,940
is I firmly believe that we all have

961
00:44:13,390 --> 00:44:09,330
access to this kind of knowing that we

962
00:44:15,950 --> 00:44:13,400
don't have to almost die to get it and

963
00:44:18,440 --> 00:44:15,960

you know as I point out that has a lot

964

00:44:20,780 --> 00:44:18,450

to do with meditation or centering

965

00:44:22,870 --> 00:44:20,790

prayer going pretty deep into our own

966

00:44:27,680 --> 00:44:22,880

consciousness and getting away from that

967

00:44:29,960 --> 00:44:27,690

linguistic brain the ego and the self

968

00:44:33,620 --> 00:44:29,970

which you know erect all these kind of

969

00:44:35,690 --> 00:44:33,630

false hurdles around us up at the

970

00:44:39,920 --> 00:44:35,700

surface level but to get beneath all

971

00:44:43,520 --> 00:44:39,930

that we can get to some much higher

972

00:44:45,590 --> 00:44:43,530

truths that are applicable more

973

00:44:48,110 --> 00:44:45,600

generally because you're right I mean I

974

00:44:50,600 --> 00:44:48,120

think the lessons that I got out of my

975

00:44:53,630 --> 00:44:50,610

NDE are very good for me and I also

976

00:45:00,500 --> 00:44:53,640

think the one of the main values of my

977

00:45:03,740 --> 00:45:00,510

NDE is that it very strongly supports

978

00:45:08,030 --> 00:45:03,750

that that whole spiritual realm is very

979

00:45:11,750 --> 00:45:08,040

real and part of that is is it offers a

980

00:45:14,080 --> 00:45:11,760

much more facile explanation of the

981

00:45:18,560 --> 00:45:14,090

relationship between mind and brain in

982

00:45:20,570 --> 00:45:18,570

consciousness and reality and so I think

983

00:45:22,310 --> 00:45:20,580

that it has value in that sense but a

984

00:45:25,520 --> 00:45:22,320

lot of my personal lessons and a lot of

985

00:45:27,740 --> 00:45:25,530

the profound parts of my story that had

986

00:45:30,650 --> 00:45:27,750

to do with my adoption and putting my

987

00:45:34,040 --> 00:45:30,660

life back into a piece that made much

988

00:45:36,350 --> 00:45:34,050

more sense obviously your personal you

989

00:45:39,140 --> 00:45:36,360

know and and for me but I think the

990

00:45:44,150 --> 00:45:39,150

overall story can help other people to

991

00:45:46,760 --> 00:45:44,160

be open and look for similar things in

992

00:45:48,710 --> 00:45:46,770

their own life and also know that you

993

00:45:49,650 --> 00:45:48,720

can find those deep in meditation or in

994

00:45:52,740 --> 00:45:49,660

centering prayer

995

00:45:56,039 --> 00:45:52,750

or in other kinds of spiritually

996

00:45:58,200 --> 00:45:56,049

transformative transcendent states well

997

00:46:00,930 --> 00:45:58,210

the book title again is proof of heaven

998

00:46:03,630 --> 00:46:00,940

a neuro surgeons experience and journey

999

00:46:06,329 --> 00:46:03,640

into the afterlife it's sure to be a big

1000

00:46:08,700 --> 00:46:06,339

success it's going to be out right

1001
00:46:12,420 --> 00:46:08,710
around the same time that this interview

1002
00:46:14,940 --> 00:46:12,430
is published in October of 2012 tell us

1003
00:46:19,140 --> 00:46:14,950
about the other things that you're doing

1004
00:46:21,150 --> 00:46:19,150
related to this book attorney a.org tell

1005
00:46:22,980 --> 00:46:21,160
us a little bit about that and or any

1006
00:46:25,200 --> 00:46:22,990
other things that are going along with

1007
00:46:26,999 --> 00:46:25,210
the publication of the book right well I

1008
00:46:29,430 --> 00:46:27,009
would urge anyone interested in the book

1009
00:46:34,730 --> 00:46:29,440
to visit my personal webpage which is

1010
00:46:38,880 --> 00:46:34,740
life beyond death net I'm trying to use

1011
00:46:42,440 --> 00:46:38,890
the enthusiasm around this book to to

1012
00:46:45,960 --> 00:46:42,450
help educate people about eternia org

1013
00:46:47,490 --> 00:46:45,970

and this is a site that I co-founded

1014

00:46:51,210 --> 00:46:47,500

with my very good friend and colleague

1015

00:46:54,029 --> 00:46:51,220

John Audet who is also a founder of ions

1016

00:46:56,339 --> 00:46:54,039

the iand s the near-death studies group

1017

00:47:00,329 --> 00:46:56,349

founded over 30 years ago

1018

00:47:04,620 --> 00:47:00,339

and John and others Ray Moody Bill

1019

00:47:08,670 --> 00:47:04,630

Guggenheim Edgar Mitchell of ions io NS

1020

00:47:10,410 --> 00:47:08,680

and Bob Starr adds they're there

1021

00:47:13,819 --> 00:47:10,420

numerous people who were helping with

1022

00:47:17,549 --> 00:47:13,829

the eterna effort we wanted to serve as

1023

00:47:20,839 --> 00:47:17,559

an educational platform to help people

1024

00:47:23,430 --> 00:47:20,849

learn about all manner of spiritually

1025

00:47:26,700 --> 00:47:23,440

transformative experiences so not just

1026
00:47:31,109 --> 00:47:26,710
near-death experiences but a tremendous

1027
00:47:32,819 --> 00:47:31,119
number of other spiritual experiences

1028
00:47:35,880 --> 00:47:32,829
that are out there that help us to know

1029
00:47:38,609 --> 00:47:35,890
that that God in heaven and angels and

1030
00:47:40,049 --> 00:47:38,619
the whole spiritual realm can be very

1031
00:47:43,740 --> 00:47:40,059
real this can be after death

1032
00:47:44,730 --> 00:47:43,750
communications terminal lucidity is one

1033
00:47:48,630 --> 00:47:44,740
of the things you talk about in the book

1034
00:47:51,539 --> 00:47:48,640
that I refer to in my book because by

1035
00:47:53,940 --> 00:47:51,549
and people can go there we're creating a

1036
00:47:56,640 --> 00:47:53,950
database where people can tell their own

1037
00:47:58,170 --> 00:47:56,650
stories and we'll have a we're trying to

1038
00:47:59,700 --> 00:47:58,180

pay a lot of attention to how the data

1039

00:48:00,859 --> 00:47:59,710

is entered so that it'll be very useful

1040

00:48:03,920 --> 00:48:00,869

data

1041

00:48:05,900 --> 00:48:03,930

that we bet on the way and we will open

1042

00:48:07,940 --> 00:48:05,910

this to researchers scientific

1043

00:48:12,890 --> 00:48:07,950

researchers consciousness researchers

1044

00:48:15,950 --> 00:48:12,900

those in clergy and also as I said have

1045

00:48:17,690 --> 00:48:15,960

it be an educational facility for people

1046

00:48:20,299 --> 00:48:17,700

who were curious about life after death

1047

00:48:22,489 --> 00:48:20,309

curious about the spiritual realm and

1048

00:48:25,370 --> 00:48:22,499

this is something I'm very grateful to

1049

00:48:27,440 --> 00:48:25,380

Edgar Mitchell the Apollo 14 astronaut

1050

00:48:30,799 --> 00:48:27,450

who's been a wonderful help in all this

1051

00:48:33,799 --> 00:48:30,809

he had a this beautiful epiphany on his

1052

00:48:36,950 --> 00:48:33,809

way back from the moon back in the early

1053

00:48:38,599 --> 00:48:36,960

1970s where he was aware of this

1054

00:48:40,819 --> 00:48:38,609

consciousness throughout the universe

1055

00:48:45,140 --> 00:48:40,829

and of course he has addressed that

1056

00:48:47,720 --> 00:48:45,150

through ions io NS and through a quant

1057

00:48:51,249 --> 00:48:47,730

rack and basically his view being that

1058

00:48:53,599 --> 00:48:51,259

of looking at the quantum hologram which

1059

00:48:56,029 --> 00:48:53,609

you know those of you who are interested

1060

00:48:59,210 --> 00:48:56,039

can go check into it's it's part of

1061

00:49:00,739 --> 00:48:59,220

David balm and some of the other models

1062

00:49:03,859 --> 00:49:00,749

that have to do with interpretation of

1063

00:49:06,890 --> 00:49:03,869

quantum mechanics in my view that kind

1064

00:49:09,410 --> 00:49:06,900

of thing really supports information as

1065

00:49:11,680 --> 00:49:09,420

the core of all existence and it's a

1066

00:49:13,970 --> 00:49:11,690

very short step from the physics

1067

00:49:16,609 --> 00:49:13,980

statement that information is at the

1068

00:49:20,420 --> 00:49:16,619

base of all existence to saying that an

1069

00:49:23,749 --> 00:49:20,430

intelligent omniscient unconditionally

1070

00:49:27,829 --> 00:49:23,759

loving creator is that information at

1071

00:49:30,950 --> 00:49:27,839

the core of it all but we are trying

1072

00:49:34,190 --> 00:49:30,960

with Eternia to bring science and

1073

00:49:35,779 --> 00:49:34,200

spirituality much closer and in fact I

1074

00:49:40,279 --> 00:49:35,789

think that humanity will see its

1075

00:49:44,359 --> 00:49:40,289

greatest progress if we simply open the

1076
00:49:50,539 --> 00:49:44,369
boundaries of science to fully encompass

1077
00:49:52,489 --> 00:49:50,549
all the possibility that belief and in

1078
00:49:56,420 --> 00:49:52,499
faith and knowing of the spiritual

1079
00:49:59,870 --> 00:49:56,430
nature of the universe can can exist

1080
00:50:02,779 --> 00:49:59,880
very comfortably with the latest

1081
00:50:04,279 --> 00:50:02,789
discoveries in science and in fact as I

1082
00:50:08,989 --> 00:50:04,289
said I've really had to go a long way

1083
00:50:12,680 --> 00:50:08,999
into quantum mechanics in fact a second

1084
00:50:14,540 --> 00:50:12,690
book which I'm working on will take a

1085
00:50:16,070 --> 00:50:14,550
lot of the stuff I had to strip

1086
00:50:18,800 --> 00:50:16,080
of the first book because the first book

1087
00:50:20,420 --> 00:50:18,810
is really for the general reader and I

1088
00:50:22,220 --> 00:50:20,430

can tell you that to try and fully

1089

00:50:24,220 --> 00:50:22,230

explain my experience I had to get right

1090

00:50:30,160 --> 00:50:24,230

down into the very fundamentals of

1091

00:50:33,890 --> 00:50:30,170

causality um freewill predetermination

1092

00:50:35,630 --> 00:50:33,900

energy mass time-space I mean really had

1093

00:50:38,690 --> 00:50:35,640

to get down into the nitty-gritty of

1094

00:50:40,970 --> 00:50:38,700

reality to try and fully understand it

1095

00:50:44,420 --> 00:50:40,980

and of course most of that was far too

1096

00:50:46,640 --> 00:50:44,430

deep for a book written from the general

1097

00:50:47,990 --> 00:50:46,650

public and so a lot of that was stripped

1098

00:50:52,070 --> 00:50:48,000

out but that is something that I'm

1099

00:50:54,200 --> 00:50:52,080

working on and hope to finish you know

1100

00:50:56,690 --> 00:50:54,210

sometime in the next few years it's a

1101
00:50:58,550 --> 00:50:56,700
major project as you can imagine but I

1102
00:51:00,920 --> 00:50:58,560
think to really put all this together

1103
00:51:05,780 --> 00:51:00,930
into a package that makes sense in the

1104
00:51:07,280 --> 00:51:05,790
year 2012 for very educated people you

1105
00:51:09,170 --> 00:51:07,290
know we really have to look at all

1106
00:51:10,850 --> 00:51:09,180
aspects of this and it goes very deep

1107
00:51:13,790 --> 00:51:10,860
one thing I can tell you from my

1108
00:51:16,040 --> 00:51:13,800
experience is I realized that the chasm

1109
00:51:18,020 --> 00:51:16,050
between our scientific knowledge and

1110
00:51:20,660 --> 00:51:18,030
even of the potential for human

1111
00:51:25,630 --> 00:51:20,670
understanding the chasm between that

1112
00:51:29,870 --> 00:51:25,640
point and we're you know the realm of

1113
00:51:32,870 --> 00:51:29,880

this deity and the creative source of

1114

00:51:34,790 --> 00:51:32,880

this universe is so much grander than I

1115

00:51:37,490 --> 00:51:34,800

ever would have thought before and I

1116

00:51:39,980 --> 00:51:37,500

it's now very clear to me how the human

1117

00:51:43,430 --> 00:51:39,990

mind is just not in the right ballpark

1118

00:51:46,100 --> 00:51:43,440

to ever weigh in pro or con on the

1119

00:51:51,680 --> 00:51:46,110

existence of that creator we're a little

1120

00:51:54,230 --> 00:51:51,690

closer than lemurs chimpanzees but not a

1121

00:51:56,360 --> 00:51:54,240

whole lot and so all those physicists

1122

00:51:57,950 --> 00:51:56,370

out there who want to write the theory

1123

00:51:59,980 --> 00:51:57,960

of everything so they can get first

1124

00:52:03,560 --> 00:51:59,990

prize in the publish or perish

1125

00:52:07,130 --> 00:52:03,570

challenge um you know we're never gonna

1126
00:52:09,530 --> 00:52:07,140
know it all and there are some very you

1127
00:52:12,230 --> 00:52:09,540
know strong philosophical reasons why I

1128
00:52:14,150 --> 00:52:12,240
can say that but in the current book and

1129
00:52:17,030 --> 00:52:14,160
we'll get into it a whole lot in my next

1130
00:52:20,330 --> 00:52:17,040
book but don't worry the journey is just

1131
00:52:22,400 --> 00:52:20,340
fine it turns out that when we when we

1132
00:52:25,760 --> 00:52:22,410
are free of the limitations of human

1133
00:52:28,130 --> 00:52:25,770
brain and mind we actually can get into

1134
00:52:30,020 --> 00:52:28,140
a tremendous amount more

1135
00:52:32,300 --> 00:52:30,030
and that's one of the challenges is when

1136
00:52:36,920 --> 00:52:32,310
I came back you know trying to squeeze

1137
00:52:38,990 --> 00:52:36,930
into this little brain and body is a

1138
00:52:41,270 --> 00:52:39,000

very difficult thing which of course I

1139

00:52:42,580 --> 00:52:41,280

found was problem that many people who

1140

00:52:45,500 --> 00:52:42,590

have NDEs

1141

00:52:47,390 --> 00:52:45,510

rapport that same issue and I can tell

1142

00:52:51,290 --> 00:52:47,400

you that awareness and understanding is

1143

00:52:53,630 --> 00:52:51,300

much richer out there and it's we

1144

00:52:57,170 --> 00:52:53,640

unfortunately just can't bring it all

1145

00:52:58,940 --> 00:52:57,180

back because we're only human and we can

1146

00:53:00,530 --> 00:52:58,950

get a tremendous amount of insight and

1147

00:53:03,500 --> 00:53:00,540

we can try and pass that on to others

1148

00:53:05,060 --> 00:53:03,510

which I try and do in this book but we

1149

00:53:09,020 --> 00:53:05,070

don't necessarily bring back all that

1150

00:53:09,710 --> 00:53:09,030

we're able to witness when we're free in

1151
00:53:12,440 --> 00:53:09,720
that realm

1152
00:53:15,230 --> 00:53:12,450
well dr. Alexander it's a wonderful book

1153
00:53:16,730 --> 00:53:15,240
and it's a very great body of work that

1154
00:53:18,530 --> 00:53:16,740
you're trying to bring forward so we

1155
00:53:20,450 --> 00:53:18,540
wish you the best of luck with that we

1156
00:53:22,130 --> 00:53:20,460
look forward to talking to you in the

1157
00:53:24,260 --> 00:53:22,140
future as you move forward with that and

1158
00:53:27,170 --> 00:53:24,270
thanks again so much for joining me

1159
00:53:29,000 --> 00:53:27,180
today on skeptic oh okay Alex thank you

1160
00:53:31,520 --> 00:53:29,010
very much it was great talking with you

1161
00:53:33,320 --> 00:53:31,530
thanks again to dr. Evan Alexander for

1162
00:53:34,760 --> 00:53:33,330
joining me today on skeptic oh I have a

1163
00:53:36,560 --> 00:53:34,770

couple of questions I'd like to tee up

1164

00:53:37,100 --> 00:53:36,570

from this interview but before I get

1165

00:53:39,230 --> 00:53:37,110

there

1166

00:53:40,910 --> 00:53:39,240

I wanted to make mention of an also of

1167

00:53:42,440 --> 00:53:40,920

interest kind of thing like I did last

1168

00:53:46,010 --> 00:53:42,450

episode there's a really interesting

1169

00:53:48,050 --> 00:53:46,020

website called anomalous experience

1170

00:53:50,560 --> 00:53:48,060

created by Dan Neyman and Dan is

1171

00:53:52,700 --> 00:53:50,570

collecting all sorts of anomalous

1172

00:53:54,830 --> 00:53:52,710

experiences on his website and

1173

00:53:56,570 --> 00:53:54,840

publishing them it's really an

1174

00:53:58,430 --> 00:53:56,580

interesting project check it out

1175

00:54:00,590 --> 00:53:58,440

and also check out a couple of his

1176

00:54:03,740 --> 00:54:00,600

articles he recently afforded me an

1177

00:54:06,170 --> 00:54:03,750

article on a new look at alien

1178

00:54:08,720 --> 00:54:06,180

abductions from a paranormal worldview

1179

00:54:11,180 --> 00:54:08,730

kind of new science perspective very

1180

00:54:13,100 --> 00:54:11,190

very interesting stuff so don't be

1181

00:54:14,690 --> 00:54:13,110

turned off by that subject area check

1182

00:54:16,730 --> 00:54:14,700

out the article I think you'll find it

1183

00:54:18,710 --> 00:54:16,740

very interesting and now for a couple

1184

00:54:20,840 --> 00:54:18,720

questions from this interview with Evan

1185

00:54:23,090 --> 00:54:20,850

Alexander I guess question number one

1186

00:54:26,150 --> 00:54:23,100

would be how do you think we should view

1187

00:54:28,280 --> 00:54:26,160

dr. Alexander's experience within the

1188

00:54:30,560 --> 00:54:28,290

broader body of near-death experience

1189

00:54:32,900 --> 00:54:30,570

accounts as you hear he was really

1190

00:54:35,720 --> 00:54:32,910

rather rigorous about not looking at any

1191

00:54:38,150 --> 00:54:35,730

of the NDE literature before he had

1192

00:54:41,150 --> 00:54:38,160

fully chronicled his account I think

1193

00:54:43,490 --> 00:54:41,160

that gives us a unique vantage point to

1194

00:54:45,829 --> 00:54:43,500

get his experience and I'd like to hear

1195

00:54:47,630 --> 00:54:45,839

your thoughts on that and the second

1196

00:54:51,140 --> 00:54:47,640

question has to do with I guess the

1197

00:54:54,200 --> 00:54:51,150

culture war issues surrounding this

1198

00:54:56,859 --> 00:54:54,210

because after all we can't just look at

1199

00:55:00,109 --> 00:54:56,869

dr. Alexander's book as just another

1200

00:55:02,450 --> 00:55:00,119

medical story it fits into this broader

1201
00:55:05,420 --> 00:55:02,460
context of this science versus religion

1202
00:55:07,339 --> 00:55:05,430
debate even though it's not a religious

1203
00:55:09,109 --> 00:55:07,349
book but it's gonna fall into that

1204
00:55:11,180 --> 00:55:09,119
category and that's why it's generated

1205
00:55:13,160 --> 00:55:11,190
such a heated response from atheists who

1206
00:55:15,950 --> 00:55:13,170
see a threat to this kind of

1207
00:55:19,240 --> 00:55:15,960
spirituality being spun out there by a

1208
00:55:22,009 --> 00:55:19,250
physician so what do you think about dr.

1209
00:55:24,470 --> 00:55:22,019
Alexander's approach in terms of going

1210
00:55:27,859 --> 00:55:24,480
there and saying this is divine this is

1211
00:55:30,920 --> 00:55:27,869
God this is my experience and it was

1212
00:55:33,769 --> 00:55:30,930
divine is that too much would he have

1213
00:55:35,930 --> 00:55:33,779

been better off playing it safe being

1214

00:55:38,690 --> 00:55:35,940

more careful couching this in more

1215

00:55:42,230 --> 00:55:38,700

scientific medical terms like we so

1216

00:55:44,450 --> 00:55:42,240

often hear from other NDE researchers

1217

00:55:46,880 --> 00:55:44,460

I'd be very interested to hear your

1218

00:55:48,529 --> 00:55:46,890

thoughts on that of course the place to

1219

00:55:50,870 --> 00:55:48,539

connect and share those thoughts is

1220

00:55:53,029 --> 00:55:50,880

either on the skeptical forum or on the

1221

00:55:56,120 --> 00:55:53,039

comment section of The Skeptical website

1222

00:56:00,559 --> 00:55:56,130

you can find links to both at skeptic Oh

1223

00:56:02,150 --> 00:56:00,569

calm that's s ke PTI ke o calm and of

1224

00:56:05,029 --> 00:56:02,160

course you'll find links to all our

1225

00:56:07,160 --> 00:56:05,039

almost 200 previous episodes as well

1226

00:56:09,380 --> 00:56:07,170

that's gonna do it for today I have a

1227

00:56:11,359 --> 00:56:09,390

number of interesting shows coming up

1228

00:56:14,089 --> 00:56:11,369

still trying to get back to that every

1229

00:56:17,180 --> 00:56:14,099

other week schedule but there's just too