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Living in a Mindful Universe: A Neurosurgeon s Journey Into the Heart of Consciousness (Hardback)

By Eben Alexander

Rodale Books, 2017. Hardback. Condition: New. Language: English . Brand New Book. Dr. Eben Alexander, author of international phenomenon Proof of Heaven, shares the next phase of his journey to understand the true nature of consciousness and how to cultivate a state of harmony with the universe and our higher purpose. In 2008, Dr. Eben Alexander s brain was severely damaged by a devastating case of bacterial meningitis, and he lapsed into a weeklong coma. It was almost certainly a death sentence, but he miraculously survived and brought back with him an astounding story. During those 7 days in coma, he was plunged into the deepest realms of consciousness and came to understand profound truths about the universe we inhabit. What he learned changed everything he knew about the brain, mind, and consciousness and drove him to ask a question confounding the entire scientific community: How do you explain the origins of consciousness if it is not a byproduct of the brain? His challenge relates to a revolutionary shift now underway within our modern scientific understanding. Ultimately, direct experience is key to fully understanding how we are all connected through the binding force of unconditional love and its unlimited power...



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