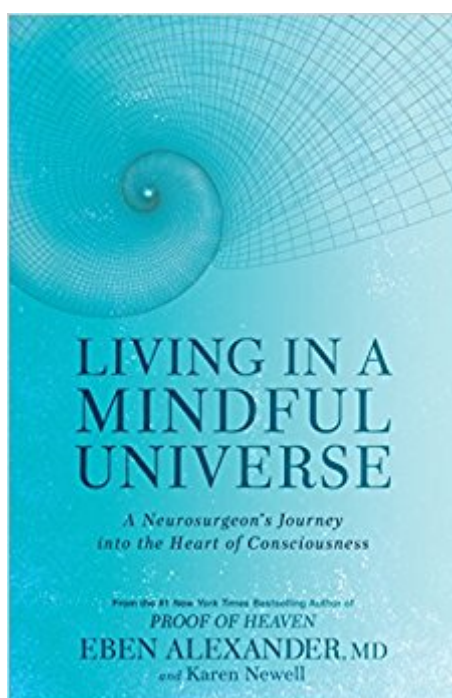


The book was found

Living In A Mindful Universe: A Neurosurgeon's Journey Into The Heart Of Consciousness



Synopsis

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 to heal. In *Living in a Mindful Universe*, the New York Times bestselling author of *Proof of Heaven* and *The Map of Heaven* shares his insights into the true nature of consciousness. Embracing his radically new worldview, he began a committed program of personal exploration into nonlocal consciousness. Along the way, he met Karen Newell, who had spent most of her lifetime living the worldview he had only just discovered was possible. Her personal knowledge came from testing various techniques and theories as part of her daily routine. With *Living in a Mindful Universe*, they teach you how to tap into your greater mind and the power of the heart to facilitate enhancement of healing, relationships, creativity, guidance, and more. Using various modalities related to meditation and mindfulness, you will gain the power to access that infinite source of knowing so vital to us all, ultimately enriching every facet of our lives.

Book Information

Paperback: 208 pages

Publisher: Rodale Books (October 17, 2017)

Language: English

ISBN-10: 1635650658

ISBN-13: 978-1635650655

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #38,848 in Books (See Top 100 in Books) #25 in Books > Religion &

Spirituality > Occult & Paranormal > Parapsychology > Near-Death Experiences #251 in Books > Self-Help > Spiritual #279 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Eben Alexander, MD, was an academic neurosurgeon for over 25 years, including 15 years at the Brigham & Women's Hospital, Children's Hospital, and Harvard Medical School in Boston, with a passionate interest in physics and cosmology. He is the author of the #1 New York Times bestseller *Proof of Heaven* and *The Map of Heaven*. Karen Newell is a life-long seeker of esoteric wisdom and has amassed a wealth of firsthand experience exploring realms of consciousness. She is the cofounder of Sacred Acoustics, an innovator in the emerging field of brainwave entrainment audio recordings used to help listeners reach transcendental states of awareness.

[Download to continue reading...](#)

Living in a Mindful Universe: A Neurosurgeon's Journey into the Heart of Consciousness
Proof of Heaven: A Neurosurgeon's Near-Death Experience and Journey into the Afterlife
Proof of Heaven: A Neurosurgeon's Journey into the Afterlife
DARK ENERGY: The Biggest Mystery In The Universe (dark matter, how the universe works, holographic universe, quantum physics) (black holes, parallel universe, the string theory)
Savor: Mindful Eating, Mindful Life
The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals
Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation
The Map of Heaven: A neurosurgeon explores the mysteries of the afterlife and the truth about what lies beyond
Gray Matter: A Neurosurgeon Discovers the Power of Prayer . . . One Patient at a Time
The Materialistic World: How to Escape Materialism, Theory of Materialism, Mindful Living, Living with True Happiness (Get out of Materialism)
My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets into ... Slicer! (Vegetable Spiralizer Cookbooks)
The Universe Is Virtual: Discover the Science of the Future, Where the Emerging Field of Digital Physics Meets Consciousness, Reincarnation, Oneness, and Quantum Forgiveness
From Deep Space with Love: A Conversation about Consciousness, the Universe, and Building a Better World
Biocentrism: How Life and Consciousness are the Keys to Understanding the True Nature of the Universe
Biocentrism: How Life and Consciousness are the Keys to the True Nature of the Universe
How Consciousness Became the Universe:: Quantum Physics, Cosmology, Relativity, Evolution, Neuroscience, Parallel

Universes The Living Forest: A Visual Journey Into the Heart of the Woods The Living Goddess: A Journey Into the Heart of Kathmandu Journey of Faith, Journey of the Universe: The Lectionary and the New Cosmology Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)