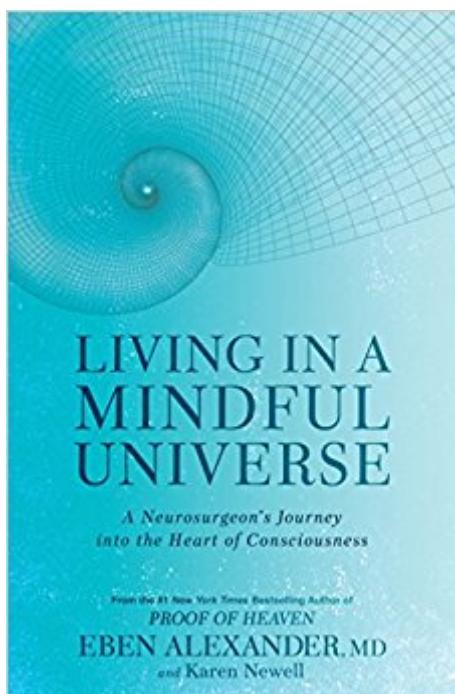


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# Living In A Mindful Universe: A Neurosurgeon's Journey Into The Heart Of Consciousness



## 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

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## Customer Reviews

Eben Alexander, MD, was an academic neurosurgeon for over 25 years, including 15 years at the Brigham & WomenÃ¢s Hospital, ChildrenÃ¢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.

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