

Reflections on Dr Eben Alexander's Book "Proof of Heaven" (2012): Broader Implications for Quantum-Holographic Psychosomatics

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Abstract

The paper first discussed the incredible personal experiences of the American neurosurgeon Dr. Eben Alexander, in a state of prolonged coma. All of this is then put into the broader theoretical context of our extended quantum-holographic theoretical framework of consciousness and psychosomatics, with numerous psychosomatic, spiritual-epistemological and social implications. It indicates the full importance of holistic education and behavior, demonstrating the necessity of reorientation towards holistic subtle actions for global solutions of the world risk society.

Keywords

Dr Eben Alexander's book "Proof of Heaven", coma, afterlife, quantum-holographic theoretical framework, consciousness, psychosomatics, spirituality, epistemology, society.

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Introduction

"The near-death experience written about by Dr. Eben Alexander is the most fascinating description of a phenomenon I have studied for more than four decades. It is living proof of the existence of an afterlife." – the famous Dr. Raymond A. Moody, the originator of the methodology of researching near-death experiences and the author of the pioneering book *Life After Life* (1975) [1], which sold more than 13 million copies worldwide, shares his impressions. "Eben Alexander provides a unique perspective on the existence of Paradise, combining a sublime personal vision of spiritual awareness with patient, judicious scientific research." – adds Dr. Alan J. Hamilton, Fellow of the American College of Surgeons.

Near-death experiences are a controversial phenomenon.

Thousands of people have experienced them, but in scientific circles many claim that they are impossible. Dr. Alexander was among those. As a highly trained neurosurgeon who operated on thousands of brains in his working life, Alexander taught that what pious people call the "soul" is actually a product of brain chemistry. And the first one would explain earlier that it is true that near-death experiences seem real to the people who have experienced them, but that they are just fantasies produced by the brain when it is under great stress.

But before dawn on November 10, 2008, he himself fell into a coma due to a rare and mysterious bacterial meningitis. He spent a week in a coma, with minimal chances of survival. On the seventh day, to the surprise of everyone present, he woke up. During which his

memories of his previous life were erased, but he woke up with the memory of a miraculous odyssey to another realm – more real than this earthly one. Heeding his elder son's suggestion, he immediately began to write down the details of his impressive journey, while studying the literature on near-death experiences and the phenomena of expanded consciousness, so that the book *Proof of Heaven* appeared in 2012 [2], and the Serbian edition of the book appeared in 2013.

While Dr. Alexander was in a coma, his brain was not working properly – it was not working at all. He believes that this may have been the cause of the depth and intensity of the near-death experience he personally experienced during that time. Many near-death experiences were recorded in situations where the patient's heart did not work for some time. In these cases, the neocortex is temporarily inactivated, but more or less undamaged, if it is provided with an oxygen-enriched blood supply with the help of cardiopulmonary resuscitation or reactivation of cardiac function for a maximum of four minutes or so. But in his case the brain was also dead. He encountered the reality of a world of consciousness that existed completely independent of the limitations of his physical brain.

As a neurosurgeon who has been involved in research and work in the operating room for decades, Dr. Alexander was in an above average favorable position to judge not only the reality but also the implications of what happened to him. These implications, due to their enormity, escape any description. Personal experience showed him that the death of the body and brain does not mean the end of consciousness, that the human experience continues even after death. What is even more important, it continues under the watchful eye of God, who loves and protects each one of us, just as he cares about where the entire universe and every creature in it is ultimately going. The place he arrived at was real. So real that our life here and now seems completely like a dream in comparison. However, this does not mean that he does not appreciate the life he is living now, he appreciates it more than before because he now sees it in the right context.

As soon as he realized the truth behind his journey, he knew he had to tell it. To tell it properly – that became his main life task. What he had to tell us is more important than anything anyone will ever tell us, and it is true. This book is a brave and magnificent testimony of the author about a deep encounter with spiritual reality, a captivating story about unforgettable spiritual experiences, which can change our understanding of our role in the universe. Dr. Alexander later founded his non-profit organization *Eternea*, with the task of promoting the need to unify the spheres of science and spirituality and their methodologies for understanding the physical and spiritual universe.

Although I received the Serbian edition of the book *Proof of Heaven* as a gift back in 2015, by a strange combination of circumstances I found time to read it only in 2020, during the corona pandemic. And I read it in one breath, in two afternoons, and carried away

by the impressions, I immediately recommended it to numerous holistic friends, but it turned out that the Serbian edition of the book was sold out. This is also a recommendation to the Serbian publisher to reissue this great book by an atheist-oriented neurosurgeon, whose personal experience showed that the death of the body and brain does not mean the end of consciousness, that human experience continues even after death, under the watchful eye of God.

Broader Holistic Implications for Quantum-Holographic Psychosomatics

Reading and reviewing that book also brought me great personal satisfaction, due to my own theoretical research into extended *quantum-holographic quantum-gravitational (QHQG) foundations of consciousness and psychosomatics*, and their *broader holistic implications* [3] – which demonstrate the necessity of *redefining* global educational / informational / political goals, with a reorientation towards *holistic subtle actions for global solutions to the global risk society*.

I have built my holistic point of view through many years of research and a kind of syncretism that tries to understand and integrate different seemingly opposing views, especially about the fate of the soul before and after death, about the nature of Good / Evil in the context of the degree of non-networking of collective consciousness, through theoretical considerations of modern hypnoregression experiences [4] and dogmatic speculations of various religious teachings and esoteric practices [5].

In this context, it seems that all of us during the life are *QHQG networked* with lower levels of collective consciousness, from which we can and must spiritually disconnect. This seems to be a holistic task for us in the function of clearing the existing burdens of the collective consciousness [6]. The magnificent task of every soul, with God's help, prayers, which are at our disposal as a powerful spiritual tool for untying. The corona pandemic is also a spiritual temptation, as a trans-generational test for this generation to remind us of the need to return to spirituality.

That is why every individual must cultivate both modes of cognition (sensory-rational and creative-spiritual, as suggested by the book *Proof of Heaven*), because if he does not do that, he will not even complete the basic spiritual task, without a chance for complete untying and salvation of the soul, i.e. reaching the state of Theosis. Through prayers with trans-generational repentance and forgiveness, this is possible for everyone, and that is the shortcut to the Divine primordial source. Other paths are longer and more uncertain, so the soul may not be completely relieved until the moment of death, and may end up at lower levels of collective consciousness [7,8].

Hence it also follows that as a Civilization we historically live *QHQG predestined loaded programs* (so in the midst of this crisis someone googled that pandemics occur every 100 years back from the Middle Ages), and that is why our portion of collective

consciousness is our target for spiritual cleansing. It looks like we cannot do more, but we must not do less either. Which is also a multi-millennium subject of speculation of various religious teachings, or teleological philosophical considerations. And it belongs to the eternal themes and questions of the cosmogony of various traditions [9].

As I see it from a broader holistic angle, the path to the final victory of *Good* is the global return of spirituality – *by redefining the global political, informational and educational goals of Civilization*. Because if *Evil* (as a manifestation of the QHQG burden of the collective consciousness, and personified in the form of the *Sly*) is defeated by force, it is only externally transformed and continues to exist in a different historical form (let us only remember the previous historical epochs). That is why the collective consciousness of Civilization should be relieved, with thorough trans-generational repentance and forgiveness, to itself and to everyone else (with trans-generational erasure of all burdens / sins not only forward but also backwards in time) [6]. [Let us note that *quantum entanglement experiments with time-reversed EPR* also demonstrate that the quantum history observed may be *retroactively affected* by observations carried out much later [10], with possibility of *radical avoiding* any reference to objective reality altogether, as in the Copenhagen Interpretation.]

This is the only way to change the existing QHQG globalist program of the *collective consciousness of Civilization* (whose character is not even aware of the mere performers of its works, thinking that they work for the welfare of people), in which *Good and Evil, truth and lies are inverted*. What a program such *actuators* are, to express myself in the terms of automation and robotics (let us also remember *Tesla* [11], who said that we are *biological automatons*, which is not so far from the truth; while in psychology there is so-called *Transactional Analysis* [12], to explain similar patterns of behavior in similar situations).

By the way, I have been popularizing holistics for a long time on several levels, from video recordings of interviews and lectures to Ppt presentations. It is all on my website (<http://www.dejanrakovicfund.org>), in both Serbian and English version, in the Video gallery and Public appearances, including Recommended titles and Recommended books. It just takes time to open and watch or read everything.

APPENDIX

In the Appendix of this extended holistic review, for the sake of many curious readers, *the holistic psychosomatic nature of bioenergetic correction & spiritual-epistemological implications* will be discussed in the context of our fundamental extended QHQG framework.

On Holistic Implications for Quantum-Holographic Nature of Bioenergy Correction

Contemporary research into *psychosomatic diseases* indicates the necessity of applying *holistic methods*, oriented towards the

treatment of a person as a whole, and not diseases as symptoms of disorders of that whole, implying their *macroscopic quantum origin* [13]. The focus of the mentioned holistic methods is the body's *acupuncture system and consciousness* – which (in Feynman's propagative version of Schrödinger's equation) have a *quantum-informational structure of a quantum-holographic Hopfield-like associative neural network* [14] – with very significant QHQG psychosomatic implications [3].

Along these lines, in the context of our extended QHQG psychosomatic framework, the goal of *all holistic approaches and techniques based on acupuncture and consciousness* would be to resonantly excite a psychosomatically disturbed state (acupuncture palpationally painful or psychologically traumatic, as one of hundreds of possible disturbed states) thus enabling its initial memory attractor to be bioresonantly excited (similar to the annealing procedure in artificial neural networks) and become shallower and wider at the expense of deepening (energetic-dominant) attractor healthy (acupuncture palpation painless or psychologically trauma-free) state – which is then *quantum-holographically projected* to a lower quantum-holographic *cellular level*, with an impact on the change of *genome expression* [6]. Thus, all those holistic approaches and techniques based on acupuncture and consciousness can be treated as *quantum-informational therapies*, by imposing *new boundary conditions in the energy-state space of the acupuncture system / consciousness*. However, when that process is hindered by *transpersonally entangled blockages* in the energy-state space of the acupuncture system / consciousness (and there are already numerous laboratory tests that indicate the entanglement of consciousness, i.e. *extrasensory experiences* in quantum reality) – then the *memory attractors* of the QHQG network connected-to-the field of *collective consciousness* should be removed (*by prayer or circular (psycho / ergo) therapies* from all relevant *meta-positions* involved in the problem, to *energy-informationally untangle the mental addresses* involved into the problem. These transpersonal holistic procedures, together with work on all levels of *local bioresonance therapies and non-circular (psycho / ergo) therapies*, could be the holistic key to establishing healing boundary conditions in the energy-state space of the acupuncture system / consciousness [15].

In the context of our extended QHQG psychosomatic framework, the biophysical mechanism of action of *vital energy* (*qi / qi / ki, prana / akasha, mana, ka, pneuma / ether / natura medica / anima mundi / vital force, yesod, baraka, uncreated light / Holy spirit, bioenergy / biofield / Whole-Self radiation / Universal intelligence / Heilstrom...*) should be sought in the *electromagnetic-ionic-exotic macro-quantum nature of the acupuncture system / consciousness*. In addition, the esoteric terms *astral body* (*manomaya, lingasarira, manovijnana, ka, psyche, nephesh, nafs, subtle body, psychic body, soul...*) and *mental body* (*vijnanamaya, suksmasarira, manas, ba, thymos, ruach, ruh, noetic body, spiritual body, spirit...*) could be biophysically connected to the *out-of-body dislocated part* (*connected to the body by a miniature 'wormhole' space-time tunnel / 'silver cord' of the vital energy of the astral-mental body, as indicated*

by extrasensory experiences close to death) of the ionic acupuncture system, and with the quantum electromagnetic component of ionic currents contained therein, respectively. In this line, the ionic condensations of the structured acupuncture system, with the embedded quantum electromagnetic component of the ionic currents, act as distributed centers of consciousness – which could be the biophysical basis of the chakras (in which the vital energy in a normal state circulates in a clockwise direction, the rhythm of which slows down in the case of psychosomatic diseases, with the possibility of reversing the direction of rotation in the case of the most serious diseases) [16,17].

In the wider context of collective consciousness and vital energy (and in accordance with their wider traditional connection with the all-pervading cosmic quintessence), the above connections with the electromagnetic field can be generalized to the connection with a unified field, with various micro-quantum and macro-quantum (both non-biological and biological, and unstructured and structured, and virtual and real) excitations. If this is also put into the context of the holographic principle [18], according to which every (3-dimensional) physical system is isomorphic to the holographic information imprinted on its (2-dimensional) surface, then the quantum-holographic information about each body could also be imprinted in the corresponding surface layer of the astral-mental body of vital energy (aura), as claimed in various traditions – in line with our extended QHQG psychosomatic framework and assumed by the close psychosomatic connection of the acupuncture system and consciousness (which is also supported by meridian (psycho / energy) therapies, with the rapid removal of traumas, phobias, allergies, post-traumatic stress and other psychosomatic disorders, through the simultaneous effects of emotionally-involved visualizations of psychosomatic problems and tapping / touching prescribed acupuncture points [19,20]).

It should be underlined that many transpersonal phenomena related to consciousness are well documented and even practically incorporated in psychosomatic energy correction, and that their physical explanation should be sought at the very border of the existing scientific paradigm [21]. Within our extended QHQG psychosomatic framework it is assumed that they are of a deeper quantum-gravitational nature (in space-time transcending high-non-inertial strongly-gravitational-equivalent (according to Einstein's equivalence principle) transitional states of consciousness (from high-dielectric bodily to low-dielectric out-of-body states), based on locally generated miniature wormhole space-time quantum-gravitational tunnels stabilized by so-called exotic matter (quantum vacuum fluctuations in strongly curved wormhole space-time tunnel [22]) with anti-gravitational effects (indeed observed in transpersonal psychokinetic manifestations of vital energy / prana / qi [23,24])).

The exotic aspect of these spatio-temporal tunnels and vital energy could be extended to acupuncture channels (of a strange vacuum-like refractive index [25]) with an external influx of vital energy / prana / qi, indicating that this type of exotic transpersonal communication

ensures a continuous-refreshing interaction between two mentally-addressed persons and thus transpersonally stabilizes the quantum-entanglement of their acupuncture systems / consciousness, i.e. prevents the unraveling of their macroscopic quantum-entangled states by interacting with their local physical environments (as opposed to the situation in the microworld where there are no such stabilizing mental-addressing exotic transpersonal effects, so laboratory-formed quantum-entangled pairs of particles must be well isolated from the environment to prevent their quantum-decoherence [26]). In this context, it should be emphasized that the healing effects on the acupuncture system / consciousness of the patient are often blocked by the QHQG coded spiritual personal consent to the disease as a form of (self)punishment (as indicated by the experiences of the respondents in post-hypnotic regressions), when prayers and love for oneself and others are necessary with the aim of stopping (self)punishment – which is the spiritual integration of the personality, that is, the unraveling of transpersonal energy blockages, which initiates the process of permanent healing [6].

In the above context, despite the (unitary) deterministic evolution of the quantum-informational Hopfield holographic neural network of the collective consciousness (because there is no extra-cosmic environment that triggers the (non-unitary) collapse of the quantum-coherent state connected-with-the-field of the cosmic collective consciousness and the complementary particle cosmic environment) – the memory attractors of the collective consciousness could still be reprogrammed by prayer to eliminate the interpersonal burdens of the collective consciousness (probably through prayer-induced macroscopic energy-powerful and spiritually-pure electromagnetic-ionic-exotic spiritual-personified excitations from higher archetypal levels of collective consciousness, as indicated by the experiences of various esoteric-religious traditions [6,21]). Such indeterministic interventions in the otherwise deterministic quantum-holographic evolution of collective consciousness can permanently remove as a net-effect the entire mutual conflict of two persons (while at the same time the remaining non-reprogrammed interpersonal conflicts in other connected persons would cause their unconscious-mentally-addressed transpersonal re-induction in the two previous prayer-imbuéd persons). It can effectively be understood as the introduction of new macro-quantum energy-information portions of vital energy / uncreated light in prayer-connected persons (similar to how prana / qi / are mentally excited and channeled in local and transpersonal healing in Ayurveda / Qigong / Reiki practices), that is, as an unraveling energy-informational intervention in the quantum-holographic evolution of a part of the collective consciousness of prayer-connected persons (and upcoming events). Which leaves the most room for free will and influence on future preferences [27] – implying the irreplaceable role of each individual due to their influence and concern for the collective mental environment.

On Holistic Quantum-Holographic Spiritual-Epistemological Implications

Our extended QHQG psychosomatic framework implies that

quantum-holographic hierarchical parts carry information about the whole (which is associated with the Hindu relationship *Brahman / Atman*, as a whole and a part containing information about the whole), enabling a subtle *quantum-information coupling of hierarchical levels* in Nature, as indicated by the *acupuncture system and its projection zones* (ECIWO holographic concept [28]) and the *discovery of quantum-holographic influence on the expression of the cellular genome* (by speech-modulation illuminating-laser-signal [29]), as well as the transpersonal *origin of miraculous creativity* (Tesla and Mozart as 'case studies' [30,31]) and *predestined life paths and temptations* (suggested by contemporary experiences from hypnoregression [4] and experiences of tribal traditions and traditions of the East and West [9], with the emphasis that it is still possible to reprogram / optimize them through spiritual cleansing [6]).

In this context, *Tesla's visions and inventions*, realized in his controlled altered states of consciousness, are proposed as manifestations of his meditative insights through *macro-quantum correlations of individual and collective consciousness*, with significant creative-educational and psychosomatic-spiritual implications [30].

On the one hand, they can provide guidance for a deeper understanding of our extended *QHQG theoretical framework of holistic control of creativity and education* – based on a mentally focused transpersonal augmentation of the macro-quantum correlations of individual and collective consciousness (in the state described in Patanjali's Yoga Sutras as Ritam Bhara Pragya, 'when the mind perceives things as they are' [32]).

On the other hand, they can provide guidelines for a deeper understanding of our extended *QHQG theoretical framework of holistic control of psychosomatics and spirituality* – based on mentally controlled systematic transpersonal reduction of macro-quantum correlations of individual and collective consciousness (when at the end of the process of unbinding only a mentally-embedded address to the *founder of the corresponding mystical tradition remains*) [30].

Thus, *consensuses on transpersonal esoteric concepts* in various spiritual traditions demonstrate that the information gained in their transpersonal experiences can lead to non-distorted extrasensory perceptions of their mentally-addressed out-of-body environments of collective consciousness (in a *Tesla-like creative way*). On the contrary, in the *mystical states of consciousness* of the corresponding tradition, the *collapse of the implicate order* of quantum-entangled states of individual and collective consciousness leads to *distorted perceptions in the mapped specific explicate order* of classically reduced states of individual and collective consciousness.

It is certainly additionally understandable the effort of mystics of all traditions to first purify the consciousness / soul *through spiritual practice* (prayer, meditation) and thus reach their *final eschatological goal* (Kingdom of God, nirvana), i.e. *post-mortem*

salvation of (sinless, unbound) souls by reaching *re-union (re-ligare / yoga) with the spiritual source* [21,27]. On the other hand, due to the mentally burdensome content in the *post-mortem spiritual evolution of the soul* of the dying (let us mention the transpersonal lower levels of collective consciousness of the '*Bardo plane*' in the Tibetan tradition [7] and '*The Soul after Death*' in the Christian tradition [8], to which we are bound *post-mortem* by our unresolved thought-emotional burdens), this implies the importance of prayer for the *souls of the deceased*, and also *trans-generational preferences for the individual and / or collective future of posterity* (with retroactive trans-generational unraveling of mental / emotional conflicts, as suggested by *macroscopic-quantum-informational retroactive-non-local-manifestations of prayer experiments* [6]).

Broader Social Implications

To summarize, our extended *QHQG theoretical framework* indicates *two modes of cognition*, according to the strength of the consciousness-body-environment coupling [21]: *weakly-coupled quantum-coherent direct* (in *out-of-body* spiritual / creative *transitional and altered states of consciousness*, such as prayer, meditation, daydreaming, lucid dreams...), and *strongly-coupled classically-reduced indirect* (in *bodily* perceptually / rationally mediated normal states of consciousness, sensory perception, logical and scientific reasoning...) – with the conditions of mutual transformation. This also explains the *fundamentally inadequate informational rationalization* of the direct *QHQG* spiritual / religious mystical experience (as a problem of the quantum theory of measurement, about the *reduction* of the implicate order of quantum-coherent (quantum-holographic) superpositions of states into the explicate order of classically-reduced states) – which is close to the experiences of many *shamanistic tribal traditions*, which consider that the true (quantum-holographic) reality is represented by *dreams*, and that (classical-reduced) waking state lie / illusion (*maya*, as emphasized in the *traditions of the East*) [9].

Thus, *science closes the circle, re-discovering two different modes of cognition* and at the same time setting its own *epistemological limitations* – as preserved for millennia in *shamanistic tribal traditions* [9] or as described two and a half millennia ago by Patanjali in the *Yoga Sutras* [33], emphasizing that the mystical experience (samadhi) is 'filled with truth' and that it is 'beyond conclusions and scriptures', so that at the beginning of the last century, *Berdyaev in his Philosophy of Freedom* [34] would distinguish faith and knowledge as a difference between two ways of knowing, the prayer-mediated 'manifestation of invisible things' and the rationally-mediated 'manifestation of visible things'. Bearing in mind the above-mentioned *fundamentally inadequate informational rationalization* of any direct quantum-holographic spiritual / religious mystical experience, it can help to understand that *all our partial rationalizations* (classical-reduced mappings, with variously personalized pantheons!) are after all only approximations of the *fundamental-holistic reality* (quantum-holographic territories!), and that all the *divisions* that first harmlessly separate us and then spontaneously give rise to great conflicts – a *tragic misunderstanding* of a spiritually immature

(historical) era of civilization (because a map is not a territory!) [35].

In the same context, we should also mention the *multi-millennium controversy about the post-mortem evolution of the soul*, which probably refers to the *interpretive epistemological level* of rationalizing the transpersonal transfer of mentally-addressed burdens within the existing generation and further trans-generationally to the next through the network of collective consciousness, with possible impressions that particularly strong conflicts are transmitted as 'ego-states' that leave a strong impression of previously lived lives. Based on our extended QHQG theoretical considerations of *modern hypnoregression experiences* [4], it could be *interpreted* that with its embodiment, the *human spirit* takes on tasks at the level of collective consciousness, in order to *relieve* through life what spiritually connected predecessors did not during their lifetime [17]. And that should be constantly kept in mind, which is possible only through *spiritual detachment*. Everything else only binds us and is a demonic deception of the Sly. And what is the *ontological spiritual reality* – could remain a *permanent controversy* of all fundamentally limited attempts at *human rationalization*.

The aforementioned multidisciplinary considerations indicate that research at the intersection of *integrative medicine and transpersonal psychology* (and related long-open problems of the acupuncture system and consciousness, including vital energy and transpersonal phenomena) and *quantum informatics* (and related open problems of quantum physics and general relativity) can become fruitful in *expanding the boundaries of the existing scientific paradigm* [16]. It should also be pointed out that *non-applying of transpersonal spiritual practices and circular (psycho / energy) therapies from all relevant meta-positions* (all persons involved in a problem!), may result in the *further transmission of memory attractors* at the level of individual and collective consciousness in this and the next generations, only *accumulating QHQG non-local loads* that then cause not only diseases, but also interpersonal conflicts, wars and other sufferings. All this indicates the *full importance of holistic education and behavior*, demonstrating the necessity of *redefining* global educational / informational / political goals, with a reorientation towards *holistic subtle actions for global solutions of the world risk society* [35].

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