



Death and Consciousness

Mette Mouritsen*

MD, Specialised in General Medicine, Psychotherapist and Mindfulness Instructor, Denmark

*Corresponding Author: Mette Mouritsen, MD, Specialised in General Medicine, Psychotherapist and Mindfulness Instructor, Denmark

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When observing a dead body, it is obvious that something is missing. The glow, warmth and movement that characterizes a living human being are obviously lacking. "The thing", which is lacking is the formless energy that makes a person alive. The entire physical body including the brain and the heart and the genes are left back, they are no longer self-propelled as they seemed to be when the body was fully alive. In a metaphor the notes and the instruments that contributed to the orchestra of the body are still there, but the conductor and the sound has left the orchestra. It all happens in a breath, one moment alive the next moment dead.

The body needs some energy to move, and the blueprint, the DNA, needs some energy to be activated to express itself through the genes.

From science we know that energy does not disappear, it just turns into another form of energy. Like ice, which melts into water that turns in to clouds into air into new clouds and water and perhaps into ice once more. From form to formlessness to another form. An eternal life cycle.

So with human existence, our body is undergoing transformation during a lifetime. After death the formless consciousness that brought life into the body leaves the body, which in turn is transformed into atoms.

If we are aware of ourselves as an entity consisting of body, mind and consciousness, we may realise that we are not just our beliefs, our emotions, our body, we are much more. We are the witness to our own physical existence. The genes and the nervous system are not entirely controlling our health and well-being, there are many other circumstances including a greater awareness, which is able to turn on and off for our genes and for the entire body.

The life-giving energy in a human body has a fascinating intelligence, which is coordinating the many complex processes in a body, from the tiny cell in an organ to the entire body. When a vibration arises in a single cell the entire body is more or less in-

fluenced, since the vibrating atoms of our body are connected and influenced by each other. The communication we thought to be entirely linear through blood vessels and nerves in the physical body are multidimensional in the energetic body.

It truly is an amazing life energy that creates a human body from a two-cell organism to a billion-cells human being without human interferences. In fact, the problems arise, when we are born, and the human mind begins to interfere. This life-giving energy was even there before the first human beings, and it seems to continue in another form after our physical death as described by people with near-death experiences.

The neurosurgeon Dr. Eben Alexander, who had a near death experience, describes it as a state of being, where he is without pain and anxiety. He was in a deep coma for 7 days without measurable brain activity in his neocortex. He woke up just as the doctors had given up on him, and later he wrote a book about the experiences he had, while he lay unconscious and his brain was out of function. Against the doctors' prediction, he woke up and regained gradually his usual functioning and memory, which you will get an understanding of by reading his book "Prof of Heaven". According to the doctors, it was a miracle that the seemingly unconscious and almost dead body of Dr. Eben Alexander's survived. He describes afterwards that he was very awake and conscious like in another reality, while the doctors estimated that his brain was permanently out of function. His physical body were functioning on the automatic pilot, while his consciousness were experiencing another reality, which could be compared with having a dream apart from the fact that he shouldn't be able to dream without measurable activity in his neocortex.

The biologist and researcher Bruce Lipton has demonstrated that when the nucleus of a cell is removed, it continues to live several month after. If we compare the nucleus in the cell with the brain of the body, we could say, that the body may stay alive for months without a functioning brain, since consciousness is the "thing" that keeps the body alive.

Others with near death experiences describe in details what is going on around their deeply unconscious body. They continue to witness although the brain shows none or sparse activity. It is to me a proof of the brain is mainly an instrument for the consciousness, when we are alive. It is the life energy, the consciousness, that brings life to all organs, the brain included.

When our mind is primarily used to relate to the visible form, it may be difficult to relate to the formless universe, since the mind seeks physical and visible proofs. Some may say that the near death experiences are imaginations created by the brain after the person is awake. It is true that imaginations arise in the brain, it is the way the brain is able to communicate the input it receives. However, Dr. Eben Alexander's brain had no input while he was unconscious, nor was there any dream activity, which the instruments could confirm. His brain was able to produce new imaginations, when it received the new inputs that came from Dr. Eben Alexander's consciousness, when he was awake again. His story seems to show us that our consciousness receives input that can be conveyed through the brain. Anyway if we chose to call it a dream, we don't know for sure what creates our dreams, and where our consciousness is while we are asleep and dreaming.

It seems that we must make peace with the fact that it is all personal experiences, there isn't a single objective reality. Each of us live in our own imaginary world with our own experiences. When we share them with each other, we may become a bit wiser on each other and our common existence. Most of our present experiences are coloured by old images as well as new inputs. If we are able to let go of the limiting judgements of the mind, caused by the fear of loosing control with the old and well known, we may realise a much greater world that gives us new opportunities in life.

I believe that consciousness survives physical death, how existence is afterwards I do not know. When I listen to the many people with different "out of body experiences", I trust their experiences. We cannot ignore these many peoples experiences as being wrong or not existent, instead we could explore it together with them.

Some clairvoyantes say that they are able to get in contact with deceased. They are conveying messages from the deceased, and mostly it makes sense to the relatives who receives the message. Regardless of how the clairvoyante receives the message, it is the receiver of the message, who determines whether the information makes sense and is useful. The receiver is the client, and the clairvoyant is simply a medium, the one who transfers and delivers the message.

What is essential to know, is the intention with the delivered messages no matter where it comes from. Is the information delivered with a wish to share something, or is it delivered with an intention to achieve something with our own beliefs. The first usually passes on, the latter will sooner or later create resistance.

To get a greater understanding of the incomprehensible and invisible ways we receive our knowledge as with clairvoyance, it might be useful to ask our self: "From where does our own knowledge originally arise, and from where does it arise?" If we continue to ask ourselves this simple question we end up in not knowing.

People with whom we meet and communicate affect us with their words and being and doing. It is difficult to determine exactly how they affect us and how our body responds to the many different simultaneous inputs including input from the formless consciousness. Thus, it could also be that we sometimes are communicating directly with the formless consciousness of our deceased. The question is whether we are able to pick it up, and convey it free from our personal assessments.

To better understand it, think of people with brain disorders such as dementia where the brain is unable to communicate clearly. In a way these people withdraw from the earthly life, since they are not very present in their physical bodies. Yet the awareness of their lived experiences still exists somewhere, and sometimes the brain is able to evoke it, allowing them to communicate clearly with the surroundings for a few brief moments. It is just the "tool", the brain, which is worn out.

The dead body undergoes a transformation process, and continues to exist as energy on a atomic level. The dead body lacks consciousness, which on the other hand continue to exist as energy somewhere in the formless universe. This energy is commonly known as "the human soul".

A single present moment may bring a significant change in the entire body and soul of a person. Some people describe how their physical well-being and perception of life changed completely after an unexpected incidents in their life, which brought a significant shift in their consciousness. Anita Moorjani is a living example on this. She survived a deadly state of cancer after a near death experience, which she describes in her book "Dying to Be Me" [1-4].

Summary

Our common consciousness is our common lived experiences and includes the consciousness of the deceased that we may recall.

Our consciousness never dies, it lives on in another form.

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