

Foreword to "Life Beyond the Fear of Death" by Glen Kolleda

By Melvin L Morse MD FAAP

"When we trivialize the spirit of man, we dismiss the science of man. The so-called science versus spirituality debate is in fact the science of the 18<sup>th</sup> century debunking the spirituality of the 19<sup>th</sup> century."

Spiritualscientific.com

This is an intense and deeply moving book about Glen Kolleda's near death experience in 1995 after being hit by a truck. He was an illustrator for Walt Disney Studios and designed Hummel figurines, just the sort of magical life someone who has been transformed by the near death experience lives. He truly understood that the meaning of the near death experience is to "anchor the light" in this life.

When we first started hearing of these experiences thirty years ago, with the publication of Raymond Moody's Life After Life, many of us simply shrugged, thinking that these experiences are just another form of spiritual or mystical experience. Human beings have reported their mystical and transcendent experiences throughout the ages, often triggered by drugs, religious rituals, meditation, or cultural expectations. For those who have the experiences, of course they are sacred. However, except for a few experiences which triggered the birth of the great religions, these experiences seem very subjective and unlikely to mean anything for those who hear of them but don't actually experience them.

In fact, in Western society, beginning in the mid 1800s, there has been a steep downward trend in participation in religion or the belief in god or spirit. By the late 1900s, spirituality no longer meant a belief in a real spirit, but rather an appreciation of meta-physics, meaning a spiritual element of life that transcends the biological man. Unfortunately today, in the early 21<sup>st</sup> century, the hallmark of the true spiritual experience is the person telling the experience starts by saying "you are going to think I am crazy but. . . .". Indeed, I remember one little girl who spoke of leaving her body and seeing a light that told her "who I am and where I am to go". Then she shyly whispered to me, "but I didn't think you were supposed to be able to talk to god". By this she meant a real god, that we can talk to exactly like we talk to each other, not a metaphysical god immanent in the universe.

Glen Kolleda's book is extraordinary, it gave me goose bumps all over my skin reading it. However, for it to truly inspire me, to transform me with its message, I have to know is it really a sacred writing containing messages from his near death experience, and in turn a "real god". Or is it really no different than the many many inspirational writings in the bookstores today, the result of the religious imagination.

Glen is stating firmly that this book is not a product of his own inspiration, his own sensitivities and insights on life. He is stating that these are pictures and messages he has an obligation to bring us directly from a real experience he had while having died and returned to life. The publishers and his wife go even further; they state that Glen is still communicating with them

after his death. In other words, he is claiming that this book is really no different than a guidebook to a place we have never been before, a AAA guide to visiting god as it were.

It is not an inspirational or spiritual writing in the traditional sense, but rather a real account of a real experience that happened to him.

As a medical scientist who has studied and widely published on near death experiences, I completely agree. The science of the past twenty years has firmly established that near death experiences are entirely real, and in fact are no different than any other human experience. Those who are skeptical of them are unaware of the recent scientific and medical literature. They are as real as calculus, as real as love. In turn, science also supports the concept of after death communications, and an entire class of human experiences called non local perceptions.

What is "real"? The best current scientific definition of reality is that it is a state of consciousness that occurs without the mind being affected by sleep or drugs or other factors. It has a unique quality to it that otherwise cannot be described. We all agree on what is this local reality, as we all see and hear the same things and have a mutual agreement as to what the color "red" is for example, or what a violin sounds like.

In contrast, hallucinations are typically distortions of reality; they also have a characteristic quality to them that is immediately distinguished from "reality". It simply is not true that psychotic and drug induced hallucinations have really anything in common with spiritual experiences and visions. They represent brain dysfunction.

Non local perceptions are exactly that, perceptions of something that is in another time or reality and yet superimposed or intermingled with this reality. Angel encounters, near death experiences, communications with the dead, visions of the future are all examples of non local perceptions. They have the characteristic flavor of this reality and as we will see are the results of normal brain function. They are confusing to us, as they are deeply personal and usually only perceived by one or a few persons at a time, meaning that we can't create the same mutual agreement as to their objective reality that we can with local perceptions.

I remember one ten year old boy, who after describing his near death experience of traveling in a "huge noodle with a rainbow in it" to heaven, cried out to me in frustration, asking me, but was it real?

I took his question to the smartest theoretical physicists in the world, and learned to my great surprise that in fact they consider "non local perceptions" to be the very basis and core of reality. To best explain the experimental findings they have discovered in the laboratory, they have proposed that all of reality consists of something they call "non local reality". This is a timeless space less reality which contains all of the information in the universe. All the subatomic particles that exist are interconnected in this non-local reality. Since we are made of subatomic particles, in turn, all of us are interconnected by the theoretical physicist definition of reality.

The near death experience is the most intensely studied and documented non local perception. Survivors of brain death and clinical death, in well documented medical studies, report interacting with a spiritual light that seems real, talks with them, and teach them lessons of love! The experience itself is precisely what the theoretical physicists describe as “non local reality”. As one young patient of mine stated, “there was no time, but it had all the love, all the knowledge, everything that was and could be, it was the solid core basis of reality”.

In the late 1980s, our research group from Seattle Children’s Hospital published a study of near death experiences in children in the American Medical Association’s Pediatric Journals. We demonstrated that these experiences are absolutely real and occur in patients who are brain dead. They are not the result of drugs or a lack of oxygen to the brain or hallucinations or brain dysfunction. This study was later repeated in adults by Pim van Lommel of the Netherlands and published in the world’s most prestigious medical journal, The Lancet, in 2001. In 2008, the United Nations launched the AWARE study, a 25 medical center study of near death experiences. Over a dozen major studies have been published in the medical and scientific literature on the experiences, and they all agree: Near death experiences are as real as any other human experience.

Medical scientists, including myself, have even documented the precise brain pathways which allow us to have the experience. We have learned that the human brain first and foremost consists of swirling intertwined “neural networks” of energy which both surround and permeate the brain. When we think, for example, “move my arm”, swirling patterns of energy move around the brain until they suddenly collapse in the “move my arm” biological area of the brain.

We similarly have a specific area of the brain which permits us to have the near death experience and other spiritual experiences. It is our right temporal lobe, which is on the right side of the head, just above the ear. Researchers such as Andrew Newburg in Philadelphia have shown that when people meditate, for example, first they have to shut off the areas of the brain which permit input from our ordinary senses. Then through various pathways, the right temporal lobe is activated, allowing the person to communicate with a real god. This is similar to what happens in the near death experience, except that it is the death of the brain that results in the shutting off of our ordinary senses, and in turn the perception of a real god and real spiritual experiences.

Wait a doggone minute, I am sure every reader is saying right now. How can this be? Didn’t I firmly state that the brain is often dead in the near death experience? How can it experience anything!

Yet the science of the near death experience is very clear. The experience occurs in dying or dead brains, and is in fact the dying experience. We will all have this experience when we die.

As Sherlock Holmes said, we must embrace the facts and be willing to consider the impossible. These facts only make sense if the mind survives the death of the brain.

The cutting edge of modern consciousness research clearly is on the side of the mind (or soul or spirit of man) coming first. With this model of consciousness, we developed a brain to experience and perceive this local reality, and in turn everything else developed as a support structure for the brain.

The brain science of the 21<sup>st</sup> century makes the firm statement that Glen Kolleda's book is a true and real account of his experiences when he died. As such, it has more in common with a travelogue, or an explorer's description of a real but far away land, than inspirational or spiritually oriented books. This book is not the product of his imagination, but rather the direct reporting of the experiences of his senses, his sixth sense to be exact. This is the same source of intuition, mediumship, and involves the same brain pathways that permit his widow to talk to him after his death.

If you doubt that this is true, consider this. The United States Government has developed and utilized intelligence personnel who can access this non local reality and provide real information to protect our country. The CIA spend 25 years developing a controlled remote viewing program which uses the same brain pathways and accesses the same non local reality that Glen's wife uses when she speaks with him (after his death). They can reliably speak to the issue, however, of whether or not this is a "real" god, "real" spirits, and "real" perceptions that those who have the near death experience describe.

Remember that this non local reality is the source of all information. So the military controlled remote viewers access information that we can easily verify as it exists within this reality. Military controlled remote viewers were responsible for the capturing of Saddam Huseim, and the recovery of downed Soviet aircraft. They were commended by two United States Presidents, Jimmy Carter and Ronald Reagan for their service to this country. They use astral travel to access information not from spiritual realities, but from this reality, and are very good at it.

So as you read this book, understand that science has validated the near death experience. We know that Glen Kolleda's book is real and the information contained within it is as real as any other human perceptions. It is not just an inspirational story, or the product of his brain or religious imagination.

This really happened to him. I have studied near death experiences in children and adults for over 20 years. His pictures and descriptions of his experience are absolutely authentic and extremely consistent with children's experiences. This is important to me as I consider the 3-7 year old child's near death experience to be the gold standard for the authentic experience. His experience was real "it was realer than real" as one child told me of his experience.

And what really happened to Glen Kelleda will change your life.