

# Watch: Dr. Eben Alexander Shares Soul Wisdom Brought Back From His Near Death Experience (Video)

Video Source: [LamplightGroup](#)

Neurosurgeon Dr. Eben Alexander shares soul wisdom he brought back from his 2008 Near Death Experience. Dr. Alexander answers questions about consciousness and how the world in its view point of only seeing individuals in a 3-dimensional body keeps us from seeing the vastness of our consciousness. By going within through meditation, we can begin to explore our own lives and release the shackles of bondage that our 3D mind has put upon us.

## ***Related Posts:***

[\*\*\*Scientists Discover Evidence for Near Death Experience\*\*\*](#)

[\*\*\*Why You Should Not Fear Death: Your Spirit Never Dies\*\*\*](#)

[\*\*\*8 Essential Lessons of the Afterlife from a Near-Death Survivor\*\*\*](#)