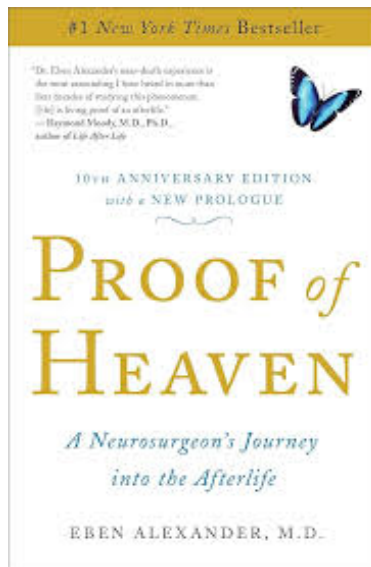




Proof of Heaven Blog

By: Annie Woodman

This month I read *Proof of Heaven* by Eben Alexander. Eben Alexander, a highly accomplished neurosurgeon, suddenly fell into a deadly coma. Doctors gave him a 0% chance of survival as his brain was completely inactive and his body was shut down. While he was in the coma, he experienced what he believed was heaven. This gave him an entirely new perspective on afterlife, religion, and how he viewed the world. In this book, Alexander described his experience in the afterlife and the experience of his family and friends' while he was in the coma. I would rate this book a 6/10 because there were times where the book got boring and slow. However, it was interesting to learn about Alexander's journey and how his family and friends stayed faithful while he was in the coma.

One thing I got out of this book was that family would always be there and their love was everlasting, just like God. This was explained throughout the book. For example, when Alexander was in a coma, he came across a girl who, without words, told him that he was loved unconditionally. He described a feeling that was not comparable to anything on Earth. Meanwhile, unbeknownst to him, his family was praying for him and no one would ever leave his side. Alexander later credited some of his journey to his family's love and prayers. Another thing I got out of this book was that Eben Alexander learned his purpose in life through this trial. On the last page of the book, Alexander stated his 2 essential duties, to honor truth, and to help heal. I can infer that Alexander's journey in the afterlife was what highlighted these two duties. One last thing I got out of this book is that the words *you are loved* are the most important words that everyone needs to hear on Earth. Alexander related these words to himself, as he was an orphan given up for adoption at a young age. He stated that everyone who felt lost, including himself in the past,

needed to hear those words.

Proof of Heaven highlighted various topics. This book can help the public by providing hope. An example of this was when Alexander was in the coma, his family stayed hopeful. Another topic highlighted in this book was how science and spirituality intersect. This book merged two different topics and explained how they were connected in near-death experiences. Lastly, one of the most important topics in this book was unconditional love. This was referred to various times throughout the book but, most importantly, personally felt when Alexander was in heaven. When he was in heaven, one of the primary messages expressed was that he was loved unconditionally. When he concluded the book he stated that everyone needed to hear that they were loved unconditionally. In conclusion *Proof of Heaven* covered various topics and referred to many subjects that are all extremely important to remaining hopeful and caring for others.

What Does It Say, Mean, Matter Blog

Three or four well-developed paragraphs.

Paragraph 1 Intro/What does it say?

- Include author, title, rating w/explanation and who it is recommended for (can also be included in a conclusion). Summarize. SWBS may not work. If not, use your best summarizing skills. Write a summary, check to see if you included the 5 Ws: who, what, where, when, why, and how. Give the gist of the book. Do not include every major thing/detail. Don't worry about spoilers - get to the end.

Paragraph 2 What does it mean?

- What can you infer about the facts that are included in your book? What is important that is not *explicitly* stated? You could possibly also consider what bias or purpose (from the author) you detect or infer. Give at least three important things you inferred with explanation.

One thing I got out of this book is...

Another thing I got out of this book is...

Paragraph 3 Why does it matter?

- Why would the reader care about any of this? What is significant/important about your book in the world/on the human level? Give at least three important insights as to why your book matters in the world with explanation of why each one matters..