



Seeking Heaven: Sound Journeys into the Beyond

Eben Alexander M.D.

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The #1 bestseller *Proof of Heaven* has already touched millions of lives, turning skeptics into believers in the existence of a universal dimension characterized by peace, acceptance, and unconditional love that is accessible to all of us.

In the closing pages of *Proof of Heaven*, Dr. Alexander writes that working with guided audio programs has helped him achieve the deeper level of consciousness needed to glimpse that idyllic realm anew, and suggests that all of us can use similar audio programs to expand our consciousness for comparable results.

In *Seeking Heaven*, Dr. Alexander presents four thirty-minute audio journeys produced specifically to support and enhance the experience of those who want to access the state of blissful higher consciousness and self-knowledge that he attained during his near-death experience. Developed and presented with audio meditation specialist Karen Newell, co-founder of Sacred Acoustics, these four sounds journeys combine digital harmonic frequencies, sacred instruments, sounds from nature and the human voice to help listeners recreate the four stages of Dr. Alexander's miraculous spiritual experience: "Everything is a Vibration," "Thinning the Veil," "Shift Your Perspective," and "Connecting with Source."

These journeys to the spiritual core of existence are designed to help you separate yourself from day-to-day concerns and find out about your true self, appreciate the nature of our interconnectedness, and access a transcendent understanding of hope, comfort, forgiveness and love. With *Seeking Heaven*, Dr. Alexander helps you get in touch with the profound wisdom imparted in the spiritual realms he visited and experience it in your own life.

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