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A Guide to
Enlightenment

G. J. Link, MD, PhD.

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By
G. J. Link, MD, PhD.
Personal Companion
Pocket Book



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DEDICATION

**To my children, Jonathan and Beth.
&
To the global citizen seeking enlightenment.**

ACKNOWLEDGMENTS

I am grateful to have known my medical school mentor, professor, and director of the neuroscience center, who provided me with an excellent education, and by living an enlightened life, showed me by example that enlightenment is possible for all.

I will always be grateful to my fellow neurologist and friend in Palm Bay, Florida, who lives an honorable life and is in the One.

I am immensely grateful to my precious patients, their families my colleagues and all the wonderful people, I had the privilege to meet around the globe, who were gracious enough to share their core value beliefs and help me understand better the multifaceted aspects of living a life.

A hats-off to our late Apple guru, in gratitude for improving our world by being a “crazy one,” and by creating a place for all by rethinking the way we live, work, and play.

I feel privileged to have first-hand knowledge of what near-death experience is, and to have been given a glimpse of the Infinite Love, and the understanding that we all have it; we are connected as we live in the One.

I am grateful to have seen parts of the unexplained mysteries of our incredible world and to have met some of the most beautiful people who live in it.

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INTRODUCTION

This is a personal companion pocket book, which can be conveniently transported anywhere. It is a small, succinct treatise, and offers an understandable road map with easy steps and practical applications. It is meant to help the reader achieve the path toward enlightenment and experience the joy of living, by understanding the higher self the success state of mind, by utilizing the subconscious mind and the innate BioEM energy field through quantum mechanics.

By exercising the intuition, thus accessing the super-conscious mind, following the Universal Cosmic Law, and understanding the Great Cosmic Consciousness through the Ethereal Essence, life's mission will be revealed through enlightenment.

People across the globe—young old, rich poor, religious or not—thirst for spirituality and search for self-awareness.

It is the next frontier in human evolution. Our New Age of Enlightenment. Humanity's quest throughout time has been to obtain illumination, awareness and wisdom. It is hardwired in our DNA. The magnitude of mankind's ongoing thirst to connect with something greater than ourselves is manifested by people's exploration throughout the history of our world.

Diverse faiths, from the epic to the informal, have all sought spirituality and enlightenment in various ways. Some seek to witness the world's fascinating ceremonies, to be included as participants in miracles, and to find peace of mind and joy in their lives.

Many cultures are already part of our new era of awakening. They search their hearts to discover what really matters, and to find peace and happiness by receiving insight on how to be in tune with the Infinite Intelligence. Life's joy is not the same for all people. Most of us are not sure how to obtain it. Even after acquiring material things and recognition in life, we often feel that something is still missing.

Instinctively, we would start our own spiritual journey, searching to fill the void by connecting with the One—the Infinite—to obtain insight, and thus, find peace and true happiness in life.

The path to enlightenment is humanity's birthright, and can be acquired by all who seek it. Once on the right path, the scholar will feel inspired and empowered, and will achieve the illumination to understand the self and find the meaning of true life. Therefore, the scholar should be able to excel in all of life's endeavors and ultimately become enlightened; thus, experiencing the exhilarating intoxication of being one with the universe.

From quantum physics, we know that everything is energy. There is a rate of vibration from the electromagnetic force existing in the entire physical world the entire universe, as well as in every human being and all life-forms, mapped as BioEM energy fields.

In our twenty-first century, it is a given, based on comprehensive studies and anecdotal observations, that all matter and all life in the universe vibrate at the precise level of the corresponding plane in which they dwell in existence. At the

same time, each displays unique features, conditioned by all forms of life in the universe, with unique individuality.

This collective energy is the means by which all life manifests and exists within its own individual corresponding plane. The reality remains that we are fundamentally different in our energy levels.

Progressively higher levels of vibration can be attained. Everyone can tune in to the dimension analogous to his or her own unique frequency of vibration energy. Raising the frequency of vibrations to a high enough level can propel an individual into the inner dimensions of spiritual planes. The soul of a human being vibrates in harmony, at the same rate frequency, or dimension being occupied.

The vibration frequency energy will be more finely tuned, as is everything in the universe, by the One source of all energy that is perpetual and infinite in intensity and vibration.

Ultimately, if an entity were to elevate its vibration energy to a high enough level, it would rejoin with the God Energy, the Infinite or the Great Cosmic Consciousness (GCC). This is the destiny of every human being.

Every person, every generation, and every culture, both individually and collectively, exert tremendous efforts in raising the vibrations of the soul and spirit by virtue of the process of enlightenment, eventually gathering the potential to achieve vibrational harmony with the GCC. At this point, the vibration of the spiritual body of the individual would correspond to that of the GCC. This is our new age of enlightenment. The next frontier is inner space and our new era of human evolution.

CLARIFICATIONS

The contents in this handbook have no connection to any Eastern or Western philosophies, nor to any religions of the world.

The book is for individual and personal purposes, as a form of thought-provoking entertainment.

Real names are not used.

To prevent this small pocket book from becoming massive, quotations, and references have been omitted. The scientific information referenced is from the present published data and is subject to change as our technology advances.

Enormous literature has already been published in recent years regarding spiritual topics.

I have been asked what motivated me to write a non-medical book:

The NDE that changed my life with new insights and the data I have collected along the way throughout my medical career prompted me to write this book hoping anyone who might be interested will benefit .

A deep understanding of life and especially death provided the fortitude I required to support my patients and their families, in their greatest time of need.

Some neurological diseases have no cure. If a patient of mine, was dying and wanted to discuss their fears, I could comfort them knowing there was nothing to fear.

My NDE helped my patients relinquish their fear of death.

In many chronic neurological diseases, I noticed that consulting with my patients regarding living a more spiritual life, frequently resulted in improving their disease.

One of the worst diseases I have encountered is the incurable chronic pain syndrome; often harbored in an otherwise neurologically and medically sound body, yet in a shattered spirit. Successful treatment could be achieved after

intense multidisciplinary medical and personal effort and it was rare. However, if it was possible to heal the spirit first, then the pain would instantly disappear.

I have also come across some patients, who were diagnosed with a debilitating neurological disease and discovered they had overcome their symptoms, by living a more spiritual—not necessarily religious—life. Their disease unexpectedly remitted.

How was this accomplished, what is life all about and how to find peace during this journey.

Scientists in the new field of Neurotheology; so far hypothesize that religions are a result of cultural beliefs and thus nurture, while spirituality is in our genes and part of nature. The intention of this book is to share with the global citizen some thought provoking concepts to help us all embrace life as one cosmic essence and improve our human condition.

Anyone who wishes to contact the author and request supportive material resources, are encouraged to do so by contacting the publisher via email or as directed in order to receive the information or materials desired

G. J. Link, MD, PhD.

CHAPTER 1

THE NEAR-DEATH EXPERIENCE

“Why did you wanted me to come back, Mommy?” asks two-and-a-half-year-old Sara. “I was so happy up in the Light.”

Her shocked mother, with tears in her eyes, recalls when Sara was found unconscious at the bottom of the swimming pool, just two weeks ago. She was resuscitated with complete recovery on the scene. Little Sara’s accounts are no different from those of most other children or adults who have had near-death experiences.

John, a sixty-year-old atheist, had a cardiac arrest. In the emergency room, the resuscitation team was exhausted after multiple attempts to revive him failed. The chief emergency room physician was ready to call the time of death,

when suddenly John's heartbeat echoed with a blissful sound on the cardiac monitors.

John never mentioned anything about that episode, but others noticed that he was a different person. He stopped smoking and drinking heavily. He established a foundation for the homeless, and donated a portion of his income to charities.

Years later, John disclosed the reason for his transformation. He reported that it was due to the enlightenment he experienced during his heart attack. He recalls that he was nearly one with the unimaginable loving light. He had never felt such peace and joy in his entire life. He wished to stay there, and asked to do so, but was sent back to complete his mission in life.

There are many similar reports worldwide. Religion played no part. Those who had a near-death experience reported that "crossing over" was associated with the most beautiful feeling they had ever experienced. They all wished they could stay there. Their personalities had also changed. They were no longer afraid of death. They became harmonious, content, tolerant, forgiving, and felt connected with all life. Chil-

dren-who “crossed over” also described similar experiences with the Light.

During my early medical career, I encountered similar reports from my patients. At that time, not understanding these events, I believed the traditional medical explanation that they were hallucinations due to cerebral hypoxia (lack of oxygen to the brain) of the temporal and parietal lobes. However, that does not explain how an injured brain could recall the events, since the temporal lobes and other parts of the brain are involved in memory and recall.

Another recent scientific/physiological theory attempting to explain the spiritual enlightenment associated with near-death experiences postulates that it is a result of consciousness expansion occurring when endogenous DMT (dimethyl-tryptamine); a natural chemical found in humans as well as other animals and plants. It is released by numerous organs in the human body, including the lungs, liver, and brain. DMT is commonly active every night during the REM (rapid eye movement) sleep cycle, if it is released into the bloodstream during waking consciousness; a hallucination occurs. Hallucinations have been achieved

with the DMT (also called the spirit molecule), however they all differ from one another unlike the similar reports from those who experienced ND.

A physician is obligated by the medical community to adhere to evidence-based medicine.

I did just that, until I sustained a major trauma and required resuscitation in the emergency room. During the time I was unconscious, I also had my own near-death experience. Initially, I felt the pain from the trauma, followed by complete numbness and disorientation. I was struggling to remember who I was, where I lived, and what I did. I lost the battle, as I was engulfed by a kaleidoscope of fascinating, brilliant colors swimming all around me.

In an instant, my entire life flashed in front of my mind. I was left to judge myself and the events that had occurred throughout my entire life, and what I should have, or should not have, done. Past that point, I became immense, diffuse, and part of all the endless space around me. I did not know who I was, where I was, or what I was.

At a distance was a bright light shining and approaching closer. It was radiating with such absolute pure love, shining through all the existing vast space. This kind of great joy, beauty, and serenity does not exist in this life. There was telepathic communication and ultimately, I was ready to be engulfed by the exquisite light. Unfortunately, I was informed that I had to return. Suddenly, I felt my diffuse energy squeezed and bottled back into my tiny body with such agony that I did not feel the electrical paddles used to revive me. My disappointment that I was sent back was indescribable.

My life had changed forever. I was a different person. I understood my patients who had had similar experiences and recorded all their accounts. I researched this phenomenon and the tremendous literature that has been published worldwide on this topic. Many reports indicate that death is an altered state of existence, and a much better one. This is the same reality that a person who has a near-death experience touches.

—The infinite—. There is nothing on earth like it.

Science's cutting edge now views reality as broader, with multiple universes arising in a possibly infinite meta-universe, and deeper, extending into dimensions at the subatomic level. Human experiences that had previously been committed to the domain of perception and speculation are now being explored with scientific objectivity, precision, and determination.

Those who crossed over have gotten a glimpse of our real home. They have grasped their unity with the Infinite Intelligence, the Great Cosmic Consciousness, our Source of Existence.

They were enlightened by briefly experiencing the Infinite Love.

People who have had a near-death experience return to life with a changed consciousness and awareness of a new energy. They have achieved inner peace, empathy for others, a reverence for nature, and a newfound appreciation of existence. Published accounts illustrate the realization that we are part of a larger plan, and all people on this planet are interconnected, although we are individuals.

Extremely rare cases have been reported of people who had negative experiences. Their accounts describe the events as the worst feel-

ings they ever had or ever could imagine. Some report that they were falling into a dark abyss, in a state of endless fear and loneliness that intensified with time. Personally, I have never encountered anyone who described such an experience.

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