

Excerpts from *Healing the Rift* by Leo Kim

Many non-spiritual people subscribe to the belief that our world is the result of matter—composed of tiny billiard ball-like entities. Do they really believe that life is merely a succession of vignettes of memories, feelings, and experiences that vanish when we die? Is that it—nothing survives death?

“I learned that she’d died a month earlier. The details of her death did not register—just the fact that she had died... I decided that I wanted to understand the definition of life and to understand what happened after death... I felt that I had to better understand what life was before I could tackle the mystery of death. How did star "stuff" become life? If there are trillions of universes, are only a few capable of life? Are the missing dark matter and dark energy involved in life?”

“My journey took me on a tour of the mind-boggling scientific concepts of the creation of the universe, life, and humankind. New theories reveal a startling view of reality. Recent breakthroughs explain how mind and consciousness emerge from body and brain, overturning previous dogmas and offering new healing methods. New studies provide fascinating insights into the possibility of an afterlife. Comparing 21st-century science with spiritual beliefs, I found that a new truth was emerging.”

Many scientists’ beliefs have been flawed. Scientific discoveries at the beginning of the 20th-century revealed a world created from a dimensionless dot. Now in the 21st-century we find there might be an infinite number of universes, hidden dimensions, and dark, hidden secrets.

“In the 16th century, Copernicus demonstrated that the sun did not revolve around the Earth. This was the beginning of the modern scientific era. Early in the 20th century, quantum theory led to transcendence beyond materialism and even language. With 21st-century revelations, we are at the dawn of a new truth, which merges concepts of science and spirituality. This new truth will radically alter our world-view: We are one with our world, and this oneness, information, mind, and consciousness, is the universe and us.”

“If Wheeler is correct, then our universe can be considered mental, and mind and/or consciousness exist out there. What is reality? Is there evidence to support a mental or even spiritual universe? We’ve taken a look at dark energy, dark matter, and parallel universes. We’ve learned that 96 percent of our universe is missing. Can reality get any more bizarre?”

Yes. As I will reveal, everything is energy and space; but *space is not empty!*”

“Scientists postulate multiple or parallel universes to explain the slippery concepts of science...Ironically, in their attempt to find a non-spiritual solution to these mysteries, scientists propose theories that might be impossible to test or verify, thereby embracing what some might call faith.”

The universe is mental!

“The Western paradigm is that brain *creates* mind and consciousness, yet it cannot offer an explanation or evidence in support of this assertion. It is as though we were to watch a movie on television and insist that it was created by the TV. I have presented an explanation and evidence that mind and consciousness *emerge* from brain activities. But mind and consciousness are derived from the information realm...Our cartoon world of caricatures that we call matter is wedged between the seemingly strange world of the very small, containing the...vacuum, and the incredibly large universe that houses parallel universes, dark energy, and dark matter.”

“We now know that the mind can change the brain. The mind has been known for some time to heal psychological states and the body. Let me move to examples of the mind performing healings, exploring even a mind-gene connection.”

Spiritual teachings portend scientific discoveries

“How do all these diverse beliefs in God affect the spiritual? Religions have taught that expectations, scientific concepts, notions of reality, ideas about God, ego, and personality all block our ability to know the reality of the spirit.”

“We find in this chapter that spiritual leaders from different times and places had similar metaphors for reality. These included life’s vital essence being energy, the flow of such energy in bodily energy fields, and beliefs in the spiritual nature of our world. How could the ancient mystics have discovered truths that scientists are just now beginning to accept?”