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*Medical Inquires, Replies from
the Revelation*

BismAllah Talaa

Title: Medical inquiries, Replies from the revelation

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Background:

Knowledge (Arabic-*Ilm*) is a meta-physical reality which inherently exists with every being in existence (Arabic-*Wujud*). Knowledge has also been described as a light (Arabic-*Noor*) which by its very essence brings hidden realities to light. It is human nature to seek or pursue knowledge and there are obvious advantages and merits in acquiring it.

“*Knowledge is the basis of every sublime state and the culmination of every high station*” Imam Jafar-al-sadiq(as) (6th Shia Imam) (Lantern of the path)

Knowledge of one being in existence can be acquired by another being and this ability to acquire knowledge follows a hierarchal order such that the highest being in existence i.e. God has knowledge of all things.

“هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ {3}

Quran [Yusufali 57:3] He is the First and the Last, the Evident and the Immanent: and He has full knowledge of all things.

There are two broad methods of obtaining knowledge namely

- a) Acquired knowledge
- b) Knowledge by presence or direct knowledge.

Most of us are familiar with the first method namely acquired knowledge. Examples of this include obtaining knowledge by making sensory observations such as seeing, listening and touching. We also learn by communication which can be verbal or written. Knowledge in scientific fields is obtained by using empirical method e.g. by performing experiments to find out which medication works in a medical condition and which does not. Similarly deductive and inductive reasoning are employed in philosophy and natural sciences to obtain new knowledge.

However there is another method of acquiring knowledge known as knowledge by presence or direct knowledge. The holy Quran mentions this knowledge as follows

فَوَجَدَا عَبْدًا مِنْ عِبَادِنَا آتَيْنَاهُ رَحْمَةً مِنْ عِنْدِنَا وَعَلَّمْنَاهُ مِنْ لَدُنَّا عِلْمًا {65}

[Yusufali 18:65] So they found one of Our servants, on whom We had bestowed Mercy from Ourselves and whom We had taught knowledge from Our own Presence.

In this sign (Arabic-Ayat) from holy Quran, God mentions about a person who had been given mercy and taught knowledge directly by God. This *ayat* is part of a long story in Quran about an encounter between Prophet Moses (Peace be upon him) and this servant of God who was sought by Prophet Moses (Peace be upon him) to seek knowledge.

Examples of direct knowledge include intuition or epiphany. Similarly another example will be a true dream in which an individual learns something which also happens to be true in the physical realm of existence. By following strict spiritual discipline and limiting materialism an individual can enhance his or her ability to obtain direct knowledge. The highest form of this knowledge available to mankind is in the form of revelation experienced by certain individuals known as prophets. This knowledge is available to us today in the form of scriptures e.g. Holy Quran revealed to Prophet Muhammad (Peace be upon him and his family).

Most of us in our day to day life function using acquired knowledge and physical and biological sciences have been developed using this method also. There is little input in these fields from direct knowledge. In the current article the author will pose three medical questions and try to answer them using both the current scientific understanding as well as revelation i.e. Quran to see if we can have a better understanding of these issues.

Question 1:

What is the anatomy of human existence?

Scientific answer:

In the field of medicine human beings are described as primates made up of trillions of cells. These cells are organized into various tissues and organs which are designed to perform different functions which help maintain life e.g. heart pumps blood through arteries to various parts of the body, lungs do gas exchange and stomach helps in digestion of food (1). As for the origin of human beings based on recent “out of African origin of modern humans” theory, homo-sapiens evolved in Africa nearly 60,000-200,000 years ago and spread from Africa to Eurasia(2). Also human behavior and psychology is thought to have evolved from animal behavior and psychology.

Answer from revelation:

In Quran, God mentions mankind as multi-faceted being.

وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي خَالِقٌ بَشَرًا مِنْ صَلْصَالٍ مِنْ حَمَإٍ مَسْنُونٍ {28}

[Yusufali 15:28] Behold! thy Lord said to the angels: "I am about to create man, from sounding clay from mud moulded into shape;

فَإِذَا سَوَّيْتُهُ وَنَفَخْتُ فِيهِ مِنْ رُوحِي فَقَعُوا لَهُ سَاجِدِينَ {29}

[Yusufali 15:29] "When I have fashioned him (in due proportion) and breathed into him of My spirit, fall ye down in obeisance unto him."

The first aspect of human beings creation is its origins from clay. The second aspect of our existence is addition of spirit (Arabic-*Ruh*). At another place Quran mentions

وَهُوَ الَّذِي أَنْشَأَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ فَمُسْتَقَرٌّ وَمُسْتَوْدَعٌ ۗ قَدْ فَصَّلْنَا الْآيَاتِ لِقَوْمٍ يَفْقَهُونَ {98}

[Shakir 6:98] And He it is Who has brought you into being from a single soul, then there is (for you) a resting-place and a depository; indeed We have made plain the communications for a people who understand.

In this sign (Arabic-*Ayat*) of Quran mankind is said to have originated from a single soul.

Using revelation as a source of knowledge we learn that mankind exists as a multi-faceted being having

- 1) Body (Mentioned in Quran as clay)
- 2) Spirit (Mentioned in Quran as Spirit or Soul)

So we not only have a physical aspect to our existence but also a meta-physical aspect in the form of spirit (Arabic –*Ruh*) and soul (Arabic-*Nafs*). This understanding of human existence as a body-soul duality can have profound implications not only for the study of medicine and human psychology but it can also pose a serious challenge to the theory of human evolution from primitive primates as the basis of human existence on earth.

Question 2:

Why do we sleep?

Scientific answer:

We spend nearly one third of our lifetime sleeping i.e. 8 hours a day. What we think of sleep is observed in all mammals, birds as well as many reptiles, fish and even insects. The actual function of sleep is not known but what we do know is that sleep is not only necessary for our survival but also helps maintain optimal physical and mental function. Sleep period is divided into 90 minute cycles of rapid eye movement (REM) and non-rapid eye movement (NREM) sleep. Most of dreams are during REM sleep. Neurons and neurotransmitters from brainstem and hypothalamus help regulate sleep behavior (3).

Answer from revelation:

اللَّهُ يَتَوَفَّى الْأَنْفُسَ حِينَ مَوْتِهَا وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا فَيُمْسِكُ الَّتِي قَضَىٰ عَلَيْهَا الْمَوْتَ وَيُرْسِلُ الْأُخْرَىٰ إِلَىٰ أَجَلٍ مُّسَمًّى ۚ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّقَوْمٍ يَتَفَكَّرُونَ {42}

[Yusufali 39:42] It is Allah that takes the souls (of men) at death; and those that die not (He takes) during their sleep: those on whom He has passed the decree of death, He keeps back (from returning to life), but the rest He sends (to their bodies) for a term appointed verily in this are Signs for those who reflect.

So according to this sleep represents a period in which the soul is taken from the body only to be returned as the person wakes up. Of course this dissociation between soul and body during sleep is not of the same degree as seen when someone undergoes the process of death but the basic process of seems to be the same but of a lesser degree. Sleep represents an out of body experience. This understanding of sleep based on knowledge from revelation again gives new insight into the science of sleep, sleep disorders and dream interpretation.

Question 3:

Is there consciousness beyond death?

Scientific answer:

Near death experience (NDE) is a well-documented scientific phenomenon in which individuals who have undergone cardiac arrest for various medical reasons report being conscious during the episode. It is reported to be experienced by 10-18% of cardiac arrest survivors across different cultures and age groups including children. Many individuals who have gone through this phenomenon report having an out of body experience, self-awareness of being dead, perceiving light, encountering dead relatives and even witnessing resuscitating care delivered to them all along when they don't have physiological signs of life (4). Though some scientific explanations point towards physiological changes in the brain and release of neurotransmitters as possible reasons why certain individuals experience NDE there is no established definitive medical explanation for this observation by certain individuals.

Answer from the revelation:

About one third of Quran is dedicated towards events after death. According to Quranic explanation not only consciousness exists beyond death but in fact is much more enhanced. As the veil of body is removed during death,

لَقَدْ كُنْتَ فِي غَفْلَةٍ مِّنْ هَٰذَا فَكَشَفْنَا عَنْكَ غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ {22}

[Yusufali 50:22] (It will be said:) "Thou wast heedless of this; now have We removed thy veil, and sharp is thy sight this Day!"

Imam Ali as (First Shia Imam) is reported to have said.

“People are sleeping and they will wake up after their death”.

Conclusion:

In this brief article we have described various methods of obtaining knowledge including direct knowledge or knowledge by presence. Direct knowledge as exemplified by Quran represents an additional source of knowledge which can be used to expand our understanding of natural phenomenon.

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Scientific inquiries- Replies from the Revelation

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Knowledge and its sources

- Knowledge(Ilm) is a metaphysical reality present in every existent being (Wujud). Knowledge is inherent with the existence.
- Knowledge has also been described as light (Noor) which by its very essence brings out hidden realities.
- It is human nature to pursue and seek knowledge and there are obvious benefits and merits in acquiring
- *"Knowledge is the basis of every sublime state and the culmination of every high station". (Lantern of path- Imam Jafar al-sadiq a.s)*

Knowledge and its sources

- Knowledge of one being can be acquired by another. The higher beings have the ability to acquire knowledge of the lower being following a hierarchical order.
 - The highest being in existence which is the source of all existence has knowledge of everything is called the Necessary existence.
- هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۗ وَهُوَ بِكُلِّ شَيْءٍ عَلِيمٌ

Yusufali 57:3] He is the First and the Last, the Evident and the Immanent: and He has full knowledge of all things.

Methods of acquiring knowledge

A) Acquired knowledge

- Observation- (Sensory observation)
- Communication- (Verbal or written communication)
- Empirical (Knowledge by experimentation-Science)
- Logic & Reasoning (Deductive and Inductive knowledge)
 - All elephants are mammals
 - All mammals have kidneys
 - All elephants have kidneys

Direct knowledge (Ilm Luddani)

B) Knowledge by presence

فَوَجَدَا عَبْدًا مِنْ عِبَادِنَا آتَيْنَاهُ رَحْمَةً مِنْ عِبْدِنَا وَعَلَّمْنَاهُ مِنْ لَدُنَّا عِلْمًا

- [Shakir 18:65] Then they found one from among Our servants whom We had granted mercy from Us and whom We had taught knowledge from Ourselves.
- Also known as knowledge by presence
- Knowledge acquired by spiritual discipline and obedience to Allah swt

Direct knowledge (Ilm Luddani)

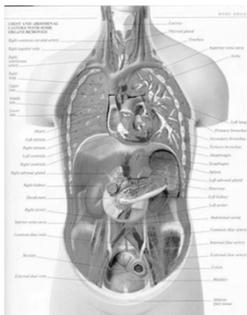
- Ilham (Intuition)- New idea, Epiphany, True dream, Knowledge by witnessing, Inner knowledge.
 - Institute of Noetic sciences (California, USA)
- Revelation (Wahi)-
 - Quran

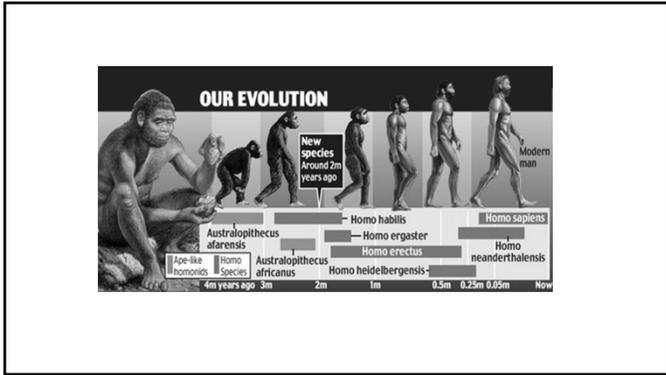
Knowledge and its sources

- Knowledge is a metaphysical reality and can be obtained as acquired knowledge or as direct knowledge
- Highest form of knowledge is Wahi (Direct knowledge)
- Physical and biological sciences like Medicine are developed using acquired knowledge (Empirical knowledge or knowledge by reason and logic)
- Little input from direct knowledge (Ilm Luddani)

Question 1:

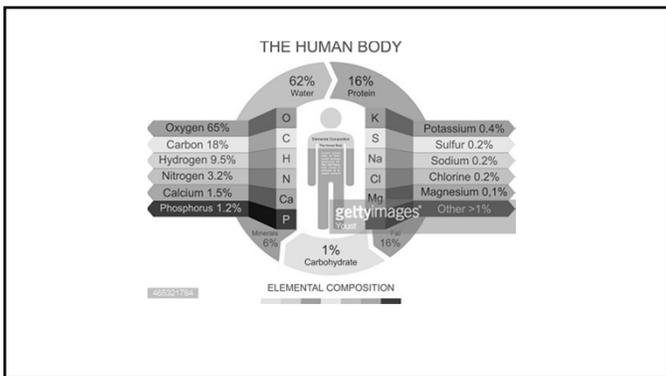
- What is the anatomy of Human existence?





Anatomy of Human Existence (Scientific answer)

- Human beings (Homo sapiens) are primates
- Recent “Out of African origin of modern humans” theory- Homo sapiens evolved in Africa 200,000 to 60,000 years ago.
 - Scientific evidence: Genetic studies & fossil evidence
- Human beings composed of trillions of cells which work together to form complex tissues and organ systems.
- Human psychology and behavior also evolved from animal psychology and behaviour



Creation of Mankind in Quran (Surah Hijr)

• وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي خَالِقٌ بَشَرًا مِّنْ صَلْصَالٍ مِّنْ حَمَإٍ مَّسْنُونٍ 8

• **[Yusufali 15:28]** Behold! thy Lord said to the angels: "I am about to create man, from sounding clay from altered mud (black mud)

• فَإِذَا سَوَّيْتَهُ وَنَفَخْتُ فِيهِ مِن رُّوحِي فَقَعُوا لَهُ سَاجِدِينَ {29}

• **[Yusufali 15:29]** "When I have fashioned him (in due proportion) and breathed into him of My spirit, fall ye down in obeisance unto him."

Creation of mankind in Quran (Al-Anaam)

• وَهُوَ الَّذِي أَنشَأَكُم مِّن نَّفْسٍ وَاحِدَةٍ فَمُسْتَقَرٌّ وَمُسْتَوْدَعٌ قَدْ فَصَّلْنَا الْآيَاتِ لِقَوْمٍ يَفْقَهُونَ {98}

• **[Shakir 6:98]** And He it is Who has brought you into being from a single soul, then there is (for you) a resting-place and a depository; indeed We have made plain the communications for a people who understand.

Creation of Mankind in Quran (As-Sajda)

• الَّذِي أَحْسَنَ كُلَّ شَيْءٍ خَلَقَهُ وَبَدَأَ خَلْقَ الْإِنسَانِ مِن طِينٍ {7}

• **Yusufali 32:7]** He Who has made everything which He has created most good: He began] the creation of man with (nothing more than) clay,

• ثُمَّ جَعَلَ نَسْلَهُ مِن سُلَالَةٍ مِّن مَّاءٍ مَّهِينٍ {8}

• **Yusufali 32:8]** And made his progeny from a quintessence of the nature of a fluid] despised:

• ثُمَّ سَوَّاهُ وَنَفَخَ فِيهِ مِن رُّوحِي وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَارَ وَالْأَفْئِدَةَ قَلِيلًا مَّا تَشْكُرُونَ {9}

• **[Yusufali 32:9]** But He fashioned him in due proportion, and breathed into him something of His spirit. And He gave you (the faculties of) hearing and sight and feeling (and understanding): little thanks do ye give!

Creation of Mankind in Quran

- Multi-dimensional being:-
 - I- Teen- Body
 - II- Ruh- Spirit
 - III- Nafs- Soul

Multi-dimensional being

- Acknowledging human being as a multi-dimensional being has two major implications
 - 1) Practice of Medicine- Pathophysiology of diseases and their treatment
 - 2) Serious challenge to theory of origin of species by natural selection (Evolution)

Question 2:

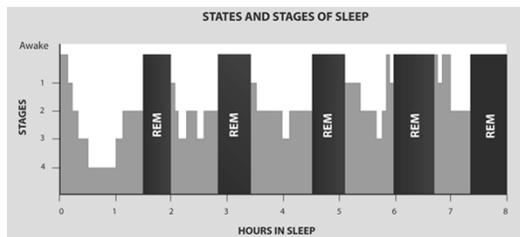
- Why do we sleep?

Q2: Why do we sleep?

- 1/3 of life spent sleeping.
- What we think of as **sleep** can be observed in **all mammals and birds**, as well as in most (but not all) **reptiles, amphibians, fish** and even **insects**
- Actual function not known
- Helps optimal physical and mental functioning

Sleep cycle

- Sleep is divided into 90-minute cycles of rapid eye movement (REM) and non-rapid eye movement (NREM) sleep;
- 90-minute cycles are repeated three to six times during the night



REM sleep

- REM sleep is “an active period of sleep marked by intense brain activity.
- Brain waves are fast and desynchronized, similar to those in the waking state.
- Breathing is rapid, irregular, and shallow; eyes move rapidly in various directions and limb muscles become temporarily paralyzed. Heart rate increases and blood pressure rises.
- This also is the sleep stage in which most dreams occur

NREM sleep

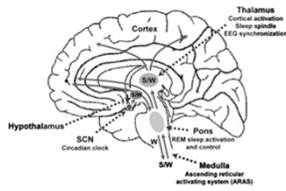
- NREM sleep is characterized by a reduction in physiological activity.
- As sleep deepens, a person’s brain waves slow down and gain amplitude.
- Breathing and the heart rate slow down, and the individual’s blood pressure drops

Wakefulness and sleep

- Wakefulness is from activation of the “ascending reticular activating system” (ARAS) by monoaminergic and cholinergic projections from the brainstem, thalamus, hypothalamus, basal forebrain, and cortex.
- This activation causes electroencephalogram (EEG) desynchronization during wakefulness and rapid eye movement (REM) sleep

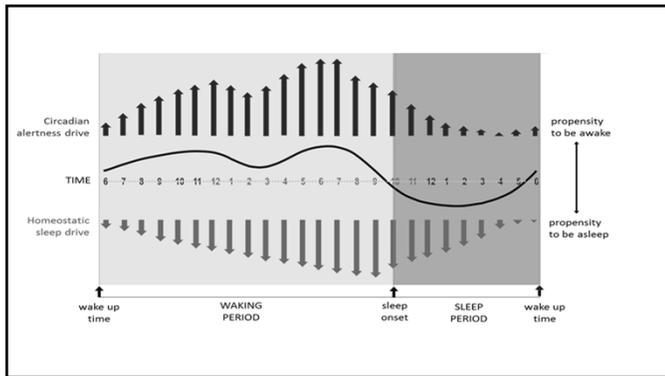
Wakefulness and sleep

- Decreasing activity in the ARAS is not enough to induce sleep, however.
- Sleep is actively induced by stimulation in hypothalamic regions.
- Both passive and active components in sleep onset



Sleep regulation

- The homeostatic sleep drive (i.e., sleep need) is near zero when a person wakes up spontaneously in the morning, and grows continually the longer he or she is awake. The longer we are awake, the drowsier we get (Adenosine build up)
- Circadian wakefulness-promoting signal :keeps us at the (relatively) same high level of alertness and wakefulness all throughout our natural waking hours is generated by suprachiasmatic nucleus” (SCN) located in the hypothalamus immediately above the optic chiasm, and receives input from the retina.
- Provide circadian rhythmicity to nearly every physiological system.



Sleep regulation

- As the time for sleep approaches, the circadian waking signal drops, allowing the homeostatic sleep drive to become dominant (Melatonin release in response to darkness).
- This circadian and homeostatic interaction offers insight why, after a sleepless night, people seem to feel less tired at noon than they do in the morning

Sleep in Quran (Surah Az-Zumar)

• اللَّهُ يَتَوَفَّى الْأَنْفُسَ حِينَ مَوْتِهَا وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا فَيُمْسِكُ الَّتِي قَضَىٰ عَلَيْهَا الْمَوْتَ وَيُرْسِلُ الْأُخْرَىٰ إِلَىٰ أَجَلٍ مُّسَمًّى ۚ إِنَّ فِي ذَٰلِكَ لَآيَاتٍ لِّقَوْمٍ يَتَفَكَّرُونَ (42)

• **[Yusufali 39:42]** It is Allah that takes the souls (of men) at death; and those that die not (He takes) during their sleep: those on whom He has passed the decree of death, He keeps back (from returning to life), but the rest He sends (to their bodies) for a term appointed verily in this are Signs for those who reflect.

Sleep in Quran

- Sleep is like mini-death
- Out of body experience in which *nafs* is detached from the body during sleep and returned to it as we wake up
- Physiological changes observed during sleep are due to absence of *nafs* from our multi-dimensional being
- Implications for sleep research, sleep disorders and science of dreams

Question3

- Is there consciousness beyond death?

Cardiac arrest:

- During cardiac arrest blood flow and oxygen uptake in the brain plunging swiftly to near-zero levels, and electroencephalogram (EEG) signs of cerebral ischemia.
- Full arrest leads rapidly to the major clinical signs of death, making cardiac arrest patients one of the best models to study the mental processes associated with death

Near death experience (NDE)

- NDE refers to an altered state of consciousness commonly occurring during an episode of unconsciousness, as a result of a life-threatening condition (Greyson & Stevenson, 1980). "Near"- temporary experience of the early stages of death.
- NDEs are reported by 10–18% of cardiac arrest survivors (van Lommel et al., 2001)
- NDEs have been reported in children also, who have been commonly considered too young to have any real concept of death or an afterlife (Morse, Castillo, Venecia, Milstein, & Tyler, 1986)

Recurring Features Reported in Literature to Describe NDE, Christian Agrillo et al.

Recurring Features Reported in Literature to Describe NDE

No.	Recurring features	References
1	Awareness of being dead	van Lommel et al., 2001; Morse et al., 1986; Dell'Olivo, 2009
2	Increase of mood with feelings of euphoria, happiness and well-being	van Lommel et al., 2001; Greyson, 2010b; Dell'Olivo, 2009; Blackmore, 1996
3	Out-of-body-experience	Morse et al., 1986; van Lommel et al., 2001; Greyson, 2010b; Kelly, 2001; Dell'Olivo, 2009
4	Entering a tunnel-like	Morse et al., 1986; van Lommel et al., 2001; Kelly, 2001; Blackmore, 1993; Dell'Olivo, 2009; Kellehear, 1993
5	Perception of a light	Greyson, 2010b; van Lommel et al., 2001; Kelly, 2001; Ring & Cooper, 1997; Dell'Olivo, 2009
6	Perception of a heavenly or hellish landscape	Greyson & Bush, 1992; Atwater, 1994; van Lommel et al., 2001
7	Encounter with deceased relatives, religious figures or beings of light	Kelly, 2001; Greyson & Stevenson, 1980; Greyson, 2010b; Betty, 2006
8	Experience of a life review	Stevenson & Cook, 1995; Greyson, 2010b; van Lommel et al., 2001; Kellehear, 1993
9	Different temporal perception	Greyson & Stevenson, 1980; Greyson, 1998; Dell'Olivo, 2009
10	Perception of sounds or music	Greyson & Stevenson, 1980; Ring & Franklin, 1981; Greyson & Bush, 1996

NDE scale (Griegson, 1983b) Score 7+ considered NDE

No.	Questions
1	Did time seem to speed up or slow down? 0 = No 1 = Time seemed to go faster or slower than usual
2	Was your thought speeded up? 0 = No 1 = Faster than usual 2 = Incredibly fast
3	Did scenes from your past come back to you? 0 = No 1 = I remembered many past events 2 = My past flashed before me, out of my control
4	Did you suddenly seem to understand everything? 0 = No 1 = Everything about myself or others 2 = Everything about the universe
5	Did you have a feeling of peace or pleasantness? 0 = No 1 = Relief or calmness 2 = Incredibly peace or pleasantness
6	Did you have a feeling of joy? 0 = No 1 = Happiness 2 = Incredibly joy
7	Did you feel a sense of harmony or unity with the universe? 0 = No 1 = I felt no longer in conflict with nature 2 = I felt united or one with the world
8	Did you see, or feel surrounded by, a brilliant light? 0 = No 1 = An unusually bright light 2 = A light clearly of mystical or other-worldly origin

NDE scale (Griegson,1983b) Score 7+ considered NDE

9	Were your senses more vivid than usual?	0 = No 1 = More vivid than usual 2 = Incomprehensibly more vivid
10	Did you appear to be aware of things going on elsewhere, as if by ESP?	0 = No 1 = Yes, but the facts have not been checked out 2 = Yes, and the facts have been checked out
11	Did scenes from the future come to you?	0 = No 1 = Scenes from my personal future 2 = Scenes from the world's future
12	Did you feel separated from your body?	0 = No 1 = I lost awareness of my body 2 = I clearly felt my body and existed outside it
13	Did you seem to enter some other, unearthly world?	0 = No 1 = Some unfamiliar and strange place 2 = A clearly mystical or unearthly realm
14	Did you seem to encounter a mystical being or presence, or hear an unmistakable voice?	0 = No 1 = I heard a voice I could not identify 2 = I encountered a definite being, or a voice clearly of mystical or unearthly origin
15	Did you see deceased or religious figures?	0 = No 1 = I sensed their presence 2 = I actually saw them
No.	Questions	table continues
16	Did you come to a border or point of no return?	0 = No 1 = I came to a definite conscious decision to "return" to life 2 = I came to a barrier that I was not permitted to cross, or was "sent back" against my will

NDE cross cultural

- NDEs have been reported throughout time in essentially all cultures implying unified pattern of experience regardless of education or religion (Belanti, Perera, & Jagadheesan, 2008).
- Blackmore (1993) , reported similar experiences in India compared to those reported by Moody (1975), including tunnels, dark spaces and bright lights

NDE: In brain theories

- According to several scientists NDE can be explained by physiological changes in the brain, such as neurons dying as a result of cerebral anoxia.
- Endorphins are released under stress (including extreme fear, such as the fear of dying) and are known to block pain and to induce feelings of well-being, acceptance, and even intense pleasure

NDE: Out of brain theories

- Out of brain theories imply presence of non-material consciousness independent of the brain as an explanation of NDE
- Out-of-Brain Theories NDEs pose challenges to the materialist brain-mind theory, in which complex mental phenomena are understood by reducing them to their individual components (and eventually to elementary material particles).

Near-death experience in survivors of cardiac arrest: a prospective study in the Netherlands. Lancet. 2001 Dec 15;358(9298):2039-45.

- In a prospective study, 344 consecutive cardiac patients successfully resuscitated after cardiac arrest in ten Dutch hospitals.
- Data collected on demographic, medical, pharmacological, and psychological factors between patients who reported NDE and patients who did not (controls) after resuscitation.
- In a longitudinal study of life changes after NDE, groups 2 and 8 years later were compared.

Near-death experience in survivors of cardiac arrest: a prospective study in the Netherlands. Lancet. 2001 Dec 15;358(9298):2039-45

- 62 patients (18%) reported NDE, of whom 41 (12%) described a core experience.
- Younger age more associated with NDE (p 0.012), and deeper NDE associated with female gender (0.011)
- Occurrence of the experience was not associated with duration of cardiac arrest or unconsciousness, medication, or fear of death before cardiac arrest.

Near-death experience in survivors of cardiac arrest: a prospective study in the Netherlands. *Lancet* 2001 Dec 15;358(9298):2039-45

Elements of NDE	Frequency (n/42)
1 Awareness of being dead	31 (50%)
2 Positive emotions	35 (56%)
3 Out of body experience	15 (24%)
4 Moving through a tunnel	19 (31%)
5 Communication with light	14 (23%)
6 Observation of colours	14 (23%)
7 Observation of a celestial landscape	18 (29%)
8 Meeting with deceased persons	20 (32%)
9 Life review	8 (12%)
10 Presence of border	5 (8%)

NDE=near-death experience.

Table 2: Frequency of ten elements of NDE

Near-death experience in survivors of cardiac arrest: a prospective study in the Netherlands. *Lancet* 2001 Dec 15;358(9298):2039-45

Life-change inventory questionnaire	2-year follow-up		8-year follow-up	
	NDE (n=23)	no NDE (n=15)	NDE (n=23)	no NDE (n=15)
Social attitude				
Showing own feelings	42	16	78	58
Acceptance of others	42	16	78	41
More loving, empathic	52	25	68	50
Understanding others	36	8	73	75
Involvement in family	47	33	78	58
Religious attitude				
Understand purpose of life	52	33	57	66
Sense inner meaning of life	52	25	57	25
Interest in spirituality	15	-8	42	-41
Attitude to death				
Fear of death	-47	-16	-63	-41
Quiet in life after death	36	16	42	16
Others				
Interest in meaning of life	52	33	89	66
Understanding oneself	58	8	63	58
Appreciation of ordinary things	78	41	84	50

Near-death experience in survivors of cardiac arrest: a prospective study in the Netherlands. *Lancet*. 2001 Dec 15;358(9298):2039-45

- We do not know why so few cardiac patients report NDE after CPR.
- With a purely physiological explanation such as cerebral anoxia for the experience, most patients who have been clinically dead should report one.
- Another theory holds that NDE might be a changing state of consciousness (transcendence), in which identity, cognition, and emotion function independently from the unconscious body, but retain the possibility of non-sensory perception.

Consciousnes beyond death in Quran: Maad
 Surah Qaf

• لَمَّا كُنْتُمْ فِي غَفْلَةٍ مِنْ هَذَا فَكَشَفْنَا عَنْكَ غِطَاءَكَ فَبَصَرُكَ الْيَوْمَ حَدِيدٌ {22}

- Yusufali 50:22 (It will be said:) "Thou was heedless of this; now have We removed thy veil, and sharp is thy sight this Day!"
- People are sleeping and they will wake up after death (Imam Ali as)
- 1/3 of Quran dedicated to Aakhira (life after death)

Conclusion

- Revelation represents the highest form of knowledge accessible to mankind
- Revelation provides a rich source of knowledge which can greatly enhance our understanding of the natural world
- Muslim scholars and scientists should use knowledge from the revelation to advance scientific understanding of natural phenomenon
