SEVEN ESSENTIALS

PRESENTATION 1

STUDENT WORKBOOK

MEDICAL EVIDENCE OF A SOUL

12+ Through Adult Version

From content by:

Fr. Robert J. Spitzer, S. J., Ph.D.

Adapted by: Claude R. LeBlanc, M.A.
Welcome to CREDIBLE CATHOLIC!

WHAT IS THE PROBLEM? It is unbelief and skepticism. In our culture, derision of religion, God, the soul, Jesus, and the prospect of finding spiritual meaning in suffering, are not only tolerated but preached and sometimes even celebrated. Many are already infected by the faulty messages which are delivered in four popular, but inaccurate, secular myths. These myths, in one form or another, are as follows:

 Myth 1: Science and faith are incompatible, and since science is true, it has replaced religion.
 Myth 2: Human beings are like every other animal—merely a complex of atoms and molecules. We have no soul, no eternal destiny, and no transcendent nature. When we die, we die.
 Myth 3: There is no explanation for why an all-loving God would allow suffering. Therefore, suffering is fundamentally negative and a loving God probably does not exist.
 Myth 4: There is no evidence for Jesus as an historical figure, and therefore his resurrection or divinity. If Jesus did exist, he was just an interesting prophet, but not a Savior or the Son of God.

The 2016 Pew Research Center’s Religious Landscape Study indicates that over 40% of millennials have abandoned their faith to unbelief because these four challenges have not been adequately addressed. Unless we specifically and effectively address these challenges to faith, the percentage will continue to grow. What can be done?

OUR SOLUTION: Credible Catholic, a Magis Center curriculum correlated to the Catechism of the Catholic Church, was specifically created to address these challenging myths.

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7 ESSENTIALS
PRESENTATION 1 WORKBOOK
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CC Presentation 1:  
*Medical Evidence of a Soul*

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**PRESENTATION NOTES**

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**SLIDE 1—TITLE SLIDE**

From content by Fr. Robert Spitzer, S.J., Ph. D.  
Adapted by Claude R. LeBlanc, M.A.

**SLIDE 2—COPYRIGHT SLIDE**

**SLIDE 3—OPENING PRAYER**

Lord, as we begin this lesson, help us to be open to what you want us to know. There’s so much to explore about the world and about ourselves, but most of all, you want us to know you and your great love for us. May we want that too. Amen.

**SLIDE 4:** Watch as Bart and Milhouse discuss whether or not souls exist.

**SLIDE 5—VIDEO 1-1: The Soul of Bart Simpson.**

**SLIDE 6:** Wouldn’t it be great if there were actual physical evidence that our souls are real and that we’re going to live forever? Of course, we have God’s revelation in the Scriptures that He made us in His image and likeness, with souls that will live forever, but there’s also actual physical evidence that our souls are real. *What is this evidence?* That’s what we’ll discover in this lesson.
One kind of physical evidence for our souls and the afterlife comes from Near-Death Experiences (or NDEs). There is a great amount of evidence for NDEs, but we must be careful when considering it. Much of the alleged “evidence” is based on personal testimonies that can’t be verified. Our focus will be only on the evidence coming from scientific research that can be verified.

NDEs usually happen during clinical death, which is when the heart stops and there’s no blood sending oxygen to the brain. Most brain activity shuts down after just 30 seconds without oxygen. Not just advanced functions, like sensing and thinking, but even basic functions, like the gag reflex, stop working.

Despite the absence of brain activity, patients, in about 10% to 20% of clinical deaths, report that they had a NDE. They claim they could see and hear what was going on around them, could remember what was happening around them, and knew who they were. They report moving outside their bodies, passing through hospital walls, and even being transported to another place, often moving through a tunnel toward a bright light.

There are many people, however, who doubt that NDEs really happen. Because they think that consciousness is just a physical process that starts in the brain, they believe that consciousness dies when the brain does. But, is that really true?
SLIDE 13: If we look at what’s happening to a brain during clinical death, and compare it with what people report to have happened during their NDEs, it seems that consciousness does not required a living brain.

SLIDE 14—ACTIVITY 1: Does Consciousness Survive Bodily Death?

SLIDE 15: Since clinical death often happens in hospitals when patients are being monitored, reports of NDEs can be checked. In fact, thousands of NDEs have been documented and verified. Although there are many studies of NDEs, we will focus on five of the most important ones, then we’ll review what they have in common. Let’s see what the evidence from these studies is.

SLIDE 16: A 2014 study* looked at 2,060 hospitalized patients with cardiac arrest—meaning their hearts stopped and oxygen wasn’t getting to their brains. 185 of these patients—about 9%—reported that they had a NDE. Some were able to see and hear for several minutes. That’s significant when we remember that a brain without oxygen shuts down within 30 seconds. In each of these cases, researchers verified what was going on in the operating rooms during the NDEs while they were clinically dead. *(by Dr. Sam Parnia, M.D., University of Southampton)

SLIDE 17: In a 2001 study*, 344 clinically dead cardiac patients were studied and it was found that 18%—or 62 of them—had a NDE. This study ruled out several physical explanations of NDEs because all the patients had the same physical symptoms of cardiac arrest, but only some of the patients had a NDE. These patients reported seeing and hearing things during their NDEs that researchers were able to verify afterwards. *(by Dr. Pim van Lommel, M.D.)

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SLIDE 18: In a 2006 study* of 31 blind patients having Near-Death Experience, 80% reported being able to see during their NDEs. Some of them had been blind from birth, while others had lost their sight later in life. Nonetheless, both groups gave similar descriptions of what they saw, and their descriptions also matched the reports of those with sight from other NDE studies. The brain, of course, does not have the ability to process sense information during clinical death, so the ability for a person born blind to see during a NDE, and see clearly enough to describe it later, suggests that consciousness does not need a physical body. *(by Dr. Kenneth Ring, Ph. D.)

SLIDE 19: Here’s an example.

SLIDE 20—VIDEO 1-3: Vicki Noratuk Sees During Her NDE.

SLIDE 21: A 2007 study* examined 107 NDEs where patients had reported seeing or hearing things that could be verified independently; for example, things that the medical staff were doing in the hospital room during the patient’s clinical death. The study found that 98 of the 107 cases were 100% accurate; correct in every verifiable detail! *(by Dr. Janice Holden, Ed.D.)

SLIDE 22: Finally, a 10-year study* interviewed over 1,000 patients with NDEs. This study found several common characteristics in these reported experiences; characteristics like: a sense of being dead; rising rapidly to another reality; moving through a tunnel; experiencing peace and painlessness; or encountering a “Being of Light”. For each characteristic, the percentage of patients who reported that characteristic was similar to the percentage found in other NDE studies. *(by Dr. Raymond Moody, M.D.)

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SLIDE 23: Here’s a doctor’s description from his NDE studies.

SLIDE 24—VIDEO 1-4: Dr. Bruce Greyson describes His NDE Studies.

SLIDE 25: Since each of these NDE studies include reports of perceptions during clinical death that can be verified as true, it’s reasonable to believe the other reported experiences that can’t be verified, like moving through a tunnel or experiencing peace and painlessness, are also true.

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SLIDE 26: Let’s summarize the three kinds of evidence from these NDE studies.

SLIDE 27: First, we have reports by patients of events that occurred in the operating rooms during their NDEs; events that can be verified. In one case, a patient in a deep coma accurately described the place where a nurse had put his dentures. And, in every major study, patients who described out-of-body experiences give verifiable details, such as correctly reporting the conversations or the clothing of relatives and friends in the waiting room.

SLIDE 28: Second, no physical reason has been found to explain why 80% of those who are blind can “see” during their NDEs.
SLIDE 29: And finally, about a third of the NDE patients report meeting deceased relatives, acquaintances, and even strangers. In these meetings, the patients report being given information that the patients themselves never could have known.

SLIDE 30: For example, watch this scene from “Heaven is for Real,” based on the true story of NDE survivor, Colton Burpo.

SLIDE 31—VIDEO 1-5: Do You Know I Have a Sister’ scene from Heaven is for Real?

SLIDE 32: You might be asking yourself, “How can anyone doubt the evidence from NDEs?” Attempts are often made to explain away NDEs as just physical or drug-induced phenomena. These attempts, however, can’t explain the evidence we listed; how people can accurately report what they see and hear in other rooms, how the blind can see, or how people learn previously unknown information from deceased persons.

SLIDE 33: For instance, some people suggest that NDEs are just hallucinations of loved ones the patients expected to see. But, as we said, some patients report meeting, and getting verifiable information from, strangers. And besides, how would they have received unknown, but verifiable, information during a hallucination?

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SLIDE 34: There are also other problems with attributing NDEs to hallucinations. First, hallucinations occur in functioning brains; NDEs, on the other hand, usually occur during clinical death. And second, hallucinations aren’t typically accurate; they give distorted and false perceptions, while NDEs give clear & positive ones.

SLIDE 35: Remember how we said Scripture reveals that we’re made in God’s image and likeness, with souls that will live forever? There are also similarities between NDEs and the teachings and Resurrection of Jesus. These suggest that consciousness might not only exist apart from the body, but that it is destined to exist forever in a life of unconditional love, just as Jesus taught us. So, what are the similarities between NDEs and Jesus’ Resurrection? There are three.

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SLIDE 36: The first similarity is a freedom from physical limitations. After His Resurrection, Jesus moved through walls, He ascended upward, and moved beyond the physical world. During NDEs, people report experiencing these same freedoms. Christianity teaches us that we will all have these same freedoms when we are resurrected.

SLIDE 37: The second similarity is the realm of unconditional love. Jesus told us love is central in the Kingdom of Heaven. Those having NDEs describe an overwhelming experience of love.

SLIDE 38: The third similarity is the experience of perfect beauty, joy and paradise. Again, these elements are found in reports of NDEs, and they’re also found in Jesus’ teaching about Heaven.
SLIDE 39—ACTIVITY 2: Look for Similarities Between NDEs and the Teachings and Resurrection of Jesus

SLIDE 40—CHAPTER 2—PROOF OF A SOUL AND HEAVEN FROM TERMINAL LUCIDITY: Another kind of evidence for our souls and for the afterlife comes from an unexpected occurrence; it’s called Terminal Lucidity. What is Terminal Lucidity? Several studies have revealed that for many persons suffering from severe disorders of the brain, like dementia or Alzheimer’s, their minds suddenly become clear (or lucid) shortly before death. How can this happen?

SLIDE 41: Shortly before dying, some people with Terminal Lucidity will call up family members or friends, and have rational and meaningful conversations with them, and they do this even though their cerebral cortex—the part of the brain that controls things like memory and thought—isn’t working. Since brains in these conditions are not capable of performing these higher functions, Terminal Lucidity suggests that consciousness separates from the body shortly before death.

SLIDE 42: Here’s a demonstration of what Terminal Lucidity is like.

SLIDE 43—VIDEO 1-6: Terminal Lucidity scene from God is Not Dead.

SLIDE 44: For people with Terminal Lucidity, it may be that Alzheimer’s or dementia has left their brains completely incapable of rational thought for years, and may be that severe mental impairment has impeded their brain’s higher functions all their lives. And yet, nonetheless, they can keep an awareness of God’s presence, of prayer, of good and evil or right or wrong. Here’s the true story of one of these persons.
SLIDE 45: In 1922, Anna Ehmer, who had been born severely mentally impaired, experienced Terminal Lucidity. She had never learned to speak a single word and she had suffered several meningitis infections that had damaged her brain. Yet, a half an hour before dying, she sang the words, “Where does the soul find its home, its peace? Peace, peace, heavenly peace!” During her Terminal Lucidity, Anna’s face was filled with joy. Then, she quietly passed away. This experience was witnessed and verified by two physicians.

SLIDE 46: Anna Ehmer is not an isolated case. Researchers found a total of 81 references to similar cases, reported by 51 different authors. Terminal Lucidity shows the presence of a soul even in cases of severe mental impairment. All persons, no matter their physical, emotional, or intellectual challenges, have souls allowing them to understand and communicate with God.

SLIDE 47: Our worth—our value—comes from our souls, not from the condition of our bodies. Because of this, all persons have a God-given dignity and are worthy of respect. This is true throughout their lives and regardless of their physical circumstances from the unborn all the way to the terminally ill.

SLIDE 48: To sum it all up, we each have a consciousness that is not dependent on our brains or our bodies. We have shown this is true before death with Terminal Lucidity and during clinical death with NDE studies. From the evidence, it is reasonable and responsible for us to conclude that we have souls that survive bodily death and that we are destined for an afterlife of eternal peace and joy in Heaven with God!
SLIDE 49—CLOSING PRAYER: “Lord, we thank You for giving us the ability to discover the truth about our souls and about Heaven. Help us remain open to the evidence that we are destined to spend eternity with You. Amen.”

SLIDE 50—ADDITIONAL RESOURCES

1. For additional resources:
   - Articles and videos on magiscenter.com

2. For more background:
   - Catholicism, book #2

3. For in depth study:
   - Catholicism, big book #2
   - More modules are available at:
     - https://www.magiscenter.com

SLIDE 51—CREDITS

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Notes:
ACTIVITY #1: What Evidence could “Prove” Consciousness Survives Bodily Death?
Imagine that you are in court to decide whether or not consciousness survives bodily death. If there could be conclusive evidence, what would it be?

ACTIVITY #2: Explore the Parallels Between NDE Reports and Scripture. Read the verse or verses assigned to you and describe any parallels you find between them and NDEs.

2. 1 Cor. 15:42-44: __________________________________________________________
4. 1 John 4:7-11: _____________________________________________________________
5. 1 Cor. 15:51-55: __________________________________________________________
6. Revelation 21: ____________________________________________________________
7. 1 John 4:16-19: _____________________________________________________________
Scripture Readings for CC 7E Presentation 1 ACTIVITY 2 (from the New American Bible, Revised Edition)

1. Luke 24:36-49
   While they were still speaking about this, he stood in their midst and said to them, “Peace be with you.” But they were startled and terrified and thought that they were seeing a ghost. Then he said to them, “Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have.” And as he said this, he showed them his hands and his feet. While they were still incredulous for joy and were amazed, he asked them, “Have you anything here to eat?” They gave him a piece of baked fish; he took it and ate it in front of them. He said to them, “These are my words that I spoke to you while I was still with you; all that is written about me in the law of Moses and in the prophets and psalms must be fulfilled.” Then he opened their minds to understand the scriptures.

   And he said to them, “Thus it is written that the Messiah would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things. And [behold] I am sending the promise of my Father upon you; but stay in the city until you are clothed with power from on high.”

2. 1 Cor. 15:42-44
   So also is the resurrection of the dead. It is sown corruptible; it is raised incorruptible. It is sown dishonorable; it is raised glorious. It is sown weak; it is raised powerful. It is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual one.

   Then he said, “A man had two sons, and the younger son said to his father, ‘Father, give me the share of your estate that should come to me.’ So, the father divided the property between them. After a few days, the younger son collected all his belongings and set off to a distant country where he squandered his inheritance on a life of dissipation. When he had freely spent everything, a severe famine struck that country, and he found himself in dire need. So, he hired himself out to one of the local citizens who sent him to his farm to tend the swine. And he longed to eat his fill of the pods on which the swine fed, but nobody gave him any. Coming to his senses he thought, ‘How many of my father’s hired workers have more than enough food to eat, but here am I, dying from hunger. I shall get up and go to my father and I shall say to him, “Father, I have sinned against heaven and against you. I no longer deserve to be called your son; treat me as you would treat one of your hired workers.”’ So, he got up and went back to his father. While he was still a long way off, his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed him. His son said to him, ‘Father, I have sinned against heaven and against you; I no longer deserve to be called your son.’ But his father ordered his servants, ‘Quickly bring the finest robe and put it on him; put a ring on his finger and sandals on his feet. Take the fattened calf and slaughter it. Then let us celebrate with a feast, because this son of mine was dead, and has come to life again; he was lost, and has been found.’ Then the celebration began.

   Now the older son had been out in the field and, on his way back, as he neared the house, he heard the sound of music and dancing. He called one of the servants and asked what this might mean. The servant said to him, ‘Your brother has returned and your father has slaughtered the fattened calf because he has him back safe and sound.’ He became angry, and when he refused to enter the house, his father came out and pleaded with him.

   He said to his father in reply, ‘Look, all these years I served you and not once did I disobey your orders; yet you never gave me even a young goat to feast on with my friends. But when your son returns who swallowed up your property with prostitutes, for him you slaughter the fattened calf.’

   He said to him, ‘My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead, and has come to life again; he was lost, and has been found.’"

4. 1 John 4:7-11
   Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another.
Readings for CC12+ 7E P1 ACTIVITY 2, pg. 2

5. 1 Cor. 15:51-55

Behold, I tell you a mystery. We shall not all fall asleep, but we will all be changed, in an instant, in the blink of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible, and we shall be changed. For that which is corruptible must clothe itself with incorruptibility, and that which is mortal must clothe itself with immortality. And when this which is corruptible clothes itself with incorruptibility and this which is mortal clothes itself with immortality, then the word that is written shall come about: “Death is swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?”

6. Revelation 21

Then I saw a new heaven and a new earth. The former heaven and the former earth had passed away, and the sea was no more. I also saw the holy city, a new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. I heard a loud voice from the throne saying, “Behold, God’s dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them [as their God]. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away.”

The one who sat on the throne said, “Behold, I make all things new.” Then he said, “Write these words down, for they are trustworthy and true.” He said to me, “They are accomplished. I [am] the Alpha and the Omega, the beginning and the end. To the thirsty I will give a gift from the spring of life-giving water. The victor will inherit these gifts, and I shall be his God, and he will be my son. But as for cowards, the unfaithful, the depraved, murderers, the unchaste, sorcerers, idol-worshippers, and deceivers of every sort, their lot is in the burning pool of fire and sulfur, which is the second death.”

One of the seven angels who held the seven bowls filled with the seven last plagues came and said to me, “Come here. I will show you the bride, the wife of the Lamb.” He took me in spirit to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God. It gleamed with the splendor of God. Its radiance was like that of a precious stone, like jasper, clear as crystal. It had a massive, high wall, with twelve gates where twelve angels were stationed and on which names were inscribed, [the names] of the twelve tribes of the Israelites. There were three gates facing east, three north, three south, and three west.

The wall of the city had twelve courses of stones as its foundation, on which were inscribed the twelve names of the twelve apostles of the Lamb.

The one who spoke to me held a gold measuring rod to measure the city, its gates, and its wall. The city was square, its length the same as [also] its width. He measured the city with the rod and found it fifteen hundred miles in length and width and height. He also measured its wall: one hundred and forty-four cubits according to the standard unit of measurement the angel used. The wall was constructed of jasper, while the city was pure gold, clear as glass. The foundations of the city wall were decorated with every precious stone; the first course of stones was jasper, the second sapphire, the third chalcedony, the fourth emerald, the fifth sardonyx, the sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh hyacinth, and the twelfth amethyst. The twelve gates were twelve pearls, each of the gates made from a single pearl; and the street of the city was of pure gold, transparent as glass.

I saw no temple in the city, for its temple is the Lord God almighty and the Lamb. The city had no need of sun or moon to shine on it, for the glory of God gave it light, and its lamp was the Lamb. The nations will walk by its light, and to it the kings of the earth will bring their treasure. During the day its gates will never be shut, and there will be no night there. The treasure and wealth of the nations will be brought there, but nothing unclean will enter it, nor anyone who does abominable things or tells lies. Only those will enter whose names are written in the Lamb’s book of life.

7. 1 John 4:16-19

We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him. In this is love brought to perfection among us, that we have confidence on the day of judgment because as he is, so are we in this world. There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love. We love because he first loved us.
THE 7 ESSENTIAL PRESENTATIONS

Essential 1—MEDICAL EVIDENCE OF A SOUL: We show evidence, from Near-Death Experiences (NDEs) and Terminal Lucidity (a clarity of consciousness sometimes occurring shortly before death in persons with dementia, Alzheimer’s, and irreversible brain damage) that consciousness is not dependent on physical bodies or brains, and therefore, that we have souls that survive bodily death.

Essential 2—SCIENTIFIC EVIDENCE OF GOD’S EXISTENCE: We give evidence from the Big Bang, the BVG Proof (that all expanding universes have to have a beginning), entropy, and the “fine-tuning” of the universe for life, that our universe requires an Intelligent Creator in order to exist.

Essential 3—PHILOSOPHICAL PROOF OF GOD’S EXISTENCE: We demonstrate, using reasoning, from St. Thomas Aquinas, C. S. Lewis, and others, the logical necessity for there being a Transcendent Creator of the universe.

Essential 4—PROOF OF JESUS’ RESURRECTION AND DIVINITY: We describe evidence from the Shroud of Turin, the Facecloth of Oviedo, Historical Documents (biblical and non-biblical), and the work of N. T. Wright, that the Resurrection of Jesus is an historical fact, and that He is divine.

Essential 5—WHY BE CATHOLIC? We show that the Catholic Church is Christ’s only authentic living authority, and give evidence of miracles (through the intercession of Mary and the Saints, and for the real presence of Christ in the Eucharist) that demonstrate God’s work in the Church.

Essential 6—TRUE HAPPINESS: We explain the four kinds of happiness (coming from pleasure, accomplishments, service of others, and a loving relationship with God) and show why only the latter two can give us the pervasive, enduring, and deep happiness we truly desire and need.

Essential 7—WHY WOULD AN ALL-LOVING GOD ALLOW SUFFERING? We guide the learner to understand the necessity, meaning, and benefits of suffering, which are growing in the love of God, others, and ourselves, and attaining happiness for ourselves and others here, and with God for eternity in Heaven!  

Rev. 4-13-20