"Does everything end when we die?"

CONFERENCE XXIII
NATIONAL SYMPOSIUM
OF THE FUNERAL SECTOR
(March 6-7, 2024, Madrid)



Dr. Luján Comas

Director of the Icloby Foundation

Within the framework of the XXIII National Symposium of the Funeral Sector, held in March 2024 in Madrid, Dr. Luján Comas delivered the conference titled 'Does Everything End When We Die?'.

Dr. Comas spoke about how science has discovered that something survives death. She holds a degree in Medicine and Surgery from the University of Navarra, specializing in Anesthesia and Resuscitation. Her career spans 32 years at Vall d'Hebrón Hospital (Barcelona), 18 of which she spent as a cardiac surgery anesthesiologist. She was part of the pioneering team for double-lung transplantation in Spain.

Additionally, she serves as the director of the 'International Course on Awareness and Social Leadership' and the 'Expert Course on Support and Grief'. She is also the director of the IFIRC (Icloby Foundation International Research Center) and the director and host of the YouTube channel 'Somos Alma'.

Furthermore, Dr. Comas, alongside Dr. Xavier Melo, promotes research on consciousness during cardiac arrest, a study that has already been initiated in ten hospitals across Spain and Latin America. **“As of today, February 6, 2025, 15 hospitals have already joined, and 4 more are in the process.”**

Dr. Comas is also a speaker, writer, and co-author of the book *Existe la muerte* (Does Death Exist?), alongside Anji Carmelo, as well as the book *La muerte y el morir* (Death and Dying).

Below, we present her lecture.

I’m not quite sure what I’m doing here because perhaps my topic—consciousness and science—is not closely linked to this sector. But maybe we could start making that connection.

Have you ever asked yourselves, on a personal level, whether death truly exists? Whether everything ends here? I don’t want you to believe anything, but I do want to pose a question and encourage you to seek answers.

“Research on consciousness shows that something survives.”

I’d like to thank Pedro Guillermo, Gonzalo Amorós, and the entire *Revista Funeraria* team for allowing me to be here today and share my perspective. You don’t have to believe anything, but the facts remain: research on consciousness shows that something survives.

You work in the field of death. There is a vast difference between a living body and a dead body. At the very moment of death, something leaves—it’s gone. What remains is an empty shell. We know that there is an energy that animates and gives life to that body. If you think about it, both have the same number of organs, systems, and cells, yet one is alive, and the other is not. What has happened? The energy that once gave it life has disappeared. And as we know from thermodynamics, energy is neither created nor destroyed—it transforms.

So, that energy that sustained life in that being has transformed and moved to another plane of consciousness. Measurements of the energy field through electrocardiograms or electroencephalograms indicate that we *are* that energy.

We have a physical body, an emotional body, a mental body, and a spiritual body. Each one has a measurable vibration. This means we exist in multiple layers, and these bodies continue to exist on another plane. It has been demonstrated that this indicates multidimensionality, as each vibration is different. Here, in this 3D experience—Earth—we take on a "suit."

I always explain it like this: Imagine you live on land and decide, *"I want to explore the ocean depths, see the coral reefs, the anemones..."* What do you do? If you embark on this adventure, you prepare yourself with a wetsuit to keep warm, fins to swim faster in case a shark appears, goggles to see clearly and keep water out of your eyes, and an oxygen tank because you can’t breathe underwater.

When your experience ends, or your oxygen runs out, you surface, return to solid ground, and remove the suit. But *you are not the suit.*

In this materialistic world, we assume that we *are* the suit—that our brain produces consciousness, and that when the brain dies, consciousness ceases to exist. But that is not the case. The latest scientific advances are showing that in some cases, full awareness remains after death—such as in near-death experiences (NDEs).

What are near-death experiences? They are expanded states of consciousness reported by people who have suffered cardiac arrest.

You know—as I was taught in medical school—that the brain is thought to be the producer of consciousness and is also the organ most sensitive to oxygen deprivation. In fact, within 10–12-15 seconds without oxygen, the brain is supposed to lose consciousness, and the electroencephalogram (EEG) goes flat. Theoretically, if the brain loses consciousness, it should no longer function, meaning there should be no awareness.

However, a relatively high percentage of cardiac arrest patients report experiences that have been shown not to be hallucinations—this is an entire discussion in itself. What's fascinating is that these experiences follow the *same pattern*across all cultures and historical periods, dating back to Plato. These individuals describe having *a heightened state of awareness*—even greater than when they were alive and conscious.

How can this be explained?

This is what we are investigating. Science is revealing that there is a shift in consciousness that is emerging, and it’s happening very quickly. This shift is not occurring due to high estructure; rather, it is emerging from everyday people, and it is happening in all countries.

We are in contact with China, and we are seeing this shift in consciousness there as well. We don’t know the exact speed of this transformation, but what we do know is that there is no turning back. This is the century of proving consciousness—of demonstrating that consciousness persists and that it is more than just the brain.

As a result, this shift in consciousness must be present in all industries—especially yours. On one side, we see sustainable businesses, the 2030 Agenda, environmental protection, and pollution reduction. But we must integrate consciousness into these efforts through science.

I believe your industry needs to broaden its perspective. As this shift in awareness continues, fewer people will die in hospitals, and more will pass away at home. You will be the ones who go directly to them. Your teams will not only be there for the person transitioning but also to support the grieving process.

That is why I think it is essential to transform concepts, raise awareness, and prepare through science—because there is no greater hope than what science provides.

In the past, hope came through religion. Today, religion has been somewhat set aside, but all of this is now being explored through science. Whether you believe it or not, whether it sounds strange to you or not, science is crucial, and it will help you foster empathy, comfort, and hope. I find this essential.

It also seems fundamental in industries like yours, which have undergone rapid and remarkable evolution. All the systems are lighter, raw materials are being carefully chosen, and pollution and carbon footprints are being addressed. However, all of this attention to detail must be accompanied by greater humanity through consciousness—through accompanying and harmonizing the process.

You are fortunate to be part of the most important moment in life: death. If, through consciousness and science, you can offer hope in the last moments to the person passing, and in the first moments to the family who is grieving, you are giving meaning to life—yours and theirs.



"You are in a remarkable field—one that gives meaning to life by giving meaning to death."

It seems to me that You are in a wonderful field for an evolutionary change, giving meaning to life by giving meaning to death. So, not everything ends when we die.



BACKGROUND
I have a background of investigating death and being immersed in it throughout my life—both personally and professionally.

Personally, because I was born after the death of my older sister, who was 5 years old, and several late-term miscarriages. Going to cemeteries was a regular part of life—it was normal. Every week we would visit my sister's grave, and that was just a part of my life. Later, my brother—the only one I had left—also died in an accident at the age of 26. After that, my first husband passed away as well, and this motivated me to study all kinds of complementary medicine that could help, because conventional medicine didn't have the solution. I began reading everything I could find to give him hope. He passed away peacefully, and that helped me think, "If it went well for him, why can't I teach others about death, consciousness, and the afterlife?"

Professionally, I am an anesthesiologist and resuscitation specialist... and sometimes, a young person you attend to doesn't recover, while an older person with multiple health problems and complications manages to survive. It makes you wonder: Is there a specific time of entry and exit for life? Over time, you come to understand that death is a process, not an instant. It is a well-structured process, just like birth, and you can either catch it at the beginning or not.

In addition to this, transplantation raises many questions, and I have asked myself many questions throughout my life.

In cardiac surgery, we would handle emergencies. I always did them because no one else wanted to, as they were very long procedures, but I loved the complicated ones. One day, we had a case of a ruptured aortic arch, which was very serious. The heart sends out an artery that supplies oxygen, life, and glucose to the entire body. This artery forms an arch, known as the aortic arch, from which the brain's blood supply is irrigated. When it ruptures, it is extremely critical because the brain is deprived of oxygen.

In this case, we performed deep hypothermia using a cardiopulmonary bypass machine. We cooled the heart with ice and potassium, and the entire body, including the head, was cooled with ice. Once we reached a specific temperature, everything in the body would stop, and the entire system would be in a state of suspension. The cardiopulmonary bypass machine, the respirator, and the fluids would be turned off—everything would be at zero, and all parameters would show a flat line.

Objectively, that person was considered dead. So, this raises the question: Are we a body, or do we simply have a body?

Furthermore, to perform the surgery, we had to drain all the blood from the head in order to make an anastomosis, because without doing so, the surgeon couldn't stitch the arteries together. It was a very complicated procedure. Of course, the cold preserved the brain, but that doesn't take away from the many questions this situation raised.

"Over time, you come to understand that death is not an instant; it is a perfectly structured process, just like birth."



ATTITUDES TOWARD DEATH

Rejection

We have removed death from life, yet it is a part of life. There is a rejection of it. Interestingly, no one wants to talk about death, even though, in the past, death was a part of life and family. When a relative or friend unexpectedly dies, we start to reflect on things, and a crisis emerges because we realize that we are all going to die. We don't know when, and we don't keep it present in our lives.

Fear

The fear of death prevents us from living. When one understands that life continues and that everything has its meaning, fear disappears. Additionally, fear is future-oriented. Right here, right now, you are alive, and you don't fear death. But when we think about the future, anxiety and fear arise. What happens is that while we're focused on the future, we stop living in the present. Removing our fear of death represents living and enjoying, because it is the present moment, the only moment that exists. I don't know if I will have it after. We must be grateful for the opportunity of a new day and value what we have.

Crisis

Einstein said that the best thing that can happen to us is to go through a crisis on a personal, social, or national level. Crises allow us to take a leap because you realize that the tools you had are not working, and you must seek new parameters that help you move forward. It's the transformation from caterpillar to butterfly. A caterpillar that crawls and doesn't move more than 10 meters in its entire life is capable of flying thousands of kilometers.

Acceptance

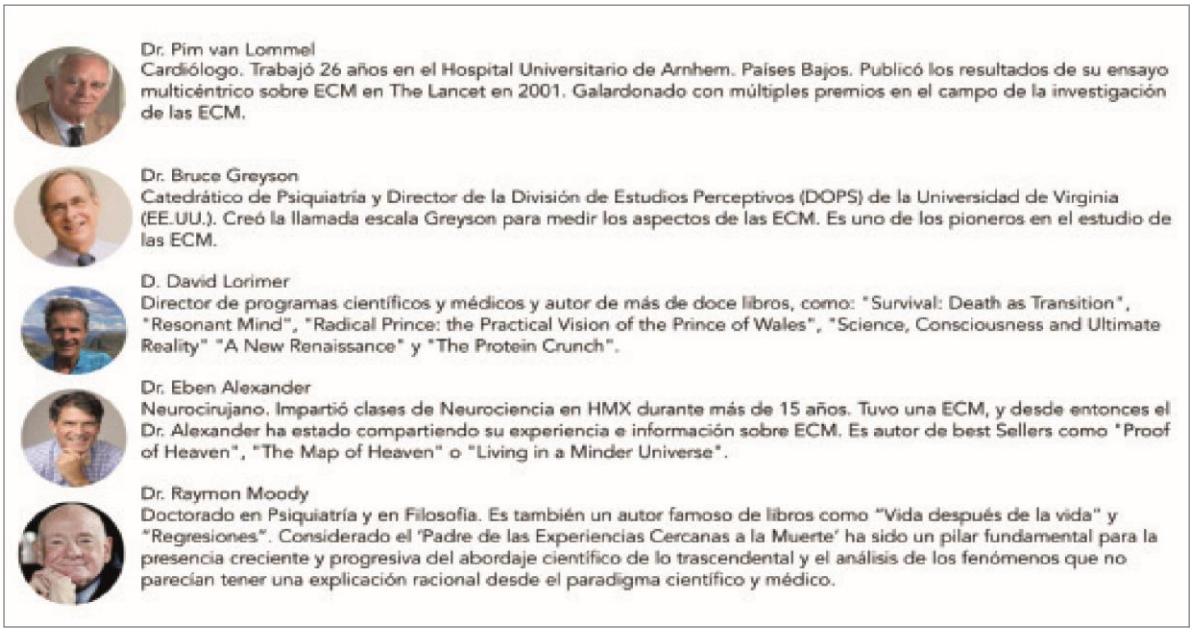
Suffering comes from non-acceptance, and accepting is very different from resigning. Resigning is passivity, saying, "It has happened to me, I'm so unfortunate, my life is so sad..." Yes, but you're still here. How do you choose to live your life? The moment you accept, you move from being a victim to being a hero. The attitude changes.

Resilience

Resilience is the property of certain metals. When the weight that deforms or burdens them is removed, they return to their initial state. However, a person never returns to their initial state—they always become a better person, having acquired new values and tools.

"Suffering comes from non-acceptance, and accepting is very different from resigning."

SCIENCE AND DEATH
Dr. Raymond Moody



SCIENCE AND DEATH

Dr. Raymond Moody

Dr. Raymond Moody was the first person to discuss *near-death experiences* in the context of a name, as he was the one who coined the term. His retrospective study of these experiences, meaning that people explained their experiences to him and he wrote them down, was groundbreaking but not scientifically valid. However, it paved the way for future research. It was previously believed that the brain, when dying, is flooded with substances and suffers from an oxygen deficit. Dr. Moody proved this was not the case; even completely healthy brains could experience shared near-death experiences with the person passing away. *Life After Life* is one of his major works.

Dr. Kübler Ross

Dr. Kübler Ross, with over 20,000 cases, also emphasized that life continues and there is no need to fear death. One of her most valuable books is *Death: The Final Stage of Growth*.

Dr. Pim van Lommel

When I found the study conducted by Dr. Pim van Lommel with 10 Dutch hospitals over 8 years, I was amazed. It involved patients who had suffered cardiac arrest in the hospital, yet their consciousness persisted in a documented percentage. For me, this was the peak of scientific

discovery. Who would have told me that years later, I would work with him? *Consciousness Beyond Life* is one of his most prominent books.

Dr. Sam Parnia
Dr. Sam Parnia is another key figure in prospective studies, with diagnosis, treatment, evolution, and follow-up. People who have had near-death experiences report hearing, seeing, tasting, and feeling what others are feeling, as well as reviewing their life and experiencing empathy for the pain they've caused others. They often report communicating telepathically with deceased loved ones or beings of light, and they experience an overwhelming sense of love and return to home. This is so profound that 70% of people undergo a radical life change, including changing partners, because when they return, they no longer share the same values and interests. They dedicate themselves to helping others and making life meaningful, understanding that all material things stay behind.

Research
Icloby Foundation
I represent and preside over the Icloby Foundation, which was established after a near-death experience of its founder, Xavier Melo, a Doctor in Applied Economics, who left everything behind to create it. We are currently conducting the "Project Light," which involves 10 hospitals that have passed all the necessary research and ethics committees. These hospitals report cases of cardiac arrest for us to investigate consciousness. We focus only on cases that occur within the hospital to study the experiences patients have when their brain is in cardiac arrest. In Madrid, we are working with three hospitals, and in Barcelona, with two—Hospital Clínic and Hospital de Bellvitge. We are also collaborating with hospitals in Argentina and Colombia. Additionally, we have 6 or 7 more hospitals in the process of joining the project. As of February 6, 2025, 15 hospitals are already participating, with four more in the process of joining.

The foundation is centered on science, consciousness, and commitment. Icloby means the consciousness lobby. We provide training, promote knowledge, offer courses in accompaniment and grief, consciousness and social leadership, environmental sustainability, social entrepreneurship, and extrasensory perception. We are also conducting research into terminal lucidity in children, which is very interesting and also occurs in adults. I don't know if you have encountered a friend or relative with advanced Alzheimer's—sometimes after many years of decline, they suddenly awaken and say goodbye to everyone with remarkable mental clarity before passing away shortly after. We are seeing this phenomenon. If the brain is the producer of consciousness, how can a severely altered brain suddenly "wake up" and exhibit clarity of thought? This suggests there is non-local consciousness—the brain is just a receiver that connects individual consciousness with the quantum field of consciousness.

To conclude, it is important to bring death into our lives so we can die more peacefully, but also so we can live differently. Thank you.

Advisory Council for Icloby Research: 'Project Light'

"It would be important to integrate death into our lives, in order to die in a much more peaceful way, but also to live in a different way."