



# VITAL SIGNS

2021 | Vol. 40 No. 3

## 2021 Online IANDS Conference

Near-Death Experiences:  
Past Reflection, Present Enlightenment, & Future Illumination

September 1-5, 2021

### KEYNOTE SPEAKERS



Bruce Greyson, MD



Eben Alexander, MD



Karen Newell



Nancy Rynes, BSc



Mark Anthony, JD



Oscar Miro-Quesada, MA



Raymond Moody, MD, PhD



John Audette, MS



Nancy Evans Bush, MA



PMH Atwater, LHD

- 120+ Speakers & Panelists
- 17 Panels & Discussion Groups
- IANDS 40th Anniversary Panel
- 3 Full Online Conference Days
- 2 Full Online Pre-Conference Days
- 2 Film Premieres with Discussion
- Morning Music & Meditation
- Experiencer Sharing Lounge
- Military/Veterans NDE Discussion Group
- 90 Days of Video Replay Access
- And So Much More!



Rebecca Austill-Clausen, MS-OTR/L, FAOTA



Rob Schwartz, MBA



Lavonne Wells Sandberg, BSc



Stephanie Arnold, BA

### **2 Day Pre-Conference This Year!**

Reiki I Certification Training Course

16 Workshops w/2 Weeks VOD Access

[VirtualConference.iands.org](https://VirtualConference.iands.org)



*Vital Signs* is published by the International Association for Near-Death Studies, Inc. (IANDS).

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##### Submissions

Submissions to *Vital Signs* are welcomed. Please submit materials to [vs@iands.org](mailto:vs@iands.org). Please use Word format for attached documents. All submissions are subject to *Vital Signs* editorial review and approval processes.

##### Suggestions & Feedback

We welcome your questions, comments, or suggestions. Your opinion matters!

##### IANDS

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Founded in 1981, the International Association for Near-Death Studies, Inc. (IANDS) is a 501(c)(3) nonprofit corporation. The organization is dedicated to encouraging scientific research, education, and support regarding the physical, psychological, social, and spiritual nature and ramifications of near-death and related experiences. IANDS associates comprise a broad audience from around the world including experiencers; researchers; medical, mental, social, and religious/spiritual healthcare professionals; educators; and the general public. For more information, or to become an IANDS member, visit <https://iands.org>





## President's Message

### FROM SYMPOSIUM TO CONFERENCE

On April 30, IANDS hosted its first Spring Symposium, a one-day online program on the theme of “Providing Care for Those Touched by Near-Death and Related Experiences: Ethical Best Practices.” The program featured a summary of research on near-death experiences (NDEs) and experiencers (NDErs) by veteran researcher, IANDS co-founder, and retired-but-not-inactive University of Virginia psychiatrist Bruce Greyson; panels of experiencers, healthcare providers, and family members; commentary by a bioethicist; and hot-off-the-press research on NDErs’ healthcare needs.

By all accounts, the event was a success. Of 74 attendees, 42 requested continuing education credit, including counselors, social workers, nurses, and other professional healthcare providers. The composite evaluation for the event was 3.76/4.00, which translates to 94% -- a solid “A” on the grading scale I use when I teach. Attendees’ comments included:

I thoroughly enjoyed the whole day ... great presenters and great information. Thank you.

An excellent symposium.

I thought the symposium was wonderful and a much-needed contribution to the field! I was very happy to attend and have long had a personal interest in helping to educate healthcare and mental health professionals regarding NDEs and other experiences that go beyond the materialist paradigm. It has amazed me that the two disci-

plines (psychology and psychiatry) that are supposed to specialize in the human experience offer no training in these fundamental aspects of human experience! Not only did I enjoy the symposium but also it re-inspired me to do more in this area myself!

The IANDS Board is currently considering the possibility of making the Spring Symposium an annual event – a one or two-day online program focused on a theme pertaining to near-death and related experiences. Stay tuned for the outcome of those deliberations, and in the meantime...

...IANDS’s annual conference is coming up online at the beginning of September! As this issue of *Vital Signs* addresses conference features, I won’t reiterate them here. I’ll just say that the program looks wonderful to me, celebrating IANDS’s 40<sup>th</sup> anniversary since incorporation, including both familiar and new faces, addressing a variety of topics concerning near-death and related experiences, and offering a variety of workshops. Kudos to IANDS Board members Jacquie Arnold, Debbie James, and their Conference Committee for their outstanding work in planning such an attractive program! I look forward to attending – and, of course, to seeing you there!

Janice Holden, EdD, LPC-S, ACMHP

*IANDS President*



## Congratulations Martin Tanner! IANDS's New Vice President

Martin Tanner is an IANDS Board member, IANDS Governance Committee chair since 2020. In 1990, Martin co-founded the IANDS of Utah, IANDS's largest affiliate, and is on their Board of Directors. He is a mediator, consultant, and Radio Talk Show Host.

## Welcome New & Returning Board Members!

### NATALIE BONTHIUS, MD

Natalie Bonthius, MD, is a graduate of the University of Central Florida College of Medicine. She is pursuing a career as an emergency and expedition physician and writer. Her interest in NDEs began in medical school when she listened to several patients describe their out-of-body experiences during major surgical complications. She is involved in NDE research at the University of Virginia Division of Perceptual Studies with Dr. Bruce Greyson. She is also involved with the Salt Lake City IANDS chapter and is starting a new podcast about near-death experiencers. Natalie joined IANDS because she is fascinated by the stories of NDEs and hopes to bring them into awareness of the medical community.



### DANIEL ENDY, BSCE- Returning Board Member

Daniel Endy is a successful serial entrepreneur, consultant, and CIO/CTO, as well as a spiritual life coach and hypnotherapist. Daniel also chairs the IANDS Website Committee and is the local Philadelphia IANDS Support Group leader. Daniel was the local chairman of the IANDS 2019 Annual Conference held in Philly which was a huge success. Since Daniel was a young teen, he has been spiritually oriented. He continues to study a very wide and deep set of spiritual teachings covering many traditions and timeframes. He has been interested in NDEs for over 30 years and finds that the written and verbal accounts of near-death experiences have a healing effect on the soul. Since 2010, Daniel has led a monthly spiritual meetup group in the western Philadelphia suburbs. Daniel is also the founder of a philosophy he calls Open Spirituality which combines the lessons learned from studying NDEs with the essential core teachings of all spiritual teachers and traditions - Love unconditionally, treat others as you would like to be treated, forgive and do not judge, trust that in the end, all is well. You can learn more about Daniel at <http://SoulFullGrowth.com>.





## After-Death Communication Research

### RESEARCH FOCUSED YOUTUBE VIDEO

Jan Holden discusses after-death communication research with Dr. Habermas, a Distinguished Research Professor of Apologetics and Philosophy at Liberty University.

In a new Seekingi YouTube video, Jan Holden, EdD, LPC-S, ACMHP, and IANDS's President, gives an engaging 45 minute research-based presentation about after-death communication (ADC) with a subsequent discussion with Dr. Gary Habermas, philosopher from Liberty University.

Dr. Gary Habermas has dedicated his professional life to the examination of the relevant historical, philosophical, and theological issues surrounding the death and resurrection of Jesus. Dr. Habermas has also contributed more than 60 chapters or articles to books, and over 100 articles and reviews in journals and other publications. In recent years, he has been a visiting or adjunct professor at about 15 different graduate schools and seminaries in the United States and abroad.

This YouTube video is available here → <https://youtu.be/DS-jh4Uj9WY>

## PLEASE DONATE TO IANDS THIS YEAR & ITEMIZE ON YOUR 2021 TAXES, FILED IN 2022!

Jacqueline Arnold, Bequests & Special Gifts Nonprofits had long been asking Congress to extend charitable deductions to people who didn't itemize their returns — a group that includes about 85 percent of Americans. The legislative answer was YES! What does this mean for IANDS? For example: In 2020, you could contribute up to \$300 cash to non-profits such as IANDS and deduct it from your non-itemized taxes for 2020. For 2021, now married couples filing jointly are allowed up to \$600 that you may donate to IANDS, and that amount is fully deductible. Please consult with your tax/financial advisor for more details. Click on the beating "Red Heart" button on the upper left side of the IANDS homepage: [www.iands.org](http://www.iands.org)



## 2021 IANDS Online Pre-Conference Opportunity

# Reiki Level I Certification Training Course

*Discover Your Natural Healing Energy and Enhance After-Death Communication*

Instructor: Rebecca Austill-Clausen  
One Day Training, Certificate Provided  
Wednesday, September 1, 2021  
11:30 am — 7:00 pm EDT

The 2019 published Harvard affiliated study of 1,411 subjects receiving a single Reiki session showed statistically significant reductions in pain, stress, and anxiety while increasing well-being.

### ABOUT REIKI

Reiki is a safe, non-intrusive form of energy healing that reduces tension, anxiety, and grief, while creating a sense of well-being. Universal energy used during Reiki assists each person to heal themselves and others. During this Reiki Level 1 certification training class, participants become attuned to their own healing energy. Self-awareness grows while physical and emotional pain recedes.

Reiki also enhances after-death communication. NDErs often share experiences with spiritual entities and deceased loved ones when describing their journey. Reiki, a biofield energy modality, expands our vibrational energy, facilitating increased receptivity to messages from beyond the veil. Replicating the connectedness and oneness felt by NDErs and other spiritually transformative experiencers (STERs) can provide enlightenment and illumination while simultaneously reducing the stress, anxiety, and emotional discomfort that is often an aftereffect of NDEs.

This is a great refresher course for anyone who has received Reiki certification in the past. We are not recording this certificate provided program because multiple experiential components are included. If you are unable to attend after registering, you are welcome to join any of Rebecca's Reiki Level I certificate provided classes at no additional charge.

**Come deepen your healing energy while celebrating IANDS 40<sup>th</sup> Anniversary!**



### ABOUT REBECCA AUSTILL-CLAUSEN,

*MS, OTR/L, FAOTA, Reiki Master, After-Death Communication Teacher, Occupational Therapist, & Author*

Rebecca is the first person to teach *Reiki, A Natural Healing Modality* at the American Occupational Therapy Association Annual Conference. She enjoys training medical professionals and the general public on how to access their self-healing abilities while gaining knowledge on how to teach clients this same skill in one-day workshops.

Reiki's "unconditional LOVE" is shared during empowering Reiki training certification classes. Rebecca is featured throughout the film *Life to Afterlife "The Healers,"* produced by Craig McMahon and released May 28, 2020.

Becky has had multiple shared-death experiences (SDEs) and other spiritually transformative experiences (STEs). She kept these occurrences quiet for 20 years while growing her large rehabilitation private practice.

<https://www.rebeccaustillclausen.com>



### OBJECTIVES/OUTCOMES

Reiki training participants will accomplish the following during the one-day training event:

- Receive multiple handouts, sound healing experiences, reference materials, and resources that are discussed and analyzed for enlightenment.
- Provide Reiki to self and others, using gentle online hand placements that facilitate the flow of energy from the universe.
- Explain how Reiki reduces pain, enhances awareness and empowerment, facilitates stress reduction, increases quality of life, expands self-healing, and healing provided to clients, family, friends, colleagues, and pets.
- Understand the importance of ethical, confidential, pragmatic, and culturally sensitive behaviors when providing Reiki to oneself and others.
- Discover how Reiki facilitates communication with our deceased loved ones.
- Receive a Reiki Level I certificate in the Usui form of natural energy healing upon completion of this course of 6.0 contact hours.

### Special IANDS Pre-Conference Rates

Regular fee is ~~\$220~~ | IANDS members: \$114 | Non-members: \$139

*Please note: Majority of proceeds will be donated to IANDS.*

Register at <https://virtualconference.iands.org>



# Pre-Conference Workshops

Thursday, September 2, 2021

[VirtualConference.iands.org](http://VirtualConference.iands.org)

## Your Divine Virtues

**Facilitator: Rob Schwartz, MBA**

Before you were born, you planned the greatest challenges you've experienced in this lifetime. You did this in part in order to cultivate and express certain Divine Virtues - qualities that are important to your soul. The Divine Virtues Exercise will give you insight into which virtues you're working on; that is, into the deeper spiritual meaning and purpose of your most difficult experiences. Once you know which virtues you're working on, you can cultivate and express them in a much more conscious and less painful manner. You will need a pen or pencil (pencil would be better) and a few sheets of blank paper. You will also need to have printed out a copy of the list of Divine Virtues.

**Please visit conference website and print this list and instructions for the exercise – read at least once prior to the workshop.** For more information, visit Rob's website or write to him at [rob.schwartz@yoursoulsplan.com](mailto:rob.schwartz@yoursoulsplan.com).

Testimonials located at: <https://yoursoulsplan.com/index.php/events>. ([yoursoulsplan.com](http://yoursoulsplan.com))

12:00-2:00 EDT | \$70



## Spirit Communication with Mark Anthony

**Facilitator: Mark Anthony, JD**

Join us for an uplifting and inspiring Zoom event presentation by **Mark Anthony the Psychic Lawyer®** who is featured on National TV and Radio Show. He is the co-host of "The Psychic & The Doc" on the Transformation Network. Mark will connect random audience members with loved ones in spirit. This is possible over the telephone and on Zoom/internet events because as Mark explains, spirits are pure energy who can move at the speed of light. This event is for anyone open to the concept that life is eternal and that it is possible to communicate with our loved ones on "the Other Side." \*Please refrain from imbibing any alcohol as that could impact your connection through Mark with the spirit world.\* ([afterlifefrequency.com](http://afterlifefrequency.com))

2:30-4:30 EDT | \$70



## Transformation Through Spiritual Experience

**Facilitators: Eben Alexander, MD & Karen Newell**

Near-death experiences are the tip of the spear in demonstrating the primacy of consciousness in the universe at the convergence of neuroscience, philosophy of mind, parapsychology and quantum physics. This rapidly evolving evolution in understanding the nature of reality will revolutionize the entire world. NDEs bring about profound transformation, unmatched by any therapeutic techniques, including physical and mental healing, shifts in worldview and enhanced sense of meaning and purpose. The NDE Scale, developed by psychiatrist Bruce Greyson in 1983, measures features that might contribute to such life-changing metamorphosis.

The sixteen features included on the scale can be divided into four categories – cognitive, affective (emotional), paranormal, and transcendental. Using elements of the scale, assess your own NDE or spiritually transformative experience and learn how these same qualities can be cultivated through meditative and other techniques. ([ebenalexander.com](http://ebenalexander.com))

Objectives

- Discover how individual spiritually transformative effects contribute to unprecedented growth of our collective consciousness.
- Learn how the concept of oneness is clearly supported through quantum physics, entanglement, and the holographic nature of the universe.
- With the support of a Sacred Acoustics brainwave entrainment audio recording, cultivate love of self from within and embody inner peace. ([sacredacoustics.com](http://sacredacoustics.com))

5:00-7:00 EDT | \$70



## The Power of Rituals in Conscious Living & Conscious Dying

**Facilitator: Kitty Edwards, MA**

Did you know that simple rituals can help to lower your anxiety, relieve your stress, and process grief? It is simply magical! In this workshop you will learn how to elevate the healing power of your own rituals, plus learn a variety of rituals that help transform regrets into gifts of gold. When faced with the challenges in life, rituals promote ease so that you can find joy even in the most difficult situations. Caregivers, medical professionals, teachers, and corporate leaders have benefitted from learning how to create simple rituals that can be practiced during their busy day.



In this workshop you will:

- Explore the elements that make a ritual powerful.
- Experience the transformative nature of rituals.
- Recognize the energetic variation found in maintenance rituals.

Don't miss this introduction to Kitty Edwards' transformational work. Her near-death experiences opened her vision to see what others do not see. She is a master teacher, author, and an Ayni Energy practitioner. In this workshop she offers you the opportunity to step into ceremony to expand your potential and live without regrets. Bring 3 stones, a vessel (vase, bowl, glass) of water, pencil, and paper. Bonus materials: No Regrets Bundle & Conscious Caregiving Series ([livinganddyingconsciouslyproject.org](http://livinganddyingconsciouslyproject.org))

7:30-9:30 EDT | \$70

## Trusting Spiritual Messages for Real-World Transformation

**Facilitators: Risë Kasmirski, MS, & Anne Pryor, MA**

Anne Pryor and Risë Severson Kasmirski will lead the audience through a process to tap into the spirit through guides and ancestors to gain insights, direction, and access creativity. Inspired by after-death communications from their friend, Irene, Anne and Risë were directed to write about the afterlife and create stunning and unique paintings by breathing through the souls in the spirit world.

In this interactive workshop:

- Understand how the spirit world communicates with us (friends and family who have passed, angels, guides, unseen helpers, the Divine).
- Learn how to connect with spirit through the 5A's to gain insights, direction, and access creativity.
- Tap into your LifeForce to enhance creativity and innovation.

Anne will model activating LifeForce through a Lovitude™ Soul Painting demonstration.

Bring an open mind, a notebook, a few sheets of plain paper, and 3 colored markers.

Anne and Risë will share tools to change the way you think, approach creativity, and your work. Anne will also demonstrate activating LifeForce through a Lovitude™ Soul Painting demonstration. ([lovitude.com](http://lovitude.com))

12:00-2:00 EDT | \$40







## NDEs – Opening Us To Past Life Experiences That Enlighten Our Present & Future

**Facilitator: Kelvin Chin, JD**

I will draw on my 1972 NDE to show how that experience can open us up to our Past Life Memories (mine started in 1977), and how those memories (mine reach back 6,000 years now; 25 lifetimes so far) can inform us more about who we are in the Present, which forms the basis for a strong Illuminated Future. ([kelvinchin.org](http://kelvinchin.org))

2:30-4:30 EDT | \$40

## The Crystalline Grid: Connecting With Our Past, Present, and Future

**Facilitator: Sarina Baptista, AA**

Who are you really? Are you from the past, the present, or maybe even the future? Time is an illusion on our planet! Given this, we can all connect with our past, present and future at any time. In this connection, we discover who we truly are - beautiful souls traveling with other souls, creating experiences for our soul's expansion.

In this workshop, you will learn:

- How to access that energy space where our past and present are recorded – the Crystalline Grid
- How to explore your future by asking questions about life, relationships, connections to people, places, things and animals.
- How to use meditation, automatic writing, and set intention about what you want in your life, and in your future, based upon what you learn from your past.

You will be having some great conversations with your soul in that beautiful space where all information is accessible, so be sure to bring a notebook, pen, or electronic notepad to journal the experiences! ([sarinabaptista.com](http://sarinabaptista.com))

5:00-7:00 EDT | \$40



## How to Interrupt Worry and Anxiety “Loops” with the De-Looping Method and Neuroscience

**Facilitator: Barbara Ireland, BFA**

We have been through a LOT recently with the pandemic and chaos in the world. When life is this intense, it's easy to “loop” on worries and negative thoughts, like hamsters on a wheel, unable to stop the cycle of negative thinking. The result is a downward spiral in mood, relationships, health, and productivity. In this experiential workshop, I will briefly relate my NDE and the wisdom I learned about the power of our thoughts. Then you'll learn specific methods to shift and release your worry and anxiety, calm the nervous system, and begin to reprogram your thoughts. You will learn to:

- Use neuroscience to remake neural pathways and transform worries and repetitive, negative thoughts into calmer and more productive thinking.
- Catch and detach from a worry before it has a chance to “hook” you.
- Reframe worrisome situations to see them more realistically – often even with appreciation.
- Learn and practice a breathing technique to quickly release anxiety and stress, as well as a short meditation that provides surprising clarity and solutions to challenging situations.

BRING: Notebook, pen, and one worry to work with that is draining and distracting from the joys of life. ([howtostopnegativethoughts.com](http://howtostopnegativethoughts.com))

7:30-9:30 EDT | \$40





## Near-Death Experiencers: Reclaiming the Lost Spiritual World

**Facilitator: Norma Edwards, DDIV**

The presentation will start with a summary of my own NDE with emphasis on my review of my record at the Akashic Records. It will touch on the seven lives I saw there. A list of the aftereffects of awakening will be given, including details of the learning curve that emerged out of the experience. Self Discovery, release, and renewal techniques will be discussed, as well as a Consciousness and vibration upgrade. The session will close with vision for the future. IANDS mobilization of NDEs/STEs and research reaching out to manifest John Lennon's dream of the Brotherhood of Man. ([reprogramyourlife.org](http://reprogramyourlife.org))

5:00-7:00 EDT | \$40

## Experiencing the Other Side Through Crystal Bowls, Music, Imagery, and Essential Oils

**Facilitator: Ellen Whealton, MA**

This workshop will give participants the opportunity to experience spiritual connections through guided meditation, sound vibration and more. Ellen's goal is to help others experience a glimpse of what she witnessed in her childhood near-death experience to connect with messages that will support harmonious, authentic, and divinely guided lives. She will play crystal singing bowls, (typically provide aroma release using essential oils), guided imagery through music, deep somatic experiencing and intuitive insight to help participants reconnect to their higher self and dive in to the intentions they bring to the workshop. Ellen will call in the support of light beings, spirit guides and ascended masters to support visions within the workshop. She has communicated with light beings since experiencing her near-death experience over thirty years ago. During the workshop, she will share some of the impactful spiritual lessons she received while on the other side. [wellnessmusictherapy.com](http://wellnessmusictherapy.com).

2:30-4:30 EDT | \$40



## The Place Between Here and There: A Beautiful Near-Death Experience

**Facilitators: Stephen Weber, MA, and Katherine Plant**

There is a place beyond this one – a place where we learn about our immortality, the reasons for life and death, and the wisdom of the Universe. It is a place where we meet beings that have attained mastery, sync with the Akashic records, and reunite with loved ones and pets. It is a place where we learn what love really is, understand that we are always directed with signs and synchronicities, and review our lives with enlightened awareness. It is a place where we learn to forgive, love unconditionally, and understand and appreciate duality. It is a place that teaches us how to live in this challenging world and to do so blissfully, joyfully, and completely. This place is called The Place Between Here and There. Enjoy a fascinating account of this place given by Stephen Weber, who spent three weeks there after experiencing a near-fatal motorcycle accident. This trip to the realm of all love and light changed a once non-spiritual biker into a now-spiritual teacher. Along with an account by his partner, Katherine Plant, who visited him in this place as her Higher Self, you will learn how communication between spiritual realms is possible and encouraged.

7:30-9:30 EDT | \$40







## Walking in the Light: Enhancing Peace, Love, and Connection Using NDE Wisdom

**Facilitator: Nancy Rynes, BSc**

Events of the last year have affected nearly everyone on the planet. Therapists are seeing record numbers of patients for depression and anxiety, and worries about the future keep people hobbled by fear and uncertainty. Are there ways to easily enhance peace and connection in our lives, ways that derive from the lessons of NDEs? This short workshop will give the audience simple ways to enhance love and connection in their lives after a year or more of uncertainty and fear. ([nancyrynes.com](http://nancyrynes.com))

5:00-7:00 EDT | \$40

## A Deep Dive into the Wisdom of Sound Meditation

**Facilitator: Andrea Courey, MEd**

Join us for a deep dive into Sound Meditation where you have the chance to live the mystical healing benefits of raising your vibrations by:

- Experiencing drumming, chimes, the digeridoo, the crystal pendulum, as well as crystal and Tibetan bowls.
- Cultivating steadfastness with chanting, toning, and humming.
- Journeying to the heart as the gateway to other states of consciousness.
- Having a reunion with a loved one in Spirit.

This life is a blessing, and these sound modalities exist to help us shift to a higher, more joyous state of being. Andrea leaves you with a real toolbox of Sound tools and techniques as well as two wonderful sound tracks you can use to cultivate deep peace and wellbeing. You'll keep benefitting from this workshop long after the last crystal bowl's vibration has ended. Paper and pen, headphones, and a nice quiet, comfy spot are recommended.

<https://andracourey.com>



12:00-2:00 EDT | \$40



## Your Ego IS Your Homework: How NDEs Direct Us to Meet and Manage Our Ego

**Facilitators: David Maginley, MDiv, and Rebecca S. Valla, MD**

OK, you have an NDE, and you're back to do...what? And why? Maybe you were told it's not your time. Maybe you were given a choice, and came back for the sake of love for family, even for humanity. Or perhaps you simply woke up here...back again! Or, you're convinced that experiencers have been shown what we ALL need to see; that we have healing and growth work to do. We are here to shine, and yet our insistent, persistent, and at times ridiculous ego obscures our bright light.

Join Psychiatrist and Self-Love teacher, Dr. Rebecca Valla, MD, and Rev. David Maginley, Inter-faith Chaplain, NDEr, and 4X cancer survivor, as we explore how our ego IS our homework. Experience practices to re-center yourself in Spirit-identity, so as to use ego as a tool of the human experience. Learn similarities between trauma and extraordinary spiritual experiences, where transformation can be facilitated through the shattering of ego boundaries and the explosive acceleration of creative forces. Learn of the architecture of consciousness, and why suffering and death are so effective in moving us into our Spirit-identity. Become not only familiar with your ego's defense mechanisms in this growth process, but compassionately wise in responding to them.

Through this, you will experience a visceral, heart-centered knowledge that you are, indeed, a spiritual being having a human experience. Together, we will realize love, not as an emotion, but as the highest state of consciousness from which we emanate. Time to do our homework! ([davidmaginley.com](http://davidmaginley.com) | [rebeccasvallamd.com](http://rebeccasvallamd.com))

2:30-4:30 EDT | \$40



## Energetic Change Agent: Reactivate, Redirect, Recharge Your Energy for Positive Change

**Facilitator: Don Lynch**

Don Lynch will share the gifts that he gained from three different near-death experiences. His inner guidance system was activated and continues to increase as a Vital Energy Body Transformer. He can offer his knowledge as a LIVE Demonstration for the audience and will explain the Quantum Science around his activations. ([donlynch.net](http://donlynch.net))

5:00-7:00 EDT | \$40



## Using Soul Writing to Process an NDE

**Facilitator: Joanne DiMaggio, MA**

Having experienced an NDE, you may be trying to process numerous questions that seemingly have no answers. The truth is, there is an answer to every question you have about your experience. Those answers can be found through Soul Writing, a written form of meditation. With Soul Writing, you can communicate with a divine presence and get a written response. It's like a 24/7 direct line to highly-evolved guidance counselors who are just waiting to hear from you.

During this workshop you will:

- Plug in to your inner guidance.
- Obtain greater understanding and deeper insights into your NDE.
- Explore how soul writing can be used to tap into other areas of your life.

A PowerPoint overview of Soul Writing will be followed by an experiential session. Have a pen and journal handy for the guided reverie and Soul Writing session. Soul Writing is something anyone can do and do well, even on the first try. See what a profound change it can make in your life! ([joannedimaggio.com](http://joannedimaggio.com))

7:30-9:30 EDT | \$40



**2021  
NDE R&R  
Retreat**

**Virginia Beach**

**Oct 14 - 17**

**[nderandr.com](http://nderandr.com)**

**FUN IN THE SUN**

The banner features a background image of a beach with palm trees and a blue sky. Overlaid on the image is a large, stylized sun with a face wearing sunglasses. The text 'FUN IN THE SUN' is written in a playful, hand-drawn font. The sun's rays are depicted as wavy lines.

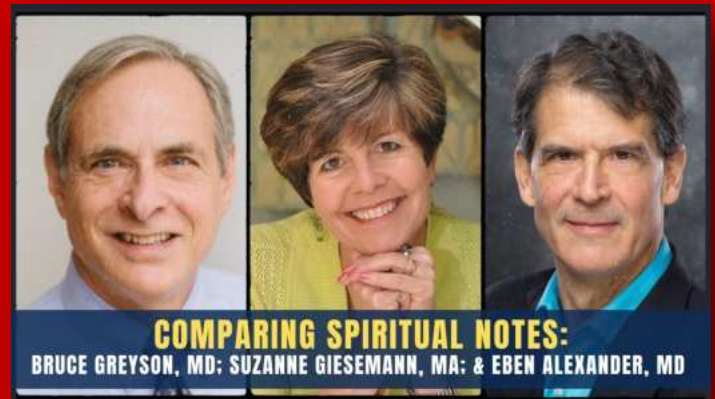


# !!NEW!! IANDS YOUTUBE VIDEOS

Click on the image or link to view the video or go to IANDS's YouTube Channel– [IANDSVideos](https://www.youtube.com/channel/UC8vYydeSFauxx8)



<https://www.youtube.com/watch?v=YydeSFauxx8>



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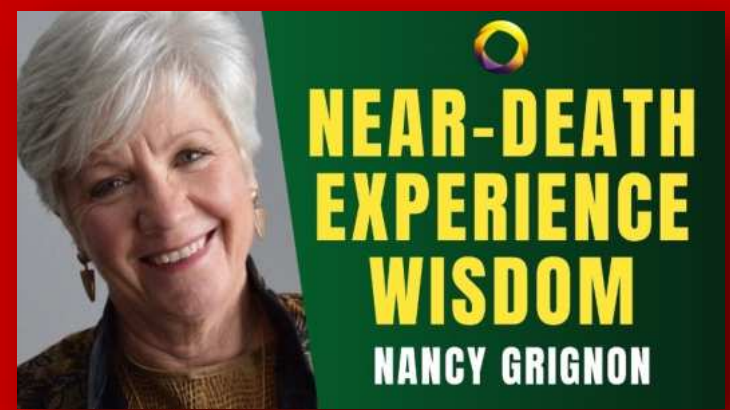
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# Holy Shift!: From Dreams to Reality— an NDE Consistent with ACIM Teachings

By Jenny Somers

Once upon a time I was a girl who traveled from dreams into Reality. The time was 1977, I was 15 years old, the location was a Christian Camp in Lake Geneva, Wisconsin, the hour was between 1-2:00 a.m. of the last night of our week long stay. The plan was for our little group of girls to meet up with some chosen boys at the lake - some planned on skinny dipping, but not I! However, I was curious and wanted to be part of the covert operation. On our way, we took a detour to cut down the travel time and risked traversing through the counselor grounds. Unfortunately, we were spotted and we squealed and scrambled around trying to seek cover. Spotting a nearby building under construction, I ran into it hoping I could camouflage myself. I noticed a shadow figure standing deeper in the darkness. My guess was it was another girl who was ahead of me in finding refuge. I ran towards "her" and she ran further into the darkness while I continued running after her. The visibility was rapidly growing to zero when ... BAMM! I ricocheted off an installed heating duct, fell backwards ~15-20 feet through an uncovered hole, where my body abruptly met concrete.

Shortly after landing, while in darkness, I was becoming aware that my pruned body was something I was going to leave. I wasn't sure where I was going but I did declare this order to my body: "no blood clots." (Interestingly, I later learned that if a blood clot formed due to my traumatic brain injury, it could have killed me.) The very next memory is, there's enough light in the room now to see that I'm standing near three men in a basement. The men are facing each other talking in somber tones when I hear my name a couple of times. I get closer and start talking to them. No one looks at me and they pretend not to hear me. So I speak louder. Same response. I then look down and to my right and see my physical body. "Ohhh, no wonder they don't hear me," crosses my mind. It's then that I'm involuntarily set on my journey as I float out of this world.

--- below is an excerpt from my book: Holy Shift!:

As I'm being transported beyond the worldly plane, I'm saturated in Love! There's no way to accurately convey the pure joy carried in that Love.

In delight, I telepathically ask Love, "Does everyone get to experience this?"

"Yes." (All communication is telepathic.)

As I ask that question, I know at once that yes can be the only answer. Joy like that has to be given to all to be Joy.

But to be sure, I ask another way, "Even Hitler?"

"Yes."

I continue, "A drug addict?" (My exact thought is, "How about someone who does acid?")

"Yes."

"Everyone?"

"Yes."

Shortly after that sublime experience, I'm in complete and utter darkness. I can't move. (Was it something I asked?!) There are others with me in this same predicament. I send this out: "I can't move. Where am I?"

Another answers, "*This is all there is.*"

I reject that with, "This can't be all there is!"

Others chime in, "*Yes. This is all there is.*"

I challenge, "What about God?! What about Jesus?!"

At this time, a very bright light is slowly moving from my left to my right as if it's scanning for

something. This light is originating from behind me and is being cast in front of me where I can see it. I can't turn around, because I can't move.

I think, "Who's doing that?"

The others in the same unmovable predicament as me reply with: "*It is the One.*" (This is the first time I've ever heard the term "One" in reference to an authority figure. Having been raised Catholic, there was never generic terminology or mixing symbols.)

I think, "Does the One know we're here?"

"*We are not part of the One.*"

I think, "Where is God?!"

"*He is part of the One.*"

Now I am very frustrated, because the light has gone away and it's dark again. I can't move, and I'm not buying into this story of them telling me that I'm not part of the One!!! I think in a scream, "JEEEEEEESUS!!!!!! GOD!!! JEEEEEEESUS!!! GOD!!!" The light returns and lifts me out of the darkness and transports me to another predicament.

Now, unlike my situation in that last place, I'm with others whom I can see. I want to mention something here: it's much different from seeing a body in the world. In the world, the body seems to be the main focus; beyond the worldly plane, the body is hardly even noticed. It's not at all a valuable commodity, and it doesn't seem sensible to relate value to a meaningless wrapping. We aren't anchored down by gravity; instead, we float slightly above the ground, our opacity is



reduced, and our overall coloring is gray. Where we are, all meaningful value is in thought.

I've just arrived, and there are several others in this closed area. They're looking at me as if I've already bored them. They look away. I wonder how long they've been waiting here. By their lack of any attempt to change their location, I conclude that they've been waiting a very long time.

I scan for a way out of here. There are no doors or windows. We're in a cave the size of a large two-car garage. It's solid rock everywhere you look, on the floor, ceiling, and walls, except for one moving, flickering, orangey-reddish fire wall. It isn't hot, so maybe it isn't fire? Or maybe we can't feel heat with these other-than-worldly bodies? It definitely resembles fire in a menacing way. What is clear is that there's no obvious way out of this room. The only possible exit is through this wall of fire. In the center of the fire wall, moving at a high rate of speed and in a circular motion, is an orb. No one has sent out a transmission, so I think, "Looks like passing through that orb is the only way out."

A quick answer comes, "Yes, but it will destroy you." I consider that as a possibility by the looks of it, yet I can't believe that I'm destined to stay here for eternity. I ask, "Has anyone gone through it?"

Another quick answer, "Yes, but we never see them again." It doesn't take me long to decide that staying "safely" here with these guys forever is not what I want. I decide the best way to go through it is quickly, so I line myself up with the center of the orb and do a fully committed Superman-tilt-and-fly at it. I make it through! It didn't hurt one bit. It felt as if I simply passed through air. I'm now with Jesus on the other side.

(For many years, I won't reveal that it was Jesus who was with me. I was raised Catholic, and to have Jesus accessible at my level would be considered blasphemous at the most, arrogant at the least. Instead, when I later retell this experience, I substitute Jesus with "I am now with a guide." I will think I needed to do that to be believed. I imagined my friends saying, "Okay, you've gone too far. Jesus is with you?! Yeah, right." I'm past that fear now.)

Now that I'm with Jesus, it seems perfectly natural to be with him. There's no big deal made because the connection is immediate and familiar. I feel a deep sense of safety and family with him. We know each other, and my trust in him is beyond question. Jesus stays on my left, and I never feel a need to look at him. I know he's with me, just as you know someone you love is driving the car while you're the trusting passenger looking straight ahead on your journey. I don't have to look at Jesus to know he's with me.

We're silently floating through a rock-lined tunnel, propelled solely by our thoughts. There is light at the end of this tunnel. It's not a direct light coming at us; rather, it's illuminating the curve at the end of the tunnel as the passage banks to the left and out of sight. I can't yet see the source of the light as we continue our way towards it. As we near the curve, I slow down in cautious anticipation of what I might see once I make the turn. I move ahead enough to catch a portion of the tunnel ending and opening up into an enormous, well-lit cavern. Before I make myself known to what might be in the cavern, I slow way down, almost to a stopping point, as I inch myself

along the tunnel, panning my view ever so slowly into the cavern. I catch a portion of . . . a . . . monster????!!!

OH MY GOD!!!

There are monsters in there! Huge! Gigantic!! Monsters!!!  
--- end of excerpt

My NDE story has too many episodes to include in this article. However, I can tell you that the monster episode ends up being form vs. content. Meaning, Jesus provided instruction to me to successfully pass through the cavern with this focus "*look into their eyes*" (content) but instead, I started to focus on their hideous bodies (form). By doing so, the monsters responded to my fear to their apparent ghastly form, as a call to how they were to act. Fortunately, I remembered the instruction, and looked into their eyes and saw Love radiating from them. Once I acknowledged Love, they retreated, and I was able to pass through without fear or delay. The other lesson is to look at everyone's eyes. How often do we not even look at each other? Would we not see that everyone is suffering? That everyone wants to be safe? Everyone wants love despite the actions that appear to point in the opposite direction? *A Course in Miracles* (ACIM) teaches us that there are only two acts in this world: (1) a call for Love and (2) an act of Love.

The total darkness and immobility episode's lesson was to request, near demand, that I'm an essential part of something much greater and to wholeheartedly reject the notion of otherwise. The rock room episode's lesson seemed to face off between something that you know (the devil you know) verses the unknown. Meaning, I can stay in the rock room as long as I like or I can risk moving forward even though I'm not sure of the outcome. This harkens to "God helps those who help themselves" and from the Course "choose once again" when things aren't ending in peace. You notice that after those two episodes, it's then that I'm aware Jesus is with me.

Other conclusions similar to ACIM teachings: God did not create this world. He created us like Himself (of course, there's no gender; "words are but symbols of symbols" as ACIM explains), which is Love, Light, Knowledge, life everlasting and void of any fear, darkness, judgment or opposites. Those negative constructs come from us, not Love. Love would never place us in hell. This world is but a dream compared to our Reality. It's up to us to wake up to Our Truth, and by doing so, all are included in that same Truth. Another apparent realization as I was leaving my earthly body, is that I'm not a body. A body is a limiting vehicle, whereas our eternal spirit body is indestructible and is in constant communication with each other telepathically. We are all Known in Truth. You need do nothing to be part of Love. Our error is that we believe we are our storyline selves, dream bodies, and the ego world of separation is real. In Truth, ACIM asks us to unblock the interference we've placed between Eternal Love and the one who thinks it's a body susceptible to every and all whims and slights to its ego self identity.

To hear a complete rendition of the NDE presentation I gave on June 18th, visit IANDS Sharing Groups Online website. (<https://isgo.iands.org>) Once there, you click on "Meetings and Courses" then click on "Event videos on Demand."





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