

An artistic painting of a person and a cat on a grassy hill looking up at a colorful, ethereal sky with butterflies. The person is sitting cross-legged on the right, and a cat is sitting on the left. The sky is a mix of blue, purple, and yellow, with several butterflies in flight. The overall mood is peaceful and contemplative.

WE HAD A GLIMPSE OF THE OTHER SIDE!

Learn about **NEAR-DEATH EXPERIENCES** from
those who have seen beyond the veil

VITAL SIGNS



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

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

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

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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

JOYFUL REUNIONS

Just last week, after more than two years in which my Dallas/Fort-Worth (DFW) Friends of IANDS group met monthly on Zoom, we finally met in person again. It was SO wonderful to see everyone in the flesh! At the same time that I am incredibly grateful that Zoom enabled us to remain connected during the pandemic, and even brought with it unanticipated benefits such as connection with people well beyond the DFW area, there's something inexplicably different—in a good way—about meeting in person. Although I typically leave our meetings feeling energized, I left the meeting last week feeling particularly charged.

And now, with our impending IANDS conference on Labor Day weekend in Salt Lake City, we have the opportunity—after two years of virtual conferences that were wonderful in their own right—to meet again actually, rather than virtually, face-to-face—and to feel the unique, energizing effect of that meeting. Of course, people who want or need to attend virtually will be able to do so. What I'm looking forward to the most, however, is joyful reunion with people I've missed since our last in-person conference in 2019.

In the book *The Neurobiology of We*, Daniel Siegel explains how science shows that we humans have a biological need for healthy relationships. When in-person connection isn't possible, sustaining

relationships virtually is indispensable. But it's only a substitute for “the real thing” of actually being together. If you can't make the conference in person, by all means, join us virtually. But if you can, I very much look forward to actually being with you as we explore together the theme of *Timeless Oneness: The Luminous Message of Near-Death and Related Experiences*.

*Janice Miner Holden, EdD, President
IANDS*

BICS Bag Lunch!

Join us in person at the conference for a free bag lunch on Thursday to hear BICS reveal its newly created strategic plans to advance research into human consciousness, especially its survival after permanent physical death. The event will be livestreamed for anyone wishing to view it virtually.



WELCOME New Board Members!

Maryann Sperry, B.A.



Maryann couples a unique blend of determination and independence with a team spirit and passion to help others. She founded a successful graphic design company that for 16 years has supported a growing clientele of conference directors, coaches, speakers, and authors.

She completed separate bachelor degrees in education and business, then added web design, social media and graphic design to her repertoire of advanced skills.

Maryann was co-director of International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM), and co-produced events for the Boulder Chapter of the Society for Scientific Exploration (SSE).

She has been active in volunteer work for numerous charities and nonprofit organizations. Maryann is the proud mother of two grown children, and she and her husband Paul live in Colorado.

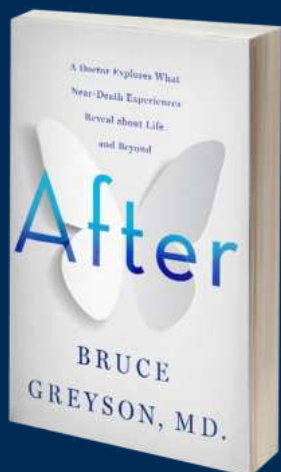
Angie Willson-Quayle, Ph.D.



I have been running an IANDS Chapter outside Washington, DC since 2019 and it helps scratch my itch for learning more about who we truly are. However, my interest in IANDS grew out of the three spiritually transformative experiences I had years ago. Those forever changed my life and got me on a spiritual path that I direct daily towards love, 'giving back' and a deeper awareness of true self.

I am originally from the United Kingdom, but I have lived in the United States since 1991. My two daughters were born here and this is now my permanent home. Although I began my study of Psychology in London, I completed my research-based doctoral training in Developmental Psychology in Northern Virginia. More recently, I did an uncharacteristic '180-degree turn' in my profession. This was not my idea! I moved from research to the clinical arena. I started retraining to work with couples in relationship distress, but this was ONLY after I could no longer ignore the clamorous call of the Universe to change direction that had filled my head for years. When I finally conceded kicking and screaming, a new path opened up effortlessly and mysteriously, and things have been falling into place ever since. Ah, the magic of the Universe...!

Now Available in Paperback!



After

BRUCE GREYSON, MD.

"His long-awaited and amazing book is a major contribution to the study of what happens when we die, and will quickly prove to be a classic in near-death studies." —Raymond Moody, M.D., Ph.D., author of *Life After Life*

"Bringing far more peace, harmony, and comfort to uncountable millions of souls both now and in future generations." —Eben Alexander, M.D., author of *Proof of Heaven*

"I believe all who read this book will be led to positive and permanent insights that will have profound and lasting effects in their own lives." —Anita Moorjani, bestselling author of *Dying to Be Me*

"Dr. Greyson brings to near-death experiences what the Kinsey report established for human sexuality." —Lisa Miller, Ph.D., professor of Psychology and Education, Columbia University, author of *The Spiritual Child*

[CLICK HERE TO ORDER PAPERBACK](#)

Registration Opens May 28

In-person and online Aug. 31- Sept. 4

- ◆ Speakers
- ◆ Panels
- ◆ In-Person Workshops
- ◆ Reiki Training
- ◆ Champions Reception
- ◆ Evening Party
- ◆ Film Premieres
- ◆ Experiencer's Lounge
- ◆ Banquet Dinner
- ◆ Military NDE Panel Discussion
- ◆ FREE LUNCH Bigelow (BICS) Panel

2022 CONFERENCE SALT LAKE CITY

For more information and to REGISTER, visit:

conference.iands.org

Workshops, Reiki, Thursday Evening Keynote, Lunch with Speakers, and Banquet purchased separately



Rebecca Austill-Clausen

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

Pre-Conference Opportunity

One-Day, In-Person Training

6.0 Contact Hours - Certificate Provided

Reiki Level I Training

August 31st

10 am - 5:30 pm

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

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.

View Rebecca's video for more information:

<https://www.youtube.com/watch?v=edp0clfnso>

Conference In-Person Workshops

Friday—Sunday, September 2-4, 2022

Friday, September 2

An Archetype Encounter: A Blueprint for Integrating Mystical Experiences

Facilitator: Dr. Pamela Gerali **FRIDAY, 10:15 am—12:15pm MDT** \$40

Description: During this 2 hour interactive workshop, Dr. Pamela Gerali will share her own transforming experience with 16 past lives and how they helped her to fully integrate the Blueprint for the Human Spirit®, her model for personal and spiritual growth. Through guided imagery, she will guide participants through a meditative process to experience an archetype. After journaling about their experiences, participants will share their revelations. Dr. Gerali will then help participants interpret what they learned by explaining how four primary categories of archetypes parallel spiritual evolution, the Blueprint, and mythological interpretations. She will also reveal how the Blueprint matrix can help people who have had extraordinary life-changing experiences to more fully understand and integrate them into their way of being and everyday life.



Explore the Shared Crossing Spectrum of End-of-life Experiences: Discover the Experiences You Have Had and How to Have More

Facilitator: William Peters **FRIDAY, 10:15 am—12:15pm MDT** \$40

Description: This workshop will introduce participants to the “Spectrum of End-of-Life Experiences” (SELE), which is a comprehensive, descriptive list of the different types of spiritually transformative end-of-life experiences (shared crossings) reported by caregivers and loved ones before, during, and soon after a death of a loved one. Following a brief lecture featuring video excerpts of case studies and a Q & A session, participants will be guided through a reflective exercise to assist them in identifying the shared crossings that they have experienced in their lives. Participants will have an opportunity to contemplate and discuss (both in small and large group settings) whether they or others they know have had these shared crossings and the impact of these experiences. Participants will learn the causes, conditions that tend to illicit shared crossings and some practices to enable them.



Stepping Out of Delusion Into Oneness: Through the Eyes of a Near-Death Experiencer

Facilitator: Norma Edwards **FRIDAY, 4:30—6:30 pm MDT** \$40

Description: Narrate the journey through darkness into the luminous light that is Oneness - Provide definitions for “Oneness” and “paradigm shift.” Highlight life changes and after-effects of this amazing paradigm shift. Lead discussion on humanity’s potential for ascension into the sacred state of Oneness. Initiate a questions and answer session.



Saturday, September 3

Veterans & Active Military NDE Panel and Discussion Group (FREE)

Facilitator: Col. (ret.) Diane Corcoran, PhD, **SATURDAY**, 10:15 am—12:15 pm MDT

Description: Panel & Discussion This discussion group is open to all. It is intended to provide a safe environment where others can share their stories. Veterans attending will be Chase DeMayo, Scott Drummond, and Genny Krackau, with Col. (ret.) Diane Corcoran, PhD



Achieving Soul to Soul Connection - Uplifting the Self and Others By Joining Together as ONE

Facilitator: Mary Jo Bulbrook **SATURDAY**, 10:15 am—12:15 pm MDT \$40

Description: Soul2Soul connections are springboards to new levels of being in the world. Experience this extraordinary process and uplift YOUR soul to an expanded view developing your gifts of attunement. This materials as been offered worldwide through Akamai University educational programs with the advent of Dr. Bulbrook affiliation with AU first in 2009 and currently serving as President providing this opportunity for both students and faculty to expand their consciousness.



Afternoon of Spirit Communication with Mark Anthony

Facilitator: Mark Anthony **SATURDAY**, 4:00 - 6:00 pm MDT \$70

Description: Mark will connect random audience members with loved ones in spirit. This has been an excellent source of revenue for IANDS the last two years I have conducted gallery reading events. Join us for an uplifting and inspiring presentation by Mark Anthony the Psychic Lawyer® who was recently featured on the Emmy Award Winning National TV Show "The Doctors." Mark is the author of the best-sellers "The Afterlife Frequency," "Evidence of Eternity" and "Never Letting Go." All of Mark's books are recommended by hospices and grief counselors worldwide. 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."



Sunday, September 4

Making the Connection

Facilitator: Suzanne Giesemann **SUNDAY**, 1:00—3:00 pm MDT \$70

Description: Imagine a life where joy is a constant companion and even the most difficult challenges can be faced with grace and serenity. Imagine being awake and aware that you are part of something far greater than your part in this collective reality. For now, this sacred state of awareness may come and go, but it is possible to live lucidly, connecting consciously with Higher Consciousness and being divinely guided moment by moment. Join Suzanne as she shares "No Other Explanation" evidence of our interconnectedness not just with each other, but with the one infinite Mind, and models how to live "The Awakened Way™" - a path to knowing who you are and why you're here.



REMEMBERING HEAVEN

By Sarah Hinze, BS

9/3/22

Saturday Evening

[Watch trailer HERE](#)



New Film and Discussion by the
producer of:

In the Realm of Death & Dreaming

9/4/22, Sunday Afternoon

Does consciousness continue after death? Publicly, this is one of the least seriously talked about aspects of dying.

Johanna J. Lunn
explores stories about our human consciousness: What is it? Where is it? Some would call this, "Woo-woo," but human consciousness is more fluid than we commonly accept.



NEW NDE DOCUMENTARY

PEACE ON BOTH SIDES OF THE GATE

by James Bonato



[Watch trailer HERE](#)

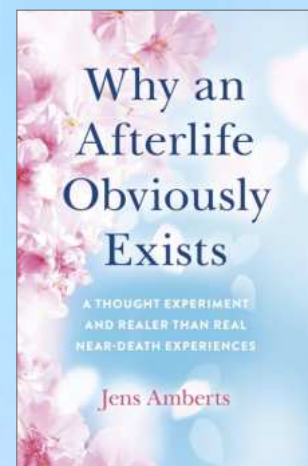
Have you ever wondered what happens when you take your last breath here on earth?

Featuring:

Peter Panagore • Chris Batts • Jennifer Dean
Sharon Milliman • Brooke Grove

NEW NDE BOOK

“Like a master attorney, Jens Amberts has marshaled an abundance of virtually irrefutable evidence in making the case for the thesis of his brilliant book, *Why an Afterlife Obviously Exists*. Basing his argument on



four fundamental facts about NDEs, Amberts has written a book that every serious student of NDEs, and especially skeptics, should be sure to read. On finishing it, I doubt any reader will not be convinced that death is not a dead end.”

Kenneth Ring, Ph.D., Professor Emeritus of Psychology, University of Connecticut, author of *Lessons from the Light*

BOOK REVIEW

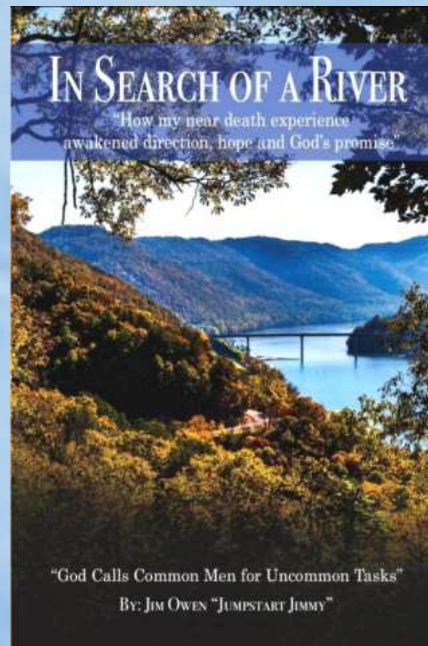
by Dan Punzak

In Search of a River: How my Near-Death Experience Awakened Direction, Hope, and God's Promise by Jim Owen

Returning to physical life either by choice or by requirement, many near-death experiencers (NDErs) report that they came back with a purpose that, in many cases, boils down to spreading love and kindness. NDEr Jim Owen refers to this purpose as his God Job. Before his NDE, Jim was a hard-working, ego-oriented, and successful real estate agent and auctioneer, mainly in the Dallas area. The stressful work, alcohol and partying, and maintaining an appearance of accomplishment that masked depression and suicidal thoughts, led to a heart attack in 2011 at age 61—and an associated NDE.

In accounts of NDEs that I have read or heard over the last 45 years, many experiencers have said they survived because of some circumstance, but, in reality, the circumstance was not a coincidence; it seems the spirit world knew it was not their time to transition. Jim's coincidence was that his heart attack happened in a cardiologist's office across the street from a hospital. His heart stopped four times in quick succession, and he was resuscitated each time. This experience later gained him a unique nickname from an organization he subsequently joined to serve others, Bikers Against Child Abuse, whose members called him Jumpstart Jimmy. Although each heart stoppage was associated with an NDE, he experienced all four as one continuous path with short interruptions back to physical life for a few minutes. The last one was the deepest. In it, Jim met what he called his *messenger*; the word *angel* means *messenger*, but Jim's messenger had the name Enoch, who Jim maintains is the pre-flood person in the Bible. Jim remembers having been given specific commands but, following his NDE, has been unable to remember exactly what they were. Instead, at appropriate times over the past decade, he has received answers from his messenger. One of them was that the *Spirituality of the Universe* is rapidly expanding; another was to tell his NDE to anybody who will listen.

During his NDE, Jim saw the most beautiful river he had ever seen—hence the title of his book. It was the clearest river he'd ever encountered, and the rocks on the bottom shone like diamonds. Jim also went through a chocolate tunnel and had a life review. Afterward, he searched the physical world for that river, often on his motorcycle, racking up over 70,000 miles, mostly throughout the Appalachian Mountains where he was born and had lived up to age 31. He finally realized that the river he saw during his NDE was not a physical place but rather was a non-physical location where he felt peace and comfort. Now, whenever he meditates, he returns to that riverbank, and post-NDE, he has a greater appreciation of nature and all of life. He eliminates negativity whenever possible.



Since Jim's NDE, he retired and downsized to a home in Tampa, FL. Shortly after it, he began Reiki treatments, eventually becoming a Reiki Master able to provide treatments. Once, while receiving a treatment, he had a kundalini experience, and on occasion while receiving or providing treatments, he has been given other insights. After treating him, one of his Reiki practitioners told him she usually *imparts* energy to the person being treated, but while

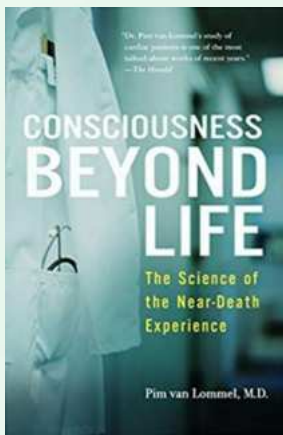
treating Jim, she *received* energy—something she had experienced with only two other people she had treated.

I found Jim's book a fascinating read that, as is the case with so many NDErs' autobiographies, included features that were common to many other experiencers as well as features that were unique to him alone. I hope to see Jim on an experiencer's panel at a future IANDS conference. Even though I've read his book, I would be sure to attend in order to hear his story from him directly. Readers who don't want to wait for this possibility can [find his book on Amazon](#) and can [hear him interviewed by NDEr Tricia Barker](#).

A Superstar in the Near-Death Experience Research Field

By: Nancy van Alphen

In August of 2021 I was visiting my adult stepchildren and members of my husband's family in The Netherlands. Because everything was shut down due to Covid there wasn't much to do. On a whim, I looked up the venerable Pim van Lommel and found his website and email, to which I promptly issued a request to visit him in his residential town of Velp. Had I given it much thought I might *not* have hit the send button, risking ruin of a perfectly good day of retirement for Pim. He is a superstar in the Near-Death Experience community after all, having conducted the first prospective NDE study in the world, penning the foundational book [Consciousness Beyond Life](#)



founding the Netherlands branch of the International Association for Near-Death Studies (IANDS), and more recently winning second place in the Bigelow Institute for Consciousness Studies' essay contest ([Bigelow Institute](#)). Pim certainly knew nothing of me, other than my pronouncement that I host the IANDS Book Club. To my surprise I

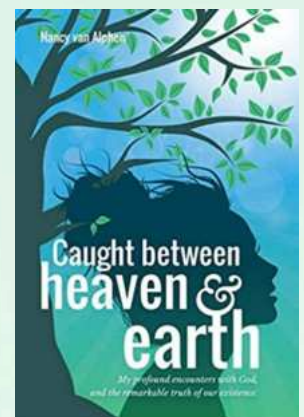
received a quick response inviting me and my husband to visit on that Thursday, just three days away.

What a wonderful visit it was! First of all, Velp is a magnificent Dutch town lined with millennium houses, which are grand three and four story detached homes atypical of modern Dutch living, but reflective of a flourishing industrialist heyday. Pim lives in one of these grand full-brick homes just a stone's throw from the gently rolling hills of Holland's beloved heather fields, where Pim and his wife bicycle almost daily. The house and setting are

well-deserved for a man who helped overhaul cardiac care leading to a significant leveling-up of lives saved, not to mention his work on the NDE front.

While his home and career are stellar, Pim himself is a humble, easy-going man whose smiling blue eyes and full grin are most on display when talking about his grandchildren but belie the serious nature of his contribution to near-death studies. Pim's lovely wife Niekje, just as hospitable and open, and who used to run a yoga studio on the upper level of their home, brings out coffee and plated pastries, which we brought along in customary Dutch style. The garden is blooming and on full display outside the windows of the sitting room as we settle in for an afternoon conversation, which turns out to be about two-and-a-half hours.

I start by giving Pim a copy of my book [Caught Between Heaven and Earth](#) wondering to myself if it deserves a spot among the hundreds of NDE and medical books lining the room's book shelves. I note that I am not a near-death experiencer but found a kindred community in IANDS after having a series of profound spiritual experiences. We compare my STEs (spiritually transformative experiences) with NDE stories with which he is familiar, including those of his own patients mentioned in his book and other writings. Pim's first encounter with NDE was in 1969 when he revived a patient, only to be met with disappointment at being brought back from a place that held incredible light, colors, and a beautiful landscape, arrived at via a tunnel. Pim and I review these and other NDE



commonalities outlined by Dr. Raymond Moody, and those pertinent to my experience: reincarnation, seeing a “Master” or other light being, and understanding that suffering holds growth.

Though Pim never forgot the unusual encounter with his patient, his focus in the early days of his career was on saving lives and improving cardiac care. It wasn’t until 1986 when he read George Ritchie’s book *Return from Tomorrow* that his attention turned to NDE. He was riveted on the idea of consciousness surviving bodily death. To that end, Pim began asking his out-patients of their memories during heart attack and was surprised to find that over 20% (12/50) had aspects of the near-death experience as described by Moody.

He then went on to head the world’s first prospective NDE study, working with ten Dutch hospitals to collect information from resuscitated cardiac patients – all whom had been clinically dead for five to ten minutes. During the process, he worked with others to form what is today IANDES Netherlands. Building on existing information, Pim and team formulated questions they would ask patients immediately following resuscitation regarding their memories during trauma. They recorded answers, along with detailed medical information. Ultimately patients were categorized into an NDE group, or a control group (no memories). All patients still alive were questioned again after two and eight years. Among the findings, published in the worldwide acclaimed British medical journal *The Lancet* in 2001, the NDE group consistently reported no fear of dying, and a belief in the afterlife -- clearly a powerful and lifealtering belief that their experience was real. Just as surprising, the follow-up interviews revealed that some patients acquired paranormal abilities such as clairvoyance, pre-cognition, visions, and overall an awareness of the connectedness of all things.

In the ensuing years Pim mulled over others’ NDE studies while continuing his own work. More and more his initial study proved to be congruent with further findings. Pim said he believes that the failure of mainstream science to provide conclusive proof

that the brain creates consciousness is indicative of the need for further non-materialist scientific models. He is somewhat disheartened that more medical professionals and scientists are not paying attention to the arrows of which NDE studies are pointing – that consciousness is primal. I tell him of the growing number of IANDES members and new communities like IANDES forming all over the world; and I remind him of the over 200 emails per week he receives from experiencers old and new alike. He smiles and acknowledges again something he told me early in our conversation -- that he spends a good deal of his retirement answering every single one of those emails.

After obliging me with a picture or two, Pim escorts us out through the garden where Niekje is waiting with a lovingly-packed container of figs she plucked from their tree just moments earlier. Pim walks us further to the street where our car is parked and waves goodbye until we are out of sight. Looking in the rearview mirror, I see the reflection of a man who lives what he has learned from the NDE phenomenon, that love and all its trappings—humility, kindness, and truth—*can* change the world.



Nancy van Alphen and Pim van Lommel, MD

Note: Robert Mays, IANDES board member, and wife Suzanne Mays, have worked with Pim van Lommel in the past, and also garnered a win for their essay submitted to the BICS essay contest ([Bigelow Institute](#)).

Great presentations from previous IANDS conferences: [youtube.com/c/IANDSvideos](https://www.youtube.com/c/IANDSvideos)



The Other Side of the Tunnel
Dr Jose Miguel Gaona
22:46

<https://www.youtube.com/watch?v=xEOv-vTmBME>



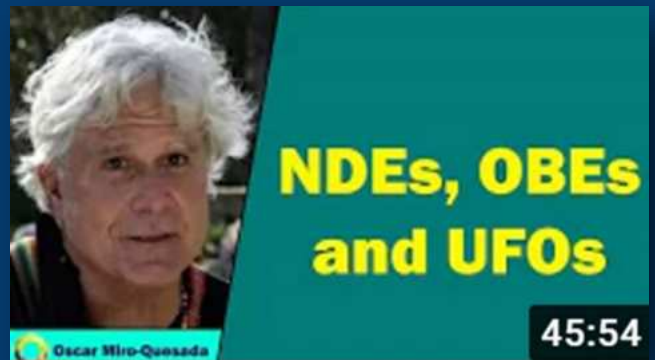
The Life Review
Dr Mark Pitstick
9:10

https://www.youtube.com/watch?v=7oukVd8_TEM



An NDE from Both Sides of The Veil
Elke Macartney
28:50

<https://www.youtube.com/watch?v=F87O-E31Ru8>



NDEs, OBEs and UFOs
Oscar Miro-Quesada
45:54

<https://youtu.be/AeQXf-ZQ9AI>



The Soul's Journey Through Time and Space
Dr Lotte Valentin

<https://youtu.be/4EXcsShzies>



Shared-Death Experiences
William Peters
Michael Kinsella

https://youtu.be/_Bs-K2TD8mA



Remembering the Light: How Dying Saved my Life
Rosemary Thornton

https://youtu.be/sQJFePY0_9k



**Transforming After an NDE
Manifesting Paranormal Gifts**
Cathy Gabrielsen

<https://youtu.be/bs2WEZwtB4c>



If you have had a near-death experience (NDE), NDE-like experience or related experience,

please consider participating in the on-going research studies below. All of these studies have been reviewed and approved by the IANDS Academic & Research Committee.

1. Opinion about wording of questionnaires about NDEs

Objectives: The Division of Perceptual Studies at the University of Virginia is recruiting individuals who have had a near-death experience (NDE) for an online study. These are personal and transformative experiences that sometimes happen when one is close to death or under the threat of death. This research asks for your opinion about the wording of questionnaires about NDEs and will allow researchers to improve these questionnaires to better reflect the experiences people have.

Researchers: Marieta Pehlivanova, PhD, and Bruce Greyson, MD, of the Division of Perceptual Studies, University of Virginia

Type of study: Questionnaire

Time required: 20 minutes

Further information and link to questionnaire:

<https://iands.org/research/nde-research/participate-in-a-research-study.html#wording>

2. Sleep and Dreaming After a Near-death Experience

Objectives: Extensive research over the past 40 years has revealed a consistent pattern of pronounced and pervasive aftereffects following near-death experiences (NDEs). The majority of research has focused on psychosocial and spiritual changes, however an increasing body of evidence suggests physiological alterations may also occur in association with NDEs. For this research we would like to know whether your sleep patterns and experiences (including dream content) have changed since your near-death incident, and if so, in what ways. It is possible they may not have changed at all, and we are also interested in this.

Researchers: Laura O'Sullivan, PhD and Nicole Lindsay from Massey University in New Zealand

Type of study: questionnaire

Time required: 15-20 minutes

Further information and link to questionnaire:

<https://iands.org/research/nde-research/participate-in-a-research-study.html#sleep>

3. Study of Profound MYSTICAL or SPIRITUAL EXPERIENCES

Objectives: Have you had a momentous, transcendental experience that "All is One," a Near-Death Experience, seen and felt an extraordinary Light, or anything along these lines? Then you would be an ideal participant!

Researcher: Jonathan Dinsmore, University of Tennessee, Chattanooga

Type of study: questionnaire

Time required: 10-20 minutes

Further information and link to questionnaire:

<https://iands.org/research/nde-research/participate-in-a-research-study.html#mystical>

The Importance of Integrating Your Near-Death Experience

by Adam S. Dince, Hypnotherapist

I first stumbled upon the topic of near-death experiences shortly after my dad died in 2005. The suffering I experienced from losing my dad in such an unexpected and tragic way catapulted me into a journey of discovery about what happens to us after our physical body dies. Not long after beginning this journey, I discovered near-death experiences on a late-night radio show called, "Coast to Coast AM." I became obsessed with learning more. Reading and listening to accounts of near-death experiencers helped me make peace about life after the physical death. For many years, when I'd find myself once again fearing death, NDE accounts became the medicine for my soul.

In early 2020, I discovered a Facebook group dedicated to near-death experiences. And in this group, I came across quite a few posts from NDErs who felt lost and depressed, which was very similar to how I felt after my first Bufo Alvarius ceremony in July 2019. [Bufo, the sacred toad medicine otherwise known as "the God Particle," when inhaled, provides an experience as close to an NDE as you can have-without actually having one.] Everything felt different after I left the ceremony space. I struggled to find purpose in my day-to-day life. Nothing seemed important anymore. I recall struggling to make it through my first day back at work, sitting at my desk, sifting through the dozens of emails that I received while out-of-office, thinking, "What the hell am I doing with my life?" When I talked to my new spiritual brothers and sisters whom I met at the medicine ceremony, I was surprised to find that many of them were going through the same challenges as me. This is how I learned about the importance of integration.

When we return "Home" (to the other side) and remember who we are and where we come from, it's really difficult to go back to life as normal. When we experience that ineffable light and unconditional love in the Beyond, and then come back to the earth plane, it's easy to fall into a dark night of the soul or spiritual depression. Reading posts that said things like, "I don't want to be here anymore," "I wish I didn't have to come back," or, "Why couldn't I have just died?" resonated so deeply with me, because I understood those sentiments.

Shortly after learning how common it is for near-death experiencers to go into a depression after returning to their bodies, I had an epiphany. If I could hypnotically regress people back to their past lives and memories of traumatic experiences that happened in this life, I should be able to

regress NDErs back to their near-death experiences. Thus, if I was able to regress NDErs back to their out-of-body experience (OBE) to get closure on the questions they have, then perhaps hypnotherapy could also be a powerful integration tool for near-death experiences.

I immediately began creating a regression protocol designed for those who experienced an NDE. And once the protocol was complete, I recruited a group of NDE volunteers who agreed to be regressed back to their experience. Additionally, I provided this service free of charge with one caveat: if the regression therapy worked, the volunteers would allow me to share their stories and regression transcripts and potentially in a future book (that I hadn't yet written at the time). And with that, I began facilitating sessions.

Please keep in mind that the goal of these sessions wasn't to simply regress people back to their near-death experiences. It was also to help these souls get the closure they needed, wanted, and deserved.

What was fascinating about each of the NDE regressions was that none of them regressed back to their exact near-death experience. Rather, being in the state of hypnosis allowed them to quickly pierce the veil between the earth plane and the other side and travel back to the beyond. In each of their regressions, the volunteers felt like they were experiencing something brand new. While some of the volunteers reconnected with the beings/entities, family members, and/ or God archetypes they encountered during their NDE, in the regression, they were all new connections. In other words, the volunteers weren't recalling a memory. They were very present in a brand-new mystical experience that was happening in real time.

Now, as the hypnotherapist, it was my job to ensure that each of the volunteers were able to use the regression session as an opportunity to integrate their NDE. Prior to regressing each volunteer, they provided me with questions they wanted answers to. Questions like, "What's my purpose in life?" "Why did I have to come back?" "Why did I survive, but not my friend?" etc. And during each regression, when the time was right, the volunteers asked their questions and received answers that provided them the closure needed for a proper integration.

Since our sessions, I'm pleased to report that the volunteers have all moved forward in life with vigor and purpose. The

old wounds of depression, sadness, and loss were replaced with understanding, love, and compassion for themselves and the world around them.

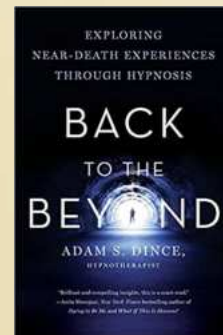
Working with these beautiful souls has reinforced the theory that integrating your near-death experience is a necessary step on your journey back to wholeness. And in my opinion, Hypnotherapy is the *most powerful* tool for near-death integration. With that said, I send so much gratitude for each of you who have faced death, survived, and freely share your accounts with those of us who need to hear them.

Back to the Beyond, Exploring Near-Death Experiences Through Hypnosis

<https://backtothebeyond.com>

If you're interested in experiencing an NDE Regression, please visit my website:

<https://sacredstairways.com>



IN MEMORIAM



John Sphar, South Bay, CA IANDS Group Leader since 2010, our dear forever friend has transitioned.

“It's with a heavy heart that we announce the passing of our dad, John H. Sphar. He passed away unexpectedly this weekend at home in Colorado - with Mieke by his side.

He was someone who could strike up a conversation with anyone and because of that, we know he touched the lives of many. We will always remember his love of cooking (especially anything that included chili peppers!), music and his deep love of friends and family.

[We] are grateful for all the years we had with him, even if it wasn't long enough.” - Daughter, Tessa

“John will always be well loved. I just can't believe it at the moment, however. John was the consummate volunteer. When anyone asked for help, John's hand was in the air.” - Kimberly Clark Sharp

www.facebook.com/john.h.sphar

Tony Camacho, Los Angeles, CA IANDS Group Leader was hospitalized for Covid at S. California University Hospital's ICU in Culver City, then transitioned in January due to fatal cardiac arrest.

“When I first moved to Los Angeles, I was looking for a spiritual center and that is where I met Tony Camacho. Tony was one of my first friends in L.A. He provided a spiritual center named, The Gateway Portal for Growth & Wellness that hosted events and a wonderful bookshop. After my NDE, I was expanding spiritually and Tony created the environment for me to do that. I met some of my best friends through his center and having the community he created to integrate my NDE with like minded individuals was pivotal in my personal growth. I am grateful for the opportunity to have known and spent time with Tony. He added value to my life and I am grateful we crossed paths. He certainly enhanced my experience, and I know he did that for countless others.” Former LA IANDS mbr, Chris Kito

Link to Tony Camacho Interview:

<https://thegatewayportal.com/#yoga-image-video>



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