The Role of Anomalous Experiences in Healthy Grief

Using Near-Death and Related Experiences in Facing Dying and Grieving

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Objectives

This presentation will focus on NDEs and related experiences in so far as they help experiencers and non-experiencers in facing dying and grieving. Examples of these experiences will throw light on such issues as meaning in life, death anxiety, continuing existence, and reunion with loved ones.

I. Seven categorical situations in which these experiences help.

1) a dying person shares verbally and/or behaviorally his or her NDE or related experience with significant others just prior to death, and this helps the experiencer to face death;
2) a person had an NDE earlier in life and it helps him or her face death in the present;
3) a person had an NDE earlier in life, has shared this experience with significant others, then dies, and knowledge of the NDE helps survivors with the loss;
4) a griever had an NDE earlier in life and it helps him or her to face the loss of a significant other later in life;
5) a griever has an NDE or related experience after a loss and it serves as a healing agent;
6) knowledge of and understanding NDEs and related experiences helps a person to face death; and
7) knowledge of and understanding NDEs and related experiences helps a griever to face the loss of a significant other.

II. Near-Death Experiences
Examples (Laura and Erica) and lessons we can learn

III. Nearing-Death Awareness Experiences (Deathbed Visions)
Description, how differ from NDEs, examples (Sam Kinison; Mark, Nancy, and Bob; Susan) and lessons we can learn
IV. Shared Deathbed Visions (Shared, Mutual, or Empathic NDEs)
Description, examples (Joan Borysenko; Jenny, Sharon, and Bruce; Raymond Moody; Karine and Celine Dion), and lessons we can learn

References:
Dion, Celine (1996). The song *Fly* from the album *Falling into you.*

V. Post or After-Death Communications (ADCs)
Descriptions, examples (James Horrocks, MD; Carole, Lauren, and David; Dawn and Amie: Monarch Butterflies, Jenny, Sharon, and Bruce), and lessons we can learn

References:

VI. Summary

References:

1) NDEs and related experiences reduce death anxiety;
2) Death itself is not painful;
3) We are all connected;
4) Contact between the living and the dead might occur;
5) Reunion with loved ones might await the deceased and bereaved.