



**IANDS**

INTERNATIONAL ASSOCIATION  
FOR NEAR-DEATH STUDIES, INC

# 2021 PRESS KIT



# ABOUT IANDS

IANDS is the most trusted source for NDE research, support, and education. Founded in 1981, the International Association for Near-Death Studies (IANDS) is a non-profit 501(c)(3), membership-based organization dedicated to encouraging scientific research, education, and support around near-death experiences (NDEs) and near-death-like experiences (NDLEs). IANDS members include experiencers, non-experiencers, researchers; medical, mental, social, and religious/spiritual healthcare professionals; educators; and the general public.

## MISSION

To advance global understanding of near-death and related experiences through research, education, and support.

## VALUES

A future in which all people embrace near-death and related experiences as a source of meaning and inspiration for a better world.

## WHAT WE DO

- Publish the scholarly, peer-reviewed *Journal of Near-Death Studies*
- Support IANDS affiliated groups around the world
- Offer weekly live online sharing/discussion/support groups
- Organize weekly online events
- Hold annual conferences, symposiums, and special events
- Collect accounts of NDEs and NDLEs
- Spur research into near-death and related experiences
- Provide education and support programs for veterans
- Engage in professional educational initiatives for healthcare providers
- Communicate regularly with our large membership base
- Produce the members-only quarterly *Vital Signs* Magazine
- Publish groundbreaking books such as *The Self Does Not Die*

## IANDS HISTORY

Near-death experiences gained public attention in the 1970s because of the pioneering work of psychiatrists Elisabeth Kübler-Ross; Raymond Moody, Jr.; and George Ritchie. To meet the needs of early researchers and experiencers, IANDS was started in 1978 by luminary NDE research pioneers [Bruce Greyson, MD](#); [Raymond Moody, MD, PhD](#); [Kenneth Ring, PhD](#); Michael Sabom, MD; and [John Audette, MS](#); among others. The organization was incorporated in Connecticut in 1981. IANDS was the first organization in the world devoted to the study of near-death experiences and their relationship to human consciousness.

## MEDIA CONTACT

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## SOCIAL MEDIA

[YouTube](#)  
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# Public Interest in Near-Death Experiences is Significantly Increasing



## Surviving Death (2021)

The first episode of [Netflix's Surviving Death](#) discusses near-death experiences and features IANDS co-founders, members, and friends, including Bruce Greyson, MD; Raymond Moody, MD, PhD; Mary Neal, MD; Kimberly Clark Sharp, MSW, LCSW; Stephanie Arnold; Jose Hernandez; Pam Reynolds and others. According to the series producer, Ricki Stern, the first episode about NDEs is the one everyone is raving about.



## Life to After Life: Death and Back Series (2020)

### [Chapter One](#)

The episode features death experience accounts from IANDS members and/or past conference speakers, including Erica McKenzie, Ingrid Honkala, Tricia Barker, and Howard Storm.

### [Chapter Two](#)

The episode features death experience accounts from IANDS members and/or past conference speakers, including Peter Panagore, Rosemary Thornton, and Jim Bruton.



## The Story of God (2016)

National Geographic Channel's [The Story of God](#). The six-episode series follows the heavenly voiced *Evan Almighty* actor on a worldwide quest to understand faith and religion. Freeman's first stop is to meet with a former research diver named David Bennett (IANDS board member) who shares the story of his near-death experience. "I noticed this light. It was millions upon millions of fragments of light, in all different colors, and they were all dancing and swirling, kind of like they were of one mind. And it was infinite," Bennett recalled. "I knew I wasn't in Kansas anymore."



## I Survived... Beyond and Back (2010-2013)

Originally aired on the Biography channel, the three seasons of the series *I Survived Beyond and Back* is now available on Amazon Prime. The series focuses on individuals who, after being pronounced legally dead, amazed medical professionals and family members by inexplicably returning to life with compelling near-death experience accounts to tell others.

# NDE FACT SHEET

- A near-death experience (NDE) is **not** a close brush with death! It is a subjective experience that is reported by about **17%** of people who survive a close brush with death, or near-death episode.
- An experience indistinguishable from an NDE -- a near-death-like experience (NDLE) -- can occur under other circumstances, usually involving some extreme conditions such as extreme emotional arousal, extreme peace, or extreme physical exertion.
- NDEs are equal opportunity experiences: They occur about equally to people in every demographic category, including both sexes and every age, education level, belief system, and life experience.
- NDEs contain some features that appear to be cross-cultural. However, those features may be expressed or interpreted in ways that relate to the experiencer's culture as well as uniquely to the individual experiencer. Thus, whereas NDEs reflect some universal features, no two NDEs are exactly alike.
- NDEs range in intensity, from experiences with few and less subjectively intense features to experiences with numerous and more intense features.
- About **90%** of NDEs are pleasurable, that is, they are dominated by feelings such as peace, joy, and love. About **10%** of NDEs are distressing; that is, they are dominated by feelings such as terror, horror, or isolation. Researchers have been unable to predict who will have a pleasurable or distressing NDE.
- Following both pleasurable and distressing NDEs, experiencers eventually show positive aftereffects, including greater connection with and concern for others, loss of fear of death, and an enhanced appreciation for life.

A 1993 Gallup Poll estimated that **12-15 million** Americans had personally experienced an NDE. Estimates of NDEs among combat veterans have ranged from about **25%** (Goza et al., 2014) **to 48%** (Hufford, 2019).

# WHAT IS A NEAR-DEATH EXPERIENCE?

A near-death experience (NDE) is typically a profound, life changing, intensely emotional experience that usually occurs during a clinical crisis and has common characteristics and aftereffects. It is not a dream, hallucination, or mental illness (Greyson, 1983). There are no predictive variables to identify who will have an NDE. They happen to people of all ages, religions, socio-economic groups, cultures, educational backgrounds, and belief systems. They occur under a variety of circumstances such as accidents, near-drownings, illnesses, combat, surgical procedures, and childbirth. Following an NDE, experiencers (NDErs) often display some common aftereffects. Research has established a set of common NDE characteristics and long-term aftereffects.

## COMMON CHARACTERISTICS

Every near-death experience is unique, but NDEs do tend to share one or more common characteristics.

- Feeling of dying or being dead
- Feeling detached from the body
- A sense of reality or hyper-reality
- Senses more vivid than usual
- Feelings of peace and joy
- Experiencing an altered sense of time
- Viewing the material world from a location apart from the body
- Perceiving things in the material world that are later shown to be accurate
- Moving through a passage, such as a tunnel or door
- Being in another world
- Encountering beings and/or deceased relatives
- Feeling surrounded by light and love
- Having a life review
- Seeing visions of the future – personal and/or planetary
- Having an enhanced sense of knowledge
- Less often, feelings of nonexistence, torment, or isolation
- Voluntary or involuntary return to the body

# COMMON NDE AFTEREFFECTS

Nearly all near-death experiencers report aftereffects. These aftereffects are sometimes disruptive to experiencers' lives and can take years to adjust to and integrate. Like the postscript to a letter, NDE aftereffects can be categorized with the acronym PSPS:

## Psychological

- Ineffability: NDE cannot be adequately described in words
- Loss of fear of death
- More humane values
- Increased empathy and decreased competitiveness
- More generous and charitable
- Expanded concept of love; desire to be a conduit of universal love
- Familiar codes of conduct lose relevance
- Increased curiosity and hunger for knowledge and learning
- More abstract thinking
- More philosophical
- More detached and objective
- Easily absorbed
- Child-like wonder and joy in living
- Sense of timelessness or disorientation regarding time
- Emergence of unresolved psychological issues

## Spiritual

- Increased interest in spiritual topics
- Sometimes more religious; usually more spiritual and less religious
- Spiritual homesickness
- Increased intuitive/psychic abilities
- Ability to know or "re-live" the future
- Ongoing sense of connection to a spiritual world and/or beings

## Physical

- Heightened sensations
- Changes in basic needs, such as eating and sleeping
- Increased sensitivity to light, sounds, and/or chemicals
- Feeling dissociated from the body
- Energy surges
- Electrical sensitivity
  - Receptive: Sensitivity to natural or human-made electrical fields
  - Active: Electrical equipment in one's vicinity malfunction

## Social

- Changes in social relationships and activities
- Strained relationships; higher potential for divorce among married NDErs
- Capacity for deeper connection to others
- Changes in vocation, usually toward greater service

## **Common theories used to explain near-death experiences have been proven inadequate by NDE researchers and others.**

Research has shown near-death experiences are NOT caused by the following:

- Dying brain (e.g., the brain is hallucinating as cells begin to die)
- Lack of oxygen to the brain
- By-product of brain disorders
- Medication and neurochemical reactions in general
- Hallucinations from altered blood gas levels (e.g., hypoxia or hypercapnia)
- Brain mechanisms designed to make dying easier for humans
- Dimethyltryptamine (DMT) being released by the body

## **Near-Death Experiences Have Been Reported Throughout History and Across Cultures**

NDEs and NDLEs (near-death-like experiences) have been reported throughout recorded history and across cultures under various names and belief traditions. These events first gained the serious attention of Western medical researchers following the 1975 publication of *Life After Life* by a respected American psychiatrist, Dr. Raymond Moody (IANDS's co-founder). His work delineated the common features of the experience and presented multiple case reports from persons who clearly were neither delusional nor psychiatrically impaired. His findings have been corroborated by numerous scientific studies over the past four decades, as reported by University of Virginia psychiatrist, Dr. Bruce Greyson (2014) and others.

## **What is the Evidence that NDEs are Real?**

- 40 years of NDE research conducted by IANDS and other credentialed researchers.
- Virtually no one who has had an NDE agrees with any of the arguments posed by people who have not had NDEs.
- There are numerous documented cases of veridical perception – perception during the NDE that is later proven accurate. These cases are especially evidential when the perceptions exceeded or contradicted the NDEr's expectations and were not physically possible based on the condition and position of the physical body. Numerous cases of this type are documented in the book [\*The Self Does Not Die\*](#).

# RESEARCHERS & EXPERIENCERS DIRECTORY

Below is a partial list of NDE researchers and experiencers who have presented at past IANDS conferences. Please visit their websites and contact them directly.

## RESEARCHERS

### **Bruce Greyson, MD**

(IANDS Co-Founder/JNDS Consultant)

<https://www.brucegreyson.com>

### **Janice Miner Holden, EdD**

(NDE Researcher & IANDS President)

<https://www.janholden.com>

### **Marjorie Woollacott, PhD**

(IANDS Research Director)

<https://marjoriwoollacott.com>

### **Robert Mays, BSc, and Suzanne Mays, AA**

(NDE Researchers; Robert: IANDS Treasurer)

<https://selfconsciousmind.com>

### **Raymond Moody, PhD (Semi-Retired)**

(IANDS Co-Founder)

<https://lifeafterlife.com>

### **Kenneth Ring, PhD (Retired)**

(IANDS Co-Founder)

<http://www.kenring.org>

### **PMH Atwater, LHD**

<http://pmhatwater.com>

### **Pim van Lommel, MD**

<https://pimvanlommel.nl/en>

### **Peter Fenwick, MD**

<https://galileocommission.org/peter-fenwick>

## EXPERIENCERS

### **David Bennett (Author)**

(IANDS Board Member)

<http://dharmatalks.com>

### **Kimberly Clark Sharp (Author)**

<https://www.seattleiands.org>

### **Rev. Peter Panagore, MDiv (Author)**

<https://www.peterpanagore.love>

### **Mary Neal, MD (Author)**

<https://www.drmaryneal.com>

### **Eben Alexander, MD (Author)**

<http://ebenalexander.com>

### **Anita Moorjani (Author)**

<https://www.anitamoorjani.com>

### **Nancy Rynes (Author)**

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### **Mark Anthony (Author)**

<https://evidenceofeternity.com>

### **Suzanne Giesemann (Author)**

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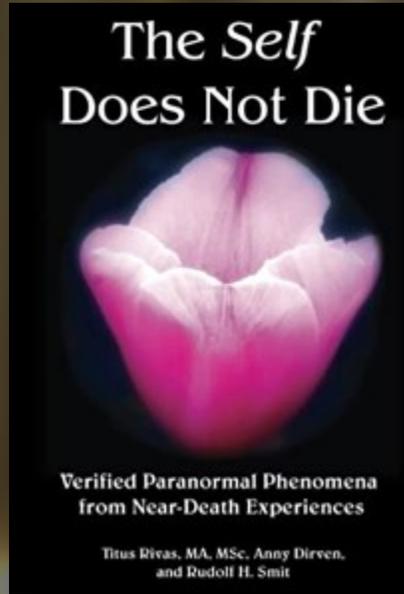
### **Tricia Barker, MFA (Author)**

<https://triciabarkernde.com>

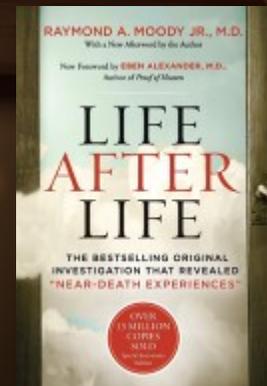
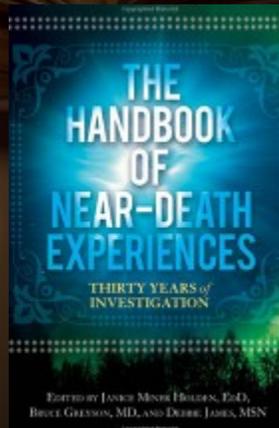
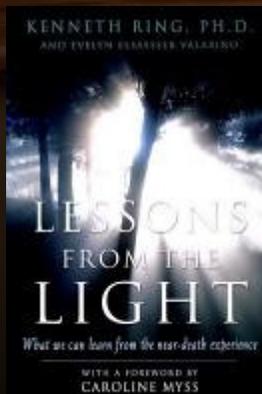
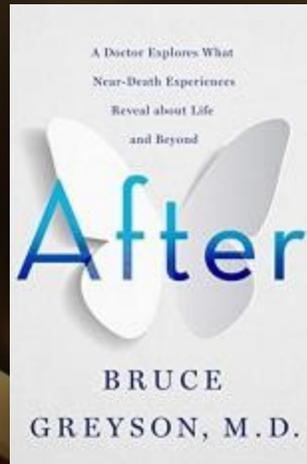
### **Jeffery C. Olsen (Author)**

<https://www.envoypublishing.com>

# IANDS PUBLICATIONS



# BOOKS FROM IANDS AFFILIATED RESEARCHERS



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- Forty years of articles from IANDS's scholarly peer-reviewed publication the *Journal of Near-Death Studies* are available for free download at <https://iands.org/research/publications/journal-of-near-death-studies/past-issues.html>



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