

Hemi  Sync®

Into the Light:

Embracing Source



Into the Light:
Embracing Source
A NEAR-DEATH EXPERIENCE MEDITATION

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Dedicated to
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Courageous, Creative and Prescient

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Introduction

“I left my physical body and found myself in this world of black. It was a void. I know it wasn’t empty because I’ve never been so held, so nurtured, so loved in my life.”

“In this black space I was just me. I was unconditionally accepted, loved for being me.”

“This blackness reached out and merged with me. I know that sounds kind of weird, but the void was alive.”

“Everything was there and there was nothing there.”

“The void felt pregnant with potential.”

“I never felt so creative, so able to bring ideas into fruition.”

“I felt like I was in the womb of God.”

These comments were made by near-death experiencers (NDErs) attempting to describe what it is like to embrace Source. In this album, you’ll enter into an experience that is both extraordinary and enlightening. You’ll embrace the loving light that is the foundation of the universe.

Congratulations on being willing to explore Source, a place of seeming contradictions: a void that is not empty, light that is black, utter stillness that is teeming with activity, time and no time, and a reactive universe.

Background

I have had the privilege to conduct multiple interviews with near-death researcher PMH Atwater to gain her perspective on doing qualitative research. We talked about finding NDErs to interview, conducting an interview, double-checking their story, and discovering how NDErs created meaning from the

experience. When asked about things to look for, PMH surprised me with her answer. “Look for evidence of three kinds of Light: white, clear and black. They all have similar characteristics, yet each has different and distinctive qualities.”

My subsequent research led me to discover similarities and differences in the Light.

The Light, of any color, connects you to God’s Love. It is around you, in you and the “stuff” that underpins the whole of both the physical and nonphysical universes.

White Light is the kind you see so often in television shows and movies. It’s the “Light at the end of the tunnel,” brighter than a million suns, and yet it doesn’t hurt your nonphysical eyes. Standing in the White Light, it casts no shadows; rather, you merge with it. In White Light, it is easier to encounter dead relatives, communicate with divine beings, and explore the places of the nonphysical universe. It is the Light explored in the first CD in this series: *Into the Light: Near-death experiences*.

Clear Light was present at my shared near-death experience. Unlike White Light having its origin outside you, Clear Light emanates from all things. Everything glows and gives off its own light. In Clear Light, colors are more intense, have information to share, and may not found on the earth plane. Experiencing Clear Light is like being folded into it. I discovered that I didn't step into Love. Clear Light / God's love emanated from me. I was/am the Love of the universe. This experience is the focus of my CD *Into the Light: Radiating Love*.

Black Light is present when we visit the Void and the Source of all things. When describing Black Light, the NDErs I've interviewed cross their chests with their hands on opposite shoulders, rock back and forth and say, "I've never been so loved, nurtured and unconditionally accepted. I was in the womb of God."

This womb reference is apt. The Source has Black Light as its signature and is the place or energetic state that existed before form. When form was birthed, it came from this womb-like state.

This album is one of the best ways to learn how to be fully present with attention and intention. You will visit two spaces to facilitate this, the Void and Source.

The Void. This is wondrous. You may enter into a place that is astonishingly still and silent, and where seemingly nothing happens. Congratulations. You made it. The space is black and your consciousness is all that's present. There is no past, no future, just now. This is the place eastern meditation traditions refer to as "one pointedness." Western traditions label it as the place of "I am." It's just you. You'll notice that you have no relationship to the outside world. In the Void, you are not brother, sister, son, daughter or friend. There are no expectations. It is just you. So, take yourself out on a date and just be with you for a while. Learn to be comfortable with who you are without connection to any other thing.

"One-pointedness" helps you learn to be pure consciousness. With no relationships to the physical world, spending time there helps you focus your attention and "be here now." If you find your attention drifting, bring your awareness to your breath. This simple act helps to hold and train your mind to be in the present.

Source. When you become comfortable with the Void and being yourself, you will start to notice that the Void is not empty. I encounter this as a low energy that vibrates. You may experience it differently. An aspect of the Void is energy waiting to become form. This is Source. You can step into Source from the Void. It is a slight shift in energetic focus from the Void to the womb of God. I will guide you through this process. I find that this is an extraordinary place to encounter the nurturing aspect of God's love. Extend love into this space and it will respond in kind.

Creative Action. We live in a reactive universe. Our intentions are everything in Source. Picture it as a trampoline. When you step into this arena of unmanifested potential with an intention, it responds by aligning physical matter to bring that intention into physical matter reality. It bounces back your desire in physical form.

If you desire to imagine something into reality (a relationship, a job, an answer to a question, etc.), this is the place to do it. It's easier to create from Source. Picture your desire in as much detail (how it looks, feels, smells, tastes and sounds and any emotions around your intention) as you can. Then let it go with

gratitude and assurance that it will happen. I always like to add, “This, or something better” at the end of my intention to show that I’m flexible. I trust the universe and my guides to bring that which is most appropriate.

No Time. Or more correctly, “all time.” Time does not function the same as it does in the physical universe. It just is. All time is now. From Source you can access any-where, any-when that you desire to visit.

Instructions

The Stage

Research has long indicated that people can have NDEs while meditating. While not common, there are multiple accounts of this occurrence happening to ordinary people. If one person did it, you can too.

This CD set is designed to take you to the same places visited by near-death experiences. Your experience may feel like meditation, a crystal clear NDE, or something in between. It will vary each time you use the exercise. Don’t be hung up on the quality of one individual experience, but rather appreciate that the experience is helping you achieve a new perspective on reality.



Cosmology

My view: You exist in multiple planes of existence at once. Some part of you is here in the physical world reading this booklet. Another part of you is in the nonphysical world of your higher self, carrying out the work you desire to do there. What you'll be doing in these exercises is learning how to focus your attention on your nonphysical consciousness. You will learn how to shift your awareness from your physical body to your nonphysical body and use it to explore Source.

We have the ability to “choose sides.” Choose, in this moment, whether you want to play in the physical and/or in the nonphysical world. You get to play here, there, or both. You can shift your awareness at any time and simply be love, be peace, be joy.

Freedom comes from the knowledge that you are more than your physical body. Reality is more than just being here in the physical. You are the sum of all your experiences, both physical and nonphysical. They are happening simultaneously. Open yourself to all of it. It is all you.

Freedom comes from knowing that, at any moment, you can shift your attention. You are not trapped by knowledge that



comes only from the physical universe. By shifting your attention, your consciousness, you have available to you the wisdom of all that is.

Freedom comes from knowing you are loved for who you are, unconditionally. There is nothing you can do to separate yourself from that connection to the universe. You are made from that Love and cannot be separated from it.

You may do this work because it fills your need to know what happens during and after your final transition out of the physical body. It helps you lose your fear of death. As important as that is, that's only a small part. You explore because it allows you to discover how free you are, how connected you are, to the Love of the universe. At the same time, you are free to live more fully in the present, physical reality. There is the gift.

It is a gift to be here in the physical. The trials you have are temporary. They have the same effect: to help you grow. These exercises are designed to accelerate your understanding of who you are, the freedom that is your birthright and the Love that unites you with the entire universe.

My favorite part is learning you can serve. You can serve others, the divine, and ourselves. By exploring the nonphysical universe (in this case, Source) you may discover how we are all interconnected. Therefore, by serving any one of the three, you serve the love that is all.

Format of the Exercises

This album is designed to address two opportunities for exploration. The first exercise, *Embracing Source*, is a teaching track. It is a fully guided exploration of Source encountered during an NDE. During this exercise, you will prepare your body (deeply relax), mind (assume the proper mindset) and energy body (adjust your vibrational level) to make exploration possible.

You will then explore the stillness of the Void guided by my voice. I will introduce you to the Black Light where you can just be.

Going to Source will be next. I'll ask you to open your heart, for it's the easiest way to connect with source. I'll ask you to envision a curtain in the Void. Then you'll do two things at once. With your physical eyes closed, you'll look up and say to

yourself, “Shift to Source,” then step through the curtain. As you surrender to the energy of the Source, you’ll notice that as you extend into the energy of the Source, it reaches out to embrace you.

Your next experience will be to play with time. I’ll ask you to imagine a scene that you would like to visit. Observe what’s going on or enter into the scene; it is your choice. You can also change the time by creating a clock that you can move forward or backward in time.

You’ll then receive instructions and an affirmation to bring you back into the reality from which you came.

The second exercise is an open exercise. There is a very short verbal introduction to remind you to “relax your body and calm your mind.” You’ll be invited to “raise your energy level by using your physical vocal cords.” The affirmation you learned in the first CD will help you “set your intention to both travel well and be clear about what you’d like to accomplish.” You learned all these skills in the first exercise, and there are musical cues to help you along the way.

During the open exercise, you can revisit structures, people and energies you encountered during the guided exercise. Or you can use this time to explore places you didn't get a chance to visit when I was talking into your ears. Then there is a long period of silence supported with Hemi-Sync®. You may explore to your heart's content.

The Role of Hemi-Sync®

What makes these exercises so effective is the underlying role of Hemi-Sync®. This audio technology complements the verbal guidance because it's effective and specific. More than 50 years of research and development refined the multi-layered waveforms to help put you into a very specific state of altered consciousness.

It turns out that one set of waveforms is very good for experiencing the Black Light of the Void and Source and for playing with time. These are all events that NDErs have experienced. When you relax, let go, and let the audio technology do the work of getting you into an expanded state of awareness, the results are very good.

It may seem counterintuitive, but the more you try to get there, the less effective it is. The more you relax and let the tones carry you, the easier it is to enter the altered state of consciousness that enables you to embrace Source.

Hemi-Sync® helps you learn the path to Source. Once you know the way, you don't need to use the exercises to get there. All you have to do is remember what it felt like to be in the stillness or creative nature of Source, and you can go there in a moment's notice. No Hemi-Sync® CDs are necessary. Think of these exercises with Hemi-Sync® as training wheels. When you're confident that you can get there on your own, set them aside.

Hemi-Sync® is very fast and easy to learn and use. You are always in control, because it's your intention that creates the experience.

Embracing Source Exercise

This exercise is fully guided, so that you can get a sense of what is possible when exploring Source and why it's important.

Sequence

- Prepare your body for the journey
- Relax your mind with the NDE affirmation
- Raise your energy level through toning vowel sounds
- Refine your energy using a golden screen
- Ask your guides for assistance (optional)
- Explore the Black Light of the Void
- Go to Source
- Play with time
- Return

Senses

When exploring Source, especially the creative aspect, I would suggest paying attention to all your nonphysical senses: sight, sound, touch, smell and taste. This is a multi-sensory environment and your experience is heightened with the addition of each sense. Then, be aware of other sensations that may not be described by your five physical senses. You may find more senses if you look for them. Emotions are important here. Note them for the information they have for you.

Options

Get in the habit of asking Why? What if? Could I?

What if you had no worries about how something could be accomplished? What would you dream to have in your life? What would it mean to serve from Source the needs for self, others and the divine? What would it mean to live life without the fear of death? Would you feel more free?

Create it here in the Black Light of the Source.

Guides

You may do your explorations with or without a guide(s). I find it useful to have a companion to keep me on task and take me to areas I might not explore without their help and imagination. But I don't always use my guide. Sometimes it's fun to explore by yourself or with others you meet in this amazing structure. This CD has prompting for guides, or feel free to explore alone.

Open Exercise

The Open Exercise is designed to let you guide your own experience. It has plenty of open space that allows you to take your experience where you want to go.

Preparation

There will be three brief instructions at the beginning of the exercise. They all refer to the skills learned in the first guided exercise.

1. “Relax your body and calm your mind.” I suggest using a progressive relaxation of your body (from your toes, to knees, thighs, etc.). Ocean surf plays in the background to remind you to do this.
2. “Raise your energy level by using your physical vocal cords.” Tone the vowel sounds of A,E,I,O and U. Or choose any other sounds you wish to explore. Experiment. Try Ohm, the name of a religious figure, barking, or scales. You get the idea. When you’ve built up your energy level, play with it. Swirl it, extend it, color it. The idea is to get used to manipulating nonphysical energy. You will hear voices in the background, so it’s easy to follow along.
3. “Use an affirmation to establish how you will set boundaries in nonphysical universe.” There are two parts to this: affirmation and intention.

The affirmation. You may get better results if you memorize the affirmation used in the first exercise and repeat it here:

*I have physical and nonphysical bodies.
Both live in harmony within one body.
They can safely and easily separate at will,
And come back together again whenever I want.
All I have to do is think of where I want to be,
And I am there.
I perceive both the physical and nonphysical
senses.
I am at home both in the physical and nonphysical
worlds.
I interact with the nonphysical world,
And the entities there that protect, affirm and
guide me.
I am powerful beyond measure.
I am grateful for all my experiences.
I love life.*

If you don't like to memorize, create a symbol that represents this affirmation and blow that symbol out into the universe to inform it of who you are and your intentions.

Your intention. I find this is easily done in conversa-

tion with your guide. The two of you affirm what it is you'd like to do and this keeps you focused on your joint desire. The album *Into the Light: Meeting Your Guides* helps you become skilled at this.

That's it. The rest is up to you. You have lots of time to explore and discover new things about the universe and yourself. You'll be supported by Hemi-Sync® along the way. It's imbedded in the “swishing” sound in the background.

If you get lost and forget what you wanted to accomplish, I suggest you blow the air out of your lungs, and when the air rushes in to fill the void, picture this air connecting you to the Love of the universe. The Love that is you. The Love that is I AM.

We all need reminding once in a while that we come from Love. We are connected to Love, always. Our separation from that Love is an illusion. You return to Love once your short time in the physical is over.

Before You Begin

In her book *Testimony of Light*, Helen Greaves quotes Frances Banks (a deceased spirit) as saying, “A minute after you die

you will be exactly the same!” She observes that we get to be ourselves both before and after we make our transition. When you have an NDE, the experiences of joy, peace and love are all real. We are privileged to have all these experience as ourselves. So if you feel like the same person before and during the exercises, you’re right on target.

I recommend that when you start this program, you follow the guided meditation on the first CD. Play this exercise several times. You’ll get more comfortable with the technology, skill sets and states encountered. By repetition, you’ll be assured that you can revisit these states of consciousness when desired.

The program is designed to provide you with an experience, so feel free to go with what is happening to you. If you feel that the verbal guidance is pulling you away from an experience, it’s perfectly okay to ignore the verbal guidance, or remove the headphones and come back to the recorded exercise later.

For example, when you are in the beginning part of the exercise, I suggest you breathe deeply and relax. If an angel sits on the end of your bed and says, “Hi. I’ve been waiting for you. I have some information that you need to hear,” your response

should NOT be, “Sorry, I’m supposed to be deep breathing now. Can you come back later?” You can always breathe deeply later. The instructions are a suggestion, nothing more. Go with the experience as it’s presented to you. Try to not let the instructions interfere with your experience.

Helpful Hints

Use Your Imagination

Navigating in the nonphysical universe can take some getting used to. You live in a reactive universe. What you put out is what you receive. If you are tired of hanging out in the same old Void, change it up and go directly to Source. Once there, set your intent, imagine it, and watch for images to take on a life of their own. It’s one indication that you’re there.

Be Interactive

NDEs are by their very nature interactive. Ask your guide to show you interesting areas to explore. Ask why something happened, and probe to find out what might have happened if you had responded differently to a situation. Curiosity will make for a richer, more interesting trip.

Real or Imagined?

You may be prompted to ask, “Is my experience real or imagined?” Don’t be surprised if your guide(s) answers, “Where do you think imagination comes from anyway?” Truth is truth, no matter how it is presented. Establish some criteria for yourself and see how it works. Ask yourself, “Did it feel right?” or “Did it take on a life of its own?”

Become One With the Exercise

To have a more meaningful experience, relax into the sounds on the CD. Become one with the exercise. The less you do to “get there,” the better it will be. Once you’re there, interact with the experience.

There is no place to go. All the light and energy in the universe are contained within you. You are connected to every atom, cell, person and group in the universe(s). Your joy is remembering that.

You can lift the veil between the physical and nonphysical worlds more easily by letting go, asking and learning to raise your vibratory rate. This merger allows for the widening of your perceptions.

At the same time, the opening of vibratory windows breaks down your inhibitions—your constructed inner barriers. Your physical and energetic bodies hold more light because you’ve removed the constrictions. You’ve allowed more space for Light to shine through. Frances Banks describes this as “Death and life are only separated by density.”

To increase your vibratory rate, you may use any of three methods. First: Create the intention in your mind and “breathe out” a strong thought. Use your physical breath, or imagine this action in your mind. Second: Chant using your physical voice the vowel sounds of A, E, I, O or U. Or choose another set of sounds that is meaningful to you. Third: Use the golden screen to remove slow moving energy.

Use Intention

At certain points in the exercises, you’ll encounter short or long stretches where you will have time to explore. Because this silence can make you “spacey,” it’s really helpful to have an intention for what you want to do. For example, on the second Open Exercise, there is a long break. Your intentions for this exercise could be one of the following:

- Take yourself out on a date in the Void.
- Explore an aspect Source
- Play with time
- Ask Source: Why ___? (a question of your own)
- Ask your guide what's important for you to know or explore right now. The possibilities are endless.

Intention is everything in the nonphysical universe. Notice how fast the events form themselves from your desire to create them.

Repeat Often

Every time you enter into the world of altered states, the resulting experience is different. It is appropriate for that time, your mood, and the lessons you need to be learning today. Repeat these exercises often. Keep revisiting them. The process grows infinitely greater and deeper over time.

Banish Fear

You may wonder if there is any chance you won't come back. You can banish this fear. First, if it's not your time, it's not your time. Your guides won't permit you to stay in the non-physical. You've got more work to do in the physical. Second, your body's simple physical needs for elimination and nourish-

ment will guarantee your return to normal waking consciousness in the physical world.

Discover Bilocation—It is common for participants using these exercises to have two (or more) locations of consciousness. You may be completely aware of your physical body and the room in which you are doing this exercise, AND be fully present in Source.

Open to Communication—You may communicate with other entities in Source or when playing with time. Communication may happen in a myriad of ways. You may hear their voice with your nonphysical ears. You may communicate telepathically. Or you may just get a “thought ball.” This instant knowing (or gestalt) may take a while to trust, but that will come with time and experience.

Explore Synesthesia—Participants have noticed that the experience of the nonphysical world can be different than that of the physical world. Cross sensations occur. One example is being able to hear the different vibrations (or colors) of light.

Record Your Journey

You didn't take all the time and effort to get to another level of consciousness just to forget the experience when you came back. Here are suggestions for "staying power:"

Write, or dictate, your experience.

Plan enough time to jot down your experience

Use words, drawings or a recorder to capture your memories

Keep implements of capture immediately at hand to minimize interruption

Record your journey during or immediately after the experience

Note That Everything Is Important

This is an arena where information is often imparted using metaphor and puns. So things that might not make sense in the moment can prompt great insights upon reflection. Case in point: I asked my guide, "Is it a good idea to try and explain this experience to my co-workers?" Out of the sky dropped a rope. When it was at eye level, it curled back on itself. I didn't get it. Until I recognized what happened to the rope. It had created a knot. There was my answer: Knot a good idea.

Remember in reverse order

You may remember more if you write (draw and voice) your last experience. Then write what came before that. And before that.

First Step: Get Yourself Ready

Relax your body

Use the tried and true method of progressive relaxation. Relax your scalp, your brow, your neck...etc.

Relax your mind

If you find your cares and concerns are intruding into your experience, flow them down and away from your body. If you have too many, create a symbol in your mind that represents all the concerns of a type (e.g. work concerns), put them all in your nonphysical briefcase, and slide that down and away from your body. You can also take the events of yesterday and tomorrow and flow them down and away. Your objective is to be completely present in the now.

Set your intention

Intention is everything in the nonphysical world. It has two parts. The first part is determining how you want to present

yourself in the nonphysical environment. Acknowledge what qualities you have and what you'd like to accomplish. You'll do this by means of the NDE affirmation. (See Open Exercise section.) Feel free to adapt it to your needs. The second part is doing "something" during the exercise. A simple, "I will explore embracing Source" before or during the affirmation is all that is required.

Raise your vibration

It is easier to meet your guides in the nonphysical world if we can raise our vibrational level to that of your guide. You'll do this by tuning and listening to Hemi-Sync®. Focusing on tuning has a wonderful side benefit, that of clearing your mind of distractions. This is akin to paying attention to your breath while meditating in other traditions, giving you something upon which to concentrate all your mental energy.

My Story

The Beginning

I was in love with Mary Fran and her son Nolan. In 1981, they were in a horrific car accident that instantly killed Mary Fran and left Nolan mortally wounded. Six days later, I was bedside when Nolan, who had just turned seven, made his transition.

When he left his physical body for the last time, Mary Fran crossed the divide between the nonphysical and physical worlds and helped him out of his body. Their reunion embrace was exquisite. Then, to my surprise, they turned and included me in their embrace. Together, we went to the Light. Although I didn't know it at the time, I had just had a "shared near-death experience."

I know of no English words that capture the combination of joy, ecstasy, love, and requited longing that burned within me. It carried me to a dimension I never knew existed. In that moment, there was no pain or loss, only unity, rapture and reunion.

I began searching. What was that experience? It was certainly not discussed in the traditional church I grew up in. Who knew about this? How could I touch that space again?

Fast forward to 1983. I attended The Monroe Institute's (TMI) *Gateway Voyage* program. Bob Monroe's technology, Hemi-Sync®, allowed me to have similar and more varied experiences. They were replicable and under my control. The only dogma Bob requested we consider is that "you are more than your physical body."

Two years later I became a facilitator for TMI. My role was assisting others in discovering/remembers the myriad states of consciousness that are our birthright.

The End Result

Into The Light: Embracing Source is a natural extension of my interest in near-death and near-death-like experiences, my high regard for the effectiveness of the Hemi-Sync® technology, and my genuine desire to help you explore the nonphysical world safely and effectively. It offers a path into states of being you are destined to explore.

This program is designed to give you sense of one aspect of a near-death experience, exploring Source. It is based upon the analysis of more than 6,000 case studies of NDEs, shared/empathetic NDEs and NDE-like experiences.

Each near-death experience is absolutely unique, although there are often common elements. How an element chooses to manifest is up to you, your higher self and your guides.

If you are willing, wear the headphones and trust the process, you'll have every chance to enter altered states that will allow

an experience of expanded awareness to happen. The rest is up to you and your intention.

What Is a Near-Death Experience?

A near-death experience (NDE) is a profound psychological event that may occur when someone who has physically died, is close to death, or is in physical or emotional crisis. Because an NDE includes transcendental and mystical elements, it is a powerful event of consciousness. For the record, it is not mental illness, as once was believed.¹

The International Association for Near Death Studies (www.iands.org) describe most NDEs as peaceful and loving. A few are disturbing.

The same elements appear in both pleasant and disturbing near-death experiences, but with different emotional tones. PMH Atwater, one of the world's most prolific NDE researchers, describes the elements of a peaceful experience in *Coming Back to Life: Examining the After-Effects of the Near-Death Experience*.

- A sensation of floating out of your body. Often followed by an out-of-body experience where all that goes on

around the "vacated" body is both seen and heard accurately.

- Passing through a tunnel, black hole or some kind of darkness. This is often accompanied by a feeling or sensation of movement or acceleration. "Wind" may be heard or felt.
- Ascending toward a light at the end of the darkness. You see a light of incredible brilliance, with the possibility of seeing people, animals, plants, lush outdoors, and even cities within the Light.
- Being greeted by friendly voices, people or beings who may be strangers, loved ones or religious figures. Conversation can ensue. Information or a message may be given.
- Seeing a panoramic review of your life just lived, from birth to death or in reverse order. Sometimes becoming a reliving of life rather than a dispassionate viewing. Your life can be reviewed in its entirety or in segments. This is usually accompanied by a feeling or need to assess loss or gains during the life to determine what was learned or missed. Other beings can take part in this process or offer advice.
- A reluctance to return to the earth-plane, invariably re-

alizing that either your job on earth is not finished or you must accomplish a mission before you can return for good.

- Warped sense of time and space. You discover that time and space do not exist, eliminating the need to recognize measurements of life either as valid or necessary.
- Disappointment at being revived. You feel a need to shrink or somehow squeeze to fit back in to your physical body. There can be unpleasantness, even anger or tears at the realization that you are no longer on, or connected to, "the other side."

The felt-sense or quality of the NDE experience may feature:

- Intense emotions: Commonly of profound peace, well-being and love
- Rapid movement: Through darkness, often toward an indescribable Light
- Otherworldly sense: Being "somewhere else," in a landscape that may seem like a spiritual realm or world
- Lucid observations: Incredibly rapid, sharp thinking
- Omniscient: A flood of knowledge about life and the nature of the universe²

Whether the NDE was beautiful or unsettling, those who have reported having one commonly say it was unlike a dream, “more real than real,” and the most powerful event in their lives. They struggle to find words to describe it, but insist they now know something new about reality, that “there’s more than what is here” (in the physical world). Most feel deeply changed in their attitudes toward life, work, and relationships.

After a wonderful NDE, people almost always report losing their fear of death. They come to believe that the essential purpose of human life is to develop our capacity to love. After a disturbing NDE, people almost always look for an explanation. Because many interpret it as a threat or warning, they instigate changes to habits or behaviors. Some take up a new religious practice, hoping to avoid a recurrence. A more hopeful perspective on unpleasant NDEs is offered by Nancy Evans Bush in *Dancing Past the Dark: Distressing Near-Death Experiences*, where she sees any type of encounter with the numinous as a path to spiritual, mystical or shamanic breakthrough.

A common lament among NDErs is they often have difficulty finding someone they can confide in about the event. They usually feel a great need for information and support.

Experiences with nearly identical characteristics may also occur when someone is nowhere near death, or not in any health crisis at all. They can occur during prayer or meditation, under deep emotional stress, or at the bedside of a dying person. Rarely, NDEs happen spontaneously. The general elements and after effects of near-death-like experiences are the same as in classic near-death experiences.³

The Last Word

As I wrap up the last edits to this booklet, I am reminded how little we know about the exploration of the nonphysical universe(s). I am continually humbled by the fearless exploration of others and what they've been able to accomplish. To all of you, thank you. Yet I know we are merely scratching the surface.

It is helpful to have a guide. It can shorten the time to learn skills and expand your sense of what is possible. Use these exercises to raise your vibration and increase your access across the veil into Source and wherever that takes you. Once you get the hang of it, so much is possible.
And so it is...

¹ Greyson, B. (2000). Near-Death Experiences. In E. Cardeña, S. J. Lynn, & S. Krippner (Eds.), *Varieties of anomalous experiences* (pp. 315-352). Washington, DC: American Psychological Association

^{2,3} Excerpted from <http://hands.org/aboutndes/characteristics.html>

For Further Study

Books on near-death experiences:

The Big Book of Near-Death Experiences: The Ultimate Guide to What Happens When We Die, PMH Atwater, Hampton Roads Publishing Company, 2007.

Lessons from the Light: What We Can Learn from the Near-death Experience, Ken Ring, Moment Point Press, 2006.

Testimony of Light: An Extraordinary Message of Life after Death, Helen Greaves, Tarcher, 2009.

Life After Life, Raymond A. Moody Jr., Mockingbird Books, 1975.

Consciousness Beyond Life: The Science of the Near-death Experience, Pim van Lommel, HarperOne, 2010.

The Handbook of Near-Death Experiences: Thirty Years of Investigation, Janice Miner Holden, Bruce Greyson, Debbie James, 2009.

Proof of Heaven: A Neurosurgeon's Journey into the Afterlife, Eben Alexander, Simon & Schuster, 2012.

Dancing Past the Dark: Distressing Near-Death Experiences, Nancy Evans Bush, Parson's Porch Books, 2012.

Books on after-death communication:

Testimony of Light: An Extraordinary Message of Life After Death, Helen Greaves, Tarcher, 2009.

Hello from Heaven!, Bill & Judy Guggenheim, Bantam, 1996

NDE Conference:

International Association of Near-Death Studies (IANDS)

IANDS Website: www.IANDS.org

Dr. Eben Alexander, Karen Newell, Suzanne Gieseemann and PMH Atwater have all added helpful insights into the creation of this CD. Their websites are:

<http://www.ebenalexander.com/>

<http://www.suzannegieseemann.com/new-website/>

<http://www.pmhatwater.com/>

Stay in touch with Dr. Scott Taylor:

www.neardeathmeditations.com

Facebook search: near-death meditations

