

SCHOOL HOUSE EARTH

*Near-death experiences – proof
of the unprovable*

Robert Krug

Impressum

Herausgeber: Kailo Verlag

Autor: Robert Krug

Design und Illustration: Jeanette Mooney

Korrektur: Christoph Landmann

Übersetzung: Jeanette Mooney

1. Auflage Oktober 2024

Release 241012

www.robertkrug.com

Verlag: Kailo Verlag, Bessemerstraße 82, 10. OG Süd, 12103 Berlin

Druck: Kindle Direct Publishing

ISBN: 979 8342078092

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Robert Krug

Schoolhouse Earth

Near-death experiences – proof of the unprovable

Heartfelt Thanks

I would like to thank everyone who helped me to write this book – than you for your many suggestions, ideas and feedback. Above all, however, I'd like to thank Jeanette Mooney for the translation, design work and her input.

A big thank you also goes to Paul Chek, world renowned holistic health, fitness and personal development expert, who (completely unknowingly) kickstarted my journey of enquiry by asking the more important questions. It was also through Paul that I found Guy Lawrence, speaker, wellness advocate, and entrepreneur. Thanks to Guy and his excellent interviews, I continued down my personal rabbit hole of enquiry. Alex Ferrari, too, for his work and excellent Next Level Soul interviews. Ram Dass (American spiritual teacher, guru of modern yoga, Harvard psychologist, and writer) for his life's work in bringing an understanding of Oneness to the western world. Uli Strunz for his continued encouragement to finish and publish this book. Stefan Wolff for his friendship and help. Anoop Kumar, a certified intensive care physician, who describes death so beautifully as a transition into another realm thus offering a comforting change of perspective. And many more who have helped me on my own journey of understanding death and taking away my fear of death – and fear of life for that matter. If anything, this book aims to help you do the same. After all, it's the cyclical way of things – to know death is to know life and to realise our true existence. As above, so below. As within, so without.

Finally, I'd also like to thank the many thousands of people unknown to me personally who have had the courage to go public with their near-death experience (NDE). It's not uncommon for these people to lose friends and acquaintances along their post NDE journey. As a result, many suppress their experiences for years or even decades. In the end, for the many who do share their story with the world, their experiences and shared stories have fundamentally changed not only their own lives, but the lives of all who encounter these stories. A big thank you for that!

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**Energy cannot be
created or
destroyed; it can
only be changed
from one form
to another.**

Albert Einstein

Foreword

In the course of my research for this book, I stumbled across the story of Leslie Lemke. Leslie was born prematurely in 1952 – his eyes had developed such a severe form of glaucoma that Leslie had to have both eyes removed in the first few weeks of his life. To make matters worse, he also had brain damage and autistic traits. After his biological mother gave him up for adoption, May Lemke (a nurse) took him in. Leslie learned to stand at the age of 12, and at 15, he was able to take his first steps.

May bought a second-hand piano for therapeutic purposes and noticed that Leslie liked music. At the age of 16, Leslie heard Tchaikovsky's Piano Concerto No. 1 on TV for the first time. That same night, May woke up to hear music coming from the living room. She asked her husband if he'd accidentally left the radio on and then went downstairs only to see Leslie sitting in front of the piano playing the very same demanding piece flawlessly. He also played other pieces and sang along – an amazing feat, given that he hadn't spoken a single word to his adoptive parents up to that point. It took another six years before Leslie started to speak, yet seemingly out of the blue, he was able to sing like an angel.

This book takes a look at how the seemingly impossible is made possible. With the knowledge I summarise in this book, you will come to see how miracles are possible.



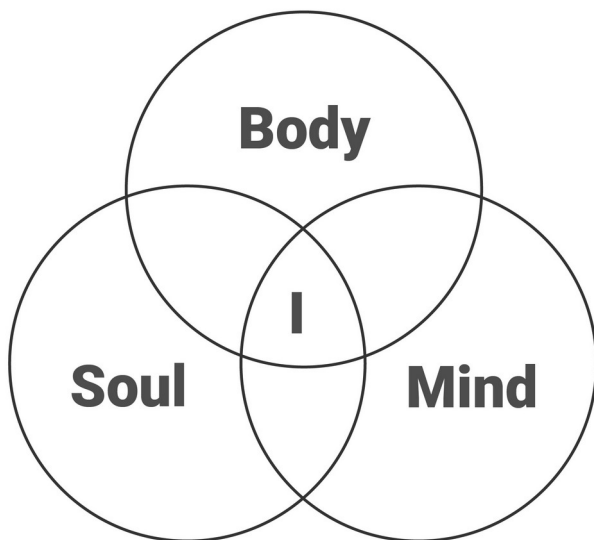
No number of sightings of white swans can prove the theory that all swans are white. The sighting of just one black one may disprove it.

Karl Popper

Introduction

Why write a book about spirituality, you might ask? After all, and up until now, I've written science-backed books that go deep into the topics of nutrition, genes and human biochemistry.

I'm what some might consider a total left-brainer – I'm a computer scientist by trade and am logical in how I think and do things. However, it's always been important and plain common sense to me to view things holistically. To think bigger picture and take a holistic approach always requires – for example in the case of health and wellbeing – finding the true root cause of any dis-ease and not just treating the symptoms. In this context, nutrition always plays a very important role, but the topic of holism goes even further, as I've learned in recent years. So far, I had focussed more on the body and only a little on the mind. A bit one-sided. In holism, however, you don't just look at the body and mind, but also the soul. It's what's termed the holy trinity.



This had been uncharted territory for me as until quite recently, I'd belonged to the circle of hopefuls with a great fear of the unknown. This has fundamentally changed for me since having gone into the research and I've written this book to help you perhaps overcome some of your fears, too. But how and when did my curiosity take me to look beyond what I knew?

I became aware of Prof Richard Alpert, aka Ram Dass, through interviews with doctors and coaches in the field of holistic medicine, especially thanks to many of Paul Chek's amazing interviews.

During my summer holidays in 2023, I read Ram Dass' books and watched or listened to many of his interviews and talks. As the saying goes: if you look, you will find your teachers. After hours and hours of material, I next came across Guy Lawrence (heads-up, Guy!). A few years ago, he'd experienced his own awakening through meditation, which had led him to turn his entire life around. He sold his stake in a nutritional supplement company and has since devoted himself entirely to the subject of the soul and soul work. Incidentally, this is a phenomenon that applies to many of the people I will describe in this book: Life fundamentally changes along with the realisation of who we truly are and what our true nature is.

It's comparable to the realisations I describe in my nutrition books, which are based on scientific studies – once you know something, you simply can't unknow it. Like when I learned about, for example, cholesterol, insulin, protein or intestinal health.

In this book, however, I'd like to start with some seemingly unbelievable stories that I've come across after combing hundreds of hours of material. You won't need to do the same because I summarise the essence here.

If you're curious about going beyond what you know, if you're on the fence about some things you find a bit 'woo-woo' or 'out there', or if you have a fear of death, this book is for you. If, like me, you've got a feeling that 'there's got to be more to life than this' and you've got unanswered questions on all of the above, then you're in the right place.

We'll take a look at some of the big questions of life.

- Who are we?
- What's the meaning of life?
- What's the meaning of the universe?
- Who or what is God?
- Is there a God?
- Why do we have to die?
- What happens when we die?

I've been asking myself these questions all my life and unfortunately, I haven't gotten any credible answers, not even from the Church. Theoretically, it would have been possible, but religion just hasn't been able to answer the hard questions to my satisfaction – not least because I'm science-oriented and for myself very quickly discovered that the Church is a bit of a strange construct that has little to do with Jesus' teachings and ideas.

So, admittedly, I walked around blindly for many years, always with the fear and the agonising question:

What happens when I die?

Many of us will have realised by the time we're 20 or so that certain crucial questions we might have asked ourselves fade into the background a little – with all those hormones still coursing through our bodies, we end up thinking we're immortal anyway! Then life, work and doing rather than being take over. Life gets busy and the bigger questions get lost because priorities change.

Still, the niggling core questions of life kept coming up and I kept realising that I had no answers to them. Worse still, I was often overcome by a strong feeling of anxiety around my purpose and death. I didn't know what I didn't know. I now recognise this despair from people that have had NDEs (Near Death Experiences). Before their NDEs, many people also experience anxiety and worry around purpose and death.

This completely changed for me in 2023 and I can only hope that with this book I can give you the same confidence, the same wonderful peace of mind that I have been able to experience – mind you without the psilocybin, LSD or magic mushrooms. Simply on the basis of logic and also from your own heart, which makes you feel: Yes, this is the truth.

What I do know right now: We all carry the truth within us. Unfortunately, in the western world, nobody teaches us how to work or live with it. How to tap into it. In India or the Australian outback, or in tribal cultures close to nature, where it's still a matter of course to learn such existential things as a child, you might have a head start. In our modern world, we've kind of forgotten where we've come from and how to connect with our truth. How different the world would look if we were all able to learn who and what we truly are and to never forget this!

Quantum physics

Unfortunately, I can't provide you with any evidence in the form of double-blind studies... or maybe I can? (More on that later.) In any case, there are no studies that would directly prove our continued existence after death.

Bruce Lipton (internationally recognized leader in bridging science & spirit, stem cell biologist, bestselling author of TBOB and recipient of the Goi Peace Award) is of the opinion that many things can actually be proven from the perspective of quantum physics. And Ervin Laszlo (philosopher and systems scientist. Twice nominated for the Nobel Peace Prize), for example, proves with his work that the quantum or Akashic field exists – which we'll also take a look at in this book (see [42], page 113). Many supposed miracles can be explained through physics.

Before Einstein, there was no such thing as the gravitational field or the more recently discovered Higgs field that explains the existence of matter in the first place. Nevertheless, I still lack the knowledge to be able to present these explanations eloquently. That's why this book aims to take you on a journey through the spiritual experiences of amazing everyday people so that you, like me, may come to the realisation that the death of the body is only a transition and we are here on Earth to learn. That is, we're here for the experience – an experience that only an earthly life can offer. Earth School.

Some describe it like this: Explain to someone what it's like to ride a bike or swim in the sea. How do you explain to someone what love or loneliness is like if you've only ever lived in a collective where you've only ever experienced unconditional love? It's very difficult to actually experience anything without trying or embodying it yourself.

However, there's another aspect that's close to my heart: People with chronic illnesses need this knowledge to let go of the latent stress of uncertainty and fear. I speak a little from experience here, because two chronic reactivations of parasites ultimately enabled me to seek out and learn all this knowledge. Although it's a tough realisation, I'm therefore very grateful to have experienced these illnesses, which I still find difficult, as we humans generally find it hard to let go. Including me, of course. I go into the subject of chronic illness again at the end of the book.

Everything is planned.

When my wife first read the passage above, she said: ‘If I were sick and were reading these lines right now, I’d throw your book against the bloody wall!’ She might be right; you might do the same and I wouldn’t blame you. If you have a serious illness, chronic or not, you might think I’m pompous for suggesting that the situation you find yourself in has been planned in any way. So go ahead, throw the book at the wall, but pick up it up later and continue reading.

In this book, I attempt to summarise the reality of our existence as I have understood it and as it makes perfect sense. You might agree with what’s written here or you might. We’re human after all having a human experience on this Earth and while some aspects are also and still difficult for me to accept, especially when you only identify with this one life on Earth, there are truths to the stories in this book that will leave you feeling different to before.

Fortunately, I haven’t been severely sick although I’ve had my fair share of setback. What comes next and what you’ll learn over the course of the next chapters will turn what you know upon its head: we have all chosen this life (see [57], page 71; see [25], page 97). It seems that we learn much more through suffering and misfortune than through a perfect life (from a human perspective). This is hard to accept, but think about it. It’s true. If I hadn’t developed my illnesses, I wouldn’t have written a single health book and regained my health step by step. I’d still be enjoying my wine tastings every year and going on holiday to wine-growing regions. I might even have become a sommelier, because I’d already been considering it. Wine is a wonderful hobby and I loved wine. Over the years, I gradually became less and less able to tolerate it until 2016 where I couldn’t take another drop. I’d developed severe digestion issues, raging headaches and fatigue – not something that pairs well with wine. That was the beginning of my journey, which I now see with completely different eyes (see [57], page 76).

Swallowing the toad

I really don't want to compare my health issues with a cancer diagnosis or a serious autoimmune disease – that might sound like whingeing at the highest level. I just want to echo what many teachers such as Ram Dass – who cared for dying people for many decades to take away their fear – have said: A serious illness must be seen as an opportunity to take a new path. It is no coincidence that this happens (not even biochemically as a rule). And we all have to swallow the toad that we have chosen our own fate. I will go into more detail about what this means, but just this much right here, right now: we have something that many call a soul contract, which we work out in great detail before we dive down and onto this planet.

We are all here to learn, and some of us want to learn about true existence in life. I am trying to help you with this book. Thank you for reading and for your curiosity this far.



**The longest
journey you will
make in your life
is from your head
to your heart.**

La Cotes

Chapter 1 Who we truly are

I've thought long and hard about how to begin this book so that the various stories are understandable and I came to the conclusion that it's best to describe the essence and the concept of our existence first, as this also makes the profound NDEs described in this book easier to understand. However, you're also welcome to start with the chapter on NDEs directly and then return to this chapter on the concepts of who and what we are, later.

The Great Spirit aka Oneness aka Source

People who know me, will know that I like to cut to the chase, so let's jump straight in by describing the subject matter and the general concept of our existence and of existence itself. The nice thing is that what you'll find here has been repeated before spanning a wide variety of sources from different cultures over the millennia – from the Bhagavad Gita to the Torah to the Bible and more – and many NDEs confirm these descriptions and stories.

It doesn't matter what your beliefs are, we all come from one and the same energy, described by Native Americans, for example, as The Great Spirit. This energy can also be referred to as Source or Consciousness. In Europe this is most often referred to as Source which is then characterised by the Church or other religions as God, Allah, Shiva or Buddha. For other, ancient religions on the other hand, Thor, Rah or Itzamná personified Source. In the book, I will primarily use the word Oneness to describe Source, as it resonates most with me personally, is more neutral a term and shorter than repeatedly writing The Great Spirit.

All religions are right and wrong at the same time

There is only Oneness and Oneness is the basis of all religions. A respective group of people then made a religion and institution out of Oneness and in the process incorporated very human aspects that are certainly not in the spirit of Oneness. But that's not really important either. In my view, it's just a great pity, because the Church could certainly do a better job of introducing us to Oneness.

According to Ram Dass, however, it's never really been in the Church's interest to do because the Church quickly realised what a danger it is for their own institution to be questioned. When you explain to people that they only have to look within themselves to find the truth, why look outwards? When you teach people what is at the core of what Jesus preached, then you don't need a Church – when I use the word Church I mean the institution as a whole and not the building.

The truth is, that you don't need a guru, you don't need a teacher and you don't need a church. We all inherently know right from wrong listening to our inner voice is one of the first things we have to (re)learn. As a child, it is something we take for granted, but as we get older, our minds and our conditioning take over.

The mind is a good servant, but a bad master

But back to Oneness. This source of energy created the reality as we know it, even when the idea of creating something might seem very wordly. We must also understand that very few of us on Earth are currently able to comprehend an existence beyond the three-dimensional plane we currently exist in.

Let me give you an example: time only exists in connection with matter. Without matter, there is no time. Therefore, without matter, all moments happen simultaneously. There is also no before or after. There is only being. Funny, isn't it? We could certainly spend quite a few evenings discussing this, but that's exactly how it is with Oneness. Time is a human notion as seen from an Earth perspective. We try to describe changes on Earth as time.

Oeness

There is therefore – from my European point of view – one God, and only one God, who is the fundamental basis of everything: Oeness. We are all a part of this Oeness. We are all connected to each other and, interestingly, there are some plant substances, such as psilocybin, that show us precisely this connection to everything. Incidentally, this is precisely the reason why these substances have been banned. As soon as we realise that all our fellow human beings and all living beings carry the spark of Oeness within them and that we are all one, we can't help but stop fighting wars and cooperate instead of competing.

Brutality and exploitation of both humans and animals simply isn't possible any longer. Nor can we treat the planet in the way we currently do. And yet Oeness does not stop us from doing exactly all of the above, and there's a deeper reason for this. It's only through free will that we, and therefore Oeness, are able to have a new experience. Whether this experience is deemed 'good' or 'bad' from a human point of view is irrelevant. Anything and everything goes.

Let me give you an example: If everyone only lived in and from their heart space, very many experiences – important from our soul's point of view – wouldn't be able to be experienced at all. But apparently, we (and always bearing in mind: we all spring from Oeness) want to experience it all. Even the suffering and even the brutality. It's an exciting way of seeing things and the innate understanding of which returns to us the moment we return to Oeness – which many NDErs also like to describe as 'Home'.

Duality as a foundation

An important understanding of our earthly existence with all the injustices, diseases, wars, famines and environmental disasters is contained in the word duality.

- We cannot experience wealth if we do not also know poverty.
- We cannot understand health if we do not know illness.
- We cannot understand big if we do not know small.
- We cannot understand strong if we do not know weak.

I think you get my point. The list could go on and on, and could also be translated into man and woman, male and female or good and bad. God expresses himself in Walsh's book as follows (see [11], page 28):

'You are, have always been, and will always be, a divine part of the divine whole, a member of the body.'

We – as part of Oneness – want to experience what it is like to live as a human being on Earth. In order for this to make sense or work at all, we needed to add a few universal rules to the game:

- We forget our true nature as part of Oneness when we are born. This is called the 'veil of forgetfulness'.
- We have complete free will. If we didn't have this free will, we wouldn't be able to have the experiences we have. Our existence would be limited and that isn't our intention.
- As soon as we end our life on Earth, all the information about our true nature is immediately available again. We remember our soul family and our soul contract.

Our soul

A very beautiful metaphor for our soul is the image of a wave within the vastness of the ocean. As a small wave, we are a part of Oneness that exists infinitely and spends a human life on Earth in the here and now. When the wave has risen and collapses again, it becomes one with the ocean once more.

Our soul, or part of our soul, that is, our true existence, is bound to the body during our lifetime. However, the largest part of our soul remains at Home – the dimension in which we live in connection with Oneness and all other souls.

The fact that a large part of our soul remains at Home means that we have a constant connection to our Home, which we as humans are generally unable to perceive. At least most of us don't. In addition, all souls are connected to each other Home because we are all part of Oneness.

The human body is a perfect suit, created by Oneness to travel through space and time. Through our bodies, we can experience Earth to the fullest. At the end of life, the soul detaches from the body and returns to Oneness.

Some people experience leaving their body only to observe their body floating – a phenomenon known as an Out of Body Experience (OBE) (see [37]). For some people this happens by chance, as they unconsciously remember this possibility, while others achieve it through meditation. And it certainly happens to everyone when they die. Everyone with a n NDE has also had exactly this experience. From one moment to the next, they float above their body, with which they no longer feel connected. Some report that the experience feels like finally being able to take off a sweaty shirt and putting it into the laundry. Or as Ram Dass used to say: 'It's like taking off a shoe that's too tight'.

Our soul contract

Based on many NDEs, we also agree to a soul contract before we incarnate on Earth – the agreement being between our soul and Oneness. I’ve already hinted at this above and you may or may not believe it, but it certainly seems to be the case that we plan the bigger milestones in our lives, including, unfortunately, any phases of illness and suffering in advance (see [11], page 52). We’re not alone in this, as other souls help us. If you’d like to delve deeper into this topic, I recommend the work of Robert Schwarz (see [38]).

I’ll come back to the subject of suffering and illness a little later. It is, naturally, difficult to accept, from a human perspective, that we plan our own suffering and death. I’d prefer to live without my chronic problems – who wouldn’t! But our soul, and therefore we ourselves, see and plan things a little differently.

It’s precisely through suffering that we learn a great deal that we otherwise wouldn’t have. Above all, there’s no suffering or illness where we come from, so It seems that this is what Earth School (and maybe others) is for.

Many people with near-death experiences confirm this notion. In addition, our soul takes a much more relaxed view of suffering than we do here in human form, especially as long as we live in the belief that we only have this one life. As soon as we understand our true existence as an immortal soul, limitations or illnesses in this life at least, can recede a little more into the background. In other words, it’s all just a blip in the grander scheme of things.

If you think about the function of illness and suffering, it is true, whether our ego likes it or not, that we learn a hell of a lot lot more through illness than without it. How many amazing stories have you heard about stamina, strength and persistence? Overcoming the impossible. Human resilience. Without the pain and suffering, we wouldn’t learn much.

We also learn that other people help us. We may learn many things about the illness and can then help other people who are going through the same illness. We learn to help ourselves at body, mind and soul level. We deal with ourselves and then come to exactly those moments of self-knowing that we would never have achieved without our personal trials and tribulations. It’s a bit of a bitter pill to swallow at this point, I know, but the idea of a soul

contract keeps coming up in almost all NDE accounts.

As I write this book, I'm continuing my research on many more cases of spiritual experiences such as NDEs and the case of Mary Neal proves that soul contracts exist. I describe her account later in the book, but it's worth mentioning here that as part of her NDE, she was shown a list of events or experiences that she was supposed to complete in her life. Mary says that none of these points were in any way attractive, such as, let's say, building a nice house on Hawaii. In fact, her list contained a series of very painful and difficult events, such as the death of her eldest son. The experience proves two things, however. One, that the notion of a soul contract exists and two, that her experience was real, because her eldest son did in fact pass away a few years after her NDE (see [25]).

Trials and tribulations

Another aspect of our soul contract is that many life plans include trials and tribulations. A transition from dark to light, so to speak. Often you have to overcome an illness or addiction and, as I described above, such an experience changes you.

Let's conclude with the Leslie's case, as mentioned in my foreword. When we read about his fate and how unfairly – from a human perspective – this new-born, innocent infant is dealt a seemingly unfair hand, we feel compassion and want to help without being able to. It is a human thing to want to help and May, Leslie's foster mother, is the best example of such love.

However, if you accept that this soul has chosen precisely this fate, your perspective changes. And by that I don't mean being emotionally indifferent to such a fate. I mean that any anger towards one's fate (or even at Oneness for that matter) gives way to an understanding that having these experiences as Leslie was exactly what Leslie's soul wanted.

What's more, Leslie's life proves that we must be able to draw upon and tap into experiences from previous lives. How else might you explain that a blind child, who has never had a single piano lesson and has never been able to read a note, and who only learned to take his first steps very late in life, can seemingly out of the blue play Tchaikovsky's Piano Concerto No. 1 flawlessly. It's a little miracle.

I've been learning and playing the piano for the last 15 years and I can safely say that I will never be able to play such a piece in this lifetime. Leslie's not an isolated case. Just go and watch Derek Paravicini's videos on YouTube.

Just love me

I'd like to give you a second example where a soul has deliberately chosen an extremely difficult fate. Or rather a community of souls, because of the fate a young girl and her father have chosen.

Rob Gentile himself chose a remarkably harsh fate. He needed a donor heart after suffering a serious heart attack. He waited for over half a year – with the inherent fear that he could die at any given moment. I won't go into the medical details here, but from a human perspective, it's a brutally stressful position to be in.

Rob also has a severely disabled daughter, Mary, who cannot speak or move well. During his heart operation, Rob has an NDE in which he meets Mary's soul – only here, on the other side, Mary's able to speak fluently!

It's important to realise that when we are on the other side, we are without pain, suffering or illness, as we are not in a physical body.

Rob asks his daughter: 'What can I do for you on Earth, Mary, how can I help you? How can I ease your pain?' Mary replies: 'Please just love me.'

Neal Walsh states in his book that we should never pass judgement on the fates of others, as we do not know what experiences the soul has chosen for this life (see [11]).

The planned exit

It's widely confirmed – not only within the NDE community – that in this life, some of us have individually planned several exits opportunities to leave this earthly life. This explains how NDEs in general come about. Not least because we're aware that life down here can be rough at times and that having several back-up plans in place can ease the journey.

There are some NDEs that describe the above as such and also as a balancing act: when we're at the exit, ready to go, we can still decide whether it's time or not. Many NDErs talk of this phenomenon, saying that they decided to come back for their children, their partner and/or life's mission – and this, despite the fact, that in many NDE cases, physician and specialist had long given up hope of any return.

The ego

If by now, you're feeling a slight tinge of fear of the other side, NDEs, OBEs and soul contracts, then it's probably your ego that's scared. The simple reason for this is that our ego likes being in control of things. Dying – or seemingly dying – just happens to be completely out of the ego's control.

Our ego isn't as bad as it's sometimes made out to be, though. It's good at protecting us here on Earth. It'll do everything it can to keep the body alive. Unfortunately, our ego doesn't like the idea of Oneness, which again is because we live in the grace of Oneness – something that the ego has no control over. To reassure the ego, however, one thing can be said: Our ego also exists infinitely. It is merely overemphasised in earthly existence, in some people significantly more than in others.

The reason for this temporary separation (separateness) of our soul from Oneness is that this is the only way we can exercise free will and thus experience new things. It's the nature of duality. If we were connected to Oneness on this plane – many people are and it's seen as normal in many cultures outside of western culture – we'd behave completely differently.

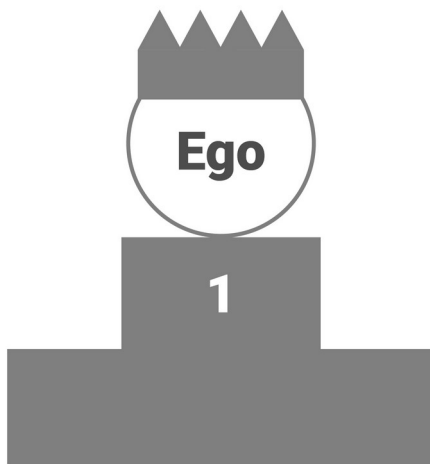
Oneness would never hurt itself in full consciousness, but without this consciousness and in believing ourselves to be a separate living being on dangerous planet Earth, we do so. And not only us, almost all hunting animals fight each other when their territory is violated. Even our cousins, the chimpanzees, are brutal towards their own when they belong to a different group. Just don't get me started on us humans ... It's definitely an ego thing. And it's only possible when we have free will.

If we were connected to Oneness in the here and now, we would know that we are all one and we'd live and behave completely differently. Only through this virtual autonomy can everyone experience how they behave. Or as Abraham Lincoln once said so beautifully: 'If you want to know a man's character, give him power'.

The ego is therefore a part of us, but it's also reinforced or over-represented in our life on Earth, which is probably also due to the fact that we leave a large part of our existence (soul) on the other side. Here, the ego recedes more into the background – more so for some than for others, but it does not disappear. Many people that have had an NDE confirm this. It's an

important part of us it's important to remember this, so that ego isn't not afraid of the transition back to the other side (as seen so often when someone simply cannot leave, yet when the body is tired).

The royal secretary within



Imagine you're the king of a castle with a royal secretary, many courtiers, people in waiting and castle staff. One day, you need to leave on royal business. In your absence, your royal secretary takes it upon themselves to start organising castle life. Bit by bit, they end up running the whole show. This goes on and to such an extent, that they end up believing themselves to be king! That is, until the day, the real king returns. That's ego. (Thank you, Ibrahim Karim, for this fitting analogy, that I've paraphrased here.)

Karma

Karma plays a major role in both Hinduism and in Buddhism. Karma in a nutshell can be viewed as a number of points lost or gained in a given lifetime – in living a noble and praiseworthy life you get points. Likewise, if you behave dishonourably, you lose karma points, which then affects your next life, that is, they have a negative impact.

Many NDErs experience quite the opposite when it comes to karma – NDErs experience that there's no judgement when it comes to the choices anyone makes in their lives. Yes, we have to live with any poorly made decisions in hindsight, but there aren't any penalty points that have to get added to any karma account, so to say. There's no such thing karmic debt. For Oneness, all our decisions are interesting, as free will exists and there are many paths to choose – none of which are wrong. It's the ways that we (and Oneness) learn. This applies across the board.

Peter Anthony describes karma after his near-death experience as follows: Based on one's life review, Karma most likely describes the tasks that one has chosen to undertake and has undertaken or is undertaking in any given life on Earth.

In this context, Natalie Sudman also states that she alone planned all injuries for herself (see [1], page 124). It wasn't karma that caught up with her in Iraq, but rather her own planning of the experience she wanted to have on Earth in her given incarnation as Natalie.

Let's take the example of war. From our human perspective, war is sheer horror. A concentration of violence and injustice. People kill other people en masse, for more or less nothing and nothing again. Eugen Drewermann rightly describes war as a disease (see [39]) and, as a theologian, he understandably doesn't have a single good word to say about war. But war from the perspective of Oneness is different.

War

Let's take a look at how Oneness views the topic of war. In her healing space experience during her NDE, Natalie learned how Oneness thinks about the topic (see [1], page 119):

‘According to the criteria of expanded consciousness, this conflict, like any war in general, is judged as neither good nor bad. The violence involved seems puzzling to Oneness and is seen as a strange and bizarre “physical-world phenomenon”. At the same time, it also seems quite interesting to Oneness to observe how this collection of conscious beings on Earth go about it – war as a unique experience.’

You don't read anything judgemental here, which gets me thinking. Of course, war goes against human ethics, but if we have come here to this Earth School to live out our free will in all possible aspects, we will create collective experiences for the collective (aka Oneness) at both ends of all scales. It means, then, that any and all decisions must be possible, which on Earth may, even though punishable in courts of law, are seen instead by Oneness for what they are, namely experiences made that are free of any judgement.

The killing of animals

At first glance, the killing of animals is a moral dilemma when you consider that we are all connected to each other and that all living beings carry the spark of Oneness within them. However, it is also worth mentioning at this point that we're also connected to plants and all living organisms and beings.

Let's circle back, for a moment then, to consider the topic of eating and therefore killing animals. Many NDErs questioned on the topic say that there's a basic soul contract between humans and animals that 'allowed' us to kill them for food. Just as the lion does not create negative karma by eating the way it has done for hundreds of thousands of years. Next to the lion, we're the apex predator on the Earth.

The five perceptions of our existence



From Dr Margot McKinnon comes this great overview of the five dimensions that characterise our existence on Earth and of which each person can have a stronger or role to play. Margot received this explanation directly from Oneness. In concrete terms, this means:

- Anyone who lives very much in the **body** is a very object-centred person. They find their way around the Earth very well and are fully absorbed in the three dimensions – without this being meant in a judgemental way. They often enjoy physically demanding sports and can easily be taken in by materialism.
- Those who are strongly characterised as **thinkers** will often choose a life in which they use the left side of their brain very strongly. They'll often choose a profession in which they work very strongly with their intellect. The natural sciences or science itself is an obvious choice here. These people love logic and structure. (I count

myself among them, although I also find myself in the first category.) More than 99 per cent of people can be found in the body and or thinker categories.

- Those with a high **soul** connection may have had a strong longing for ‘Home’ as a child. They may have found it difficult to cope with life on Earth from an early age – as if they never belonged here. Such children may have had thoughts such as: ‘What am I actually doing here?’, ‘Who are [all] these people?’, ‘I want to go Home!’. These people have a strong desire to daydream and don’t much like external stimuli. They often love to paint everything in the house white, don’t much enjoy doing physical sports at all and often dislike eating or drinking from other people’s dishes as they have a strong sense of how the objects have been used by others.
- People who are characterised by the **purpose** area will do everything they can to pursue their planned or designated task for this life, regardless of how prestigious it is or how much money they earn. Their task is extremely important to them.
- And then there is the area of Oneness. Recognising that we are all connected. Apart from a few gurus, this area is not over-represented on planet Earth. That wouldn't make sense either, because then we could just stay at Home.

The trick is to align these five areas of our existence. It can cause big problems if you live out one area too much, consciously or unconsciously, because if you live out the soul area too much, you may well think about taking the shortcut back Home, as McKinnon once intended to do as a child and was told by Oneness not to do. She was given the task of becoming a teacher and a teacher she has become. First traditionally as a school teacher and now as a spiritual teacher.

An interesting point from her interview: When she was still working at school, she presented the diagram above to her students and had them talk about it or categorise themselves. Many were able to identify with the area of the body. Ram Dass also likes to point out that 99.9 per cent of people spend their entire lives in this dimension.

But which students stayed seated after the lesson to continue the conversation? The students who strongly lived out the soul dimension. These were also the very students she had previously had little access to and with whom she was suddenly in full dialogue.

Proof

As I wrote in the introduction, I'm a man of science – an aspect that's prompted me to write this book. I love proving facts in the field of nutrition or describing facts in my books on the basis of scientific findings and studies. The interesting thing is that this is actually also possible with these transcendental descriptions. Thanks to the Internet, it's become possible to communicate with people anywhere. Some people have taken on the task of systematically recording and presenting these topics, discussing them and, above all, disseminating them. I am infinitely grateful for this! A few of them prove exactly the form of our existence described here in the book (see [S6], [S12], [S14]).

In the next chapter I have therefore primarily compiled near-death experiences that prove that these were not the last few twitches of a dying brain. Vincent Tolman, for example, was dead for over 90 minutes and thus without oxygen supply. This isn't an isolated case, otherwise I wouldn't be writing this book.

The exciting thing about the people I chose is that they all had very strong doubts about their own account. They were, so to speak, the strongest critics themselves, not least against the background of wanting to rule out the possibility that the brain had 'spun together' these experiences

A remarkable study

While writing the book, I became aware of NDERF.Org (NDE Research Foundation). Based on this data, a study was written by Jeffrey Long, which proves that these experiences are not the last twitches of a dying brain, but something completely different (see [S1]). Especially since, as written above, many people with NDEs were clinically considered brain-dead or were in a coma or under anaesthesia. Yet these very same people can hear and remember conversations had in other rooms.

In his study, Jeffrey Long established nine different criteria to show that the experiences are indeed very profound and very real:

- Very real experiences at the moment the human body shuts down (coma, brain dead or clinically dead)
- Experiences outside the body

- Paranormal vision
- Experiences under anaesthesia
- Life reviews
- Encountering deceased family members
- Near-death experiences in infants
- Same experiences across different cultures
- Radical life changes post experiences

Overall, 96 per cent of the 1122 people who experienced an NDE stated that this experience was absolutely certain to be real. Many also reported that this form of being felt more real than their life in a human body on Earth. Others reported that waking up during the NDE at Home felt like waking up from a long dream. The supposed past life on Earth is perceived as a dream in the context of NDE and not the other way around. This Earth reality seems less real.

This study is complemented by other publications that I found during my research. In particular, Bruce Greyson and Pim van Lommel (see [S12], [S14]) should be mentioned here – the book largely rests on this work. Shortly before publication, I also became acquainted with the work of Wolfgang Knüll, who I can also highly recommend (see [56]).

I would furthermore like to emphasise one aspect of Jeffrey Long's study, namely NDEs in children. Long interviewed 26 children aged five years and younger. They found exactly the same experienced phenomena as in adults (see [S1]). This is remarkable in that these children had certainly not yet read or heard any information about NDEs. However, on the basis of 33 analysed elements, there were no statistical differences between the experienced phenomena and other near-death experiences.

What does meditation do?

Why should you meditate? A Buddhist short story called *The Well* illustrates this beautifully:

One day a disciple asked his master, 'What is the meaning of a life of silence and meditation?' The older monk, who was drawing water from a deep well, said: 'Look into the well. What do you see?'

'Nothing,' replied the young monk. After a short while, the master asked his disciple to look into the well again.

'What do you see now?'

'Now I see myself!' replied the young monk. The master smiled.

'Earlier, when I drew the water, it was turbulent. But now it is calm. That's what meditation is all about. You see yourself.'

The two stood next to each other in silence for a while. Then the master asked: 'What do you see now?' Astonished, the disciple said: 'Now I can even see the stones at the bottom of the well!'

'It's the same with silence and meditation,' said the master. 'If you just wait long enough, you will see the reason for all things, the reason for all existence.'

The aim of meditation is to find yourself – and this on several levels. The more spiritual a experience you have, the more you'll find yourself by becoming calmer more and relaxed. The first level is being able to make good decisions for life from a state of calm.

However, it's more about connecting with your soul, that is, connecting to your true self, which everyone carries within them. Ram Dass always echoed this wisdom of Hinduism: soul, guru and Oneness are all one and the same. We are all a part of Oneness and therefore simply need to listen to ourselves to find the connection to Oneness.

Binaural Beats

The term binaural beats refers to a very specific recording technique invented by Robert Monroe that allows a separate sound to be played for each ear. This means that the frequency of the sounds is marginally different between the right and left ear. The aim is for the right and left hemispheres of the brain to communicate more effectively with each other, as the brain creates a new sound from these different tones. In much the same way as it creates an image in the brain from the two images in the eyes.

This type of music in combination with meditation makes it easier to achieve an expanded state of consciousness when meditating, which is exactly what you want to achieve with meditation: to establish a connection to Oneness, to the soul, which is one and the same.

My own experience: At the end of the day, these outside modalities can be very practical to initially get into meditation, but we don't really need them. Ram Dass always said this. We don't need anything to meditate, just the intention to quiet the mind.

Everything is perfect

IRam Dass often used the phrase ‘You are already perfect’. However, my body and my abilities are anything but perfect at the time of writing this book. As a perfectionist, I have (too) high expectations of what Ram Dass is telling me. For if everything, including me, were perfect, life would consist of a series of bests. We’d all:

- Bet the best piano player
- Be the best NBA player
- Be the best Boxer – holding all world boxing titles
- Be best at all Olympic disciplines
- Speak all languages fluently.
- Be the best chess and Go player.

And that’s just my own personal list! But that’s not how Ram Dass’ statement should be understood. We are perfect, but only with regard to our existence as a part of Oneness (see [29], page 55). Here on Earth, it would make no sense to be perfect, because life wouldn’t make sense. We’re here to learn the things that we have individually planned to do in our lives, and this includes recognising who or what we are in the course of our lives (see [29]). The book provides the template – all you need to do is start.

A very important principle of our earthly existence is that we are not in a position to damage our soul, that is we cannot damage our part of Oneness – no matter what we do. We’re all are a part of Oneness, like waves in the ocean of consciousness. Of course, these are all just images to make the basic principle clear. As soon as we end our earthly life or have an NDE, we’re immediately reminded of our true existence.

Quieting the monkey mind

There is no secret to connecting with Oneness. All that's to it is quieting the monkey mind. This happens naturally through death, of course, or, through an injury to the brain, through meditation and also through drugs that have a mind-expanding effect. Studies have shown that this causes the brain to be less active.

When the brain is less active, it allows the soul to expand its own consciousness and to connect with Oneness. This is why some people experience these profound NDEs, which I will describe in detail in the next chapter. It's these NDEs that make up the backbone of my argument that not only is there life after earthly existence, but that this existence is our true Home while our experience on Earth is (only) one of many.

The law of attraction

Many NDErs confirm the idea of the 'law of attraction'. In its simplest form, you might think of it as something as simple as a n infectious smile. If someone's nice to you, you usually can't help but be nice back. But from a more spiritual point of view, the law of attraction goes further, saying that we attract what we allow or feel inside us.

'You get more of what you are.'

This means that if you're happy and content with yourself, you'll be met with more happiness and contentment. Unfortunately, the reverse is also true. If you're convinced that everything's is going wrong for you, then everything will continue to go wrong. Of course, this is a highly simplified version. At any rate, that is the essence of this law.

Albert Einstein summarises

Of course, we all associate Albert Einstein with the well-known theory of relativity. A milestone in physics, even if some questions from quantum physics are now emerging that call certain conclusions from this theory into question. However, this is not the point I want to make in this chapter. I have given you a rough summary of our existence. I have compiled this from many different sources.

While searching for a well-known quote from Einstein, I came across a whole collection of quotes that not only summarise this chapter perfectly, but also demonstrate beyond doubt that Einstein was able to receive information directly from the universe, aka Oneness. I would like to add that we are all able to do this and often do it subconsciously, yet some people seem to be better at it while others may not be able to do it at all. You also need peace and relaxation to do this. As long as you are focussed on completing a task, it won't work. That's a funny little rule of the universe:

The more you want something, the more difficult it becomes

- But if you let go, you become receptive. The fine art is to completely trust that it will work out in the way it is supposed to. We might simply call this faith.
- Now to the quotes from Einstein, which summarise everything written so far from the perspective of a brilliant physicist (see [31]):
- As far as matter is concerned, we have all been mistaken. What we have called matter is energy whose vibrations have been reduced to such an extent that they can be perceived by the senses. Matter is spirit reduced to the point of visibility. There is no matter.
- Time does not exist – we invented it. Time is what the clock shows. The difference between the past, the present and the future is just a persistent illusion.
- I think 99 times and find nothing. I stop thinking, swim in silence and the truth comes to me.
- The intellect has little to do on the path to discovery. There comes a breakthrough to consciousness, call it intuition or what you will, and the solution comes to you and you don't know how or why.

- Man experiences himself, his thoughts and feelings as something separate from the rest, a kind of optical illusion of consciousness. This illusion is a kind of prison for us, which limits us to our personal desires and to affection for a few people who are closest to us. Our task must be to free ourselves from this prison by widening our space of compassion to embrace all living beings and the totality of nature in its beauty.
- Our separation from each other is an optical illusion. (Author's assumption: this refers to the separation of people from each other and the separation of Oneness.)
- When something vibrates, the electrons of the entire universe respond. Everything is connected. The greatest tragedy of human existence is the illusion of separateness.
- Reality is merely an illusion, albeit a very persistent one.
- If you look at the lives of the most influential people who have ever lived among us, you will discover a common thread that connects them all. They were first aligned with their spiritual nature and only then with their physical selves.
- The true worth of man can be measured by the degree to which he has attained liberation of the self.
- Everything is predestined, every beginning, every end, by forces over which we have no control. It is predestined for the insects as well as for the stars. Humans, vegetables, or cosmic fog, we all dance to a mysterious melody, tuned in the distance by an invisible flute player.
- The religion of the future will be a cosmic religion. It will transcend a personal God and avoid dogma and theology.
- Energy cannot be created or destroyed; it can only be changed from one form to another.
- Everything is energy and that is all there is. Hit the vibrational number of the reality you want and you will get nothing but that reality. There is no other way. This is not philosophy. This is physics.



**Life on Earth is like
living in a two
dimensional black
and white world
compared to our
colourful
multidimensional
Home – the place
we're from and
where we all return.**

Peter Panagore

Chapter 2 Near-death experiences (NDE)

Natalie Sudman's book (see [1]) requires an extra mention among the many NDE accounts I've looked into. The book is a wonderfully written and from the perspective of a scientist. In addition, many other accounts by doctors and scientists, which are summarised here in the book, fit together seamlessly and resonate well with me (as a left-brainer), not least because my previous books have been science based. However, I've also included a few selected accounts so that there's something for everyone.

I'd like to jump right on with an account by a scientist as direct evidence that our existence here on Earth is one of many experiences of our soul – each experience has a very specific theme, which is pre-planned and pre-determined by us before birth. Despite this planning, we act with free will (also thanks to our ego). And, if we should happen to deviate from our initial plan, an NDE can be the wake-up call to get back on track. For many, an NDE is such a turning point that almost all people who have such an experience completely change their lives afterward.

In this chapter, you'll read about why the transition to so-called death has been completely misunderstood in our society and that the word death is a misnomer. Death merely describes the journey back Home. All near-death experiences go hand in hand.

At the end of the chapter, I'll talk about some studies on the subject of NDEs, because there is indeed highly scientific research into the phenomenon in the US.

Nevertheless, I would like to introduce you to a few selected accounts beforehand and I'd like to begin with Ingrid ...

Ingrid Honkala

Ingrid had a very special NDE when she was only two years old. Her mum had hired a nanny to look after Ingrid and her sister, but the nanny had a thing for watching and listening to operas instead of keeping an eye on the kids. One morning, Ingrid and her sister, who was just a year older, had the idea of playing ball across the brick water cistern behind the house. They knew it was forbidden, but that's the fun of life. As they played ball, Ingrid lost control and fell into the cistern. She couldn't swim and drowned – or rather, she stopped breathing, since drowning would imply that she died.

Ingrid was a very sickly child with many ailments. She describes her childhood as having to live with a lot of pain on a daily basis. When she fell into the cold water, she initially as if felt thousands of pins and needles were stabbing her. Yet in the next moment, all the pain was gone, including that from the ice-cold water.

Suddenly, she was floating above the cistern and saw her body floating motionless in the water. She immediately realised: 'That's my body, but that's not me!'

What Ingrid experience was what many people term an OBE (Out of Body Experience) and she loved it! She was instantly able to travel to different dimensions (my term) without any problems and had instant access to all the knowledge about our true existence – it was, she says, as if it had never been gone.

Relieved that all her worldly problems had fallen away from her, she travelled through the different dimensions and felt surrounded by unconditional love – a feeling that most NDErs can attest to.

You could say that of course her time shouldn't have come yet and she was far too young to go back. In her many accounts, Ingrid doesn't go into this aspect. During her NDE, she does, however, come up with the idea of visiting her mother, who is on her way to work at the time.

The moment she decides to, she's close to her mum and can see her walking down the sidewalk. 'Hi mommy', Ingrid calls out! Her mum can't hear her physically, yet she stops in her tracks then turns about and runs back Home as fast as she can. Ingrid's mum knew immediately where she had to go, namely behind the house and directly to the cistern.

Ingrid's three-year-old sister was still sitting on the cistern and stammered that she couldn't reach Ingrid. Ingrid's mother jumps into the cistern, starts CPR and brings Ingrid back to life (Ingrid's mum happens to be a nurse).

Up to this point, several questions might be asked, such as: That's ridiculous – how can Ingrid remember something that happened when she still so young? Ingrid's answer is simple: because it was a decisive event that changed everything from then on. This part of Ingrid's journey is only just beginning. Ingrid survived this almost fatal accident and was completely changed from then on. She is now around 50 years old and can laugh about her experience, yet they weren't funny when she was two years old. As of her NDE, Ingrid was able to:

- Read and write immediately.
- Solve mathematical calculations with ease.
- See people's auras and see light beings that surround us.
- Draw with the skill of an adult.

How could this be? The answer is simple: she had direct contact with Oneness. Many NDErs report having new abilities and gifts after their NDE.

These do not necessarily have to be of a spiritual nature, they can also be something as down-to-earth as understanding maths, quantum physics or suddenly having amazing artistic abilities.

But back to Ingrid: she now knew that this human body on Earth was not her true self. The real her was healthy and surrounded by love. Here on Earth, her old health problems were back. In addition, two-year-old Ingrid no longer wanted to be called by her name. She repeatedly told her parents: 'That's not my name,' and, 'You are not my parents,' which is true on a spiritual level. Biologically, of course, we come from our parents, but spiritually we belong to Oneness.

This two-year-old Ingrid knew all this and was desperate. However, she was also doubly lucky. Coming from Columbia, her mother and grandmother were Catholic and both very open to helping Ingrid to understand and integrate her gifts into everyday life.

Her mum made it clear to Ingrid that she was not speak openly about the light beings so as not to attract attention. The clever girl stopped talking, but

was now able to draw excellently. In kindergarten, she thought to herself: 'If, I'm not allowed to talk about the things that I see, I can draw about what I see!' Needless to say, Ingrid's mum was soon summoned by Ingrid's kindergarten teacher to explain her Ingrid's behaviour. Once again, her mother helped Ingrid by letting her know: 'I believe what you see. I believe you Ingrid, but you shouldn't share this openly.'

It became obvious that Ingrid would clash with the traditional views of the Church. During communion, she explained to the priest that his view of God was completely wrong. After all, she was speaking from experience. A very funny scene to imagine.

'What do you know, child!' would often be the response of the adult who knew no better.

Ingrid worshipped Jesus because she had felt him, but she saw all the falsehood in the Church. This is where she got support from her grandma, who was a very rebellious woman and who had turned to Buddhism – there was actually a small Buddhist temple in the town. When Ingrid was taken there by her grandma, the monk explained to her how she could return to where she had been, return to Oneness, through meditation and through her heart.

Let's summarise: A two-year-old girl suffers a cardiac arrest by drowning in a cistern, is resuscitated by her mother and then realises that she is not named Ingrid, but is a completely different being. She can read and write out of nowhere, knows maths and can draw like an adult.

First of all, these are the earthly facts that prove to me that there has to be more to life than this one life we know of here. In the few minutes of the cardiac arrest, things happened that have nothing to do with the actual accident and that can only be explained in this way: Ingrid brought these abilities with her from another dimension and this dimension is called Home – the place we all come from and one day return to.

Dr. Mary Neal

Dr Mary Neal is an orthopaedic surgeon and her analytical thinking proves beautifully and irrefutably that she has been Home and was not experienced the ‘last moments’ of a dying brain as so many people like to describe it.

While on holiday in Chile, Neal has an accident while kayaking. She and her husband are very experienced kayakers, but on a difficult passage she has an accident with another kayaker who blocks her planned route through a rapid or a small waterfall about two metres high. She has to spontaneously take a different route, which ends in an accident. She falls into shallows; her kayak gets stuck in the ground and she can’t get out because she’s trapped.

The water temperature in southern Chile is around 30 degrees and it took 30 minutes for a rescue team to arrive at the scene of the accident to get her out of the water and resuscitate her. Every doctor knows that at this temperature (metabolism doesn’t shut down) and this length of time, any hope of a live rescue is pointless (see [S12]).

In her NDE, Mary Neal describes what seems to her as a perfectly normal process. Back Home, she goes through a complete life review – including all the unpleasant moments in which she was not the best version of herself. The moments are non-judgemental, but one has to experience them and, above all, experience them from the perspective of the person one behaved badly towards. Many NDErs confirm that they have gone through similar life reviews, again experienced from all perspectives.

Mary also describes how the whole experience felt very real and that after leaving her body, she felt as if she had finally returned Home after a holiday. A very strong feeling of unconditional love surrounded her.

At some point it was made clear to her that she had to go back to Earth – which she refused! Although she had four small children, she didn’t want to return to under any circumstances. She resisted until it was pointed out to her what important tasks she still had to fulfil in her Mary lifetime and what important experiences she still had to gather for the collective, for us, for Oneness.

In a lecture at the IANDS (International Association for Near Death Studies), Neal said that none of these tasks or experiences had been tempting, because she could still remember them very well. One so-called task was that her eldest son would die, which later turned out to be the case.

An exciting aspect of this NDE is that Neal is a very analytical doctor who subsequently went through all the possibilities of what could explain her experience. She herself was initially her biggest doubter, but she found no medical explanation for the fact that she could have had such a profound and real experience in which she was trapped under water for over 30 minutes without oxygen.

Moreover, from a medical point of view, she should not have survived and fully recovered. And then the story of her son's death comes into play, which she was told was an 'important life experience'.

These are all aspects that cannot be adequately explained by the possible release of DMT by the brain, which after all makes a mystical experience possible. In addition, there are also NDEs by people who have taken drugs for years and who have described that taking DMT or other mind-expanding drugs is not even remotely comparable to an NDE.

Mary Neal has not completely changed her life. What she does say, however, is that she treats her patients completely differently.

Mary Neal's lecture ends beautifully with an image of death. She literally says that she is no longer afraid of death at all, as death is merely the plane ticket Home from our experience on planet Earth. If you would like to read this account in detail, I recommend Mary Neal's book (see [25]).

Vincent Tolman

It's obvious that people who have had an NDE experience strong doubts about what they've experienced. Is it the last 'twitches' of our brain as we use up the last remnants of energy or was everything felt and experienced 'real'? This is where Vincent Tolman's (alias Vinney) account really stands out because Vinney was convinced after his NDE that he'd gone mad.

However, this is not the case and his account proves like no other account I know, that the basic idea of life and reality and life after death described here in the book is true. We're so much more than just humans having a human experience on Earth. But let's proceed in order, first Vinney's account.

Vinney had his NDE at the age of 25. He was a bodybuilder and felt 'immortal' at the time. He was taking a dietary supplement to regenerate more quickly after workouts, which isn't unusual nor illegal among many bodybuilders. One day, the popular supplement he and his mate were taking was sold out everywhere, so they ordered it directly from Thailand. The problem was that the dosage was twenty times higher and they didn't know this at the time. They couldn't read the small print in Thai. A fatal mistake, because after taking it again post a workout, they both started to feel unwell pretty soon. Thinking that they needed some food to feel better, they drove to a restaurant. When they got there, things only got worse. Vinney went straight to the restroom while his mate went to get a table, but collapsed as he got to the table. The staff immediately called an ambulance, but nobody had noticed that Vinney had gone to the restroom. You can guess what happens next. While in the restroom, Vinney vomited and then also collapsed. Unfortunately for Vinney, no one could see that he was choking on his vomit.

Many minutes passed before a guest complained that the restroom was constantly occupied. Finally, the restaurant manager opened the door to find a lifeless Vinney lying on the floor. He was obviously dead, as 45 minutes had passed. This time was subsequently confirmed officially as it was the time that had elapsed between the two emergency calls had been made from the restaurant.

Vinney had a similar experience to Ingrid. From one moment to the next, he was no longer in his body and instead floating above it. He was able to

watch as the first ambulance arrived at the restaurant and the second (for him) about 45 minutes later. He watched as the paramedics tried to resuscitate him. Another 45 minutes passed before they zipped his body up in a body bag declaring him dead. Vinney watched the whole scene like a film before it suddenly it dawned on him: ‘This is me. This is my body. I am dead!’

The paramedics put the body bag in the ambulance and drove to the hospital to drop him off. A third paramedic sat with Vinney in the back. He was still very inexperienced, but had some form of intuition. Vinney also ‘saw’ or felt this intuition from Home. Suddenly and with complete disregard for protocol, the paramedic began resuscitating Vinney. The two experienced paramedics sitting in the front of the ambulance severely reprimanded the rookie, asking him what the hell he thought he was doing and whether he wanted to lose his job in the first week! But after three attempts, Vinney’s heart started beating again and they fell silent.

Many doctors at this point will interject that this can’t be right. The man in the body bag had been dead for 90 minutes, possibly even two complete hours (see [S13]). I say: There’s a lot we still don’t understand (see [56], page 117).

Vinney’s heart was beating again, but he was classified as being brain dead. Vinney had been brain dead for a full three days at this point, so the doctors had given up all that he would recover or ever wake up again. After all, he had been completely dead and not breathing, for about 90 minutes (see [56], page 56).

What had happened during these three days?

First of all, it doesn’t matter, because three Earth seconds are like three days, like three lifetimes or three million years back Home – time does not exist on the other side.

Vinney was initially in a space or realm where, like other NDErs have reported, he was able to see his life from many different viewpoints: what he had done well and what he hadn't. He was ashamed of the things that were less good, the had created or caused pain in others. But he noticed a strong love that surrounded him. He describes it as flowing around and through him, letting him know that he had nothing to be ashamed of. There is no judgement, no reason to fear this judgement. It is an experience full of love and understanding and above all: there is no hell.

Vinney felt this energy in the form of love coming from behind him. He turned around and saw a figure made of light. He addressed it as God, but the light figure just laughed and introduced itself as Drake. Drake had the task of helping Vinney to cross over into the afterlife or to come Home. Drake immediately gave him a choice: to go back to his body or something else. Vinney looked at his lifeless body and thought to himself: 'That doesn't look good. I want to go back to where all the love is coming from.' Drake said. 'Okay, that's our Home, let's go.'

In the interview that Vinney gives about his experience, he's asked by the interviewer, Guy Lawrence, how this reality felt, whether surreal like a dream or fake, and Vinney responded – like everyone else – by saying:

'It feels much more real than this reality here on Earth. Home feels much nicer in general, kind of like how you feel when you've had a really great session at the gym.'

Vinney travelled to a place others might describe as heaven. A place where you can recover from hard Earth school experiences. It's also regarded as the place where you plan your life and lives, as are all immortal. To get to this place, Vinney had to learn 10 important principles, which I'll come back to later. Let me first give you actual proof that this account is authentic.

Before Vinney is pulled back into his body, Drake looks him in the eye and says, 'This is a very important experience for you,' and gives him a hug. Vinney describes this as an incredible energy surge that arises when two beings of light connect. In the next moment, Vinney suddenly wakes up in the ICU after three days of being in a brain-dead state. Funnily enough, he wakes up at exactly 1:11 am.

While back Home, Vinney had heard his brother's hospital bedside prayers. Maybe it was the strong bond that brought Vinney back. Maybe it was something else. In any case, Vinney found himself back slammed back into his body, which felt

extremely cramped.

Back Home, you see, we're probably much larger beings. Vinney compared the cramped feeling of his return to the idea of trying to squeeze a whale into a sardine tin. Interestingly, this is exactly how Ram Dass describes it:

The body is like a shoe that's too tight and you take it off.

Once back and in his hospital bed, feeling cramped and constricted, Vinney tore out all the tubes and lines attached to his body. He couldn't have anything on him at first and he just wanted to go home straight away. The hospital staff, given the circumstances, objected, but Vinney insisted and six hours of tests with various doctors and piles of paperwork, he was finally able to leave the hospital in the early morning. The doctors simply couldn't find anything wrong with him that would have prevented his release. One doctor said to him: 'Your brain has been without oxygen for a very long time. You might see and hear things that aren't really there, which means you could be suffering from schizophrenia.' It was precisely the change that Vinney has noticed since his NDE. He was now able to see beings of light and also communicate with them.

At first, he believed what he was being told and thought he was losing his mind, so he decided to go to a psychiatrist. Whilst at the psychiatrist's practice, he received a message from a being of light that he was to tell the psychiatrist. Vinney initially communicated to the light being that this was not a good idea, as he was there to rule out the possibility that he was schizophrenic. However, the light being was the psychiatrist's mother who told him emphatically that he should not take the medication he was going to be prescribed under any circumstances until he had delivered the message. When Vinney did so, the psychiatrist initially said nothing for two minutes and then threw him out of his practice.

On the way home, the psychiatrist called Vinney and apologised. He had

been so confused because no one except him and his deceased mother knew the information Vinney had shared and the psychiatrist had repressed and forgotten this information for many years.

The funny thing was that Vinney spoke to the psychiatrist's mother in the form of a light being. This was the initial proof that the light beings are real, because he simply could not have known this information. The psychiatrist ended the call with: 'I don't know who or what you are, but what you're saying is true. And you're not crazy!'

The second piece of evidence was found with regard to Vinney's escort back Home, Drake. One day, Vinney and his wife saw Drake's exact likeness in a presentation about the local school's history. Vinney's girlfriend knew all the details of his NDE and mentioned that the person in the school history presentation must be Drake. The only thing was that the name under the image was Charles. The two of them immediately drove to Vinney's grandma to ask her about Grandpa Charles where upon Vinney's grandma said: 'Ah, you mean Grandpa Drake!'

These two events were proof to Vinney that he had not gone mad and that his OBE had been real. The information had been validated.

The events happened twenty years ago and Vinney has been working with the beings of light ever since, helping people with all sorts of worldly problems. At the very end of the book, I summarise my very own consultation with Vinney –I was curious about authentic experiences of my own.

I wanted to tell you this part of the account first, partly because I promised to give you evidence of life after death. It's important to me to cite many sources when I write. I'm scientifically minded like that. And there is more evidence to come, but Vinney's account is one of the best, not least because Vinney has also met over 100 other people who have had an NDE over the past 20 years. The themes and experiences are always similar, always with the same basic elements, which is telling.

However, Vinney had another experience that I have never heard from anyone else so far. He wasn't able to go Home with Drake straight away. He first had to internalise ten principles – I liken them to the Ten True Commandments.

The true ten commandments

In order to return Home, we must return to or resonate at the frequency of love, as love is the basic energy of all being (love energy). In order to vibrate at this love energy, Vinney had to go through his own initiation of sorts and internalise these ten principles:

1. Authenticity
2. Know the reason for your being on Earth
3. Love is the most powerful force in the universe
4. Listen to your inner voice
5. Use technology responsibly
6. Set aside all prejudices
7. Understand that thoughts create things
8. Avoid negative influences
9. There is also a reason for evil
10. Everything in the universe is a reflection of Oneness

Some of these principles were less difficult for Vinney to internalise than others, but it was only when he had learned or internalised all ten principles, that he was able to travel back Home. Luckily, we have ‘all the time in the world’ to internalise these principles for yourselves – there is no time after all. Your guides are also with you to help you to understand these principles. You are not left alone with this.

The background to this is that you can probably only enter the Home realm if your frequency is fully set to unconditional love, found in all principles.

There will have been some in our history who will have found this damn difficult. Just think of all the wars and atrocities. How can you not feel seemingly powerless to intervene in the here and now!?

Finally, a few words on prioritising Vinney’s principles. Vinney was told that authenticity is the most important thing in life, in that we should lead an

authentic life in the here and now. Integrity is an essential part of this. The world would certainly be a better place we as a society were took these two notions to heart.

Jefferey Olsen

With the account of Jefferey Olsen (Jeff) comes one of the most heart-breaking stories, but heartbreak of a beautiful kind. Jeff's account begins, as so often with an NDE, with a terrible event. Jeff, his wife and two kids are in the car with Jeff when he falls asleep at the wheel while driving. The car overturns and his youngest is thrown out of the car and is instantly dead. When the car comes to a halt, Jeff can barely move as he himself is also very badly injured. He hears his eight-year-old son crying behind him and is relieved that he's still alive. His wife hangs lifeless in her seat next to him.

Trapped in the car, in pain, waiting for help, he suddenly leaves his body. Has experiences an OBE. He seems to be floating and can see the scene of the accident from above the car. To his astonishment, he also sees his wife next to him, floating just as he is. The two communicate with each other and realise that one of them has to go back; one of them has to go back and look after their eldest, who has survived. Jeff decides that he'll be the one to go back

Meanwhile, the hospital has been informed about that accident and has prepared everything for Jeff's treatment. While several doctors attend to Jeff, Jeff's wife hovers over him. A doctor, completely unknown to Jeff at the time, is brought into the room by a nurse, as the nurse can see Jeff's wife's soul. The nurse knows to bring in this particular doctor as soon as she sees Jeff's wife floating about. The nurse has experienced this before with other patients and their loved ones.

The doctor who's just been escorted in, you see, is Jeff O'Driscoll and he can see people's souls.

O'Driscoll checks Jeff's condition, even though he isn't part of the treating team and senses Jeff's wife's soul thanking him and the entire team.

Weeks later, when Jeff is somewhat recovered, O'Driscoll speaks with Jeff about seeing his wife in the ICU, making Jeff come to the realisation that he hadn't made up any of the stuff about him floating above the car and speaking quite normally with his dead wife after the accident.

In the weeks after recovering from his most severe injuries, Jeff has another profound spiritual experience in which he surrenders his deceased son to God. He has a vision of his son lying in a manger. He picks him up one last

time to hug him before letting him go. Jeff says that the experience felt incredibly real. A phenomenon that pretty much all NDErs agree to, namely that the other side, Home feels much more real than life on Earth. At Home, we immediately feel the connection to everything and therefore to Oneness.

But back to Jeff. He held his son in his arms and Oneness hugged them both and asked Jeff to hand his son over to him. A heart-breaking story, terrible and beautiful at the same time.

The interesting thing for me about this account is the parallels with Jeff O'Driscoll's accounts. O'Driscoll had many other spiritual experiences and was always aware of these happening, even when he wasn't directly involved in the work of the given treatment team (see [3]). The most remarkable part of the account, however, was both Jeff himself and Jeff O'Driscoll had communicated with Jeff's wife's soul and could corroborate their stories. The two Jeffs have subsequently become very good friends.

Anna Stone

Anna had her NDE at the age of around 30. She had had lower abdomen complications with very heavy internal bleeding – so much so that she was considered clinically dead for six minutes.

What makes Anna special is her work as a natural scientist. Until her NDE, she had been very scientific in her thinking. She still is today, but almost all people who have an NDE come back changed. Many also change their lives completely, like Anna. She had studied psychology and now works as a teacher.

Anna initially had a very similar experience to many other NDErs: from one moment to the next, she was out of her body and floating in space. She watched the doctors at work as they tried to resuscitate her. When they stopped working, the assistant doctor persisted in asking the attending physician why they shouldn't continue working in Anna, after all, the woman on the table was only in her early 30s. The attending physician simply replied: 'What do you expect from an ex junkie?' We'll come back to his statement later, as whilst mean and false, is important evidence.

Anna, meanwhile floating above the scene, was certainly irritated by the statement, but not angry. She was also beginning to realise that something was desperately wrong. Above all, she was worried about her two children. One child was waiting in hospital. As soon as she thought this, she found herself hovering above the exact location of her daughter. Everything was fine; her daughter was fine. The she thought about her eldest and the next second she was located where her eldest was. Again here, everything was fine. Her eldest was fine

Of course, Anna didn't pass away completely. During her NDE, she was on her way to a room that looked like a waiting room (many NDErs speak of so-called waiting tooms much like in a doctor's practice). Here, she encountered herself. Another Anna floated in front of her, saying just one word: 'No!' And with that, Anna was immediately pulled back into her body, which now felt far too tight.

The doctors in the room got quite a fright when the woman they thought was dead started moving again, addressing the attending physician with the question: 'Did you just say "ex junkie?"' After much evasion, the physician admitted to having made the remark. However, he also said that she could

never have heard it, as she had been clinically dead.

As a scientist, Anna wanted to know whether this was true in order to validate her own version of her account and that she hadn't imagined it all. She had absolutely no interest in causing the doctor any trouble because of what he had said. She needed validation and she got it – from a doctor.

Reverend David Maginley

I'm including David because it's exciting to hear about an NDE account from a reverend's perspective. David was diagnosed with a tumour on his adrenal glands – a diagnosis that he received relatively early on. It changed his life so much so, that he decided to pursue the more important questions in life. In effect, his illness set him onto his path of becoming a reverend.

Even though the tumour was considered benign, the problem was that it didn't seem to want to go away – it just kept coming back. Another problem with the tumour was that it sporadically caused huge releases of stress hormones, which can literally knock you out. That's exactly what happened to David one day when out of nowhere, he collapsed in a chapel. He was lucky that it was a hospital chapel, so that help arrived very quickly. Nevertheless, this was the day when David had his first NDE.

He suddenly found himself in a meadow. Everything glowed in otherworldly colours and everything was permeated with light. He immediately felt a connection with the 'Great Spirit' or Oneness and remembers feeling this connection as he walked across the grass.

Suddenly, David felt another presence next to him. He couldn't recognise the face, only feel a presence. He later assumed that it must have been Jesus. In any case, David felt better than he'd ever felt before. All the pain was gone and he felt the love of Oneness. He jumped up and down for joy and wanted to run to a tree he could see off in the distance whereupon Jesus said: 'No David, we can't go there. Your mission isn't over yet. You still have many important tasks to complete.' Jesus put an arm on David's shoulder and in a split second, David was back in the hospital and in his body.

I'd like to describe another relatively logical aspect here. Almost all people have severe depression or even suicidal thoughts after an NDE. One moment you're enveloped in a profound feeling of love, the next it's gone. It's a topic that many NDE interviews cover. It seems to be such a high level of stress and burden to no longer be connected to and to be separate from Oneness. Without such an experience of your own, it's difficult to comprehend, of course. But many that have experienced the love of Oneness, say that it's like the feeling of being in love. Of feeling absolutely at Home. It's therefore perfectly understandable that we immediately miss this feeling of love and security when we return to the human body.

David also had to lie in bed and grieve after he was discharged from hospital. He now works with people in hospices and tries to take away their fear of death. A very important activity that Ram Dass also practised for many years.

Natalie Sudman

I am including Natalie Sudman's account, even though it does not provide any direct evidence. Natalie's done the work and described her experiences of Home in great detail in her book (see [1]). I can warmly recommend this book. Let's now turn to the detailed description of her NDE.

An archaeologist by training, Natalie worked as a civilian employee for the American military in Iraq. She was in charge of a reconstruction team, who were all experienced and ready for a possible attack as part of the protocol. And so it happened that Natalie's vehicle, part of a convoy, was hit by and IED (improvised explosive device) on the way back to camp. Natalie was killed instantly and out of her body on the spot. She floated above the vehicle and saw her badly injured body lolling on the seat. Among other things, she had a hole in her head and could see that some of her brains were on the floor.

The interesting thing is that the entire description of the afterlife, or of Home often lasts mere seconds compared to Earth time, which is much longer and difficult by way of true comparison. We know from physics that without matter, there is no time. And in principle, Natalie's description is once again proof, because although presumed dead, she regains consciousness, still badly injured, but not as badly as she herself originally observed. Natalie also wasn't in a coma for days or anything like that.

Immediately after the explosion, Natalie experienced her OBE. She was able to travel to other realms or dimensions through her thoughts alone. Initially, Natalie was in a kind of room where many other souls were present, eagerly waiting to share Natalie's Earth experiences. Some of these souls looked very familiar to Natalie while others did not. However, she knew immediately that what she had and was experiencing was part of a deal that she'd made – part of her so-called soul contract. The immediate sharing of experiences was included in this agreement. In other words, she knew immediately where she was and why.

After this sharing process, wherein there never at any point was any judgement whatsoever, but only respect for her life and her experiences, Natalie understandably felt very tired. She went to another room, maybe like a place to recuperate and recover from our Earth life.

In hindsight, Natalie can't say how long she stayed there, as the concept of

time simply doesn't exist. However, it felt like a very long time. After she had recovered, she discussed her future path with other souls and whether she would go back to Earth or not. She was given several options and asked to continue with some important tasks. Natalie accepted her path, but with some conditions. One condition was that she had to be helped. She could not possibly return to this badly damaged body. And indeed, several souls – again in another room – helped her to repair her human body. One of the souls felt like a very old friend and they joked about how Natalie might cope with the remaining injuries, and what they should both heal or leave as is regarding her human self. In this dimension, they both found it extremely amusing to look at the various other life paths that would emerge.

Natalie describes how she decided what it might be like to come back without an arm and she saw how she would cope in life by learning to do everything left-handed – Natalie's choices would play out on a timeline, helping her decide whether or not to keep a limb or faculty, or not. They also looked at how life would develop if she was paralysed and had to sit in a wheelchair. Natalie describes this 'playing around' with injuries like writing a script for a character or like role-playing. The exciting thing is, that back Home, you can view the future of the rest of your life on Earth much like a sneak preview at the cinema.

In the end, they opted for relatively serious injuries: Natalie decided to lose her right eye, for example. Overall, however, Natalie recovered from her injuries within a year after coming back to Earth. During her recovery, human emotions naturally arose, esp. regarding the loss of her eye, but Natalie still remembers her Home and her choices very well and often tells herself: 'I'm only living this life and only have about 40 years left. What am I really getting upset about?'

This is Natalie's NDE a nutshell. I find it very exciting because Natalie has also worked as a scientist and takes a very scientific approach in her book. Finally, I'd like to quote a few highlights that I found beautifully formulated:

'I was conscious and I know – not believe –that what I experienced was real.'

‘The body and the entire physical world around us is absolutely real – but it’s not the totality of the reality of the self.’

‘We are already this holistic self, perfect, complete and constantly changing, although we are only aware of a very small part of ourselves.’

As already described at the beginning: I can warmly recommend Natalie’s book. She’s deliberately taken the trouble to describe our Home and all the processes in such detail – and this, from the perspective of a scientist.

An interesting final remark: Natalie saw herself as a 30-year-old woman back Home. Many people with NDEs report the same, namely that you take on the look you most prefer before natural aging and decline kick in – in other words, you like to look your best and most vital back Home!

Anita Moorjani

Anita Moorjani's near-death experience may be one of the world's best-known NDEs of our time, and there are several reasons for this. One reason is that an oncologist took an interest in her miraculous recovery and verified and medically documented her spectacular healing process, which was unimaginable in conventional medicine. But let's start at the beginning (see [19]).

Anita was diagnosed with Hodgkin's lymphoma (a malignant disease of the lymphatic system) 20 years ago. She didn't want conventional medical treatment because, among other things, a very good friend of hers had died very soon despite this expensive treatment (chemotherapy). Unfortunately, the cancer got worse and worse, and she was told that she didn't have much longer to live. Among other things, she had developed cancerous tumours the size of golf balls all over her body – as documented by conventional medical diagnostics. The oncologist told her at this stage: 'We don't need to start chemotherapy at this point either. Your condition is no longer curable.'

A few weeks later, she fell into a coma, was hospitalised again and diagnosed with stage 4B cancer. The doctor realised that some organs were beginning to fail. Nevertheless, and at her husband's request, the attending physician put Anita on a chemotherapy preparation and an oxygen supply.

At that moment, her soul separated from her body and Anita watched as the doctors attended to her. She could also feel their emotions as they worked. The attending physician, Dr Cheng, then left the treatment room and asked her husband to go to an adjoining room, about 13 metres away from the treatment room where he said that she won't survive the night and that there was nothing more that they could do for her. (We'll get back to this statement a little later on.)

Anita could hear what was said in this conversation and could feel all of the emotions in the conversation and in the situation. It seems that we have the ability to see and hear much more when we leave our bodies. Another general concept is that we are also supported by a companion, so to speak, to get used to our real existence again – that is, from body back to spirit.

While in spirit form, Anita met her deceased father, among others. She was initially very afraid to meet her father as she had refused to accept the marriage he had planned. This had brought a lot of shame to herself, her

family and the family of her intended husband, but she only felt love and acceptance when they met again.

Anita also went through a complete review of her life and, interestingly, her previous lives, which her soul had already lived through and which showed why she had come out or exited her life as Anita at exactly at this point in time. She also saw that if she decided to die and not go back, that her husband would not achieve the goals they had both set for this life as part of their soul contract. She saw that if she did not return, her husband would also die within a few months. It was then that Anita decided to return to life in order to fulfil her tasks. Before her return, her father left her with an important message we might all like to heed:

‘With all this knowledge: Live your life without fear.’

Anita then returned to her body. And now comes the first exciting point for us sceptics: she spoke directly to her doctor, as she had seen, heard and felt all the conversations. She addressed Dr Chen by name, who exclaimed: ‘How do you know my name? You were in a coma!’ But it gets better. She also told Dr Chen: ‘You said I wouldn’t survive the night.’ To which her husband said: ‘How could you know that, we were in the next room and you were lying here in a coma?’

Within three weeks of coming back into her body, all of the cancerous tumours that had formed over four years and had been diagnosed several times had disappeared. After three weeks, without treatment, she was completely free of cancer.

Why had she developed this cancer?

We would have to have permission and look into her soul contract to find out. However, a big problem for Anita, as she describes it herself, was that she believed strongly in karma and wanted to be a good person every second so that she wouldn’t get a bad karma point. A very Hindu way of thinking. And so, she made herself a doormat (as she likes to say of herself) to all the

people she came into contact with. Anita had this realisation during her NDE and also learned that many people's notion of karma is just that: a misunderstood notion. There is no karma, no right or wrong, no brownie points to be earned. There is no direct judgement of our deeds and no punishments, such as forced rebirth, possibly in combination with a bad fate. Even through actions in her life, such as the arranged marriage she refused, she experienced many positive things.

Other women heard about Anita's account and as a result were happy and motivated not to be forced into a life they didn't want. Immediately after her – from a conventional medical point of view – miracle cure, nobody believed her story. She quickly learned that she had to be very careful with whom she shared her story, but she also wanted this knowledge to be found by those who needed to hear it. She wanted to live her life and she did. And at this point I can actually refer to a study that has since been published (see [S1]).

Anita first shared her story as Anita M on 21 August 2006 via nderf.org. It was the only website of its kind at the time and you can still read the original text there. Her sharing her story on the website brought her to the attention of another high-profile NDE researcher and, as a result, the above-mentioned oncologist asked her whether he could take a look at her hospital files as he was in Hong Kong regularly. Anita offered her permission, he studied her medical records and said told her that she should have died of the cancer and requested that Anita please make her story public – he would help her with the medical analysis side of things. Anita's book became a bestseller and has been translated into over 50 languages.

One goal that Anita had seen as part of her soul contract was that she would help many people to lose their fear of death. Like for me and hopefully you, too.

In her NDE description, Anita makes a nice analogy to what she experienced in the afterlife: Imagine you're living in a huge department store. All the lights are off and it's completely dark. However, you've got a torch with you and that's how you live in the department store. You only ever see a very small area of the store depending on where you shine your torch, but this doesn't mean that all the other things you can't see aren't there. When Anita was back Home, it was as if someone had switched on the all the lights in the store. Suddenly, she could see and grasp the bigger picture. It's an

analogy, of course, but a nice way to help us understand why it's so difficult for many people with an NDE experience to put what they've experienced into words.

Karen Thomas

Karen Thomas had her near-death experience during an operation – she left her body while the operation on her back was going very, very wrong, Karen suddenly found herself on the ceiling of the operating theatre. Her first thought was that she wanted to tell her husband in the waiting room that everything was okay, so she decided to float through the hospital to the waiting room. When she got there, she heard a voice tell her to pay attention to a man who was just arriving. She didn't know why, but did as the voice instructed. The man was focussed on getting to the OR and all he could think about was getting there as fast as possible. Other people in the waiting room had wondered why this man had suddenly turned up and was hurriedly going to a restricted area. The man had been called via beeper and was the head surgeon.

After her NDE, Karen approached the head surgeon directly about that day and about his arrival. She told him exactly what he had been wearing and what his thoughts had been. While initially irritated at how Karen knew these things, after all, he told Karen, 'You were as good as dead in the OR at that time!', he was able to conform everything that Karen had observed upon his hurried arrival. The exciting thing about being out of body and in what seems to be an in-between state is that we are able to hear people's thoughts or read their minds.

Karen received additional confirmation of her NDE. Her spirit guide (souls who help us to fulfil our tasks on Earth) revealed to her in a meditation after her NDE that they (and she as a different incarnation) had lived together in South America over a thousand years ago.

One day at a conference, Karen heard a woman talking about a workshop in South America during the break. She joined the group and spoke to the woman afterwards. As the woman described details about a healer and the place in South America, Karen broke down in tears. It was the exact place she had been to in her NDE and the healer looked exactly like the spirit guide she had met during her NDE. Karen had never been to this place before in her life – she lives in Canada.

Dr. Eben Alexander (Professor of Neurosurgery)

There are thousands of authentic NDE reports. The universe has a way of offering each and every person their very own experience. The accounts thus vary and resonate differently. I've described only a fraction of them in detail above.

Being a left-brainer, analytical and science-based, Dr Eben Eben's work really speaks to me. Eben is a retired professor of neurosurgery who fell ill with severe meningitis and should not have survived. His survival chances of zero didn't come from his diagnosis alone – three independent colleagues who published his case following his full recovery also told him bluntly that he didn't have a fighting chance of recovery. There is not a single documented report of a person surviving such a serious brain disease and making a full recovery. Furthermore, scientists agree that Eben was unable to dream or have as profound an experience as he had while in a coma due to the severity of the inflammation in his brain. On the Glasgow Coma Scale (GCS), Eben was a 5-7 during the week of his coma. Anything below 8 is considered a coma, 15 is considered normal.

Nevertheless, Eben survived the meningitis and not only that, he made a full recovery and has an impressive story to tell. However, this is only one aspect of the miracle. The other is the NDE itself. Like many others, Eben subsequently wrote several books about his NDE. The first book has the evocative title *Proof of Heaven* (see [22], [23]).

Eben's NDE is exciting, but pretty much congruent with other accounts already described. One you get congruent trends, you might want to start calling them facts, right? If, like me, you're very scientifically orientated, then Eben's work is a fantastic place to look. The typical attributes with Eben are also that the experience itself was more real than life on Earth. He also felt the love of Oneness/Home. He perceived many facets of our true existence in back Home, especially how other souls came back (died) and were reborn. He also realised that there is always a group or family of souls that return to Earth, swapping roles as they incarnate anew (father, mother, grandmother, grandfather, son, daughter, wife, husband etc.).

The universe always wants to learn and to keep expanding, which it does with every new experience. And the perceived time during which Eben had all these experiences in the afterlife took place when he was in a coma while

at the same time, the current state of medicine said it would have been impossible for the brain to dream due to the severity of Eben's inflammation.

A nice conclusion to this NDE is that Eben decided to come back to Earth only after his son had come running into his hospital room after the doctors had revealed to the family that the probability of survival after this week in a coma was at a slim one per cent, with no possibility of recovery. His son had heard the doctors' diagnosis and had run to his father, taken his hand and said: 'Dad, you're going to be okay!' It was at this moment that Eben returned to his body.

Dr. P.M.H. Atwater

Atwater's work includes the systematic analysis of 4000 child NDEs. Not everyone agrees with Atwater's idea that these children are special, but what can be objectively established is that many children show a marked increase in intelligence that cannot be explained scientifically. Let's put it another way: It can very well be explained by our experiences back Home, as every question that crosses our minds is answered immediately. We have access to everything, everywhere all at once. This goes so far that some adults have understood the complex subject of quantum physics in the afterlife, even though they never had any touchpoints with physics or quantum physics at all in their current life. It is therefore often possible to recognise a knowledge or ability in these children that is impossible at the age that they are. And, that the knowledge and gifts these children come back with after an NDE weren't there before their NDE.

Atwater's own NDE – which led her to take the path of researching into NDEs – is also fascinating. She had three consecutive NDEs. In the third, a voice had spoken to her, telling her that she should write three books and that she should systematically analyse child NDEs. At first, Atwater – like so many people who have had an NDE – had great difficulty arriving back on Earth back to so-called real life. She strongly doubted what she had experienced.

After a few months, she travelled to a congress on the subject of consciousness. Right at the end of the first lecture, a doctor presented an image of Oneness and Atwater instantly recognised that she had seen the exact same likeness in her NDE. She broke down in tears as she realised that another person, a doctor, had seen the same thing and that she wasn't crazy.

She did something quite crazy after this realisation though. Atwater was due to get a promotion to at the company she was working for at the time. But once back at the company, she made a bee line for her boss' office: 'I'm quitting!' she said, 'so I can go hunting for rainbows!' Her boss, a very sober analyst, replied, 'Please sit down and let me tell you something... I woke up at 4 a.m. this morning from a dream that I have to go to my boss and tell him you're quitting because you want to go hunting for rainbows!' It might have been a coincidence, of course, but a smiling little voice inside me is telling me right now that it isn't so.

Penny Wittbrodt

Penny Wittbrodt suffered an anaphylactic shock. Although she had emergency medication (adrenaline) at home, she went to the hospital immediately where she went into cardiac arrest and left her body while waiting for a doctor to attend to her. Before she ascended Home, she first experienced an event that would later enable her to verify her NDE.

First, she found herself in her sister's car – her sister was obviously on her way to the hospital. Penny saw what her sister was wearing and saw what she was typing into her phone. With this information, Penny was later able to verify that her experience was real. But to Penny's NDE ...

Back Home, Penny, like so many others, went through a life review. Many describe that in this life review we perceive situations from the other person's point of view in a given scenario, and this in both good and very bad moments of our lives. But there's more. Penny learns that every thought has an effect on overall consciousness back Home. Back Home words then more than thoughts and actions more than words. But even our thoughts lead to vibrations that have an effect on us, as well as on Oneness – a ripple effect much like when you throw a stone into a body of water.

Second, Penny was left by her husband and had to raise her children alone. She was so angry about the fate of her children that she blamed Oneness for this during her life review, asking Oneness: 'How could you do this to my children!?'

And Oneness showed her the reason. That's the genius part of a life review and of being back Home; we get to see and experience the repercussions of all of our actions. Oneness showed Penny a scene where Penny and her son were watching her grandson's football match. Her son turns to her and tells her that he wants to be a better father to his son than his own father had been to him. Years after her NDE, the exact same scene takes place.

Dr. Anoop Kumar

Anoop Kumar's account is special in its own way, as it is only a similar experience to an NDE. Unlike other NDE scenarios, Anoop was not in mortal danger or even clinically dead, he merely had a sudden experience of Oneness while reading a book at the age of 28. The exciting part of this account for me is that Anoop is a doctor who has worked in intensive care for years and who at the time was just beginning his special training to become a certified critical care doctor.

His unique experience confirmed many of his spiritual views because even when we conceptualize or intellectualize an idea and get it, there's nothing that comes even close to an embodied experience. Nothing is more powerful than a personal experience and of course Oneness knows this.

I'd like to focus on two things from Anoop's account. At the time of writing this book, Anoop is still working as an intensive care doctor. Many doctors have their spiritual awakening after they've stopped working. Anoop has been brave and open about his experiences because he – like me – believes that the truth of who we really are can no longer be hidden. We need to speak openly about the accounts and experiences outlined in this book, especially as quantum physics becomes more and more a part of the current scientific discourse.

When asked how his colleagues deal with his openness and spirituality, Anoop simply say that in many open meetings, the topic is simply swept under the carpet so-to-speak, but that behind closed doors, many of Anoop's colleagues seek him out to share their own experiences – and that's a great start.

The wonderful thing is that once again we have a doctor who not only has both feet firmly planted in medical reality, but also knows how to explain spirituality eloquently in its entirety.

We are simply entering a different space

All experiences are themselves further confirmation of what has been written before, but Kumar has a lovely analogy when it comes to death and

dying. A month before an interview Anoop was giving to share his experience, his father died, but Anoop prefers to say that he simply left his human body. Anoop describes dying simply as the transition from one space to another. A person does not disappear upon death. Instead, they merely move from one space-dimension to the next.

Dr. Rod Chelberg

Rod Chelberg's NDE is special only in that it took place at the tender age of seven. Rod had had a kidney infection and was treated with penicillin. After a few days, he had an allergic reaction which resulted in his NDE.

The amazing thing about Rod's NDE was abilities that he brought back with him. To this day, he can see people's auras and recognise whether they will die within the next few months. He can also go very deep into meditation and there can connect with Oneness. He is also able to leave his body at will and visit any place, even outside our galaxy.

For many years, Rod worked as an intensive care doctor and, as a further ability, he received intuitive insights from Oneness about what was wrong with the patients he admitted. Here, experience coincides with reality, as his intuitive insights were correct every time. Two examples:

One: One time, a middle-aged woman wearing a business suit was admitted. Standard procedure would have diagnosed heart disease, yet Rod was told that the woman had been poisoned. He immediately had toxicological tests carried out and they were able to save the woman's life. Rod had been right, despite all the standard indications.

Two: A child was admitted to ER accompanied by its mother. The child had had a fall and scuffed its knees during a football match – seemingly trifle. Yet as soon as Rod saw the child, he knew that the child had something wrong with its heart – he had extensive testing done for no apparent reason to anyone else. The child did indeed have an almost completely blocked coronary artery and was immediately given a stent that saved the child's life.

Later in his career, whenever a patient died, Rod would begin to pray for the patient and would ask Oneness to receive the soul. With each patient, he would see the soul leave the body and return to the outstretched arms of Oneness. The soul of a deceased woman also thanked him for his help.

Scientific evaluation of NDEs

There are now many scientists who are looking into and are researching NDEs. One such scientist is David Suich (see [4], [S1]). In his Book, David has compiled the experiences of seven hundred NDEs. Other scientists include Scott Taylor, Janice Holden, Raymond Moody (see [52]), P.M.H. Atwater and Bruce Greyson (see [S14]). In total, these great people have analysed over 20,000 NDEs. To dismiss the subject of NDEs as unexplainable isolated cases is therefore a bit absurd. The beauty in their work is that we can see the same patterns and experiences being told as described before, thousands of years ago (see [S4]).

General themes of all NDEs

In this sub-chapter, I present typical patterns and themes in full again as a conclusion to the topic of NDEs. You can delve deeper into these patterns in Raymond Moody's book if you wish (see [52]). What should be mentioned, however, is that only about ten to 20 per cent of people that have had an NDE have had a spiritual experience (see [S11], [S12]). Therefore, it may very well be that a person suffering cardiac arrest – which they fortunately survive – will not have a spiritual experience. Why this is the case cannot currently be explained, but as I have already stated, well over 20,000 NDEs have now been systematically analysed. These patterns occur again and again in following contexts:

Leaving the body (OBE)

An experience of leaving the body (so-called OBE or Out of Body Experience). People initially float above their own body and can transport themselves to other places at will, just by thinking themselves to where they want to go. Many people experiencing an OBE already feel disconnected from their body in the moment they leave. Yet just a few seconds later, many regard their body almost indifferently, that is, no longer having any particular attachment to the human body.

Perceiving other people's emotions

You feel the emotions of everyone you see or pay attention to. Many report that they experience the feelings and thoughts of their attending doctors and

nurses. This has made many NDEs verifiable in retrospect.

You are no longer perceived

You can talk, but other people (still in the human realm) cannot hear or see you.

360-degree vision

You have 360-degree vision and can see everything around you all at the same time – after all, you no longer have a head you need to turn!

Feels more real than our reality on Earth

You feel more alive than you have ever felt on Earth – which is hard to imagine without having had such an experience yourself. Some people also say that life after an NDE, so after returning from Home, feels plastic somehow or fake by comparison. Many NDErs confirm this feeling.

Depression after an NDE

Many people suffer severe depression afterwards because they miss the Home (see [S5]). The next point explains why this is the case.

Unconditional love

Most people felt safe and imbued with joy, acceptance and love. To give you an idea, imagine your one hundred favourite moments in life and compress those feelings into a single moment. This one moment doesn't even come close to the joy you constantly experience in the afterlife or back Home.

The light

Many people see a light to which they feel magically drawn. They feel the presence of Oneness in this light and they all feel a sense of unconditional love and safety through this light.

Indescribable colours

At Home, everything is much more colourful. An artist with an NDE

experience said that he could recognise 80 (!) primary colours (there are three known primary colours on Earth). And it is indeed difficult for many people to describe the colours they see as they are so much more vibrant, iridescent and radiating.

Choice

Many are given the choice of coming back or staying at Home. Oneness can be very persuasive in motivating one to go back to Earth, as many said they didn't want to. However, they were shown what the consequences would be if they didn't, that is, regarding their own children or spouse. NDErs often get to see possible future time lines and often decide to return to the human body as a result.

Decision

In the context of choosing whether or not to continue life, one is often presented with the option to decide whether or not to return to Earth. In this respect, many people talk about a white room with a white door. Rosmary Thornton stood in front of such a door and had to decide whether to come back or stay with Oneness. This decision moment is perceived differently in different cultures. In Western cultures, the moment of deciding to cross a threshold or not is most often symbolised with a door one has to go through (or not, as the case may be). Other cultures might see a river that they have to cross. The symbolism varies.

Family

Some people meet deceased family members who welcome them once they've transitioned whilst others meet religious deities to escort them.

David Ditchfield, for example, says that Oneness wants to help you make your transition as comfortable as possible. It might be a little irritating for a Christian if, for example, Hanuman, a monkey-like Hindu deity showed up. But this too has happened. Alternately, if you're not at all religious, your perception of Oneness might express itself in the form of nature. You might find yourself in a beautiful meadow and possibly be welcomed by a family member. There is always an aspect that is individually perceived as pleasant. Nevertheless, the welcoming committee remains a frequently encountered theme.

No good or bad

I know this might be very difficult for some people to accept, but there is no good or bad at Home from the viewpoint of Oneness. This has been confirmed by many NDErs. The universe is indifferent or neutral – it’s a human notion (duality) to think in terms of good and bad. I’ll expand on this again in the next chapter. Often, it’s truly only you yourself that is doing the judging. In any case, these are the completely congruent reports from people with NDEs.

A medium, that is, a person who can contact souls and spirits from the other side, will also often report that deceased people have definitely experienced an evaluation of their lives – the so-called life review.

It’s necessary to understand that hell doesn’t really exist, but, but that one’s own actions have consequences for one’s future existence. Heather Mae, for example, speaks about the fact that she had killed a person in a previous life and wanted to live through the opposite experience her current life – a life in which she herself was this time harmed. You might call this Karma, but the point often made is that the decision to live life on the opposite end (in this example, Heather choosing to be done unto) comes from the person (soul) deciding and not from Oneness.

Amber Cavanagh, a medium from Canada, on the other hand, confirms other NDE accounts that all confirm that there is no such thing as good or evil, no judgement and no hell. Nor are there demons or anything similar. We ourselves evaluate our lives afterwards and draw the lessons for a possible new life on planet Earth or another planet next time around.

Fear of death lost

What almost all reports have in common is that people completely lose their fear of death after an NDE. In fact, they often say things like Mary Neal or Andrea Pfeifer:

‘I’m looking forward to going back!’

The life review

A very important and general concept of many near-death experiences is the life review. I’d therefore like to dedicate a separate sub-chapter to this topic. First of all, this is not about the biblical Last Judgement, where a decision

gets made as to whether you'll go to heaven or hell. These are man-made stories designed to intimidate and instil fear.

In a life review, you go through any number of events from your own life, where how you've interacted with other people is the focus. During a given review, you experience the feelings and thoughts of everyone involved in a given moment that's being focussed on. This means that you experience this situation not only from your own perspective, but also from the other perspective(s) thus experiencing the feelings that triggered your own actions. This might not be an easy task for many of us, as we've probably all said and done things that we're not proud of.

Natalie tries to put this simultaneous feeling into words (see [1], page 49). She begins by describing a large party where you're chatting with a good friend. The difference is that at this party, you're aware of everyone else, too – their mood, emotions, discussion topics – all at the same time.

At Home (Natalie calls Home the blink room), it works like this: 'In the blink room, this simultaneous perception of the talking friend and all the friends in the room and the general mood is simply so expanded that you have the ability to concentrate on countless individual points simultaneously and with full awareness.'

It's an ability we have in our true form, but not as human beings. On the basis of this review, many people with NDEs have subsequently realised that they'll choose to be much more careful with their thoughts, words and actions in the future. None of them had had the slightest idea of the impact their choice of thoughts, words and actions would have both on the people concerned and on Oneness or the collective consciousness. And it's not just about our own actions or words across one lifetime. Even our thoughts, often full of judgement and prejudices, impact Oneness.

I'd like to emphasise once again that Oneness is not about judgement here. We ourselves probably judge our own actions the most by reliving scenes in our life reviews. Some people with NDEs have also reported experiencing their life review in company, feeling how disappointed their viewing companion was when they made the wrong decisions. Not criticism, just disappointment.

From the perspective of the computer scientist that I am, a note on the 'techniques' of a life review: Nancy Rynes (see [36]) describes her life

review as if looking at a small lake upon which thousands of scenes from her lifetime were reflected. Every time she focussed on a particular scene, she'd relive the scene from the perspective of everyone involved. She said that overall, it was a very balanced life review. For her, the focus was on living the rest of her life with love, which she had not been able to do until her NDE.

Supposed medical explanations

Another scientist is Bruce Greyson. He is a psychologist who has researched over 3,000 near-death experiences. He also investigated the medical criticisms that NDEs occur merely due to a lack of oxygen or the release of DMT to the brain. This would perhaps explain the feeling of absolute unconditional love, but not the points that I would like to list below that have been described by many NDErs.

What cannot be explained

I) Exactly the same topics

This alleged release of DMT and other happiness hormones does not generally explain why there are so many congruent moments in NDE accounts, such as the life review, across all cultures and at different times. Greyson reports NDE that have already been congruently described in ancient Greece and Rome (see [26]).

II) Memories of conversations

Furthermore, it does not explain the details presented here in the book, where people with NDEs were subsequently able to prove that they were not going mad. Overheard conversations were remembered that had taken place in other rooms or even many kilometres away. Take Penny Wittbrodt's account: she had seen what clothes her sister was wearing on the journey to hospital and what she had entered on Facebook even though she was nowhere near her sister at the time.

III) Different perspectives

Nancy Rynes describes in her NDE that she experienced the scene from two perspectives at the moment of the accident. Firstly, of course, from a first-person perspective – clinging to the bottom of an SUV so that she would not be run over – and then from a second perspective where she could see the scene unfold from about 10 metres away. She also heard a voice telling her: 'Everything will be fine. You're going to survive this.'

Chris Batts not only had a different perspective in his NDE; he could also

remember the scene where his friends were questioned by the police separately at the scene of his accident. Chris had tried to kill himself and had jumped out of his friend's car at full speed. From his human self, he couldn't have seen what he had seen. This NDE also shows that Oneness fully understands human desperation (Chris had been disowned by his mother because she'd wanted a career in modelling). Chris wasn't condemned, but instead healed by Oneness so that he could come back and live his purpose.

Above all, the unexplained phenomenon of OBEs where people can see themselves from a perspective outside of the body and can remember details of the revival, is documented in two studies by Sam Pania (see [S10], [S11]) and another study by Pim van Lommel (see [S12]).

IV) Information from life reviews

As part of his life review, a man saw that he had had a child with a woman when he was young. After he had survived his heart attack, this information stayed with him and he checked it out. And indeed, he had a son, of whom he knew nothing for the rest of his life.

V) Miraculous healing

And it doesn't explain why some people NDEs have experienced a medically documented miraculous healing. Here are some examples:

- Anita Moorjani had a medically documented complete cure of metastasised stage 4 cancer within a matter of weeks (see [19])
- Rosmary Thornton's cancer was completely cured without any treatment within a few weeks of her NDE. It was doubted that she had ever had cancer, but this was confirmed by imaging procedures prior to her NDE (see [35]). In addition, Rosmary was dead for over 10 minutes – also documented. Her heart had stopped and the attending doctors were unable to perform CPR. As a result, Rosmary went into cardiac arrest and suffered severe blood loss. Fluids had to be replenished first so that her heart had something to pump. The oncologist treating Rosmary after her NDE scheduled her for chemo and radiation therapy and wrote 'mentally ill' in her file because Rosmary had told him she'd been healed by God.
- Michael Roguski recovered from a severe heart attack within hours.

The doctor treating him even told him that he should have been dead long ago. After the NDE – during which he had made the decision to stay with his family as they would suffer greatly from his death – he was back in top form within hours. He also memorised the entire chapter of the Gospel of John after his NDE.

- Etienne Peirsman had a severe staphylococcal infection that had attacked and largely destroyed his kidneys and heart. These facts are documented in the hospital where he was treated with antibiotics. He had an NDE in nature and came out of it completely cured. His kidneys and heart were back to 100 per cent from just 5 per cent.
- Jane Thomson has been able to perceive everyone's feelings after her NDE. This was so bad at the beginning that she couldn't leave her flat for over a year. She first had to learn to focus in such a way that she was not constantly aware of everyone's emotions.
- Stephanie Arnold knew three months before the birth of her second child that she would die during labour. Nobody believed her and all medical examinations up to the birth were negative, but it happened exactly as she had predicted. At first, she could not remember her NDE, but through hypnosis sessions, all the information of an NDE came back to her and she was able to remember the conversations and actions of the doctors who saved her life, as well as the specially called doctor who delivered her baby. She was also able to provide her husband with information from her deceased father-in-law (see [40]).

VI) Children's abilities after an NDE

It also does not explain why small children at the age of three can suddenly read, write and draw like adults immediately after an NDE.

VII) Adults' abilities after an NDE

It does not explain why some people with NDEs can suddenly play the piano as if they had been able to do so all their lives while others suddenly have an understanding of quantum physics.

Debra Martin became a medium and healer because of her NDE (see [54]).

She is a certified medium from the Windbridge Research Centre. During a television programme, she agreed to connect a woman with her recently deceased aunt. What happened next was unexpected. The aunt explained in detail that she had not died of cancer, but had been murdered. She explained to the camera exactly why and how. In fact, the case was opened and confirmed and the perpetrator was sent to prison.

Mark Hodges lived through several complete lives during his NDE, including a life in 19th century Japan. He could read and write Japanese. In one school, the teachers realised that he wrote the way Japanese was written in the 19th century. The exciting thing about this ability is that Hodges developed this ability to read and write Japanese before his NDE. This brings us back to the fascinating topic that all lives happen at the same time, which of course is hard for the human mind to grasp.

Since her NDE, Dr Lotte Valentin has been able to communicate with the spiritual world. This ability is called mediumship. The deceased speak to her through images or telepathically in words. She knew three days before a call from her mother that her uncle had died in Sweden, as he had said goodbye to Lotte immediately after his death..

VIII) Knowledge that cannot be explained

When Lynda Carmer woke up from her coma, she immediately asked the nurse about her sick cat (the nurse's cat, that is). Lynda knew all the details of the illness as well as the amount of the vet bills and that the nurse could not afford them. The nurse naturally asked: 'How do you know that? We've never met before and I've only been working on this ward since today.'

Randy Schiefer met a war veteran during his NDE who asked him to tell his niece Maddison that he was fine. He showed Randy a picture of bows and ribbons in the colours red, white and blue. Randy experienced the whole thing on a white porch in front of a house. Now, Randy Schiefer had been an investigator for many years after his military service and pursued the matter after he recovered. The niece, Maddison, worked as a hairdresser in town. Randy booked an appointment with her and first enquired as to whether she still had grandparents. He then asked if he had ever met the man before. This was not the case, as her grandfather lived 2,000 kilometres away and had never travelled far. Finally, Randy gave her the message and after her tears had subsided, the young lady explained that they used to tie ribbons together

in red, white and blue to commemorate veterans. Also, that her grandfather lived in a house with a white porch. To my mind, these are all details that a dying brain simply can't make up (and get that bang on every time).

In his NDE in 1975, Dannion Brinkley experienced twelve important events that were to take place over the next 40 years. He also documented these in his book. In it, Dannion precisely describes the attack on Israel in October 2023 as well as the Chernobyl disaster in 1986 (see [53], page 29). He also foresaw that Ronald Reagan would be President of the United States from 1981 to 1989.

Annie Steward had her near-death experience due to anaphylactic shock in hospital. By leaving her body, she was able to check her home to see if everyone was okay. She was caring for her sister with cancer at the time and a friend had come around to be with her sister while she was in hospital. Annie was surprised that her friend was sitting in a chair that she usually never sat in. It was exactly this detail during her NDE that Annie was able to verify afterwards.

Pam Reynolds was able to describe her entire operation, as she hovered over her body as a soul. The experience could be verified by many details. For example, Pam knew that her cardiologist was present during the operation. Pam Reynolds had to undergo a very serious operation to remove an aneurysm, in which her blood was cooled to sixteen degrees and she was completely hooked up to life support machines before the operation began. She was artificially induced 'clinically dead' during the operation (see [56]).

Pim van Lommel reports an account in which a patient in cardiac arrest who had undergone an NDE was able to remember where a nurse had placed his teeth, which had been removed before intubation. At the time, the patient had no cardiac activity and was in a very poor condition, and I quote: 'He had previously been found lifeless in a park and was resuscitated there for 30 minutes by a layperson. On admission to hospital, the patient had had blue lips and nails, was cold, ashen grey in the face, had fixed pupils and purple skin spots' (see [56], page 76). The dentures were found in an emergency trolley exactly where the attending nurse had placed them.

IX) Peak in Darien

The term 'Peak in Darien' was coined by Bruce Greyson and published as a study (see [S14]). The term describes that a person having an NDE learns of

the death of a loved one who had not yet died before the person having the NDE had been admitted to hospital or before the NDE took place – in other words the death happens during the time the NDEr has their NDE.

Let me give you an example from the study: Nine-year-old Eddie Cuomo is hospitalised with meningitis and has an NDE. When he wakes up from his coma, he tells his parents about his experience and that his sister had been there with him, telling him that it wasn't yet his time and that he had to go back. The parents were shocked, as Teresa was 19 years old and attending university in Vermont. Two days earlier, Teresa's father had spoken with her on the phone. Eddie's doctors, who had overheard the conversation, tried to reassure them that it had been a hallucination. However, the father drove home where the phone was already ringing. The daughter had died in a car accident that night. And again, this is not an isolated case and has been published (see [S14]).

X) Deeply touched

A dream or a vision wouldn't explain why anyone who experiences an NDE is so deeply touched by their experiences. The same goes for you, dear reader, who are reading these accounts. There's something more to these accounts that resonates more deeply.

This was also exactly the proof for the theologian Prof Albert Biesinger, whose eyes filled with tears after his NDE when he told his wife about his experience. And he makes it clear that this doesn't usually happen to him.

Furthermore, it is impossible to explain why a neurosurgeon like Dr Eben Alexander or a naval commander like Suzanne Griesemann, who was also a member of the Joint Chiefs of Staff, would give up their professions to pursue a spiritual path in service to. Their old jobs were certainly much better paid, not to mention their reputation in society.

XI) Life-changing

It doesn't explain why many people change their life completely after an NDE to focus on serving others. Rosmary Thornton was visited and interviewed by a neuroscientist for precisely this reason. She stated at the time: 'I believe you because, as a rule, nobody changes as completely at an advanced age as you have done.'

XII) Mediumship

One of the best forms of proof is the abilities some people come back to life with after an NDE, oftentimes choosing to work as mediums or healers after their own healing. Let's stick with mediumship, and before you roll your eyes, here's yet more proof for the left-brainers like me with immovable studies and therefore real 'blind tests', because the Windbridge Research Centre has made it its goal to certify people with post-NDE gifts by requiring them to fulfil a strict protocol. The results of this work and certifications have been published (see [S8], [S9]).

Julie Beischel and Gary Schwartz designed a special triple-blind protocol in which the medium has no contact with the participant from whom information about a deceased person is to be obtained. The eight people with such an ability were only dialled in to the university by telephone anyway. They were only given the first name of the deceased person. They had to find out four things:

1. What did the deceased person look like?
2. What were the character traits of the deceased?
3. What hobbies did the deceased have?
4. What did the deceased die of?

The quality of each medium's answers was subsequently assessed by the eight participants. Three of the eight mediums provided very precise information, thus proving that it is possible to speak directly with the deceased, as was the case in Vincent Tolman's NDE (see [S8], [S9]).

What do drugs make possible?

There is another very interesting aspect of Greyson, because he also accompanied scientific work with mind-expanding drugs such as psilocybin. What was found here: The brains of the participants in the study shut down and the drugs studied, although they affect completely different biochemical pathways (dopamine receptors or serotonin receptors), have a similar mind-expanding effect. This is where meditation comes into play, which also causes the brain to calm down. And death is a pretty safe bet for a brain that no longer needs to be supplied with oxygen and so finally comes to rest. This is why NDEs are much more profound than experiences with drugs. We know this first-hand from Salvador Adatsi, who had both in his life. He knows first-hand that the NDE experience was completely different from his ten-year drug addiction – an addiction he had kicked four years before his NDE.

What does the brain do?

'd like to mention one other aspect of Greyson's work. He describes our brain as a necessary filter that we need in order to survive on Earth. Especially if we look at the last 300,000 years or so of Homo sapiens. Greyson describes the amusing metaphor that it isn't very helpful to have constant contact with Home, or 'be' elsewhere or conversing with deceased relatives in an environment of hunter-gatherers where you might get gobbled up by a lion lurking around the next rock.

Just as it is not essential for survival to be able to see in infrared or ultraviolet spectrum. The brain filters a great deal of information to ensure our survival. This is where our ego comes in, which also ensures our survival and suppresses our connection to Oneness. Ego, that is, Edging God Out.

Meditation

In order to live through a spiritual experience, you have to shut down brain activity. The best way to do this is to meditate and seek stillness. A good first approach is to concentrate on your breathing and just follow your breath.

Conclusion

To conclude the topic of NDEs, I'd like to say the following: In the US alone, over twenty million people have now had an NDE. Several tens of thousands of these NDErs have been interviewed. This means that we're talking about much more than an N-of-1 or individual cases here. You only need to take a look at the publications referenced in this book.

One or two such accounts might not really be explainable and might even be dismissed as bizarre individual cases. However, if you look at NDEs in general, you have to come to the following conclusions:

1. The themes of all NDEs are identical, and this across the globe spanning all cultures.
2. There are completely impossible miracle healings that cannot be explained medically.
3. People suddenly have gifts and abilities that they did not have before their NDE.
4. Some can speak verifiably with beings of light (you might also call these beings angels or ancestors). You can also try this out directly (see [S8], [S9]).

This realisation reminds me of my first steps into the field of holistic nutrition. Through Robert Atkins, the diet with little to no carbohydrates became known worldwide. Initially it was just anecdotes from Atkins, but over the years these anecdotes became ideas and later scientific studies that could no longer be ignored.

In 2024, the correlations have now been understood and the possible mistakes of an Atkins diet have been corrected to the extent that the topic of fat has been better understood (see [41]).

A similar picture is emerging on the topic of spirituality and NDEs. Thanks to the Internet, we're able to exchange information worldwide for the first time. Some people with NDEs in the years before the Internet also say that they were left completely alone after their NDE and that no one wanted to

listen to them, let alone believe that their experience was real. However, it is now possible to share experiences and scientists, especially psychologists, are systematically analysing these reports. In my opinion, this offers a whole new paradigm; this is worth its weight in gold; this knowledge gives us access to ourselves – helps us find our way Home to who we truly are.

There is also the aspect that the people concerned initially had no advantage at all if they had made up their account. This is because many people said in the interview that they lost many friends or work colleagues as a result of sharing their experiences with the world – no one wanted to talk to them or be associated with them any longer. NDErs used to be ostracised.

One reason could be that many people hold strong religious beliefs that can be shaken to the core as the basic themes of all NDEs completely question the principles of the Church.

Eastern religions such as Buddhism or Hinduism come closest to incorporating the notion of NDEs, but even here there are contradicting aspects such as karma or suicide. I would therefore like to end this chapter with the words of Dr Anoop Kumar:

‘It’s time we talk about it openly.’

I agree with this quote. The time has come and I hope that I have been able to reach you with the stories recounted here..



**The privilege of a
lifetime is to
become who
you truly are.**

Carl Gustav Jung

Chapter 3 Memories of past lives

Scientists have discovered a similar phenomenon in the context of NDEs. There are thousands of investigated cases worldwide where infants can remember their previous lives (see [27], [28]).

The University of Virginia has been investigating such cases for over 50 years. They have analysed many thousands of reports and investigated the information described by the children. The study by Lucam Moraes, which analysed a total of 1790 publications on this topic, was conducted as part of scientific research. Once again, as with NDEs, these are not just a few isolated cases. Moraes' work shows that this phenomenon occurs worldwide and especially in Western cultures, where the principle of reincarnation doesn't really show up in religions.

A typical feature of this phenomenon is that children talk of their past lives of their own accord at the age of 2 to 3 years. They can often remember details very well, such as buildings or people who also lived on the same street that they did – all information that the toddler cannot have, not least as the environments they often describe are located in a completely different city that they've never been to before (see [S3]). And it is precisely such descriptions that can be verified by parents or researchers.

In this context, there are over 700 verified descriptions. Children lead their parents through a street and describe the changes to the buildings, often recounting that newer building extensions didn't exist when they lived there. One possible explanation for this is that children are still very much in the theta wave range (see [S7]). This may enable children to access this knowledge.

There are also other interesting accounts by children. For example, Gabriele Heikamp, who at the age of three was sitting with her family thinking to herself: 'What am I doing here with these people?'. Or Honi Borden's, who at the age of five told her parents that her mission was 'to help you people'.

Patrick

Patrick was born the youngest son in a family with two siblings. Patrick actually had an older half-brother called Kevin, but he had died 13 years earlier after suffering from cancer – Kevin had suffered from metastasising bone cancer. Before Kevin died, he also lost an eye, had an ear operation on one ear and was given chemotherapy (the access port was on the right side of his neck). Why am I describing this?

Patrick was born with three birthmarks or abnormalities. He had one mark over his eye (the one Kevin had lost), another above his ear (where Kevin had had surgery), plus a large mark (where Kevin had his permanent IV placed). What's more, Patrick – who was born perfectly healthy – limps with the leg that Kevin also limped with (due to the cancer). This, while interesting in itself, doesn't really prove much. The really amazing thing, however, was that Patrick could also recount Kevin's experiences and memories.

Patrick was convinced that he had been operated on above the ear. When he saw pictures of Kevin, he claimed it was he himself on the photos. He was also able to describe Kevin's nursery in great detail. Kevin's mother had moved in with another partner in the meantime and Patrick had never seen the old flat. Patrick was able to describe Kevin's nursery exactly, as well as the flat and the house from the outside (see [28], page 6-9).

Leslie Lemke

The life of Leslie described in the foreword cannot be explained in any other way than that the soul of a concert pianist was reborn here. Let me briefly summarise the facts once again:

- Leslie was born prematurely. Both of his eyes had to be removed in the first few months due to glaucoma.
- Leslie had severe motor disabilities and was also mentally impaired. He was given an IQ of less than 60.
- He only learned to stand at the age of 12 and to take his first small steps at the age of 15.
- He liked listening to music on the radio or television, which seemed

to appeal to him.

- At the age of 16, he went to the piano alone one night and played Tchaikovsky's Piano Concerto No. 1 flawlessly without a single hour of previous piano lessons. All the other motor impairments he has in life are absent when playing the piano. He can also sing, although he had never spoken a single word to his adoptive parents before. It took another six years before he began to speak to his adoptive parents, but he was able to play the piano perfectly and sing along with it, and it is clear to me that being able to play such a complex piece flawlessly requires enormous talent and many years of study and training. Therefore, there can only be one explanation: a concert pianist has chosen Leslie's fate and brought his skills with him. We cannot explain why, and we may not understand why, as we do not know the soul plan of this soul, but I have the feeling that such incarnations are a beacon for us to wake us up and remind us about who we really are, namely more than the body we are currently living in.

Christian Sundberg

Christian Sundberg's experience is remarkable because he can remember in great detail many aspects of his life before he was born as Christian. He was also able to verify some of his experiences, so that later in life he was able to draw an accurate picture of the delivery room in which he was born – where the doctor or midwife had stood and what the room had looked like. The picture was confirmed by his mother.

The exciting part, however, is before his incarnation. Christian describes how we come to perceive a life as a human being on planet Earth. Our soul wants to collect a complete profile of experiences. He describes this wealth of experience as a matrix that you can look at and see where you have not yet had any experience. This can be something like getting and surviving cancer. Or living through life with only one eye or even being blind. It is precisely these challenges that we choose as a soul, even if it is very difficult to accept from a human perspective. It's no different for me than it is for you.

The Veil

In his interview on Next Level Soul, Christian also addresses the topic of the veil of forgetfulness. Why we forget all the information for life on Earth that our soul has already collected, including the knowledge that we are immortal. He says that we need this separation (sense of duality) from Oneness because otherwise we would be too attracted to the unconditional love of Oneness, so that a ‘normal’ life as a human being would probably not be possible at all.

Almost everyone that’s had an NDE reports that they did not want to be released from this field of Oneness, this unconditional love. In other words, once on the other side, no one wants to come back. Some NDErs also report that they were extremely reluctant to return to their bodies on Earth.

Christian also reports of a first failed incarnation attempt, which he cut short early in the womb because he couldn’t cope being separated from Oneness. He was nevertheless given a brief life review and experienced the effect that his ‘death’ as a foetus had had on his mother and on the whole family. As always in a life review, there was no reproach, but you do get confronted with the consequences and relive the scenes through the eyes and with the feelings of other people. Christian then practised in a ‘veil simulator’ or ‘incarnation simulator’ to endure this process of separation from Oneness before having another go at life on Earth.

In his next attempt as Christian Sundberg, it still almost went wrong because his soul panicked again. This time, Oneness came to him in the womb and reminded him that he was more than his physical body alone and that he was always a part of Oneness and that this could never change. Christian also knew that part of his soul plan would be to overcome a serious illness in his early 20s, which is exactly what happened. He overcame his illness.

If you’d like to delve deeper into this topic, I recommend reading Christian’s book (see [51]). Christian has been offering his book free of charge on his website since the beginning of 2024 because, like me, he wants to help educate us as a society – to help us wake up and remember our true existence.

Pre-birth memories

Some toddlers can remember the ‘time’ before they were born. Margot McKinnon’s three-year-old son, for example, said to her: ‘I didn’t want to go to Earth, Mum. I discussed with God that I didn’t want to come here. But God insisted that I had to go through these experiences. God showed me a picture of you and I wasn’t sure if I wanted to be in this family, but when I saw you, I changed my mind.’ And, at the age of 7, he told her: ‘To understand something, you have to become that something.’

To put it quite bluntly, many of us don’t reach this level of realisation until we’re well into late life – if at all. Of course, the fact that Margot had grown up very spiritually and has a strong connection to Oneness through her own NDE experience could play a role here.

It was also Margot herself who, at the age of 4, had the intention of going back home. Today she can say that there was no reason for these suicidal thoughts. She grew up very in a very loving environment. There were no incidents in the family that would explain such an idea. The only thing was that she found life on Earth too strenuous and wanted to return home, as she could still remember it very well. As a young child, she would pick up a large kitchen knife, ready to take her own life, but Oneness told her to put the knife down and become a teacher.

She followed this advice and not only became a high school teacher, but also completed a PhD at Oxford. Her doctoral thesis was about how to integrate the concept of spirituality into public school system. As a result of her work, she has helped many people find their way to realisation.

I will not go into this topic in depth in this book. If you are interested in this aspect in particular, I can recommend Jim Tucker’s book (see [28]). It was important for me to emphasise at this point that past-life memories exist.



**We are all a part of
God. It's time that
we behave
accordingly.**

Lars Muhl

Chapter 4 Ram Dass und Maharajji

I will first very briefly introduce Professor Richard Alpert aka Baba Ram Dass or just Ram Dass. In his first life, Richard Alpert was a distinguished psychologist with a chair at Harvard. He says of himself that he had 'everything' and yet felt that this life did not offer him any fulfilment. Deep down, he was dissatisfied and in search of a fulfilling life. With this feeling, he learned about the effects of certain mushrooms, also known as magic mushrooms. He travelled to Mexico with his friend Timothy Leary in search of them. When he arrived in Mexico, his friend – also an excellent psychologist – told him that he had learned more about the human psyche by taking mushrooms once than in his entire course of study. Richard's interest was piqued, especially since this was such a strong statement coming from such a distinguished peer in the field.

But what are magic mushrooms? They are mushrooms that contain the active ingredient psilocybin, which has a hallucinogenic effect or even expands consciousness. Others describe the effect as being able to access the universe, being able to access Oneness. But you can just as well encounter your shadow self and be confronted with the dark sides of your own existence. You can experience the total interconnectedness of everything with everything else. Even the yogis described the effect of these mushrooms many thousands of years ago as a coming together with creation. In other words, an expansion of consciousness is possible through the substances and this is exactly what Richard and Timothy learned and were completely captivated by.

To keep it short at this point: Richard wanted to maintain the state he experienced by taking these substances and had heard that this state could also be achieved through meditation or through the training with or presence of a guru. After having been dismissed from Harvard for his use of mushrooms among other things, Richard decided to change his life completely and travelled to India to find his guru.

What is a Guru

Let's go straight to a teacher who was revered as a guru to describe what a guru is: Maharajii (also known as Neem Karoli Baba) repeatedly pointed out that you actually don't need a guru. We also don't need to travel to India to gain insights into or understand who we really are. But, many of us tend to want to have a teacher of some sort. A mentor or someone who will tell us what's needed or what to do. That's our way of life in the Western world, and of course we orient ourselves to that.

A guru or teacher can of course be a great help. First of all, he can explain the essential elements of our existence and thus clear the way for understanding the resulting consequences. Before that, you usually don't understand a word and make fun of the subject out of ignorance – woo woo and all that, right? Which is okay, but doesn't help. The most important realisation, however, is that you don't need to go searching. You already have all the information you need within you. All you need is to be at peace with yourself and to be able to look inside yourself. That is the foundation and a teacher or guru can help by setting an example. And, if the teacher aka guru demonstrates something, then it is often easier to imitate. But it is not necessary.

What can be very attractive, however, is a guru's aura – to be in their presence. Ram Dass also realises that he felt a very strong connection to Oneness in the presence of Maharajii, his guru. He felt the unconditional love, which is why he set out in search of a guru in the first place. This is certainly very beautiful, but not necessary (for everyone).

'I show the way in the form of a signpost. But the signpost is not important at all. What is important is the one who embarks on the journey. The one who speaks is not a guru, he has no authority, he is not a guide. Everyone must embark on the journey inwards alone, not to escape the outside world, but as a necessary process to understand.'

Ram Dass finds Maharajji

Richard travels through India in search of his teacher, who would teach him how to connect with Oneness, aka Source. When he realises after many weeks that his quest is pointless and that he is not making any progress, Richard decides to fly back to the US. On his last evening in India, he and a friend are on their way to Maharajji. The night before, before going to bed, Richard thinks of his deceased mother – who had died of pancreatic cancer.

The next morning, the men arrive at a small village. His friend immediately runs to greet his guru. Richard doesn't feel at all comfortable at all in this strange place. He's also worried about the borrowed car they've used to get to the village. Disgruntled, he sets off after his friend to at least say hello and see what all the fuss is about. When he enters the circle of people around Maharajji, the latter asks him directly if he can have the car. Richard immediately gets the feeling that he has once again come across the wrong person and replies evasively that the car does not belong to him and that he therefore cannot simply give it away.

A little later, Richard and Maharajji talk again. Suddenly Maharajji asks him, 'You were thinking about your late mother last night before you went to bed. She died recently. She died of pancreatic cancer.' Richard was shocked. How could this guy in a blanket have known that? He also saw the unconditional love in Maharajji's eyes and broke down in tears – he finally and in that moment felt as if he had come Home.

The feeling of coming Home is a phenomenon that many people with an NDE also describe. Obviously, Richard didn't fly straight back to the US. He had found his guru. Richard had become Ram Dass.

Four stories of Maharajji

Ram Dass collected many different stories about his by interviewing many of the people who had lived close to Maharajji for a while. I have taken the stories below from this and his other books (see [5]).

Maharajji catches Ram Dass snacking

Ram Dass needed to renew his visa for his stay in India every six months. To do so, he had to travel a long way to Delhi by bus. For one such renewal, Ram Dass set off on his way to Delhi alone. As he still had some of his possessions traveller's cheques with him, he decided to go out for a really good meal while in Delhi. He also ordered some sweet biscuits – which, while not taboo, probably were a little luxury that wouldn't have been available where he was living with Maharajji at the time.

Once back in the village after his trip to Delhi, Maharajji jokingly asked him: 'Did you enjoy those biscuits?' Ram Dass once again realised that you can't hide anything from Maharajji. He is connected to Oneness and therefore knows all the things. With his little question, Maharajji had smiled and reprimanded the slight misbehaviour without judging it in any way.

Maharajji converts an atheist

A man was persuaded by his wife to travel with her to India to meet Maharajji. He travelled with her for her sake and was extremely disappointed by Maharajji's appearance. He also disliked all the behaviour and rituals surrounding the guru. In particular, he had no desire to copy all the other devotees, who found it particularly wonderful to be able to touch and fondle their guru's feet! He also couldn't fathom how fellow Westerners were so keen to do just the same.

Maharajji ignored the man for over a week until the man had decided to travel back to the US. The man had come to the conclusion that his wife had fallen victim to a cult and had decided that he was going to cut loose. On the eighth day of his stay, he did not go with Maharajji but decided to take a walk alone around a lake near the hotel where they were staying. He thought about his situation and his marriage. During the walk, he did something unusual for him: he prayed to God. He asked God for a miracle, even though he was not a believer. No miracle happened the whole day.

The next day, the man set off on his journey back to the US. However, he wanted to say goodbye to Maharajji before travelling home, as he had been given food and a generally polite welcome. When Maharajji received him, he asked the man: 'Where were you yesterday? Did you go for a walk by the lake?' When the word lake was mentioned, the man was overcome with a strange feeling. Maharajji continued, 'What did you do at the lake? Did you go horse riding? No. Were you travelling in a boat? No. Did you swim in the lake? No.' Then Maharajji leaned towards the man and asked him quietly, 'Did you speak to God? Did you ask God for a miracle?'

Needless to say, the man broke down crying with joy. It was his admission, his permission slip. This trivial realisation, a realisation that Maharajji could not have known, made it clear to the man that Maharajji was much more than his appearance, namely that of a fat man in a woollen blanket sitting on a wooden table all day. He could see the real man through all illusions. He knew everything. The man now gladly touched and fondled Maharajji's feet.

Maharajji saves a life

This story took place during the Second World War (see [18], page 185). Maharajji had visited one of his devotees at home and had spent the night with the family. During the night Maharajji tossed and turned until right the middle of the night he woke up and suddenly demanded that his devotee to wash the blanket he always wore in the river. He was to do this immediately! The bewildered devotee asked him, slightly exasperated, if it was really necessary as it was the middle of the night and pitch-black outside, but Maharajji insisted. The devotee did as he was asked.

When he came back, Maharajji tells him: ‘Your son was attacked by Germans tonight. He got stuck in the mud while trying to rescue himself and the Germans shot at him. All the bullets were stuck in my blanket and the heat was driving me crazy. Now that the blanket has been washed, I feel much better.’

The devotee’s son had been serving in the British Army. Days later, when Maharajji had moved on, the man received a letter from his son, who confirmed the story: ‘Some unknown power has inexplicably deflected all the bullets and I am unhurt’.

Maharajji trains Ram Dass after his death

This is a very funny story full of magical moments. Ram Dass and Maharajji had a close relationship. In the mid-1970s, Maharajji left his body and returned to Oneness, but Ram Dass was still very unsure about his training. He was plagued by self-doubt as to whether he was ready to help people spiritually. What if he made mistakes?

Over the years, Ram Dass had thought about continuing his training in India, but was riddled with doubt. In the midst of much doubt, he suddenly got a call from a friend saying that he absolutely must visit a woman in New York because Maharajji is waiting for him with her and that Maharajji would like to speak to him through this woman – in the form of a so-called ‘channel’. Ram Dass very much doubts his friend’s story, but another good friend convinces him to go anyway.

The woman in New York, to put it mildly, is not at all amused about her situation. She had originally tried to lose weight by doing certain breathing exercises and it turns out that she involuntarily or unconsciously began to meditate and channel as a result. Her first encounter was with Jesus, which was so beautiful that she wanted to repeat it, but then, and much to her surprise, some fat guy in a blanket showed up – Maharajji. He had come to help Ram Dass complete his training.

The account is very entertaining, not least because the woman had a very jealous husband and because Ram Dass and his friend had to sneak into the woman’s house for the channelled sessions while the husband was out.



**The more you are
focused on time —
past and future —
the more you miss
the Now, the most
precious thing
there is.**

Eckhart Tolle

Chapter 5 Gratitude

Due to my lack of felt spiritual experience up to this moment – I haven't had an NDE nor an OBE or similar – I cannot fully describe the concepts mentioned above from personal experience. However, the many NDE and OBE accounts that I have researched for this book, I have been able to understand from a mind point of view, the true nature of our existence. I very much hope that you feel the same way. I'm immensely grateful to all of the people who have shared their personal stories.

Gratitude plays an important role in everyday life and one way you might like to incorporate this into your daily life, would be to write a gratitude journal in which you write down everything you are grateful for in the morning or evening. The background to this is that thoughts of gratitude have certain vibration (vibe) or frequency, which can actually be measured in a laboratory. These frequencies are important for both us and the collective, and for Oneness.

As we have learned, everything is connected to everything else and every thought we have affects collective consciousness. As a human being, this is hard to grasp with the mind – at least I can't. But I can accept the idea. And I know that I have a lot of work to do here, as I have generally found it difficult to be grateful in my life so far.

The whole concept still has to become a lived reality for me too – gratitude for everything in life, regardless of whether they are positive or negative from a human perspective. Negative experiences in particular have changed me. As I wrote at the beginning, without my health problems, literally none of my health books would have been written. I would never have gone deeply into topics of biochemistry and orthomolecular medicine, and nutrition, and very possible also not into topics of spirituality and the essential questions of our existence. In my case, a lot of life and the deeper life questions were put to the side in favour of a good bottle Châteauneuf-du-Pape and a great TV series.

So, I am grateful for everything that's been on my path so far. Even the not-so-great stuff. With my knowledge today, I've been able to help many others like me.

Being grateful for the not-so-great, whether that's loss, personal pain or illness can put you on a path to meeting people you might never have met –

and letting go of the people who weren't right for you in the first place.

5 basic elements

What we should definitely take away from the many near-death experiences is the essential importance of the following five basic elements for a good life:

- Love
- Acceptance
- Forgiveness
- Gratitude
- Compassion

To reach heaven on Earth, practicing the above for yourself first, then maybe in your community, too, will push the needle on creating a good life for everyone. Accordingly, there is no tallying up of our actions and deeds, nor any judgement, as Oneness says verbatim in Walsh's book (see [11]):

‘What kind of a God would I be if I created free will and then passed judgement on it.’

The thing to remember is that contrary to what we might think (through our culture upbringing or religion), Oneness isn't keeping score of our good and not-so-good deeds. From the many NDE accounts I've gone through, we are the ones who keep score on our deviation from the five principles above. Many NDErs also say, upon reflection of their life review on the other side, that they wish they'd known how every single thought affects everything.

Living in the here and now

One of the most important teachings of many people with NDEs is to live in the here and now. But what does that mean? As humans, we're pretty good at losing ourselves in the past or the future. We mourn moments and opportunities from the past and allow this to negatively influence the here and now. We see now time as not really worth living because we mourn the opportunities from the past. Another way of ignoring the here and now is to look forward to the future. 'When I'm retired ... When I've moved there ... When I've bought that car ...' The important thing, however, is to learn to live in the here and now and to enjoy the here and now.

I understand (as I also deal with chronic illnesses in my biochemical books) that this is difficult if you're in a place of suffering or have a serious illness. I can absolutely understand that (speaking from experience). This may be the subject of a separate book, although I'd like to recommend Gary Holz's book (see [12]) for more on this topic.

Let's summarise (and this is also a topic that I need to learn for myself). We must learn to live in the here and now. Enjoy the moment. The ancient philosophers taught us nothing else:

Carpe Diem

We have to (re)learn to savour the little moments and tune into all of our senses in the Now – such as an espresso after a wonderful meal or hugging your kids after school. To (re) learn that life isn't always just about doing, doing, doing all the time. How about simply being in the Now? Take a breath and notice your BEing. And enjoy the good moments in life: Reading a book, listening to music, going out for a meal, having great conversations, being with others, and recognising these moments for what they are:

Wonderful moments that are always with you



**The primary cause
of unhappiness is
never the situation
but your thoughts
about it.**

Eckhart Tolle

Chapter 6 We are so much more

I hope that my way of proving our true existence has been accessible to you.

We are so much more than this earthly existence

Some regard this life as a simulation or a game. I like to subscribe to the idea that we are here to learn at least one thing or theme for ourselves – and therefore for Oneness, as well – be it patience, love, community or even difficult topics such as loneliness, despair or aversion. Oneness also stands for all-that-is and if you take this literally, then ‘we’ alias Oneness also want to experience everything, so both the good and bad.

It took quite some time for this realisation sink in, especially as I have also slowly been introduced to the notions and ideas of what Oneness is at the ‘tender age’ of 50 – and this over many months of books, interviews and conversations.

This book is also quite irritating and unbelievable for some people who have lived from a more dualistic point of reference and in isolation of Oneness. My idea at this point would be to read through the NDEs again at your leisure. You might even want to go back and review the material I reference, esp. the YouTube interviews. Take your time to watch these experiences and look into eyes of those who have been brave enough to share their account. Listen with your heart and less with your head (I should know!). Your heart will tell you whether all of this rings true for your or not, because as I have described in detail, it doesn't matter whether you believe it or not:

We all carry the truth and the connection to Oneness within us

For me, there have been several repercussions of the knowledge I've gained and I'd like to address these at the end of the first book. I am deliberately not describing all of the concepts and possibilities in this first book, as I believe that would be too confusing. It is important to me that you, like me, understand who and what we are. Why we are here and that we don't have to be afraid of life and therefore also not of death, as death is merely the moment when we focus our consciousness back on our Home. A small outlook at this point is on the topic of focussing, because that was also the topic of Robert Monroe, who managed to focus his soul to explore other places, realms and dimensions through meditation (see [37]). This is a technique that can be learned and a technique that is often ascribed to yogi

masters. If you don't know the basic principles of our existence, it's almost impossible to fathom, after all, there's a lot you can't believe if you don't yet know it.

As far as the subject of spirituality is concerned, I will deal with this in a second book or a second edition. My goal up to this point has been to provide you, dear reader, with an entry point into the topic of what we truly are and that NDEs and OBEs simply cannot be discounted as nonsense. I'd like to give you an example from the field of medicine – an example of nonsense that later came to revolutionise how we see things.

The Hungarian Ignaz Semmelweis (surgeon and obstetrician in the 1800s) was interested in why so many women died after child birth. He observed that women were much less likely to die if they were cared for by midwives rather than doctors. How could that be?

Disinfection was a foreign concept at the time and cleanliness was equated with good pedigree instead of good hygiene (which didn't exist as a concept back then). It was therefore completely normal for doctors to finish dissecting a corpse and then head straight to the labour ward without washing or disinfecting their hands.

In 1847, it wasn't accepted among the medical profession that germs were responsible for infection.

Semmelweis documented his successes with hand disinfection, but was laughed at and ridiculed for doing so and was finally locked up in a psychiatric ward for propagating nonsense ideas about germs that countered the status quo and ruffled feathers at the time. He died while still institutionalised.

Admittedly, his method of hand sanitising was not at all good for the hands, which may have been one of the reasons for his rejection, but he is regarded as the founder of the hand hygiene and disinfection practices we still see today.

Integrity

I'd like to come back to this very important topic at the end of the book and tell you a little story about Ram Dass. After his first time with Maharajji, Ram Dass wrote his first book *Be here now*. The book was published in the US and was all about his guru, Maharajji (see [17]). In 1971, of course, you didn't have print-on-demand services. Instead, you ran a batch through a printing service and hoped you'd e'sell all of them.

On one of his trips back to India, Ram Dass proudly took a book with him when he next went to reunite with his guru. He had just commissioned a printer with a new edition in advance, as the book had been selling very well.

Maharajji, however, found an error in the book that he could not accept and told Ram Dass that he was okay with the error, as long as Ram Dass hadn't known any better about the error. The thing is, that Ram Dass did know better and immediately realised that he wouldn't be able to sell the newly commissioned printed editions.

Ram Dass desperately tried to reach his publisher to stop printing so as to correct the mistake if possible. However, he also knew that this would be almost hopeless as he had ordered the printing to be done before travelling. Ram Dass could see his entire investment go up in flames in his mind's eye as he continued to get a hold of his publisher. When he finally did get his publisher on the phone, he was told that they hadn't been able to start printing anyway because mysteriously, a page with a picture was missing. No one understood how this could have happened. The missing page was a picture of Maharajji.

What we're looking at with this example is integrity. It's absolutely okay to do something wrong. Only those who do nothing, do nothing wrong. But it's not okay to knowingly do something wrong.

We have almost completely lost this kind of integrity in society today, which is a very sad state of affairs. It is up to us to restore this form of integrity. Especially one we realise that we are all a part of God. Then, integrity becomes the standard.

The issue of integrity in general has always been a very important aspect for Ram Dass. How do you recognise a true guru or teacher?

By realising that this person doesn't want anything from you

Ram Dass also always emphasised that he didn't want anything from anyone. After all, he came from an extremely wealthy family and lived very well. He also turned down his family inheritance. And gurus like Maharajji lived this principle in its purest form. Maharajji had no possessions, he did not accept money. People were allowed to give him small gifts in the form of food, as this is also part of Indian culture, however, the food given to Maharajji was always distributed by Maharajji to everyone present throughout the day.

The value of one's own life

Natalie Sudman's answer to the question about the value of her life in the interview is so wonderful because it not only reflects the testimony of many people with NDEs, but also beautifully reflects the value of each individual life. We plan our lives in advance – and this with many other souls who either go directly with us on our journey or who help us with the planning. In concrete terms, this means that every life here on planet Earth is wanted, planned and honoured as soon as we return Home. Natalie experienced this honouring of her work on Earth during her NDE.

Thus, every life is valuable for one's soul development and at the same time for Oneness, that is, for all of us. We recognise these values of the current life as soon as we end our life and return Home. The elements of different lives also most certainly build upon each other. So don't be discouraged if your life isn't spectacular right now. Mine isn't either – I'd like to live a completely differently life than I do, but that doesn't seem to have been the plan this time around.

In concrete terms, don't orientate yourself towards what others are supposedly doing better, after all and as Roosevelt said, 'Comparison is the thief of joy'. Ignore the attention that we humans do or do not pay to each other. That is not important.

What is important is to

- Help each other as best you can.
- Be nice to each other. Never forget that there is also a part of Oneness in the other person, even if they don't realise it.
- Be honest with each other.
- Love

Ultimately, these are the values that Jesus tried to teach us. This is not to say that you should allow yourself to be exploited. 'No' is a complete sentence. But there are different ways to say no. This has also been an important lesson for me.

Illness and suffering

‘What lies in our way is the way.’

I’d like to conclude by returning to the topic of illness from the introduction to this book. I hope you now have a better understanding of our true nature. We are not just the human being that we currently perceive here on Earth. We are much more; we are an immortal being and nothing that happens on Earth during an incarnation can harm us. We may be unhappy with our choices in life, but Oneness will never cast us out as we are part of Oneness. We are loved beyond our human imagination and we are all Oneness together.

Still, you might keep asking yourself: Why did I burden myself with such a life? Why did I get ill? Why did I have this accident? Why did my beloved child, partner or pet die? Why did my partner, relative or friend take their own life? Thousands of such questions are lived and addressed to God, sometimes full of incomprehension and sometimes anger.

As I wrote at the beginning, not everyone likes the answers given, but that doesn’t make it wrong. We have chosen this life. We have chosen this suffering in order to learn something, even if that something is merely to learn how to deal with the emotions that go with it. It’s the emotions that our soul is interested in – it wants to have exactly the experiences we chose and to grow from them. For ourselves, but also for everyone else.

I have already written elsewhere that most souls queue up for the fates that are terrible from a human perspective. Fates such as living in the body of a severely disabled child. This is exactly how many people with NDEs describe or confirm it. Our souls want to experience many forms of suffering, as it is not possible to have such an experience on the other side – that’s why Earth is also lovingly called Earth School.

Natalie Sudman didn’t choose an easy fate, remember. She herself even remembers the work that went into choosing what injuries and disabilities she’d have after coming back into her body after her accident. All choices that she remembers actively making with other soul guides while back Home. Sudman says: ‘Most suffering comes from the resistance to accept the new condition, so to speak’. This means that one should not cling to the state one was in before an accident or illness, but instead to accept your fate, surrender to it and to ask yourself: How am I going to deal with this? What

lessons do I take away from all of this?

Incidentally, this is also the basic theme in Aboriginal healing (see [12]). First learn to accept your illness and then to love it. Then there is also the possibility of healing it. I know how difficult this can be. However, I hope that the descriptions in the many stories I've shared here, may help you to see the bigger picture.

Once you then realise that this life is just one of many lives to come, then the thought that not everything will work out perfectly in this life is no longer a bad thing at all. It becomes a little easier to accept your situation much better if you know that this is by no means the be-all and end-all, but just one of an infinite number of lives. Also, once you've overcome this suffering, you won't have to go through it again in the next life.

Like me, you might be asking yourself why there are other people out there with what seems like a supposedly perfect life? Some people with NDEs describe seemingly perfect lives as recovery lives between harder learning sessions or incarnations. The only disadvantage of living the perfect life, of course, is that you learn a lot less from a soul-growth perspective.

Letting go

Ich spreche an dieser Stelle ein Thema an, welches extrem wichtig ist für einen jeden Heilungsprozess: Das Thema Loslassen.

„Den größten Willen, den Du jemals brauchen wirst, findest Du in der Kunst des Loslassens.“

At this point, I'd like to address a topic that's important for any healing process: the topic of letting go.

‘The greatest will you will ever need is found in the art of letting go.’

This sentence comes directly from Oneness in the context of an NDE and does not only apply to overcoming illness.

But what does that mean?

As I understand it, all serious illnesses are based on an issue which, unfortunately, can even come from a previous life. And I say unfortunately, because it is harder to find. However, our soul wants to overcome this illness as part of its soul growth – be it in this life or in the next.

There are also therapists who specialise in precisely this and who can guide you through hypnosis to where the issue first arose. One address is the Michael Newton Institute. The exciting thing is, as I have already written, that this very topic of letting go is also the central healing concept of the Aborigines (see [12]). There you learn to accept, understand and ultimately love your illness so that you can overcome it.

The life story of Anita Moorjani described previously describes one such case. Anita developed her cancer as a result of the behaviours 'programmed' into her by her social environment. This is exactly what she was told during her NDE. By letting go of these conditioned behavioural patterns and, above all, by learning to love herself, Anita was healed and became a completely different person.

In addition to letting go, the topic of self-love is also a very important aspect on the path to healing. How much do you look after yourself? How much do you love yourself? The worst thing is when you can't bear to look at yourself in the mirror. That would be the exact opposite and an urgent appeal to work on yourself.

The worst thing that could happen?

All the people described in this book that have experienced an NDE completely lose their fear of death. In contrast, many had great problems accepting life on Earth again after their NDE. Their separation from Oneness and thus from the unconditional love that flows through us at Home seems to weigh heavily when you have just remembered it again. After all, it is our normal state of being at Home. On the basis of NDEs, however, we can also understand the remark when such people realise:

‘What could possibly happen to me?’

In the worst-case scenario, my body dies and I return Home. There is nothing that can happen here on Earth that could harm my soul. However, there are also NDEs that start out very bleak. These are souls that have lived very strongly in fear or selfishness. Oneness also calls these souls to himself, because Oneness makes it clear: He has given us free will, so it would be foolish to assume that he would chalk this up to us afterwards (see [11], page 40). Based on this statement, there is also no hell. The idea of hell has the easy-to-understand background of using fear to keep people under control or in check. Or to put it another way:

The only ones judging us are ourselves!

We are all masters

What I also only gradually came to understand is the full meaning of this succinct statement: we are a part of Oneness, Oneness is therefore a part of us and all together, we are Oneness or Source or All-that-there-is – call it what you will. You can also call it God – although the word God is religiously charged. It is not the churches or ministries with important-sounding names that have any authority over what or who God is (see [11], page 8).

We carry this truth within us

Each and every one of us is guided by Oneness every day through feelings and inspirations. This is the subtle and quiet way in which Oneness speaks to us and thus how we speak to ourselves (see [11], page 20). We are a part of the whole. This means that we also have a lifelong connection to Oneness. We are always connected to Oneness and therefore always return, no matter what we do (see [11]).

This is proven by the NDEs that are and have been experienced worldwide. Plato already reports on such experiences in his *The Republic* (see [S4], [30]). Surprisingly, the version from around 380 BC describes the same content as people around the world have experienced in the last 50 years, regardless of religion.

But let's come back to ourselves and our background. We are part of God and therefore able to influence our destiny. We 'only' have to realise that we are the master and creator of our world. Then we can change the quantum field and live our lives exactly the way we want to. We can heal any illness because we are masters (see [29], page 197). The universe will shape our life exactly as we imagine it, because we shape it ourselves. This power lies within us if we remember that we are masters in this game.

Remembering as a life goal

Many people with NDEs say that it is a life goal to understand this connection in their current life on Earth. Neal Walsh also receives this statement directly from Oneness (see [11], pages 28 and 52). Whoever can control the quantum field can

perform miracles. Ultimately, these are not miracles, but merely an understanding of our true existence.

Masters during their lifetime such as Jesus or Maharajji or many other gurus were able to perform miracles or control and change the quantum field. And it was none other than Jesus who said: 'Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done' (Matthew 21:21). If you believe, you will receive whatever you ask for in prayer.'

Healing

At the very end of the book, I would like to give you an outlook on the topics I am currently working on. Building on Ervin Laszlo's work on quantum physics and the quantum field, I am working on the subject of energy healing. This means understanding and applying Reiki, Quantum Touch and the Law of Attraction. I openly admit that just a few months ago I would have dismissed these realities as complete rubbish, because without an understanding of our true existence, which is not limited to this human body, it is impossible to imagine how such a thing could be possible. For those who are still in doubt at this point, which is perfectly human, yes, it takes a good amount of time to make the ego realise that it is only one aspect of our soul that is strongly overemphasised here on Earth. It is stronger in some than in others, but even masters like Buddha or Jesus had an ego. Without an ego, we are not able to survive on Earth.

I have also created a YouTube channel. This deals with NDEs and Reiki and energy healing. I am not dropping my biochemistry background, on the contrary and as described at the beginning, it is important to harmonise all three aspects of our being body, mind and soul.

Without a healthy body, neither the soul nor the spirit can fully develop. It is therefore important to love your body and give it the vital substances and nutrition it needs. I have written many books that explain in detail how to eat in order to strengthen the body.

As we are unfortunately not born with this knowledge, the body suffers one problem or another. The topic of the mind or psyche is also an important topic, as is the topic of self-love – of course without the narcissistic aspects. However, if you are struggling with a chronic illness, I would like to refer you to the great work of other authors. I can recommend the work of these great people to you:

- Ervin Laszlo (vgl. [42])
- Richard Gordon (vgl. [48], [49], [50])
- R.J. Spina (vgl. [46], [47])

Enlightenment

Many people will ask themselves: What comes after enlightenment? Here is a short Asian story:

Milarepa had searched everywhere for enlightenment, but found no answer anywhere. One day he saw an old man slowly descending a mountain path, carrying a heavy sack over his shoulder. Milarepa knew instantly that this old man knew the secret he had been desperately searching for so many years.

‘Old man, please tell me what you know. What is enlightenment?’

The old man looked at him with a smile, then let his heavy burden slide off his shoulder and straightened up.

‘Yes, I see!’ cried Milarepa, ‘My eternal thanks! But please allow me one more question: what comes after enlightenment?’

The man smiled again, bent down and picked up his heavy sack. He put it on his shoulder and went on his way.

I would add: In my life, the sack has become much lighter. My fear of death is no longer in my sack. And my ego’s need for recognition is also considerably reduced. In addition, I can now focus on the really important aspects of our life on Earth, namely living together authentically and lovingly. Helping each other as best we can and gaining experience. These are the only things we take Home with us.



**I am not one or the
other. I am both.**

*Oneness upon being
asked if they are
male or female*

Chapter 7 Appendix

I very much hope that by sharing some profound NDEs in this that we are not reduced to this earthly existence alone, but that we are a part of God (Oneness, Source) and that after our life on Earth we return to our true Home, to Oneness.

I myself have come to this realisation through the many NDEs that have provide proof (to a stoic left-brainer). However, I have a few more stories for you that are simply too beautiful not to summarise briefly.

Stephen Weber

Stephen had an NDE as a result of a serious motorbike accident that he should never have survived. He was hit by a lorry while turning and was seriously injured.

Years later, he went for a walk on the beach with a good friend. His friend had turned to Saint Germain (a master-like being, much like Buddha or Jesus) in prayer during the Covid crisis. As a sign that Saint Germain was with her, she asked to find a piece of violet glass that day, but the two of them walked along the beach without seeing such a piece of glass. Suddenly, a Dalmatian puppy came running up to them and played with them. The owner came a little later and apologised profusely, but Stephen had great fun playing with the puppy. He asked her what the puppy's name was? The name was Violet (also the colour associated with Saint Germaine).

But that's only part of the story. They met the woman and her puppy again on the beach a few days later and they got talking. Stephen asked her why she had named the puppy Violet and the woman replied that it was because of her recently deceased son. Stephen himself had also lost his son a few months earlier and the two became good friends and were able to help each other overcome their shared pain. Coincidence? Possibly, but also very unlikely. Because these are exactly the kind of coincidences the universe works with. At the end of the interview, Stephen briefly summarises what is most important to him and what we should strive for in life, namely loving, human connection.

David Ditchfield

David Ditchfield's NDE is interesting in that a person who doubted himself a lot and primarily kept his head above water by doing temporary jobs became an artist. David was accidentally swept away by a train when his jacket got caught in the door. He suffered very serious injuries and had his NDE in hospital. He was not only helped physically; he also realised that a great deal of work had been done on him back Home on a psychological level.

The art that David created following his recovery is remarkable – given that you'd normally need a lot of training and knowledge to create the art that David does – David was never formally trained and could simply paint the way he does after his NDE. You can see the paintings for yourself.

Before his experience, he would never have thought of daring to make art like this. He also composed a piece of music, which was premiered by an orchestra and was a sold-out success. David, it seems, had come back with astounding gifts.

Nancy L. Danison

Nancy Danison experienced a total of three NDEs. The special thing about Nancy's memories is that they are extremely detailed and long. In her life review, she relives many thousands of scenes from very different lives in different life forms. If you are interested, I recommend the books Nancy has written. I would like to give you just one aspect here, which shows that humour is not lost on us in our true form:

Nancy meets five beings of light in her NDE, who are totally happy to see her. Nancy remembers the five and knows that they are close friends. They ask her: 'Tell us what your life was like because we thought it was absurdly ridiculous that you incarnated as a human being. We thought you were completely unsuitable at playing a human.'

Lloyd Rudy

I'd also like to briefly quote a story from a book by Wolfgang Knüll. It's the story of the heart surgeon Lloyd Rudy (see [56], page 80). During a heart valve operation, the attending team of doctors failed to get a patient's circulation going again after a previously successful operation. After an hour of resuscitation, the patient was pronounced dead. Afterwards, Rudy talked to his senior physician about this negative outcome. The conversation lasted about 20 to 25 minutes.

Suddenly, the ECG started showing vital signs again – it had still been connected to the patient – so Rudy called all of his attending team back into the OR to successfully complete the operation after all.

The patient had demonstrably been without oxygen supply and cardiac activity for 25 minutes, and yet made a full recovery. But it gets even better. The patient was later able to describe all surgery details, including some Post-its that had been stuck to a monitor by an attending nurse during the surgery. The patient was also able to remember Rudy's conversation with his senior physician.

It was medically impossible for the patient to have been able to perceive these details, but they were confirmed by the entire medical team and a renowned heart surgeon.

In his book, Wolfgang Knüll describes a similar story from another heart surgeon as well as NDEs described by other authors in which patients simply should never have made it back, so to say.



**Home isn't a place.
It's a way of BEing.**

Ingrid Honkala

Chapter 8 My own spiritual journey (so far)

My spiritual journey began in autumn 2023, and by working on this book I have understood the basic tenets of our existence and hopefully described them in an understandable way. However, what I have heard again and again from many spiritual teachers is that nothing replaces personal experience, and I agree. It's one thing to grasp a concept intellectually. It's quite another to have your own experiences. But I didn't have any, so what could I do? I booked an appointment with Vincent Tolman.

My appointments with Vinney

On 20 February 2024, I had my first appointment with Vincent Tolman aka Vinney. On the one hand, I was very curious, and on the other, I wanted to have at least one experience of my own for this book. And that's exactly what happened. Vinney couldn't have known much about me (I'm not big on having an online presences) and the information that came from Vinney in the course of our conversation, simply astounded me – he simply couldn't have known what he did. Heres' what happened:

- That right at the beginning, Vinney knew through my mum that I had a piece of paper lying in front of me. A list that I'd prepared for our conversation. He couldn't have seen it, as it was lying directly in front of me (my webcam only captured my head and shoulders). He told me: 'Your mum's showing me a piece of paper with bullets that we should go through.' And indeed, this was true. I'd created a list of bullet points.
- That I had suffered a trauma as a six-year-old child (pneumonia).
- That as a child, as part of my soul plan, I had been bitten by a dog. (I had and I'd completely forgotten about this event).
- That my mum and sister had always had very different opinions on things. (True.)
- That I have round skin discolorations (from a previous life in which I was stabbed). A funny detail: Vinney's spirit guides had said they were on the front of my chest whilst my spirit guides said they were on my back (they're on my back).

- He told me why I had been so afraid of burglars trying to kill me as a child and that this fear had come from a past life in which exactly this had happened. (I had had a terrifying fear of being left alone as a child.)
- That my mum and I, before our life here on Earth, had chosen our health issues so that I would ‘wake up’ in life and acquire all the knowledge I have on the subject which has led to my writing 9 health books and to helping many others like me. (Mum died of health complications at 65.)
- That my dad drank far too much alcohol for a few decades (sorry, pops, it’s true).
- Vinney knew I didn’t have kids.
- Vinney knew what colour briefly flashed before my eyes in response to a question. He said: ‘You just saw pink. And I also see that you saw that colour. Your ego has just wiped that away. You’ve got a very strong ego!’ I had seen pink and then had dismissed it just as quickly as it had come. Unfortunately, the bit about my strong ego is true in all respects. My ego’s in the way big time in terms of my spiritual access and I’m working on this.

So there it is. Take it or leave it. Don’t believe a word I say. Go look things up, do the reading and the research yourself and feel your own feelings and make up your own mind. That’s what I did (being a left-brainer and all that). Some experiences will convince you to your core just like a lot of what Vinney could tell me in a 90-minute session – you just can’t make this stuff up.

Closing words

I’d like to close this book with the words of Jose Hernandez, an electrical engineer who also experienced an NDE.

‘Create good experiences in life, because those are the things you take Home with you’

Chapter 9 Glossary

Akashic Records

The Akashic Records are a field that stores all information about all souls. To put it bluntly, it is the largest cloud storage system that there is.

Angels

According to the experiences of people with NDEs, an angel is a light being like us who helps us in our earthly existence but has not yet incarnated on Earth.

DMT

Dimethyltryptamine. DMT is structurally similar to psilocybin (magic mushrooms) and is known to produce short-acting and intense visual hallucinations.

Ego

The ego is a part of us that allows us to survive very well on planet Earth. In this earthly life, the ego is strongly emphasised, which is no longer the case in our true form as a soul. Nevertheless, our ego is not lost, we retain our specialities and therefore our 'I' with all its subtleties and quirks.

God

See Oneness.

Home

Home describes our true and infinite dimension of existence, in which we, together with all other beings of light, form Oneness or represent an aspect of Oneness. As soon as we leave the human body, we sense that this form of existence and dimension is our true Home.

Life review

After our life, a council of elders (group of elder souls) usually conducts a life review with us, in which we relive many scenes of our life including our thoughts and feelings from the perspectives of all of the people involved.

Light beings / Spirit Guides

We ourselves are beings of light in our Home. Other beings of light (spirit guides) help us to fulfil our planned tasks in this life. Some people can see light beings after their NDE and can communicate with these light beings. A few can do this from birth. It is not uncommon for such people to receive psychiatric treatment for their 'disorder'. (Society is still in its infancy in dealing with the situation because it's still largely in its state of forgetting or the veil is still too strong.)

Medium

A medium is a person who can communicate telepathically with beings of light. People who have an NDE often acquire this ability. Some small children also have this ability for a while, but it is often suppressed out of fear, shame and a lack of understanding on the part of adults – this gift is then often lost.

The Windbridge Research Centre certifies people with such characteristics (see [S8], [S9]) on the basis of scientific standards.

NDE

Near Death Experience.

OBE

Out of Body Experience.

Oneness

It is the energy that is everything, everywhere all at once and of which we are a part. We all together form Oneness. You can also refer to Oneness as God or the Universe.

Soul

Our true existence as a being of light and a part of Oneness.

Soul contract

In our soul contract, we determine before our earthly life what we want to learn and experience in this life – we do this with the help of other souls. Many important milestones are included even though we still have free will. The same goes for so-called exit points (or exit opportunities). The soul contract can therefore also change. Some people with NDEs report that they have been told that they have not currently achieved their goal (and are therefore given the opportunity to return).

Veil

The veil of forgetfulness that we acquire as soon as we incarnate as a human being on Earth.

Source

See Oneness.

The Great Spirit

See Oneness.

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Chapter 13 About Robert Krug

I have always loved solving problems. That must have been one of the reasons why I studied business informatics in 1994 and why I have been so passionate about programming software.

My path to holistic medicine came out of necessity, as I fell ill myself in 2016 and unfortunately found no relief or founded help from conventional medicine. So, I started to deal with my problems myself – bit by bit, day by day, reading and researching hundreds of scientific papers and medical and alternative medical publications to get to the bottom of what was causing my suffering.

I've taken the same approach to most things in my life and so, this journey of questioning and finding answers has taken me from solving IT problems to biochemistry problems to the spiritual. I'm sure my journey won't end here ...



More about Rob

Find me at www.robertkrug.com and at [@_robertkrug](https://www.instagram.com/_robertkrug) on Instagram.

Or search for ‚Lass uns drüber reden‘ on YouTube.



Additional non-affiliate link recommendations

<https://www.bigelowinstitute.org/>

<https://www.newtoninstitute.org/>

<https://www.guylawrence.com.au/>

<https://www.nderf.org/>

<https://www.monroeinstitute.org/>

<https://iands.org/>

<https://www.windbridge.org/>

<https://www.arthurfindlaycollege.org/>

I'd also like to personally recommend the following YouTube channels:

- „Empirische Jenseitsforschung“
- „Thanatos TV“
- „Guy Lawrence“
- „Next Level Soul Podcast“
- „Jeff Mara Podcast“
- „Wisdom from the North“
- „About Freedom Show“
- „IANDSvideos“
- „Shaman Oaks“
- „Roberta Grimes“