

VITAL SIGNS

Building Global Understanding of Near-Death Experiences

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The In Between

by Jim Bruton, Plane Crash Survivor & former War Correspondent



I appear on the concrete terrace of an abandoned and decrepit skyscraper, on my right knee but with my left foot planted firmly on the ground. I look up and see an amazing, panoramic skyline of a purgatorial city... the ruins of gray buildings stacked upon gray buildings, stretching all the way back to a brooding skyline. Apocalyptic clouds hover over the metropolis, storm-heavy. In this gothic world, there are no sounds. I'm not deaf, it's just that quiet. Kneeling in its shadow all along, I suddenly notice to my left the only real thing of interest - a large egg-shaped structure formed of open latticework, filled with gears. Monolithic. Austere. And finely crafted--the egg is maybe four stories high, its intricate lattice constructed of a hard material as gray as the world surrounding it. A wave of nausea hits me and I say out loud, "I don't think I can stand this."

Inside the egg, there is an immediate whirring of the sector gears - the kind you

see in clock-like mechanisms. Free-floating in space, these move in all directions within the confines of the egg. Curious, I draw closer, studying the egg and its moving gears within. "What is this thing?" As I stand before the egg, a disembodied VOICE responds within my consciousness,

This is the future birthing into the now.

I see the gears...some which appear solid and some not - passing through each other in a physically impossible manner. The otherworldly dance of the gears is complex, like a 4-D model of time. They come to rest and I reach through a gap in the side of the egg.

This is the process of Becoming.

My fingers brush one of the more solid appearing gears. As I touch it, within my mind, I see something like a video feed of



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IANDS is a 501(c)(3) nonprofit organization devoted to the encouragement of research, education and public information in the field of near-death studies and to the emotional and psychological support of individuals who have had a near-death experience.

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IANDS VIRTUAL CONFERENCE PLANS FOR 2020 TO BE ANNOUNCED SOON

by Jacqueline Arnold, IANDS 2020 Conference Chair

Dear IANDS Members and Friends,



First and foremost, we are so grateful for all of you! You are the heart of IANDS, and our organization would not exist without the love and support that each of you gives. You can be proud of the work we do together to provide research, education and support groups regarding NDEs and similar experiences for a world shaken by the current pandemic.

Because of these challenging times, the IANDS Board has been faced with difficult decisions. Although we all dearly love our annual in-person conference, we have had to accept that even by Labor Day, the COVID-19 outbreak may pose a risk to the health and safety of our members, speakers, and attendees.

It is with thoughtful consideration that the Board has decided to cancel our large hotel-based, in-person conference in Salt Lake City (Sept.3-6, 2020) and switch to an online conference or perhaps a series of smaller virtual conferences. In any case, you can trust that the Board is working hard to find a platform suitable to bring the spirit of the IANDS Conference to you.

Moving to a virtual format presents advantages, as well as challenges. First, many people who might be unable to attend a conference in person will be able to join with the larger IANDS community online. Also, registration fees will be much less, making the event(s) available to almost everyone. In addition, we hope to attract more international participants, allowing for greater diversity.

Importantly, many of our 2020 speakers will still be available to you through our online conference(s), imparting the messages of Near-Death Experiences and other related experiences, needed now more than ever! We will keep you posted as to dates, registration, etc. Please check the IANDS website at: conference.iands.org and ISGO™ (IANDS Sharing Groups Online) for updates. See: isgo.iands.org/events for online participation opportunities now!

Many of you may not be aware that the annual conference contributes to the financial well-being of IANDS, and we depend upon it for revenue to continue our work throughout the year. Therefore, the unavoidable decision to cancel the conference may have serious financial consequences for IANDS. If you would like to make a donation to help us through these unprecedented times, please visit our website at Donate to IANDS

<https://iands.org/about/helping-iands/donate-to-iands.html>.

With gratitude for your understanding and patience. Please stay healthy and safe!

IANDS Board of Directors, services@iands.org, 919-383-7940

WELCOME NEW BOARD MEMBERS

JAN HOLDEN, EdD, LPC-S, NCC, ACMHP



Janice Miner Holden grew up in the northwest suburbs of Chicago, Illinois, USA. After earning a Bachelor of Science degree in psychology with honors from the University of Illinois, she taught high school psychology for 11 years and was a high school counselor for one year while she earned her master's and doctoral degrees in counselor education

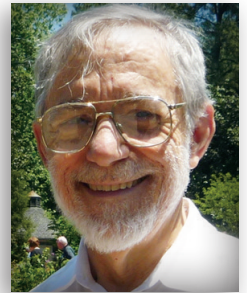
at Northern Illinois University. Since completing her EdD in 1988, she served 31 years as a member of the University of North Texas (UNT) Counseling Program faculty—12 of those years as chair of the Department of Counseling & Higher Education. In 2019 she retired as professor emerita of Counseling.

Beginning with her doctoral dissertation, Dr. Holden's primary research focus has been counseling implications of near-death experiences, after-death communication, and other transpersonal experiences—those that transcend the usual personal limits of space, time, and identity. In this research area she has over 50 refereed journal publications and over 100 national and international presentations. She served as lead editor of the 2009 *Handbook of Near-Death Experiences: Thirty Years of Investigation*, and she co-edited the Association for Spiritual, Ethical, and Religious Values in Counseling's (ASERVIC's) 2017 *Connecting Soul, Spirit, Mind, and Body: A Collection of Spiritual and Religious Perspectives and Practices in Counseling*. Among her professional service was three years as president of the International Association for Near-Death Studies, and since 2008 she has served as editor-in-chief of the association's scholarly *Journal of Near-Death Studies*.

Jan is a Texas Licensed Professional Counselor-Supervisor, a National Certified Counselor, and an American Center for the Integration of Spiritually Transformative Experiences (ACISTE [pronounced "assist"]) Certified Mental Health Professional. For her career-long research on and advocacy for people who have had transpersonal experiences, Jan was awarded ASERVIC's 2013 Research Award and the American Counseling Association's 2015 Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person. For her outstanding and sustained contributions to scholarly-creative activity, teaching, and service, Jan received the UNT Foundation's 2019 Eminent Faculty Award, one of the highest faculty achievements whose recipient serves as an inspiration for the entire UNT community. In her retirement Jan is continuing in her role as Journal editor, adjunct teaching graduate counseling courses, and pursuing various scholarly activities. In early 2020, she served for 10

days as an International Visiting Scholar at Massey University in Palmerston North, New Zealand. And, of course, she recently returned to serve as a member of the IANDS Board of Directors.

ROBERT MAYS, BSc



Robert Mays graduated from MIT with a BSc degree in chemistry and worked in software development at Kodak and later at IBM Corporation, where he achieved the level of Senior Software Engineer. In retirement he taught high school chemistry blocks at a number of Waldorf schools in the US. Over the past 50 years, Robert has served as the treasurer, vice president or president on the boards of 6 non-profit organizations, including the Emerson Waldorf School in Chapel Hill, which he and Suzanne helped to found in 1983. Robert served as treasurer on the IANDS board from 2009 to 2018. Robert has also assisted with the technical aspects of IANDS operations, including the IANDS Neon membership system, the IANDS web sites and the IANDS YouTube video channel.

Since 2005, he and his wife Suzanne have been engaged in NDE research and the implications of NDEs for understanding consciousness and neurological function. They became members of IANDS in December 2005. They have published 5 research articles in the *Journal of Near-Death Studies*, wrote the foreword to the IANDS publication *The Self Does Not Die*, and made over 20 presentations of their research at IANDS conferences and other venues. Robert helped edit and publish 3 books for IANDS Publications, most notably the English and Spanish translations of *The Self Does Not Die*, by Titus Rivas, Anny Dirven and Rudolf Smit.



MARTIN TANNER, JD

Martin Tanner has a Bachelor of Arts in Business Finance with a minor in Japanese from the University of Utah and a Juris Doctor from J. Reuben Clark Law School, Brigham Young University. In 1990, with Arvin Gibson and Lynn Johnson, PhD, he co-founded IANDS of Utah, Inc., one of the earliest and largest IANDS affiliates.

Since 1989, he has hosted a radio talk show on KSL Radio, on which he has interviewed Raymond Moody, MD, PhD, George Ritchie, MD, Melvin Morse, MD, Kimberly Clark Sharp, LICSW, and hundreds of others who have had or researched near-death experiences.

IANDS STELLAR SPEAKER SERIES

By Chuck Swedrock, IANDS Treasurer and Stellar Speaker Series Creator

There may be no more difficult a task before us than to reiterate what we know and have learned from sharing near-death and similar experiences. In this time of it appearing to be a world in turmoil and chaos, we who affirm the positive nature of reality are put to the test. Thus, I am led to share this message received by a friend who channels a source that prefers to have No Name yet clearly has a perspective worth paying attention to...



to be is in no way threatened by what is happening in the world out there!

What ISGO events do, and the Stellar Speaker Series will reinforce, is bring us together in a virtual online platform on the internet that is the closest thing available to being with each other at an in-person event like what could be found at an IANDS Group meeting or at the annual IANDS conference. The positive energy exchange of being together at an

“Be not afraid; be not worrisome of heart for what abounds around the confusion of many comes not to touch the souls of those facing the way home.”

Cryptic, perhaps a little, but totally on target for the lessons from IANDS studying and affirming a spiritual reality contained in these experiences ... *The Self Does Not Die* (© 2016, IANDS). Affirming this reality in our thoughts and actions provides the best manner by which we can help and serve so many others that do not have this perspective.

Alright, how does the above message apply to an article in Vital Signs intended to communicate about IANDS Sharing Groups Online (ISGO™) and its newest feature, the IANDS Stellar Speaker Series? Simply, the greatest thing we have to give each other is the camaraderie that comes from interest in, and the sharing of, that basic message from these experiences... the essence of who we are and will continue

ISGO event is not the same as being together in-person, but the intent is to make these events feel as close to that kind of connection as possible.

The Stellar Speaker Series, for example, is being designed to be the same caliber as keynoters and experiencers sharing at a conference, even including one of the most popular conference events, experiencer panels using different themes such as NDEs, shared-death experiencers, researchers, healthcare/hospice providers, etc.

So, plan on RSVPing for a few of these IANDS Sharing Groups Online events for what best serves your interest whether it be a small sharing group session or a large audience-oriented event like that found at conferences. Hope to see & hear you there soon!

On a special note, especially be watching for free events to meditate or have occasional interest-based talks/discussions to serve a broad range of topics.



Dean Radin

Saturday, May 2nd @ 9:00 PDT | 12:00 EDT



Award winning author, prolific speaker, honored professor, and prominent scientist, Dean Radin, has spent the last three decades on the frontier of the study of human consciousness.

What was it like to be on the path of discovery that took charge of his life? Join us to hear this adventure unfold in his own words and perspective...

Suzanne Giesemann

Saturday, May 16th @ 9:00 PDT | 12:00 EDT



Formerly a U.S. Navy Commander and aide to the Chairman of the Joint Chiefs of Staff on 9/11, Suzanne Giesemann is now recognized as highly credible spiritual medium by noted afterlife researchers and organizations.

Join us as Suzanne shares her life with us and provides stunning evidence of the existence of a universal consciousness and a deep interconnection between all things.

The In Between... (Continued from page 1)

future events. Then I double over in pain. With a reflex, I rip the gear out, pulling it through the egg's lattice wall and throw it over my shoulder. The machine responds by spinning its gears around again, recalibrating for the loss of one, whispering with a light clacking sound into a new configuration.

"What's happening now?"

Each gear is the probability of a thought, word or action in your future. Your destiny is resetting itself around what you have removed.

"How did I know I could do that? Pull that gear out, removing that future moment?"

Why else are you here?

"I have no idea. I don't even know what this place is."

You are in the In Between.

"In between what?"

Everything. The Impossible Now between the past and the future.

"That makes no sense whatsoever."

It's impossible in its short duration. Yet here you are, standing inside the eternity of a single moment. Do you remember who you are in the world to which your body belongs?

I look blankly into space, squinting with the effort to remember.

"I have no idea."

Then you see the truth in how the past is dust.

"OK. Why do some of these gears- these futures that I touch- make me sick and not others?"

All choices have unintended consequences, some unfortunate and some not. The pain each brings is your guide.

"Where are the gears that feel good?"

You're not here to feel good.

A new gear swings into view. On this one I see a Ferris wheel and happy grandchildren whizzing by, fingers grasping their car, LAUGHTER... they smile at me, or through me, looking off into their own world. Obviously, I let that gear pass by.

More gears emerge within view, some passing through others, several clear and definite, many less so and hard to focus on, though all bringing with them their clear images of meaning. Each time they come to rest, I pull out a gear that I feel by my pain to be to my future detriment.

At one point I look at the growing pile of gears. "It's starting to look like if I don't have a bad future then I have no future at all. Even though I now feel less pain, am I going to die sooner from doing all this?"

Your destiny has to fit itself around futures that aren't meant to be. Your number of breaths are already counted. I will worry about your last one.

"I don't know how comforting that is."

Eliminating bad choices doesn't mean you won't make wrong ones. You won't know they are wrong until after they pass. Since right and wrong are variables over which you have no control, the answers to what comes tomorrow are a waste. Better is understanding the beauty of how everything fits and re-fits together.

"So what am I missing here, in my lack of understanding?"

What is clearly before you. Grace. No one deserves heaven - it can only be given by Grace. It is your birthright, but it must be chosen, at the expense of the world that separates us.

"This fixing my future is painful. And I feel ashamed that I'm not doing it with some moral compass. I'm only guided by pain. I don't even know where or when these futures happen."

Where is no more important than what or when. Removing your enthusiasm to further chain yourself to the world isn't as painful as carrying the crushing weight of those chains, once forged around you.

"It's as if this place was made so that I can only do one thing and one thing only, with no chance to screw it up."

If those with choices make poor use of them, then offering fewer possibilities could be called mercy.

I watch a gear disintegrate into dust as it passes out of view, from the present into the past.

You can't change the past. But you can make better choices in the future. Everything is interconnected. And pay more attention to your relationships. Be gentle with everyone, as I am gentle with you.

"Gentle? What's gentle about all this?"

You prayed for something for which being here is the answer. And now the man who fell from the sky is not the same who flew into it.

I look up into the stone-gray sky and then out across the seemingly dead and abandoned city. I look back to the egg and reaching up, place my hand upon it. And I say out loud: "I think I can live with this now."

I wake up in a hospital. I am told that my plane crashed and the doctors run down the list of all my injuries. I discover that I was put into a coma upon my arrival and was kept there for 1 week. For that entire time, I was in the In Between and did not stop yanking out those gears in order to feel less sick. But time doesn't seem to move at all there and it's not like I had a physical body that needed to rest, eat or sleep.

I am moved to a rehabilitation hospital and for the next few weeks, the experience of the In Between begins to push through. The Integration, or Coping, began almost immediately in my realizing how differently I felt about so many things and responded accordingly. To the doctors, the nurses, family, friends and memories.

One morning I awoke to find a photo of me taped to the wall, obviously put there by my wife. She wanted me to remember who I was in an effort of encouragement and healing. As I looked at the picture, I reflected on how many 'lifetimes' ago this already was. To my wife, this was the best version of myself - perfect for a match.com profile. But over the next few days, I began to feel differently about the man in the photo. Instinctively, I felt that my best version was the depersonalized conscious being in the In Between, stripped of everything. Knowing neither joy nor sorrow, but flowing in the Impossible Now beyond time, in a perfect state of Letting Go.

This change was reflected when a friend asked me if I had a bad premonition on the day of my flight. I answered that there is always a sense of caution when test flying an experimental aircraft but I was feeling guided to answer, "Beyond premonition, what if I had full knowledge of what was about to happen? Would I have had the guts to get into the cockpit anyway?" I felt this was the right answer, though I can't say I would have made it.

In case you are wondering from that photograph, my vague answer is that I was an independent contractor. My public face was that of an NBC News war journalist.



Anyway, back to the present. As I regained my wits, I thought about what brought me to the hospital. . . . A few years prior, I met a widow with 3 babies and they grew on me. Enough that I decided to change course, marry her and retire from the war business. Wanting to help me settle down, Dana suggested I build an airplane I'd been fascinated by since childhood. So I built myself a replica 1917 Fokker Triplane like the Red Baron flew, with my own paint scheme of black and white stripes.

I then built my second one, an improved copy of a 1933 French Flying Flea. It was more whimsical in design and looked like a lot of fun. I didn't like its handling on the first test flight so 3 days later on Thurs. Oct. 6th, I decided to go up again to try and

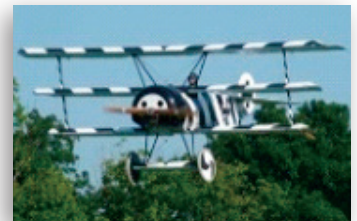
master its quirks. I took off and flew one pass around the field. Halfway back around, my engine suddenly stopped. I restarted it but it quit again. Due to the poor glide ratio of its vintage design and with only forested hills all around me, the one place I could aim for was a small lake in a nearby Boy Scout camp. There was no making it back to the airstrip. Trying to compensate for the steep rate of sink, I overshot the lake by 10 feet and crashed into the large tree trunks at the water's edge.



When I stopped crashing, there was no aircraft left around me. Only the rear portion was intact, to which I was still seat belted. A good Samaritan named Greg was fishing nearby and ran over to help. He called 911 and kept me propped up so I could gasp for air until LifeStar flew in to rescue me. I say "gasp for air" because both my lungs were ruptured, all of my ribs were broken, there was a hole in my lower back from being hit by a 70 mph engine battery, the skin on my chin was hanging down in shreds and my right leg looked like a pretzel. Other than that, I was fine.

LifeStar, our medivac service, landed as close as they could and pulled me out of the wreckage. We then flew to Hartford and an awaiting trauma team. Upon my wife's arrival, the surgeons informed her that I needed days of 6+ hour operations and that they could lose me at any time. So they put me into a week-long coma and that's where my NDE begins...

So again, here I am recovering in the hospital and absorbing this huge experience. I began writing down what was coming back to me as soon as my wife could bring me my laptop. At the same time, some of the after-effects of my NDE began to appear. As you know, many people return with heightened senses, physical, mental or spiritual. If you were psychic before, you are more psychic after. I wasn't understanding it at the time, but my enhanced "Super Power" was empathy, or to be more specific, likeability.



The first person I shared my NDE with was my morning shift nurse, Jen. She was truly the A-team. I realized that many

times she was just hanging out to talk about life, the universe and everything. And I appreciated how busy everyone there was. So one day I asked if I could share something with her and she readily said yes. While I was telling her about my NDE, she began to cry and when I asked why, she said she didn't want me to die, because I was magical. I have here what I know now to



be an INFJ stare and asked her to explain. She said that every patient gets one doctor and only 15 minutes per day of their time. She had seen 3 doctors regularly in my room for up to an hour, and when eavesdropping by the door, we were talking about everything under the sun but my medical case. She had never seen anything like it. In fact, one of the doctors wanted to start a business with me so much that I lay in bed on many international conference calls with my leg in a cage (an ex-fit), doped up on serious pain killers, somehow sounding intelligent to everyone. Now that was a miracle.

The staff were very kind to me and I remember in the middle of one night, an older nurse came in to check on me and actually kissed me on the forehead. I pretended to be asleep because I didn't want her to be embarrassed or concerned. I was very touched by her kind gesture. Eventually I was discharged home and the In Between continued to reveal itself to me. I felt that I was more there than here, and that it wasn't a place you go to or come from but a place you simply are.

In a rather haphazard way, I began to research my experience and somewhere along the way I realized that I had a Near-Death Experience. But the validation of it against some of the more common milestones eluded me. For instance, there was no Tunnel, No Meeting Dead Loved Ones, No Unconditional Love and No Boundary of No Return. As to a Life review, I feel the pain of the worst choices possible in my future which logically are the fruits of my past. A feeling of unconditional love? Just like in a military boot camp, there is no feeling of love from your drill instructor. Its design and purpose are to help you survive what comes next, to strengthen your resolve to push on and to create not so much courage, as Heart. That and

to make better, informed decisions to ensure your survival and success. Honestly, in contrast to so many NDEs, mine wasn't about feeling any emotion of joy or love-it was about Mission and Purpose, with an almost ruthless edge to it. I was focused on the process of setting things up to be right rather than experiencing the content of right living. I mean, you can build a swimming pool without ever getting wet. By design, I was put into this gray and colorless place to not be distracted and really-there was one thing and one thing only I came to realize I could do. And the way in which I would do it was not with any sense of morality but by using the pain of these potential choices. That was more humbling than I have words to express.

Memories of Depersonalization & Tendency toward Process/Quantum Physics: When I was told that the who, what or when of the choices I was removing was less important than seeing and understanding how things fit and refit together, how everything was interconnected, this reinforced a natural tendency for me to be less distracted by content and more intent on process. So with that, my insights into the In Between were improved by the enjoyable research of what I call a consumer grade level of quantum physics. I began reading about entanglement and super positioned probabilities overlaying a single moment in and out of time. As I followed these threads I felt I was understanding more about my inner experience. Those gears of possible futures flowing ghostlike through each other are what quantum physics calls the super-positioning of probabilities within an emerging event. From those simultaneous waves of possibilities, eventually one will collapse to become a particle of reality. This is what "choice" is.

I mentioned that some of the gears were less in focus than others. Now I understand that you can't focus on a probability because it is a representation of several possibilities, which aren't yet in a single place to be focused on but whose meanings are clear - until one is chosen and supersedes the others to become the singular present. It seems a poetic statement that the housing of all the gears birthing from the future to the present appears in the shape of an egg.

"How long is forever?" asks Alice.

"Sometimes, just one second," replies the White Rabbit.

The In Between shows the quantum reality of time, entanglement and how all things are interconnected. Obviously there is more to its purpose than this, but it's amazing how logically consistent the model is, the deeper I dig into it. There are entangled things that are a universe apart, and when you change the state of one, you instantly change the state of its entangled

Pilot reached new heights in journalism

Crash victim has imposing resume

BY BRUNO MATARAZZO JR.
REPUBLICAN AMERICAN

PLYMOUTH — An accomplished war correspondent, filmmaker and entrepreneur who helped revolutionize the way news is broadcast around the world remained in critical condition Friday at Hartford Hospital following a plane crash on Thursday. James Bruton suffered serious injuries after the small plane he was flying crashed into trees at Camp Mattatuck.

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mate, no matter the distance in space or even in time. There are things that happened at the beginning of time that are, not will, affecting other things at the end of time. Literally, in between the two is only the present.

As we travel along the arrow from one to the other, are we not traveling only toward an end, but also back to the Source, in that the two are entangled? Taking it a step further, if something is happening at the beginning of time that is also happening at its end, then everything in between must be happening all at once. We use Time as the artificial construct to play the story out with a beginning, middle and end. And if after all that, people still ask, "How do you know it wasn't a hallucination?!"

After-Effects & Integration: It takes a while to recognize a pattern. I've definitely experienced some of the more common after-effects, most notably with electrical and electronic devices.

Jen, an NDE friend, suddenly thought to text me when I was 20 minutes away from PMH Atwater's home. I was driving and the FB Messenger app suddenly popped up. As my friend was typing, all of a sudden my own blank text field began to fill in with letters. To be 100% honest, I was so startled that I almost went off the road grabbing my phone to delete the message because honestly, I had no idea what was going on, what it was about to say next and then what if it would Send to my friend something terribly wrong for which there would be no defense? I have no idea who typed the message, or whether it was intended for my friend or me.

The email came shortly after from Viktoria, a Hungarian researcher in Austria and this was her 2nd email to me. Or was it? The date was 3/10/19. The email begins with "Happy 2018!" and was sent by my first wife 11 years prior, in response to my asking where I might find other fellow followers of our spiritual path in the NE USA. I have asked a lot of really smart people in the IT world, those with the highest Cisco certifications in Unified Communications, and they have no answer as to how these 2 emails could have come together and merged. And it's interesting that both are spiritually related. I mean, the body of the text could have been any email of any content. So what was this all about?

With regard to electronics and electricity, where do I begin?

Light bulbs - constantly. Also, within a 6-month period, I had to replace our HVAC system and 4 of the 5 damper motors in the ducts that direct the air. The team that designed the new system looked at why and eventually, just shrugged and said, "power surge, maybe?" Then the microwave blew up, after I was talking about the In Between to our son, put in a cup of coffee that needed reheating - for only 30 seconds - and when I reached in to remove it, the coffee exploded out of the cup and I also had to replace the microwave.

When first speaking to PMH on the phone, it was in Feb. 2019. I had started my car before our call to warm it up for a drive.

At 4:40pm, toward the end of our call, I felt my energy state increase, right as she commented on this happening. Then we talked about the Impossible Now and being Present. At 5:00, we concluded our call. As I walked out to my car, I looked up at the porch light and it died. Then I got into my car to discover that one of the digital clocks was fine and the other frozen at 4:40pm. Remember, my car had already been started and was running during the call - so the clock had been OK up until 4:40pm when for some reason, it just stopped.

I recently started working onsite at a customer of mine and one morning I was working on their computer, my computer and using my iPhone as a hot spot. A new friend I'd made walked up to say hello and all of a sudden both computers started going crazy and so did my phone. As I was trying to prepare for an important conference call, with some frustration I simply said, "this is due to my NDE" and he literally said, "I know". I asked him how he knew and he said, "I died as a baby". So we had lunch shortly after.

Last year, I was sharing my experience with my 85-year old mother in Charlotte and right then the transformer outside her condo blew up, which had never happened in her 30 years living there. She called a friend to talk about it on her POTS [plain old telephone service] phone, and that too stopped working, and many of you know this also never happens.

I also had 1 week of 5 cash registers failing in stores when I walked up to make my purchases. One of the stores was a local psychic shop where I went to buy a piece of hematite. They knew what was happening and gave me the stone for free if I would leave the store - it was all good natured.

The weirdest electrical/electronic experience was when an NDE friend of mine was driving to her boyfriend's one evening and began texting me from her phone. As I texted back, she responded that her audio was suddenly going haywire. We kept texting and as she walked into her boyfriend's home, his audio system suddenly began wonky. He yelled out with a laugh, "Tell Jim to stop it", as he knew well how when I visited the lights would flicker constantly. Then her son called her, as he was on break from university, visiting her apartment. He reported that the audio system there was going haywire and it was even in the headphones. As I shared this with my wife in real time, she became very quiet. Then I was reminded that on the moment her husband died on the highway due to an accident a year before we met, the audio system at their home suddenly turned on, volume full up, as if between radio stations - white noise. As it was just after midnight, she jumped out of bed, went downstairs to turn it off, then went back to bed. The police knocked on her door about half an hour later, delivering the news that changed her and the children's lives - but she made the connection between the time of her husband's death and the radio suddenly coming on.

It seems that some of these types of after-effects are calming down, but they're being replaced by other experiences - and synchronicities of increasing importance.

My empathy - remember, this seemed to be my Super Power - has I believe revealed to be a pattern helping me to understand 3 strange experiences where my daughter, my son and my wife all appeared to change appearance, then back to normal again. Everyone else stayed the same. In deep thought on these instances, all 3 people were in a heightened energy state and very much having to project someone else than who they normally are. The 2 kids were at my wife's holiday party thrown by her office - she leases jets to wealthy people- so they had to be dressed up and on their A-Game, meaning they had to be "grown up"- definitely not who they normally are. My wife's appearance changed several times right in front of me, when?



About an hour before the premiere of a play she had the lead role in. So there she was, definitely in a highly energized state and even more definitely, already projecting the character she had to be. Understanding how increased empathy is very common among NDErs, I would be interested to know if this type of experience is shared.

As if this constant head-scratching isn't half of what Integration is all about, then there are the constantly new insights and expiring attachments that change and update the answer every day to "Who am I now?" It's been a challenge for sure.

I would like to say one more thing. That all the force of Will you need is found in the art of Letting Go. Always live Life in celebration of the individual spirit. For no one, no thing, can stand before the brilliance of a truly naked soul. Inbetweenproductions.com or Jim@JimBruton.com

ANNOUNCEMENT FOR RESEARCH GRANT 2020 - The Helene Reeder Memorial Fund for Research into Life after Death, HRF

The Helene Reeder Memorial Fund is pleased to announce the availability of grants for small and medium sized scientific research projects concerning the question of Life after Death.

Grants will be awarded in the range of EUR 500 – 5000 maximum.

The topic Research into Life after Death should constitute the main objective of the project.

Applications in English are to be submitted by e-mail to the HRF, Edgar Müller: adtempus@comhem.se and adtempus1@outlook.com should include:

- detailed description of the project, including the objectives of the project,
- methodology,
- cost budget,
- timetable,
- plans to publish the results in some scientific journals,
- CV of the applicant,
- how the applicant plans to report back to the HRF about progress and result,
- any other financing than from HRF.

The target date of receiving applications is the 1st of October 2020. It is the intention of the HRF to evaluate the applications and to make a decision regarding the grants before the end of the year. Applicants will be notified by email after the decision and the grants will be payable immediately. For further information, please apply to the above e-mail addresses. Due to expected change of e-address, applications have to be sent to both addresses.

The Helene Reeder Foundation, HRF was founded in 2005 thanks to the last will and testament of the Swedish physician Helene Reeder, for Research into Life after Death. The HRF is active within the John Björkhem Memorial Foundation, JBM, which offers grants for parapsychological research in other fields. The JBM and thus the HRF are tightly connected to the Swedish Society for Parapsychological Research, SSPR.

Edgar E. Müller, Board secretary of the SSPR and JBM, Stockholm, April 2020

THE PUZZLE OF NO MEMORY, BUT.....

by P. M. H. Atwater. L. H. D.



A woman by the name of Anna wrote to me, puzzling that after being hit by a pickup and rushed to the hospital, she began to display the pattern of physiological and psychological aftereffects of a near-death experience - yet had no memory of any such event. Nurses told her she always had a very big smile on her face, was happy and calm. Why? she asks. No NDE yet all the aftereffects.

What I told her I'd like to pass on to others, because it is possible not to remember what seems like we should – for both adults and children.

With our youngest experiencers, “forgetting” is often the result of being panned or bullied by relatives, school kids, teachers, even parents. Children want to fit in, belong, but they can't if they're noticeably different. Refer to *The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact*. It's their stories people want to hear, not confusion. Please read the chapter titled “PTSD & NDES.” Wanting to “return home” can become an issue, especially as they age. Remember, for little ones from birth to toddlerhood, sometimes up to age five, there is no “before.” Their sense of home is on the Other Side, not this one. What they “grow through” does not fit the adult model.

With teens and adults, the cause of “dis-ease” often has the simplest explanation: life is different, they are different – so - where is the model, instructions, or any kind of helpful understanding about “dealing with it.” On my website (www.pmhatwater.com), Home Page, is a section called NDE Aftereffects. IANDS also has helpful suggestions with aftereffects on their website (www.iands.org). Both sites contain the type of “first-aid” that can help people know the range of changes that can occur, and how to deal with them. Suggestions are numerous.

To find out if you had a near-death or near-death-like experience, consider these questions:

- Did you go through a life-threatening illness or accident or deeply felt fear attack?
- Afterward, were you in some way decidedly different than before?
- Have your family and friends noticed definite changes in you after the event, as well?
- Do these “differences” grow with time?
- Are the first three years the most challenging, as if you no longer fit in with the “human race,” much less your own family?
- No matter how wonderful the effect of the changes, are people around you spooked or somehow wary of you, like you're no longer the same person they once knew?
- Do you make or desire to make radical changes in your life soon after, or, more specifically years later, like seven to ten years later?
- Do you divorce or move away or somehow turn your life around in a series of “miracles” no one can explain?
- Are you suddenly more spiritual, rather than religious, and can develop a personal relationship with God or whatever you perceive of as Creator or The One or The Fullness of All That Exists (names can and often do change about this massively powerful and important Life Source)? Some do go the other way, either denying God or sensing that “things spiritual” are a joke.

Of all the books I've written about this, I recommend reading my second one, *Coming Back to Life* (available only on Amazon). It's deeper than most from the experiencer's point of view and covers positive/negative aftereffects like a “pioneer” would, as this was my first attempt in focusing on the entire issue of aftereffects from a larger research base (including the reality of electrical sensitivity as an aftereffect). My apologies, but the publisher left out the Table of Contents. No reason was ever given for this. pmh@pmhatwater.com

DMT Field Research project - NDE special interest

Dr. David Luke of the University of Greenwich in England is recruiting volunteers to take part in a field research study exploring the psychological, perceptual and mental effects of the psychedelic agent DMT (N,N-dimethyltryptamine) among those with past DMT experience. The study has ethical approval from the University of Greenwich Research Ethics Committee.

We are specifically interested in participants who have had separate past DMT *and Near-death experiences*. The study will involve being interviewed for approximately an hour, and

completing a series of questionnaires. If you live within Sussex, Surrey, Kent or the Greater London area in the UK and want to know more, please send an email to otherworlds@gmail.com (note double “d” in email address). Alternatively, if you are based elsewhere in the world, we would still be very interested to hear from you if you may like to be interviewed.

You may use an anonymous email account. Note that confidentiality and anonymity will be strictly adhered to.

Soul Bared: A Metaphysical Journey

by David Oakford

During 1979, David Oakford had a near-death experience, triggered initially by a fatal drug overdose, David became bewildered then frightened to find that we do not “die.” But instinctively he knew to pray to God and was soon rescued by a wise guardian angel he calls “Bob.” Specifically in *Soul Bared*, David shares what he was shown concerning the life-after-death realms: heavens, light beings, dark souls, the life-force energy dynamics of our planet and its inhabitants, and the lessons-learned from a panel of evaluators. The single truth that shines through is this one realization: Love is the answer to life’s questions when all is said and done. Below are excerpts from two chapters: The Spirit City and The Council.

The Spirit City

I thought we were going back to Gaia, but we went to a place that seemed to be in her shadow. We were close enough that we could see Gaia from there, aura and all. I wondered how these places haven’t been seen by someone before. It looked like there were spirits going to and from Gaia. They left trails that faded away, sort of like the contrails from the planes we see in our skies. It was a great city that seemed to be in the clouds. The place seemed like it was another planet but it wasn’t, or maybe it was another dimension.

There were these beautiful white buildings as far as I could see. I saw spirits living there that had vibration but no real physical human bodies as I knew them on Gaia. They were just like me, light. These inhabitants went to and from the buildings, going to work and going to play. They were as diverse as we humans are. I saw a place where spirits went to get what I think to be water. There were no vehicles there at all. Spirits there seemed to get around the same way my being and I got around and that was by flying. It was an extremely busy place. I wondered what it is they actually do there. The city had no boundaries that I could see. This place was full of life of every kind.

Nature there was absolutely perfect. It was untainted by human manipulation. I felt an extremely strong positive vibration there. The place was so very similar to Gaia. All that was missing were the problems and negativity I felt on Gaia. I felt that this was what is called heaven in Earth terms.

I saw spirits going to and from Gaia and the city. I could tell the development of the spirits going to and from Gaia by feeling the energy they put out. I could see that animal souls came to and from Earth just like humans do, and I could feel their feelings as well.

I could see many souls leave Gaia with guides and could see souls returning to Gaia with and without guides. My guide told me that some of the spirits passing to and from Gaia were the ones he mentioned earlier that were doing the work with humans on Gaia. I could distinguish between the types of spirits that were doing the work from the spirits that were coming to the great city to become replenished and eventually go back to Gaia to experience more and further evolve. I could feel the emotions of the souls coming back for replenishment. I could feel that some of them were sad, beaten, and scared, much like I felt before my being came to me. I felt many others that were returning to this wonderful home full of love and light and positive energy.

My guide took me into one of the larger buildings. Inside I saw many spirits working. They were doing things similar to jobs on Gaia. I saw a place where there were people who were working with things ranging from simple paint and paper to things that I could not recognize. There were also classrooms where souls were learning all about Gaia. It seemed like what the spirits were doing were more along the lines of what we would consider art here on Earth. It also seemed to me that what was going on in this place was all about Gaia and firmly connected to her.



When we walked by the spirits that were working, they all looked at me. I think they were checking me out because of the being I was with. We went up some stairs and I saw a few spirits that knew me and I recognized them from somewhere. They greeted me and asked me how I was doing on Gaia and why I was here. They seemed happy to see me and each gave me advice which unfortunately, I do not remember. I thought I was going to be given a job like them, but my guide knew I thought that and told me that there was something I needed to do first. He said I wasn’t quite ready.

I was ecstatic! What I thought was that I was in heaven despite everything I had done during my life on Gaia. I was experiencing what most people only dream about. The love I felt there was the same love I felt when I saw the light of the great master Jesus. I think the place I had been searching for on Gaia was really the same place I was in then. I was searching on Gaia for the feeling I was feeling that very moment. I had found the feeling that I spent my whole life searching for. I was truly happy. I was home and I knew it. I was fully ready to stay in this place and perform any task I was assigned to do. I wondered a little that maybe there was some sort of catch involved here.

My guide then took me to another building that seemed more special than the rest. It was much bigger than the other buildings. The greenest foliage I have ever seen was growing on it, decorating it like a shrine. Many spirits came and left from this place. We went inside and saw on one side a set of double doors that glowed with life. On the other side was a long corridor that led to a large hall. Along the corridor were rooms. Bob told me that this hall was where souls' records are kept. The entire inside of the building was decorated with a wood paneling that the being told me was a glowing, "living" wood from the trees that grew at this wonderful place.

He led me to some big double doors and told me to wait on this bench made of the same glowing wood while he went in through the double doors. As I sat on the bench, I started to remember things about the life I had in Egypt. I was a young boy living alone on the streets. I had told a priest a secret I'd overheard in my travels. I almost became aware of what that secret was but I got interrupted.

My guide came out of the room. He suggested that I go into the room. He said he would wait for me when I came out and told me to not worry. He did caution me to ensure that I was truthful with the beings in the room in the event that they asked me questions. He said they were not judges; rather they were the ones who evaluated a soul's development based on a soul's recorded history. The records were the same ones stored in the same building.

He told me to remember who I was and to refrain from fear. I knew I had to leave this being sooner or later but I was glad that he would wait for me. I was a bit scared to leave him, but I felt protected and knew in my heart that I would be protected here.

I gathered myself together, grasped one of the golden knobs, and walked through those doors.

The Council

I saw a group of several spirits seated at a round table. The table was made of the glowing wood and was perfect in every way. There was a spot at the table for me. The spirits around this table had the highest vibration I had seen so far with the exception of the master Jesus.

I looked at these beings and recognized them immediately and a chill surrounded me. I knew that these beings were serious in nature because of the energies that swept over me as I walked into the room. I don't know where I recognized them from, but they all were familiar. They just looked at me. I knew I had been to that very room before and I knew that this place was a serious business room. These beings each had their own specialty. It was almost like they each had some aspect of me that they were responsible for and know everything about. I felt a deep sense of respect for them and even feared them because of their obvious status. I was very afraid of one of them more than the

others. I remembered he was the one I dealt with concerning the Egypt thing.

All of a sudden, I saw my parents on Earth before I was born. I saw how their being together all came about and watched my brother and sister join them before me. I saw my parents' positive and negative sides and evaluated them according to what I knew I needed to do on Gaia. The beings asked me how and why I picked these particular parents and asked me to tell them. They said I knew how and why I picked them and asked me to tell them why. I do not know where it came from but I did tell them how and why and they agreed with me. I picked them to help them on their paths as well as to achieve my learning. We needed each other. I agreed with their souls and the universe to help them and I did it before they even came to Gaia.

I saw my soul go to my mother and go inside of her. I traveled from this very place on a ray of light, all the way into my mother's womb. I saw myself being born from an observer's viewpoint as well as reliving the actual experience. I proceeded to see my entire life from the observer point of view as well as from the points of view of those my actions affected. I felt the feelings they felt that directly resulted from choices I made that affected them. I saw both the positive and the negative things I had done as they had truly happened; nothing of significance was left out or presented inaccurately.

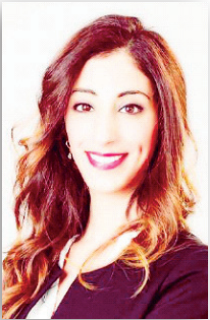
I experienced the harshness of being born again. I experienced leaving what I felt to be heaven and the transit to Gaia. I saw myself as a helpless infant who needed his mother for everything. I experienced my father's love as well as his anger. I experienced my mother's love, her fear, and her anger as they applied to my being with her.

I saw all of the good and bad events from my childhood years and re-experienced the choices I made then. I was able to see everything significant that happened from all angles including the perspectives of the humans my choices affected. I felt all of my emotions and the emotions of the souls I had hurt as well as loved. Much of what I saw was surprising to me because there were more sides to the events than I was aware of when I was living my life. As I watched I thought to myself, I never realized, or I never knew. From all of this I learned that it matters deeply what choices I make while I am on Gaia.

I learned just how powerful we humans are and how we can affect each other in positive and negative ways, whether we think we are doing it or not. It was amazing to see how my innocent choices had such a powerful effect on souls that I had no idea I was affecting. The experience was one that I will never forget. I experienced the whole spectrum of feelings of my life in a relatively short period of time as we humans see it. I saw these things without the filters I tend to activate when I am in physical form. You see, where I was, time didn't really exist. The veil that

(Continued on page 15)

NEW INTERNATIONAL IANDS GROUPS



ISRAEL: Hila Baruch. Five and a half years ago, I had an NDE that changed my world. It was so overwhelming and as a result of my dealing with the experience, I had a desire to connect, and to talk with people who also experienced it. It's very natural to get out of the body, But getting back to it, is another story..

I started researching and realized that I am not the only one, that there are more than 50 million people who have experienced it as well. That discovery was amazing and exciting for me. I had a willing to consolidate and unite all humanity with that important information.

Working for years as a lawyer in the courtroom, I've undergone many changes and challenges in my life. Knowing that I am not all the things I thought I was or defining myself as I did, that is true relief and a real sense of freedom. Anyone who has had such an experience understands that their lives are going to change and must be synchronized to our inner self....Our mission, including myself, is to tell and illuminate into reality our experience.

We have experienced enough wars and distortions in every aspect of the divine trait in the world, and today this virus is disabling the whole world so that we can do self-judgement. We believe in an invisible virus due to symptoms. now in such an isolated situation, the symptoms of the soul are revealed: love, compassion and generosity play a role here and we begin to awaken.

Shouldn't we believe in the symptoms of our souls?? Of our real identities?

We came from love and we get back to love. All we have to be is just the love that we are.

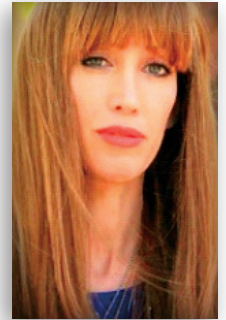
Humanities' consciousness is expanding and we are reminded of our true essence and it's a great time to collaborate and spread the light and the love. We must join hands and be as one unit of that influential community.

My mission is to tell of my experience and put out information that took me years to process and that I am still processing. In the last year, I have come out and started doing lectures to share what I have experienced and my insights. The goal is to operate locally in Israel and globally. Oazis, my colleague and I, are working and gathering testimonies that we will be making available to the general public, as well as establishing support groups for people who are dealing with the after-effects of the experience and providing a way to get the melody of their soul make an impact on our world.

I'm glad to have the privilege of being part of this organization and the love, the discovery, and the healing it represents.

If interested, contact: hilabaruch83@gmail.com

ISRAEL: Oazis Dvir Ari-EI, Researcher, Author, Spiritual teacher, Clairsentience with telesthesia. She is an international lecturer in the fields of isomorphism, and, electromagnetism of consciousness, and lives in Israel. She regularly gives seminars and lectures about the fact that humans are consciousness beings, and therefore, the laws of quantum physics guide their success and happiness in life.



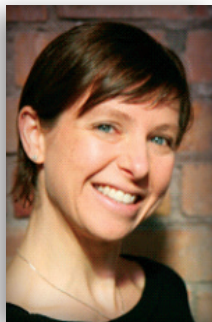
Oazis has a technological background. She served as Webmaster of IBM Corporation, and worked in international initiatives for many years. She currently manages a database of over 6,000 entrepreneurs, scientists and investors.

Oazis is a member at The Interdisciplinary Science and Consciousness Institute in Israel. The Institute founded by a group of researchers from various scientific and spiritual disciplines (30 professors, 100 doctors, over 300 members). The main aspiration of the institute is to create an infrastructure that will encourage, initiate, and publish open researches, in a way that will not sanctify any axioms and previous archaic scientific approaches, including the assumption of the existence (or the lack of existence) of reality that spans beyond the common ways that we measure and perceive it.

For over twenty years, Oazis did research about consciousness capabilities according to studies conducted by Russian intelligence agencies like the K.G.B, by the Chinese and by certain universities. However, the studies never actually went public.

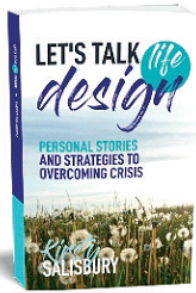
After suffering an accident at the age of 16 and falling off of a mountain cliff, Oazis found that she could feel, read and receive correct answers from other people's souls and fields of consciousness. This capability sent her to seek scientific research and studies about parapsychology and psychic abilities in humans. Needless to say, the results and evidence from her empirical research were not covered by the general public. Oazis found and discovered a whole world of unknown extraordinary abilities that each person can use in daily life. Over time, the subject of quantum physics and consciousness also became more familiar.

Oazis gives seminars and lectures around the world and combines scientific studies and spiritual wisdom. She has more than 10,000 online students and customers around the world. During the past 20 years, Oazis has written over 2000 pages on Noetic Sciences and how to communicate and interact with the resonance language of the Universe. And she has more than 18,000 students all over the world. Many of them have been published, and her first book is on sale.



New Zealand: Kirsty Salisbury: I had a brief NDE aged 12 during emergency brain surgery. It was then when my fascination with both death and spiritual experiences began. Unsure what had taken place, I knew it was out of this world, but it wasn't until many, many years later that I first heard the term 'NDE' or 'Near Death Experience'. It was then, that my experience began to click. But

again, it took many more years before I would talk about it or acknowledge what had taken place. Over the years, I dabbled in some reading and researching on the topic and was always interested to read the accounts on the IANDS website. With the online world growing, and the link to more accounts available I took a very back seat as I watched the conversation grow. Until 2017 when I clearly heard a call to begin sharing interviews. Eek, I was not comfortable with this idea - AT ALL! But today I run a podcast sharing NDE accounts and have even gone public with my own. I feel more and more a part of opening up the conversation on such experiences, and as more and more IANDS members came into my life, it seemed the natural thing to do to get on board. I started as an ISGO facilitator and now host the Auckland IANDS group. We are a small but growing group, and I am very excited about what the future might hold.



NEW ZEALAND GROUP: I decided to start the Auckland IANDS Group, to help grow the conversation over this side of the world, and to create a space for other experiencers who are looking for connection. There is little discussion that I am aware of, and I felt drawn to support IANDS here as I could. The group is just months old, but there are some incredibly beautiful people. I love the openness, so watch this space as it grows :) Our Auckland group will meet online via Zoom on the third Sunday of each month at 3 pm. People can register to stay up to date with event details at <https://bit.ly/2Jbh2rP> or via our Facebook Group at <https://www.facebook.com/groups/543186753095820>.

Please feel free to get back to me,

Kirsty Salisbury
Speaker - Podcaster - Coach
kirsty@kirstyosalisbury.com
www.letstalkneardeath.com
www.kirstyosalisbury.com

WINNER of the PSANZ Fast Track Scholarship Award - 2018
WINNER of the PSANZ Bright Star Emerging Speaker of the Year Award - 2020

Legacy

Dr. Elizabeth Fenske – Past President of IANDS Transitions

Pat as everyone knew her, transitioned on the 29th of December. She had been living in Durham for the past nine years. She and Paul came to Durham in 2009 so that Dr. Diane Corcoran could oversee Pat's and Paul's health. She had been showing signs of dementia and thanks to good friends like Delaine Deal, we were able to clean out the Spiritual Frontiers Fellowship International (SFFI) house and Pat and Paul's residence so they could move to a safer environment. Pat was the Executive Director of SFFI for its final 20 years until she could no longer run it, When Pat was President of IANDS she built up excellent reservoirs by running both organizations out of one office, saving significant funds.

Pat and Paul lived a dedicated life of service. In the early days of their marriage they went to Hong Kong on a mission to teach English. They were both clergy and worked as



such in many locations. Pat was a family and individual therapist and was seeing patients in her home office up until the time she moved to Durham. In the early years we had many board meetings in her large home in Philadelphia. We enjoyed the collegial relationship and friendship of many dedicated board members. Pat ran a SFFI conference annually for many years, usually at college campuses. She was a brilliant woman, whose wish was to write a novel before she died. Sadly, she was not able to do that. Even in her darkest days she was kind, friendly, and retained her sense of humor. One evening I was giving a talk at the Raleigh SFFI group, and I took Pat with me. I noticed someone talking to Pat and realized she was an older SFFI member who knew Pat. I went back and listened as Pat asked how her family was, had she been to a conference? Pat said it was so nice to see her again and wished her well. When she left, Pat looked at me and said, "Who

was that?" She made the woman feel good but had no idea who she was. I guess, once a therapist always a therapist. Recently, while visiting Pat, I had taken my dog Murphy to visit. One of Pat's friends, a very young patient with early-onset dementia, saw Murphy and was reminded that she had a standard poodle at home that was the same color as Murphy. She and Pat were sitting on the couch and I listened. Tracy said, "Pat, I am very worried about my dog, I think I need to go visit her." She asked Pat if she had a car, and Pat answered, "Of course." Tracy then asked if Pat would drive her over to her house to see her dog. Pat said, "Sure." Now remember, they are both in a locked dementia unit. Then without moving, Pat says to Tracy, "I just called your home and your dog is fine. We don't have to go over to see Charlie." They both smiled and had helped each other through support. Once again, Pat problem solved an issue for

Tracy, yet she did not know either of our names.

Pat was sweet and grateful to the very end. She did not know who I was but when I brought her chocolate sundaes, she would stop in the middle of eating and say, "This is delicious", then she would go right back to a random use of words which were not understandable. It was always heart-warming to hear a few words to let us know she enjoyed her ice cream.

Pat was a wonderful friend and former President of IANDS. She had many gifts and was always there to problem solve and bring the board into the discussions of where IANDS needed to go next. She will be missed.

By Diane Corcoran

Soul Bared... (Continued from page 12)

my ego places on my thought processes didn't exist either.

I could see how I became what I had become on Gaia and why I became that way. Everything I did in my life affected the evolution of the souls around me. I saw the reasons for all of my actions and understood why I did what I had done. There was a place for all of my positive and negative actions. There was no action that was necessarily wrong, but there were actions I took that didn't enhance positive growth in others.

It seemed that when I made choices that were purely for my own benefit, the resulting feelings of others were more likely to be of sadness, fear, or any other types of emotions that are less than loving and kind. I was both a victim and a beneficiary of every action I was shown, be it positive or negative. If the result of my actions from a global perspective were on the negative side, I was able to see the reasons for that and could see how I could have acted differently. From that, I learned what was not working to provide positive effect.

If I made choices that provided benefit to others without the expectation of a return from them, the resulting feelings were positive, loving, and kind. If the results of my choices were on the positive side, I would enjoy the feeling of them and know that if I continued to make similar choices, I would create more of that feeling. From that I learned what was working.

On the whole, this was not a fun experience for me to go through. I saw that many of my choices fostered negative effects. Actually, more were negative than positive. I didn't see how wonderful the review could have been if I had chosen to act to affect other souls positively most of the time.

One thing I wondered about was how the Council was able to show me my life. I guess they either monitored me, or my thought, word, and deed are written by me and stored someplace that they have access to.

(To be continued in Vital Signs next issue, The Reckoning and The Big Decision). www.SoulBared.com DLOakford@gmail.com





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Soul's Migration – artwork courtesy of Freydoon Rassouli at www.rassouli.com