



VITAL SIGNS





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Founded in 1981, the International Association for Near-Death Studies, Inc. (IANDS) is a 501(c)(3) nonprofit corporation. The organization is dedicated to encouraging scientific research, education, and support regarding the physical, psychological, social, and spiritual nature and ramifications of near-death and related experiences. IANDS associates comprise a broad audience from around the world, including experiencers; researchers; medical, mental, social, and religious/spiritual healthcare professionals; educators; and the general public. For more information, or to become an IANDS member, visit <https://iands.org>.

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Cover Image:

Dance of the Angels

Painting on aluminum by Fabio Dal Boni

Author, Artist, and Experiencer

Author of *An Extra Life,*

8 Minutes in Heaven with My Father

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PRESIDENT'S MESSAGE

The Conference Has Ended, but the Connections Linger On

For the few days following our annual conference, I always feel a mixture of relief and a little letdown. After all the activity, inspiration, and connection with old friends and new, the post-conference lull is a time both to catch my breath and to miss the fulfillment of the conference weekend. Of course, life goes on with its new rewards.

In my case, I've since been to Greece and Turkey—for partly professional and partly personal endeavors. And the idea for IANDS's 2024 Spring Symposium, which was birthed at the conference, is now continuing to gestate in cooperation with the Shared Crossing Initiative's William Peters and Dr. Monica Williams: *Shared Crossings: What Health Professionals and Everyone Needs to Know*. And at the conference, my Dallas-Fort Worth Friends

of IANDS co-leader, Pete Quortrup, found many exciting presenters to fill our speakers' roster for the coming year.

Now that we're all back to "real life," I invite you to take a moment to reflect on your own lasting insights and connections from the conference. If you've been meaning to take some follow-up action—for example, look more deeply into a topic on which your interest was sparked or reach out to someone with whom you connected – take a moment to do so. And if you missed the conference, be sure to take advantage of the Videos on Demand that are now available. I look forward to reconnecting with you next Labor Day weekend for the 2024 IANDS conference in the Phoenix, Arizona area.

Janice Holden, EdD, LPC-S, ACMHP

Welcome New Board Member / International Groups Coordinator

Robert Coppes, PhD, Amsterdam, The Netherlands



This year was an anniversary for me. Washington, DC was my tenth IANDS conference visit. And not only for that reason it was special to me. As keynote speaker, I was able to present my book published by IANDS: *Impressions of Near-Death Experiences*. It is a terrific book, not because I wrote it, but because near-death experiencers (NDErs) did it. The book contains a wealth of quotations from more than 100 NDErs, in my opinion the best tutors in life. They are from all over the globe and from all walks of life. There are famous ones, like the ones who endorsed the book—Anita Moorjani, and Eben Alexander, but there are also quotes from more than 100 other wonderful NDErs. They either wrote a book about their experience or submitted their story to one of the websites dedicated to NDEs.

I think it is very important that NDErs write their stories down or vocalize them, because the more stories there are, the more the public will be convinced that NDEs are real. This holds specifically for veridical experiences in which their perceptions have been independently verified. They form circumstantial evidence that the consciousness can exist separate from the body.

For another reason, too, the conference was special to me. Right after the conference, I became a member of the IANDS Board of Directors in which I have the specific task to liaise with the International IANDS Groups. You must know that, for many years, I was president of the Dutch NDE organization, Merkawah, and had direct contacts with the organizations in Germany and Belgium. Now I can venture out and do my best to have contact with many other places around the globe. I am happy to be part of such a nice group of people. You can contact me at: bob.coppes@planet.nl

Creatures of Light

A Near-Death Experience by Fabio Dal Boni

“His vital signs are healthy. All normal.” My wife Alexa began breathing freely again. And she quickly gave in to liberating tears. She hugged the surgeon. He was not only a doctor or “the” doctor who saved me. I looked at him as one looks at a holy image, a product of the unconscious, of hope. He was an angel, and I had just come back from the immensity.

I died: My heart stopped suddenly. Game Over, Time’s up. Farewell! I was officially dead for eight minutes. I met my father, who appeared in an enveloping white light. And in those eight minutes, I experienced my father’s entire life – the good, the bad, the tragic, the comic, and the unbelievable. In stunning clarity. Then, the miracle. I was reborn. My heart started racing again, like that of a child!

Since my near-death experience, which happened three days before Christmas 2015, I see angels; I see them all around me. And I follow the light. Not just the light, but “that” light!

I was in Heaven, literally. The place for the just, and I didn’t ask myself whether I, too, was one of them. Or whether I had always been among them. I was a chosen one, predestined for glory and eternal grace. The light of salvation that surrounded me made me aware of what I am telling you now. The whiteness was absolute.

All around me was completely white and at the same time extremely colored. I have never seen so many colors altogether and all so brilliant. The light was not like that of the sun, which burns your eyes if you look at its source, even if just for an instant.

The light was white. White was its source, white its rays, white the whiteness that emanated, white and sincere the blade of light that penetrated my spirit. But its dispersion was extremely colorful: red with infinite reds, blue with unimaginable blues, green with incredible greens, and billions of purple, yellow, orange rays. Grey with majestic shades, yes. But not even a thread of black. An unparalleled, beautiful prism!

Everything was white—and, at the same time, had sharpness but no cutting edges. The outlines were delicate, the curves were soft, and the horizon line was within reach. Although everything I saw was white, I could distinguish my shape and my natural colors. My skin was white, as was my hair. I had no clothes on, no shoes, nothing extraneous to my body, although it no longer existed. It was as if I had

stepped out of a purifying bath. But I did not feel naked. Colors and shapes were part of my mental refraction, but the whiteness was overwhelming. It came straight from the Almighty.

I saw myself from behind as if I were filming the scene with a camera positioned a few meters away behind me. The silence was absolute, respectfully absolute. No sound broke that immaculate, marvelous purity. The sky was white and radiant. No sound was resonating between the ground and the horizon. The light blue of clear seawater, the green and golden reflections of hills full of blossoms, all the colors of the universe converged into a white mirror that reminded me of pure, extremely pure milk. It was peaceful, reassuring.

I felt like in a cloud of cotton that covers you without suffocating, supports you without your noticing, lights up your eyes, and regenerates your lungs. It was mystically familiar, and I felt at home as if I had never left from there. It had no walls, no windows; it was infinite, as vast as the desire to discover new galaxies, comfortable beyond any discomfort.

I saw angels dancing lightly. They were figures expressing goodness and generosity. I admired their features; they conveyed positive energy. I told myself, “You are an artist, draw them!” I think you’ve already met one of them, in the cover of this precious magazine. That’s my “Dance of the Angels” and I truly love it. It’s a painting on aluminum; it’s the result of my continuous quest to find those supernatural colors that I perceive when looking at the world.

I also designed the cover of my first book, *An Extra Life - 8 Minutes in Heaven With My Father*. The colors, blue and white with a gossamer, heart-shaped veil of red, suggest that the book has something to do with sky, and light, and, with that prominent human heart, about the value and significance of human life.

Like all my paintings and art photographs, the book cover is luminous and mysterious, and hints at something deeper — the secret of life that prepares for the Afterlife. It’s a beautiful secret: It is a message of love and hope!

Fabio Dal Boni

Author, Artist, and Experiencer

An Extra Life - 8 Minutes in Heaven with My Father

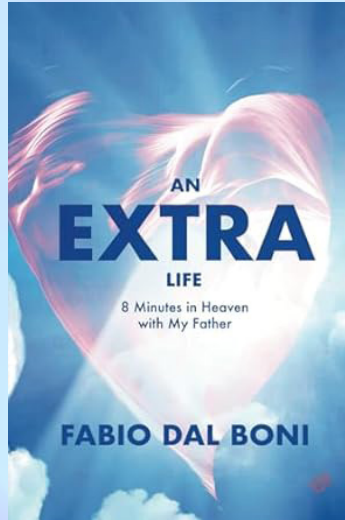
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Book: *An Extra Life*
8 Minutes in Heaven with My Father

Fabio Dal Boni is a journalist, a writer, and an artist. Born in Italy and raised in Latin America, after traveling the world extensively, he now lives in Sarasota, Florida, where he runs AlexArt International Fine Art Gallery with his wife. He is a three time recipient of Best Communicator of the Year Award in Italy and Top Selling Artist at Miami Basel Art Week.

An Extra Life is an inspiring story of love and miraculous rebirths. It is a gripping firsthand account of Fabio's near-death experiences and his battle



against a widow-maker heart attack that less than 10% of victims survive. The absolute light in Heaven gives him the ability to relive, through his father Sergio, an epic family saga—from escaping an orphanage to enlisting in the Navy, miraculously surviving being shot out of a torpedo tube from a sinking submarine during World War II, outrunning thugs in a shootout car chase in Venezuela, and arm wrestling Fidel Castro in Cuba. Fabio follows his father through a life full of adventure and danger. And yet, despite facing seemingly insurmountable obstacles, Sergio never gave up, and neither does Fabio.

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IANDS 2023 Conference



CONFERENCE SYNCHRONICITIES

Several attendees at our recent conference in Washington, DC share their synchronistic experiences

REV. SUE FREDERICK

After a four-and-a-half hour flight from Phoenix to DCA I was feeling a little tired and needed a sense of connection. As I waited for the hotel shuttle to arrive, I put out the call to spirit to give me a loving sense of connection to help me get energized for the conference. As I boarded the shuttle there was one empty seat, and it was next to my old Colorado friend and psychic medium Sarina Baptista. We hadn't seen each other in more than five years since I'd left Colorado. She was calling out "Sue! Sue!" and waving as I climbed the stairs; she welcomed me with loving arms. My heart opened wide to reconnect with this old friend. I knew right away that spirit had kept that seat next to her open for me and that we were both being shown how deeply loved we were and are.

The next morning I was sitting in the lounge area looking through my notes as I prepared to give a talk. I asked spirit to connect me to whomever I needed to see that day for a heart connection of unconditional love. Immediately, the beautiful psychic medium Michelle Clare, who lives in Phoenix where I live, came around the corner and sat beside me. We'd known of one another and presented at the same events but never had a chance to get to know each other. I'd heard that she'd recently suffered a devastating loss. She began telling me her story, and within a few minutes we were connected soul to soul with non-stop laughter, love, and tears; our heartfelt connection carried us through every minute of the conference. Her departed loved one had so much to say to her and used me as a vehicle for those conversations all weekend. I experienced his deep and profound love for her and shared it as we laughed and cried our way through an amazing weekend. I can truly say she made the conference magical for me, and now we are the very best of friends. What a synchronistic blessing!



Sue Frederick (left) and Michelle Clare (right)

CHRISTOPHER ROSING

In the late '80s, I was an undergraduate student of IANDS co-founder Dr. Kenneth Ring. I was an IT guy who had the skills Ken needed for what would become the *Omega Project* book. We presented the findings at an early '90s IANDS conference. That was also the last IANDS conference I would attend until the 2023 conference.

In between sessions I approached Bruce Greyson and said to him, "Bruce, you have no right to remember who I am..." He cut me off, remembering I was a student of Ken Ring's and that we had done the NDE/UFO project together. I was overwhelmed that he remembered me.

As the conference progressed, it became clear that I have a fresh perspective, as I have been practicing Tibetan Bon Dzogchen meditation under Tenzin Wangyal Rinpoche for the last eight years and feel that I could offer the group a very simple and effective technique for clearing anger and attachment called "9 breathings." I also have a plethora of NDE, UFO, and shared-death experience stories that weave an interesting tale.

I approached Bruce to let him know that I was intending to do an activity/workshop next year on Dzogchen meditation. I told him about Tenzin Wangyal Rinpoche. The synchronicity is that Bruce had worked with a team from University of VA DOPS that did a study with Rinpoche on meditation, and had gone to his retreat center, Serenity Ridge, which is just south of Charlottesville, VA.

I haven't yet located the study, but I discussed this matter with Rob Patzig who is president of Ligmincha, the organization that oversees the retreat center. Rob remembered the study and believes the person who put it together was David Presti.

Another amazing synchronicity is that Rinpoche has done three Hemi-Sync® CDs with the Monroe Institute, which just happens to be about 10 miles from Serenity Ridge. I had discovered The Monroe Institute back in the '80s and met Robert Monroe, before I knew anything about Bon Buddhism.



Christopher Rosing (left) and IANDS co-founder Bruce Greyson, MD (right)

AMBER KASIC

Our loved ones in spirit know who and what is in our path even before we do! If we allow and let the love in, they will present us with awe and wonder that leaves no doubt our spirit family continues to love us from beyond.

Just days prior to the conference, I became overjoyed to pick up a suddenly available last seat for the Thursday speaker lunch with shared death researchers, William Peters and Dr. Monica Williams. I have gotten to know IANDS due to a shared death experience with my father during his passing, and I presented at this year's conference the beautiful story of this experience, the continuing relationship with my father in spirit with all of its healing and personal transformations, and the unexpected development of mediumship abilities. I was disappointed when I registered for the conference in the first weeks of spring and this speaker lunch appeared to me to be on Friday during my presentation, preventing me from attending. Was the lunch moved to Thursday? Maybe? That's a question for IANDS! But whether it was moved or I had misperceived the date, just a few days before the conference, I saw one last ticket available for this Thursday speaker lunch, and I bought it!

Attending both William Peters and Dr. Monica Williams' Thursday lecture and speaker lunch, I met Linda of Wisconsin. She too has an interest in shared-death experiences and has been involved in the researchers' Shared Crossings Project. Linda spoke of her experience during the passing of her nephew and briefly mentioned that her husband had passed away recently. While at the speaker lunch, she discussed all of her beautiful work in Kenya with women's communities, an interest we share.

On Friday morning, I noticed Linda sitting in the lobby. I wanted to talk to her more about all of her global work. As a teacher, I have spent many years traveling with my students to indigenous communities to learn from their beautiful traditions and expand our students' worldviews. After chatting a bit about our global connections, Linda mentioned again her husband passing, how attending the conference during grief was tough, and their fairly recent move to a house on a lake. My eyes widening, I suddenly remembered a meditation visitation that occurred five days before the conference, from an unknown-to-me gentleman in spirit who gave me many details about his personality and

life, including his recent move to a house on the lake.

Interrupting Linda as she spoke, I asked, "Linda, can I read to you something I texted myself on August 26th, five days before this conference even began?" I began to read to Linda my visibly dated and time stamped text of all the information that this unknown man in spirit had given me. He described to me his prominent job, being extremely well educated, and showed me a phone book, opening it and saying to me, "I was kind of a big deal!" This really made Linda laugh, noting that this would be just like her husband. He WAS kind of a big deal! He authored a book, won prominent awards during his life for both career and philanthropic pursuits, and attended prestigious universities. Continuing to read my text to Linda, I shared this man's details of his recent move to a lake house, his absolute love for jam even as an adult, and his grumbling to himself about his home's trash cans sometimes being tipped over after being emptied by waste management, saying to me, "If you can't even do something simple well, how will you succeed in life?" He shared his personality as being one with huge energy and presence when entering a room. He shared how he began to finally relax as a person in the last decade, growing an appreciation for nature, supported by window views of the lake at the new home. He showed me that he did

not pass in elderly years, but was in his late 60s, with life still to live.

As I read and showed Linda the text which I sent myself on August 26, we both looked at each other in a bit of amazement. "This is exactly like my husband Paul. All of it!" Taking my phone and reading it all again herself, Linda was amazed with the details true to her husband's life and personality. "Let me show you a picture of Paul," Linda said. As Linda opened her phone, I noticed her pink rose screensaver and again, I exclaimed in amazement, "Linda! This morning in my meditation I heard, 'Don't forget the pink rose!'" Now we were both in tears.

For Linda, the gift offered of Paul's connection to her felt like a piercing of the veil and provided her healing that very day. Linda states, "It showed me why I was to attend IANDS ...it was to meet you, Amber!" And why did I attend IANDS? To share this...

It only takes one experience to teach us that we are all connected by one big web. It's a web stitched by love, woven from spirit with care and thoughtfulness, and displays its miracles in moments of grief and joy alike. Why? Because we are worthy. Each and every one.



Linda Higdon of Elkhorn, WI (left) and Amber Kasic of Grand Haven, MI (right)

PAUL SPERRY

Following Vinney Todd Tolman's incredible talk on *THE LIGHT AFTER DEATH; MY JOURNEY TO HEAVEN AND BACK*, I asked if he might be available to speak with my wife Maryann and me. He was quite willing and thereupon gave me a copy of his book. During subsequent days, three opportunities presented themselves, yet I postponed each one awaiting Maryann's participation. On our last day of the conference, we unexpectedly encountered Vinney sitting alone and immediately joined him. We thereupon learned he had been "directed" to come down by Drake, his inner guide. We shared a meal and chatted a half-hour comparing conference highlights. We further shared likely planetary changes we see on the horizon and found nearly perfect alignment with our own knowing. We both saw burgeoning opportunities for rapid spiritual growth available to those who look beyond the endless societal diversions. When we later wondered if the remaining empty chair was intended for someone, Rebecca Valla sat down as if on cue, and the synchronicity continued. This spontaneous event turned out to be one of the pivotal moments of our conference experience and reinforced why we choose to attend and contribute to this very special conference.



Vinney Tollman (left) and Paul Sperry (right)

ADAM DINCE



"Something really cool happened this weekend, and I want to share it—call it synchronistic."

"I explained to him what a near-death experience was and his mouth dropped open!"

WATCH ADAM'S STORY HERE: <https://youtu.be/HAQmEIIGdYg?feature=shared>

NOELLE ST. GERMAIN-SEHR

I attended Rev. Sue Frederick's presentation in which she described three shared death experiences. She discussed the idea that the soul has the capacity to leave the body before death such as during a coma or when in pain, and I began thinking about my mother's intense pain due to renal failure which led to her being in a coma for the last couple of days before she died in February of 2002. I wondered if her soul had possibly left her body and if the pain she experienced was perhaps not as intense as it appeared to me at the time. I tried to share my thoughts with my wife, Amanda, but couldn't get the words out and felt I would start crying if I tried to speak. I then spoke to my mom in my thoughts. I told her that I knew she was always with me, but that I was having a hard time feeling her with me at that moment. I asked her to please give me a sign that she was here if she could. At that moment, I recalled that shortly after my mother died, a medium had told me that any time I saw a rose, it was my mother letting me know she was there. I immediately dismissed that memory and thought, "Where am I going to see a rose? I am in a hotel at the IANDS Conference!" An hour later, Amanda and I presented on the healing power of after-death communication. After our presentation concluded, a man I had not met before, Ron, approached us. He thanked us for our presentation and handed us two hand-made purple roses. I was shocked, and I quickly thanked him and told him about my request to my mom in the earlier session. He then pulled out another rose



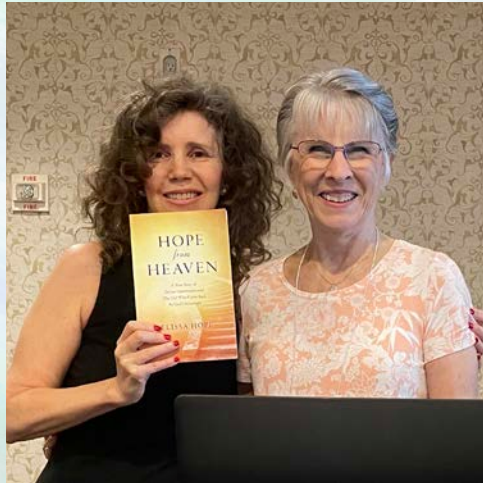
Noelle St. Germain-Sehr (left) and Ron "Awesome" Thomson (right)

that he had made saying that he didn't know who it was for at the time that he made it, but now he now knew it was for me. He held out to me a two-toned light pink and peacock blue rose. My mother's favorite roses were light pink, and my favorite color is blue. After that I walked back to the Crystal Ballroom, and there were vases filled with flowers including pink roses on multiple tables! I believe my mom heard me and was letting me know she was there – even helping me recall in that moment what one medium had said to me over 20 years ago. Amazing things happen all the time if we are open to them, and IANDS Conferences are no exception!

In fact, I suspect we are even closer than ever in connection and love when we come together in this kind of community, and I am so grateful for everyone involved in IANDS at every level for creating opportunities for academics, researchers, clinicians, and experiencers to come together in community to share these extraordinary experiences together.

ELISSA HOPE

On August 31, I was scheduled to make my presentation, which included my ongoing after-death communication with my beloved boyfriend and Twin Flame, Todd. And that was Todd's birthday: August 31st! Todd and I always stayed at Hilton hotels, which was also the 2023 IANDS conference hotel. From the moment I checked into the Hilton, I could feel Todd by my side. When I woke up the next morning on his birthday, it was as if he was right beside me at my bedside. I could see, feel, and touch him—so comforting. He continued to stay with me throughout the day. He was right by my side at my presentation and helped me to sell out all of my books at my book signing event. To confirm what I knew was true, a wonderful medium at the conference immediately connected with him and said, "Todd is standing right next to you!" And this medium knew nothing about Todd or me! She had not attended my presentation or book signing and had no idea who I was. She continued to tell me things about Todd and my relationship with him that weren't even in my book. And she even told me what Todd was wearing when he died. Therefore, I knew she truly did make contact with him and that he really was standing right next to me. It was the most special birthday spent with Todd visiting me from heaven at the 2023 IANDS conference.



Elissa Hope (left) and Dr. Jan Holden, IANDS President (right)



IANDS EXTENDS A SPECIAL THANK YOU TO ALL OUR WONDERFUL CONFERENCE VOLUNTEERS!!

We could not have done it without you!

Many of the conference photos we used in the collage and our emails were contributed by our fabulous, volunteer photographer Maria Lupita Gurule!

You may have seen Maria zipping around the conference, wearing the neon-yellow vest and her ever-present big smile! Be sure to say hello and "CHEESE!" if you see her at the 2024 conference in Phoenix, Arizona!



Left to right: NellRose Foreman, Joseph Banks, and Maria Lupita Gurule

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Ketamine-Assisted Therapy and Near-Death Experiences
Part 1 of 3

Dave

<https://youtu.be/WNJL6kGK6kw?feature=shared>



DIANE CORCORAN
COL. USA (RET) PHD, RN



https://youtu.be/v2S2NUw_WkI?feature=shared



Inspired to Loving Action

Love and Laughter: The Pursuit of Happiness After a Near-Death Experience

Kimberly Clark Sharp

IANDS 2023 CONFERENCE WASHINGTON, DC

<https://vimeo.com/870846578/0d58123aa5?share=copy>



Near-Death Experiences from a Severely Traumatic Childhood

Sandi Taranto

<https://youtu.be/Y2FuFg2VGLs?feature=shared>

EPISODE 23

A TRIP THROUGH THE LIGHT



Featuring **Eric Peterson**

EXPLORE THE EXTRAORDINARY PODCAST with Betty Guadagno



<https://youtu.be/tbFMRuR2764?feature=shared>

EPISODE 29

An Outpouring of Ooey Gooey Love



Featuring **Leigh Grode**

EXPLORE THE EXTRAORDINARY PODCAST with Betty Guadagno



<https://youtu.be/JgmpI9VDSns?feature=shared>

At Life's End and Beyond

Mobile, Alabama IANDS Group Leader, Lynn B. Robinson, PhD

About 15 months ago, my nephews moved their mother to a nursing facility for care. She was no longer able to walk, though her brilliant mind was still often quite sharp.

Because she was bedridden, her strength began slowly deteriorating. For at least nine months she had an oxygen feed into her nose. She ate well, enjoyed company, read, and even dictated a partial remainder of a historic record on which she had been working. For the last few months I had begun noticing a slow decline in her energy, her eyesight/reading, and her appetite.

On Thursday, July 6, 2023, when I entered her room, I noticed she was having unusual difficulty breathing, [so] the nursing facility staff made the decision to take her to a hospital for evaluation. When I did visit, she asked me numerous questions, repeating some over and over. She did not remember having lived in the nursing facility and wanted me to explain again and again how she had gotten there. Long term memory was good. Her food intake for 10 days was minimal. Her mantra in the hospital was "I'm not happy." She had never been a complainer, even in times others would have loudly moaned and groaned and angrily demanded attention.

On July 17, she returned to her room at the nursing facility where hospice care had been arranged. Once there, she recognized the room. [By next morning,] she was smiling and eating an early lunch until it was three-quarters devoured. I had a hard time believing what I was seeing. After the attendant had cleared things away, and we were alone, my sister said, "Did you know I died?" Even with my background as an after-death communicator and near-death experience group leader for IANDS, I was caught off guard. It took me a moment to say no and ask if she wanted to tell me about that. She got a little agitated and muttered "never mind." Then she was back to smiling and asked questions about family members and others. Her physical appearance was so much healthier than the day before. She had color in her face, and her eyes had some of their old sparkle. I left our visit thinking she had a lot more time to live than we had thought and that she could even enjoy it. What a change, bordering on miraculous!

That afternoon my brother and his wife, Margaret, visited. They too were amazed. The old Phyllis was

back. He texted me the following exchange: "When I told Phyllis she looked so much better, she responded 'I don't hurt. It's like somebody flipped a switch.'" Margaret asked, "Who do you think flipped the switch?" Phyllis responded, "Doctor God!" Phyllis had two very good days, visiting with friends and family. She looked more like herself than she had in a couple of years. She was happy, eating regular sized meals, seemed free of pain, and enjoyed herself and others. A miracle? An act of God?



Toward the end of the day on Wednesday, her newlywed grandson and wife visited her. They chatted a while longer, Phyllis's voice a very faint whisper. When Samuel told her they had to leave, she said, as was common, "Please don't go." But then she added, "I thought I was dead. I was so scared." Her grandson, who has said he was terrified by that exclamation, was barely able to reply, "Really? We're never prepared to die; no-one is." Breathing deeply, he added, "See you Sunday." He leaned over to give Lala a hug. As he walked away, his grandmother blew him a kiss, and he blew one back.

Very early the next morning, Thursday, July 20, Samuel's father entered his mother's room; she was in a deep sleep. Though he had trouble waking her, she did, saying "Hi Sam!" He gave her a few sips of liquid, and then she started mumbling before slipping back into sleep. Sam texted me, "Mom is struggling now, and I will stay with her this morning." Less than a minute later, he sent a second text: "Mom is with dad and Petey"—her deceased husband and her son who died as a young boy. A resident nurse confirmed her passing.

Two inexplicable days of happy, almost normal activity. Most probably my sister was engaged in deathbed visions or what hospice doctors and nurses call EL DVs, end-of-life dreams and visions.

But Phyllis thought she had died and somehow been resuscitated—near-death experience. It would have been so like my sister to request such a return so that she could make things better for all of us who loved her. My mother had always called her "the sweet sister." Our brother recalled, "The last words she said to me, as we were leaving, were 'Thank you for everything.'" That was just our sister's nature, one of kindness and acts of love. And, she has continued those acts of love. Two of her grandchildren have had symbolic communication

from my sister. I'm thrilled for them and for others to know about their experiences.

In an earlier visit, her grandson had playfully asked her about how he might hear from her when she died: "What's gonna be the thing that lets me know you're okay? What am I going to see?" She told him that if he found a penny, he'd know she was fine. And she told him about a friend who had found pennies after her loved one had died. That final Wednesday afternoon on Samuel's way to go see his grandmother, he opened the door to his car. A penny was heads up on the floor mat. "Aunt Lynn," he told me, "I never carry change at all; and there was a penny...in my car, where I had to see it... just like Lala told me." This occurred Wednesday afternoon before her death the following morning, the afternoon she had told him, "I thought I was dead." Samuel commented to me: "I find this to be powerful symbolism of what was to come...she was dying, yet she was still telling me she was okay."

Later the same day that Samuel had told me about the penny, his sister, Emily Kate texted me, "I woke up the other night smelling Lala's perfume." She later told me that she had awakened to the perfume on July 24, death having occurred on the 20th.

On July 31 in the late afternoon, Samuel called me. Leaving from work, unusual circumstances prohibited him from taking his preferred route home. His alternative route allowed him to stop in a local bakery to buy a treat for his wife. As he opened the car door, and stepped out of his car, he found a penny there. His Lala was with him again, and so he went to visit her...well, not really her. His non-normal drive home had taken him by the bakery where he stopped, found the penny, and drove just a few short blocks to stand by her nearby grave, send her love, and call to tell me so.

I've never known life without my sister's physical presence. She is not gone. She's out of sight but not of heart and mind. And, she continues to leave gifts of love for those who recognize them, including those who feel her love within this telling of her story.

Excellent resources: *Final Gifts, Understanding the Special Awareness, Needs, and Communications of the Dying* written by hospice nurses Maggie Callanan and Patricia Kelley and my own published book, *Loving to the End and On...A Guide to the Impossibly Possible*, offer additional insights into end-of-life intimacy.



IANDS Ethics Committee

The IANDS Ethics Committee seeks a volunteer who is an IANDS member who would be interested in joining our team. Currently, we have five members, and we are all professionals with work experience in the area of Ethics. We are seeking a sixth member who does not have a professional background and who comes to the area of Ethics as a person who is committed to IANDS ethical standards.

If you are such a person, please contact: Rebecca Valla at rvalla@bellsouth.net or Debbie James at debbiejames53@yahoo.com.

IANDS Conference Committee

COMING SOON

Yes, we know this is pretty early to begin recruiting volunteers for our 2024 Phoenix, AZ conference, which will be from Aug. 28th - Sept. 1st!

As a heads up, we will need many volunteers to help in the book store, registration desk, room monitoring, and many other positions.

Watch for email announcements asking for volunteer applicants. If you aren't already on our email list, please [SUBSCRIBE HERE](#) or go to IANDS.org and look for "Subscribe to our email list" on the upper left corner.

IANDS Marketing Committee

If you have experience in marketing, media relations, writing and distributing press releases, or have expertise in social media, please email Maryann Sperry at maryannsperry123@gmail.com and let her know your background and what your interest is in volunteering your time to support IANDS.

Near-Death and After-Death Communication Experiences in a Time of Global Crisis

By J. Kim Penberthy, Ph.D., ABPP, Chester F. Carlson Professor of Psychiatry & Neurobehavioral Sciences, UVA, Associate Director, UVA Health Clinician Wellness Program

The COVID-19 pandemic has heightened interest in near-death experiences (NDEs) and after-death communications (ADCs) due to its profound impact on mortality. This study explores NDEs and ADCs, emphasizing their importance during this crisis. It reviews their characteristics, similarities, differences, and their effects on individuals' compassion, empathy, and grieving process.

NDEs occur when individuals come close to death, whereas ADCs involve encounters with deceased entities outside of life-threatening contexts. Around 17% of cardiac arrest survivors reported NDEs pre-COVID, and 20-40% of the population reported ADCs. Both phenomena positively impact emotional health, reducing death anxiety and fostering spirituality, compassion, and love for life. With the pandemic, there's been an increase in reported NDEs and ADCs, many of which are linked to COVID-19.

The pandemic, resulting in over 4.6 million deaths, significantly elevated discussions about mortality. Notably, there was a surge in reported NDEs and ADCs, with a sizable percentage directly related to COVID-19. For the grieving, these experiences often provide solace and comfort.

Individuals with NDEs frequently show a decreased fear of death, leading to enhanced psychological wellbeing and spiritual connections. They often report heightened emotional health, stronger self-confidence, and greater love and empathy towards others, fostering improved life satisfaction and relationship appreciation. NDEs often promote altruism, compassion, and care in interpersonal relations.

ADCs typically occur in dreams, visions, or sensory manifestations and have been credited with assisting in the grieving process, offering comfort and closure. These experiences can reduce the fear of death by implying a continued existence of the deceased, fostering belief in

an afterlife. ADCs encourage conversations about the deceased, fostering greater social support among family and friends.

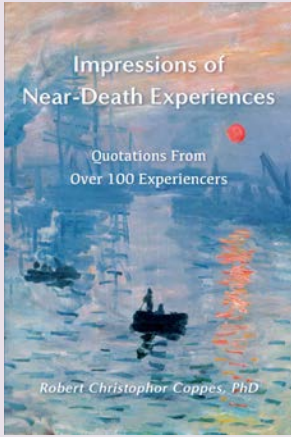
The pandemic caused considerable mental and emotional strain worldwide. However, NDEs and ADCs have emerged as potential sources of comfort, fostering increased compassion, empathy, and facilitating grieving.

A brief survey of the existing literature using academic databases with keywords "near-death experience," "after-death communications," and "COVID-19" from 2019 to 2021 was conducted, and the results are in Table 1. The focus was on studies providing data on NDEs and ADCs and their impact on people's compassion, empathy, and grieving process. As you can see from Table 1, a few studies were conducted over this time period and appear to support the findings that individuals who reported NDEs or ADCs displayed enhanced empathy, compassion, and altruism post-experience, along with reduced fear of death. As the world grapples with a global crisis, understanding and acknowledging the role of NDEs and ADCs can be a source of solace for many. These findings support the potential positive impact of NDEs and ADCs on grieving individuals during the COVID-19 pandemic. It suggests that further exploration and understanding of these experiences could contribute to more effective grief support and interventions. The findings highlight the potential psychological and social effects of the pandemic, as well as the enduring human fascination with questions surrounding life, death, and what may lie beyond. In conclusion, NDEs and ADCs have been shown to increase individuals' sense of compassion, empathy, and concern for others during the COVID-19 pandemic. These experiences may also help individuals cope with grief and bereavement, fostering resilience and promoting mental well-being in these challenging times.

Table 1. Results from Studies of NDEs and ADCs During COVID-19 Crisis

STUDY (Year)	KEY FINDINGS
Kellehear (2019)	ADCs can have positive effects on bereavement, decreasing loneliness and isolation
van Lommel et al. (2020)	NDE experiencers exhibited increased empathy, compassion, and altruism
Greyson (2021)	NDEs may act as a survival mechanism, fostering social cohesion during the pandemic
Facco & Lucangeli (2021)	NDE experiencers exhibited higher levels of empathy, self-compassion, and overall mental well-being during the pandemic
Fenwick & Lovelace (2022)	Individuals with NDEs or ADCs showed increased compassion and empathy, facilitating grief processing

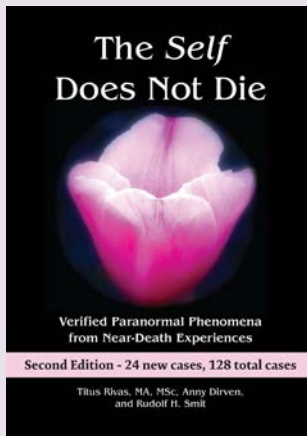
IANDS's BOOKS:



Impressions of Near-Death Experiences: Quotations From Over 100 Experiencers by Robert Christophor Coppes, PhD

This book gives an impression of what near-death experiences (NDEs) are like through hundreds of quotes from around the world. Read the quotes and sense how they feel for you. Let go of whatever ways you have been programmed by your upbringing or by religion, and open your mind to receive whatever wisdom you find in these testimonies of people who have experienced the first moments of physical death.

[Available on AMAZON - click HERE](#)



The Self Does Not Die: Verified Paranormal Phenomena from Near-Death Experiences Second Edition, 24 New Cases, 128 Total Cases

Each of the nine chapters with veridical paranormal cases has at least one new case added! There are seven new cases occurring during cardiac arrest or similar conditions.

The Self Does Not Die is a trailblazing effort to present the most confirmed cases of consciousness beyond death ever compiled. In these cases, the authors have gone back to the original sources, the people involved in each case, whenever possible, rather than relying on secondhand sources. In so doing, they have assembled a unique collection of empirical data that any scholar worthy of the name must take into account.

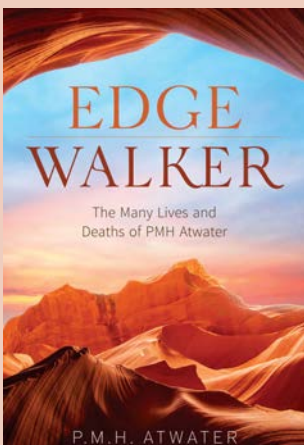
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The Big Book of Near-Death Experiences: The Ultimate Guide to the NDE and its Aftereffects by PMH Atwater, LHD

The Big Book of Near-Death Experiences is the encyclopedia of this phenomenon, including crucial research regarding the experience, its aftereffects, and the implications for all of us who someday will shed this mortal coil. This book explores the possibility of the soul, God, other worlds, heaven and hell, the afterlife, religion, and the purpose of life.

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PMH Atwater's latest book: *EDGE WALKER*

In her many books examining NDEs and other extraordinary phenomena, PMH Atwater has, thus far, only revealed bits and pieces about her own life. Now, in *Edge Walker*, she finally tells us the whole story. This book explores, in great detail, her journey as a near-death experiencer, prolific author, wife, mother, and spiritual human. A courageous trailblazer, PMH has spent her entire life walking between worlds and trying to build bridges between them. Perhaps she sums it up best in her own words: "I'll be almost eighty-six when this book is published. I leave you my laughter and my life and my books, and a host of questions still to be answered. No regrets. I did the best I could each step of the way."

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