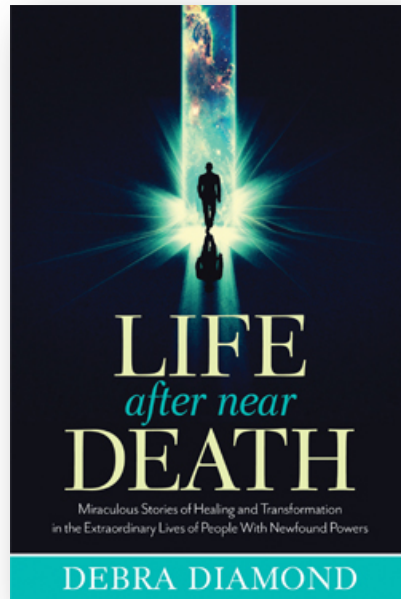


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Why You Don't Really Want to Experience an NDE

By Debra Diamond
(1540 words)



When people hear about the research I'm doing into NDE's, they often ask, "How can I have one of those?" NDEs sound so appealing.

I must confess I'm mystified by the desire for this experience. After working with NDErs, hearing their stories and learning about their lives afterwards, I just shake my head when I'm asked this question. I often think that perhaps I didn't do a very good job of explaining this phenomenon. "Be careful," I always say. "Having an NDE is serious business."

NDEs are not just a simple matter of boosting dormant ambitions. It's not a reversible thrill-ride and it's certainly not a "walk in the park." The experience entails permanent and hazardous separation to another realm and there's no turning back. In most cases, it involves nearly dying.

And that's not the least of it. There are problems when experiencers return—problems that can't be corrected. An NDE can bring on baffling, frightening and even dangerous after-effects. If you listen to an account of a personal journey, you'll hear one story but if you peek behind the curtain, you'll hear another.

One after another, experiencers related how they quit their jobs, left their spouses, contemplated suicide, embarked on self-destructive behavior and questioned their lives, following their NDEs.

Physical trauma—chilling enough—is only one aspect of the experience. The emotional and mental burden is where things gets sticky. In this book, as you read the cases, no doubt you were thinking, "Why they're prodigies! What I wouldn't give to have some of that!" But let me assure you: You're only looking at the silver lining of a very dark cloud. There's a price to pay for the experience. Here's why.

Most experiencers return with a sense of isolation. They've changed to their core. And it's not the kind of shift you can easily adapt to. It fundamentally reprograms you and there's no way to get back to the old way of life. No how-to books to consult, no magic pill to take.

You might be able to tell your friends or family you went to heaven and met God or had a conversation with your dead grandmother, but if you mention that you now get psychic messages and see dead people, that's when the conversation stops.

Then there's the matter of your spouse. You stop eating the types of food they prepared. You no longer want to watch that favorite television show. You don't tell them that when you're standing in line at the supermarket or department store, you know what everyone else in line is thinking. You learn to keep your mouth shut. Your spouse asks what's wrong and says, "If you only stayed the way you were, we'd be fine." But you can't. It's impossible. According to one study at the University of North Texas, 65% of NDEers eventually divorce.

But wait. There's more.

It's also common for the people you love to simply refuse to accept what you are telling them.

Then there's the issue of mission. Many NDEers know they were given a purpose during their experience, but don't remember what it is. The more fortunate ones recall and, if they're lucky, it's a mission easily applied to earth: music, art, a form of healing. But many have no idea what they are supposed to do now. All they know is they're meant to do something, but darn if they can figure out what it is.

Many spend years wandering, struggling with life purpose. Other's criss-cross the country, seeking an unfathomable answer. Some take odd jobs. Or no jobs at all. Many experience money problems. They think the next place will provide a solution to their very deep dilemma. Many never find the answers they seek.

Then there are the experiencers who had their peek into the metaphysical realm and found it the most profound and beautiful experience they've ever known. It offered so much more than this existence. It's not discussed often, but suicide is actually common among certain groups of NDEers. They long to return to the world that was so beautiful and perfect. And they believe they don't belong anywhere, anymore.

Time—keeping track of it, losing their sense of it, operating within our earthly time frame—becomes problematic.

"After the experience, right up to this day, I'm disoriented in time and space as if the NDE erased my capacity to deal with time on earth," Marissa, one of the NDEers in *Life After Near Death*, says.

Many NDEers report an inability to show up when they're supposed to. I learned early on they

have difficulty keeping a schedule or appointments. It takes patience to work with them.

NDErs are overly sensitive, too, including sensitivity to others' energies. This sensitivity can result in inappropriate boundaries with friends or family members and even with complete strangers. This behavior can cause social problems, such as butting into conversations and saying improper things at the wrong time.

For instance Robert Bare, an NDEr with unusual physiological proper- ties once mentioned to me, "Did I tell you about the lady who painted her wall Chinese Dragon Red?"

"No," I said, shaking my head.

"I was in a Walmart, checking out and I usually try not to let anyone distract me," Robert said. "But something told me to tell this lady in line that she painted a wall red."

"So I interrupted her and said, 'Excuse me, did you just paint a wall red?'" "Yes," she said.

"Was it Chinese Dragon Red?"

"Who are you?" she asked.

"Then a voice said, 'Please tell her I miss her and love her.' So I did. I said those words, as I stood behind her in line. They just came out. Then I left and went out to the parking lot," Robert said, still trying to figure out what happened.

NDErs sense of smell may be different following their experience. Their physician may explain this new, unusual sensation as an 'olfactory experience,' something I've never heard of before.

One NDEr described her frustration with "real" life: "I feel very frustrated when I have to read a book to get information, since I already had access to all information of the universe," she told me. This may sound unusual, but this experiencer really believes and feels this way.

Something as simple as a conversation with others can be difficult for an NDEr because much of that conversation now seems irrelevant. Many have difficulty communicating, trying to put thoughts into words. It can be a challenge to hold a conversation with NDErs, since many can't hold a thought. Others have a hard time concentrating. Getting them to focus and read a book, to stay on task—except for their compulsions—may be difficult. After all, part of them is out in the universe now. No time or space exists there.

Many others have experiences they decline to discuss—things they can't explain. For example, some trigger malfunctions in electrical appliances. Some have darker experiences they don't want to talk about. Experiences like visits from menacing people from the other side or being taken to other realms at night when they're asleep. Dark realms they'd rather not acknowledge or mention.

How does this happen? More to the point, what are they supposed to do with these experiences?

Those who are eager to experience an NDE should consider that *NDE after-effects are permanent*. You can't reverse them. They are with you forever, even when you sleep. You can't escape.

The desire to make it happen

I suppose it's natural for all of us to wish for greater connection. Yes, searching for greater meaning is perfectly understandable. But let's be real: NDEs are not the answer and they're not something we can set off to achieve, at least not by the traditional means in the metaphysical realm. NDEs are not something you can achieve by reading a book. By watching a DVD or listening to a CD. By taking a class or through meditation, yoga, or hallucinogens. You won't get there by drumming or chanting. It's not possible. And the best I can tell you is this: You shouldn't wish for one. The effects of these methods may be useful to heighten consciousness temporarily, but they will never grant anyone the permanent after-effects of an NDE.

Bear in mind that integrating an NDE into your life is done with much difficulty, if at all. Individuals who learn about NDE gifts are not considering the realities of life on earth, and how essential they are to our day-to-day functioning.

All of us operate in this universe and intersect with universal consciousness every moment of our life on earth. But, NDErs are unique because they have merged with universal consciousness. An other-worldly consciousness takes over their lives when they return and they become in a sense, an appliance for the universe.

One NDEr says, "So many things have changed! Life seems more complex now because I am aware of another reality that I include in my daily life. It's like having more work to do every day."

Still want one? Take another look and think it over. You won't ever be able to go back.



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