

QUESTIONS PEOPLE ASK ABOUT THE NDE

HOW MANY PEOPLE HAVE HAD A NEAR-DEATH EXPERIENCE ?

In the USA alone, pollster George Gallup, Jr. says there are probably eight million NDEs. The research shows that about 35% of people who come to death later report the experience. Many more people may not talk about it.

WHO HAS A NEAR-DEATH EXPERIENCE ?

People who have a NDE are usually average people, no better and no worse than anyone else. An NDE happens to people of many religious backgrounds. The experience seems to have more to do with people's lives after the NDE than before.

IF YOU HAVE HAD AN NDE . . .

You are not alone, and you have not lost your mind. You may want to talk about it or you may not. If you do, choose a listener with whom you are comfortable, someone who knows how to listen. Some people have found it more helpful to write the experience down privately, or tape record it.

If you have had an NDE or know someone who has, Seattle LANDS is where you can find the support and information you need.

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WHAT IS A NEAR-DEATH EXPERIENCE (NDE) ?

Most people who have come close to death say they remember nothing. Roughly a third may say that "something happened". That "something" might be a near-death experience, and NDE.

No two NDEs are exactly alike, but there is a pattern to them. An NDE includes *one or more* of these things:

1. Feeling that the "self" has left the body. Often the "self" moves over head and "watches" efforts to revive the physical body. The person may later be able to describe who was there and what happened, sometimes in detail.
2. Moving through a dark space or "tunnel".
3. Encountering a radiant light. It is usually described as golden or white, and as being magnetic or loving.
4. Feeling at one with the universe; having a sense of understanding everything, of knowing "how the world works".
5. Meeting others, possibly deceased family and friends.
6. Having a life review, "seeing my life pass in front of me".

7. Reaching a boundary - a cliff, water, some kind of barrier - that may not be crossed if one is to return to life.

8. In rare cases entering a landscape or city.

9. Returning to the body.

Without exception, people who have had this experience say it can not be put into words afterwards. It is indescribable. Almost always, the NDE is described as being peaceful, perfect, and life changing. Many people say it was "like going home".

For some people however, an NDE may be frightening. The events they describe may not fit the usual pattern but are perceived as destructive and terrifying.

SEATTLE IANDS

PURPOSE

The primary purpose of this organization is to encourage and to promote the study of a phenomenon of world-wide interest : the near-death experience (NDE). This experience, which has now been reported in many parts of the world and has been documented in thousands of cases, may well serve to enrich our understanding of the nature and scope of human consciousness itself and its relationship to physical death.

PROGRAMS AND SERVICES

• LOCAL NDE MEETING:

Seattle IANDS sponsors a community based monthly meeting on the first Saturday of each month. This meeting serves two primary functions, 1) for near-death experiencers to meet other NDEers, listen, share, and find ways to integrate this wondrous and/or frightening experience into their new emerging life, 2) for family members, friends of experiencers and the interested public who wish to know more about near-death phenomenon.

• SPEAKERS BUREAU:

Offers a roster of researchers and near-death experiencers available to speak to schools, churches, civic organizations and professional societies and participate in radio and television programs on NDEs.

• EDUCATION PROGRAMS:

Sponsors lectures, seminars, workshops and conferences for students, professionals and the general public.

• INFORMATION:

Supplies literature, bibliographies and general information on NDEs; provides information to those who work with the dying, their families and members of the helping professions.

