

N. D.E. Society of Vancouver Island

Our Constitution is as follows: share experiences and support each other integrating the NDE into one's life; increase awareness and understanding of the life and death process; and overcome society's fear of death.

N.D.E. Related Links:

International Association of Near Death Studies (IANDS)

Seattle IANDS

What is a Near-Death Experience (N.D.E.)?
(reprinted from IANDS material)

No two NDEs are exactly alike, but there is a pattern to them. An NDE includes one or more of the following elements:

1. feeling the "self" has left the body;
2. sensation of moving through a dark space or tunnel;
3. encountering a radiant light;
4. feeling at one with the universe;
5. meeting others, possibly deceased family or friends;
6. experiencing a "life review" "seeing your life pass before you";
7. reaching a boundarycliff, water, some kind of barrier -- that may not be crossed if one is to return to life;
8. returning to the body.

Facts reprinted.....

Experiencers almost always find the experience peaceful and life changing.

All cultures hold a belief in NDEs.

All NDEers report an awareness of the importance of love.

A person who has an NDE probably has very mixed feelings about the experience.

After an NDE, the experiencer's values almost always change.

For some people, an NDE may be frightening or dark. Resources are available to help these people.

N.D.E. Near Death Experience Society of Vancouver Island Services

1. Monthly Meetings held in Victoria. Open meetings provide a friendly atmosphere to discuss various NDE topics, to view videos, to share voluntarily one's own NDE, to support each other, to participate in our committee activities, or simply socialize.

When: the third Thursday of Sept, Nov, Jan, Mar and May.

Where: a designated member's home.

Agenda: Discussion---special topic, video, voluntary sharing (60 minutes); Business (up to 30 minutes); Social.

2.Information: Comprehensive introduction package, member's library, bibliography list, and contact lists.

3. Committees: Private sharing, outreach (education, palliative care, and research).

4.Affiliation with IANDS (FOI, Victoria): access to newsletters, contacts, network list, conferences and workshops of the International Association of Near Death Studies (IANDS).

5. Open Social Events: Potlucks, BBQs, Networking trips

If you would like to join our Society, membership is voluntary, our yearly individual fee is \$15 Can or a family fee of \$25 Canadian.

We can be contacted in the following ways:

Phone (250) 386-9208

Mailing address: 1040 Empress Avenue Victoria, B.C. Canada V8T 1P2

Introduction package

The purpose of this package is to provide an introduction to our local near-death experience (N.D.E.) group's services and activities. Whether an experiencer or non experiencer (NE), we intend to answer some common questions, provide information/contacts and offer a safe, friendly and supportive atmosphere by which you may further understand/integrate an near death experience into your life.

At the back of this package, inserts from the IANDS pamphlet, COMING BACK, will answer common questions like:

- What is a Near death Experience (N.D.E)?
- How many people have had these experiences?
- Why doesn't everyone have one?
- Do NDEs happen only to people who are religious, or good?
- What causes an NDE?
- This is the nuttiest thing I ever heard. Isn't it crazy?
- How do people feel about having a near-death experience?
- What does it mean, that the NDE has more to do with a person's life after the experience than before?

WHAT IF you have had an NDE.....

You are not alone, and you have not lost your mind. Countless other normal people have had similar experiences.

You may want to talk about it or you may not. If you do, choose a listener whom you are comfortable, someone who knows how to listen. Some people have found it more helpful to write the experience down privately, or to tape record it. Others prefer to think about the experience for a long time, before trying to share it.

If you want to talk with another experiencer you are welcome to attend one of our local meetings and voluntarily share during our discussion, social time or with someone from our contact list. Comfortable and confidential sharing is a very important activity in our group.

We also have available NDE enhancement questionnaire from Margot Grey's book, Return from Death; which some members have found quite helpful.

WHAT IF someone you know has had an NDE....

The best thing you can do is to BE WITH the person. Just listen. It is as if the other person has just returned from a country you have never visited...only he or she can describe it. You are not expected to know all about the experience, or to have all the answers or opinions. Despite the common pattern in almost all NDE's, there are many different interpretations of the pattern. Simply listening without being judgmental will be a help.

You may want to read some of the books listed in our bibliography or talk with someone who can help you understand the experience better. Again, someone from our group's contact list may be of assistance.

ABOVE ALL, our open meetings provide a welcome, safe, friendly atmosphere to voluntarily share your NDE, understand others NDEs, topics/videos, support each other, participate in any of our committee activities or just plain socialize.

ABOUT OUR local group:

1. We are a Society:

N.D.E. Near death Experience Society of Vancouver Island

Our constitution includes:

share experience and support each other in integrating into our lives

increase awareness and understanding of life and death process

overcome fear of death

2. Also, we are an affiliate of IANDS: Friends of IANDS, Victoria

- IANDS membership forms available
- IANDS (Intl Assoc of Near Death Studies)
- Membership allows access to IANDS
- Vital Signs Newsletter
- Research Newsletter (if research member)
- Networking topic list (over 300 subscribers and growing)
- IANDS (International Association of Near Death Studies) Conference

3. Our local meetings:

We have been meeting over the past 9 years

Format:

- When: 3rd Thurs (Sept, Nov, Jan, Mar, May)
- Time: 1930
- Phone: 3910700 (Chris) or 3890067 (Terry)

We have a web site: <http://victoria.tc.ca/Community/NearDeathEXP> . This site has links to the Seattle affiliate (<http://www.serv.net/~seande>) and IANDS (<http://www.iands.org>).

Agenda:

- Discussion topic/video (approx 60 min)
eg : First days & weeks after N.D.E.
flexibility for new attendees to voluntarily share
- Business (approx 30 min)
- Social

Local membership yearly operating dues: Individual \$15, Family \$25

Open meetings

Information/resources accessible via our local group:

- member contact list
- NDE enhancement questionnaire from Margot Grey's, Return from Death
- our own members library of books, papers, newsletters, magazines
- NDE videos
- log of some members experiences
- Bibliography sheets
- open socials
- access to IANDS facilities:

over 300 subscribers and 40 related topics of discussion

member newsletter: Vital Signs

research newsletter: Journal

4. Committees:

NDE log : Stella

Library/Research: Heather

Outreach: Chris

Mailing/phone: Doris

5. Here are some of the activities our members have participated in:

- Seattle IANDS Conference intl speakers, authors, researchers, experiencers and non experiencers
- attended monthly Seattle IANDS meeting
- local Times Colonist NDE articles
- Camosun Communications project on NDE
- School psych paper on NDE
- School psych video project on NDE
- N. D. E. Discussion on Shaw Cable T.V.
- became a Society N.D.E. Near death Experience Society of Vancouver Island
- became an affiliate of IANDS (FOI, Victoria) Friends of IANDS, Victoria
- submitted articles to IANDS newsletter, Vital Signs
- corresponded with IANDS members and administrative people
- became a contact resource on Need Crises Line
- established our own N.D.E. library
- provided a written log of some members experience for Stella and for new attendees viewing
- open socials: BBQs, open houses, video evenings
- Hospice's volunteering

6. Upcoming activities/requests for coordinators or helpers:

- IANDS Conference San Antonio, Texas Oct 1997
- trip to Seattle IANDS meeting (first Sat afternoon of month)
- social (trip to Seattle, BBQs, video night...)
- social coordinator position required
- more discussion time leaders
- Web page assistants

We hope we have met the objectives of this intro package and maybe peaked your interest to attend a meeting, participate on some committee level, initiate another committee activity or provide welcomed comments and suggestions.

Feel free to contact someone on the contact list below or attend one of the scheduled meetings:

Chris 3910700

Heather 3842728

Inserts from IANDS Coming Back Pamphlet

1. What is a Near death Experience (N.D.E)?

Most people who have come close to death say they remember nothing. Roughly a third say that 'something happened'. 'That something' might be a near-death experience, an NDE. No 2 NDEs are exactly alike, but there is a pattern to them. An NDE includes one or more of these things: -feeling that the 'self' has left the body. Often the 'self' moves overhead 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. -moving through a dark space or 'tunnel'. -encountering a radiant light. It is usually described as golden or white, and as being magnetic or loving. -feeling at one with the universe; having a sense of understanding everything, of knowing 'how the world works'. -meeting others, possibly deceased family and friends. -having a life review, 'seeing my life pass in front of me'. -reaching a boundary...a cliff, water, some kind of barrier...that may not be crossed if one is to return to life. -in rare cases, entering a landscape or city. -returning to the body.

Without exception, people who have had this experience say it cannot be put into words afterwards. It is indescribable.

Almost always, the NDE is described as being peaceful, and life changing. Many people say it was 'like going home'.

For some people an NDE may be frightening. The events they describe may not fit the usual pattern, but are felt as destructive and terrifying. There is some evidence that a frightening experience NDE may develop into a peaceful type if it is not interrupted, or if the person has been able to 'push past' the fear.

If you have any questions about a frightening NDE, call or write IANDS. Some members in our group have met people who have had frightening or 'dark' NDEs.

2. How many people have had these experiences? nearly 8 million; about 35% of those who come close to death many more people may have had an NDE but have not talked about it

3. Why doesn't everyone have one? no one knows why some people report an NDE and others do not

4. Do NDEs happen only to people who are religious, or good? people who have NDEs are usually average people, no better or worse than anyone else. An NDE happens to people of many religious backgrounds. The experience has more to do with people's lives AFTER the NDE than before.

5. What causes an NDE? Scientists do not agree on what causes an NDE or why it happens. No one theory fits all cases.

6. This is the nuttiest thing I ever heard. Isn't it crazy? When we can not explain something we probably say, 'that's crazy' or 'I must be losing my mind'. The NDE is an experience that happens but cannot yet be explained. The NDE occurs to sane and normal people of all races, religions, backgrounds, and ages, including very small children.

7. How do people feel about having a near-death experience? A person who has had the experience probably has very mixed feelings. He or she may be very angry at coming back to physical pain and suffering, and at having 'lost the light'. There may be fear of insanity because something has happened that seems impossible. Very often people have a deep fear of being ridiculed. Not all NDEs are remembered immediately, and bits and pieces of the experience may be remembered over quite a long period of time. In this case, the person may wonder what is happening. On the other hand, most experiencers are no longer afraid of death. They are also typically sure that their lives have purpose and meaning. An experiencer may feel special, or 'chosen'.

8. What does it mean, that the NDE has more to do with a person's life after the experience than before? Just about every person who has an NDE seems to have a changed understanding of what life is all about. This usually goes very deep and is often impossible for the person to explain. Almost always, the person's values change. Besides losing all fear of death, the person may also have lost interest in financial or career success. Becoming more loving, deeply interested in service, in helping others are common directions. After the experience some people find they have an increase in psychic abilities.

Bibliography

1. Life after Life, Raymond Moody Jr.
2. Closer to the Light, Melvin Morse
3. Life at Death, Kenneth Ring
4. Return from Death, Margot Grey
5. Recollections of Death, Michael B. Sabom, M.D.

6. Adventures in Immortality, George B. Gallup Jr.
7. After Death Communication, Bill Guggenheim
8. Kundalini and Human Evolution, Gopi Krishna
9. Dying to Live, Susan Blackmore
10. Seattle IANDS video: Transcending the Limits, The N.D.E.