

1
00:00:08,279 --> 00:00:12,250
[Music]

2
00:00:16,899 --> 00:00:36,859
well as reality with your question and

3
00:00:30,259 --> 00:00:39,469
now shadows reality hey Kate hey faroush

4
00:00:36,859 --> 00:00:41,570
yeah how are you I'm doing pretty well I

5
00:00:39,469 --> 00:00:45,198
see you have lined up a wonderful guest

6
00:00:41,570 --> 00:00:48,409
for us today yes we actually have one

7
00:00:45,198 --> 00:00:52,789
big guest and one listener experience at

8
00:00:48,409 --> 00:00:55,459
the end of the show so we're gonna start

9
00:00:52,789 --> 00:01:01,609
out our show and let us slate let's

10
00:00:55,460 --> 00:01:02,359
slate okay today is February 25th 2017

11
00:01:01,609 --> 00:01:07,310
mm-hm

12
00:01:02,359 --> 00:01:11,090
our guest today is the wonderful dr.

13
00:01:07,310 --> 00:01:14,329
penny Sartori right coming to us right

14
00:01:11,090 --> 00:01:17,270
from Swansea in Wales that's pretty

15
00:01:14,329 --> 00:01:18,769
amazing it is amazing the one wouldn't

16
00:01:17,269 --> 00:01:20,539
have thought that one we were little

17
00:01:18,769 --> 00:01:23,359
kids that we would be you know just

18
00:01:20,540 --> 00:01:25,910
talking no look at he's splitting it all

19
00:01:23,359 --> 00:01:29,209
over the world but no but dr. penny

20
00:01:25,909 --> 00:01:32,329
Sartori is a very very interesting guest

21
00:01:29,209 --> 00:01:35,780
and she has written a book called the

22
00:01:32,329 --> 00:01:38,420
wisdom of near-death experiences she has

23
00:01:35,780 --> 00:01:40,820
also written another book but the other

24
00:01:38,420 --> 00:01:44,469
book is I believe for her college

25
00:01:40,819 --> 00:01:47,539
courses and it's called the near-death

26
00:01:44,469 --> 00:01:51,109
experience of hospitalised intensive

27
00:01:47,540 --> 00:01:54,770
care patients a five-year critical study

28
00:01:51,109 --> 00:01:57,739
hmm she is she has been a nurse and she

29

00:01:54,769 --> 00:01:59,599
is a nurse but right now she is teaching

30
00:01:57,739 --> 00:02:03,079
that she has her doctorate she is

31
00:01:59,599 --> 00:02:05,119
teaching at the Swansea University about

32
00:02:03,079 --> 00:02:08,300
death and dying and spiritual

33
00:02:05,120 --> 00:02:12,469
transformation she has two special

34
00:02:08,300 --> 00:02:14,959
courses there so let's welcome dr. penny

35
00:02:12,469 --> 00:02:15,829
Sartori yes thank you so much for being

36
00:02:14,959 --> 00:02:18,289
here with us

37
00:02:15,829 --> 00:02:20,420
oh hi thanks thanks for asking me it's

38
00:02:18,289 --> 00:02:22,729
lovely to be with you I wanna make

39
00:02:20,419 --> 00:02:24,589
sure that you feel a thousand percent

40
00:02:22,729 --> 00:02:27,590
welcome because I'm just gonna say a

41
00:02:24,590 --> 00:02:31,039
very very short little story of my own

42
00:02:27,590 --> 00:02:32,930
I've been to Wales twice which is a lot

43
00:02:31,039 --> 00:02:34,370

for an American the average American may

44

00:02:32,930 --> 00:02:36,439

have never gone to Wales but I've been

45

00:02:34,370 --> 00:02:38,509

there twice because I have some of my

46

00:02:36,439 --> 00:02:42,319

background from Wales and one time I

47

00:02:38,509 --> 00:02:43,879

went to Wales it was when they had the I

48

00:02:42,319 --> 00:02:45,859

stuff odd I don't know if I'm saying

49

00:02:43,879 --> 00:02:49,069

that correctly because I'm not a Celtic

50

00:02:45,860 --> 00:02:51,410

speaker but they had the I stuff odd and

51

00:02:49,069 --> 00:02:53,209

I went out of out of interest and

52

00:02:51,409 --> 00:02:55,609

curiosity wanting to learn a little bit

53

00:02:53,209 --> 00:02:59,269

about that part of my roots and I was

54

00:02:55,610 --> 00:03:00,830

welcomed so nicely and they signed me up

55

00:02:59,269 --> 00:03:03,080

and they wanted me to come back and tell

56

00:03:00,830 --> 00:03:05,239

my story but unfortunately I had to

57

00:03:03,080 --> 00:03:08,030

catch a plane back to the US of A but I

58
00:03:05,239 --> 00:03:10,610
did spend a day and a half there and I

59
00:03:08,030 --> 00:03:13,430
got a lovely lovely welcome both times I

60
00:03:10,610 --> 00:03:16,340
was in Wales once with my my parents my

61
00:03:13,430 --> 00:03:19,010
father being the the Welsh part of the

62
00:03:16,340 --> 00:03:21,319
the group I mean he's part Welsh and I

63
00:03:19,009 --> 00:03:23,030
was there with them and then later I was

64
00:03:21,319 --> 00:03:26,180
there once again and it's just a

65
00:03:23,030 --> 00:03:30,079
wonderful wonderful place so welcome

66
00:03:26,180 --> 00:03:32,060
many welcomes to you dr. penny do you

67
00:03:30,079 --> 00:03:33,860
want the do you want to start out no not

68
00:03:32,060 --> 00:03:37,219
really I was just fascinated by the

69
00:03:33,860 --> 00:03:40,250
whole idea of the near-death experience

70
00:03:37,219 --> 00:03:42,620
but largely from your viewpoint because

71
00:03:40,250 --> 00:03:44,930
you were actually there when it happened

72
00:03:42,620 --> 00:03:47,299
some people speculated about it they

73
00:03:44,930 --> 00:03:50,900
talked about it but you've actually seen

74
00:03:47,299 --> 00:03:52,879
the passing of people from one state to

75
00:03:50,900 --> 00:03:56,150
another state and then back to this

76
00:03:52,879 --> 00:04:00,799
state and so it's really your first-hand

77
00:03:56,150 --> 00:04:03,170
experience her and yeah yes that's right

78
00:04:00,799 --> 00:04:06,379
I was really I was in quite a privileged

79
00:04:03,169 --> 00:04:08,509
position really and I think my interest

80
00:04:06,379 --> 00:04:11,299
in the subject of near-death experience

81
00:04:08,509 --> 00:04:13,909
kind of was generated from my work as a

82
00:04:11,299 --> 00:04:15,980
nurse and I think I was just in that

83
00:04:13,909 --> 00:04:18,529
perfect place because not only was I

84
00:04:15,979 --> 00:04:21,139
fascinated by these experiences I was

85
00:04:18,529 --> 00:04:23,149
actually looking after patients who were

86

00:04:21,139 --> 00:04:26,439
having these kind of experiences so it

87
00:04:23,149 --> 00:04:30,199
was a unique and privileged position

88
00:04:26,439 --> 00:04:33,918
also I feel people in the state that

89
00:04:30,199 --> 00:04:36,050
they're in obviously critically ill

90
00:04:33,918 --> 00:04:38,299
so to develop a very close relationship

91
00:04:36,050 --> 00:04:41,150
to the nurses that care for them and

92
00:04:38,300 --> 00:04:43,879
trust them and are comfortable sharing

93
00:04:41,149 --> 00:04:45,888
their experiences with them as opposed

94
00:04:43,879 --> 00:04:48,650
to let's say a stranger that would just

95
00:04:45,889 --> 00:04:50,509
walk in and it's a little bit out of the

96
00:04:48,649 --> 00:04:53,269
ordinary to say I've had a near-death

97
00:04:50,509 --> 00:04:56,810
experience but to be able to experience

98
00:04:53,269 --> 00:05:01,008
that and discuss it with someone they

99
00:04:56,810 --> 00:05:02,689
trusted also added to it mm-hmm yes

100
00:05:01,009 --> 00:05:04,550

that's right and I thought that was one

101

00:05:02,689 --> 00:05:07,849

of the findings of my research really

102

00:05:04,550 --> 00:05:10,639

was how important it is that patients

103

00:05:07,848 --> 00:05:13,098

feel comfortable in expressing that

104

00:05:10,639 --> 00:05:16,430

they've had these experiences because a

105

00:05:13,098 --> 00:05:20,329

lot of people after the 15 cases that I

106

00:05:16,430 --> 00:05:22,340

got during my hospital study it was only

107

00:05:20,329 --> 00:05:26,240

two patients actually volunteered the

108

00:05:22,339 --> 00:05:28,250

information the others I found because I

109

00:05:26,240 --> 00:05:32,000

interviewed every single person who

110

00:05:28,250 --> 00:05:35,060

would kind of survived a cardiac arrest

111

00:05:32,000 --> 00:05:37,728

and I just my opening question was did

112

00:05:35,060 --> 00:05:38,899

you recall anything from the time that

113

00:05:37,728 --> 00:05:41,418

you were unconscious

114

00:05:38,899 --> 00:05:44,079

now most people didn't remember anything

115
00:05:41,418 --> 00:05:46,549
but had I not asked that question

116
00:05:44,079 --> 00:05:48,528
thirteen patients would never have

117
00:05:46,550 --> 00:05:50,750
spoken about their near-death experience

118
00:05:48,528 --> 00:05:53,478
because they were afraid to talk about

119
00:05:50,750 --> 00:05:55,038
it they thought were they they didn't

120
00:05:53,478 --> 00:05:58,068
understand it and they thought that they

121
00:05:55,038 --> 00:06:00,199
may have been going crazy and the fact

122
00:05:58,069 --> 00:06:03,500
that they were able then to express what

123
00:06:00,199 --> 00:06:06,199
had happened was a big help to them so

124
00:06:03,500 --> 00:06:07,879
you know this is a really vital for that

125
00:06:06,199 --> 00:06:10,848
all newses are aware of these

126
00:06:07,879 --> 00:06:13,879
experiences keep the patients the people

127
00:06:10,848 --> 00:06:16,639
who had these experiences it's essential

128
00:06:13,879 --> 00:06:18,650
that they be validated that's that's

129
00:06:16,639 --> 00:06:21,710
essentially what you're saying I take it

130
00:06:18,649 --> 00:06:23,688
yes absolutely that is the that that's

131
00:06:21,709 --> 00:06:25,938
the most helpful thing that anyone can

132
00:06:23,689 --> 00:06:28,729
do is to validate that experience for

133
00:06:25,939 --> 00:06:30,669
them and say look you're not alone other

134
00:06:28,728 --> 00:06:33,050
people have also reported these

135
00:06:30,668 --> 00:06:34,758
experiences and then there's lots of

136
00:06:33,050 --> 00:06:36,740
resources out there that you know

137
00:06:34,759 --> 00:06:38,389
there's lots up on the internet there's

138
00:06:36,740 --> 00:06:40,218
the International Association of

139
00:06:38,389 --> 00:06:43,338
near-death studies which is very helpful

140
00:06:40,218 --> 00:06:45,348
as well so it's important to validate it

141
00:06:43,338 --> 00:06:47,449
and to direct them to other sources

142
00:06:45,348 --> 00:06:50,368
where they can get help

143

00:06:47,449 --> 00:06:52,408
and I was really interested in your

144
00:06:50,369 --> 00:06:54,689
description of the first time that you

145
00:06:52,408 --> 00:06:57,478
were working as a nurse and one of the

146
00:06:54,689 --> 00:07:00,619
other nurses said to you that this

147
00:06:57,478 --> 00:07:03,508
patient will be dead by a certain time

148
00:07:00,619 --> 00:07:06,689
you were sort of shocked by that and yet

149
00:07:03,509 --> 00:07:08,158
intrigued by it at the same time yes

150
00:07:06,689 --> 00:07:10,528
that's right I can remember my very

151
00:07:08,158 --> 00:07:13,168
first day on the ward as a student nurse

152
00:07:10,528 --> 00:07:15,478
pass and the night nurse was handed over

153
00:07:13,168 --> 00:07:18,718
to the the morning staff and she said oh

154
00:07:15,478 --> 00:07:21,058
she said the man in bed six section C

155
00:07:18,718 --> 00:07:22,738
he'll be dead by the end of the morning

156
00:07:21,059 --> 00:07:24,719
because he's been talking to his dead

157
00:07:22,738 --> 00:07:26,848

mother since about three o'clock and I

158

00:07:24,718 --> 00:07:28,618

kind of you know I thought wow were they

159

00:07:26,848 --> 00:07:31,438

trying to just wind me up because it's

160

00:07:28,619 --> 00:07:33,629

my first day I looked around and

161

00:07:31,439 --> 00:07:36,539

everyone carried on as if it was normal

162

00:07:33,629 --> 00:07:38,849

and I went out and I observed this

163

00:07:36,538 --> 00:07:41,488

patient and I could see him gesturing to

164

00:07:38,848 --> 00:07:43,618

someone who I couldn't see and I got

165

00:07:41,488 --> 00:07:45,388

called away for other nursing duties but

166

00:07:43,619 --> 00:07:47,309

I kept going back throughout the course

167

00:07:45,389 --> 00:07:50,668

of the morning to look at this man and

168

00:07:47,309 --> 00:07:52,919

it was about 11:30 in the morning and I

169

00:07:50,668 --> 00:07:55,649

can remember he almost got some energy

170

00:07:52,918 --> 00:07:57,688

from someone somewhere and as if he was

171

00:07:55,649 --> 00:07:59,519

trying to sit up and his arms were

172
00:07:57,689 --> 00:08:03,269
outstretched and he had this lovely

173
00:07:59,519 --> 00:08:04,949
smile on his face and he sort of sat and

174
00:08:03,269 --> 00:08:07,379
stayed like that for a few seconds and

175
00:08:04,949 --> 00:08:08,218
then relax back and it looked like he'd

176
00:08:07,379 --> 00:08:10,679
gone to sleep

177
00:08:08,218 --> 00:08:13,228
but he'd actually died at that point so

178
00:08:10,678 --> 00:08:15,238
you know exactly what that night nurse

179
00:08:13,228 --> 00:08:18,298
had said he did die by the end of the

180
00:08:15,238 --> 00:08:22,618
morning and and you've also reported

181
00:08:18,298 --> 00:08:26,028
that most people who have died during an

182
00:08:22,619 --> 00:08:28,979
experience of that nature they die

183
00:08:26,028 --> 00:08:31,829
reasonably happily they die with a smile

184
00:08:28,978 --> 00:08:34,229
on their face or they don't seem to be

185
00:08:31,829 --> 00:08:37,198
trying to fight it as much when they've

186
00:08:34,229 --> 00:08:39,658
been talking to deceased relatives or

187
00:08:37,198 --> 00:08:42,838
spiritual entities that may they may

188
00:08:39,658 --> 00:08:44,850
perceive as being in the room yes it's

189
00:08:42,839 --> 00:08:47,189
as if these visions that they have give

190
00:08:44,850 --> 00:08:48,808
them great comfort and prepare them for

191
00:08:47,188 --> 00:08:52,438
the journey that they're going to take

192
00:08:48,808 --> 00:08:54,990
and yes is they very much at peace and

193
00:08:52,438 --> 00:08:56,909
at ease because I've also witnessed

194
00:08:54,990 --> 00:08:58,318
patients who aren't at ease and you know

195
00:08:56,909 --> 00:09:00,029
they can get quite distressed and

196
00:08:58,318 --> 00:09:01,799
agitated

197
00:09:00,029 --> 00:09:04,709
that certainly isn't the case when

198
00:09:01,799 --> 00:09:06,389
people have these visions and in fact I

199
00:09:04,710 --> 00:09:08,879
was talking to one of the hospice

200

00:09:06,389 --> 00:09:11,970
doctors and she said to me that through

201
00:09:08,879 --> 00:09:13,529
her 40 year career she said patients who

202
00:09:11,970 --> 00:09:16,230
had previously had a near-death

203
00:09:13,529 --> 00:09:19,139
experience also had the most peaceful

204
00:09:16,230 --> 00:09:21,269
deaths that she'd encountered as well so

205
00:09:19,139 --> 00:09:24,330
these are really conducive to helping

206
00:09:21,269 --> 00:09:28,679
patients to have that peaceful and ease

207
00:09:24,330 --> 00:09:30,960
full and transition into death well it

208
00:09:28,679 --> 00:09:33,989
certainly is very I mean certainly it

209
00:09:30,960 --> 00:09:36,930
seems to be a major fear of most humans

210
00:09:33,990 --> 00:09:39,600
this fear of dying and the fact that

211
00:09:36,929 --> 00:09:43,169
there may be something other than just

212
00:09:39,600 --> 00:09:46,230
nothing it was very comforting and uh I

213
00:09:43,169 --> 00:09:50,399
think work such as yours helps to ease

214
00:09:46,230 --> 00:09:53,300

that fear but you what interested me too

215

00:09:50,399 --> 00:09:56,610

you said it's the wisdom of near-death

216

00:09:53,299 --> 00:10:01,199

experiences and what did you refer to by

217

00:09:56,610 --> 00:10:02,940

wisdom I found was that patients who

218

00:10:01,200 --> 00:10:05,970

came back who'd had the near-death

219

00:10:02,940 --> 00:10:09,300

experience and came back they were

220

00:10:05,970 --> 00:10:12,360

changed in such profound ways and it was

221

00:10:09,299 --> 00:10:15,269

through reflecting on their life and one

222

00:10:12,360 --> 00:10:17,789

of the biggest aspects of the near-death

223

00:10:15,269 --> 00:10:20,159

experience to help with this is the life

224

00:10:17,789 --> 00:10:22,079

review and this is where you've heard

225

00:10:20,159 --> 00:10:24,569

the expression my life totally flashed

226

00:10:22,080 --> 00:10:27,330

before my eyes well this this does

227

00:10:24,570 --> 00:10:30,000

happen and it's more than just flashing

228

00:10:27,330 --> 00:10:32,550

past their eyes it's more of a reliving

229
00:10:30,000 --> 00:10:34,710
of their life and they relive everything

230
00:10:32,549 --> 00:10:37,049
it's the significant things they did

231
00:10:34,710 --> 00:10:40,070
plus all the insignificant things that

232
00:10:37,049 --> 00:10:43,829
they totally forgot about and sometimes

233
00:10:40,070 --> 00:10:46,410
it's it's a total reliving but sometimes

234
00:10:43,830 --> 00:10:49,379
what they can do is swap places with

235
00:10:46,409 --> 00:10:51,419
people who they've interacted with so if

236
00:10:49,379 --> 00:10:53,850
they've been unpleasant to someone or

237
00:10:51,419 --> 00:10:56,549
inflicted some form of violence on

238
00:10:53,850 --> 00:10:59,100
someone they can feel like what it was

239
00:10:56,549 --> 00:11:01,019
like to be in that person's shoes so

240
00:10:59,100 --> 00:11:03,149
they feel the hurt that they inflicted

241
00:11:01,019 --> 00:11:05,699
on people both emotional hurt and

242
00:11:03,149 --> 00:11:07,409
physical hurt and that gives them a very

243
00:11:05,700 --> 00:11:10,440
different perspective on that situation

244
00:11:07,409 --> 00:11:13,409
and when they come back to life they

245
00:11:10,440 --> 00:11:16,709
they obviously take that on board and

246
00:11:13,409 --> 00:11:20,578
they live their life after is very

247
00:11:16,708 --> 00:11:23,818
different in men in most cases um the

248
00:11:20,578 --> 00:11:27,059
three of us here are all tremendous

249
00:11:23,818 --> 00:11:30,000
animal lovers Cait myself and our

250
00:11:27,059 --> 00:11:33,958
engineer we're all really wonderful

251
00:11:30,000 --> 00:11:36,958
animal lovers and I know that there have

252
00:11:33,958 --> 00:11:39,688
been some cases where people have seen

253
00:11:36,958 --> 00:11:42,328
their their animals when they're in the

254
00:11:39,688 --> 00:11:45,419
near-death experience and how common is

255
00:11:42,328 --> 00:11:47,399
that that's quite common and it's more

256
00:11:45,419 --> 00:11:50,818
common in children as well they tend to

257

00:11:47,399 --> 00:11:53,188
see their dead pets and but it is very

258
00:11:50,818 --> 00:11:56,399
common I am I can remember one lady

259
00:11:53,188 --> 00:11:58,409
saying to me that she had a big black

260
00:11:56,399 --> 00:12:01,230
Labrador and she was very close to the

261
00:11:58,409 --> 00:12:02,549
Labrador and when she went into the

262
00:12:01,230 --> 00:12:04,409
other realm she went through that

263
00:12:02,549 --> 00:12:06,870
darkness and she found herself in the

264
00:12:04,409 --> 00:12:10,679
light and she was in a beautiful meadow

265
00:12:06,870 --> 00:12:13,169
with lovely green grass and and along

266
00:12:10,679 --> 00:12:15,328
him her black labrador dog boned in

267
00:12:13,169 --> 00:12:17,849
across from the other side to greet her

268
00:12:15,328 --> 00:12:20,638
and she said she just she couldn't she

269
00:12:17,850 --> 00:12:22,290
was communicating with her dog as well

270
00:12:20,639 --> 00:12:24,448
in a way that she hadn't communicated

271
00:12:22,289 --> 00:12:26,759

before it was almost like she was

272

00:12:24,448 --> 00:12:29,849

reading and understanding the thoughts

273

00:12:26,759 --> 00:12:33,449

and it it was full of love for her so

274

00:12:29,850 --> 00:12:34,860

yes it's quite well that's great but

275

00:12:33,448 --> 00:12:39,568

they better have a lot of tennis balls

276

00:12:34,860 --> 00:12:41,938

and after the labs are in heaven there

277

00:12:39,568 --> 00:12:44,458

are endless tennis balls for endless

278

00:12:41,938 --> 00:12:49,318

laboratories do not worry King okay all

279

00:12:44,458 --> 00:12:52,768

right it's funny we had a person I knew

280

00:12:49,318 --> 00:12:54,299

once her dog died unexpectedly and she

281

00:12:52,769 --> 00:12:58,198

was very upset about it and choose

282

00:12:54,299 --> 00:12:59,789

asleep and two or three days later just

283

00:12:58,198 --> 00:13:02,039

as she was getting up to go about today

284

00:12:59,789 --> 00:13:04,110

she said oh sure wait a minute I'll get

285

00:13:02,039 --> 00:13:06,208

up I'll get you I'll walk you now and

286
00:13:04,110 --> 00:13:08,459
she was getting up and around and

287
00:13:06,208 --> 00:13:10,679
petting the dog on the head and getting

288
00:13:08,458 --> 00:13:14,159
you know a half asleep and then

289
00:13:10,679 --> 00:13:15,929
realizing that the dog had died and then

290
00:13:14,159 --> 00:13:18,088
the dog sort of disappeared in front of

291
00:13:15,929 --> 00:13:20,099
her so maybe the spirits do come back

292
00:13:18,089 --> 00:13:22,709
and this lady was very sincere and

293
00:13:20,100 --> 00:13:24,720
telling me this well yes that's really

294
00:13:22,708 --> 00:13:26,489
interesting and and in fact I heard

295
00:13:24,720 --> 00:13:27,240
something similar the other day as well

296
00:13:26,490 --> 00:13:30,389
where

297
00:13:27,240 --> 00:13:32,339
someone who'd lost their cat and they

298
00:13:30,389 --> 00:13:36,179
were very close to the cat is about 17

299
00:13:32,339 --> 00:13:38,459
years of age and during the night the

300
00:13:36,179 --> 00:13:41,609
the lady had woken up and she'd had this

301
00:13:38,458 --> 00:13:43,979
really vivid dream where the cat had

302
00:13:41,610 --> 00:13:46,080
come back and thank them for looking

303
00:13:43,980 --> 00:13:48,959
after her I'm just said it was her time

304
00:13:46,080 --> 00:13:51,000
to go and it was really vivid and so

305
00:13:48,958 --> 00:13:53,189
when she woke up in the morning she said

306
00:13:51,000 --> 00:13:55,860
to her husband what had happened and he

307
00:13:53,190 --> 00:13:58,170
just his face froze and he said I have

308
00:13:55,860 --> 00:14:01,289
that exact dream the night before but I

309
00:13:58,169 --> 00:14:03,120
didn't tell him about it so hmm

310
00:14:01,289 --> 00:14:08,189
so it's like the cat had come back and

311
00:14:03,120 --> 00:14:10,049
and communicated still no I you know

312
00:14:08,190 --> 00:14:12,779
have had a lot of I've had a couple of

313
00:14:10,049 --> 00:14:15,769
dogs but I've had a lot of cats and it

314

00:14:12,778 --> 00:14:19,139
seems to me that the cats are somehow

315
00:14:15,769 --> 00:14:21,509
bonded to their location and in fact

316
00:14:19,139 --> 00:14:23,519
when I went back to an apartment that I

317
00:14:21,509 --> 00:14:27,509
used to live in and actually had a nap

318
00:14:23,519 --> 00:14:30,088
there my cats joined me the cats that

319
00:14:27,509 --> 00:14:32,250
that were my companion animals during

320
00:14:30,089 --> 00:14:34,620
this stay at that apartment initially

321
00:14:32,250 --> 00:14:38,458
and they were they had at that juncture

322
00:14:34,620 --> 00:14:40,379
had passed I was laying there and as I

323
00:14:38,458 --> 00:14:44,338
was waking up I was in that liminal

324
00:14:40,379 --> 00:14:47,129
state I was aware of the cats laying

325
00:14:44,339 --> 00:14:49,770
next to me and it was not it was a very

326
00:14:47,129 --> 00:14:53,100
real feeling at the time and I've also

327
00:14:49,769 --> 00:14:55,588
had a dog run down the stairs of the

328
00:14:53,100 --> 00:14:57,778

apartment to run out the door and I was

329

00:14:55,589 --> 00:15:02,130

with a friend a companion and that

330

00:14:57,778 --> 00:15:04,588

friend felt the rush of air next to her

331

00:15:02,129 --> 00:15:08,159

leg she felt it and I said that's that's

332

00:15:04,589 --> 00:15:10,050

my old dog junior PI running down the

333

00:15:08,159 --> 00:15:15,120

stairs to run out onto the street like a

334

00:15:10,049 --> 00:15:17,309

bad boy is so interesting well well I

335

00:15:15,120 --> 00:15:19,980

think to to get back to the wisdom you

336

00:15:17,309 --> 00:15:23,219

were saying know that when people are do

337

00:15:19,980 --> 00:15:24,629

pass on and then come back they they

338

00:15:23,220 --> 00:15:26,910

come back with the knowledge that

339

00:15:24,629 --> 00:15:28,470

everything actually is one and this is

340

00:15:26,909 --> 00:15:31,169

just we're just a little piece of the

341

00:15:28,470 --> 00:15:34,019

puzzle here but eventually everything

342

00:15:31,169 --> 00:15:36,120

does go back into being everything is

343
00:15:34,019 --> 00:15:38,879
the same sort of a noetic experience and

344
00:15:36,120 --> 00:15:40,740
so that would explain the pets - because

345
00:15:38,879 --> 00:15:42,950
I'm sure of the animals

346
00:15:40,740 --> 00:15:46,860
well I mean they are sentient beings

347
00:15:42,950 --> 00:15:48,690
different enough yes and there is a lot

348
00:15:46,860 --> 00:15:52,139
of wisdom and and some of the things as

349
00:15:48,690 --> 00:15:54,779
well that they also say is that they

350
00:15:52,139 --> 00:15:55,919
have this this experience of oneness at

351
00:15:54,778 --> 00:15:57,838
though that we're all interconnected

352
00:15:55,919 --> 00:15:59,549
that we're all one and what we do to

353
00:15:57,839 --> 00:16:01,860
others that ultimately comes back on

354
00:15:59,549 --> 00:16:03,750
ourselves but it's not restricted just

355
00:16:01,860 --> 00:16:06,209
to humans and animals it's also about

356
00:16:03,750 --> 00:16:08,278
the planet as well and so it's as if

357
00:16:06,208 --> 00:16:10,289
they see the wider picture and they can

358
00:16:08,278 --> 00:16:12,000
see the damage that humans are doing to

359
00:16:10,289 --> 00:16:15,509
the planet and they have that

360
00:16:12,000 --> 00:16:18,299
realization that we have to work as has

361
00:16:15,509 --> 00:16:20,639
been part of a planet as well I though

362
00:16:18,299 --> 00:16:22,289
very often they kind of changed the way

363
00:16:20,639 --> 00:16:25,919
that they behave and they become very

364
00:16:22,289 --> 00:16:27,958
eco-friendly and a very mindful of the

365
00:16:25,919 --> 00:16:31,319
of their behavior as well towards the

366
00:16:27,958 --> 00:16:33,059
planet so it's something really that is

367
00:16:31,320 --> 00:16:34,830
essential if our planet is going to

368
00:16:33,059 --> 00:16:38,129
survive it's and seems like we're at

369
00:16:34,830 --> 00:16:40,589
this crisis point and I think wisdom

370
00:16:38,129 --> 00:16:44,039
like this will go a long way for our to

371

00:16:40,589 --> 00:16:47,339
fear that our evolution I I agree and I

372
00:16:44,039 --> 00:16:52,500
think that that's basically the Gaia

373
00:16:47,339 --> 00:16:55,140
principle and I also think that the

374
00:16:52,500 --> 00:16:58,649
planet will continue physically without

375
00:16:55,139 --> 00:17:00,750
us and most of the mammals if we screw

376
00:16:58,649 --> 00:17:02,909
up because that's that's the direction

377
00:17:00,750 --> 00:17:05,338
things may go I'm not going to say I'm

378
00:17:02,909 --> 00:17:06,480
gonna try to be a in a positive mood

379
00:17:05,338 --> 00:17:09,480
today

380
00:17:06,480 --> 00:17:11,759
but it's the planet physically will

381
00:17:09,480 --> 00:17:15,269
continue to hurtle through space I'm

382
00:17:11,759 --> 00:17:17,640
sure but Oh with the there are people

383
00:17:15,269 --> 00:17:21,568
who say that we're in the midst of the

384
00:17:17,640 --> 00:17:23,880
fifth great extinction on the planet but

385
00:17:21,568 --> 00:17:29,399

that's not what you came on to talk

386

00:17:23,880 --> 00:17:31,220

about primarily so so we'll move on to

387

00:17:29,400 --> 00:17:36,000

other aspects of the near-death

388

00:17:31,220 --> 00:17:39,660

experience as well as maybe maybe you

389

00:17:36,000 --> 00:17:42,539

could give us an overview of the steps

390

00:17:39,660 --> 00:17:46,370

that you see because different

391

00:17:42,539 --> 00:17:49,019

researchers report much the same

392

00:17:46,369 --> 00:17:53,308

information but they may put more

393

00:17:49,019 --> 00:17:54,359

emphasis on one aspect of the experience

394

00:17:53,308 --> 00:17:58,500

than the other

395

00:17:54,359 --> 00:18:02,069

for instance for myself as a person who

396

00:17:58,500 --> 00:18:05,430

studies what is roughly called the

397

00:18:02,069 --> 00:18:08,700

paranormal the most veridical

398

00:18:05,430 --> 00:18:14,519

part of the near-death experience for me

399

00:18:08,700 --> 00:18:18,960

is the out-of-body part where the the

400
00:18:14,519 --> 00:18:21,660
person who has essentially died or is in

401
00:18:18,960 --> 00:18:24,779
the process of dying can see what's

402
00:18:21,660 --> 00:18:27,690
going on at a distant location and then

403
00:18:24,779 --> 00:18:32,220
that information that they bring back is

404
00:18:27,690 --> 00:18:34,470
then verified by people who were perhaps

405
00:18:32,220 --> 00:18:37,140
even unaware of what was going on can

406
00:18:34,470 --> 00:18:39,059
you speak to that part yes absolutely

407
00:18:37,140 --> 00:18:42,210
and that is one of the things that I

408
00:18:39,059 --> 00:18:44,159
tried to verify with my research and in

409
00:18:42,210 --> 00:18:47,640
the hospital where I did the research I

410
00:18:44,160 --> 00:18:51,330
had these cards that I I cut out random

411
00:18:47,640 --> 00:18:53,280
images from magazine articles and I put

412
00:18:51,329 --> 00:18:56,490
them on very brightly colored paper to

413
00:18:53,279 --> 00:18:59,759
attract attention and I hid those on top

414
00:18:56,490 --> 00:19:02,490
of the cardiac monitor at each patient's

415
00:18:59,759 --> 00:19:04,650
bedside and that was mounted off it was

416
00:19:02,490 --> 00:19:06,690
a birth head height even if you were

417
00:19:04,650 --> 00:19:09,180
particularly tall you couldn't see what

418
00:19:06,690 --> 00:19:11,279
was on the top and there were ridges

419
00:19:09,180 --> 00:19:13,590
around to conceal them so the only way

420
00:19:11,279 --> 00:19:16,259
these images could be viewed was if you

421
00:19:13,589 --> 00:19:18,750
were out of your body now what I found

422
00:19:16,259 --> 00:19:20,609
with my research in the five years of my

423
00:19:18,750 --> 00:19:22,769
data collection there were eight

424
00:19:20,609 --> 00:19:25,859
patients who claimed to have out-of-body

425
00:19:22,769 --> 00:19:27,900
type experiences but what I found is

426
00:19:25,859 --> 00:19:31,409
that the quality of the experienced

427
00:19:27,900 --> 00:19:33,509
varied vary greatly so for example there

428

00:19:31,410 --> 00:19:36,840
was one man and he used to have frequent

429
00:19:33,509 --> 00:19:39,029
out-of-body experiences he would go into

430
00:19:36,839 --> 00:19:42,929
like a trance-like State for no reason

431
00:19:39,029 --> 00:19:45,149
at all and he would just stare ahead and

432
00:19:42,930 --> 00:19:46,950
the reason that we discovered this was

433
00:19:45,150 --> 00:19:49,560
because a new nurse was looking after

434
00:19:46,950 --> 00:19:51,690
him at the time and she got a little bit

435
00:19:49,559 --> 00:19:53,609
concerned and she took off some blood

436
00:19:51,690 --> 00:19:56,130
and analyzed the blood to see if there

437
00:19:53,609 --> 00:19:58,139
was a problem there and she said to him

438
00:19:56,130 --> 00:20:00,330
you know what happened then and he said

439
00:19:58,140 --> 00:20:02,820
that he'd been out of his body he'd been

440
00:20:00,329 --> 00:20:03,899
up near the ceiling and looking back on

441
00:20:02,819 --> 00:20:06,899
her uniform

442
00:20:03,900 --> 00:20:08,310

so I described the research to him and I

443

00:20:06,900 --> 00:20:10,140
said ok if it happens again

444

00:20:08,309 --> 00:20:13,379
and see if you can float up to the

445

00:20:10,140 --> 00:20:15,300
monitor tell me what is on there but

446

00:20:13,380 --> 00:20:18,060
every time he did have an out-of-body

447

00:20:15,299 --> 00:20:20,069
experience he floated into the middle of

448

00:20:18,059 --> 00:20:22,950
the room and so it was nowhere near

449

00:20:20,069 --> 00:20:25,710
where the symbol was located so he

450

00:20:22,950 --> 00:20:28,440
didn't see the symbols there was another

451

00:20:25,710 --> 00:20:31,559
lady and she floated but it was only

452

00:20:28,440 --> 00:20:33,450
probably about a meter above her bed so

453

00:20:31,559 --> 00:20:36,419
she would she didn't float high enough

454

00:20:33,450 --> 00:20:38,430
to see that symbol and so it was very

455

00:20:36,420 --> 00:20:41,850
indifferent qualities but there were two

456

00:20:38,430 --> 00:20:43,950
patients who had the type of quality of

457
00:20:41,849 --> 00:20:45,719
experience where they would have been in

458
00:20:43,950 --> 00:20:49,019
a position where they could have viewed

459
00:20:45,720 --> 00:20:51,299
that symbol and both of those patients

460
00:20:49,019 --> 00:20:53,069
said to me that they were so concerned

461
00:20:51,299 --> 00:20:55,319
with what we were doing to their body

462
00:20:53,069 --> 00:20:57,720
and looking around at the emergency

463
00:20:55,319 --> 00:20:59,879
situation that they weren't looking on

464
00:20:57,720 --> 00:21:01,829
top of the cardiac monitors and they

465
00:20:59,880 --> 00:21:03,990
didn't know that the the symbols were

466
00:21:01,829 --> 00:21:06,980
there so it was a lot of hard work to

467
00:21:03,990 --> 00:21:09,690
get that aspect of the study set up and

468
00:21:06,980 --> 00:21:12,599
none of the patients actually did see

469
00:21:09,690 --> 00:21:15,360
that symbol but if you think about it in

470
00:21:12,599 --> 00:21:18,539
five years I only captured two patients

471
00:21:15,359 --> 00:21:20,459
who had that type of quality sort of

472
00:21:18,539 --> 00:21:22,680
experience where they could have viewed

473
00:21:20,460 --> 00:21:25,620
it so I think we need to do far more

474
00:21:22,680 --> 00:21:28,440
research and for a much longer period of

475
00:21:25,619 --> 00:21:32,219
time before we can get any real results

476
00:21:28,440 --> 00:21:36,350
on this this brings me to kind of a

477
00:21:32,220 --> 00:21:40,019
question in a statement about that I

478
00:21:36,349 --> 00:21:43,079
think that many of these experiences as

479
00:21:40,019 --> 00:21:45,089
you have somewhat indicated in your book

480
00:21:43,079 --> 00:21:49,470
or on a spectrum

481
00:21:45,089 --> 00:21:54,029
I myself have studied remote viewing

482
00:21:49,470 --> 00:21:56,370
with a number of very prominent teachers

483
00:21:54,029 --> 00:21:58,740
and people who have been with the

484
00:21:56,369 --> 00:22:04,609
Stanford Research Institute like Russell

485

00:21:58,740 --> 00:22:09,269
Targ and you know Joe mcmoneagle and

486
00:22:04,609 --> 00:22:13,019
other military remote viewers skip out

487
00:22:09,269 --> 00:22:16,889
water and David oh gosh my brain is

488
00:22:13,019 --> 00:22:18,960
David Camm Picabo celesbian no not the

489
00:22:16,890 --> 00:22:22,169
evening no but

490
00:22:18,960 --> 00:22:24,990
in any case I think particularly Russell

491
00:22:22,169 --> 00:22:27,630
Targ though those skip out water may

492
00:22:24,990 --> 00:22:32,880
have mentioned this as well that during

493
00:22:27,630 --> 00:22:37,429
the time that they had people like uri

494
00:22:32,880 --> 00:22:41,730
geller and like pat price remote-viewing

495
00:22:37,429 --> 00:22:44,330
that most of them will kind of left

496
00:22:41,730 --> 00:22:48,360
their body in a different sense and

497
00:22:44,329 --> 00:22:53,639
could not read what was on cards but

498
00:22:48,359 --> 00:22:57,689
they could distinguish things like an

499
00:22:53,640 --> 00:23:00,390

object like let's say if you put a card

500

00:22:57,690 --> 00:23:02,909

up somewhere that said rubber ducky they

501

00:23:00,390 --> 00:23:06,149

would be very unlikely to be able to

502

00:23:02,909 --> 00:23:08,399

read that they'd be more likely to see a

503

00:23:06,148 --> 00:23:11,069

picture of the rubber ducky and they

504

00:23:08,398 --> 00:23:13,500

would be very likely to see the rubber

505

00:23:11,069 --> 00:23:15,538

ducky if you were able to conceal it on

506

00:23:13,500 --> 00:23:17,460

a shelf high enough that it would not be

507

00:23:15,538 --> 00:23:21,000

seen to a person on the ground so you

508

00:23:17,460 --> 00:23:25,500

would be kind of you know making that a

509

00:23:21,000 --> 00:23:28,169

blind experiment yes that's a really

510

00:23:25,500 --> 00:23:30,798

interesting point actually and most of

511

00:23:28,169 --> 00:23:34,830

what I put up there was actually

512

00:23:30,798 --> 00:23:36,898

symbolic images so random pictures sort

513

00:23:34,829 --> 00:23:40,798

of obviously refers a fan on a surfboard

514
00:23:36,898 --> 00:23:43,528
in the ocean a chicken in the middle of

515
00:23:40,798 --> 00:23:46,648
somewhere an advert for sort of some

516
00:23:43,528 --> 00:23:49,980
kind of cleaner household cleaner and

517
00:23:46,648 --> 00:23:51,599
things like that so it was random things

518
00:23:49,980 --> 00:23:54,240
but that was a good point because in

519
00:23:51,599 --> 00:23:56,609
fact there was a lady who contacted me

520
00:23:54,240 --> 00:23:58,798
she wasn't part of my hospital research

521
00:23:56,609 --> 00:24:00,990
but she said that she'd had an

522
00:23:58,798 --> 00:24:03,359
out-of-body experience many years before

523
00:24:00,990 --> 00:24:06,269
when she was in the intensive care unit

524
00:24:03,359 --> 00:24:08,668
and she's a nurse so she's familiar with

525
00:24:06,269 --> 00:24:10,889
these kind of the scenery in the

526
00:24:08,669 --> 00:24:13,110
intensive care unit but she said she

527
00:24:10,890 --> 00:24:14,788
floated up to her monitor and she could

528
00:24:13,109 --> 00:24:17,069
see the screen but she couldn't make

529
00:24:14,788 --> 00:24:20,339
sense of it she couldn't read it so

530
00:24:17,069 --> 00:24:22,288
that's kind of verifying what the remote

531
00:24:20,339 --> 00:24:25,619
viewers have said as well yes so they

532
00:24:22,288 --> 00:24:28,798
most of them there is maybe one out of a

533
00:24:25,619 --> 00:24:31,109
thousand trained remote viewers who have

534
00:24:28,798 --> 00:24:33,058
had good results in their remote viewing

535
00:24:31,109 --> 00:24:36,359
or very very few

536
00:24:33,058 --> 00:24:38,249
them can read any letters at all like

537
00:24:36,359 --> 00:24:41,548
reading English or whatever language

538
00:24:38,249 --> 00:24:45,179
they might speak very very few of them

539
00:24:41,548 --> 00:24:47,730
can can read something maybe one or two

540
00:24:45,179 --> 00:24:49,798
in the entire experience of of a

541
00:24:47,730 --> 00:24:51,749
gentleman like Russell Targ who has an

542

00:24:49,798 --> 00:24:55,019
enormous amount of experience in the

543
00:24:51,749 --> 00:24:57,808
area but it's your your symbols would

544
00:24:55,019 --> 00:25:01,259
come in at the midpoint of it being a

545
00:24:57,808 --> 00:25:04,168
flat image whereas how perhaps had you

546
00:25:01,259 --> 00:25:06,480
had a physical object like like a rubber

547
00:25:04,169 --> 00:25:07,950
ducky I hate to use that again but it

548
00:25:06,480 --> 00:25:09,990
but there may have been more people

549
00:25:07,950 --> 00:25:16,019
seeing and I just I just throw that out

550
00:25:09,990 --> 00:25:19,679
there um so why don't you go over from

551
00:25:16,019 --> 00:25:22,638
your point of view the the the steps

552
00:25:19,679 --> 00:25:25,830
that might happen more most commonly in

553
00:25:22,638 --> 00:25:28,888
the ARCA typical near-death experience I

554
00:25:25,829 --> 00:25:31,168
think also and you also discussed I

555
00:25:28,888 --> 00:25:36,748
think your most interesting case to you

556
00:25:31,169 --> 00:25:40,230

as patient 10 yes 10 was a really

557

00:25:36,749 --> 00:25:42,389

interesting case so ok well in general

558

00:25:40,230 --> 00:25:44,368

the kind of things that the patients

559

00:25:42,388 --> 00:25:47,278

reported in the hospital research the

560

00:25:44,368 --> 00:25:49,859

common things were entering into another

561

00:25:47,278 --> 00:25:52,558

realm and where they met up with

562

00:25:49,859 --> 00:25:54,240

deceased relatives and friends and that

563

00:25:52,558 --> 00:25:56,190

was the most common thing was meeting up

564

00:25:54,240 --> 00:25:58,950

with the deceased relatives or friends

565

00:25:56,190 --> 00:26:01,590

now before I'd started my research I was

566

00:25:58,950 --> 00:26:03,990

very aware that people do meet up with

567

00:26:01,589 --> 00:26:05,638

relatives and friends but what I found

568

00:26:03,990 --> 00:26:07,740

was a little bit different in my

569

00:26:05,638 --> 00:26:10,439

research is that some of these relative

570

00:26:07,740 --> 00:26:12,868

names were angry at sea and their loved

571
00:26:10,440 --> 00:26:14,970
ones there and they were pointing their

572
00:26:12,868 --> 00:26:17,368
fingers at that one lady in my research

573
00:26:14,970 --> 00:26:19,259
said when I went to that other place my

574
00:26:17,368 --> 00:26:21,569
mother was there and I was so happy to

575
00:26:19,259 --> 00:26:23,368
see her but she was really angry at me

576
00:26:21,569 --> 00:26:25,710
and she was pointing her finger at me

577
00:26:23,368 --> 00:26:27,240
and saying what are you doing here it's

578
00:26:25,710 --> 00:26:29,069
as if I shouldn't have been there she

579
00:26:27,240 --> 00:26:32,009
was saying you go back down you go back

580
00:26:29,069 --> 00:26:35,189
to the children and she ended up back

581
00:26:32,009 --> 00:26:37,679
with the children and there was another

582
00:26:35,190 --> 00:26:39,808
man who said he found himself in this

583
00:26:37,679 --> 00:26:42,090
blackness all of a sudden and it was

584
00:26:39,808 --> 00:26:44,788
like a bit like a tunnel and he said in

585
00:26:42,089 --> 00:26:46,558
that tunnel were friends and colleagues

586
00:26:44,788 --> 00:26:46,829
that he'd used to work with and they

587
00:26:46,558 --> 00:26:49,200
were

588
00:26:46,829 --> 00:26:51,629
dead and they were very angry that he

589
00:26:49,200 --> 00:26:53,970
was there and he felt really bad because

590
00:26:51,630 --> 00:26:55,919
he felt oh I shouldn't really be here

591
00:26:53,970 --> 00:26:58,528
and they were very angry at him and

592
00:26:55,919 --> 00:27:01,288
shouting at him so that was something

593
00:26:58,528 --> 00:27:04,140
that I wasn't expecting where they the

594
00:27:01,288 --> 00:27:07,109
dead relatives displayed kind of anger

595
00:27:04,140 --> 00:27:09,120
or annoyance at them and be in there Wow

596
00:27:07,109 --> 00:27:12,479
so that yeah so that was quite

597
00:27:09,119 --> 00:27:14,069
interesting but you know the majority of

598
00:27:12,480 --> 00:27:16,259
people have felt it was a lovely

599

00:27:14,069 --> 00:27:17,879
experience and that they they wanted to

600
00:27:16,259 --> 00:27:21,179
stay there and they were quite happy to

601
00:27:17,880 --> 00:27:23,549
stay there and they didn't want to come

602
00:27:21,179 --> 00:27:26,190
back to life and I think the most

603
00:27:23,548 --> 00:27:29,429
interesting case in my research was the

604
00:27:26,190 --> 00:27:31,288
case of patient 10 and it was

605
00:27:29,429 --> 00:27:33,330
fascinating because I was there at the

606
00:27:31,288 --> 00:27:36,210
time it was happening only I didn't

607
00:27:33,329 --> 00:27:38,460
realize until I the patient fully

608
00:27:36,210 --> 00:27:41,788
regained consciousness about four hours

609
00:27:38,460 --> 00:27:43,740
later so we would put him to sit in the

610
00:27:41,788 --> 00:27:46,278
chair he was recovering from critical

611
00:27:43,740 --> 00:27:48,870
illness and he was doing very well and

612
00:27:46,278 --> 00:27:50,808
when he was sat in the chair I noticed

613
00:27:48,869 --> 00:27:53,668

that his breathing pattern had changed

614

00:27:50,808 --> 00:27:56,190

his oxygen levels dropped a little bit

615

00:27:53,669 --> 00:27:58,799

so he still had a truckie ostomy so I

616

00:27:56,190 --> 00:28:02,340

give him some extra oxygen into the

617

00:27:58,798 --> 00:28:04,918

tracheostomy and then he went cold and

618

00:28:02,339 --> 00:28:06,869

clammy and his blood pressure started to

619

00:28:04,919 --> 00:28:09,809

drop and all of these were signs that a

620

00:28:06,869 --> 00:28:11,579

cardiac arrest could have happened so I

621

00:28:09,808 --> 00:28:14,190

quickly called my colleagues and we got

622

00:28:11,579 --> 00:28:16,558

him back into bed but by this time he

623

00:28:14,190 --> 00:28:18,330

was deeply unconscious and he wasn't

624

00:28:16,558 --> 00:28:20,700

responding to painful stimuli

625

00:28:18,329 --> 00:28:22,740

the doctor had been called and he came

626

00:28:20,700 --> 00:28:24,778

to review and give some fluid for his

627

00:28:22,740 --> 00:28:27,659

blood pressure but then the doctor had

628
00:28:24,778 --> 00:28:29,609
to go back to another emergency and then

629
00:28:27,659 --> 00:28:32,340
after a few minutes his leg pressure

630
00:28:29,609 --> 00:28:34,288
began to deteriorate again so my

631
00:28:32,339 --> 00:28:36,898
colleague kept an eye while I went to

632
00:28:34,288 --> 00:28:39,119
find another doctor so this doctor just

633
00:28:36,898 --> 00:28:41,009
he was literally just walking on duty

634
00:28:39,119 --> 00:28:43,918
that morning and so I said quick can you

635
00:28:41,009 --> 00:28:46,500
come and review my patient so he did and

636
00:28:43,919 --> 00:28:48,929
he shone a pupil torch in his eyes to

637
00:28:46,500 --> 00:28:51,388
check that his pupils were reacting we

638
00:28:48,929 --> 00:28:53,880
treated it again his blood pressure with

639
00:28:51,388 --> 00:28:55,408
some more fluid and after about 20

640
00:28:53,880 --> 00:28:58,049
minutes the doctor was satisfied that

641
00:28:55,409 --> 00:29:00,020
his condition had stabilized and he went

642
00:28:58,048 --> 00:29:03,589
off to his office

643
00:29:00,019 --> 00:29:05,660
I we were calling the patient trying to

644
00:29:03,589 --> 00:29:07,459
rouse him but he was not responding to

645
00:29:05,660 --> 00:29:10,430
anything at all he was deeply deeply

646
00:29:07,460 --> 00:29:12,230
unconscious but after that 20 minutes he

647
00:29:10,430 --> 00:29:14,660
started to kind of flicker his eyelids

648
00:29:12,230 --> 00:29:17,299
and started to move his limbs and these

649
00:29:14,660 --> 00:29:19,990
were all signs of regaining neurological

650
00:29:17,299 --> 00:29:24,259
function so we were happy that he was

651
00:29:19,990 --> 00:29:26,450
doing well now about four I was later he

652
00:29:24,259 --> 00:29:28,490
regained full consciousness and this was

653
00:29:26,450 --> 00:29:31,819
a as the doctors were doing their ward

654
00:29:28,490 --> 00:29:33,680
round and he was very excited about

655
00:29:31,819 --> 00:29:34,879
something and he was trying to talk but

656

00:29:33,680 --> 00:29:37,640
he couldn't because he had a truckie

657
00:29:34,880 --> 00:29:41,150
ostomy so the physiotherapist got a

658
00:29:37,640 --> 00:29:43,970
letter board and he spelled I died and I

659
00:29:41,150 --> 00:29:45,470
watched it all from above and the doctor

660
00:29:43,970 --> 00:29:49,250
said oh you'd better tell penny about

661
00:29:45,470 --> 00:29:50,210
that and he would but the thing about

662
00:29:49,250 --> 00:29:52,460
the doctors that he actually

663
00:29:50,210 --> 00:29:54,140
acknowledged that and he he documented

664
00:29:52,460 --> 00:29:56,329
it in the patient's notes that he

665
00:29:54,140 --> 00:29:59,150
revived and reported in near-death

666
00:29:56,329 --> 00:30:02,059
experience and when I interviewed this

667
00:29:59,150 --> 00:30:05,360
patient he described that he'd left his

668
00:30:02,059 --> 00:30:07,909
body he was looking down from above and

669
00:30:05,359 --> 00:30:10,009
he described my actions

670
00:30:07,910 --> 00:30:12,740

he described the actions of the doctor

671

00:30:10,009 --> 00:30:15,079

and correctly identified which doctor

672

00:30:12,740 --> 00:30:16,940

had examined him although he hadn't been

673

00:30:15,079 --> 00:30:19,460

around prior to the patient losing

674

00:30:16,940 --> 00:30:22,400

consciousness and he also described the

675

00:30:19,460 --> 00:30:23,990

physiotherapist looking very nervous and

676

00:30:22,400 --> 00:30:26,750

poking her head around the curtains

677

00:30:23,990 --> 00:30:28,430

while all of these things happened but

678

00:30:26,750 --> 00:30:30,650

they happened during the time when he

679

00:30:28,430 --> 00:30:32,720

was deeply unconscious and his eyes were

680

00:30:30,650 --> 00:30:35,240

closed the only time his eyes were open

681

00:30:32,720 --> 00:30:38,120

was very briefly when the doctor shown

682

00:30:35,240 --> 00:30:40,400

that people torch in them so he

683

00:30:38,119 --> 00:30:42,799

described everything with great accuracy

684

00:30:40,400 --> 00:30:44,990

and I know it he was accurate because I

685
00:30:42,799 --> 00:30:47,899
was there at the time and he also

686
00:30:44,990 --> 00:30:51,829
described going upwards into a pink room

687
00:30:47,900 --> 00:30:54,560
where he met his dead father and a lady

688
00:30:51,829 --> 00:30:56,539
who he didn't know but he recognized

689
00:30:54,559 --> 00:30:57,259
from the photos it's it was his dead

690
00:30:56,539 --> 00:30:59,750
mother inlaw

691
00:30:57,259 --> 00:31:02,150
and he also saw a man who he said I'm

692
00:30:59,750 --> 00:31:04,309
not sure who that man was but it might

693
00:31:02,150 --> 00:31:07,160
well have been Jesus but it's not what I

694
00:31:04,309 --> 00:31:09,519
expect to look like because his hair was

695
00:31:07,160 --> 00:31:12,650
long and scruffy and needed to be told

696
00:31:09,519 --> 00:31:13,519
and he said he also had very piercing

697
00:31:12,650 --> 00:31:15,860
eyes and

698
00:31:13,519 --> 00:31:17,779
was drawn to look at his eyes but he

699
00:31:15,859 --> 00:31:19,789
said he was so happy there all his pain

700
00:31:17,779 --> 00:31:23,389
had disappeared he was really in a

701
00:31:19,789 --> 00:31:25,460
blissful state but the Jesus type figure

702
00:31:23,390 --> 00:31:27,800
said no it's not your time you have to

703
00:31:25,460 --> 00:31:30,319
go back and he said he started to fade

704
00:31:27,799 --> 00:31:32,599
backwards and as soon as he faded back

705
00:31:30,319 --> 00:31:35,659
that image has faded in front of him and

706
00:31:32,599 --> 00:31:37,730
he ended up back in his body and he said

707
00:31:35,660 --> 00:31:39,769
he was in immediate pain and he said the

708
00:31:37,730 --> 00:31:43,490
pain was so bad that he wished that he

709
00:31:39,769 --> 00:31:46,279
died no I love ya he said it was really

710
00:31:43,490 --> 00:31:48,200
terrible terrible thing but the

711
00:31:46,279 --> 00:31:51,049
interesting aspect about this case was

712
00:31:48,200 --> 00:31:53,269
that when I interviewed him in depth he

713

00:31:51,049 --> 00:31:57,230
misinterpreted one of my questions and

714
00:31:53,269 --> 00:31:59,029
this man has cerebral palsy he was 60

715
00:31:57,230 --> 00:32:01,490
years of age at the time this happened

716
00:31:59,029 --> 00:32:04,519
and his right hand is always in a

717
00:32:01,490 --> 00:32:08,029
permanently contracted position so it's

718
00:32:04,519 --> 00:32:10,639
in like a claw like machine but after

719
00:32:08,029 --> 00:32:13,430
his experience he is now been able to

720
00:32:10,640 --> 00:32:15,980
open out his hand fully and there is no

721
00:32:13,430 --> 00:32:17,180
physiological explanation for this I've

722
00:32:15,980 --> 00:32:19,640
asked the doctors and the

723
00:32:17,180 --> 00:32:22,009
physiotherapists about it and they said

724
00:32:19,640 --> 00:32:24,590
it shouldn't be possible without surgery

725
00:32:22,009 --> 00:32:26,119
to release the tendons because the

726
00:32:24,589 --> 00:32:28,939
tendons would be in a permanently

727
00:32:26,119 --> 00:32:31,099

contracted position but no such surgery

728

00:32:28,940 --> 00:32:34,130

was carried out there was no hand

729

00:32:31,099 --> 00:32:36,079

physiotherapy carried out so that is

730

00:32:34,130 --> 00:32:38,690

something that really fascinates me

731

00:32:36,079 --> 00:32:41,000

because as a result of his near-death

732

00:32:38,690 --> 00:32:43,279

experience he can now open at his hand

733

00:32:41,000 --> 00:32:45,140

now if we understood that in more depth

734

00:32:43,279 --> 00:32:49,279

there are millions of people out there

735

00:32:45,140 --> 00:32:51,170

who have similar ailments and there may

736

00:32:49,279 --> 00:32:53,480

be some techniques that therapeutic

737

00:32:51,170 --> 00:32:55,580

techniques that we could develop that

738

00:32:53,480 --> 00:32:57,049

would you know really help a lot of

739

00:32:55,579 --> 00:32:59,329

people without them having to have

740

00:32:57,049 --> 00:33:00,470

surgery so I think that's a fascinating

741

00:32:59,329 --> 00:33:04,220

aspect

742
00:33:00,470 --> 00:33:06,049
well meditation to the point of you know

743
00:33:04,220 --> 00:33:09,019
kind of being out of your body might

744
00:33:06,049 --> 00:33:10,549
might help a bit but that is you know

745
00:33:09,019 --> 00:33:13,549
when I read that in your book I was

746
00:33:10,549 --> 00:33:17,419
really fascinated by that from a variety

747
00:33:13,549 --> 00:33:20,539
of viewpoints but with me being even

748
00:33:17,420 --> 00:33:23,300
though I work as an intuitive reader I

749
00:33:20,539 --> 00:33:25,519
am a very practical person and I

750
00:33:23,299 --> 00:33:26,658
realized that to convince people of

751
00:33:25,519 --> 00:33:30,858
these

752
00:33:26,659 --> 00:33:33,080
phenomena which are very real it so much

753
00:33:30,858 --> 00:33:36,228
helps to have like this veridical

754
00:33:33,079 --> 00:33:42,648
evidence like this gentleman had it's

755
00:33:36,229 --> 00:33:46,700
very very important to spread the news

756
00:33:42,648 --> 00:33:48,918
about this phenomena I believe oh yeah

757
00:33:46,700 --> 00:33:51,259
absolutely and I really hope that there

758
00:33:48,919 --> 00:33:53,090
are other nurses out there who would

759
00:33:51,259 --> 00:33:54,950
follow in my footsteps as well and do

760
00:33:53,089 --> 00:33:56,720
their own research because the more

761
00:33:54,950 --> 00:33:58,639
people do in this research the more

762
00:33:56,720 --> 00:34:01,368
likely we are to come across more cases

763
00:33:58,638 --> 00:34:03,769
and they're of great benefit to everyone

764
00:34:01,368 --> 00:34:05,569
so I think it's really important that

765
00:34:03,769 --> 00:34:09,378
more people are inspired to do more

766
00:34:05,569 --> 00:34:12,889
research I had just been writing an

767
00:34:09,378 --> 00:34:14,719
article for a private blog and so I

768
00:34:12,889 --> 00:34:17,059
can't tell you the identity of this

769
00:34:14,719 --> 00:34:21,219
person but the interview that I did with

770

00:34:17,059 --> 00:34:24,589
this person he was explaining his um his

771
00:34:21,219 --> 00:34:27,108
mists of his spiritual progression you

772
00:34:24,588 --> 00:34:30,230
might say but when he was in college he

773
00:34:27,108 --> 00:34:33,409
had a knee operation he was nowhere near

774
00:34:30,230 --> 00:34:36,949
death it was you know he was under

775
00:34:33,409 --> 00:34:40,099
anesthesia it was an involved autoscopic

776
00:34:36,949 --> 00:34:42,828
type knee operation he had to be on the

777
00:34:40,099 --> 00:34:45,619
operating table for a significant period

778
00:34:42,829 --> 00:34:49,159
of time and he did float out of his body

779
00:34:45,619 --> 00:34:50,838
and he did identify things outside of

780
00:34:49,159 --> 00:34:55,148
his body that he had no business knowing

781
00:34:50,838 --> 00:34:57,858
and that in fact was the start of his

782
00:34:55,148 --> 00:35:01,159
spiritual journey so these things have a

783
00:34:57,858 --> 00:35:03,679
great effect on individuals I wonder if

784
00:35:01,159 --> 00:35:05,509

you could speak a little bit to the

785

00:35:03,679 --> 00:35:09,108
differences that you've turned up

786

00:35:05,510 --> 00:35:11,390
culturally yes well people from

787

00:35:09,108 --> 00:35:14,088
different cultures experienced the

788

00:35:11,389 --> 00:35:18,259
experience in a very different way so

789

00:35:14,088 --> 00:35:20,420
for example whereas in the West it's to

790

00:35:18,260 --> 00:35:23,059
do with sometimes the the images that

791

00:35:20,420 --> 00:35:25,338
they see and the deities that they meet

792

00:35:23,059 --> 00:35:28,760
so in the West it's more likely to be

793

00:35:25,338 --> 00:35:31,460
someone of Jesus or Mary whereas in

794

00:35:28,760 --> 00:35:35,510
India for example they're more likely to

795

00:35:31,460 --> 00:35:37,490
see yama or the god of the dead or

796

00:35:35,510 --> 00:35:39,619
yamadutas which are messengers of the

797

00:35:37,489 --> 00:35:40,429
god of the dead or sometimes there's

798

00:35:39,619 --> 00:35:44,030
chitragupt

799
00:35:40,429 --> 00:35:46,338
as well and chitragupta is the man with

800
00:35:44,030 --> 00:35:49,280
the book and it's a book of Deeds and

801
00:35:46,338 --> 00:35:51,349
the deeds of the person's life so it's

802
00:35:49,280 --> 00:35:54,170
almost as if in India the the life

803
00:35:51,349 --> 00:35:56,380
review is replaced by looking in this

804
00:35:54,170 --> 00:35:58,550
book of Deeds of the person and

805
00:35:56,380 --> 00:36:00,710
depending on the kind of deeds that

806
00:35:58,550 --> 00:36:03,260
they've done in their life that decides

807
00:36:00,710 --> 00:36:06,019
where the kind of journey that they go

808
00:36:03,260 --> 00:36:08,660
on to from that point though there's

809
00:36:06,019 --> 00:36:11,030
those sorts of cultural differences as

810
00:36:08,659 --> 00:36:14,029
well and I think that the biggest one is

811
00:36:11,030 --> 00:36:16,160
between probably India as well that that

812
00:36:14,030 --> 00:36:19,460
reminded me when I read that in in your

813
00:36:16,159 --> 00:36:23,210
book about the the fellow with the book

814
00:36:19,460 --> 00:36:25,338
of Deeds and sort of in Southeast Asia -

815
00:36:23,210 --> 00:36:28,760
if I'm not mistaken it reminded me so

816
00:36:25,338 --> 00:36:33,009
much of the the famous poem Abu Ben Adam

817
00:36:28,760 --> 00:36:36,650
are you familiar with that poem no no I

818
00:36:33,010 --> 00:36:39,380
promise you dr. penny Satori I will send

819
00:36:36,650 --> 00:36:42,190
it to you when our interview is done I

820
00:36:39,380 --> 00:36:44,838
think you would find remarkable

821
00:36:42,190 --> 00:36:49,519
concurrence between that poem and the

822
00:36:44,838 --> 00:36:51,139
the the tradition in India so just let

823
00:36:49,519 --> 00:36:53,358
slate here again because we're about at

824
00:36:51,139 --> 00:36:57,108
the middle of our podcast Kate we're

825
00:36:53,358 --> 00:36:59,900
interviewing dr. penny Sartori her book

826
00:36:57,108 --> 00:37:03,318
the wisdom of near-death experiences and

827

00:36:59,900 --> 00:37:06,639
you do have a website as well right dr.

828
00:37:03,318 --> 00:37:12,739
penny yes I do the website is

829
00:37:06,639 --> 00:37:17,618
www.seannal.com it's sa RT ori that's

830
00:37:12,739 --> 00:37:22,338
right and are you still collecting uh

831
00:37:17,619 --> 00:37:24,980
the people's accounts yes I am I'm very

832
00:37:22,338 --> 00:37:27,199
very slow with responding to people and

833
00:37:24,980 --> 00:37:29,449
I've I've got a massive backlog of

834
00:37:27,199 --> 00:37:32,960
people who have actually emailed me so

835
00:37:29,449 --> 00:37:34,759
um I'm currently in search of a research

836
00:37:32,960 --> 00:37:37,699
assistant to help me with that because I

837
00:37:34,760 --> 00:37:40,490
just can't manage working full time +

838
00:37:37,699 --> 00:37:42,469
doing my NDE work plus my family life as

839
00:37:40,489 --> 00:37:45,409
well so I need to get a research

840
00:37:42,469 --> 00:37:48,739
assistant so I'm still collecting cases

841
00:37:45,409 --> 00:37:51,139

and I will answer you it'll just take a

842

00:37:48,739 --> 00:37:53,869

little bit of time that's all so are you

843

00:37:51,139 --> 00:37:57,230

working on a particular

844

00:37:53,869 --> 00:37:59,480

study right now that is involved in

845

00:37:57,230 --> 00:38:02,059

these areas is there something that we

846

00:37:59,480 --> 00:38:04,820

can look forward to seeing from you in

847

00:38:02,059 --> 00:38:08,570

in the not-too-distant future well I've

848

00:38:04,820 --> 00:38:10,850

just completed a manuscript for another

849

00:38:08,570 --> 00:38:14,150

book that I've co-authored with a lady

850

00:38:10,849 --> 00:38:16,089

called Kelly Walsh and this is about the

851

00:38:14,150 --> 00:38:18,980

transformative aspects of near-death

852

00:38:16,090 --> 00:38:20,900

experiences so the book is called the

853

00:38:18,980 --> 00:38:23,690

transformative power of near-death

854

00:38:20,900 --> 00:38:27,079

experiences and that should be released

855

00:38:23,690 --> 00:38:29,780

in the UK I think in about the or in the

856
00:38:27,079 --> 00:38:33,440
fall of this year so around about

857
00:38:29,780 --> 00:38:36,400
October November and what we've done is

858
00:38:33,440 --> 00:38:38,809
the we realize that you know near-death

859
00:38:36,400 --> 00:38:40,730
experiences can really transform

860
00:38:38,809 --> 00:38:43,639
people's lives in many different ways

861
00:38:40,730 --> 00:38:45,650
and we've got many great cases where

862
00:38:43,639 --> 00:38:49,670
people have been totally changed by

863
00:38:45,650 --> 00:38:50,960
their experience and they have put the

864
00:38:49,670 --> 00:38:54,050
way that they've been changed they've

865
00:38:50,960 --> 00:38:56,869
put it into action so the lady who I've

866
00:38:54,050 --> 00:39:00,410
co-authored with is called Kelly Walsh

867
00:38:56,869 --> 00:39:03,980
and she had an experience after she'd

868
00:39:00,409 --> 00:39:06,319
had a suicide attempt and she was very

869
00:39:03,980 --> 00:39:08,420
depressed at the time and very anxious

870
00:39:06,320 --> 00:39:11,870
and things had built up over many years

871
00:39:08,420 --> 00:39:14,990
and when she was recovering on the

872
00:39:11,869 --> 00:39:17,449
psychiatric ward she had a very profound

873
00:39:14,989 --> 00:39:19,989
spiritually transformative experience

874
00:39:17,449 --> 00:39:23,359
and it completely changed her life and

875
00:39:19,989 --> 00:39:24,379
when she came out of her experience when

876
00:39:23,360 --> 00:39:26,980
she was on the ward

877
00:39:24,380 --> 00:39:29,809
she kept saying to everyone around her

878
00:39:26,980 --> 00:39:30,829
like-minded Souls are coming together to

879
00:39:29,809 --> 00:39:33,049
change the world

880
00:39:30,829 --> 00:39:36,529
and she kept repeating that over and

881
00:39:33,050 --> 00:39:38,289
over and since they yeah and you know

882
00:39:36,530 --> 00:39:40,850
she's been totally transformed she's

883
00:39:38,289 --> 00:39:43,369
networked with people from all over the

884

00:39:40,849 --> 00:39:45,349
world and she's got some really great

885
00:39:43,369 --> 00:39:48,409
examples together of people who've had

886
00:39:45,349 --> 00:39:50,119
transformative experiences and that's

887
00:39:48,409 --> 00:39:52,219
what this book is going to be about and

888
00:39:50,119 --> 00:39:55,339
and Kelly as a result of her experience

889
00:39:52,219 --> 00:39:58,099
all that depression and anxiety that

890
00:39:55,340 --> 00:40:00,650
she'd felt most of her life growing up

891
00:39:58,099 --> 00:40:02,299
from us being a small child that was

892
00:40:00,650 --> 00:40:04,670
transformed as a result of that

893
00:40:02,300 --> 00:40:07,630
experience and I just think that's so

894
00:40:04,670 --> 00:40:10,338
powerful because we haven't got any

895
00:40:07,630 --> 00:40:13,119
pharmaceutical drugs that could have

896
00:40:10,338 --> 00:40:16,038
such an effect on depression and anxiety

897
00:40:13,119 --> 00:40:18,079
yet these experiences have transformed

898
00:40:16,039 --> 00:40:20,739

that into something very positive for

899

00:40:18,079 --> 00:40:23,778

her and she's also now known as

900

00:40:20,739 --> 00:40:25,789

positivity princess and she's DeVoe

901

00:40:23,778 --> 00:40:28,099

yeah she's developed a children's

902

00:40:25,789 --> 00:40:30,769

character which is there to support

903

00:40:28,099 --> 00:40:32,528

young children and to help them through

904

00:40:30,768 --> 00:40:35,419

if ever they feel anxious or depressed

905

00:40:32,528 --> 00:40:38,719

so it's all about empowering other

906

00:40:35,420 --> 00:40:41,028

people as well so it's it's gonna be an

907

00:40:38,719 --> 00:40:43,159

interesting book to read about because

908

00:40:41,028 --> 00:40:44,869

there's so many people whose lives have

909

00:40:43,159 --> 00:40:47,568

been transformed as a result of their

910

00:40:44,869 --> 00:40:49,640

experience and they all say at the end

911

00:40:47,568 --> 00:40:51,528

of the day that it's all down to that

912

00:40:49,639 --> 00:40:55,670

interconnectivity and that we're all

913
00:40:51,528 --> 00:40:58,159
loved at the end no no I was just gonna

914
00:40:55,670 --> 00:41:01,039
say but a lot of times regardless of

915
00:40:58,159 --> 00:41:03,528
what aspect of the paranormal you are

916
00:41:01,039 --> 00:41:06,140
interested in or investigating it tends

917
00:41:03,528 --> 00:41:08,389
to get you know sort of smirk that by

918
00:41:06,139 --> 00:41:10,670
the rest of the population but that is

919
00:41:08,389 --> 00:41:13,129
actually the essential idea of studying

920
00:41:10,670 --> 00:41:15,338
the paranormal is to turn it into normal

921
00:41:13,130 --> 00:41:18,440
to understand what's been going on and I

922
00:41:15,338 --> 00:41:20,929
think your your studies have proven that

923
00:41:18,440 --> 00:41:23,659
I mean from what had been a paranormal

924
00:41:20,929 --> 00:41:26,118
aspect it's now becoming very useful

925
00:41:23,659 --> 00:41:30,348
very normal and it's very worthwhile and

926
00:41:26,119 --> 00:41:32,989
and your and your achievements in both

927
00:41:30,349 --> 00:41:35,109
your studies and becoming a doctor and

928
00:41:32,989 --> 00:41:38,028
becoming a nurse and working

929
00:41:35,108 --> 00:41:40,639
professionally with respect from those

930
00:41:38,028 --> 00:41:43,608
around you does an enormous amount to

931
00:41:40,639 --> 00:41:46,818
raise the standards of what people think

932
00:41:43,608 --> 00:41:48,139
about it I have one while I have more

933
00:41:46,818 --> 00:41:49,880
than one further question but I have one

934
00:41:48,139 --> 00:41:52,578
question at this juncture I don't think

935
00:41:49,880 --> 00:41:54,949
any interview would be complete without

936
00:41:52,579 --> 00:41:57,259
talking about something you touched upon

937
00:41:54,949 --> 00:41:59,059
just now and something that you did

938
00:41:57,259 --> 00:42:01,400
cover quite thoroughly in your book

939
00:41:59,059 --> 00:42:04,099
those two things are sometimes people

940
00:42:01,400 --> 00:42:06,139
have negative or hellish experiences

941

00:42:04,099 --> 00:42:08,778
that's the first thing and the second

942
00:42:06,139 --> 00:42:13,118
thing is the effect of the near-death

943
00:42:08,778 --> 00:42:16,009
experience on suicide suicided people

944
00:42:13,119 --> 00:42:19,309
yeah so I you didn't speak a little

945
00:42:16,009 --> 00:42:21,409
another this wonderful woman Kelly who I

946
00:42:19,309 --> 00:42:24,410
assume is somewhere in the UK

947
00:42:21,409 --> 00:42:26,779
working with you but there have been

948
00:42:24,409 --> 00:42:30,619
other people that you had mentioned who

949
00:42:26,780 --> 00:42:32,240
had frightening near-death experiences

950
00:42:30,619 --> 00:42:34,089
and there are people who get depressed

951
00:42:32,239 --> 00:42:37,269
after it because they can't go back

952
00:42:34,090 --> 00:42:39,769
quote-unquote home again right away so

953
00:42:37,269 --> 00:42:42,289
aside from the people who can't go back

954
00:42:39,769 --> 00:42:43,849
to the near-death experience right away

955
00:42:42,289 --> 00:42:45,650

what about the people who have had

956

00:42:43,849 --> 00:42:48,409

hellish experiences and what about

957

00:42:45,650 --> 00:42:50,410

suicides in general yep

958

00:42:48,409 --> 00:42:53,359

right well with the the distressing

959

00:42:50,409 --> 00:42:58,960

experiences now these are very difficult

960

00:42:53,360 --> 00:43:01,430

to research because there's a some some

961

00:42:58,960 --> 00:43:04,039

experiences are so bad that it can be

962

00:43:01,429 --> 00:43:06,469

very traumatic just recalling the

963

00:43:04,039 --> 00:43:08,000

experience itself but not only that

964

00:43:06,469 --> 00:43:10,250

there's also some sort of stigma

965

00:43:08,000 --> 00:43:12,500

involved as well because people hear

966

00:43:10,250 --> 00:43:14,690

about all these lovely experiences and

967

00:43:12,500 --> 00:43:17,030

then if they've had a distressing kind

968

00:43:14,690 --> 00:43:18,950

they think what's wrong with me what

969

00:43:17,030 --> 00:43:21,260

have I done I must be a really bad

970
00:43:18,949 --> 00:43:24,349
person to have had this distressing kind

971
00:43:21,260 --> 00:43:26,270
of experience now it's nothing the the

972
00:43:24,349 --> 00:43:28,940
there's not much research out there and

973
00:43:26,269 --> 00:43:32,719
Nancy Evans Bush is done a lot the most

974
00:43:28,940 --> 00:43:35,780
in this area and it doesn't seem to be

975
00:43:32,719 --> 00:43:37,549
the moral character of the person it's

976
00:43:35,780 --> 00:43:39,860
nothing to do with that because even the

977
00:43:37,550 --> 00:43:44,900
nicest of people can have really

978
00:43:39,860 --> 00:43:48,200
distressing experiences but we don't

979
00:43:44,900 --> 00:43:50,570
know what by there is a possibility that

980
00:43:48,199 --> 00:43:53,359
it might be something to do with the ego

981
00:43:50,570 --> 00:43:55,340
and people are holding on and clinging

982
00:43:53,360 --> 00:43:58,160
on to life and like resisting the

983
00:43:55,340 --> 00:44:01,070
experience and it seems that when they

984
00:43:58,159 --> 00:44:04,190
kind of relax into the experience it can

985
00:44:01,070 --> 00:44:05,960
turn into a more pleasant experience so

986
00:44:04,190 --> 00:44:07,700
there's a few cases where this

987
00:44:05,960 --> 00:44:10,639
distressing kind of turned into a

988
00:44:07,699 --> 00:44:14,359
pleasant experience there's a recent

989
00:44:10,639 --> 00:44:17,150
case actually of dr. received party and

990
00:44:14,360 --> 00:44:20,000
he his book has just come out and he

991
00:44:17,150 --> 00:44:22,220
describes where he started off going in

992
00:44:20,000 --> 00:44:24,619
to like a hellish realm and he could

993
00:44:22,219 --> 00:44:26,869
smell burning flesh and he could see big

994
00:44:24,619 --> 00:44:30,619
rage and thunderstorms in the background

995
00:44:26,869 --> 00:44:32,869
and he said me had a realization during

996
00:44:30,619 --> 00:44:35,268
his experience and he thought I've been

997
00:44:32,869 --> 00:44:37,639
living my life in a very unforgiving way

998

00:44:35,268 --> 00:44:39,798
I've not been I don't forgive myself and

999
00:44:37,639 --> 00:44:41,929
I don't forgive others and as soon as he

1000
00:44:39,798 --> 00:44:44,239
had that realization of the way that he

1001
00:44:41,929 --> 00:44:46,369
was living his life that changed into a

1002
00:44:44,239 --> 00:44:50,478
very pleasant experience from that point

1003
00:44:46,369 --> 00:44:52,999
on so a lot of people kind of also feel

1004
00:44:50,478 --> 00:44:54,768
that sometimes although it's a

1005
00:44:52,998 --> 00:44:57,379
distressing experience at the time

1006
00:44:54,768 --> 00:44:59,778
sometimes it can act like a wake-up call

1007
00:44:57,380 --> 00:45:02,719
as well and people think well I've been

1008
00:44:59,778 --> 00:45:04,938
living my life in this way and it kind

1009
00:45:02,719 --> 00:45:08,358
of jolts them into a new way of living

1010
00:45:04,938 --> 00:45:11,108
their life after the experience so but

1011
00:45:08,358 --> 00:45:13,338
we with an egg distress in near-death

1012
00:45:11,108 --> 00:45:16,489

experiences they are far more difficult

1013

00:45:13,338 --> 00:45:17,989

to research because people simply don't

1014

00:45:16,489 --> 00:45:20,298

want to talk about them if they've had

1015

00:45:17,989 --> 00:45:22,088

the really distressing kind where they

1016

00:45:20,298 --> 00:45:25,159

feel like they've been in hell and

1017

00:45:22,088 --> 00:45:26,898

sometimes when people email me they'll

1018

00:45:25,159 --> 00:45:28,969

email me and say are you still

1019

00:45:26,898 --> 00:45:31,788

interested in the distressing kind of

1020

00:45:28,969 --> 00:45:33,559

experiences I'll say yes if you were

1021

00:45:31,789 --> 00:45:36,499

going to open up and tell me about your

1022

00:45:33,559 --> 00:45:37,369

experience and then maybe in about three

1023

00:45:36,498 --> 00:45:39,498

months time

1024

00:45:37,369 --> 00:45:41,479

I'll get another letter email from that

1025

00:45:39,498 --> 00:45:43,518

person and they'll give a little bit of

1026

00:45:41,478 --> 00:45:45,798

information but not much and then

1027
00:45:43,518 --> 00:45:47,448
sometimes I won't hear from them for

1028
00:45:45,798 --> 00:45:49,130
about another three or six months and

1029
00:45:47,449 --> 00:45:52,219
they'll start to give me more

1030
00:45:49,130 --> 00:45:54,619
information bit by bit so it's it's not

1031
00:45:52,219 --> 00:45:57,798
easy for them to kind of recall and

1032
00:45:54,619 --> 00:46:01,179
write about hmm that's curious

1033
00:45:57,798 --> 00:46:05,478
and itself the the time delay aspect

1034
00:46:01,179 --> 00:46:08,509
okay and and what about suicides there's

1035
00:46:05,478 --> 00:46:11,888
a lot of disagreement amongst spiritual

1036
00:46:08,509 --> 00:46:16,699
communities in the United States about

1037
00:46:11,889 --> 00:46:20,329
the effects of suicide on the purported

1038
00:46:16,699 --> 00:46:22,969
soul of the individual that if they've

1039
00:46:20,329 --> 00:46:24,589
suicided themselves they they're you

1040
00:46:22,969 --> 00:46:26,688
know they're sort of demoted on a

1041
00:46:24,588 --> 00:46:28,398
spiritual realm and they must come back

1042
00:46:26,688 --> 00:46:31,728
and they they have unfinished business

1043
00:46:28,398 --> 00:46:34,219
and then there is another camp that says

1044
00:46:31,728 --> 00:46:37,759
sometimes people take their lives and

1045
00:46:34,219 --> 00:46:40,039
they're forgiven and things go on now

1046
00:46:37,759 --> 00:46:42,858
I'm going really far into the

1047
00:46:40,039 --> 00:46:46,778
hypothetical here but is there anything

1048
00:46:42,858 --> 00:46:48,110
that you can enlighten us in that regard

1049
00:46:46,778 --> 00:46:51,380
well it was

1050
00:46:48,110 --> 00:46:54,160
some research done a good few years ago

1051
00:46:51,380 --> 00:46:57,920
now and people who had previously made

1052
00:46:54,159 --> 00:47:01,909
multiple suicide attempts if they had a

1053
00:46:57,920 --> 00:47:04,659
near-death experience what they found

1054
00:47:01,909 --> 00:47:07,639
was that they were less likely to

1055

00:47:04,659 --> 00:47:09,589
attempt suicide again if they had the

1056
00:47:07,639 --> 00:47:12,049
near-death experiences they realized

1057
00:47:09,590 --> 00:47:14,269
that they take their problems wherever

1058
00:47:12,050 --> 00:47:16,700
they go and so there's no escaping them

1059
00:47:14,269 --> 00:47:17,690
so they have to face their problems but

1060
00:47:16,699 --> 00:47:20,179
it also gives them a different

1061
00:47:17,690 --> 00:47:22,039
perspective on life as well so there

1062
00:47:20,179 --> 00:47:26,449
were a few patients who had previously

1063
00:47:22,039 --> 00:47:29,000
had multiple experience we cite attempts

1064
00:47:26,449 --> 00:47:31,250
but on the final suicide attempt they'd

1065
00:47:29,000 --> 00:47:34,190
had the near-death experience and they

1066
00:47:31,250 --> 00:47:36,559
didn't try to commit suicide again after

1067
00:47:34,190 --> 00:47:40,670
that we had a very powerful effect on

1068
00:47:36,559 --> 00:47:42,639
them and it's also been used as well

1069
00:47:40,670 --> 00:47:45,200

there are a lot of forward-thinking

1070

00:47:42,639 --> 00:47:48,049
therapists and what they do is if

1071

00:47:45,199 --> 00:47:50,839
patients are suicidal and they're having

1072

00:47:48,050 --> 00:47:52,850
real problems in this area they tend to

1073

00:47:50,840 --> 00:47:55,670
encourage them to read accounts of

1074

00:47:52,849 --> 00:47:58,219
near-death experiences and really engage

1075

00:47:55,670 --> 00:48:00,500
thoroughly with what those accounts are

1076

00:47:58,219 --> 00:48:01,789
saying and what they find is that it

1077

00:48:00,500 --> 00:48:04,849
starts to give people a different

1078

00:48:01,789 --> 00:48:08,809
perspective on life and so it can be

1079

00:48:04,849 --> 00:48:11,059
very powerful as a deterrent to suicide

1080

00:48:08,809 --> 00:48:13,429
as well so you know there's a lot of

1081

00:48:11,059 --> 00:48:15,829
potential therapeutic benefits with

1082

00:48:13,429 --> 00:48:17,989
near-death experiences and how do you

1083

00:48:15,829 --> 00:48:20,659
deal with the so-called scientific

1084
00:48:17,989 --> 00:48:23,359
community that talks about hypoxia and

1085
00:48:20,659 --> 00:48:25,609
it's see the reason this Universal is

1086
00:48:23,360 --> 00:48:28,579
because it's a universal physiological

1087
00:48:25,610 --> 00:48:30,980
effect of let's say I don't know the

1088
00:48:28,579 --> 00:48:31,789
heart stopping blood sugar decreasing in

1089
00:48:30,980 --> 00:48:33,920
the brain

1090
00:48:31,789 --> 00:48:36,980
lack of oxygen you know all the things

1091
00:48:33,920 --> 00:48:38,360
that are associated with this yeah well

1092
00:48:36,980 --> 00:48:40,070
I tried to look at those with my

1093
00:48:38,360 --> 00:48:42,019
research as well and that was some of

1094
00:48:40,070 --> 00:48:45,050
the things I did you know I would took

1095
00:48:42,019 --> 00:48:46,820
blades off the patient and but I found

1096
00:48:45,050 --> 00:48:48,920
it was very difficult in some cases

1097
00:48:46,820 --> 00:48:50,840
because although it was documented in

1098
00:48:48,920 --> 00:48:53,630
the notes of blood had been withdrawn I

1099
00:48:50,840 --> 00:48:55,460
am unless I was there while it was

1100
00:48:53,630 --> 00:48:57,829
happening it was very difficult to

1101
00:48:55,460 --> 00:48:59,900
discern exactly if the blood had been

1102
00:48:57,829 --> 00:49:02,150
was drawn at the time that the person

1103
00:48:59,900 --> 00:49:04,670
was having their near-death experience

1104
00:49:02,150 --> 00:49:07,220
so in many cases a cadonia it could only

1105
00:49:04,670 --> 00:49:09,889
act as a guide but there were a few

1106
00:49:07,219 --> 00:49:11,328
cases where blood was extracted at the

1107
00:49:09,889 --> 00:49:13,098
precise time when the patient was

1108
00:49:11,329 --> 00:49:17,809
unconscious and having that near-death

1109
00:49:13,099 --> 00:49:19,460
experience uh-huh and and they the blood

1110
00:49:17,809 --> 00:49:23,200
results are actually within normal

1111
00:49:19,460 --> 00:49:25,789
limits so they were but they were only

1112

00:49:23,199 --> 00:49:27,798
about two or three cases so it's not

1113
00:49:25,789 --> 00:49:30,470
enough to be statistically significant

1114
00:49:27,798 --> 00:49:31,818
but the fact that patients reported

1115
00:49:30,469 --> 00:49:34,939
having this heightened state of

1116
00:49:31,818 --> 00:49:38,298
awareness while their blood results were

1117
00:49:34,940 --> 00:49:41,329
normal was kind of didn't really fit in

1118
00:49:38,298 --> 00:49:43,998
with the the explanations that we give

1119
00:49:41,329 --> 00:49:45,740
me for near-death experiences and also

1120
00:49:43,998 --> 00:49:47,598
with the drugs as well I looked at the

1121
00:49:45,739 --> 00:49:50,449
drugs that we gave to the patients yeah

1122
00:49:47,599 --> 00:49:53,028
and what I found was quite surprising

1123
00:49:50,449 --> 00:49:56,328
because I found if patients were giving

1124
00:49:53,028 --> 00:49:58,608
them drugs like morphine or the sedative

1125
00:49:56,329 --> 00:50:01,039
drugs they were less likely to report

1126
00:49:58,608 --> 00:50:02,568

and experience so that it's something

1127

00:50:01,039 --> 00:50:06,499

that was really important to me because

1128

00:50:02,568 --> 00:50:08,690

I feel that it's very important that we

1129

00:50:06,498 --> 00:50:11,929

don't over sedate people at the end of

1130

00:50:08,690 --> 00:50:16,309

life as well because that in itself may

1131

00:50:11,929 --> 00:50:18,348

be kind of denying them a valid aspects

1132

00:50:16,309 --> 00:50:20,480

of the dying process as well so I think

1133

00:50:18,349 --> 00:50:22,548

it's really important that we get a

1134

00:50:20,480 --> 00:50:24,440

balance right you know I don't think any

1135

00:50:22,548 --> 00:50:26,630

any patient should be in pain as they're

1136

00:50:24,440 --> 00:50:29,210

approaching death but it's important

1137

00:50:26,630 --> 00:50:31,818

also that they're not all for sedated as

1138

00:50:29,210 --> 00:50:33,679

well so that they get to experience all

1139

00:50:31,818 --> 00:50:35,829

aspects of the dying process

1140

00:50:33,679 --> 00:50:40,788

you had mentioned the drug ketamine

1141
00:50:35,829 --> 00:50:41,960
which is I believe used it as a baby for

1142
00:50:40,789 --> 00:50:45,619
little children when they're getting

1143
00:50:41,960 --> 00:50:49,489
operated on and the ketamine does

1144
00:50:45,619 --> 00:50:53,599
produce sometimes a similar but not the

1145
00:50:49,489 --> 00:50:55,789
same experience is that the case yeah it

1146
00:50:53,599 --> 00:50:57,710
can do it's there are cases where

1147
00:50:55,789 --> 00:51:00,170
patients have been given ketamine and

1148
00:50:57,710 --> 00:51:02,480
reported the antibody kind of experience

1149
00:51:00,170 --> 00:51:05,088
as well so it might be that the drug

1150
00:51:02,480 --> 00:51:07,548
kind of facilitates access to an altered

1151
00:51:05,088 --> 00:51:09,199
state of consciousness rather than kind

1152
00:51:07,548 --> 00:51:11,389
of producing an altered state of

1153
00:51:09,199 --> 00:51:15,239
consciousness or or producing it and

1154
00:51:11,389 --> 00:51:17,549
experience so it's it's almost like our

1155
00:51:15,239 --> 00:51:19,739
understanding of consciousness is kind

1156
00:51:17,550 --> 00:51:22,680
of the reverse of what it should be

1157
00:51:19,739 --> 00:51:24,779
because a materialist science believes

1158
00:51:22,679 --> 00:51:29,489
that consciousness is created by the

1159
00:51:24,780 --> 00:51:32,010
brain and if the brain stops working

1160
00:51:29,489 --> 00:51:35,849
so does consciousness but near-death

1161
00:51:32,010 --> 00:51:38,490
experiences tend to throw that out the

1162
00:51:35,849 --> 00:51:40,380
window really so I think it's more

1163
00:51:38,489 --> 00:51:42,509
likely that the brain mediates

1164
00:51:40,380 --> 00:51:44,670
consciousness as opposed to creates

1165
00:51:42,510 --> 00:51:47,820
consciousness and I think the brain

1166
00:51:44,670 --> 00:51:49,530
might act like a kind of a filter and it

1167
00:51:47,820 --> 00:51:51,390
screens out this heightened state of

1168
00:51:49,530 --> 00:51:53,880
awareness which is always around us

1169

00:51:51,389 --> 00:51:56,699
because we'd be too overwhelmed by it

1170
00:51:53,880 --> 00:51:59,820
but there are times in the person's life

1171
00:51:56,699 --> 00:52:03,118
when that filter action becomes more

1172
00:51:59,820 --> 00:52:05,250
relaxed so when people are near death or

1173
00:52:03,119 --> 00:52:08,390
perhaps when they've had certain drugs

1174
00:52:05,250 --> 00:52:11,480
like LSD or ketamine that filter action

1175
00:52:08,389 --> 00:52:13,559
relaxes and it facilitates that

1176
00:52:11,480 --> 00:52:15,900
experience of this heightened state of

1177
00:52:13,559 --> 00:52:18,570
reality or true consciousness if you

1178
00:52:15,900 --> 00:52:22,530
like yes I I would I couldn't agree with

1179
00:52:18,570 --> 00:52:25,730
you more and most of the quantum

1180
00:52:22,530 --> 00:52:29,310
physicists the Max Planck's of the world

1181
00:52:25,730 --> 00:52:31,440
rest his soul would agree because he

1182
00:52:29,309 --> 00:52:34,279
said consciousness is fundamental and

1183
00:52:31,440 --> 00:52:37,829

those are the words that I live by

1184

00:52:34,280 --> 00:52:40,650

personally we we're almost out of time

1185

00:52:37,829 --> 00:52:42,750

at this juncture dr. Penney and we're so

1186

00:52:40,650 --> 00:52:46,500

happy that you had joined us I have

1187

00:52:42,750 --> 00:52:48,780

maybe two last questions and do you have

1188

00:52:46,500 --> 00:52:51,949

something that you have no okay the one

1189

00:52:48,780 --> 00:52:54,810

thing is along the spectrum of these

1190

00:52:51,949 --> 00:52:59,309

experiences we spoke a little bit about

1191

00:52:54,809 --> 00:53:01,559

that when I spoke of remote viewing and

1192

00:52:59,309 --> 00:53:05,969

out-of-body experiences that are not

1193

00:53:01,559 --> 00:53:08,549

connected to a dying process and then

1194

00:53:05,969 --> 00:53:11,250

there are people that we interview a

1195

00:53:08,550 --> 00:53:16,140

number of these people who are involved

1196

00:53:11,250 --> 00:53:18,630

with purported UFO encounters with

1197

00:53:16,139 --> 00:53:20,549

others I'm not going to call them aliens

1198
00:53:18,630 --> 00:53:23,309
I'm not going to call them spiritual

1199
00:53:20,550 --> 00:53:26,550
beings but encounters with others while

1200
00:53:23,309 --> 00:53:28,619
very much alive and I just wanted to

1201
00:53:26,550 --> 00:53:32,070
know if you had any

1202
00:53:28,619 --> 00:53:33,929
thoughts on that well in fact some of

1203
00:53:32,070 --> 00:53:35,820
the things that people report went

1204
00:53:33,929 --> 00:53:37,679
through alien abductions now I don't

1205
00:53:35,820 --> 00:53:40,350
know a great deal about this have not

1206
00:53:37,679 --> 00:53:42,719
looked into this in great depth but some

1207
00:53:40,349 --> 00:53:44,549
of the things that they report like the

1208
00:53:42,719 --> 00:53:46,980
time disappears you know there's no

1209
00:53:44,550 --> 00:53:49,019
concept of time during the experience

1210
00:53:46,980 --> 00:53:52,019
there are certain things that are quite

1211
00:53:49,019 --> 00:53:54,869
similar to near-death experiences and I

1212
00:53:52,019 --> 00:53:57,710
know back in the 1980s professor Kenneth

1213
00:53:54,869 --> 00:54:00,150
ring he also noted different

1214
00:53:57,710 --> 00:54:04,170
similarities between the near-death

1215
00:54:00,150 --> 00:54:06,680
experience and alien abductions and he

1216
00:54:04,170 --> 00:54:09,150
he wrote him in one of his books about

1217
00:54:06,679 --> 00:54:12,179
these experiences as well and how

1218
00:54:09,150 --> 00:54:14,340
similar they could be so yeah it is

1219
00:54:12,179 --> 00:54:17,449
something to keep an open mind about

1220
00:54:14,340 --> 00:54:19,829
really well if you say the conscious is

1221
00:54:17,449 --> 00:54:22,589
universal well then obviously it's

1222
00:54:19,829 --> 00:54:25,769
universal for everybody and other

1223
00:54:22,590 --> 00:54:26,760
sentient beings as well so that that's

1224
00:54:25,769 --> 00:54:30,469
not surprising

1225
00:54:26,760 --> 00:54:33,480
not all beings are necessarily corporeal

1226

00:54:30,469 --> 00:54:35,369
yeah absolutely what we can only go by

1227
00:54:33,480 --> 00:54:37,740
what we know that's that's correct

1228
00:54:35,369 --> 00:54:39,119
well dr. Penney I want to thank I hope

1229
00:54:37,739 --> 00:54:41,939
you don't mind me calling you dr. Penney

1230
00:54:39,119 --> 00:54:45,210
I just said so that came up so naturally

1231
00:54:41,940 --> 00:54:47,250
here but we want to thank you so very

1232
00:54:45,210 --> 00:54:51,090
much for being on shattered reality

1233
00:54:47,250 --> 00:54:52,920
podcast oh we want to invite you back to

1234
00:54:51,090 --> 00:54:54,690
come on when you release your book

1235
00:54:52,920 --> 00:54:56,970
either it doesn't matter if it's only

1236
00:54:54,690 --> 00:54:59,099
released in the UK or if it's in the UK

1237
00:54:56,969 --> 00:55:02,159
and the US believe it or not we do have

1238
00:54:59,099 --> 00:55:06,079
some very fervent listeners over in

1239
00:55:02,159 --> 00:55:09,059
jolly old across the pond as they say so

1240
00:55:06,079 --> 00:55:12,809

we're we're looking very much forward to

1241
00:55:09,059 --> 00:55:14,699
having you back and perhaps the lady

1242
00:55:12,809 --> 00:55:18,239
Kelly Evans was it was her name Walsh

1243
00:55:14,699 --> 00:55:20,730
Walsh it was Kelly yes and books are

1244
00:55:18,239 --> 00:55:22,619
also universal now what's that books are

1245
00:55:20,730 --> 00:55:24,150
also Universal now just because they're

1246
00:55:22,619 --> 00:55:26,039
published in England doesn't mean they

1247
00:55:24,150 --> 00:55:29,010
can't be right all over that's correct

1248
00:55:26,039 --> 00:55:30,539
it's on the net so so come on back and

1249
00:55:29,010 --> 00:55:34,980
why don't you just go over your

1250
00:55:30,539 --> 00:55:37,590
particular so people who may have you

1251
00:55:34,980 --> 00:55:38,318
know just tuned in or started to listen

1252
00:55:37,590 --> 00:55:40,630
or whatever

1253
00:55:38,318 --> 00:55:42,608
in in earnest those people have just

1254
00:55:40,630 --> 00:55:46,358
started to listen in earnest will

1255
00:55:42,608 --> 00:55:48,009
actually hear all your particulars yeah

1256
00:55:46,358 --> 00:55:58,088
I've got a website and the website

1257
00:55:48,009 --> 00:56:00,068
address is www.jfn.co.jp/toho present

1258
00:55:58,088 --> 00:56:02,018
but I'm hoping I would be a bit quicker

1259
00:56:00,068 --> 00:56:06,338
in the future but I'd love to hear from

1260
00:56:02,018 --> 00:56:09,038
anyone who's had an experience okay well

1261
00:56:06,338 --> 00:56:11,998
thank you this has been dr. penny

1262
00:56:09,039 --> 00:56:15,670
Sartori the wisdom of near-death

1263
00:56:11,998 --> 00:56:18,899
experiences a wonderful book which is

1264
00:56:15,670 --> 00:56:21,818
available through your booksellers oh

1265
00:56:18,900 --> 00:56:24,699
it's all over thank you so much and

1266
00:56:21,818 --> 00:56:27,458
goodbye dr. penny Sartorius thank you

1267
00:56:24,699 --> 00:56:30,068
for having me thank you

1268
00:56:27,458 --> 00:56:34,598
so shattered reality is proud to

1269
00:56:30,068 --> 00:56:38,440
introduce one of its listeners her whose

1270
00:56:34,599 --> 00:56:42,068
name is despina who is a Greek American

1271
00:56:38,440 --> 00:56:44,798
woman from a reasonably local area

1272
00:56:42,068 --> 00:56:48,429
around here and she has had a rather

1273
00:56:44,798 --> 00:56:50,650
miraculous experience that she would

1274
00:56:48,429 --> 00:56:53,379
like to share with other shattered

1275
00:56:50,650 --> 00:56:57,219
reality listeners despina are you there

1276
00:56:53,380 --> 00:57:10,749
welcome to shattered reality hello thank

1277
00:56:57,219 --> 00:57:15,940
you her name was mikela State Park Ella

1278
00:57:10,748 --> 00:57:17,558
and basically her story is that her

1279
00:57:15,940 --> 00:57:21,909
mother passed away she was a young girl

1280
00:57:17,559 --> 00:57:25,119
and when the mother passed away the

1281
00:57:21,909 --> 00:57:28,899
father became a drunk and she started

1282
00:57:25,119 --> 00:57:30,430
abusing his daughter and the way the

1283

00:57:28,900 --> 00:57:34,358
story has been told to me by my

1284
00:57:30,429 --> 00:57:36,009
grandfather is that whenever he would

1285
00:57:34,358 --> 00:57:38,558
get drunk he would have used his

1286
00:57:36,009 --> 00:57:40,958
daughter so one day as opposed to

1287
00:57:38,559 --> 00:57:42,910
sitting and taking her father's abuse

1288
00:57:40,958 --> 00:57:46,179
she started running through the fields

1289
00:57:42,909 --> 00:57:50,798
and the father started teasing her with

1290
00:57:46,179 --> 00:57:51,819
the machete and whenever he would find

1291
00:57:50,798 --> 00:57:54,099
himself

1292
00:57:51,820 --> 00:57:58,870
lost and not knowing which direction she

1293
00:57:54,099 --> 00:58:02,619
went to people working in their fossil

1294
00:57:58,869 --> 00:58:05,139
and cultivating the olive trees I

1295
00:58:02,619 --> 00:58:08,829
suppose they would point to which

1296
00:58:05,139 --> 00:58:11,679
direction she ran to eventually she

1297
00:58:08,829 --> 00:58:15,099

reaches the water and she prays to God

1298

00:58:11,679 --> 00:58:17,049

may he swallow her from her waist down

1299

00:58:15,099 --> 00:58:21,099

so that her father does not harm her

1300

00:58:17,050 --> 00:58:24,280

again and the story goes that indeed the

1301

00:58:21,099 --> 00:58:26,529

earth opened and swallowed her and when

1302

00:58:24,280 --> 00:58:29,890

the father approached her he cut off her

1303

00:58:26,530 --> 00:58:34,000

breast and I believe eventually he also

1304

00:58:29,889 --> 00:58:37,269

cut off her my grandfather had told me

1305

00:58:34,000 --> 00:58:39,250

that for generations to come for those

1306

00:58:37,269 --> 00:58:42,670

individuals that actually pointed to

1307

00:58:39,250 --> 00:58:45,550

which direction she was running to their

1308

00:58:42,670 --> 00:58:50,619

children were born either with their

1309

00:58:45,550 --> 00:58:53,710

fingers crooked brightest and basically

1310

00:58:50,619 --> 00:58:57,009

that their pointer finger was most

1311

00:58:53,710 --> 00:58:59,470

always deformed and it was basically as

1312
00:58:57,010 --> 00:59:01,450
my grandfather says a curse for you know

1313
00:58:59,469 --> 00:59:05,139
pointing to which direction she was

1314
00:59:01,449 --> 00:59:08,559
running so when I was a young child and

1315
00:59:05,139 --> 00:59:12,159
going through some difficult times I had

1316
00:59:08,559 --> 00:59:15,159
prayed to Saint Markella and I had said

1317
00:59:12,159 --> 00:59:17,920
that I would walk from her home from my

1318
00:59:15,159 --> 00:59:23,500
home to her home which was approximately

1319
00:59:17,920 --> 00:59:26,380
30 mile walk in the month of August so I

1320
00:59:23,500 --> 00:59:29,920
made a plan with one of my friends that

1321
00:59:26,380 --> 00:59:32,410
she would wake up three hours after I

1322
00:59:29,920 --> 00:59:37,000
had started my journey at 5:00 a.m. and

1323
00:59:32,409 --> 00:59:38,889
she would bring me water as needed so I

1324
00:59:37,000 --> 00:59:40,469
began my journey at approximately 5:00

1325
00:59:38,889 --> 00:59:43,239
in the morning and I started walking

1326
00:59:40,469 --> 00:59:44,349
when I finally reached the top of the

1327
00:59:43,239 --> 00:59:49,359
first mountain

1328
00:59:44,349 --> 00:59:51,219
I found myself very conflicted and very

1329
00:59:49,360 --> 00:59:53,470
angry with myself for taking such a

1330
00:59:51,219 --> 00:59:56,259
journey by myself because I was already

1331
00:59:53,469 --> 00:59:57,369
tired I took off my shoes they lit a

1332
00:59:56,260 --> 01:00:00,280
cigarette

1333
00:59:57,369 --> 01:00:03,099
trying to figure out if I'm going to

1334
01:00:00,280 --> 01:00:04,810
continue on this journey and as I was

1335
01:00:03,099 --> 01:00:05,630
having these negative thoughts about

1336
01:00:04,809 --> 01:00:11,719
actually turning

1337
01:00:05,630 --> 01:00:15,440
back in August in Greece it gets very

1338
01:00:11,719 --> 01:00:17,778
hot and there is no wind rarely will you

1339
01:00:15,440 --> 01:00:20,599
feel any wind in your hair all of a

1340

01:00:17,778 --> 01:00:24,259
sudden this wind picks up where there

1341
01:00:20,599 --> 01:00:28,519
was a sign on the side of the mountain

1342
01:00:24,259 --> 01:00:30,349
and the the wind got so strong that

1343
01:00:28,518 --> 01:00:33,409
these pebbles like falling from the

1344
01:00:30,349 --> 01:00:36,680
mountain and hitting the sign and I

1345
01:00:33,409 --> 01:00:38,989
recall saying okay I'm gonna do it I'm

1346
01:00:36,679 --> 01:00:41,179
gonna do it stop and I don't know who I

1347
01:00:38,989 --> 01:00:43,548
was talking to but I put my shoes back

1348
01:00:41,179 --> 01:00:46,460
on and I started walking in when I got

1349
01:00:43,548 --> 01:00:50,809
back on the road I felt this wind just

1350
01:00:46,460 --> 01:00:56,619
pushing me forward eventually the Sun

1351
01:00:50,809 --> 01:01:00,470
came up and I found myself in front of a

1352
01:00:56,619 --> 01:01:02,599
chapel and a small chapel on the

1353
01:01:00,469 --> 01:01:06,230
roadside and there was this woman there

1354
01:01:02,599 --> 01:01:09,410

and a wall in the middle of this wall

1355

01:01:06,230 --> 01:01:11,960

there was a well from water and she

1356

01:01:09,409 --> 01:01:15,018

invited me over and she said you know

1357

01:01:11,960 --> 01:01:18,889

come sit with me so I don't know why I

1358

01:01:15,018 --> 01:01:20,379

actually when they sat with her and she

1359

01:01:18,889 --> 01:01:24,730

pointed up to the mountain and her

1360

01:01:20,380 --> 01:01:28,068

husband was up above with his sheep and

1361

01:01:24,730 --> 01:01:33,500

it was they're fasting so she offered me

1362

01:01:28,068 --> 01:01:36,500

a potatoes boiled potato olives and some

1363

01:01:33,500 --> 01:01:37,849

bread so we had something to eat and

1364

01:01:36,500 --> 01:01:40,159

then she went over to the wall I

1365

01:01:37,849 --> 01:01:43,190

remember and she put her hands in the

1366

01:01:40,159 --> 01:01:45,879

bucket when she got the water and she

1367

01:01:43,190 --> 01:01:48,559

drank some from her palm of her hand and

1368

01:01:45,880 --> 01:01:52,329

she told me look it's clean you can have

1369
01:01:48,559 --> 01:01:55,369
some water so I had some water and then

1370
01:01:52,329 --> 01:01:58,220
she told she gave me her cane which was

1371
01:01:55,369 --> 01:02:01,608
from a branch and she said you have to

1372
01:01:58,219 --> 01:02:04,129
stop cutting through people's fields you

1373
01:02:01,608 --> 01:02:05,808
have to follow the road and I remember

1374
01:02:04,130 --> 01:02:07,730
thinking how in the world does she know

1375
01:02:05,809 --> 01:02:11,528
that I was cutting through people's

1376
01:02:07,730 --> 01:02:13,818
property and not walking on the road so

1377
01:02:11,528 --> 01:02:16,219
she told me you're going to use my cane

1378
01:02:13,818 --> 01:02:18,048
and you're gonna push the road behind

1379
01:02:16,219 --> 01:02:19,449
you just keep on pushing and you're

1380
01:02:18,048 --> 01:02:21,639
gonna reach to

1381
01:02:19,449 --> 01:02:24,039
another village you can ask for

1382
01:02:21,639 --> 01:02:25,868
so-and-so and tell her about your

1383
01:02:24,039 --> 01:02:30,519
journey and still give you some water

1384
01:02:25,869 --> 01:02:33,880
and something to eat so I left I

1385
01:02:30,519 --> 01:02:38,170
followed her directions I continued to

1386
01:02:33,880 --> 01:02:41,380
walk and then another time came after

1387
01:02:38,170 --> 01:02:43,630
hours of walking where again I got

1388
01:02:41,380 --> 01:02:48,579
exhausted and again I was questioning

1389
01:02:43,630 --> 01:02:50,980
myself what I put myself into and there

1390
01:02:48,579 --> 01:02:53,980
was no people anywhere around me

1391
01:02:50,980 --> 01:02:56,588
so it's either walk back home or

1392
01:02:53,980 --> 01:03:00,130
continue walking and again a gust of

1393
01:02:56,588 --> 01:03:01,929
wind lifted and feeling you know being

1394
01:03:00,130 --> 01:03:07,780
pushed I felt like somebody was pushing

1395
01:03:01,929 --> 01:03:10,409
me forward and I remember a at a point

1396
01:03:07,780 --> 01:03:14,048
where I finally saw a car coming and

1397

01:03:10,409 --> 01:03:16,298
there was some sheep and the Sheep saw

1398
01:03:14,048 --> 01:03:18,548
the car so obviously they thought food

1399
01:03:16,298 --> 01:03:20,679
was coming so they were all surrounding

1400
01:03:18,548 --> 01:03:26,349
me while we were walking which was very

1401
01:03:20,679 --> 01:03:30,848
beautiful so after that I just continued

1402
01:03:26,349 --> 01:03:35,680
on walking I got lost and when I got

1403
01:03:30,849 --> 01:03:37,539
lost I had to walk in on a beach so I

1404
01:03:35,679 --> 01:03:39,699
was walking through sand for a while

1405
01:03:37,539 --> 01:03:42,429
which made you know my trip a little bit

1406
01:03:39,699 --> 01:03:47,439
more difficult because I was already

1407
01:03:42,429 --> 01:03:50,828
tired and finally towards the end of the

1408
01:03:47,440 --> 01:03:52,329
journey when there was three more loops

1409
01:03:50,829 --> 01:03:53,980
around because I'm walking down a

1410
01:03:52,329 --> 01:03:57,160
mountain now so you have to go around

1411
01:03:53,980 --> 01:04:00,789

and around and I had the church in sight

1412

01:03:57,159 --> 01:04:02,379

I just got this abundant amount of

1413

01:04:00,789 --> 01:04:05,289

energy and I just started running

1414

01:04:02,380 --> 01:04:09,039

towards the church the Church of the Sun

1415

01:04:05,289 --> 01:04:11,019

this the Church of this yes yes yeah

1416

01:04:09,039 --> 01:04:15,159

Mikkel I found reached there and I just

1417

01:04:11,019 --> 01:04:17,798

ran and I remembered my friend who was

1418

01:04:15,159 --> 01:04:19,568

following me with her car she was

1419

01:04:17,798 --> 01:04:22,088

yelling at me to slow down I'm gonna

1420

01:04:19,568 --> 01:04:22,539

fall down because I must be exhausted

1421

01:04:22,088 --> 01:04:25,690

already

1422

01:04:22,539 --> 01:04:27,730

and I ran into the church there were

1423

01:04:25,690 --> 01:04:30,159

people there I waited for them to exit

1424

01:04:27,730 --> 01:04:32,048

and I went into the church grabbed a

1425

01:04:30,159 --> 01:04:33,399

handful of candles and they lit them for

1426
01:04:32,048 --> 01:04:39,519
my loved ones and family

1427
01:04:33,400 --> 01:04:41,590
and I just began to cry I went first

1428
01:04:39,519 --> 01:04:45,219
swim afterwards because there's a beach

1429
01:04:41,590 --> 01:04:48,820
right there in order to unwind from the

1430
01:04:45,219 --> 01:04:51,459
long journey and I told my friend she

1431
01:04:48,820 --> 01:04:53,050
was bringing me water throughout this it

1432
01:04:51,460 --> 01:04:53,980
was approximately 10 hours that it took

1433
01:04:53,050 --> 01:04:58,539
me to get there

1434
01:04:53,980 --> 01:05:00,460
Wow she I told her about the woman the

1435
01:04:58,539 --> 01:05:02,739
woman that fed me the woman that you

1436
01:05:00,460 --> 01:05:06,070
know gave me her cane but I had with me

1437
01:05:02,739 --> 01:05:09,159
now and my friend told me that that

1438
01:05:06,070 --> 01:05:12,490
morning before she woke up that she had

1439
01:05:09,159 --> 01:05:15,159
a dream and it just so happened in her

1440
01:05:12,489 --> 01:05:16,899
dream is the woman and man that she saw

1441
01:05:15,159 --> 01:05:20,159
on her dream that happened to be your

1442
01:05:16,900 --> 01:05:25,480
friends have the same name as the woman

1443
01:05:20,159 --> 01:05:27,339
saw and that today she has a big day

1444
01:05:25,480 --> 01:05:31,449
ahead of her and she has to look out for

1445
01:05:27,340 --> 01:05:33,309
me so me and her decided that we're

1446
01:05:31,449 --> 01:05:35,589
gonna go back to where I was

1447
01:05:33,309 --> 01:05:39,489
find the woman and thank her and

1448
01:05:35,590 --> 01:05:41,760
returned her cane we drove I think for

1449
01:05:39,489 --> 01:05:45,909
approximately maybe 45 minutes or so

1450
01:05:41,760 --> 01:05:50,260
trying to find the chapel trying to find

1451
01:05:45,909 --> 01:05:52,809
this wall the woman anything we did not

1452
01:05:50,260 --> 01:05:56,980
find any evidence of it we didn't find a

1453
01:05:52,809 --> 01:06:00,009
chapel we did not find a wall we didn't

1454

01:05:56,980 --> 01:06:05,079
see any sheep anywhere it was it's as if

1455
01:06:00,010 --> 01:06:09,160
all of it was simply a dream no that's

1456
01:06:05,079 --> 01:06:10,659
my story the cane I gave it to a friend

1457
01:06:09,159 --> 01:06:13,989
of mine that was diagnosed with cancer

1458
01:06:10,659 --> 01:06:15,940
later on and told her to just remember

1459
01:06:13,989 --> 01:06:16,559
my journey and then everything will be

1460
01:06:15,940 --> 01:06:21,519
okay

1461
01:06:16,559 --> 01:06:26,529
but unfortunately the cane after my

1462
01:06:21,519 --> 01:06:28,989
friend's house recovered the cane was

1463
01:06:26,530 --> 01:06:31,290
lost we never found it again we don't

1464
01:06:28,989 --> 01:06:35,649
nobody knows what ever happened to it

1465
01:06:31,289 --> 01:06:39,639
but your mind did recover yes my friend

1466
01:06:35,650 --> 01:06:41,829
did recover oh thank god oh wow but we

1467
01:06:39,639 --> 01:06:45,460
stored the came together in her parents

1468
01:06:41,829 --> 01:06:46,989

house I mean she and I put it away we

1469

01:06:45,460 --> 01:06:49,809

wrapped it up in the plastic

1470

01:06:46,989 --> 01:06:52,719

bag and we safely stored it away and

1471

01:06:49,809 --> 01:06:56,559

that I had said when I return I'll take

1472

01:06:52,719 --> 01:07:00,609

it back to me to America and when I had

1473

01:06:56,559 --> 01:07:05,949

gone back me her parents and my friends

1474

01:07:00,610 --> 01:07:08,500

all searched for it and for over two

1475

01:07:05,949 --> 01:07:11,230

hours perhaps in their basement and we

1476

01:07:08,500 --> 01:07:13,449

could not find it so we don't know what

1477

01:07:11,230 --> 01:07:15,760

happened to they came well that is an

1478

01:07:13,449 --> 01:07:18,009

amazing story that's very interesting

1479

01:07:15,760 --> 01:07:21,340

it's really a beautiful story and it

1480

01:07:18,010 --> 01:07:26,500

reminds me just a little bit of the the

1481

01:07:21,340 --> 01:07:29,170

road that people take in Spain there was

1482

01:07:26,500 --> 01:07:33,010

a movie about it about a certain of the

1483
01:07:29,170 --> 01:07:35,820
road of a certain saint that people take

1484
01:07:33,010 --> 01:07:38,380
from one end of Spain to the other and

1485
01:07:35,820 --> 01:07:42,250
the movie is quite interesting I think

1486
01:07:38,380 --> 01:07:44,550
you might benefit from from viewing that

1487
01:07:42,250 --> 01:07:48,369
movie because there's quite a bit like

1488
01:07:44,550 --> 01:07:51,100
like that at in your story but there's

1489
01:07:48,369 --> 01:07:53,980
been a thank you so much for sharing

1490
01:07:51,099 --> 01:07:56,108
your story with the other listeners too

1491
01:07:53,980 --> 01:07:58,690
shattered reality and hopefully it will

1492
01:07:56,108 --> 01:08:05,469
encourage them to share their story as

1493
01:07:58,690 --> 01:08:09,010
well thanks mm bye now coming up next

1494
01:08:05,469 --> 01:08:13,599
yes on shattered reality we have Tom

1495
01:08:09,010 --> 01:08:17,170
Butler who is an expert in EVP

1496
01:08:13,599 --> 01:08:20,829
electronic voice production and this has

1497
01:08:17,170 --> 01:08:22,329
to do with again the departed and don't

1498
01:08:20,829 --> 01:08:24,609
worry we'll get off the subject of the

1499
01:08:22,329 --> 01:08:28,869
departed sooner than later but just

1500
01:08:24,609 --> 01:08:32,620
following in that vein we have coming up

1501
01:08:28,869 --> 01:08:35,199
next a very very interesting man who has

1502
01:08:32,619 --> 01:08:38,559
devoted a good portion of his life to

1503
01:08:35,199 --> 01:08:42,818
researching electronic voice production

1504
01:08:38,560 --> 01:08:46,330
where an electronic instrument such as a

1505
01:08:42,819 --> 01:08:50,400
radio or a computer or a telephone or a

1506
01:08:46,329 --> 01:08:55,298
tape recorder picks up the voice of a

1507
01:08:50,399 --> 01:08:57,239
another entity purportedly the voices of

1508
01:08:55,298 --> 01:09:00,488
the dead as well so we're going to let

1509
01:08:57,239 --> 01:09:05,469
Tom Butler explain that all to you

1510
01:09:00,488 --> 01:09:07,468
our next show until then this is Kate

1511

01:09:05,469 --> 01:09:13,948
Valentine and for Russia

1512
01:09:07,469 --> 01:09:13,948
thank imply from shattered reality

1513
01:09:20,029 --> 01:09:23,688
[Music]