



1
00:00:08,280 --> 00:00:16,890

[Music]

2
00:00:36,850 --> 00:00:30,249

well as reality with your question and

3
00:00:39,459 --> 00:00:36,860

now shadows reality hey Kate hey faroush

4
00:00:41,560 --> 00:00:39,469

yeah how are you I'm doing pretty well I

5
00:00:45,189 --> 00:00:41,570

see you have lined up a wonderful guest

6
00:00:48,400 --> 00:00:45,199

for us today yes we actually have one

7
00:00:52,779 --> 00:00:48,410

big guest and one listener experience at

8
00:00:55,450 --> 00:00:52,789

the end of the show so we're gonna start

9
00:01:01,599 --> 00:00:55,460

out our show and let us slate let's

10
00:01:02,349 --> 00:01:01,609

slate okay today is February 25th 2017

11
00:01:07,300 --> 00:01:02,359

mm-hm

12
00:01:11,080 --> 00:01:07,310

our guest today is the wonderful dr.

13
00:01:14,320 --> 00:01:11,090

penny Sartori right coming to us right

14

00:01:17,260 --> 00:01:14,330

from Swansea in Wales that's pretty

15

00:01:18,760 --> 00:01:17,270

amazing it is amazing the one wouldn't

16

00:01:20,530 --> 00:01:18,770

have thought that one we were little

17

00:01:23,350 --> 00:01:20,540

kids that we would be you know just

18

00:01:25,900 --> 00:01:23,360

talking no look at he's splitting it all

19

00:01:29,200 --> 00:01:25,910

over the world but no but dr. penny

20

00:01:32,320 --> 00:01:29,210

Sartori is a very very interesting guest

21

00:01:35,770 --> 00:01:32,330

and she has written a book called the

22

00:01:38,410 --> 00:01:35,780

wisdom of near-death experiences she has

23

00:01:40,810 --> 00:01:38,420

also written another book but the other

24

00:01:44,460 --> 00:01:40,820

book is I believe for her college

25

00:01:47,530 --> 00:01:44,470

courses and it's called the near-death

26

00:01:51,100 --> 00:01:47,540

experience of hospitalised intensive

27

00:01:54,760 --> 00:01:51,110

care patients a five-year critical study

28

00:01:57,730 --> 00:01:54,770

hmm she is she has been a nurse and she

29

00:01:59,590 --> 00:01:57,740

is a nurse but right now she is teaching

30

00:02:03,070 --> 00:01:59,600

that she has her doctorate she is

31

00:02:05,110 --> 00:02:03,080

teaching at the Swansea University about

32

00:02:08,290 --> 00:02:05,120

death and dying and spiritual

33

00:02:12,460 --> 00:02:08,300

transformation she has two special

34

00:02:14,949 --> 00:02:12,470

courses there so let's welcome dr. penny

35

00:02:15,819 --> 00:02:14,959

Sartori yes thank you so much for being

36

00:02:18,280 --> 00:02:15,829

here with us

37

00:02:20,410 --> 00:02:18,290

oh hi thanks thanks for asking me it's

38

00:02:22,720 --> 00:02:20,420

lovely to be with you I wanna make

39

00:02:24,580 --> 00:02:22,730

sure that you feel a thousand percent

40

00:02:27,580 --> 00:02:24,590

welcome because I'm just gonna say a

41

00:02:31,030 --> 00:02:27,590

very very short little story of my own

42

00:02:32,920 --> 00:02:31,040

I've been to Wales twice which is a lot

43

00:02:34,360 --> 00:02:32,930

for an American the average American may

44

00:02:36,430 --> 00:02:34,370

have never gone to Wales but I've been

45

00:02:38,500 --> 00:02:36,440

there twice because I have some of my

46

00:02:42,310 --> 00:02:38,510

background from Wales and one time I

47

00:02:43,870 --> 00:02:42,320

went to Wales it was when they had the I

48

00:02:45,850 --> 00:02:43,880

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

49

00:02:49,060 --> 00:02:45,860

that correctly because I'm not a Celtic

50

00:02:51,400 --> 00:02:49,070

speaker but they had the I stuff odd and

51

00:02:53,199 --> 00:02:51,410

I went out of out of interest and

52

00:02:55,600 --> 00:02:53,209

curiosity wanting to learn a little bit

53

00:02:59,259 --> 00:02:55,610

about that part of my roots and I was

54

00:03:00,820 --> 00:02:59,269

welcomed so nicely and they signed me up

55

00:03:03,070 --> 00:03:00,830

and they wanted me to come back and tell

56

00:03:05,229 --> 00:03:03,080

my story but unfortunately I had to

57

00:03:08,020 --> 00:03:05,239

catch a plane back to the US of A but I

58

00:03:10,600 --> 00:03:08,030

did spend a day and a half there and I

59

00:03:13,420 --> 00:03:10,610

got a lovely lovely welcome both times I

60

00:03:16,330 --> 00:03:13,430

was in Wales once with my my parents my

61

00:03:19,000 --> 00:03:16,340

father being the the Welsh part of the

62

00:03:21,310 --> 00:03:19,010

the group I mean he's part Welsh and I

63

00:03:23,020 --> 00:03:21,320

was there with them and then later I was

64

00:03:26,170 --> 00:03:23,030

there once again and it's just a

65

00:03:30,069 --> 00:03:26,180

wonderful wonderful place so welcome

66

00:03:32,050 --> 00:03:30,079

many welcomes to you dr. penny do you

67

00:03:33,850 --> 00:03:32,060

want the do you want to start out no not

68

00:03:37,210 --> 00:03:33,860

really I was just fascinated by the

69

00:03:40,240 --> 00:03:37,220

whole idea of the near-death experience

70

00:03:42,610 --> 00:03:40,250

but largely from your viewpoint because

71

00:03:44,920 --> 00:03:42,620

you were actually there when it happened

72

00:03:47,289 --> 00:03:44,930

some people speculated about it they

73

00:03:50,890 --> 00:03:47,299

talked about it but you've actually seen

74

00:03:52,870 --> 00:03:50,900

the passing of people from one state to

75

00:03:56,140 --> 00:03:52,880

another state and then back to this

76

00:04:00,789 --> 00:03:56,150

state and so it's really your first-hand

77

00:04:03,160 --> 00:04:00,799

experience her and yeah yes that's right

78

00:04:06,370 --> 00:04:03,170

I was really I was in quite a privileged

79

00:04:08,500 --> 00:04:06,380

position really and I think my interest

80

00:04:11,289 --> 00:04:08,510

in the subject of near-death experience

81

00:04:13,900 --> 00:04:11,299

kind of was generated from my work as a

82

00:04:15,970 --> 00:04:13,910

nurse and I think I was just in that

83

00:04:18,520 --> 00:04:15,980

perfect place because not only was I

84

00:04:21,130 --> 00:04:18,530

fascinated by these experiences I was

85

00:04:23,140 --> 00:04:21,140

actually looking after patients who were

86

00:04:26,430 --> 00:04:23,150

having these kind of experiences so it

87

00:04:30,190 --> 00:04:26,440

was a unique and privileged position

88

00:04:33,909 --> 00:04:30,200

also I feel people in the state that

89

00:04:36,040 --> 00:04:33,919

they're in obviously critically ill

90

00:04:38,290 --> 00:04:36,050

so to develop a very close relationship

91

00:04:41,140 --> 00:04:38,300

to the nurses that care for them and

92

00:04:43,869 --> 00:04:41,150

trust them and are comfortable sharing

93

00:04:45,879 --> 00:04:43,879

their experiences with them as opposed

94

00:04:48,640 --> 00:04:45,889

to let's say a stranger that would just

95

00:04:50,499 --> 00:04:48,650

walk in and it's a little bit out of the

96

00:04:53,260 --> 00:04:50,509

ordinary to say I've had a near-death

97

00:04:56,800 --> 00:04:53,270

experience but to be able to experience

98

00:05:00,999 --> 00:04:56,810

that and discuss it with someone they

99

00:05:02,679 --> 00:05:01,009

trusted also added to it mm-hmm yes

100

00:05:04,540 --> 00:05:02,689

that's right and I thought that was one

101
00:05:07,839 --> 00:05:04,550
of the findings of my research really

102
00:05:10,629 --> 00:05:07,849
was how important it is that patients

103
00:05:13,089 --> 00:05:10,639
feel comfortable in expressing that

104
00:05:16,420 --> 00:05:13,099
they've had these experiences because a

105
00:05:20,320 --> 00:05:16,430
lot of people after the 15 cases that I

106
00:05:22,330 --> 00:05:20,330
got during my hospital study it was only

107
00:05:26,230 --> 00:05:22,340
two patients actually volunteered the

108
00:05:28,240 --> 00:05:26,240
information the others I found because I

109
00:05:31,990 --> 00:05:28,250
interviewed every single person who

110
00:05:35,050 --> 00:05:32,000
would kind of survived a cardiac arrest

111
00:05:37,719 --> 00:05:35,060
and I just my opening question was did

112
00:05:38,890 --> 00:05:37,729
you recall anything from the time that

113
00:05:41,409 --> 00:05:38,900

you were unconscious

114

00:05:44,070 --> 00:05:41,419

now most people didn't remember anything

115

00:05:46,540 --> 00:05:44,080

but had I not asked that question

116

00:05:48,519 --> 00:05:46,550

thirteen patients would never have

117

00:05:50,740 --> 00:05:48,529

spoken about their near-death experience

118

00:05:53,469 --> 00:05:50,750

because they were afraid to talk about

119

00:05:55,029 --> 00:05:53,479

it they thought were they they didn't

120

00:05:58,059 --> 00:05:55,039

understand it and they thought that they

121

00:06:00,189 --> 00:05:58,069

may have been going crazy and the fact

122

00:06:03,490 --> 00:06:00,199

that they were able then to express what

123

00:06:06,189 --> 00:06:03,500

had happened was a big help to them so

124

00:06:07,869 --> 00:06:06,199

you know this is a really vital for that

125

00:06:10,839 --> 00:06:07,879

all newses are aware of these

126
00:06:13,869 --> 00:06:10,849
experiences keep the patients the people

127
00:06:16,629 --> 00:06:13,879
who had these experiences it's essential

128
00:06:18,640 --> 00:06:16,639
that they be validated that's that's

129
00:06:21,700 --> 00:06:18,650
essentially what you're saying I take it

130
00:06:23,679 --> 00:06:21,710
yes absolutely that is the that that's

131
00:06:25,929 --> 00:06:23,689
the most helpful thing that anyone can

132
00:06:28,719 --> 00:06:25,939
do is to validate that experience for

133
00:06:30,659 --> 00:06:28,729
them and say look you're not alone other

134
00:06:33,040 --> 00:06:30,669
people have also reported these

135
00:06:34,749 --> 00:06:33,050
experiences and then there's lots of

136
00:06:36,730 --> 00:06:34,759
resources out there that you know

137
00:06:38,379 --> 00:06:36,740
there's lots up on the internet there's

138
00:06:40,209 --> 00:06:38,389

the International Association of

139

00:06:43,329 --> 00:06:40,219

near-death studies which is very helpful

140

00:06:45,339 --> 00:06:43,339

as well so it's important to validate it

141

00:06:47,439 --> 00:06:45,349

and to direct them to other sources

142

00:06:50,359 --> 00:06:47,449

where they can get help

143

00:06:52,399 --> 00:06:50,369

and I was really interested in your

144

00:06:54,679 --> 00:06:52,409

description of the first time that you

145

00:06:57,469 --> 00:06:54,689

were working as a nurse and one of the

146

00:07:00,609 --> 00:06:57,479

other nurses said to you that this

147

00:07:03,499 --> 00:07:00,619

patient will be dead by a certain time

148

00:07:06,679 --> 00:07:03,509

you were sort of shocked by that and yet

149

00:07:08,149 --> 00:07:06,689

intrigued by it at the same time yes

150

00:07:10,519 --> 00:07:08,159

that's right I can remember my very

151

00:07:13,159 --> 00:07:10,529

first day on the ward as a student nurse

152

00:07:15,469 --> 00:07:13,169

pass and the night nurse was handed over

153

00:07:18,709 --> 00:07:15,479

to the the morning staff and she said oh

154

00:07:21,049 --> 00:07:18,719

she said the man in bed six section C

155

00:07:22,729 --> 00:07:21,059

he'll be dead by the end of the morning

156

00:07:24,709 --> 00:07:22,739

because he's been talking to his dead

157

00:07:26,839 --> 00:07:24,719

mother since about three o'clock and I

158

00:07:28,609 --> 00:07:26,849

kind of you know I thought wow were they

159

00:07:31,429 --> 00:07:28,619

trying to just wind me up because it's

160

00:07:33,619 --> 00:07:31,439

my first day I looked around and

161

00:07:36,529 --> 00:07:33,629

everyone carried on as if it was normal

162

00:07:38,839 --> 00:07:36,539

and I went out and I observed this

163

00:07:41,479 --> 00:07:38,849

patient and I could see him gesturing to

164

00:07:43,609 --> 00:07:41,489

someone who I couldn't see and I got

165

00:07:45,379 --> 00:07:43,619

called away for other nursing duties but

166

00:07:47,299 --> 00:07:45,389

I kept going back throughout the course

167

00:07:50,659 --> 00:07:47,309

of the morning to look at this man and

168

00:07:52,909 --> 00:07:50,669

it was about 11:30 in the morning and I

169

00:07:55,639 --> 00:07:52,919

can remember he almost got some energy

170

00:07:57,679 --> 00:07:55,649

from someone somewhere and as if he was

171

00:07:59,509 --> 00:07:57,689

trying to sit up and his arms were

172

00:08:03,259 --> 00:07:59,519

outstretched and he had this lovely

173

00:08:04,939 --> 00:08:03,269

smile on his face and he sort of sat and

174

00:08:07,369 --> 00:08:04,949

stayed like that for a few seconds and

175

00:08:08,209 --> 00:08:07,379

then relax back and it looked like he'd

176

00:08:10,669 --> 00:08:08,219

gone to sleep

177

00:08:13,219 --> 00:08:10,679

but he'd actually died at that point so

178

00:08:15,229 --> 00:08:13,229

you know exactly what that night nurse

179

00:08:18,289 --> 00:08:15,239

had said he did die by the end of the

180

00:08:22,609 --> 00:08:18,299

morning and and you've also reported

181

00:08:26,019 --> 00:08:22,619

that most people who have died during an

182

00:08:28,969 --> 00:08:26,029

experience of that nature they die

183

00:08:31,819 --> 00:08:28,979

reasonably happily they die with a smile

184

00:08:34,219 --> 00:08:31,829

on their face or they don't seem to be

185

00:08:37,189 --> 00:08:34,229

trying to fight it as much when they've

186

00:08:39,649 --> 00:08:37,199

been talking to deceased relatives or

187

00:08:42,829 --> 00:08:39,659

spiritual entities that may they may

188

00:08:44,840 --> 00:08:42,839

perceive as being in the room yes it's

189

00:08:47,179 --> 00:08:44,850

as if these visions that they have give

190

00:08:48,799 --> 00:08:47,189

them great comfort and prepare them for

191

00:08:52,429 --> 00:08:48,809

the journey that they're going to take

192

00:08:54,980 --> 00:08:52,439

and yes is they very much at peace and

193

00:08:56,900 --> 00:08:54,990

at ease because I've also witnessed

194

00:08:58,309 --> 00:08:56,910

patients who aren't at ease and you know

195

00:09:00,020 --> 00:08:58,319

they can get quite distressed and

196

00:09:01,790 --> 00:09:00,030

agitated

197

00:09:04,700 --> 00:09:01,800

that certainly isn't the case when

198

00:09:06,380 --> 00:09:04,710

people have these visions and in fact I

199

00:09:08,870 --> 00:09:06,390

was talking to one of the hospice

200

00:09:11,960 --> 00:09:08,880

doctors and she said to me that through

201
00:09:13,520 --> 00:09:11,970
her 40 year career she said patients who

202
00:09:16,220 --> 00:09:13,530
had previously had a near-death

203
00:09:19,130 --> 00:09:16,230
experience also had the most peaceful

204
00:09:21,260 --> 00:09:19,140
deaths that she'd encountered as well so

205
00:09:24,320 --> 00:09:21,270
these are really conducive to helping

206
00:09:28,670 --> 00:09:24,330
patients to have that peaceful and ease

207
00:09:30,950 --> 00:09:28,680
full and transition into death well it

208
00:09:33,980 --> 00:09:30,960
certainly is very I mean certainly it

209
00:09:36,920 --> 00:09:33,990
seems to be a major fear of most humans

210
00:09:39,590 --> 00:09:36,930
this fear of dying and the fact that

211
00:09:43,160 --> 00:09:39,600
there may be something other than just

212
00:09:46,220 --> 00:09:43,170
nothing it was very comforting and uh I

213
00:09:50,390 --> 00:09:46,230

think work such as yours helps to ease

214

00:09:53,290 --> 00:09:50,400

that fear but you what interested me too

215

00:09:56,600 --> 00:09:53,300

you said it's the wisdom of near-death

216

00:10:01,190 --> 00:09:56,610

experiences and what did you refer to by

217

00:10:02,930 --> 00:10:01,200

wisdom I found was that patients who

218

00:10:05,960 --> 00:10:02,940

came back who'd had the near-death

219

00:10:09,290 --> 00:10:05,970

experience and came back they were

220

00:10:12,350 --> 00:10:09,300

changed in such profound ways and it was

221

00:10:15,260 --> 00:10:12,360

through reflecting on their life and one

222

00:10:17,780 --> 00:10:15,270

of the biggest aspects of the near-death

223

00:10:20,150 --> 00:10:17,790

experience to help with this is the life

224

00:10:22,070 --> 00:10:20,160

review and this is where you've heard

225

00:10:24,560 --> 00:10:22,080

the expression my life totally flashed

226

00:10:27,320 --> 00:10:24,570

before my eyes well this this does

227

00:10:29,990 --> 00:10:27,330

happen and it's more than just flashing

228

00:10:32,540 --> 00:10:30,000

past their eyes it's more of a reliving

229

00:10:34,700 --> 00:10:32,550

of their life and they relive everything

230

00:10:37,040 --> 00:10:34,710

it's the significant things they did

231

00:10:40,060 --> 00:10:37,050

plus all the insignificant things that

232

00:10:43,820 --> 00:10:40,070

they totally forgot about and sometimes

233

00:10:46,400 --> 00:10:43,830

it's it's a total reliving but sometimes

234

00:10:49,370 --> 00:10:46,410

what they can do is swap places with

235

00:10:51,410 --> 00:10:49,380

people who they've interacted with so if

236

00:10:53,840 --> 00:10:51,420

they've been unpleasant to someone or

237

00:10:56,540 --> 00:10:53,850

inflicted some form of violence on

238

00:10:59,090 --> 00:10:56,550

someone they can feel like what it was

239

00:11:01,010 --> 00:10:59,100

like to be in that person's shoes so

240

00:11:03,140 --> 00:11:01,020

they feel the hurt that they inflicted

241

00:11:05,690 --> 00:11:03,150

on people both emotional hurt and

242

00:11:07,400 --> 00:11:05,700

physical hurt and that gives them a very

243

00:11:10,430 --> 00:11:07,410

different perspective on that situation

244

00:11:13,400 --> 00:11:10,440

and when they come back to life they

245

00:11:16,699 --> 00:11:13,410

they obviously take that on board and

246

00:11:20,569 --> 00:11:16,709

they live their life after is very

247

00:11:23,809 --> 00:11:20,579

different in men in most cases um the

248

00:11:27,050 --> 00:11:23,819

three of us here are all tremendous

249

00:11:29,990 --> 00:11:27,060

animal lovers Cait myself and our

250

00:11:33,949 --> 00:11:30,000

engineer we're all really wonderful

251
00:11:36,949 --> 00:11:33,959
animal lovers and I know that there have

252
00:11:39,679 --> 00:11:36,959
been some cases where people have seen

253
00:11:42,319 --> 00:11:39,689
their their animals when they're in the

254
00:11:45,410 --> 00:11:42,329
near-death experience and how common is

255
00:11:47,389 --> 00:11:45,420
that that's quite common and it's more

256
00:11:50,809 --> 00:11:47,399
common in children as well they tend to

257
00:11:53,179 --> 00:11:50,819
see their dead pets and but it is very

258
00:11:56,389 --> 00:11:53,189
common I am I can remember one lady

259
00:11:58,400 --> 00:11:56,399
saying to me that she had a big black

260
00:12:01,220 --> 00:11:58,410
Labrador and she was very close to the

261
00:12:02,540 --> 00:12:01,230
Labrador and when she went into the

262
00:12:04,400 --> 00:12:02,550
other realm she went through that

263
00:12:06,860 --> 00:12:04,410

darkness and she found herself in the

264

00:12:10,670 --> 00:12:06,870

light and she was in a beautiful meadow

265

00:12:13,160 --> 00:12:10,680

with lovely green grass and and along

266

00:12:15,319 --> 00:12:13,170

him her black labrador dog boned in

267

00:12:17,840 --> 00:12:15,329

across from the other side to greet her

268

00:12:20,629 --> 00:12:17,850

and she said she just she couldn't she

269

00:12:22,280 --> 00:12:20,639

was communicating with her dog as well

270

00:12:24,439 --> 00:12:22,290

in a way that she hadn't communicated

271

00:12:26,749 --> 00:12:24,449

before it was almost like she was

272

00:12:29,840 --> 00:12:26,759

reading and understanding the thoughts

273

00:12:33,439 --> 00:12:29,850

and it it was full of love for her so

274

00:12:34,850 --> 00:12:33,449

yes it's quite well that's great but

275

00:12:39,559 --> 00:12:34,860

they better have a lot of tennis balls

276

00:12:41,929 --> 00:12:39,569

and after the labs are in heaven there

277

00:12:44,449 --> 00:12:41,939

are endless tennis balls for endless

278

00:12:49,309 --> 00:12:44,459

laboratories do not worry King okay all

279

00:12:52,759 --> 00:12:49,319

right it's funny we had a person I knew

280

00:12:54,290 --> 00:12:52,769

once her dog died unexpectedly and she

281

00:12:58,189 --> 00:12:54,300

was very upset about it and choose

282

00:12:59,780 --> 00:12:58,199

asleep and two or three days later just

283

00:13:02,030 --> 00:12:59,790

as she was getting up to go about today

284

00:13:04,100 --> 00:13:02,040

she said oh sure wait a minute I'll get

285

00:13:06,199 --> 00:13:04,110

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

286

00:13:08,449 --> 00:13:06,209

she was getting up and around and

287

00:13:10,670 --> 00:13:08,459

petting the dog on the head and getting

288

00:13:14,150 --> 00:13:10,680

you know a half asleep and then

289

00:13:15,920 --> 00:13:14,160

realizing that the dog had died and then

290

00:13:18,079 --> 00:13:15,930

the dog sort of disappeared in front of

291

00:13:20,090 --> 00:13:18,089

her so maybe the spirits do come back

292

00:13:22,699 --> 00:13:20,100

and this lady was very sincere and

293

00:13:24,710 --> 00:13:22,709

telling me this well yes that's really

294

00:13:26,480 --> 00:13:24,720

interesting and and in fact I heard

295

00:13:27,230 --> 00:13:26,490

something similar the other day as well

296

00:13:30,380 --> 00:13:27,240

where

297

00:13:32,329 --> 00:13:30,390

someone who'd lost their cat and they

298

00:13:36,170 --> 00:13:32,339

were very close to the cat is about 17

299

00:13:38,449 --> 00:13:36,180

years of age and during the night the

300

00:13:41,600 --> 00:13:38,459

the lady had woken up and she'd had this

301

00:13:43,970 --> 00:13:41,610

really vivid dream where the cat had

302

00:13:46,070 --> 00:13:43,980

come back and thank them for looking

303

00:13:48,949 --> 00:13:46,080

after her I'm just said it was her time

304

00:13:50,990 --> 00:13:48,959

to go and it was really vivid and so

305

00:13:53,180 --> 00:13:51,000

when she woke up in the morning she said

306

00:13:55,850 --> 00:13:53,190

to her husband what had happened and he

307

00:13:58,160 --> 00:13:55,860

just his face froze and he said I have

308

00:14:01,280 --> 00:13:58,170

that exact dream the night before but I

309

00:14:03,110 --> 00:14:01,290

didn't tell him about it so hmm

310

00:14:08,180 --> 00:14:03,120

so it's like the cat had come back and

311

00:14:10,040 --> 00:14:08,190

and communicated still no I you know

312

00:14:12,769 --> 00:14:10,050

have had a lot of I've had a couple of

313

00:14:15,760 --> 00:14:12,779

dogs but I've had a lot of cats and it

314

00:14:19,130 --> 00:14:15,770

seems to me that the cats are somehow

315

00:14:21,500 --> 00:14:19,140

bonded to their location and in fact

316

00:14:23,510 --> 00:14:21,510

when I went back to an apartment that I

317

00:14:27,500 --> 00:14:23,520

used to live in and actually had a nap

318

00:14:30,079 --> 00:14:27,510

there my cats joined me the cats that

319

00:14:32,240 --> 00:14:30,089

that were my companion animals during

320

00:14:34,610 --> 00:14:32,250

this stay at that apartment initially

321

00:14:38,449 --> 00:14:34,620

and they were they had at that juncture

322

00:14:40,370 --> 00:14:38,459

had passed I was laying there and as I

323

00:14:44,329 --> 00:14:40,380

was waking up I was in that liminal

324

00:14:47,120 --> 00:14:44,339

state I was aware of the cats laying

325

00:14:49,760 --> 00:14:47,130

next to me and it was not it was a very

326

00:14:53,090 --> 00:14:49,770

real feeling at the time and I've also

327

00:14:55,579 --> 00:14:53,100

had a dog run down the stairs of the

328

00:14:57,769 --> 00:14:55,589

apartment to run out the door and I was

329

00:15:02,120 --> 00:14:57,779

with a friend a companion and that

330

00:15:04,579 --> 00:15:02,130

friend felt the rush of air next to her

331

00:15:08,150 --> 00:15:04,589

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

332

00:15:10,040 --> 00:15:08,160

my old dog junior PI running down the

333

00:15:15,110 --> 00:15:10,050

stairs to run out onto the street like a

334

00:15:17,300 --> 00:15:15,120

bad boy is so interesting well well I

335

00:15:19,970 --> 00:15:17,310

think to to get back to the wisdom you

336

00:15:23,210 --> 00:15:19,980

were saying know that when people are do

337

00:15:24,620 --> 00:15:23,220

pass on and then come back they they

338

00:15:26,900 --> 00:15:24,630

come back with the knowledge that

339

00:15:28,460 --> 00:15:26,910

everything actually is one and this is

340

00:15:31,160 --> 00:15:28,470

just we're just a little piece of the

341

00:15:34,010 --> 00:15:31,170

puzzle here but eventually everything

342

00:15:36,110 --> 00:15:34,020

does go back into being everything is

343

00:15:38,870 --> 00:15:36,120

the same sort of a noetic experience and

344

00:15:40,730 --> 00:15:38,880

so that would explain the pets - because

345

00:15:42,940 --> 00:15:40,740

I'm sure or the animals

346

00:15:46,850 --> 00:15:42,950

well I mean they are sentient beings

347

00:15:48,680 --> 00:15:46,860

different enough yes and there is a lot

348

00:15:52,130 --> 00:15:48,690

of wisdom and and some of the things as

349

00:15:54,769 --> 00:15:52,140

well that they also say is that they

350

00:15:55,910 --> 00:15:54,779

have this this experience of oneness at

351

00:15:57,829 --> 00:15:55,920

though that we're all interconnected

352

00:15:59,540 --> 00:15:57,839

that we're all one and what we do to

353

00:16:01,850 --> 00:15:59,550

others that ultimately comes back on

354

00:16:03,740 --> 00:16:01,860

ourselves but it's not restricted just

355

00:16:06,199 --> 00:16:03,750

to humans and animals it's also about

356

00:16:08,269 --> 00:16:06,209

the planet as well and so it's as if

357

00:16:10,280 --> 00:16:08,279

they see the wider picture and they can

358

00:16:11,990 --> 00:16:10,290

see the damage that humans are doing to

359

00:16:15,500 --> 00:16:12,000

the planet and they have that

360

00:16:18,290 --> 00:16:15,510

realization that we have to work as has

361

00:16:20,630 --> 00:16:18,300

been part of a planet as well I though

362

00:16:22,280 --> 00:16:20,640

very often they kind of changed the way

363

00:16:25,910 --> 00:16:22,290

that they behave and they become very

364

00:16:27,949 --> 00:16:25,920

eco-friendly and a very mindful of the

365

00:16:31,310 --> 00:16:27,959

of their behavior as well towards the

366

00:16:33,050 --> 00:16:31,320

planet so it's something really that is

367

00:16:34,820 --> 00:16:33,060

essential if our planet is going to

368

00:16:38,120 --> 00:16:34,830

survive it's and seems like we're at

369

00:16:40,579 --> 00:16:38,130

this crisis point and I think wisdom

370

00:16:44,030 --> 00:16:40,589

like this will go a long way for our to

371

00:16:47,329 --> 00:16:44,040

fear that our evolution I I agree and I

372

00:16:52,490 --> 00:16:47,339

think that that's basically the Gaia

373

00:16:55,130 --> 00:16:52,500

principle and I also think that the

374

00:16:58,639 --> 00:16:55,140

planet will continue physically without

375

00:17:00,740 --> 00:16:58,649

us and most of the mammals if we screw

376

00:17:02,900 --> 00:17:00,750

up because that's that's the direction

377

00:17:05,329 --> 00:17:02,910

things may go I'm not going to say I'm

378

00:17:06,470 --> 00:17:05,339

gonna try to be a in a positive mood

379

00:17:09,470 --> 00:17:06,480

today

380

00:17:11,750 --> 00:17:09,480

but it's the planet physically will

381

00:17:15,260 --> 00:17:11,760

continue to hurtle through space I'm

382

00:17:17,630 --> 00:17:15,270

sure but Oh with the there are people

383

00:17:21,559 --> 00:17:17,640

who say that we're in the midst of the

384

00:17:23,870 --> 00:17:21,569

fifth great extinction on the planet but

385

00:17:29,390 --> 00:17:23,880

that's not what you came on to talk

386

00:17:31,210 --> 00:17:29,400

about primarily so so we'll move on to

387

00:17:35,990 --> 00:17:31,220

other aspects of the near-death

388

00:17:39,650 --> 00:17:36,000

experience as well as maybe maybe you

389

00:17:42,530 --> 00:17:39,660

could give us an overview of the steps

390

00:17:46,360 --> 00:17:42,540

that you see because different

391

00:17:49,010 --> 00:17:46,370

researchers report much the same

392

00:17:53,299 --> 00:17:49,020

information but they may put more

393

00:17:54,350 --> 00:17:53,309

emphasis on one aspect of the experience

394

00:17:58,490 --> 00:17:54,360

than the other

395

00:18:02,060 --> 00:17:58,500

for instance for myself as a person who

396

00:18:05,420 --> 00:18:02,070

studies what is roughly called the

397

00:18:08,690 --> 00:18:05,430

paranormal the most veridical

398

00:18:14,510 --> 00:18:08,700

part of the near-death experience for me

399

00:18:18,950 --> 00:18:14,520

is the out-of-body part where the the

400

00:18:21,650 --> 00:18:18,960

person who has essentially died or is in

401
00:18:24,770 --> 00:18:21,660
the process of dying can see what's

402
00:18:27,680 --> 00:18:24,780
going on at a distant location and then

403
00:18:32,210 --> 00:18:27,690
that information that they bring back is

404
00:18:34,460 --> 00:18:32,220
then verified by people who were perhaps

405
00:18:37,130 --> 00:18:34,470
even unaware of what was going on can

406
00:18:39,050 --> 00:18:37,140
you speak to that part yes absolutely

407
00:18:42,200 --> 00:18:39,060
and that is one of the things that I

408
00:18:44,150 --> 00:18:42,210
tried to verify with my research and in

409
00:18:47,630 --> 00:18:44,160
the hospital where I did the research I

410
00:18:51,320 --> 00:18:47,640
had these cards that I I cut out random

411
00:18:53,270 --> 00:18:51,330
images from magazine articles and I put

412
00:18:56,480 --> 00:18:53,280
them on very brightly colored paper to

413
00:18:59,750 --> 00:18:56,490

attract attention and I hid those on top

414

00:19:02,480 --> 00:18:59,760

of the cardiac monitor at each patient's

415

00:19:04,640 --> 00:19:02,490

bedside and that was mounted off it was

416

00:19:06,680 --> 00:19:04,650

a birth head height even if you were

417

00:19:09,170 --> 00:19:06,690

particularly tall you couldn't see what

418

00:19:11,270 --> 00:19:09,180

was on the top and there were ridges

419

00:19:13,580 --> 00:19:11,280

around to conceal them so the only way

420

00:19:16,250 --> 00:19:13,590

these images could be viewed was if you

421

00:19:18,740 --> 00:19:16,260

were out of your body now what I found

422

00:19:20,600 --> 00:19:18,750

with my research in the five years of my

423

00:19:22,760 --> 00:19:20,610

data collection there were eight

424

00:19:25,850 --> 00:19:22,770

patients who claimed to have out-of-body

425

00:19:27,890 --> 00:19:25,860

type experiences but what I found is

426

00:19:31,400 --> 00:19:27,900

that the quality of the experienced

427

00:19:33,500 --> 00:19:31,410

varied vary greatly so for example there

428

00:19:36,830 --> 00:19:33,510

was one man and he used to have frequent

429

00:19:39,020 --> 00:19:36,840

out-of-body experiences he would go into

430

00:19:42,920 --> 00:19:39,030

like a trance-like State for no reason

431

00:19:45,140 --> 00:19:42,930

at all and he would just stare ahead and

432

00:19:46,940 --> 00:19:45,150

the reason that we discovered this was

433

00:19:49,550 --> 00:19:46,950

because a new nurse was looking after

434

00:19:51,680 --> 00:19:49,560

him at the time and she got a little bit

435

00:19:53,600 --> 00:19:51,690

concerned and she took off some blood

436

00:19:56,120 --> 00:19:53,610

and analyzed the blood to see if there

437

00:19:58,130 --> 00:19:56,130

was a problem there and she said to him

438

00:20:00,320 --> 00:19:58,140

you know what happened then and he said

439

00:20:02,810 --> 00:20:00,330

that he'd been out of his body he'd been

440

00:20:03,890 --> 00:20:02,820

up near the ceiling and looking back on

441

00:20:06,890 --> 00:20:03,900

her uniform

442

00:20:08,300 --> 00:20:06,900

so I described the research to him and I

443

00:20:10,130 --> 00:20:08,310

said ok if it happens again

444

00:20:13,370 --> 00:20:10,140

and see if you can float up to the

445

00:20:15,290 --> 00:20:13,380

monitor tell me what is on there but

446

00:20:18,050 --> 00:20:15,300

every time he did have an out-of-body

447

00:20:20,060 --> 00:20:18,060

experience he floated into the middle of

448

00:20:22,940 --> 00:20:20,070

the room and so it was nowhere near

449

00:20:25,700 --> 00:20:22,950

where the symbol was located so he

450

00:20:28,430 --> 00:20:25,710

didn't see the symbols there was another

451
00:20:31,550 --> 00:20:28,440
lady and she floated but it was only

452
00:20:33,440 --> 00:20:31,560
probably about a meter above her bed so

453
00:20:36,410 --> 00:20:33,450
she would she didn't float high enough

454
00:20:38,420 --> 00:20:36,420
to see that symbol and so it was very

455
00:20:41,840 --> 00:20:38,430
indifferent qualities but there were two

456
00:20:43,940 --> 00:20:41,850
patients who had the type of quality of

457
00:20:45,710 --> 00:20:43,950
experience where they would have been in

458
00:20:49,010 --> 00:20:45,720
a position where they could have viewed

459
00:20:51,290 --> 00:20:49,020
that symbol and both of those patients

460
00:20:53,060 --> 00:20:51,300
said to me that they were so concerned

461
00:20:55,310 --> 00:20:53,070
with what we were doing to their body

462
00:20:57,710 --> 00:20:55,320
and looking around at the emergency

463
00:20:59,870 --> 00:20:57,720

situation that they weren't looking on

464

00:21:01,820 --> 00:20:59,880

top of the cardiac monitors and they

465

00:21:03,980 --> 00:21:01,830

didn't know that the the symbols were

466

00:21:06,970 --> 00:21:03,990

there so it was a lot of hard work to

467

00:21:09,680 --> 00:21:06,980

get that aspect of the study set up and

468

00:21:12,590 --> 00:21:09,690

none of the patients actually did see

469

00:21:15,350 --> 00:21:12,600

that symbol but if you think about it in

470

00:21:18,530 --> 00:21:15,360

five years I only captured two patients

471

00:21:20,450 --> 00:21:18,540

who had that type of quality sort of

472

00:21:22,670 --> 00:21:20,460

experience where they could have viewed

473

00:21:25,610 --> 00:21:22,680

it so I think we need to do far more

474

00:21:28,430 --> 00:21:25,620

research and for a much longer period of

475

00:21:32,210 --> 00:21:28,440

time before we can get any real results

476

00:21:36,340 --> 00:21:32,220

on this this brings me to kind of a

477

00:21:40,010 --> 00:21:36,350

question in a statement about that I

478

00:21:43,070 --> 00:21:40,020

think that many of these experiences as

479

00:21:45,080 --> 00:21:43,080

you have somewhat indicated in your book

480

00:21:49,460 --> 00:21:45,090

or on a spectrum

481

00:21:54,020 --> 00:21:49,470

I myself have studied remote viewing

482

00:21:56,360 --> 00:21:54,030

with a number of very prominent teachers

483

00:21:58,730 --> 00:21:56,370

and people who have been with the

484

00:22:04,600 --> 00:21:58,740

Stanford Research Institute like Russell

485

00:22:09,260 --> 00:22:04,610

Targ and you know Joe mcmoneagle and

486

00:22:13,010 --> 00:22:09,270

other military remote viewers skip out

487

00:22:16,880 --> 00:22:13,020

water and David oh gosh my brain is

488

00:22:18,950 --> 00:22:16,890

David Camm Picabo celesbian no not the

489

00:22:22,159 --> 00:22:18,960

evening no but

490

00:22:24,980 --> 00:22:22,169

in any case I think particularly Russell

491

00:22:27,620 --> 00:22:24,990

Targ though those skip out water may

492

00:22:32,870 --> 00:22:27,630

have mentioned this as well that during

493

00:22:37,419 --> 00:22:32,880

the time that they had people like uri

494

00:22:41,720 --> 00:22:37,429

geller and like pat price remote-viewing

495

00:22:44,320 --> 00:22:41,730

that most of them will kind of left

496

00:22:48,350 --> 00:22:44,330

their body in a different sense and

497

00:22:53,630 --> 00:22:48,360

could not read what was on cards but

498

00:22:57,680 --> 00:22:53,640

they could distinguish things like an

499

00:23:00,380 --> 00:22:57,690

object like let's say if you put a card

500

00:23:02,899 --> 00:23:00,390

up somewhere that said rubber ducky they

501
00:23:06,139 --> 00:23:02,909
would be very unlikely to be able to

502
00:23:08,389 --> 00:23:06,149
read that they'd be more likely to see a

503
00:23:11,060 --> 00:23:08,399
picture of the rubber ducky and they

504
00:23:13,490 --> 00:23:11,070
would be very likely to see the rubber

505
00:23:15,529 --> 00:23:13,500
ducky if you were able to conceal it on

506
00:23:17,450 --> 00:23:15,539
a shelf high enough that it would not be

507
00:23:20,990 --> 00:23:17,460
seen to a person on the ground so you

508
00:23:25,490 --> 00:23:21,000
would be kind of you know making that a

509
00:23:28,159 --> 00:23:25,500
blind experiment yes that's a really

510
00:23:30,789 --> 00:23:28,169
interesting point actually and most of

511
00:23:34,820 --> 00:23:30,799
what I put up there was actually

512
00:23:36,889 --> 00:23:34,830
symbolic images so random pictures sort

513
00:23:40,789 --> 00:23:36,899

of obviously refers a fan on a surfboard

514

00:23:43,519 --> 00:23:40,799

in the ocean a chicken in the middle of

515

00:23:46,639 --> 00:23:43,529

somewhere an advert for sort of some

516

00:23:49,970 --> 00:23:46,649

kind of cleaner household cleaner and

517

00:23:51,590 --> 00:23:49,980

things like that so it was random things

518

00:23:54,230 --> 00:23:51,600

but that was a good point because in

519

00:23:56,600 --> 00:23:54,240

fact there was a lady who contacted me

520

00:23:58,789 --> 00:23:56,610

she wasn't part of my hospital research

521

00:24:00,980 --> 00:23:58,799

but she said that she'd had an

522

00:24:03,350 --> 00:24:00,990

out-of-body experience many years before

523

00:24:06,260 --> 00:24:03,360

when she was in the intensive care unit

524

00:24:08,659 --> 00:24:06,270

and she's a nurse so she's familiar with

525

00:24:10,880 --> 00:24:08,669

these kind of the scenery in the

526

00:24:13,100 --> 00:24:10,890

intensive care unit but she said she

527

00:24:14,779 --> 00:24:13,110

floated up to her monitor and she could

528

00:24:17,060 --> 00:24:14,789

see the screen but she couldn't make

529

00:24:20,330 --> 00:24:17,070

sense of it she couldn't read it so

530

00:24:22,279 --> 00:24:20,340

that's kind of verifying what the remote

531

00:24:25,610 --> 00:24:22,289

viewers have said as well yes so they

532

00:24:28,789 --> 00:24:25,620

most of them there is maybe one out of a

533

00:24:31,100 --> 00:24:28,799

thousand trained remote viewers who have

534

00:24:33,049 --> 00:24:31,110

had good results in their remote viewing

535

00:24:36,350 --> 00:24:33,059

or very very few

536

00:24:38,239 --> 00:24:36,360

them can read any letters at all like

537

00:24:41,539 --> 00:24:38,249

reading English or whatever language

538

00:24:45,169 --> 00:24:41,549

they might speak very very few of them

539

00:24:47,720 --> 00:24:45,179

can can read something maybe one or two

540

00:24:49,789 --> 00:24:47,730

in the entire experience of of a

541

00:24:51,739 --> 00:24:49,799

gentleman like Russell Targ who has an

542

00:24:55,009 --> 00:24:51,749

enormous amount of experience in the

543

00:24:57,799 --> 00:24:55,019

area but it's your your symbols would

544

00:25:01,249 --> 00:24:57,809

come in at the midpoint of it being a

545

00:25:04,159 --> 00:25:01,259

flat image whereas how perhaps had you

546

00:25:06,470 --> 00:25:04,169

had a physical object like like a rubber

547

00:25:07,940 --> 00:25:06,480

ducky I hate to use that again but it

548

00:25:09,980 --> 00:25:07,950

but there may have been more people

549

00:25:16,009 --> 00:25:09,990

seeing and I just I just throw that out

550

00:25:19,669 --> 00:25:16,019

there um so why don't you go over from

551

00:25:22,629 --> 00:25:19,679

your point of view the the the steps

552

00:25:25,820 --> 00:25:22,639

that might happen more most commonly in

553

00:25:28,879 --> 00:25:25,830

the ARCA typical near-death experience I

554

00:25:31,159 --> 00:25:28,889

think also and you also discussed I

555

00:25:36,739 --> 00:25:31,169

think your most interesting case to you

556

00:25:40,220 --> 00:25:36,749

as patient 10 yes 10 was a really

557

00:25:42,379 --> 00:25:40,230

interesting case so ok well in general

558

00:25:44,359 --> 00:25:42,389

the kind of things that the patients

559

00:25:47,269 --> 00:25:44,369

reported in the hospital research the

560

00:25:49,850 --> 00:25:47,279

common things were entering into another

561

00:25:52,549 --> 00:25:49,860

realm and where they met up with

562

00:25:54,230 --> 00:25:52,559

deceased relatives and friends and that

563

00:25:56,180 --> 00:25:54,240

was the most common thing was meeting up

564

00:25:58,940 --> 00:25:56,190

with the deceased relatives or friends

565

00:26:01,580 --> 00:25:58,950

now before I'd started my research I was

566

00:26:03,980 --> 00:26:01,590

very aware that people do meet up with

567

00:26:05,629 --> 00:26:03,990

relatives and friends but what I found

568

00:26:07,730 --> 00:26:05,639

was a little bit different in my

569

00:26:10,430 --> 00:26:07,740

research is that some of these relative

570

00:26:12,859 --> 00:26:10,440

names were angry at sea and their loved

571

00:26:14,960 --> 00:26:12,869

ones there and they were pointing their

572

00:26:17,359 --> 00:26:14,970

fingers at that one lady in my research

573

00:26:19,249 --> 00:26:17,369

said when I went to that other place my

574

00:26:21,560 --> 00:26:19,259

mother was there and I was so happy to

575

00:26:23,359 --> 00:26:21,570

see her but she was really angry at me

576

00:26:25,700 --> 00:26:23,369

and she was pointing her finger at me

577

00:26:27,230 --> 00:26:25,710

and saying what are you doing here it's

578

00:26:29,060 --> 00:26:27,240

as if I shouldn't have been there she

579

00:26:31,999 --> 00:26:29,070

was saying you go back down you go back

580

00:26:35,180 --> 00:26:32,009

to the children and she ended up back

581

00:26:37,669 --> 00:26:35,190

with the children and there was another

582

00:26:39,799 --> 00:26:37,679

man who said he found himself in this

583

00:26:42,080 --> 00:26:39,809

blackness all of a sudden and it was

584

00:26:44,779 --> 00:26:42,090

like a bit like a tunnel and he said in

585

00:26:46,549 --> 00:26:44,789

that tunnel were friends and colleagues

586

00:26:46,820 --> 00:26:46,559

that he'd used to work with and they

587

00:26:51,620 --> 00:26:46,830

were

588

00:26:53,960 --> 00:26:51,630

was there and he felt really bad because

589

00:26:55,909 --> 00:26:53,970

he felt oh I shouldn't really be here

590

00:26:58,519 --> 00:26:55,919

and they were very angry at him and

591

00:27:01,279 --> 00:26:58,529

shouting at him so that was something

592

00:27:04,130 --> 00:27:01,289

that I wasn't expecting where they the

593

00:27:07,100 --> 00:27:04,140

dead relatives displayed kind of anger

594

00:27:09,110 --> 00:27:07,110

or annoyance at them and be in there Wow

595

00:27:12,470 --> 00:27:09,120

so that yeah so that was quite

596

00:27:14,060 --> 00:27:12,480

interesting but you know the majority of

597

00:27:16,250 --> 00:27:14,070

people have felt it was a lovely

598

00:27:17,870 --> 00:27:16,260

experience and that they they wanted to

599

00:27:21,169 --> 00:27:17,880

stay there and they were quite happy to

600

00:27:23,539 --> 00:27:21,179

stay there and they didn't want to come

601
00:27:26,180 --> 00:27:23,549
back to life and I think the most

602
00:27:29,419 --> 00:27:26,190
interesting case in my research was the

603
00:27:31,279 --> 00:27:29,429
case of patient 10 and it was

604
00:27:33,320 --> 00:27:31,289
fascinating because I was there at the

605
00:27:36,200 --> 00:27:33,330
time it was happening only I didn't

606
00:27:38,450 --> 00:27:36,210
realize until I the patient fully

607
00:27:41,779 --> 00:27:38,460
regained consciousness about four hours

608
00:27:43,730 --> 00:27:41,789
later so we would put him to sit in the

609
00:27:46,269 --> 00:27:43,740
chair he was recovering from critical

610
00:27:48,860 --> 00:27:46,279
illness and he was doing very well and

611
00:27:50,799 --> 00:27:48,870
when he was sat in the chair I noticed

612
00:27:53,659 --> 00:27:50,809
that his breathing pattern had changed

613
00:27:56,180 --> 00:27:53,669

his oxygen levels dropped a little bit

614

00:27:58,789 --> 00:27:56,190

so he still had a truckie ostomy so I

615

00:28:02,330 --> 00:27:58,799

give him some extra oxygen into the

616

00:28:04,909 --> 00:28:02,340

tracheostomy and then he went cold and

617

00:28:06,860 --> 00:28:04,919

clammy and his blood pressure started to

618

00:28:09,799 --> 00:28:06,870

drop and all of these were signs that a

619

00:28:11,570 --> 00:28:09,809

cardiac arrest could have happened so I

620

00:28:14,180 --> 00:28:11,580

quickly called my colleagues and we got

621

00:28:16,549 --> 00:28:14,190

him back into bed but by this time he

622

00:28:18,320 --> 00:28:16,559

was deeply unconscious and he wasn't

623

00:28:20,690 --> 00:28:18,330

responding to painful stimuli

624

00:28:22,730 --> 00:28:20,700

the doctor had been called and he came

625

00:28:24,769 --> 00:28:22,740

to review and give some fluid for his

626

00:28:27,649 --> 00:28:24,779

blood pressure but then the doctor had

627

00:28:29,600 --> 00:28:27,659

to go back to another emergency and then

628

00:28:32,330 --> 00:28:29,610

after a few minutes his leg pressure

629

00:28:34,279 --> 00:28:32,340

began to deteriorate again so my

630

00:28:36,889 --> 00:28:34,289

colleague kept an eye while I went to

631

00:28:39,110 --> 00:28:36,899

find another doctor so this doctor just

632

00:28:41,000 --> 00:28:39,120

he was literally just walking on duty

633

00:28:43,909 --> 00:28:41,010

that morning and so I said quick can you

634

00:28:46,490 --> 00:28:43,919

come and review my patient so he did and

635

00:28:48,919 --> 00:28:46,500

he shone a pupil torch in his eyes to

636

00:28:51,379 --> 00:28:48,929

check that his pupils were reacting we

637

00:28:53,870 --> 00:28:51,389

treated it again his blood pressure with

638

00:28:55,399 --> 00:28:53,880

some more fluid and after about 20

639

00:28:58,039 --> 00:28:55,409

minutes the doctor was satisfied that

640

00:29:00,010 --> 00:28:58,049

his condition had stabilized and he went

641

00:29:03,580 --> 00:29:00,020

off to his office

642

00:29:05,650 --> 00:29:03,590

I we were calling the patient trying to

643

00:29:07,450 --> 00:29:05,660

rouse him but he was not responding to

644

00:29:10,420 --> 00:29:07,460

anything at all he was deeply deeply

645

00:29:12,220 --> 00:29:10,430

unconscious but after that 20 minutes he

646

00:29:14,650 --> 00:29:12,230

started to kind of flicker his eyelids

647

00:29:17,290 --> 00:29:14,660

and started to move his limbs and these

648

00:29:19,980 --> 00:29:17,300

were all signs of regaining neurological

649

00:29:24,250 --> 00:29:19,990

function so we were happy that he was

650

00:29:26,440 --> 00:29:24,260

doing well now about four I was later he

651
00:29:28,480 --> 00:29:26,450
regained full consciousness and this was

652
00:29:31,810 --> 00:29:28,490
a as the doctors were doing their ward

653
00:29:33,670 --> 00:29:31,820
round and he was very excited about

654
00:29:34,870 --> 00:29:33,680
something and he was trying to talk but

655
00:29:37,630 --> 00:29:34,880
he couldn't because he had a truckie

656
00:29:41,140 --> 00:29:37,640
ostomy so the physiotherapist got a

657
00:29:43,960 --> 00:29:41,150
letter board and he spelled I died and I

658
00:29:45,460 --> 00:29:43,970
watched it all from above and the doctor

659
00:29:49,240 --> 00:29:45,470
said oh you'd better tell penny about

660
00:29:50,200 --> 00:29:49,250
that and he would but the thing about

661
00:29:52,450 --> 00:29:50,210
the doctors that he actually

662
00:29:54,130 --> 00:29:52,460
acknowledged that and he he documented

663
00:29:56,320 --> 00:29:54,140

it in the patient's notes that he

664

00:29:59,140 --> 00:29:56,330

revived and reported in near-death

665

00:30:02,050 --> 00:29:59,150

experience and when I interviewed this

666

00:30:05,350 --> 00:30:02,060

patient he described that he'd left his

667

00:30:07,900 --> 00:30:05,360

body he was looking down from above and

668

00:30:10,000 --> 00:30:07,910

he described my actions

669

00:30:12,730 --> 00:30:10,010

he described the actions of the doctor

670

00:30:15,070 --> 00:30:12,740

and correctly identified which doctor

671

00:30:16,930 --> 00:30:15,080

had examined him although he hadn't been

672

00:30:19,450 --> 00:30:16,940

around prior to the patient losing

673

00:30:22,390 --> 00:30:19,460

consciousness and he also described the

674

00:30:23,980 --> 00:30:22,400

physiotherapist looking very nervous and

675

00:30:26,740 --> 00:30:23,990

poking her head around the curtains

676

00:30:28,420 --> 00:30:26,750

while all of these things happened but

677

00:30:30,640 --> 00:30:28,430

they happened during the time when he

678

00:30:32,710 --> 00:30:30,650

was deeply unconscious and his eyes were

679

00:30:35,230 --> 00:30:32,720

closed the only time his eyes were open

680

00:30:38,110 --> 00:30:35,240

was very briefly when the doctor shown

681

00:30:40,390 --> 00:30:38,120

that people torch in them so he

682

00:30:42,790 --> 00:30:40,400

described everything with great accuracy

683

00:30:44,980 --> 00:30:42,800

and I know it he was accurate because I

684

00:30:47,890 --> 00:30:44,990

was there at the time and he also

685

00:30:51,820 --> 00:30:47,900

described going upwards into a pink room

686

00:30:54,550 --> 00:30:51,830

where he met his dead father and a lady

687

00:30:56,530 --> 00:30:54,560

who he didn't know but he recognized

688

00:30:57,250 --> 00:30:56,540

from the photos it's it was his dead

689

00:30:59,740 --> 00:30:57,260

mother inlaw

690

00:31:02,140 --> 00:30:59,750

and he also saw a man who he said I'm

691

00:31:04,300 --> 00:31:02,150

not sure who that man was but it might

692

00:31:07,150 --> 00:31:04,310

well have been Jesus but it's not what I

693

00:31:09,510 --> 00:31:07,160

expect to look like because his hair was

694

00:31:12,640 --> 00:31:09,520

long and scruffy and needed to be told

695

00:31:13,510 --> 00:31:12,650

and he said he also had very piercing

696

00:31:15,850 --> 00:31:13,520

eyes and

697

00:31:17,770 --> 00:31:15,860

was drawn to look at his eyes but he

698

00:31:19,780 --> 00:31:17,780

said he was so happy there all his pain

699

00:31:23,380 --> 00:31:19,790

had disappeared he was really in a

700

00:31:25,450 --> 00:31:23,390

blissful state but the Jesus type figure

701
00:31:27,790 --> 00:31:25,460
said no it's not your time you have to

702
00:31:30,310 --> 00:31:27,800
go back and he said he started to fade

703
00:31:32,590 --> 00:31:30,320
backwards and as soon as he faded back

704
00:31:35,650 --> 00:31:32,600
that image has faded in front of him and

705
00:31:37,720 --> 00:31:35,660
he ended up back in his body and he said

706
00:31:39,760 --> 00:31:37,730
he was in immediate pain and he said the

707
00:31:43,480 --> 00:31:39,770
pain was so bad that he wished that he

708
00:31:46,270 --> 00:31:43,490
died no I love ya he said it was really

709
00:31:48,190 --> 00:31:46,280
terrible terrible thing but the

710
00:31:51,040 --> 00:31:48,200
interesting aspect about this case was

711
00:31:53,260 --> 00:31:51,050
that when I interviewed him in depth he

712
00:31:57,220 --> 00:31:53,270
misinterpreted one of my questions and

713
00:31:59,020 --> 00:31:57,230

this man has cerebral palsy he was 60

714

00:32:01,480 --> 00:31:59,030

years of age at the time this happened

715

00:32:04,510 --> 00:32:01,490

and his right hand is always in a

716

00:32:08,020 --> 00:32:04,520

permanently contracted position so it's

717

00:32:10,630 --> 00:32:08,030

in like a claw like machine but after

718

00:32:13,420 --> 00:32:10,640

his experience he is now been able to

719

00:32:15,970 --> 00:32:13,430

open out his hand fully and there is no

720

00:32:17,170 --> 00:32:15,980

physiological explanation for this I've

721

00:32:19,630 --> 00:32:17,180

asked the doctors and the

722

00:32:22,000 --> 00:32:19,640

physiotherapists about it and they said

723

00:32:24,580 --> 00:32:22,010

it shouldn't be possible without surgery

724

00:32:26,110 --> 00:32:24,590

to release the tendons because the

725

00:32:28,930 --> 00:32:26,120

tendons would be in a permanently

726

00:32:31,090 --> 00:32:28,940

contracted position but no such surgery

727

00:32:34,120 --> 00:32:31,100

was carried out there was no hand

728

00:32:36,070 --> 00:32:34,130

physiotherapy carried out so that is

729

00:32:38,680 --> 00:32:36,080

something that really fascinates me

730

00:32:40,990 --> 00:32:38,690

because as a result of his near-death

731

00:32:43,270 --> 00:32:41,000

experience he can now open at his hand

732

00:32:45,130 --> 00:32:43,280

now if we understood that in more depth

733

00:32:49,270 --> 00:32:45,140

there are millions of people out there

734

00:32:51,160 --> 00:32:49,280

who have similar ailments and there may

735

00:32:53,470 --> 00:32:51,170

be some techniques that therapeutic

736

00:32:55,570 --> 00:32:53,480

techniques that we could develop that

737

00:32:57,040 --> 00:32:55,580

would you know really help a lot of

738

00:32:59,320 --> 00:32:57,050

people without them having to have

739

00:33:00,460 --> 00:32:59,330

surgery so I think that's a fascinating

740

00:33:04,210 --> 00:33:00,470

aspect

741

00:33:06,040 --> 00:33:04,220

well meditation to the point of you know

742

00:33:09,010 --> 00:33:06,050

kind of being out of your body might

743

00:33:10,540 --> 00:33:09,020

might help a bit but that is you know

744

00:33:13,540 --> 00:33:10,550

when I read that in your book I was

745

00:33:17,410 --> 00:33:13,550

really fascinated by that from a variety

746

00:33:20,530 --> 00:33:17,420

of viewpoints but with me being even

747

00:33:23,290 --> 00:33:20,540

though I work as an intuitive reader I

748

00:33:25,510 --> 00:33:23,300

am a very practical person and I

749

00:33:26,649 --> 00:33:25,520

realized that to convince people of

750

00:33:30,849 --> 00:33:26,659

these

751

00:33:33,070 --> 00:33:30,859

phenomena which are very real it so much

752

00:33:36,219 --> 00:33:33,080

helps to have like this veridical

753

00:33:42,639 --> 00:33:36,229

evidence like this gentleman had it's

754

00:33:46,690 --> 00:33:42,649

very very important to spread the news

755

00:33:48,909 --> 00:33:46,700

about this phenomena I believe oh yeah

756

00:33:51,249 --> 00:33:48,919

absolutely and I really hope that there

757

00:33:53,080 --> 00:33:51,259

are other nurses out there who would

758

00:33:54,940 --> 00:33:53,090

follow in my footsteps as well and do

759

00:33:56,710 --> 00:33:54,950

their own research because the more

760

00:33:58,629 --> 00:33:56,720

people do in this research the more

761

00:34:01,359 --> 00:33:58,639

likely we are to come across more cases

762

00:34:03,759 --> 00:34:01,369

and they're of great benefit to everyone

763

00:34:05,560 --> 00:34:03,769

so I think it's really important that

764

00:34:09,369 --> 00:34:05,570

more people are inspired to do more

765

00:34:12,879 --> 00:34:09,379

research I had just been writing an

766

00:34:14,710 --> 00:34:12,889

article for a private blog and so I

767

00:34:17,049 --> 00:34:14,720

can't tell you the identity of this

768

00:34:21,210 --> 00:34:17,059

person but the interview that I did with

769

00:34:24,579 --> 00:34:21,220

this person he was explaining his um his

770

00:34:27,099 --> 00:34:24,589

mists of his spiritual progression you

771

00:34:30,220 --> 00:34:27,109

might say but when he was in college he

772

00:34:33,399 --> 00:34:30,230

had a knee operation he was nowhere near

773

00:34:36,940 --> 00:34:33,409

death it was you know he was under

774

00:34:40,089 --> 00:34:36,950

anesthesia it was an involved autoscopic

775

00:34:42,819 --> 00:34:40,099

type knee operation he had to be on the

776

00:34:45,609 --> 00:34:42,829

operating table for a significant period

777

00:34:49,149 --> 00:34:45,619

of time and he did float out of his body

778

00:34:50,829 --> 00:34:49,159

and he did identify things outside of

779

00:34:55,139 --> 00:34:50,839

his body that he had no business knowing

780

00:34:57,849 --> 00:34:55,149

and that in fact was the start of his

781

00:35:01,150 --> 00:34:57,859

spiritual journey so these things have a

782

00:35:03,670 --> 00:35:01,160

great effect on individuals I wonder if

783

00:35:05,500 --> 00:35:03,680

you could speak a little bit to the

784

00:35:09,099 --> 00:35:05,510

differences that you've turned up

785

00:35:11,380 --> 00:35:09,109

culturally yes well people from

786

00:35:14,079 --> 00:35:11,390

different cultures experienced the

787

00:35:18,250 --> 00:35:14,089

experience in a very different way so

788

00:35:20,410 --> 00:35:18,260

for example whereas in the West it's to

789

00:35:23,049 --> 00:35:20,420

do with sometimes the the images that

790

00:35:25,329 --> 00:35:23,059

they see and the deities that they meet

791

00:35:28,750 --> 00:35:25,339

so in the West it's more likely to be

792

00:35:31,450 --> 00:35:28,760

someone of Jesus or Mary whereas in

793

00:35:35,500 --> 00:35:31,460

India for example they're more likely to

794

00:35:37,480 --> 00:35:35,510

see yama or the god of the dead or

795

00:35:39,609 --> 00:35:37,490

yamadutas which are messengers of the

796

00:35:40,420 --> 00:35:39,619

god of the dead or sometimes there's

797

00:35:46,329 --> 00:35:40,430

chitragupt

798

00:35:49,270 --> 00:35:46,339

the book and it's a book of Deeds and

799

00:35:51,339 --> 00:35:49,280

the deeds of the person's life so it's

800

00:35:54,160 --> 00:35:51,349

almost as if in India the the life

801
00:35:56,370 --> 00:35:54,170
review is replaced by looking in this

802
00:35:58,540 --> 00:35:56,380
book of Deeds of the person and

803
00:36:00,700 --> 00:35:58,550
depending on the kind of deeds that

804
00:36:03,250 --> 00:36:00,710
they've done in their life that decides

805
00:36:06,010 --> 00:36:03,260
where the kind of journey that they go

806
00:36:08,650 --> 00:36:06,020
on to from that point though there's

807
00:36:11,020 --> 00:36:08,660
those sorts of cultural differences as

808
00:36:14,020 --> 00:36:11,030
well and I think that the biggest one is

809
00:36:16,150 --> 00:36:14,030
between probably India as well that that

810
00:36:19,450 --> 00:36:16,160
reminded me when I read that in in your

811
00:36:23,200 --> 00:36:19,460
book about the the fellow with the book

812
00:36:25,329 --> 00:36:23,210
of Deeds and sort of in Southeast Asia -

813
00:36:28,750 --> 00:36:25,339

if I'm not mistaken it reminded me so

814

00:36:33,000 --> 00:36:28,760

much of the the famous poem Abu Ben Adam

815

00:36:36,640 --> 00:36:33,010

are you familiar with that poem no no I

816

00:36:39,370 --> 00:36:36,650

promise you dr. penny Satori I will send

817

00:36:42,180 --> 00:36:39,380

it to you when our interview is done I

818

00:36:44,829 --> 00:36:42,190

think you would find remarkable

819

00:36:49,510 --> 00:36:44,839

concurrence between that poem and the

820

00:36:51,130 --> 00:36:49,520

the the tradition in India so just let

821

00:36:53,349 --> 00:36:51,140

slate here again because we're about at

822

00:36:57,099 --> 00:36:53,359

the middle of our podcast Kate we're

823

00:36:59,890 --> 00:36:57,109

interviewing dr. penny Sartori her book

824

00:37:03,309 --> 00:36:59,900

the wisdom of near-death experiences and

825

00:37:06,630 --> 00:37:03,319

you do have a website as well right dr.

826

00:37:12,730 --> 00:37:06,640

penny yes I do the website is

827

00:37:17,609 --> 00:37:12,740

www.seannal.com it's sa RT ori that's

828

00:37:22,329 --> 00:37:17,619

right and are you still collecting uh

829

00:37:24,970 --> 00:37:22,339

the people's accounts yes I am I'm very

830

00:37:27,190 --> 00:37:24,980

very slow with responding to people and

831

00:37:29,440 --> 00:37:27,200

I've I've got a massive backlog of

832

00:37:32,950 --> 00:37:29,450

people who have actually emailed me so

833

00:37:34,750 --> 00:37:32,960

um I'm currently in search of a research

834

00:37:37,690 --> 00:37:34,760

assistant to help me with that because I

835

00:37:40,480 --> 00:37:37,700

just can't manage working full time +

836

00:37:42,460 --> 00:37:40,490

doing my NDE work plus my family life as

837

00:37:45,400 --> 00:37:42,470

well so I need to get a research

838

00:37:48,730 --> 00:37:45,410

assistant so I'm still collecting cases

839

00:37:51,130 --> 00:37:48,740

and I will answer you it'll just take a

840

00:37:53,860 --> 00:37:51,140

little bit of time that's all so are you

841

00:37:57,220 --> 00:37:53,870

working on a particular

842

00:37:59,470 --> 00:37:57,230

study right now that is involved in

843

00:38:02,050 --> 00:37:59,480

these areas is there something that we

844

00:38:04,810 --> 00:38:02,060

can look forward to seeing from you in

845

00:38:08,560 --> 00:38:04,820

in the not-too-distant future well I've

846

00:38:10,840 --> 00:38:08,570

just completed a manuscript for another

847

00:38:14,140 --> 00:38:10,850

book that I've co-authored with a lady

848

00:38:16,080 --> 00:38:14,150

called Kelly Walsh and this is about the

849

00:38:18,970 --> 00:38:16,090

transformative aspects of near-death

850

00:38:20,890 --> 00:38:18,980

experiences so the book is called the

851

00:38:23,680 --> 00:38:20,900

transformative power of near-death

852

00:38:27,070 --> 00:38:23,690

experiences and that should be released

853

00:38:29,770 --> 00:38:27,080

in the UK I think in about the or in the

854

00:38:33,430 --> 00:38:29,780

fall of this year so around about

855

00:38:36,390 --> 00:38:33,440

October November and what we've done is

856

00:38:38,800 --> 00:38:36,400

the we realize that you know near-death

857

00:38:40,720 --> 00:38:38,810

experiences can really transform

858

00:38:43,630 --> 00:38:40,730

people's lives in many different ways

859

00:38:45,640 --> 00:38:43,640

and we've got many great cases where

860

00:38:49,660 --> 00:38:45,650

people have been totally changed by

861

00:38:50,950 --> 00:38:49,670

their experience and they have put the

862

00:38:54,040 --> 00:38:50,960

way that they've been changed they've

863

00:38:56,860 --> 00:38:54,050

put it into action so the lady who I've

864

00:39:00,400 --> 00:38:56,870

co-authored with is called Kelly Walsh

865

00:39:03,970 --> 00:39:00,410

and she had an experience after she'd

866

00:39:06,310 --> 00:39:03,980

had a suicide attempt and she was very

867

00:39:08,410 --> 00:39:06,320

depressed at the time and very anxious

868

00:39:11,860 --> 00:39:08,420

and things had built up over many years

869

00:39:14,980 --> 00:39:11,870

and when she was recovering on the

870

00:39:17,440 --> 00:39:14,990

psychiatric ward she had a very profound

871

00:39:19,980 --> 00:39:17,450

spiritually transformative experience

872

00:39:23,350 --> 00:39:19,990

and it completely changed her life and

873

00:39:24,370 --> 00:39:23,360

when she came out of her experience when

874

00:39:26,970 --> 00:39:24,380

she was on the ward

875

00:39:29,800 --> 00:39:26,980

she kept saying to everyone around her

876

00:39:30,820 --> 00:39:29,810

like-minded Souls are coming together to

877

00:39:33,040 --> 00:39:30,830

change the world

878

00:39:36,520 --> 00:39:33,050

and she kept repeating that over and

879

00:39:38,280 --> 00:39:36,530

over and since they yeah and you know

880

00:39:40,840 --> 00:39:38,290

she's been totally transformed she's

881

00:39:43,360 --> 00:39:40,850

networked with people from all over the

882

00:39:45,340 --> 00:39:43,370

world and she's got some really great

883

00:39:48,400 --> 00:39:45,350

examples together of people who've had

884

00:39:50,110 --> 00:39:48,410

transformative experiences and that's

885

00:39:52,210 --> 00:39:50,120

what this book is going to be about and

886

00:39:55,330 --> 00:39:52,220

and Kelly as a result of her experience

887

00:39:58,090 --> 00:39:55,340

all that depression and anxiety that

888

00:40:00,640 --> 00:39:58,100

she'd felt most of her life growing up

889

00:40:02,290 --> 00:40:00,650

from us being a small child that was

890

00:40:04,660 --> 00:40:02,300

transformed as a result of that

891

00:40:07,620 --> 00:40:04,670

experience and I just think that's so

892

00:40:10,329 --> 00:40:07,630

powerful because we haven't got any

893

00:40:13,109 --> 00:40:10,339

pharmaceutical drugs that could have

894

00:40:16,029 --> 00:40:13,119

such an effect on depression and anxiety

895

00:40:18,069 --> 00:40:16,039

yet these experiences have transformed

896

00:40:20,729 --> 00:40:18,079

that into something very positive for

897

00:40:23,769 --> 00:40:20,739

her and she's also now known as

898

00:40:25,779 --> 00:40:23,779

positivity princess and she's DeVoe

899

00:40:28,089 --> 00:40:25,789

yeah she's developed a children's

900

00:40:30,759 --> 00:40:28,099

character which is there to support

901
00:40:32,519 --> 00:40:30,769
young children and to help them through

902
00:40:35,410 --> 00:40:32,529
if ever they feel anxious or depressed

903
00:40:38,709 --> 00:40:35,420
so it's all about empowering other

904
00:40:41,019 --> 00:40:38,719
people as well so it's it's gonna be an

905
00:40:43,150 --> 00:40:41,029
interesting book to read about because

906
00:40:44,859 --> 00:40:43,160
there's so many people whose lives have

907
00:40:47,559 --> 00:40:44,869
been transformed as a result of their

908
00:40:49,630 --> 00:40:47,569
experience and they all say at the end

909
00:40:51,519 --> 00:40:49,640
of the day that it's all down to that

910
00:40:55,660 --> 00:40:51,529
interconnectivity and that we're all

911
00:40:58,150 --> 00:40:55,670
loved at the end no no I was just gonna

912
00:41:01,029 --> 00:40:58,160
say but a lot of times regardless of

913
00:41:03,519 --> 00:41:01,039

what aspect of the paranormal you are

914

00:41:06,130 --> 00:41:03,529

interested in or investigating it tends

915

00:41:08,380 --> 00:41:06,140

to get you know sort of smirk that by

916

00:41:10,660 --> 00:41:08,390

the rest of the population but that is

917

00:41:13,120 --> 00:41:10,670

actually the essential idea of studying

918

00:41:15,329 --> 00:41:13,130

the paranormal is to turn it into normal

919

00:41:18,430 --> 00:41:15,339

to understand what's been going on and I

920

00:41:20,920 --> 00:41:18,440

think your your studies have proven that

921

00:41:23,650 --> 00:41:20,930

I mean from what had been a paranormal

922

00:41:26,109 --> 00:41:23,660

aspect it's now becoming very useful

923

00:41:30,339 --> 00:41:26,119

very normal and it's very worthwhile and

924

00:41:32,979 --> 00:41:30,349

and your and your achievements in both

925

00:41:35,099 --> 00:41:32,989

your studies and becoming a doctor and

926
00:41:38,019 --> 00:41:35,109
becoming a nurse and working

927
00:41:40,630 --> 00:41:38,029
professionally with respect from those

928
00:41:43,599 --> 00:41:40,640
around you does an enormous amount to

929
00:41:46,809 --> 00:41:43,609
raise the standards of what people think

930
00:41:48,130 --> 00:41:46,819
about it I have one while I have more

931
00:41:49,870 --> 00:41:48,140
than one further question but I have one

932
00:41:52,569 --> 00:41:49,880
question at this juncture I don't think

933
00:41:54,939 --> 00:41:52,579
any interview would be complete without

934
00:41:57,249 --> 00:41:54,949
talking about something you touched upon

935
00:41:59,049 --> 00:41:57,259
just now and something that you did

936
00:42:01,390 --> 00:41:59,059
cover quite thoroughly in your book

937
00:42:04,089 --> 00:42:01,400
those two things are sometimes people

938
00:42:06,130 --> 00:42:04,099

have negative or hellish experiences

939

00:42:08,769 --> 00:42:06,140

that's the first thing and the second

940

00:42:13,109 --> 00:42:08,779

thing is the effect of the near-death

941

00:42:15,999 --> 00:42:13,119

experience on suicide suicided people

942

00:42:19,299 --> 00:42:16,009

yeah so I you didn't speak a little

943

00:42:21,400 --> 00:42:19,309

another this wonderful woman Kelly who I

944

00:42:24,400 --> 00:42:21,410

assume is somewhere in the UK

945

00:42:26,770 --> 00:42:24,410

working with you but there have been

946

00:42:30,610 --> 00:42:26,780

other people that you had mentioned who

947

00:42:32,230 --> 00:42:30,620

had frightening near-death experiences

948

00:42:34,080 --> 00:42:32,240

and there are people who get depressed

949

00:42:37,260 --> 00:42:34,090

after it because they can't go back

950

00:42:39,760 --> 00:42:37,270

quote-unquote home again right away so

951
00:42:42,280 --> 00:42:39,770
aside from the people who can't go back

952
00:42:43,840 --> 00:42:42,290
to the near-death experience right away

953
00:42:45,640 --> 00:42:43,850
what about the people who have had

954
00:42:48,400 --> 00:42:45,650
hellish experiences and what about

955
00:42:50,400 --> 00:42:48,410
suicides in general yep

956
00:42:53,350 --> 00:42:50,410
right well with the the distressing

957
00:42:58,950 --> 00:42:53,360
experiences now these are very difficult

958
00:43:01,420 --> 00:42:58,960
to research because there's a some some

959
00:43:04,030 --> 00:43:01,430
experiences are so bad that it can be

960
00:43:06,460 --> 00:43:04,040
very traumatic just recalling the

961
00:43:07,990 --> 00:43:06,470
experience itself but not only that

962
00:43:10,240 --> 00:43:08,000
there's also some sort of stigma

963
00:43:12,490 --> 00:43:10,250

involved as well because people hear

964

00:43:14,680 --> 00:43:12,500

about all these lovely experiences and

965

00:43:17,020 --> 00:43:14,690

then if they've had a distressing kind

966

00:43:18,940 --> 00:43:17,030

they think what's wrong with me what

967

00:43:21,250 --> 00:43:18,950

have I done I must be a really bad

968

00:43:24,340 --> 00:43:21,260

person to have had this distressing kind

969

00:43:26,260 --> 00:43:24,350

of experience now it's nothing the the

970

00:43:28,930 --> 00:43:26,270

there's not much research out there and

971

00:43:32,710 --> 00:43:28,940

Nancy Evans Bush is done a lot the most

972

00:43:35,770 --> 00:43:32,720

in this area and it doesn't seem to be

973

00:43:37,540 --> 00:43:35,780

the moral character of the person it's

974

00:43:39,850 --> 00:43:37,550

nothing to do with that because even the

975

00:43:44,890 --> 00:43:39,860

niciest of people can have really

976

00:43:48,190 --> 00:43:44,900

distressing experiences but we don't

977

00:43:50,560 --> 00:43:48,200

know what by there is a possibility that

978

00:43:53,350 --> 00:43:50,570

it might be something to do with the ego

979

00:43:55,330 --> 00:43:53,360

and people are holding on and clinging

980

00:43:58,150 --> 00:43:55,340

on to life and like resisting the

981

00:44:01,060 --> 00:43:58,160

experience and it seems that when they

982

00:44:04,180 --> 00:44:01,070

kind of relax into the experience it can

983

00:44:05,950 --> 00:44:04,190

turn into a more pleasant experience so

984

00:44:07,690 --> 00:44:05,960

there's a few cases where this

985

00:44:10,630 --> 00:44:07,700

distressing kind of turned into a

986

00:44:14,350 --> 00:44:10,640

pleasant experience there's a recent

987

00:44:17,140 --> 00:44:14,360

case actually of dr. received party and

988

00:44:19,990 --> 00:44:17,150

he his book has just come out and he

989

00:44:22,210 --> 00:44:20,000

describes where he started off going in

990

00:44:24,610 --> 00:44:22,220

to like a hellish realm and he could

991

00:44:26,860 --> 00:44:24,620

smell burning flesh and he could see big

992

00:44:30,610 --> 00:44:26,870

rage and thunderstorms in the background

993

00:44:32,860 --> 00:44:30,620

and he said me had a realization during

994

00:44:35,259 --> 00:44:32,870

his experience and he thought I've been

995

00:44:37,630 --> 00:44:35,269

living my life in a very unforgiving way

996

00:44:39,789 --> 00:44:37,640

I've not been I don't forgive myself and

997

00:44:41,919 --> 00:44:39,799

I don't forgive others and as soon as he

998

00:44:44,229 --> 00:44:41,929

had that realization of the way that he

999

00:44:46,359 --> 00:44:44,239

was living his life that changed into a

1000

00:44:50,469 --> 00:44:46,369

very pleasant experience from that point

1001
00:44:52,989 --> 00:44:50,479
on so a lot of people kind of also feel

1002
00:44:54,759 --> 00:44:52,999
that sometimes although it's a

1003
00:44:57,370 --> 00:44:54,769
distressing experience at the time

1004
00:44:59,769 --> 00:44:57,380
sometimes it can act like a wake-up call

1005
00:45:02,709 --> 00:44:59,779
as well and people think well I've been

1006
00:45:04,929 --> 00:45:02,719
living my life in this way and it kind

1007
00:45:08,349 --> 00:45:04,939
of jolts them into a new way of living

1008
00:45:11,099 --> 00:45:08,359
their life after the experience so but

1009
00:45:13,329 --> 00:45:11,109
we with an egg distress in near-death

1010
00:45:16,479 --> 00:45:13,339
experiences they are far more difficult

1011
00:45:17,979 --> 00:45:16,489
to research because people simply don't

1012
00:45:20,289 --> 00:45:17,989
want to talk about them if they've had

1013
00:45:22,079 --> 00:45:20,299

the really distressing kind where they

1014

00:45:25,149 --> 00:45:22,089

feel like they've been in hell and

1015

00:45:26,889 --> 00:45:25,159

sometimes when people email me they'll

1016

00:45:28,959 --> 00:45:26,899

email me and say are you still

1017

00:45:31,779 --> 00:45:28,969

interested in the distressing kind of

1018

00:45:33,549 --> 00:45:31,789

experiences I'll say yes if you were

1019

00:45:36,489 --> 00:45:33,559

going to open up and tell me about your

1020

00:45:37,359 --> 00:45:36,499

experience and then maybe in about three

1021

00:45:39,489 --> 00:45:37,369

months time

1022

00:45:41,469 --> 00:45:39,499

I'll get another letter email from that

1023

00:45:43,509 --> 00:45:41,479

person and they'll give a little bit of

1024

00:45:45,789 --> 00:45:43,519

information but not much and then

1025

00:45:47,439 --> 00:45:45,799

sometimes I won't hear from them for

1026
00:45:49,120 --> 00:45:47,449
about another three or six months and

1027
00:45:52,209 --> 00:45:49,130
they'll start to give me more

1028
00:45:54,609 --> 00:45:52,219
information bit by bit so it's it's not

1029
00:45:57,789 --> 00:45:54,619
easy for them to kind of recall and

1030
00:46:01,169 --> 00:45:57,799
write about hmm that's curious

1031
00:46:05,469 --> 00:46:01,179
and itself the the time delay aspect

1032
00:46:08,499 --> 00:46:05,479
okay and and what about suicides there's

1033
00:46:11,879 --> 00:46:08,509
a lot of disagreement amongst spiritual

1034
00:46:16,689 --> 00:46:11,889
communities in the United States about

1035
00:46:20,319 --> 00:46:16,699
the effects of suicide on the purported

1036
00:46:22,959 --> 00:46:20,329
soul of the individual that if they've

1037
00:46:24,579 --> 00:46:22,969
suicided themselves they they're you

1038
00:46:26,679 --> 00:46:24,589

know they're sort of demoted on a

1039

00:46:28,389 --> 00:46:26,689

spiritual realm and they must come back

1040

00:46:31,719 --> 00:46:28,399

and they they have unfinished business

1041

00:46:34,209 --> 00:46:31,729

and then there is another camp that says

1042

00:46:37,749 --> 00:46:34,219

sometimes people take their lives and

1043

00:46:40,029 --> 00:46:37,759

they're forgiven and things go on now

1044

00:46:42,849 --> 00:46:40,039

I'm going really far into the

1045

00:46:46,769 --> 00:46:42,859

hypothetical here but is there anything

1046

00:46:48,100 --> 00:46:46,779

that you can enlighten us in that regard

1047

00:46:51,370 --> 00:46:48,110

well it was

1048

00:46:54,150 --> 00:46:51,380

some research done a good few years ago

1049

00:46:57,910 --> 00:46:54,160

now and people who had previously made

1050

00:47:01,900 --> 00:46:57,920

multiple suicide attempts if they had a

1051
00:47:04,650 --> 00:47:01,910
near-death experience what they found

1052
00:47:07,630 --> 00:47:04,660
was that they were less likely to

1053
00:47:09,580 --> 00:47:07,640
attempt suicide again if they had the

1054
00:47:12,040 --> 00:47:09,590
near-death experiences they realized

1055
00:47:14,260 --> 00:47:12,050
that they take their problems wherever

1056
00:47:16,690 --> 00:47:14,270
they go and so there's no escaping them

1057
00:47:17,680 --> 00:47:16,700
so they have to face their problems but

1058
00:47:20,170 --> 00:47:17,690
it also gives them a different

1059
00:47:22,030 --> 00:47:20,180
perspective on life as well so there

1060
00:47:26,440 --> 00:47:22,040
were a few patients who had previously

1061
00:47:28,990 --> 00:47:26,450
had multiple experience we cite attempts

1062
00:47:31,240 --> 00:47:29,000
but on the final suicide attempt they'd

1063
00:47:34,180 --> 00:47:31,250

had the near-death experience and they

1064

00:47:36,550 --> 00:47:34,190

didn't try to commit suicide again after

1065

00:47:40,660 --> 00:47:36,560

that we had a very powerful effect on

1066

00:47:42,630 --> 00:47:40,670

them and it's also been used as well

1067

00:47:45,190 --> 00:47:42,640

there are a lot of forward-thinking

1068

00:47:48,040 --> 00:47:45,200

therapists and what they do is if

1069

00:47:50,830 --> 00:47:48,050

patients are suicidal and they're having

1070

00:47:52,840 --> 00:47:50,840

real problems in this area they tend to

1071

00:47:55,660 --> 00:47:52,850

encourage them to read accounts of

1072

00:47:58,210 --> 00:47:55,670

near-death experiences and really engage

1073

00:48:00,490 --> 00:47:58,220

thoroughly with what those accounts are

1074

00:48:01,780 --> 00:48:00,500

saying and what they find is that it

1075

00:48:04,840 --> 00:48:01,790

starts to give people a different

1076

00:48:08,800 --> 00:48:04,850

perspective on life and so it can be

1077

00:48:11,050 --> 00:48:08,810

very powerful as a deterrent to suicide

1078

00:48:13,420 --> 00:48:11,060

as well so you know there's a lot of

1079

00:48:15,820 --> 00:48:13,430

potential therapeutic benefits with

1080

00:48:17,980 --> 00:48:15,830

near-death experiences and how do you

1081

00:48:20,650 --> 00:48:17,990

deal with the so-called scientific

1082

00:48:23,350 --> 00:48:20,660

community that talks about hypoxia and

1083

00:48:25,600 --> 00:48:23,360

it's see the reason this Universal is

1084

00:48:28,570 --> 00:48:25,610

because it's a universal physiological

1085

00:48:30,970 --> 00:48:28,580

effect of let's say I don't know the

1086

00:48:31,780 --> 00:48:30,980

heart stopping blood sugar decreasing in

1087

00:48:33,910 --> 00:48:31,790

the brain

1088

00:48:36,970 --> 00:48:33,920

lack of oxygen you know all the things

1089

00:48:38,350 --> 00:48:36,980

that are associated with this yeah well

1090

00:48:40,060 --> 00:48:38,360

I tried to look at those with my

1091

00:48:42,010 --> 00:48:40,070

research as well and that was some of

1092

00:48:45,040 --> 00:48:42,020

the things I did you know I would took

1093

00:48:46,810 --> 00:48:45,050

blades off the patient and but I found

1094

00:48:48,910 --> 00:48:46,820

it was very difficult in some cases

1095

00:48:50,830 --> 00:48:48,920

because although it was documented in

1096

00:48:53,620 --> 00:48:50,840

the notes of blood had been withdrawn I

1097

00:48:55,450 --> 00:48:53,630

am unless I was there while it was

1098

00:48:57,820 --> 00:48:55,460

happening it was very difficult to

1099

00:48:59,890 --> 00:48:57,830

discern exactly if the blood had been

1100

00:49:02,140 --> 00:48:59,900

was drawn at the time that the person

1101
00:49:04,660 --> 00:49:02,150
was having their near-death experience

1102
00:49:07,210 --> 00:49:04,670
so in many cases a cadonia it could only

1103
00:49:09,880 --> 00:49:07,220
act as a guide but there were a few

1104
00:49:11,319 --> 00:49:09,890
cases where blood was extracted at the

1105
00:49:13,089 --> 00:49:11,329
precise time when the patient was

1106
00:49:17,799 --> 00:49:13,099
unconscious and having that near-death

1107
00:49:19,450 --> 00:49:17,809
experience uh-huh and and they the blood

1108
00:49:23,190 --> 00:49:19,460
results are actually within normal

1109
00:49:25,779 --> 00:49:23,200
limits so they were but they were only

1110
00:49:27,789 --> 00:49:25,789
about two or three cases so it's not

1111
00:49:30,460 --> 00:49:27,799
enough to be statistically significant

1112
00:49:31,809 --> 00:49:30,470
but the fact that patients reported

1113
00:49:34,930 --> 00:49:31,819

having this heightened state of

1114

00:49:38,289 --> 00:49:34,940

awareness while their blood results were

1115

00:49:41,319 --> 00:49:38,299

normal was kind of didn't really fit in

1116

00:49:43,989 --> 00:49:41,329

with the the explanations that we give

1117

00:49:45,730 --> 00:49:43,999

me for near-death experiences and also

1118

00:49:47,589 --> 00:49:45,740

with the drugs as well I looked at the

1119

00:49:50,440 --> 00:49:47,599

drugs that we gave to the patients yeah

1120

00:49:53,019 --> 00:49:50,450

and what I found was quite surprising

1121

00:49:56,319 --> 00:49:53,029

because I found if patients were giving

1122

00:49:58,599 --> 00:49:56,329

them drugs like morphine or the sedative

1123

00:50:01,029 --> 00:49:58,609

drugs they were less likely to report

1124

00:50:02,559 --> 00:50:01,039

and experience so that it's something

1125

00:50:06,489 --> 00:50:02,569

that was really important to me because

1126

00:50:08,680 --> 00:50:06,499

I feel that it's very important that we

1127

00:50:11,920 --> 00:50:08,690

don't over sedate people at the end of

1128

00:50:16,299 --> 00:50:11,930

life as well because that in itself may

1129

00:50:18,339 --> 00:50:16,309

be kind of denying them a valid aspects

1130

00:50:20,470 --> 00:50:18,349

of the dying process as well so I think

1131

00:50:22,539 --> 00:50:20,480

it's really important that we get a

1132

00:50:24,430 --> 00:50:22,549

balance right you know I don't think any

1133

00:50:26,620 --> 00:50:24,440

any patient should be in pain as they're

1134

00:50:29,200 --> 00:50:26,630

approaching death but it's important

1135

00:50:31,809 --> 00:50:29,210

also that they're not all for sedated as

1136

00:50:33,670 --> 00:50:31,819

well so that they get to experience all

1137

00:50:35,819 --> 00:50:33,680

aspects of the dying process

1138

00:50:40,779 --> 00:50:35,829

you had mentioned the drug ketamine

1139

00:50:41,950 --> 00:50:40,789

which is I believe used it as a baby for

1140

00:50:45,609 --> 00:50:41,960

little children when they're getting

1141

00:50:49,479 --> 00:50:45,619

operated on and the ketamine does

1142

00:50:53,589 --> 00:50:49,489

produce sometimes a similar but not the

1143

00:50:55,779 --> 00:50:53,599

same experience is that the case yeah it

1144

00:50:57,700 --> 00:50:55,789

can do it's there are cases where

1145

00:51:00,160 --> 00:50:57,710

patients have been given ketamine and

1146

00:51:02,470 --> 00:51:00,170

reported the antibody kind of experience

1147

00:51:05,079 --> 00:51:02,480

as well so it might be that the drug

1148

00:51:07,539 --> 00:51:05,089

kind of facilitates access to an altered

1149

00:51:09,190 --> 00:51:07,549

state of consciousness rather than kind

1150

00:51:11,380 --> 00:51:09,200

of producing an altered state of

1151
00:51:15,230 --> 00:51:11,390
consciousness or or producing it and

1152
00:51:17,540 --> 00:51:15,240
experience so it's it's almost like our

1153
00:51:19,730 --> 00:51:17,550
understanding of consciousness is kind

1154
00:51:22,670 --> 00:51:19,740
of the reverse of what it should be

1155
00:51:24,770 --> 00:51:22,680
because a materialist science believes

1156
00:51:29,480 --> 00:51:24,780
that consciousness is created by the

1157
00:51:32,000 --> 00:51:29,490
brain and if the brain stops working

1158
00:51:35,840 --> 00:51:32,010
so does consciousness but near-death

1159
00:51:38,480 --> 00:51:35,850
experiences tend to throw that out the

1160
00:51:40,370 --> 00:51:38,490
window really so I think it's more

1161
00:51:42,500 --> 00:51:40,380
likely that the brain mediates

1162
00:51:44,660 --> 00:51:42,510
consciousness as opposed to creates

1163
00:51:47,810 --> 00:51:44,670

consciousness and I think the brain

1164

00:51:49,520 --> 00:51:47,820

might act like a kind of a filter and it

1165

00:51:51,380 --> 00:51:49,530

screens out this heightened state of

1166

00:51:53,870 --> 00:51:51,390

awareness which is always around us

1167

00:51:56,690 --> 00:51:53,880

because we'd be too overwhelmed by it

1168

00:51:59,810 --> 00:51:56,700

but there are times in the person's life

1169

00:52:03,109 --> 00:51:59,820

when that filter action becomes more

1170

00:52:05,240 --> 00:52:03,119

relaxed so when people are near death or

1171

00:52:08,380 --> 00:52:05,250

perhaps when they've had certain drugs

1172

00:52:11,470 --> 00:52:08,390

like LSD or ketamine that filter action

1173

00:52:13,550 --> 00:52:11,480

relaxes and it facilitates that

1174

00:52:15,890 --> 00:52:13,560

experience of this heightened state of

1175

00:52:18,560 --> 00:52:15,900

reality or true consciousness if you

1176

00:52:22,520 --> 00:52:18,570

like yes I I would I couldn't agree with

1177

00:52:25,720 --> 00:52:22,530

you more and most of the quantum

1178

00:52:29,300 --> 00:52:25,730

physicists the Max Planck's of the world

1179

00:52:31,430 --> 00:52:29,310

rest his soul would agree because he

1180

00:52:34,270 --> 00:52:31,440

said consciousness is fundamental and

1181

00:52:37,820 --> 00:52:34,280

those are the words that I live by

1182

00:52:40,640 --> 00:52:37,830

personally we we're almost out of time

1183

00:52:42,740 --> 00:52:40,650

at this juncture dr. Penney and we're so

1184

00:52:46,490 --> 00:52:42,750

happy that you had joined us I have

1185

00:52:48,770 --> 00:52:46,500

maybe two last questions and do you have

1186

00:52:51,940 --> 00:52:48,780

something that you have no okay the one

1187

00:52:54,800 --> 00:52:51,950

thing is along the spectrum of these

1188

00:52:59,300 --> 00:52:54,810

experiences we spoke a little bit about

1189

00:53:01,550 --> 00:52:59,310

that when I spoke of remote viewing and

1190

00:53:05,960 --> 00:53:01,560

out-of-body experiences that are not

1191

00:53:08,540 --> 00:53:05,970

connected to a dying process and then

1192

00:53:11,240 --> 00:53:08,550

there are people that we interview a

1193

00:53:16,130 --> 00:53:11,250

number of these people who are involved

1194

00:53:18,620 --> 00:53:16,140

with purported UFO encounters with

1195

00:53:20,540 --> 00:53:18,630

others I'm not going to call them aliens

1196

00:53:23,300 --> 00:53:20,550

I'm not going to call them spiritual

1197

00:53:26,540 --> 00:53:23,310

beings but encounters with others while

1198

00:53:28,610 --> 00:53:26,550

very much alive and I just wanted to

1199

00:53:32,060 --> 00:53:28,620

know if you had any

1200

00:53:33,920 --> 00:53:32,070

thoughts on that well in fact some of

1201
00:53:35,810 --> 00:53:33,930
the things that people report went

1202
00:53:37,670 --> 00:53:35,820
through alien abductions now I don't

1203
00:53:40,340 --> 00:53:37,680
know a great deal about this have not

1204
00:53:42,710 --> 00:53:40,350
looked into this in great depth but some

1205
00:53:44,540 --> 00:53:42,720
of the things that they report like the

1206
00:53:46,970 --> 00:53:44,550
time disappears you know there's no

1207
00:53:49,010 --> 00:53:46,980
concept of time during the experience

1208
00:53:52,010 --> 00:53:49,020
there are certain things that are quite

1209
00:53:54,860 --> 00:53:52,020
similar to near-death experiences and I

1210
00:53:57,700 --> 00:53:54,870
know back in the 1980s professor Kenneth

1211
00:54:00,140 --> 00:53:57,710
ring he also noted different

1212
00:54:04,160 --> 00:54:00,150
similarities between the near-death

1213
00:54:06,670 --> 00:54:04,170

experience and alien abductions and he

1214

00:54:09,140 --> 00:54:06,680

he wrote him in one of his books about

1215

00:54:12,170 --> 00:54:09,150

these experiences as well and how

1216

00:54:14,330 --> 00:54:12,180

similar they could be so yeah it is

1217

00:54:17,440 --> 00:54:14,340

something to keep an open mind about

1218

00:54:19,820 --> 00:54:17,450

really well if you say the conscious is

1219

00:54:22,580 --> 00:54:19,830

universal well then obviously it's

1220

00:54:25,760 --> 00:54:22,590

universal for everybody and other

1221

00:54:26,750 --> 00:54:25,770

sentient beings as well so that that's

1222

00:54:30,460 --> 00:54:26,760

not surprising

1223

00:54:33,470 --> 00:54:30,470

not all beings are necessarily corporeal

1224

00:54:35,360 --> 00:54:33,480

yeah absolutely what we can only go by

1225

00:54:37,730 --> 00:54:35,370

what we know that's that's correct

1226

00:54:39,110 --> 00:54:37,740

well dr. Penney I want to thank I hope

1227

00:54:41,930 --> 00:54:39,120

you don't mind me calling you dr. Penney

1228

00:54:45,200 --> 00:54:41,940

I just said so that came up so naturally

1229

00:54:47,240 --> 00:54:45,210

here but we want to thank you so very

1230

00:54:51,080 --> 00:54:47,250

much for being on shattered reality

1231

00:54:52,910 --> 00:54:51,090

podcast oh we want to invite you back to

1232

00:54:54,680 --> 00:54:52,920

come on when you release your book

1233

00:54:56,960 --> 00:54:54,690

either it doesn't matter if it's only

1234

00:54:59,090 --> 00:54:56,970

released in the UK or if it's in the UK

1235

00:55:02,150 --> 00:54:59,100

and the US believe it or not we do have

1236

00:55:06,070 --> 00:55:02,160

some very fervent listeners over in

1237

00:55:09,050 --> 00:55:06,080

jolly old across the pond as they say so

1238

00:55:12,800 --> 00:55:09,060

we're we're looking very much forward to

1239

00:55:14,690 --> 00:55:12,810

having you back and perhaps the lady

1240

00:55:18,230 --> 00:55:14,700

Kelly Evans was it was her name Walsh

1241

00:55:20,720 --> 00:55:18,240

Walsh it was Kelly yes and books are

1242

00:55:22,610 --> 00:55:20,730

also universal now what's that books are

1243

00:55:24,140 --> 00:55:22,620

also Universal now just because they're

1244

00:55:26,030 --> 00:55:24,150

published in England doesn't mean they

1245

00:55:29,000 --> 00:55:26,040

can't be right all over that's correct

1246

00:55:30,530 --> 00:55:29,010

it's on the net so so come on back and

1247

00:55:34,970 --> 00:55:30,540

why don't you just go over your

1248

00:55:37,580 --> 00:55:34,980

particular so people who may have you

1249

00:55:38,309 --> 00:55:37,590

know just tuned in or started to listen

1250

00:55:40,620 --> 00:55:38,319

or whatever

1251
00:55:42,599 --> 00:55:40,630
in in earnest those people have just

1252
00:55:46,349 --> 00:55:42,609
started to listen in earnest will

1253
00:55:47,999 --> 00:55:46,359
actually hear all your particulars yeah

1254
00:55:58,079 --> 00:55:48,009
I've got a website and the website

1255
00:56:00,059 --> 00:55:58,089
address is www.jfn.co.jp/toho present

1256
00:56:02,009 --> 00:56:00,069
but I'm hoping I would be a bit quicker

1257
00:56:06,329 --> 00:56:02,019
in the future but I'd love to hear from

1258
00:56:09,029 --> 00:56:06,339
anyone who's had an experience okay well

1259
00:56:11,989 --> 00:56:09,039
thank you this has been dr. penny

1260
00:56:15,660 --> 00:56:11,999
Sartori the wisdom of near-death

1261
00:56:18,890 --> 00:56:15,670
experiences a wonderful book which is

1262
00:56:21,809 --> 00:56:18,900
available through your booksellers oh

1263
00:56:24,689 --> 00:56:21,819

it's all over thank you so much and

1264

00:56:27,449 --> 00:56:24,699

goodbye dr. penny Sartorius thank you

1265

00:56:30,059 --> 00:56:27,459

for having me thank you

1266

00:56:34,589 --> 00:56:30,069

so shattered reality is proud to

1267

00:56:38,430 --> 00:56:34,599

introduce one of its listeners her whose

1268

00:56:42,059 --> 00:56:38,440

name is despina who is a Greek American

1269

00:56:44,789 --> 00:56:42,069

woman from a reasonably local area

1270

00:56:48,420 --> 00:56:44,799

around here and she has had a rather

1271

00:56:50,640 --> 00:56:48,430

miraculous experience that she would

1272

00:56:53,370 --> 00:56:50,650

like to share with other shattered

1273

00:56:57,209 --> 00:56:53,380

reality listeners despina are you there

1274

00:57:10,739 --> 00:56:57,219

welcome to shattered reality hello thank

1275

00:57:15,930 --> 00:57:10,749

you her name was mikela State Park Ella

1276

00:57:17,549 --> 00:57:15,940

and basically her story is that her

1277

00:57:21,900 --> 00:57:17,559

mother passed away she was a young girl

1278

00:57:25,109 --> 00:57:21,910

and when the mother passed away the

1279

00:57:28,890 --> 00:57:25,119

father became a drunk and she started

1280

00:57:30,420 --> 00:57:28,900

abusing his daughter and the way the

1281

00:57:34,349 --> 00:57:30,430

story has been told to me by my

1282

00:57:35,999 --> 00:57:34,359

grandfather is that whenever he would

1283

00:57:38,549 --> 00:57:36,009

get drunk he would have used his

1284

00:57:40,949 --> 00:57:38,559

daughter so one day as opposed to

1285

00:57:42,900 --> 00:57:40,959

sitting and taking her father's abuse

1286

00:57:46,170 --> 00:57:42,910

she started running through the fields

1287

00:57:50,789 --> 00:57:46,180

and the father started teasing her with

1288

00:57:51,810 --> 00:57:50,799

the machete and whenever he would find

1289

00:57:54,090 --> 00:57:51,820

himself

1290

00:57:58,860 --> 00:57:54,100

lost and not knowing which direction she

1291

00:58:02,610 --> 00:57:58,870

went to people working in their fossil

1292

00:58:05,130 --> 00:58:02,620

and cultivating the olive trees I

1293

00:58:08,820 --> 00:58:05,140

suppose they would point to which

1294

00:58:11,670 --> 00:58:08,830

direction she ran to eventually she

1295

00:58:15,090 --> 00:58:11,680

reaches the water and she prays to God

1296

00:58:17,040 --> 00:58:15,100

may he swallow her from her waist down

1297

00:58:21,090 --> 00:58:17,050

so that her father does not harm her

1298

00:58:24,270 --> 00:58:21,100

again and the story goes that indeed the

1299

00:58:26,520 --> 00:58:24,280

earth opened and swallowed her and when

1300

00:58:29,880 --> 00:58:26,530

the father approached her he cut off her

1301
00:58:33,990 --> 00:58:29,890
breast and I believe eventually he also

1302
00:58:37,260 --> 00:58:34,000
cut off her my grandfather had told me

1303
00:58:39,240 --> 00:58:37,270
that for generations to come for those

1304
00:58:42,660 --> 00:58:39,250
individuals that actually pointed to

1305
00:58:45,540 --> 00:58:42,670
which direction she was running to their

1306
00:58:50,610 --> 00:58:45,550
children were born either with their

1307
00:58:53,700 --> 00:58:50,620
fingers crooked brightest and basically

1308
00:58:57,000 --> 00:58:53,710
that their pointer finger was most

1309
00:58:59,460 --> 00:58:57,010
always deformed and it was basically as

1310
00:59:01,440 --> 00:58:59,470
my grandfather says a curse for you know

1311
00:59:05,130 --> 00:59:01,450
pointing to which direction she was

1312
00:59:08,550 --> 00:59:05,140
running so when I was a young child and

1313
00:59:12,150 --> 00:59:08,560

going through some difficult times I had

1314

00:59:15,150 --> 00:59:12,160

prayed to Saint Markella and I had said

1315

00:59:17,910 --> 00:59:15,160

that I would walk from her home from my

1316

00:59:23,490 --> 00:59:17,920

home to her home which was approximately

1317

00:59:26,370 --> 00:59:23,500

30 mile walk in the month of August so I

1318

00:59:29,910 --> 00:59:26,380

made a plan with one of my friends that

1319

00:59:32,400 --> 00:59:29,920

she would wake up three hours after I

1320

00:59:36,990 --> 00:59:32,410

had started my journey at 5:00 a.m. and

1321

00:59:38,880 --> 00:59:37,000

she would bring me water as needed so I

1322

00:59:40,460 --> 00:59:38,890

began my journey at approximately 5:00

1323

00:59:43,230 --> 00:59:40,470

in the morning and I started walking

1324

00:59:44,340 --> 00:59:43,240

when I finally reached the top of the

1325

00:59:49,350 --> 00:59:44,350

first mountain

1326
00:59:51,210 --> 00:59:49,360
I found myself very conflicted and very

1327
00:59:53,460 --> 00:59:51,220
angry with myself for taking such a

1328
00:59:56,250 --> 00:59:53,470
journey by myself because I was already

1329
00:59:57,360 --> 00:59:56,260
tired I took off my shoes they lit a

1330
01:00:00,270 --> 00:59:57,370
cigarette

1331
01:00:03,090 --> 01:00:00,280
trying to figure out if I'm going to

1332
01:00:04,800 --> 01:00:03,100
continue on this journey and as I was

1333
01:00:05,620 --> 01:00:04,810
having these negative thoughts about

1334
01:00:11,710 --> 01:00:05,630
actually turning

1335
01:00:15,430 --> 01:00:11,720
back in August in Greece it gets very

1336
01:00:17,769 --> 01:00:15,440
hot and there is no wind rarely will you

1337
01:00:20,589 --> 01:00:17,779
feel any wind in your hair all of a

1338
01:00:24,249 --> 01:00:20,599

sudden this wind picks up where there

1339

01:00:28,509 --> 01:00:24,259

was a sign on the side of the mountain

1340

01:00:30,339 --> 01:00:28,519

and the the wind got so strong that

1341

01:00:33,400 --> 01:00:30,349

these pebbles like falling from the

1342

01:00:36,670 --> 01:00:33,410

mountain and hitting the sign and I

1343

01:00:38,980 --> 01:00:36,680

recall saying okay I'm gonna do it I'm

1344

01:00:41,170 --> 01:00:38,990

gonna do it stop and I don't know who I

1345

01:00:43,539 --> 01:00:41,180

was talking to but I put my shoes back

1346

01:00:46,450 --> 01:00:43,549

on and I started walking in when I got

1347

01:00:50,799 --> 01:00:46,460

back on the road I felt this wind just

1348

01:00:56,609 --> 01:00:50,809

pushing me forward eventually the Sun

1349

01:01:00,460 --> 01:00:56,619

came up and I found myself in front of a

1350

01:01:02,589 --> 01:01:00,470

chapel and a small chapel on the

1351
01:01:06,220 --> 01:01:02,599
roadside and there was this woman there

1352
01:01:09,400 --> 01:01:06,230
and a wall in the middle of this wall

1353
01:01:11,950 --> 01:01:09,410
there was a well from water and she

1354
01:01:15,009 --> 01:01:11,960
invited me over and she said you know

1355
01:01:18,880 --> 01:01:15,019
come sit with me so I don't know why I

1356
01:01:20,370 --> 01:01:18,890
actually when they sat with her and she

1357
01:01:24,720 --> 01:01:20,380
pointed up to the mountain and her

1358
01:01:28,059 --> 01:01:24,730
husband was up above with his sheep and

1359
01:01:33,490 --> 01:01:28,069
it was they're fasting so she offered me

1360
01:01:36,490 --> 01:01:33,500
a potatoes boiled potato olives and some

1361
01:01:37,839 --> 01:01:36,500
bread so we had something to eat and

1362
01:01:40,150 --> 01:01:37,849
then she went over to the wall I

1363
01:01:43,180 --> 01:01:40,160

remember and she put her hands in the

1364

01:01:45,870 --> 01:01:43,190

bucket when she got the water and she

1365

01:01:48,549 --> 01:01:45,880

drank some from her palm of her hand and

1366

01:01:52,319 --> 01:01:48,559

she told me look it's clean you can have

1367

01:01:55,359 --> 01:01:52,329

some water so I had some water and then

1368

01:01:58,210 --> 01:01:55,369

she told she gave me her cane which was

1369

01:02:01,599 --> 01:01:58,220

from a branch and she said you have to

1370

01:02:04,120 --> 01:02:01,609

stop cutting through people's fields you

1371

01:02:05,799 --> 01:02:04,130

have to follow the road and I remember

1372

01:02:07,720 --> 01:02:05,809

thinking how in the world does she know

1373

01:02:11,519 --> 01:02:07,730

that I was cutting through people's

1374

01:02:13,809 --> 01:02:11,529

property and not walking on the road so

1375

01:02:16,210 --> 01:02:13,819

she told me you're going to use my cane

1376
01:02:18,039 --> 01:02:16,220
and you're gonna push the road behind

1377
01:02:19,440 --> 01:02:18,049
you just keep on pushing and you're

1378
01:02:21,630 --> 01:02:19,450
gonna reach to

1379
01:02:24,030 --> 01:02:21,640
another village you can ask for

1380
01:02:25,859 --> 01:02:24,040
so-and-so and tell her about your

1381
01:02:30,510 --> 01:02:25,869
journey and still give you some water

1382
01:02:33,870 --> 01:02:30,520
and something to eat so I left I

1383
01:02:38,160 --> 01:02:33,880
followed her directions I continued to

1384
01:02:41,370 --> 01:02:38,170
walk and then another time came after

1385
01:02:43,620 --> 01:02:41,380
hours of walking where again I got

1386
01:02:48,569 --> 01:02:43,630
exhausted and again I was questioning

1387
01:02:50,970 --> 01:02:48,579
myself what I put myself into and there

1388
01:02:53,970 --> 01:02:50,980

was no people anywhere around me

1389

01:02:56,579 --> 01:02:53,980

so it's either walk back home or

1390

01:03:00,120 --> 01:02:56,589

continue walking and again a gust of

1391

01:03:01,920 --> 01:03:00,130

wind lifted and feeling you know being

1392

01:03:07,770 --> 01:03:01,930

pushed I felt like somebody was pushing

1393

01:03:10,400 --> 01:03:07,780

me forward and I remember a at a point

1394

01:03:14,039 --> 01:03:10,410

where I finally saw a car coming and

1395

01:03:16,289 --> 01:03:14,049

there was some sheep and the Sheep saw

1396

01:03:18,539 --> 01:03:16,299

the car so obviously they thought food

1397

01:03:20,670 --> 01:03:18,549

was coming so they were all surrounding

1398

01:03:26,339 --> 01:03:20,680

me while we were walking which was very

1399

01:03:30,839 --> 01:03:26,349

beautiful so after that I just continued

1400

01:03:35,670 --> 01:03:30,849

on walking I got lost and when I got

1401

01:03:37,530 --> 01:03:35,680

lost I had to walk in on a beach so I

1402

01:03:39,690 --> 01:03:37,540

was walking through sand for a while

1403

01:03:42,420 --> 01:03:39,700

which made you know my trip a little bit

1404

01:03:47,430 --> 01:03:42,430

more difficult because I was already

1405

01:03:50,819 --> 01:03:47,440

tired and finally towards the end of the

1406

01:03:52,319 --> 01:03:50,829

journey when there was three more loops

1407

01:03:53,970 --> 01:03:52,329

around because I'm walking down a

1408

01:03:57,150 --> 01:03:53,980

mountain now so you have to go around

1409

01:04:00,780 --> 01:03:57,160

and around and I had the church in sight

1410

01:04:02,370 --> 01:04:00,790

I just got this abundant amount of

1411

01:04:05,280 --> 01:04:02,380

energy and I just started running

1412

01:04:09,030 --> 01:04:05,290

towards the church the Church of the Sun

1413

01:04:11,010 --> 01:04:09,040

this the Church of this yes yes yeah

1414

01:04:15,150 --> 01:04:11,020

Mikkel I found reached there and I just

1415

01:04:17,789 --> 01:04:15,160

ran and I remembered my friend who was

1416

01:04:19,559 --> 01:04:17,799

following me with her car she was

1417

01:04:22,079 --> 01:04:19,569

yelling at me to slow down I'm gonna

1418

01:04:22,530 --> 01:04:22,089

fall down because I must be exhausted

1419

01:04:25,680 --> 01:04:22,540

already

1420

01:04:27,720 --> 01:04:25,690

and I ran into the church there were

1421

01:04:30,150 --> 01:04:27,730

people there I waited for them to exit

1422

01:04:32,039 --> 01:04:30,160

and I went into the church grabbed a

1423

01:04:33,390 --> 01:04:32,049

handful of candles and they lit them for

1424

01:04:39,510 --> 01:04:33,400

my loved ones and family

1425

01:04:41,580 --> 01:04:39,520

and I just began to cry I went first

1426

01:04:45,210 --> 01:04:41,590

swim afterwards because there's a beach

1427

01:04:48,810 --> 01:04:45,220

right there in order to unwind from the

1428

01:04:51,450 --> 01:04:48,820

long journey and I told my friend she

1429

01:04:53,040 --> 01:04:51,460

was bringing me water throughout this it

1430

01:04:53,970 --> 01:04:53,050

was approximately 10 hours that it took

1431

01:04:58,530 --> 01:04:53,980

me to get there

1432

01:05:00,450 --> 01:04:58,540

Wow she I told her about the woman the

1433

01:05:02,730 --> 01:05:00,460

woman that fed me the woman that you

1434

01:05:06,060 --> 01:05:02,740

know gave me her cane but I had with me

1435

01:05:09,150 --> 01:05:06,070

now and my friend told me that that

1436

01:05:12,480 --> 01:05:09,160

morning before she woke up that she had

1437

01:05:15,150 --> 01:05:12,490

a dream and it just so happened in her

1438

01:05:16,890 --> 01:05:15,160

dream is the woman and man that she saw

1439

01:05:20,150 --> 01:05:16,900

on her dream that happened to be your

1440

01:05:25,470 --> 01:05:20,160

friends have the same name as the woman

1441

01:05:27,330 --> 01:05:25,480

saw and that today she has a big day

1442

01:05:31,440 --> 01:05:27,340

ahead of her and she has to look out for

1443

01:05:33,300 --> 01:05:31,450

me so me and her decided that we're

1444

01:05:35,580 --> 01:05:33,310

gonna go back to where I was

1445

01:05:39,480 --> 01:05:35,590

find the woman and thank her and

1446

01:05:41,750 --> 01:05:39,490

returned her cane we drove I think for

1447

01:05:45,900 --> 01:05:41,760

approximately maybe 45 minutes or so

1448

01:05:50,250 --> 01:05:45,910

trying to find the chapel trying to find

1449

01:05:52,800 --> 01:05:50,260

this wall the woman anything we did not

1450

01:05:56,970 --> 01:05:52,810

find any evidence of it we didn't find a

1451

01:06:00,000 --> 01:05:56,980

chapel we did not find a wall we didn't

1452

01:06:05,070 --> 01:06:00,010

see any sheep anywhere it was it's as if

1453

01:06:09,150 --> 01:06:05,080

all of it was simply a dream no that's

1454

01:06:10,650 --> 01:06:09,160

my story the cane I gave it to a friend

1455

01:06:13,980 --> 01:06:10,660

of mine that was diagnosed with cancer

1456

01:06:15,930 --> 01:06:13,990

later on and told her to just remember

1457

01:06:16,550 --> 01:06:15,940

my journey and then everything will be

1458

01:06:21,510 --> 01:06:16,560

okay

1459

01:06:26,520 --> 01:06:21,520

but unfortunately the cane after my

1460

01:06:28,980 --> 01:06:26,530

friend's house recovered the cane was

1461

01:06:31,280 --> 01:06:28,990

lost we never found it again we don't

1462

01:06:35,640 --> 01:06:31,290

nobody knows what ever happened to it

1463

01:06:39,630 --> 01:06:35,650

but your mind did recover yes my friend

1464

01:06:41,820 --> 01:06:39,640

did recover oh thank god oh wow but we

1465

01:06:45,450 --> 01:06:41,830

stored the came together in her parents

1466

01:06:46,980 --> 01:06:45,460

house I mean she and I put it away we

1467

01:06:49,800 --> 01:06:46,990

wrapped it up in the plastic

1468

01:06:52,710 --> 01:06:49,810

bag and we safely stored it away and

1469

01:06:56,550 --> 01:06:52,720

that I had said when I return I'll take

1470

01:07:00,600 --> 01:06:56,560

it back to me to America and when I had

1471

01:07:05,940 --> 01:07:00,610

gone back me her parents and my friends

1472

01:07:08,490 --> 01:07:05,950

all searched for it and for over two

1473

01:07:11,220 --> 01:07:08,500

hours perhaps in their basement and we

1474

01:07:13,440 --> 01:07:11,230

could not find it so we don't know what

1475

01:07:15,750 --> 01:07:13,450

happened to they came well that is an

1476

01:07:18,000 --> 01:07:15,760

amazing story that's very interesting

1477

01:07:21,330 --> 01:07:18,010

it's really a beautiful story and it

1478

01:07:26,490 --> 01:07:21,340

reminds me just a little bit of the the

1479

01:07:29,160 --> 01:07:26,500

road that people take in Spain there was

1480

01:07:33,000 --> 01:07:29,170

a movie about it about a certain of the

1481

01:07:35,810 --> 01:07:33,010

road of a certain saint that people take

1482

01:07:38,370 --> 01:07:35,820

from one end of Spain to the other and

1483

01:07:42,240 --> 01:07:38,380

the movie is quite interesting I think

1484

01:07:44,540 --> 01:07:42,250

you might benefit from from viewing that

1485

01:07:48,359 --> 01:07:44,550

movie because there's quite a bit like

1486

01:07:51,090 --> 01:07:48,369

like that at in your story but there's

1487

01:07:53,970 --> 01:07:51,100

been a thank you so much for sharing

1488

01:07:56,099 --> 01:07:53,980

your story with the other listeners too

1489

01:07:58,680 --> 01:07:56,109

shattered reality and hopefully it will

1490

01:08:05,460 --> 01:07:58,690

encourage them to share their story as

1491

01:08:09,000 --> 01:08:05,470

well thanks mm bye now coming up next

1492

01:08:13,590 --> 01:08:09,010

yes on shattered reality we have Tom

1493

01:08:17,160 --> 01:08:13,600

Butler who is an expert in EVP

1494

01:08:20,820 --> 01:08:17,170

electronic voice production and this has

1495

01:08:22,320 --> 01:08:20,830

to do with again the departed and don't

1496

01:08:24,599 --> 01:08:22,330

worry we'll get off the subject of the

1497

01:08:28,860 --> 01:08:24,609

departed sooner than later but just

1498

01:08:32,610 --> 01:08:28,870

following in that vein we have coming up

1499

01:08:35,190 --> 01:08:32,620

next a very very interesting man who has

1500

01:08:38,550 --> 01:08:35,200

devoted a good portion of his life to

1501

01:08:42,809 --> 01:08:38,560

researching electronic voice production

1502

01:08:46,320 --> 01:08:42,819

where an electronic instrument such as a

1503

01:08:50,390 --> 01:08:46,330

radio or a computer or a telephone or a

1504

01:08:55,289 --> 01:08:50,400

tape recorder picks up the voice of a

1505

01:08:57,230 --> 01:08:55,299

another entity purportedly the voices of

1506

01:09:00,479 --> 01:08:57,240

the dead as well so we're going to let

1507

01:09:05,459 --> 01:09:00,489

Tom Butler explain that all to you

1508

01:09:07,459 --> 01:09:05,469

our next show until then this is Kate