



Dr. Penny Sartori

1
00:00:10,220 --> 00:00:08,419
welcome everybody I have an interview

2
00:00:12,709 --> 00:00:10,230
coming up in a minute with the very

3
00:00:15,410 --> 00:00:12,719
excellent doctor Penny Sartori

4
00:00:19,029 --> 00:00:15,420
about her new book the transformative

5
00:00:20,840 --> 00:00:19,039
power of near-death experiences

6
00:00:22,550 --> 00:00:20,850
interesting book you know I've covered

7
00:00:24,170 --> 00:00:22,560
near-death experiences a lot and I

8
00:00:26,960 --> 00:00:24,180
always have a little bit of a different

9
00:00:29,859 --> 00:00:26,970
take on it it's especially fun to talk

10
00:00:33,500 --> 00:00:29,869
to such an accomplished scientific

11
00:00:35,720 --> 00:00:33,510
researcher as dr. penny Sartori but I

12
00:00:56,799 --> 00:00:35,730
wanted to contrast that with a little

13
00:00:59,360 --> 00:00:56,809

movie clip maybe this one Code Blue Room

14

00:01:01,310 --> 00:00:59,370

1:34 you know there's nothing quite like

15

00:01:05,359 --> 00:01:01,320

Seth MacFarlane

16

00:01:06,859 --> 00:01:05,369

in a teddy bear costume I just never

17

00:01:09,770 --> 00:01:06,869

could bring myself to watch those movies

18

00:01:12,530 --> 00:01:09,780

but but it's an interesting cultural

19

00:01:13,940 --> 00:01:12,540

overlay on this topic of near-death

20

00:01:18,050 --> 00:01:13,950

experience because of course one of the

21

00:01:20,840 --> 00:01:18,060

questions is how to what extent is the

22

00:01:23,960 --> 00:01:20,850

medical establishment responsible for

23

00:01:26,870 --> 00:01:23,970

this overwhelming fear of death we have

24

00:01:30,350 --> 00:01:26,880

and to what extent does near-death

25

00:01:32,960 --> 00:01:30,360

experience relieve that fear of death

26

00:01:34,700 --> 00:01:32,970

and lessen the grief associated with

27

00:01:36,440 --> 00:01:34,710

death as we've talked about before it

28

00:01:37,880 --> 00:01:36,450

clearly does it's kind of overwhelming

29

00:01:40,539 --> 00:01:37,890

better than any other treatment we know

30

00:01:43,249 --> 00:01:40,549

of but what extent is medicine

31

00:01:45,710 --> 00:01:43,259

responsible for perpetuating it or are

32

00:01:48,490 --> 00:01:45,720

they just kind of reflecting what we

33

00:01:52,219 --> 00:01:48,500

already feel believe and have culturally

34

00:01:53,990 --> 00:01:52,229

instilled in our us and our kids and all

35

00:01:56,120 --> 00:01:54,000

the rest of that so that's one of the

36

00:01:56,690 --> 00:01:56,130

topics we talked about today with dr.

37

00:01:59,480 --> 00:01:56,700

Sarah Torrey

38

00:02:00,800 --> 00:01:59,490

we also talked about this light in-love

39

00:02:03,410 --> 00:02:00,810

thing which i think is so interesting

40

00:02:07,160 --> 00:02:03,420

it's really the focus of her latest book

41

00:02:09,830 --> 00:02:07,170

it coincides really with the data if you

42

00:02:12,320 --> 00:02:09,840

look at dr. Jeff long he's collected the

43

00:02:13,910 --> 00:02:12,330

data and it's certainly about light and

44

00:02:17,120 --> 00:02:13,920

love 80 to 90 percent of the

45

00:02:19,940 --> 00:02:17,130

I'm but what about those other times

46

00:02:22,100 --> 00:02:19,950

what about the hellish death experiences

47

00:02:25,550 --> 00:02:22,110

what about the black void that some

48

00:02:26,750 --> 00:02:25,560

people face and fear so greatly so those

49

00:02:28,670 --> 00:02:26,760

are a couple of things we talked about

50

00:02:30,910 --> 00:02:28,680

we also talked about the connection

51
00:02:34,040 --> 00:02:30,920
between near-death experience and other

52
00:02:37,340 --> 00:02:34,050
transformative experiences very very

53
00:02:39,410 --> 00:02:37,350
interesting stuff from just a terrific

54
00:02:41,059 --> 00:02:39,420
guest who really does have a great new

55
00:02:42,710 --> 00:02:41,069
book I hope you check out the

56
00:02:45,290 --> 00:02:42,720
transformative power of near-death

57
00:02:49,520 --> 00:02:45,300
experiences my interview with dr. penny

58
00:02:56,690 --> 00:02:49,530
Sartori is coming up next on skeptical

59
00:03:03,420 --> 00:03:00,060
today we welcome NDE researcher and

60
00:03:06,930 --> 00:03:03,430
author dr. penny Sartori to skeptic Oh

61
00:03:09,240 --> 00:03:06,940
dr. Sartori has along with Kelly Walsh

62
00:03:12,180 --> 00:03:09,250
who you'll hear about in a minute they

63
00:03:14,370 --> 00:03:12,190

have written a new book titled here it

64

00:03:17,210 --> 00:03:14,380

is if you watching this video the

65

00:03:21,530 --> 00:03:17,220

transformative power of near-death

66

00:03:25,440 --> 00:03:21,540

experiences how the messages of NDEs

67

00:03:27,120 --> 00:03:25,450

positively impact the world and she's

68

00:03:29,070 --> 00:03:27,130

here to talk about that so penny

69

00:03:30,750 --> 00:03:29,080

welcome to skeptic oh you've been on one

70

00:03:32,430 --> 00:03:30,760

button one time before but I didn't have

71

00:03:35,010 --> 00:03:32,440

the pleasure of talking to you directly

72

00:03:35,580 --> 00:03:35,020

I think that time so thanks so much for

73

00:03:38,100 --> 00:03:35,590

joining me

74

00:03:42,090 --> 00:03:38,110

oh you're welcome hi Alex really nice to

75

00:03:45,420 --> 00:03:42,100

be here well it's nice to have you on in

76

00:03:48,750 --> 00:03:45,430

this new book is like I was saying it

77

00:03:51,949 --> 00:03:48,760

really is terrific we have a lot to talk

78

00:03:56,430 --> 00:03:51,959

about this book is very inspirational

79

00:03:59,759 --> 00:03:56,440

the stories are fascinating and I know

80

00:04:02,610 --> 00:03:59,769

you're very humble about your

81

00:04:06,060 --> 00:04:02,620

contributions visa vie your writing

82

00:04:09,360 --> 00:04:06,070

partner Kelly Walsh but I think you

83

00:04:13,320 --> 00:04:09,370

bring so much to this work and in

84

00:04:16,380 --> 00:04:13,330

particularly for for me and for skeptic

85

00:04:19,530 --> 00:04:16,390

oh because we are always interested in

86

00:04:23,610 --> 00:04:19,540

being grounded in the science of this

87

00:04:26,460 --> 00:04:23,620

things and I think that's really so much

88

00:04:30,330 --> 00:04:26,470

about what you do and who you are

89

00:04:32,010 --> 00:04:30,340

because you are a scientist you're a PhD

90

00:04:34,050 --> 00:04:32,020

you have this interesting balance they

91

00:04:36,900 --> 00:04:34,060

tell people about your background who

92

00:04:39,120 --> 00:04:36,910

don't know you and then a little bit

93

00:04:42,330 --> 00:04:39,130

about how your background relates

94

00:04:45,750 --> 00:04:42,340

directly to this really terrific new

95

00:04:48,680 --> 00:04:45,760

book well I used to work as a nurse and

96

00:04:51,150 --> 00:04:48,690

I was in intensive care for 17 years and

97

00:04:54,630 --> 00:04:51,160

because of the nature of my job I saw

98

00:04:56,280 --> 00:04:54,640

death on a daily basis and it was one

99

00:04:59,940 --> 00:04:56,290

night shift in particular and I was

100

00:05:01,950 --> 00:04:59,950

looking after a dying patient and he had

101
00:05:05,909 --> 00:05:01,960
a really unpleasant death and it really

102
00:05:07,710 --> 00:05:05,919
very much upset me and it's something

103
00:05:09,950 --> 00:05:07,720
that really made me think what happens

104
00:05:11,420 --> 00:05:09,960
when we die what is death all

105
00:05:13,240 --> 00:05:11,430
and at that point you know I hadn't

106
00:05:16,100 --> 00:05:13,250
really thought a great deal about it and

107
00:05:18,350 --> 00:05:16,110
that it upset me so much it just set me

108
00:05:21,650 --> 00:05:18,360
on this kind of like path really to have

109
00:05:23,720 --> 00:05:21,660
to learn about death and the more I read

110
00:05:26,540 --> 00:05:23,730
about death the more interested I became

111
00:05:28,640 --> 00:05:26,550
and then someone gave me a book and it

112
00:05:31,820 --> 00:05:28,650
was Betty Edie's book called embraced by

113
00:05:34,010 --> 00:05:31,830

the light and I can remember reading

114

00:05:36,530 --> 00:05:34,020

that and I was thinking wow this just

115

00:05:38,720 --> 00:05:36,540

seems such an amazing thing what if this

116

00:05:40,430 --> 00:05:38,730

is real you know because my nursing

117

00:05:42,320 --> 00:05:40,440

background I was really quite skeptical

118

00:05:45,170 --> 00:05:42,330

at first and I thought it's gotta be

119

00:05:47,900 --> 00:05:45,180

some sort of hallucination or maybe it's

120

00:05:50,090 --> 00:05:47,910

the way that the brain is dying down but

121

00:05:52,100 --> 00:05:50,100

I think what the more I read about these

122

00:05:54,980 --> 00:05:52,110

the more I inspired I became to read

123

00:05:56,600 --> 00:05:54,990

more and I was just fascinated and I

124

00:05:59,210 --> 00:05:56,610

thought when I'm working in intensive

125

00:06:01,670 --> 00:05:59,220

care maybe I can do my own study and

126

00:06:04,310 --> 00:06:01,680

that's what I did I kind of been and

127

00:06:07,070 --> 00:06:04,320

that all kind of came about and I had

128

00:06:09,890 --> 00:06:07,080

professor Paul Bardem and dr. Peter

129

00:06:11,990 --> 00:06:09,900

fennec who is they're both experts in

130

00:06:14,960 --> 00:06:12,000

the field of near-death experiences and

131

00:06:18,860 --> 00:06:14,970

it was just a wonderful thing to be able

132

00:06:20,780 --> 00:06:18,870

to connect with with patients and find

133

00:06:22,310 --> 00:06:20,790

out what it is that they recalled from

134

00:06:24,500 --> 00:06:22,320

the time that they were unconscious

135

00:06:26,980 --> 00:06:24,510

because it's something I've never taken

136

00:06:30,710 --> 00:06:26,990

a time to ask about before you know so

137

00:06:32,300 --> 00:06:30,720

well you know that I idea of that that

138

00:06:34,610 --> 00:06:32,310

study which I've referenced so many

139

00:06:36,080 --> 00:06:34,620

times on the show because you know

140

00:06:38,450 --> 00:06:36,090

there's so many ways to break down this

141

00:06:39,860 --> 00:06:38,460

topic of near-death experience and as

142

00:06:41,750 --> 00:06:39,870

we're just talking about in this book

143

00:06:45,650 --> 00:06:41,760

that you've written it's it's very

144

00:06:47,990 --> 00:06:45,660

inspirational and that's terrific I mean

145

00:06:50,140 --> 00:06:48,000

there's a lot to there's a lot to be

146

00:06:52,550 --> 00:06:50,150

inspired about and there's a lot of

147

00:06:54,800 --> 00:06:52,560

cultural change that needs to go around

148

00:06:56,180 --> 00:06:54,810

this but the scientific angle and that's

149

00:06:58,640 --> 00:06:56,190

what I always thought was terrific about

150

00:07:01,010 --> 00:06:58,650

this research is as you know there's

151

00:07:03,080 --> 00:07:01,020

been this ongoing debate well you it's

152

00:07:05,120 --> 00:07:03,090

it's not scientific they're just these

153

00:07:08,060 --> 00:07:05,130

anecdotal accounts and besides you could

154

00:07:09,860 --> 00:07:08,070

never study this scientifically and I

155

00:07:12,970 --> 00:07:09,870

always like to point people to your

156

00:07:16,730 --> 00:07:12,980

research and I say no here's really a

157

00:07:17,950 --> 00:07:16,740

wonderfully simple experiment that was

158

00:07:23,439 --> 00:07:17,960

done

159

00:07:25,689 --> 00:07:23,449

that one both adds incredible scientific

160

00:07:28,029 --> 00:07:25,699

evidence suggesting the reality of

161

00:07:30,339 --> 00:07:28,039

near-death experiences but also shows us

162

00:07:33,249 --> 00:07:30,349

a path how you can you can apply science

163

00:07:36,779 --> 00:07:33,259

to this can you just go over in in broad

164

00:07:39,629 --> 00:07:36,789

strokes the study that you did about

165

00:07:42,279 --> 00:07:39,639

people's recollection of their

166

00:07:44,469 --> 00:07:42,289

resuscitation and how the one control

167

00:07:47,110 --> 00:07:44,479

how the control group was set up and how

168

00:07:50,219 --> 00:07:47,120

that was basically done okay so what I

169

00:07:52,360 --> 00:07:50,229

did was over the period of five years I

170

00:07:54,850 --> 00:07:52,370

interviewed for the first year I

171

00:07:56,560 --> 00:07:54,860

interviewed every single patient who

172

00:07:59,650 --> 00:07:56,570

survived their admission to the

173

00:08:02,080 --> 00:07:59,660

intensive care unit and I wanted to make

174

00:08:03,339 --> 00:08:02,090

sure that I didn't miss any patients and

175

00:08:05,529 --> 00:08:03,349

what I found at the end of the first

176
00:08:07,540 --> 00:08:05,539
year was that I was actually spending

177
00:08:09,550 --> 00:08:07,550
longer in the hospital than I was at

178
00:08:12,850 --> 00:08:09,560
home so I couldn't sustain that for the

179
00:08:15,070 --> 00:08:12,860
following five four years though what I

180
00:08:17,230 --> 00:08:15,080
thought what I did then is I narrowed

181
00:08:19,360 --> 00:08:17,240
down that the kind of the group I was

182
00:08:21,879 --> 00:08:19,370
interviewing so I only approached

183
00:08:23,260 --> 00:08:21,889
patients who had undergone cardiac

184
00:08:26,170 --> 00:08:23,270
arrest and survived

185
00:08:29,110 --> 00:08:26,180
and although the sample was a little

186
00:08:32,199 --> 00:08:29,120
smaller than the first year what I found

187
00:08:35,409 --> 00:08:32,209
is that in 30 out of 39 patients who had

188
00:08:37,600 --> 00:08:35,419

been successfully resuscitated seven of

189

00:08:40,540 --> 00:08:37,610

them recalled a near-death experience

190

00:08:42,760 --> 00:08:40,550

and that's you know it's nearly 18

191

00:08:45,100 --> 00:08:42,770

percent of patients who survived cardiac

192

00:08:47,769 --> 00:08:45,110

arrest had this kind of experience and

193

00:08:49,990 --> 00:08:47,779

what I also did is I documented their

194

00:08:52,030 --> 00:08:50,000

blood results at the time I looked at

195

00:08:55,090 --> 00:08:52,040

the drugs that were given and I also

196

00:08:57,100 --> 00:08:55,100

interviewed the staff members who were

197

00:09:00,220 --> 00:08:57,110

looking after the patients of the nurses

198

00:09:02,170 --> 00:09:00,230

and the doctors I asked them if one of

199

00:09:04,720 --> 00:09:02,180

the page if the patients reported the

200

00:09:07,329 --> 00:09:04,730

out-of-body component I would then try

201
00:09:11,019 --> 00:09:07,339
and verify what it was they were what

202
00:09:12,760 --> 00:09:11,029
they described I would I verified that

203
00:09:15,069 --> 00:09:12,770
within the nurses and the doctors who

204
00:09:17,170 --> 00:09:15,079
were looking after them with the control

205
00:09:19,900 --> 00:09:17,180
group I had then patients who'd been

206
00:09:22,449 --> 00:09:19,910
successfully resuscitated but they

207
00:09:24,190 --> 00:09:22,459
didn't have a near-death experience so

208
00:09:26,560 --> 00:09:24,200
they didn't have the antibody component

209
00:09:28,780 --> 00:09:26,570
and I asked them if they could describe

210
00:09:30,860 --> 00:09:28,790
what they thought that we had done to

211
00:09:33,260 --> 00:09:30,870
them and

212
00:09:36,080 --> 00:09:33,270
like what do you mean I don't I was dead

213
00:09:37,550 --> 00:09:36,090

I don't remember anything right exactly

214

00:09:39,260 --> 00:09:37,560

that's right and they were saying why

215

00:09:42,760 --> 00:09:39,270

are you asking me this I have no idea

216

00:09:45,230 --> 00:09:42,770

what you did to me at all like and the

217

00:09:47,570 --> 00:09:45,240

majority of them couldn't even guess

218

00:09:50,030 --> 00:09:47,580

they couldn't make a guess as to what

219

00:09:52,730 --> 00:09:50,040

we've done and then a few of them then

220

00:09:55,130 --> 00:09:52,740

did make a guess and it was based on T V

221

00:09:57,290 --> 00:09:55,140

Hospital dramas that they've been

222

00:09:59,480 --> 00:09:57,300

watching and what I found is that there

223

00:10:01,790 --> 00:09:59,490

were errors and misconceptions in what

224

00:10:04,130 --> 00:10:01,800

they thought we had done to them and so

225

00:10:06,830 --> 00:10:04,140

some of them thought that they had been

226

00:10:08,420 --> 00:10:06,840

DC shocked with the paddles and they

227

00:10:11,780 --> 00:10:08,430

hadn't those people had just had the

228

00:10:14,030 --> 00:10:11,790

resuscitation the CPR and drugs

229

00:10:17,180 --> 00:10:14,040

administered such as adrenaline or

230

00:10:20,480 --> 00:10:17,190

noradrenaline and then some of them made

231

00:10:22,700 --> 00:10:20,490

educated guesses but the police where

232

00:10:25,220 --> 00:10:22,710

they thought that we put the paddles on

233

00:10:29,510 --> 00:10:25,230

to their body was completely erroneous

234

00:10:34,040 --> 00:10:29,520

it was wrong it was incorrect you know

235

00:10:35,300 --> 00:10:34,050

this is great stuff yeah so it just you

236

00:10:38,060 --> 00:10:35,310

know it just goes to show that the

237

00:10:40,670 --> 00:10:38,070

people who did report their near-death

238

00:10:42,890 --> 00:10:40,680

experience described their experience

239

00:10:45,590 --> 00:10:42,900

with accuracy whereas the control group

240

00:10:48,080 --> 00:10:45,600

would win accurate and they most of

241

00:10:52,100 --> 00:10:48,090

them couldn't even hazard a guess and so

242

00:10:54,230 --> 00:10:52,110

you know it just makes you think well it

243

00:10:56,240 --> 00:10:54,240

does more than make you think right I

244

00:10:59,230 --> 00:10:56,250

mean because again to me that the great

245

00:11:02,180 --> 00:10:59,240

thing about it is in this ongoing

246

00:11:04,910 --> 00:11:02,190

debate which I guess we have to talk

247

00:11:07,880 --> 00:11:04,920

about as well but in this ongoing debate

248

00:11:11,140 --> 00:11:07,890

among people who claim to have some

249

00:11:13,550 --> 00:11:11,150

scientific agenda that makes them

250

00:11:15,980 --> 00:11:13,560

diametrically opposed to this science

251
00:11:19,010 --> 00:11:15,990
which doesn't make any sense I mean I

252
00:11:20,960 --> 00:11:19,020
don't know but but the the claim has

253
00:11:23,740 --> 00:11:20,970
always been there's you can't prove it

254
00:11:26,390 --> 00:11:23,750
there's no scientific evidence of it and

255
00:11:28,820 --> 00:11:26,400
you know this what you've done and

256
00:11:31,370 --> 00:11:28,830
continue to do directly flies in the

257
00:11:34,370 --> 00:11:31,380
face of that but I want to return to

258
00:11:36,050 --> 00:11:34,380
really talking about the book the new

259
00:11:39,050 --> 00:11:36,060
book the transformative power of

260
00:11:42,470 --> 00:11:39,060
near-death experiences because in the

261
00:11:46,069 --> 00:11:42,480
conclusion to that book you write

262
00:11:49,870 --> 00:11:46,079
that your main purpose was to further

263
00:11:53,120 --> 00:11:49,880

this public understanding of and

264

00:11:54,560 --> 00:11:53,130

awareness of the near-death experience

265

00:11:58,730 --> 00:11:54,570

and I guess my first thought was like

266

00:12:02,030 --> 00:11:58,740

wow are we still there were still you

267

00:12:04,910 --> 00:12:02,040

know and these are real kind of thing

268

00:12:08,030 --> 00:12:04,920

haven't we got past that but then I

269

00:12:12,829 --> 00:12:08,040

guess you know the more I read and in

270

00:12:16,430 --> 00:12:12,839

particular you're kind of fiery pushback

271

00:12:20,449 --> 00:12:16,440

against the medical community and some

272

00:12:22,370 --> 00:12:20,459

of the problems that it has in really

273

00:12:25,400 --> 00:12:22,380

wrapping itself around some of these

274

00:12:29,689 --> 00:12:25,410

ideas I was like yeah I mean that's work

275

00:12:32,780 --> 00:12:29,699

that does continue to go on do you want

276

00:12:34,579 --> 00:12:32,790

to speak to that a little bit yeah now

277

00:12:37,430 --> 00:12:34,589

one of the things that I find is that

278

00:12:39,800 --> 00:12:37,440

you know still people are not educated

279

00:12:42,019 --> 00:12:39,810

about near-death experiences and what

280

00:12:44,060 --> 00:12:42,029

they are so you know when someone has a

281

00:12:46,579 --> 00:12:44,070

near-death experience they wake up in

282

00:12:48,530 --> 00:12:46,589

the intensive care unit and they're like

283

00:12:50,360 --> 00:12:48,540

well what's just happening to me and

284

00:12:53,870 --> 00:12:50,370

very often they're afraid to talk about

285

00:12:56,449 --> 00:12:53,880

it or they're afraid to share it I think

286

00:12:58,460 --> 00:12:56,459

what would be really really important is

287

00:13:01,220 --> 00:12:58,470

that if nurses and doctors are trained

288

00:13:04,970 --> 00:13:01,230

to recognize if a patient has an

289

00:13:06,620 --> 00:13:04,980

experience or to gently say to them when

290

00:13:09,170 --> 00:13:06,630

you are unconscious you might have had

291

00:13:11,629 --> 00:13:09,180

something unusual happening and so it

292

00:13:13,879 --> 00:13:11,639

leads then it gives them that option to

293

00:13:16,309 --> 00:13:13,889

discuss what they've experienced as well

294

00:13:18,980 --> 00:13:16,319

because a lot of people have this

295

00:13:21,079 --> 00:13:18,990

psychological turmoil if they're unable

296

00:13:23,449 --> 00:13:21,089

to understand their experience or

297

00:13:26,780 --> 00:13:23,459

integrate it into their life so it's

298

00:13:28,910 --> 00:13:26,790

crucial that on their recovery or when

299

00:13:31,189 --> 00:13:28,920

they regain consciousness that there is

300

00:13:34,400 --> 00:13:31,199

that supportive environment in which

301
00:13:36,680 --> 00:13:34,410
they can share their experience and try

302
00:13:38,449 --> 00:13:36,690
to make sense of it now all the nurses

303
00:13:40,250 --> 00:13:38,459
or doctors have to do at that point is

304
00:13:42,470 --> 00:13:40,260
to validate that they've had an

305
00:13:44,960 --> 00:13:42,480
experience that other patients have

306
00:13:46,730 --> 00:13:44,970
reported and then further down the line

307
00:13:48,430 --> 00:13:46,740
they could report that you know you they

308
00:13:51,679 --> 00:13:48,440
could refer them to further resources

309
00:13:54,319 --> 00:13:51,689
such as online groups or you know

310
00:13:56,090 --> 00:13:54,329
internet sources or books or whatever it

311
00:13:57,830 --> 00:13:56,100
is that you help

312
00:14:01,910 --> 00:13:57,840
you know but penny all that sounds well

313
00:14:05,150 --> 00:14:01,920

and good until you really look at some

314

00:14:08,000 --> 00:14:05,160

of these experiences and what it does in

315

00:14:12,050 --> 00:14:08,010

this book I in one of the early chapters

316

00:14:15,170 --> 00:14:12,060

your co-author Kelly tells very openly

317

00:14:19,010 --> 00:14:15,180

about her near-death experience but she

318

00:14:21,380 --> 00:14:19,020

also tells about this spiritual

319

00:14:23,660 --> 00:14:21,390

transformation that she undergoes in the

320

00:14:26,180 --> 00:14:23,670

hospital and for those you know you

321

00:14:29,360 --> 00:14:26,190

haven't read it she wakes up and she is

322

00:14:33,620 --> 00:14:29,370

singing singing these Christian kind of

323

00:14:38,060 --> 00:14:33,630

things that I mean it would be almost

324

00:14:40,580 --> 00:14:38,070

impossible to accept or expect a medical

325

00:14:42,080 --> 00:14:40,590

staff to embrace them the way that she

326

00:14:44,510 --> 00:14:42,090

did the way that she was I mean they

327

00:14:47,480 --> 00:14:44,520

were very accepting but I mean wow I

328

00:14:49,430 --> 00:14:47,490

mean that's almost too much to ask and

329

00:14:52,940 --> 00:14:49,440

they did sedate her a little bit which

330

00:14:55,670 --> 00:14:52,950

you can understand why so it's tricky

331

00:14:57,020 --> 00:14:55,680

isn't it because it's really easy to say

332

00:14:58,760 --> 00:14:57,030

oh you know the medical staff should be

333

00:15:01,190 --> 00:14:58,770

supportive and shouldn't be completely

334

00:15:04,520 --> 00:15:01,200

you know ready to send someone to the

335

00:15:06,800 --> 00:15:04,530

loony bin when they say they saw God but

336

00:15:10,250 --> 00:15:06,810

on the other hand some of these

337

00:15:13,010 --> 00:15:10,260

experiences that people have are really

338

00:15:14,900 --> 00:15:13,020

really strange yeah they are you know

339

00:15:17,360 --> 00:15:14,910

like Kelly's and she said you know she

340

00:15:18,829 --> 00:15:17,370

was trying to escape the ward she was

341

00:15:20,600 --> 00:15:18,839

naked she was trying to get off the ward

342

00:15:22,100 --> 00:15:20,610

she felt like she that was it there was

343

00:15:23,720 --> 00:15:22,110

nothing wrong with that now she was fine

344

00:15:27,079 --> 00:15:23,730

and she was saying that she's been

345

00:15:29,210 --> 00:15:27,089

talking to God and the angels and you

346

00:15:30,770 --> 00:15:29,220

know for someone who has absolutely no

347

00:15:33,920 --> 00:15:30,780

knowledge of these spiritually

348

00:15:37,340 --> 00:15:33,930

transformative experiences that can make

349

00:15:39,770 --> 00:15:37,350

them appear as if they are mentally

350

00:15:41,870 --> 00:15:39,780

unstable so I think it's important that

351

00:15:44,420 --> 00:15:41,880

health care workers are trained to

352

00:15:47,329 --> 00:15:44,430

recognize the possibility that these

353

00:15:49,820 --> 00:15:47,339

experiences can that these patients can

354

00:15:52,160 --> 00:15:49,830

be in the beginning or the acute phase

355

00:15:54,860 --> 00:15:52,170

of a spiritually transformative

356

00:15:57,020 --> 00:15:54,870

experience so that then further down the

357

00:15:58,880 --> 00:15:57,030

line there is more support that can be

358

00:16:03,140 --> 00:15:58,890

put into place for these patients as

359

00:16:04,610 --> 00:16:03,150

well I think it's so important you know

360

00:16:08,540 --> 00:16:04,620

one of the things I wanted to talk about

361

00:16:09,070 --> 00:16:08,550

and it's kind of a touchy subject but I

362

00:16:13,000 --> 00:16:09,080

think

363

00:16:15,370 --> 00:16:13,010

you're the perfect person to really kind

364

00:16:19,890 --> 00:16:15,380

of put some of this out there and really

365

00:16:21,280 --> 00:16:19,900

Mull it over this book is extremely

366

00:16:23,560 --> 00:16:21,290

positive

367

00:16:25,930 --> 00:16:23,570

it's about positivity Kelley is all

368

00:16:29,350 --> 00:16:25,940

about that's her brand is positivity and

369

00:16:32,920 --> 00:16:29,360

it's about light and love and that the

370

00:16:36,100 --> 00:16:32,930

NDE experience transforms our fear of

371

00:16:39,880 --> 00:16:36,110

death and and helps us overcome grief

372

00:16:41,710 --> 00:16:39,890

two important scientific findings we

373

00:16:42,940 --> 00:16:41,720

have from a psychological perspective we

374

00:16:44,350 --> 00:16:42,950

know those two things that those things

375

00:16:47,080 --> 00:16:44,360

are very important when you consider

376

00:16:49,660 --> 00:16:47,090

everything we do to treat people who

377

00:16:51,120 --> 00:16:49,670

have a fear of death there or experience

378

00:16:53,920 --> 00:16:51,130

grief and we have all sorts of

379

00:16:55,870 --> 00:16:53,930

medications and other things lined up

380

00:16:57,310 --> 00:16:55,880

for those people and yet you know here's

381

00:16:59,770 --> 00:16:57,320

something that has an amazing

382

00:17:02,950 --> 00:16:59,780

transformative power but my real point

383

00:17:06,579 --> 00:17:02,960

was the light and love and positivity

384

00:17:09,220 --> 00:17:06,589

thing because I'm one hand I'm all about

385

00:17:13,150 --> 00:17:09,230

that and I'm all about you know one of

386

00:17:16,030 --> 00:17:13,160

my best teachers all along said you know

387

00:17:20,170 --> 00:17:16,040

the secret to the ascent is to always

388

00:17:23,740 --> 00:17:20,180

look up and to and I think that also I

389

00:17:25,420 --> 00:17:23,750

don't only believe that from my personal

390

00:17:28,480 --> 00:17:25,430

experience and from what I've learned

391

00:17:31,330 --> 00:17:28,490

but the data leads us there to it leads

392

00:17:34,770 --> 00:17:31,340

us towards light and love being the

393

00:17:38,890 --> 00:17:34,780

overwhelming experience that people have

394

00:17:41,880 --> 00:17:38,900

but it's all but coming here it's not

395

00:17:44,980 --> 00:17:41,890

all light and love some people have very

396

00:17:48,300 --> 00:17:44,990

dark experiences some people are broken

397

00:17:50,470 --> 00:17:48,310

from near-death experiences in a way

398

00:17:53,680 --> 00:17:50,480

certainly some people have a lot of

399

00:17:55,960 --> 00:17:53,690

trouble integrating back in to their

400

00:17:58,360 --> 00:17:55,970

life with their near this experience and

401
00:18:00,610 --> 00:17:58,370
then we have the whole other aspect of

402
00:18:04,030 --> 00:18:00,620
it which is as we're just talking about

403
00:18:06,070 --> 00:18:04,040
we have a medical community that they

404
00:18:08,530 --> 00:18:06,080
don't seem to be they have an ulterior

405
00:18:11,230 --> 00:18:08,540
motive in the light and love thing as

406
00:18:12,490 --> 00:18:11,240
well so there's a lot to pull apart

407
00:18:14,340 --> 00:18:12,500
there and I want to spend some time

408
00:18:17,340 --> 00:18:14,350
doing it

409
00:18:20,220 --> 00:18:17,350
let's just start though with your

410
00:18:25,499 --> 00:18:20,230
general thoughts on the light and love

411
00:18:26,730 --> 00:18:25,509
and positivity versus not so much well

412
00:18:29,430 --> 00:18:26,740
with the light - nerve and the

413
00:18:32,009 --> 00:18:29,440

positivity that seems to be when people

414

00:18:33,659 --> 00:18:32,019

are able to really integrate their

415

00:18:35,639 --> 00:18:33,669

experience and they have that good

416

00:18:37,289 --> 00:18:35,649

support to do it now this isn't

417

00:18:40,409 --> 00:18:37,299

something that happens overnight either

418

00:18:43,139 --> 00:18:40,419

this is it's a process so it can take

419

00:18:44,999 --> 00:18:43,149

months it can take years in many cases

420

00:18:47,299 --> 00:18:45,009

you know I've got people who have

421

00:18:49,919 --> 00:18:47,309

contacted me and they'll ask for

422

00:18:51,779 --> 00:18:49,929

questions and help with understand in

423

00:18:53,399 --> 00:18:51,789

their experience and they'll come back

424

00:18:55,049 --> 00:18:53,409

to me a few years later and ask more

425

00:18:57,210 --> 00:18:55,059

questions and you know there's one

426

00:18:59,279 --> 00:18:57,220

person who I being in touch with in 10

427

00:19:01,019 --> 00:18:59,289

years we've been off and on emailing and

428

00:19:02,940 --> 00:19:01,029

finally she feels that she's in the

429

00:19:05,580 --> 00:19:02,950

place where she really gets it and she's

430

00:19:08,220 --> 00:19:05,590

fully integrated it and fully understand

431

00:19:10,350 --> 00:19:08,230

it understanding of what's happened to

432

00:19:12,240 --> 00:19:10,360

her but you know it's not an easy thing

433

00:19:14,490 --> 00:19:12,250

to process because there's a lot of

434

00:19:16,889 --> 00:19:14,500

adjustments that come after a near-death

435

00:19:19,049 --> 00:19:16,899

experience it's a it's a total change in

436

00:19:20,789 --> 00:19:19,059

the person's values so everything

437

00:19:23,490 --> 00:19:20,799

changes their ethics change you know

438

00:19:25,499 --> 00:19:23,500

their morals change and sometimes you

439

00:19:27,600 --> 00:19:25,509

know they they haven't they change their

440

00:19:29,460 --> 00:19:27,610

job because they're no longer aligned

441

00:19:31,710 --> 00:19:29,470

with what they were doing in their

442

00:19:33,990 --> 00:19:31,720

previous job they feel like it's all

443

00:19:36,060 --> 00:19:34,000

it's not right and and so they leave

444

00:19:38,610 --> 00:19:36,070

their job you know and there's all that

445

00:19:40,440 --> 00:19:38,620

angst that goes with it there's a high

446

00:19:43,830 --> 00:19:40,450

divorce rate as well you know a lot of

447

00:19:46,049 --> 00:19:43,840

people no longer recognize their spouses

448

00:19:47,759 --> 00:19:46,059

because they've changed that much and so

449

00:19:51,299 --> 00:19:47,769

it can lead to that division between

450

00:19:53,460 --> 00:19:51,309

them as well and so the integration of

451

00:19:56,190 --> 00:19:53,470

the experience is crucial and I think

452

00:19:57,600 --> 00:19:56,200

that's where medical personnel come in

453

00:20:00,210 --> 00:19:57,610

because they can really help with that

454

00:20:03,389 --> 00:20:00,220

if they were trained in how to deal with

455

00:20:07,080 --> 00:20:03,399

near-death experiences but then you've

456

00:20:10,169 --> 00:20:07,090

also got the really scary distress in

457

00:20:12,840 --> 00:20:10,179

near-death experiences which is so much

458

00:20:14,999 --> 00:20:12,850

more difficult to to research because no

459

00:20:16,409 --> 00:20:15,009

one wants to talk about them you know

460

00:20:19,019 --> 00:20:16,419

there's not many researchers want to

461

00:20:21,869 --> 00:20:19,029

talk about them either and I had a few

462

00:20:24,450 --> 00:20:21,879

of the distressing cases in my Hospital

463

00:20:27,060 --> 00:20:24,460

research as well and I can remember

464

00:20:27,590 --> 00:20:27,070

talking to this one lady she's had a

465

00:20:29,960 --> 00:20:27,600

card

466

00:20:33,080 --> 00:20:29,970

arrest and when I was interviewing there

467

00:20:34,640 --> 00:20:33,090

on the ward she started she's told me

468

00:20:37,460 --> 00:20:34,650

about the beginning of the experience

469

00:20:39,080 --> 00:20:37,470

and then she said oh it was like then I

470

00:20:42,350 --> 00:20:39,090

started looking I could see the flames

471

00:20:45,260 --> 00:20:42,360

rising and I I was looking into hell I

472

00:20:47,510 --> 00:20:45,270

could feel the flames of hell and then

473

00:20:49,940 --> 00:20:47,520

she started to cry and she really really

474

00:20:51,680 --> 00:20:49,950

became distressed and it was to the

475

00:20:54,919 --> 00:20:51,690

point where I had to terminate that him

476
00:20:56,630 --> 00:20:54,929
to be with her and she was begging me

477
00:20:58,340 --> 00:20:56,640
afterward she said please tell me that's

478
00:21:00,440 --> 00:20:58,350
not going to happen when they died and

479
00:21:02,960 --> 00:21:00,450
what the only thing I could say is that

480
00:21:05,330 --> 00:21:02,970
some of these experiences start off in a

481
00:21:07,250 --> 00:21:05,340
very distressing way but then sometimes

482
00:21:09,710 --> 00:21:07,260
they can change into that pleasant

483
00:21:11,570 --> 00:21:09,720
experience as well and that was the only

484
00:21:13,669 --> 00:21:11,580
thing I could say at the time to really

485
00:21:16,310 --> 00:21:13,679
kind of help her and it didn't help

486
00:21:19,580 --> 00:21:16,320
really I went back to see the lady about

487
00:21:21,740 --> 00:21:19,590
two days later and she said I just

488
00:21:24,620 --> 00:21:21,750

really can't talk about it anymore it's

489

00:21:24,980 --> 00:21:24,630

too distressing for me and so I left it

490

00:21:27,080 --> 00:21:24,990

at that

491

00:21:28,820 --> 00:21:27,090

and then when I followed her up a few

492

00:21:31,850 --> 00:21:28,830

months later she'd actually died as well

493

00:21:34,370 --> 00:21:31,860

and you know one thing I remember is

494

00:21:37,220 --> 00:21:34,380

when I was a student nurse and at the

495

00:21:39,799 --> 00:21:37,230

time we had no idea about how to treat

496

00:21:43,279 --> 00:21:39,809

this particular lady because she was

497

00:21:45,590 --> 00:21:43,289

terrified of dying and I can remember we

498

00:21:48,590 --> 00:21:45,600

every time we used to pass her bedside

499

00:21:51,380 --> 00:21:48,600

she would try and grab on to us and hold

500

00:21:53,990 --> 00:21:51,390

us and her nails would dig into our

501
00:21:56,980 --> 00:21:54,000
flesh and she'd say please don't let me

502
00:22:00,500 --> 00:21:56,990
die like that before and it's not nice

503
00:22:03,260 --> 00:22:00,510
we didn't understand that so we chatted

504
00:22:05,060 --> 00:22:03,270
with her family and the family said well

505
00:22:07,460 --> 00:22:05,070
you know about five years ago she did

506
00:22:10,010 --> 00:22:07,470
have a cardiac arrest but we don't know

507
00:22:12,110 --> 00:22:10,020
anything more now on reflection and

508
00:22:14,810 --> 00:22:12,120
having that had the benefit of doing

509
00:22:17,390 --> 00:22:14,820
this research I think it's possible that

510
00:22:19,190 --> 00:22:17,400
that lady had how to de-stress in the a

511
00:22:22,370 --> 00:22:19,200
deaf experience at the time that she'd

512
00:22:25,039 --> 00:22:22,380
had that cardiac arrest and so she was

513
00:22:26,390 --> 00:22:25,049

really quite terrified as well but of

514

00:22:28,610 --> 00:22:26,400

course there's a lot of stigma and

515

00:22:30,529 --> 00:22:28,620

involved with the distressing kind of

516

00:22:33,200 --> 00:22:30,539

experiences because a lot of people feel

517

00:22:35,840 --> 00:22:33,210

what have I done am ia bad person that I

518

00:22:37,970 --> 00:22:35,850

had this distress and experience you

519

00:22:39,680 --> 00:22:37,980

know and it's not that at all you know

520

00:22:41,630 --> 00:22:39,690

even people have really good moral

521

00:22:43,720 --> 00:22:41,640

character they can still have

522

00:22:45,770 --> 00:22:43,730

an unpleasant and distressing experience

523

00:22:47,630 --> 00:22:45,780

but don't we have to be careful there

524

00:22:51,110 --> 00:22:47,640

because we can't say we can't say either

525

00:22:55,039 --> 00:22:51,120

way I mean that's really the point is we

526

00:22:58,850 --> 00:22:55,049

don't know and and I also think that it

527

00:23:03,260 --> 00:22:58,860

also speaks to the idiosyncratic nature

528

00:23:06,710 --> 00:23:03,270

of these experiences in these accounts

529

00:23:08,870 --> 00:23:06,720

and one of the things I always find

530

00:23:11,930 --> 00:23:08,880

difficult in talking about this with

531

00:23:14,570 --> 00:23:11,940

folks is that both are true they're

532

00:23:17,419 --> 00:23:14,580

highly idiosyncratic so they're just

533

00:23:19,580 --> 00:23:17,429

seemed to be tailored for you for

534

00:23:21,289 --> 00:23:19,590

something that you need but we can't say

535

00:23:24,140 --> 00:23:21,299

that scientifically all's we can say is

536

00:23:27,350 --> 00:23:24,150

that seems to be it but when we flip

537

00:23:30,350 --> 00:23:27,360

over on the other side you know I guess

538

00:23:32,750 --> 00:23:30,360

that doesn't mean we can't say some

539

00:23:34,789 --> 00:23:32,760

things with a certain degree of

540

00:23:37,340 --> 00:23:34,799

certainty you know I really always

541

00:23:39,710 --> 00:23:37,350

appreciate the work that dr. Jeff Long

542

00:23:41,600 --> 00:23:39,720

has done in compiling a lot of these

543

00:23:43,850 --> 00:23:41,610

accounts and statistically looking at

544

00:23:46,789 --> 00:23:43,860

them and you know back to the light and

545

00:23:50,360 --> 00:23:46,799

love thing overwhelmingly it is about

546

00:23:53,750 --> 00:23:50,370

light in love overwhelmingly it is about

547

00:23:56,720 --> 00:23:53,760

people experiencing God for lack of a

548

00:24:00,169 --> 00:23:56,730

better word spirit and light and III

549

00:24:03,380 --> 00:24:00,179

guess I'm torn between kind of playing

550

00:24:04,970 --> 00:24:03,390

at both sides I can jump over and argue

551

00:24:07,070 --> 00:24:04,980

either side and say hey you know it's

552

00:24:09,289 --> 00:24:07,080

not all light love remember that person

553

00:24:13,250 --> 00:24:09,299

that saw hell and then I can jump over

554

00:24:14,900 --> 00:24:13,260

on the other side and say yeah but 80 90

555

00:24:16,810 --> 00:24:14,910

percent of the time it really is about

556

00:24:19,789 --> 00:24:16,820

light and love it really is about this

557

00:24:22,700 --> 00:24:19,799

transformative powerful experience that

558

00:24:25,370 --> 00:24:22,710

tells us that the deepest questions we

559

00:24:29,289 --> 00:24:25,380

have about who we are and why we're here

560

00:24:32,630 --> 00:24:29,299

are answered in a very deeply positive

561

00:24:37,250 --> 00:24:32,640

spiritual way so you want to speak to

562

00:24:39,919 --> 00:24:37,260

that to how we deal with both aspects of

563

00:24:41,770 --> 00:24:39,929

that well that's it with a positive and

564

00:24:43,909 --> 00:24:41,780

because there is that such a

565

00:24:44,870 --> 00:24:43,919

transformation in the way that they are

566

00:24:47,030 --> 00:24:44,880

afterwards

567

00:24:49,070 --> 00:24:47,040

all of a sudden their life isn't just

568

00:24:51,590 --> 00:24:49,080

about them at the center of their own

569

00:24:54,290 --> 00:24:51,600

little world they see themselves as part

570

00:24:55,610 --> 00:24:54,300

of this great interconnected whole and

571

00:24:58,490 --> 00:24:55,620

so it's about B

572

00:25:01,880 --> 00:24:58,500

of service to others and doing good for

573

00:25:03,770 --> 00:25:01,890

others as well and so the benefits of it

574

00:25:05,960 --> 00:25:03,780

as well can be far-reaching so it's not

575

00:25:08,150 --> 00:25:05,970

just about their own personal gain it's

576
00:25:09,770 --> 00:25:08,160
about how they can help others but not

577
00:25:11,270 --> 00:25:09,780
only just people around them as well

578
00:25:13,640 --> 00:25:11,280
they have a greater concern for the

579
00:25:16,580 --> 00:25:13,650
planet and they can take a step back and

580
00:25:19,850 --> 00:25:16,590
look at how human behavior is affecting

581
00:25:21,560 --> 00:25:19,860
our lovely planet that we live on and so

582
00:25:24,260 --> 00:25:21,570
they see things are from a totally

583
00:25:25,670 --> 00:25:24,270
different perspective as well and you

584
00:25:27,500 --> 00:25:25,680
know that is something again that is

585
00:25:30,650 --> 00:25:27,510
potentially measurable because there was

586
00:25:32,570 --> 00:25:30,660
that study done in 1998 by growth

587
00:25:36,440 --> 00:25:32,580
monitor and summers who looked at

588
00:25:39,650 --> 00:25:36,450

patients who would survived a near-death

589

00:25:41,120 --> 00:25:39,660

episode you know and so some people that

590

00:25:43,880 --> 00:25:41,130

they compared the group who'd had a

591

00:25:45,650 --> 00:25:43,890

near-death experience with people who

592

00:25:47,930 --> 00:25:45,660

had survived death but didn't have a

593

00:25:50,090 --> 00:25:47,940

near-death experience and they found

594

00:25:53,030 --> 00:25:50,100

that you know their conclusions were

595

00:25:55,549 --> 00:25:53,040

that it was there were marked changes in

596

00:25:56,650 --> 00:25:55,559

both groups but even more so within the

597

00:25:59,840 --> 00:25:56,660

group that had had the near-death

598

00:26:02,270 --> 00:25:59,850

experiences and they concluded that it

599

00:26:05,030 --> 00:26:02,280

was the near-death experiences itself

600

00:26:09,169 --> 00:26:05,040

that I didn't to instigated those great

601
00:26:10,760 --> 00:26:09,179
changes you know and and the examples of

602
00:26:13,160 --> 00:26:10,770
people in the book of what they're doing

603
00:26:15,820 --> 00:26:13,170
now you know you look at Kelly my

604
00:26:18,049 --> 00:26:15,830
co-author and she has such wonderful

605
00:26:20,120 --> 00:26:18,059
ideas you know for this animated

606
00:26:22,850 --> 00:26:20,130
character a cartoon character of

607
00:26:24,799 --> 00:26:22,860
positivity princess and and all the

608
00:26:26,720 --> 00:26:24,809
merchandize and things like that and

609
00:26:29,270 --> 00:26:26,730
what she's doing instead of making

610
00:26:32,000 --> 00:26:29,280
millions for herself which is that great

611
00:26:35,660 --> 00:26:32,010
potential what she wants to do is to

612
00:26:38,090 --> 00:26:35,670
turn her ideas into making money to help

613
00:26:39,919 --> 00:26:38,100

other people and that's you know that I

614

00:26:42,380 --> 00:26:39,929

think that is just amazing it's not

615

00:26:44,660 --> 00:26:42,390

about who it's about how we can

616

00:26:48,350 --> 00:26:44,670

integrate and help on a global scale as

617

00:26:49,820 --> 00:26:48,360

well and you know it's not just Kelly

618

00:26:51,919 --> 00:26:49,830

there's other examples of what people

619

00:26:55,160 --> 00:26:51,929

have done as a result of their

620

00:26:59,419 --> 00:26:55,170

experience like Kim Gigi for example in

621

00:27:01,220 --> 00:26:59,429

Chapter two she struggled for well good

622

00:27:03,620 --> 00:27:01,230

few years trying to come to terms with

623

00:27:06,770 --> 00:27:03,630

her near-death experience and she

624

00:27:08,820 --> 00:27:06,780

recognized that need for support now in

625

00:27:11,670 --> 00:27:08,830

America you do have

626

00:27:14,220 --> 00:27:11,680

i an't the International Association of

627

00:27:16,800 --> 00:27:14,230

near-death studies but in the UK we

628

00:27:19,320 --> 00:27:16,810

don't have that you know many years ago

629

00:27:22,170 --> 00:27:19,330

there was at a support group but that's

630

00:27:26,700 --> 00:27:22,180

not been running for many years and so

631

00:27:29,250 --> 00:27:26,710

Gigi now has set up n de UK and that's

632

00:27:31,470 --> 00:27:29,260

beginning to grow and that's what she's

633

00:27:33,540 --> 00:27:31,480

hoping now we can do is to grow that and

634

00:27:35,730 --> 00:27:33,550

it could be a hub where people can meet

635

00:27:38,580 --> 00:27:35,740

her but also where therapists who

636

00:27:40,590 --> 00:27:38,590

specialize in near-death experiences can

637

00:27:42,930 --> 00:27:40,600

be available so that people can be

638

00:27:47,010 --> 00:27:42,940

directed to go through the health and

639

00:27:49,920 --> 00:27:47,020

support let me bring up a couple of

640

00:27:52,500 --> 00:27:49,930

other issues that have come up for me

641

00:27:54,600 --> 00:27:52,510

over the years of covering the kind of

642

00:27:56,490 --> 00:27:54,610

near-death experience research that

643

00:27:58,610 --> 00:27:56,500

you've really been right at the center

644

00:28:01,980 --> 00:27:58,620

in for years and years which is is

645

00:28:05,130 --> 00:28:01,990

tremendous because when you do talk

646

00:28:07,140 --> 00:28:05,140

about this very inspirational book that

647

00:28:09,810 --> 00:28:07,150

you know by the way I don't think I'd

648

00:28:11,310 --> 00:28:09,820

encourage anyone just go to Amazon and

649

00:28:13,530 --> 00:28:11,320

just start reading it you know you can

650

00:28:16,860 --> 00:28:13,540

freely look inside and look at it you

651
00:28:19,230 --> 00:28:16,870
won't be able to stop I mean that is the

652
00:28:22,650 --> 00:28:19,240
awesome thing with these near-death

653
00:28:24,660 --> 00:28:22,660
experience accounts we can tell you that

654
00:28:26,640 --> 00:28:24,670
they're transformative and that they're

655
00:28:29,250 --> 00:28:26,650
positive and that they're live and love

656
00:28:31,140 --> 00:28:29,260
and they make you feel hopeful and

657
00:28:34,710 --> 00:28:31,150
better and all those things but you just

658
00:28:40,380 --> 00:28:34,720
have to go read them to get a flavor for

659
00:28:42,510 --> 00:28:40,390
it now having said that I've done you

660
00:28:45,450 --> 00:28:42,520
know what comes to mind is a couple of

661
00:28:48,980 --> 00:28:45,460
shows that I did with folks who had a

662
00:28:52,020 --> 00:28:48,990
very intense near-death experience

663
00:28:53,850 --> 00:28:52,030

connected to Jesus and that was

664

00:28:56,190 --> 00:28:53,860

spiritually transformative at a very

665

00:28:58,980 --> 00:28:56,200

Christian way and then of course they

666

00:29:00,570 --> 00:28:58,990

took it in a very dogmatic way houses

667

00:29:02,910 --> 00:29:00,580

one guy from Australia thank God he's

668

00:29:04,890 --> 00:29:02,920

from Australia he's not from the US the

669

00:29:06,570 --> 00:29:04,900

US Christian thing on him but you know

670

00:29:08,160 --> 00:29:06,580

he runs around all these churches around

671

00:29:09,750 --> 00:29:08,170

the world and then all these other

672

00:29:12,840 --> 00:29:09,760

people have Christian your death

673

00:29:14,960 --> 00:29:12,850

experiences and he is very keen and very

674

00:29:19,290 --> 00:29:14,970

aggressive with the idea that this

675

00:29:22,170 --> 00:29:19,300

experience is fundamentally a Christian

676

00:29:22,620 --> 00:29:22,180

experience and it supports the primacy

677

00:29:26,550 --> 00:29:22,630

of

678

00:29:28,320 --> 00:29:26,560

Christianity and my pushback was that's

679

00:29:29,760 --> 00:29:28,330

just not what the data says you know so

680

00:29:32,720 --> 00:29:29,770

you can go out there and blab that all

681

00:29:37,320 --> 00:29:32,730

you want but this is where we do need

682

00:29:39,390 --> 00:29:37,330

science to interface with spirituality

683

00:29:41,310 --> 00:29:39,400

because I'm not saying hey maybe he's

684

00:29:43,770 --> 00:29:41,320

right you know and and maybe Jesus is

685

00:29:46,380 --> 00:29:43,780

gonna point his shake his finger at me

686

00:29:49,980 --> 00:29:46,390

when I get up there but I look at the

687

00:29:52,200 --> 00:29:49,990

data the evidence overwhelmingly it says

688

00:29:56,160 --> 00:29:52,210

that this is this cannot be pigeonholed

689

00:29:57,540 --> 00:29:56,170

into a specific religious experience but

690

00:29:59,220 --> 00:29:57,550

again back to the negative here's

691

00:30:00,720 --> 00:29:59,230

somebody who's very much doing that has

692

00:30:03,540 --> 00:30:00,730

a lot of support for it from a lot of

693

00:30:05,160 --> 00:30:03,550

people so a couple issues there to talk

694

00:30:09,660 --> 00:30:05,170

about go wherever you want to grab it

695

00:30:11,790 --> 00:30:09,670

yes they occur in every different

696

00:30:13,770 --> 00:30:11,800

culture you know and they're they're

697

00:30:17,580 --> 00:30:13,780

interpreted according to the culture of

698

00:30:20,580 --> 00:30:17,590

that person and so they can you know for

699

00:30:22,890 --> 00:30:20,590

example in India the cultural kind of

700

00:30:24,960 --> 00:30:22,900

experience is meeting up with their

701

00:30:26,940 --> 00:30:24,970

young suits or yamatoots which are

702

00:30:29,580 --> 00:30:26,950

messengers of Yama the god of the dead

703

00:30:32,850 --> 00:30:29,590

and instead of the life review they kind

704

00:30:33,480 --> 00:30:32,860

of have that they meet up with

705

00:30:36,240 --> 00:30:33,490

chitragupt

706

00:30:38,910 --> 00:30:36,250

the man with the book of Deeds and so he

707

00:30:40,860 --> 00:30:38,920

looks in the book to see what they've

708

00:30:43,200 --> 00:30:40,870

kind of done with their life as well and

709

00:30:45,750 --> 00:30:43,210

that is very similar to the life review

710

00:30:47,610 --> 00:30:45,760

so I think people can interpret it

711

00:30:50,580 --> 00:30:47,620

according to their experience so it's

712

00:30:53,550 --> 00:30:50,590

almost as if they they're tapping into

713

00:30:55,620 --> 00:30:53,560

the collective unconscious and they're

714

00:30:59,190 --> 00:30:55,630

at interpreting the experience through

715

00:31:00,810 --> 00:30:59,200

their own cultural filter if you like so

716

00:31:03,000 --> 00:31:00,820

the you know the gal you were talking

717

00:31:04,500 --> 00:31:03,010

about the Australian guy he's kind of

718

00:31:07,110 --> 00:31:04,510

been brought up in a Christian tradition

719

00:31:09,390 --> 00:31:07,120

he's interpreted it in that way as well

720

00:31:11,730 --> 00:31:09,400

but he would say no penny I mean yeah

721

00:31:14,610 --> 00:31:11,740

he's heard all that and he says no you

722

00:31:17,820 --> 00:31:14,620

don't get it it is about it is about

723

00:31:20,880 --> 00:31:17,830

Jesus and I spoke with Jesus and I asked

724

00:31:24,510 --> 00:31:20,890

Jesus about that and Jesus said no it's

725

00:31:26,490 --> 00:31:24,520

this so you in here is I think the

726

00:31:28,710 --> 00:31:26,500

problem in the interface with science in

727

00:31:30,930 --> 00:31:28,720

that you know people like you real

728

00:31:34,290 --> 00:31:30,940

scientists you've looked at that we've

729

00:31:36,080 --> 00:31:34,300

kept you just on a spinning on prove it

730

00:31:38,960 --> 00:31:36,090

prove it prove it prove it prove it

731

00:31:41,750 --> 00:31:38,970

to the extent that we haven't been able

732

00:31:44,450 --> 00:31:41,760

to really look at some of these deeper

733

00:31:47,149 --> 00:31:44,460

questions but there's some real deep

734

00:31:49,430 --> 00:31:47,159

questions here in terms of you know back

735

00:31:51,049 --> 00:31:49,440

to the idiosyncratic nature of this what

736

00:31:52,820 --> 00:31:51,059

does it mean that they're so answer

737

00:31:55,880 --> 00:31:52,830

idiosyncratic what does it mean that

738

00:32:00,110 --> 00:31:55,890

this guy's experience he's not making it

739

00:32:02,120 --> 00:32:00,120

up it is it is distinctly Christian in a

740

00:32:04,700 --> 00:32:02,130

way that if I'm gonna kind of defend him

741

00:32:06,830 --> 00:32:04,710

a little bit he cannot get away from the

742

00:32:09,110 --> 00:32:06,840

fact that it is distinctly Christian it

743

00:32:12,889 --> 00:32:09,120

isn't saying it's you know it's

744

00:32:17,480 --> 00:32:12,899

Christian but it can be Hindu to know it

745

00:32:19,610 --> 00:32:17,490

was purely Christian that's a really

746

00:32:21,289 --> 00:32:19,620

really good point because how do we get

747

00:32:23,899 --> 00:32:21,299

to the bottom of those things as well

748

00:32:26,750 --> 00:32:23,909

then you know because we've kind of by

749

00:32:28,549 --> 00:32:26,760

focusing on just the scientific we're

750

00:32:30,139 --> 00:32:28,559

not looking at questions like that

751

00:32:32,060 --> 00:32:30,149

either you know so I think that is

752

00:32:34,430 --> 00:32:32,070

definitely something that we have to get

753

00:32:37,279 --> 00:32:34,440

beyond and and to answer those important

754

00:32:39,490 --> 00:32:37,289

questions as well so would we begin to I

755

00:32:42,889 --> 00:32:39,500

mean do you have any thoughts on how we

756

00:32:45,710 --> 00:32:42,899

what would be that next level of

757

00:32:51,409 --> 00:32:45,720

research that would help us probe some

758

00:32:53,899 --> 00:32:51,419

of those questions I think maybe what

759

00:32:56,630 --> 00:32:53,909

would be great it would be to have like

760

00:32:58,970 --> 00:32:56,640

a universal group of researchers from

761

00:33:01,610 --> 00:32:58,980

all different cultures I think that

762

00:33:04,370 --> 00:33:01,620

would be so powerful if we got people

763

00:33:06,230 --> 00:33:04,380

from all different cultures to all get

764

00:33:08,659 --> 00:33:06,240

together and pool their kind of

765

00:33:10,279 --> 00:33:08,669

resources and and to share their

766

00:33:12,470 --> 00:33:10,289

thoughts amongst it as well get some

767

00:33:14,450 --> 00:33:12,480

sort of real kind of working group

768

00:33:16,909 --> 00:33:14,460

together rather than people doing it in

769

00:33:20,029 --> 00:33:16,919

isolation as well it's working together

770

00:33:22,039 --> 00:33:20,039

in unity and then discussing the ideas

771

00:33:26,149 --> 00:33:22,049

as well not just within that group but

772

00:33:30,730 --> 00:33:26,159

also very publicly as well you know

773

00:33:35,450 --> 00:33:30,740

putting a related question I think is

774

00:33:38,799 --> 00:33:35,460

you're battling against a medical

775

00:33:43,340 --> 00:33:38,809

institution that has a lot at stake in

776

00:33:45,770 --> 00:33:43,350

not giving up not giving in to what

777

00:33:48,830 --> 00:33:45,780

you're talking about I mean whether we

778

00:33:50,010 --> 00:33:48,840

like it or not the the the medical

779

00:33:52,860 --> 00:33:50,020

institution

780

00:33:55,520 --> 00:33:52,870

built this death machine and this fear

781

00:33:58,440 --> 00:33:55,530

of death that we have completely is

782

00:34:01,230 --> 00:33:58,450

integrated into it and without getting

783

00:34:04,800 --> 00:34:01,240

into who's to blame for that or whatever

784

00:34:06,270 --> 00:34:04,810

that that is the nature of the game that

785

00:34:08,639 --> 00:34:06,280

it's played you know if death must be

786

00:34:11,820 --> 00:34:08,649

avoided at all costs and oh we fear

787

00:34:14,340 --> 00:34:11,830

death and oh my gosh your your mother is

788

00:34:17,790 --> 00:34:14,350

going to die you know that the hole it's

789

00:34:24,120 --> 00:34:17,800

in there all over the place but there is

790

00:34:28,110 --> 00:34:24,130

so that materialistic science I guess I

791

00:34:31,440 --> 00:34:28,120

sometimes struggle with the fact that

792

00:34:33,830 --> 00:34:31,450

there seems to be a reality to that as

793

00:34:36,750 --> 00:34:33,840

well as part of the near-death

794

00:34:37,980 --> 00:34:36,760

experience and up before I get too far

795

00:34:40,800 --> 00:34:37,990

afield because I want you to talk about

796

00:34:43,380 --> 00:34:40,810

that first part in the death culture of

797

00:34:48,620 --> 00:34:43,390

medicine but I also want you to talk

798

00:34:51,270 --> 00:34:48,630

about you know we do bump into some

799

00:34:52,590 --> 00:34:51,280

material materialistic science kind of

800

00:34:54,149 --> 00:34:52,600

thinks when we say hey we're

801
00:34:59,180 --> 00:34:54,159
resuscitating people and we're seeing

802
00:35:01,560 --> 00:34:59,190
more in de's why what why does God need

803
00:35:04,860 --> 00:35:01,570
resuscitation to who to bring forth

804
00:35:06,420 --> 00:35:04,870
ideas right I mean what why is there at

805
00:35:09,450 --> 00:35:06,430
every turn this there's this kind of

806
00:35:13,680 --> 00:35:09,460
double double take like well that does

807
00:35:17,240 --> 00:35:13,690
imply a biological trigger or component

808
00:35:22,530 --> 00:35:17,250
to it so are the the Deaf culture

809
00:35:23,940 --> 00:35:22,540
medicine people right in a way oh I

810
00:35:27,360 --> 00:35:23,950
don't know I think that was one of the

811
00:35:29,220 --> 00:35:27,370
biggest things really that was one of my

812
00:35:31,680 --> 00:35:29,230
wake-up calls because you know working

813
00:35:36,600 --> 00:35:31,690

in intensive care you do see that death

814

00:35:38,160 --> 00:35:36,610

denial totally all the time and it's you

815

00:35:40,980 --> 00:35:38,170

know that that patient I mentioned in

816

00:35:44,070 --> 00:35:40,990

the beginning it was what he knew he was

817

00:35:46,050 --> 00:35:44,080

dying he wanted me to leave him alone to

818

00:35:47,910 --> 00:35:46,060

let him die in peace and I knew that I

819

00:35:50,280 --> 00:35:47,920

had to treat him because that was my job

820

00:35:54,120 --> 00:35:50,290

to do that I had no choice and the man

821

00:35:56,310 --> 00:35:54,130

wanted to die and you know it's and then

822

00:35:57,810 --> 00:35:56,320

after that I became a little bit

823

00:36:00,900 --> 00:35:57,820

depressed after that and every time I

824

00:36:03,690 --> 00:36:00,910

went into work I would see patients who

825

00:36:06,750 --> 00:36:03,700

would die in there was no kind of long

826

00:36:09,420 --> 00:36:06,760

thing for them at all and yet we were

827

00:36:12,690 --> 00:36:09,430

still treating them with all of the

828

00:36:15,510 --> 00:36:12,700

different medications or everything in

829

00:36:18,000 --> 00:36:15,520

an attempt to stop them from dying and

830

00:36:19,710 --> 00:36:18,010

death is the most natural thing in the

831

00:36:22,020 --> 00:36:19,720

world it's going to happen to every one

832

00:36:24,870 --> 00:36:22,030

of us and we just don't think about it

833

00:36:26,910 --> 00:36:24,880

at all and I think as a society if we

834

00:36:29,130 --> 00:36:26,920

thought about our own mortality a bit

835

00:36:31,140 --> 00:36:29,140

more and thought about what death is

836

00:36:33,240 --> 00:36:31,150

then it would give us a completely

837

00:36:34,319 --> 00:36:33,250

different understanding of life because

838

00:36:37,620 --> 00:36:34,329

that's what it's done for me

839

00:36:39,870 --> 00:36:37,630

you know my research has taught me so

840

00:36:42,000 --> 00:36:39,880

much about life and in fact my research

841

00:36:43,950 --> 00:36:42,010

has really empowered me and when I

842

00:36:45,720 --> 00:36:43,960

started off on it my friends they were

843

00:36:48,210 --> 00:36:45,730

saying penny you must be so depressed

844

00:36:50,400 --> 00:36:48,220

what a depressing and morbid subject to

845

00:36:53,220 --> 00:36:50,410

talk about or in fact you know I've

846

00:36:56,099 --> 00:36:53,230

never been so empowered and felt really

847

00:36:57,599 --> 00:36:56,109

I did not happy if you like as a result

848

00:37:00,540 --> 00:36:57,609

of learning what I've learned from my

849

00:37:03,960 --> 00:37:00,550

studying of death so well I think

850

00:37:06,930 --> 00:37:03,970

removing that fear of death which

851
00:37:09,780 --> 00:37:06,940
near-death experience science does for

852
00:37:12,079 --> 00:37:09,790
so many people it and and I am careful

853
00:37:15,000 --> 00:37:12,089
in using the word science there because

854
00:37:16,950 --> 00:37:15,010
we know documented cases that the

855
00:37:21,569 --> 00:37:16,960
near-death experience that is people who

856
00:37:26,520 --> 00:37:21,579
have it have this reduction in fear of

857
00:37:28,670 --> 00:37:26,530
death but the real prize is that the

858
00:37:31,620 --> 00:37:28,680
study of near-death experience science

859
00:37:35,670 --> 00:37:31,630
buying the transformative power of

860
00:37:38,099 --> 00:37:35,680
near-death experiences will reduce your

861
00:37:39,750 --> 00:37:38,109
fear of death and that's a good thing

862
00:37:43,800 --> 00:37:39,760
because a lot of people carry around a

863
00:37:45,540 --> 00:37:43,810

lot of anxiety on a daily basis about

864

00:37:47,339 --> 00:37:45,550

death and it's it's sometimes it's not

865

00:37:49,800 --> 00:37:47,349

even you know at the forefront of their

866

00:37:53,130 --> 00:37:49,810

mind it's just kind of gnawing hit the

867

00:37:55,170 --> 00:37:53,140

back of their mind yeah and you know

868

00:37:57,329 --> 00:37:55,180

it's something I've never really kind of

869

00:37:59,370 --> 00:37:57,339

thought of in-depth and when I started

870

00:38:01,680 --> 00:37:59,380

reading these experiences and thought

871

00:38:02,339 --> 00:38:01,690

wow and they're really engaged with them

872

00:38:03,809 --> 00:38:02,349

as well

873

00:38:07,890 --> 00:38:03,819

and it's given me a different

874

00:38:10,050 --> 00:38:07,900

perspective now on my own kind of death

875

00:38:12,480 --> 00:38:10,060

as well and I know I'm gonna die I don't

876
00:38:15,390 --> 00:38:12,490
know where and I don't know how but I

877
00:38:17,550 --> 00:38:15,400
think you know where when it happens

878
00:38:20,460 --> 00:38:17,560
I think the

879
00:38:22,080 --> 00:38:20,470
and the IOT I might have felt perhaps

880
00:38:25,020 --> 00:38:22,090
won't be there because I've got some

881
00:38:27,600 --> 00:38:25,030
insight into what to expect you know

882
00:38:29,550 --> 00:38:27,610
whether it plays out like that

883
00:38:31,610 --> 00:38:29,560
I don't know but to be honest with you I

884
00:38:34,890 --> 00:38:31,620
really it's something that I'm not

885
00:38:37,200 --> 00:38:34,900
fearful of I'm not even fearful of the

886
00:38:39,660 --> 00:38:37,210
actual transition itself but perhaps

887
00:38:42,180 --> 00:38:39,670
more about the mode in which I die

888
00:38:45,180 --> 00:38:42,190

maybe you know but it's really made me

889

00:38:47,430 --> 00:38:45,190

consider my own mortality you know penny

890

00:38:48,840 --> 00:38:47,440

we kind of skip past that that one

891

00:38:53,750 --> 00:38:48,850

question I really want to get your

892

00:38:56,640 --> 00:38:53,760

thoughts on it what about the the

893

00:38:59,330 --> 00:38:56,650

materialistic nature of some of this

894

00:39:01,950 --> 00:38:59,340

stuff the biological nature that the

895

00:39:03,600 --> 00:39:01,960

science as we know it nature this like I

896

00:39:07,020 --> 00:39:03,610

said the fact that there's more

897

00:39:08,940 --> 00:39:07,030

near-death experiences as we resuscitate

898

00:39:11,490 --> 00:39:08,950

people suggests that there is a

899

00:39:13,850 --> 00:39:11,500

biological component you know my friend

900

00:39:16,920 --> 00:39:13,860

Zack had a question he sent over about

901
00:39:19,440 --> 00:39:16,930
people who don't have sight have a

902
00:39:22,610 --> 00:39:19,450
different kind of near-death experience

903
00:39:27,150 --> 00:39:22,620
there's all these different aspects of

904
00:39:30,120 --> 00:39:27,160
our physical being that then translate

905
00:39:34,530 --> 00:39:30,130
into the experience in a way that's hard

906
00:39:38,610 --> 00:39:34,540
to really totally make sense of if it's

907
00:39:40,920 --> 00:39:38,620
completely a spiritual experience so

908
00:39:45,000 --> 00:39:40,930
what do you think is going on in this

909
00:39:48,210 --> 00:39:45,010
interplay between the spiritual and the

910
00:39:51,030 --> 00:39:48,220
physical I don't know I think there's

911
00:39:55,020 --> 00:39:51,040
like loads of different triggers for

912
00:39:57,060 --> 00:39:55,030
these experiences as well and you know

913
00:40:00,990 --> 00:39:57,070

one of them is that the fact that we're

914

00:40:03,150 --> 00:40:01,000

able to more people are survived in a

915

00:40:05,820 --> 00:40:03,160

critical illness and a cardiac arrest

916

00:40:08,730 --> 00:40:05,830

than what would have been many years ago

917

00:40:10,890 --> 00:40:08,740

you know our science our technology has

918

00:40:13,710 --> 00:40:10,900

all developed now and we've got much

919

00:40:17,460 --> 00:40:13,720

great better resuscitation techniques

920

00:40:21,150 --> 00:40:17,470

we've got better medical equipment and

921

00:40:23,910 --> 00:40:21,160

things which are all helping people to

922

00:40:26,610 --> 00:40:23,920

have a greater survival rate of these

923

00:40:28,260 --> 00:40:26,620

things and I think more and more people

924

00:40:30,960 --> 00:40:28,270

barely survive in these critical

925

00:40:31,350 --> 00:40:30,970

illnesses so more and more people report

926
00:40:33,680 --> 00:40:31,360
in the

927
00:40:36,450 --> 00:40:33,690
death experiences but from a wider

928
00:40:39,690 --> 00:40:36,460
perspective I've come to think that

929
00:40:41,870 --> 00:40:39,700
we've got undergoing a global Awakening

930
00:40:46,170 --> 00:40:41,880
and I think these experiences are

931
00:40:48,420 --> 00:40:46,180
showing us are waking us all and I think

932
00:40:50,730 --> 00:40:48,430
because more people are experiencing the

933
00:40:53,400 --> 00:40:50,740
near-death experience more people are

934
00:40:55,380 --> 00:40:53,410
being aware of them we've got the

935
00:40:58,230 --> 00:40:55,390
internet now so it's easier to share

936
00:40:59,580 --> 00:40:58,240
your experience and more and more people

937
00:41:01,710 --> 00:40:59,590
are taking an interest in the

938
00:41:04,020 --> 00:41:01,720

experiences and I think what we're

939

00:41:06,060 --> 00:41:04,030

seeing is that shift of an attitude

940

00:41:08,520 --> 00:41:06,070

because I've definitely noticed that

941

00:41:11,040 --> 00:41:08,530

since I began my research you know and I

942

00:41:12,810 --> 00:41:11,050

first started it it was very difficult

943

00:41:15,450 --> 00:41:12,820

to find people who would share their

944

00:41:17,550 --> 00:41:15,460

experience but over the years more and

945

00:41:19,440 --> 00:41:17,560

more people have begun to engage with me

946

00:41:21,810 --> 00:41:19,450

and when my last book came out the

947

00:41:24,270 --> 00:41:21,820

wisdom of near-death experiences I was

948

00:41:26,850 --> 00:41:24,280

just inundated with emails and I've

949

00:41:29,130 --> 00:41:26,860

still got over 14,000 email service

950

00:41:32,100 --> 00:41:29,140

reply to because it's a full-time job in

951
00:41:34,950 --> 00:41:32,110
itself reply into these emails so I

952
00:41:37,650 --> 00:41:34,960
think what we're seeing on a wider scale

953
00:41:39,480 --> 00:41:37,660
is that we undergo in a big awakening

954
00:41:42,270 --> 00:41:39,490
and I think that there are people who

955
00:41:44,820 --> 00:41:42,280
are still in denial of the reality of

956
00:41:46,470 --> 00:41:44,830
these kind of experiences but I think

957
00:41:48,390 --> 00:41:46,480
there's going to be far more people who

958
00:41:51,870 --> 00:41:48,400
are really going to be waking up to what

959
00:41:55,320 --> 00:41:51,880
these experiences is all really see I I

960
00:41:58,650 --> 00:41:55,330
just really have a problem with that it

961
00:42:02,370 --> 00:41:58,660
just maybe but maybe not

962
00:42:05,220 --> 00:42:02,380
I feel like there's such a cultural

963
00:42:11,220 --> 00:42:05,230

overlay that we do on that you know I

964

00:42:14,730 --> 00:42:11,230

mean if you live in Tibet and you have a

965

00:42:17,790 --> 00:42:14,740

tradition of reincarnation for hundreds

966

00:42:20,550 --> 00:42:17,800

of years is this whole thing even kind

967

00:42:25,170 --> 00:42:20,560

of meaningful you to you or if you live

968

00:42:28,140 --> 00:42:25,180

in some country that's torn by Civil War

969

00:42:30,870 --> 00:42:28,150

and you're just trying to survive is any

970

00:42:33,270 --> 00:42:30,880

of this stuff meaning free meaningful to

971

00:42:37,770 --> 00:42:33,280

you and I hear this you know all the

972

00:42:40,950 --> 00:42:37,780

time this consciousness revolution and I

973

00:42:43,830 --> 00:42:40,960

get it on one hand I definitely see it

974

00:42:45,090 --> 00:42:43,840

in what I've done for the last ten years

975

00:42:49,140 --> 00:42:45,100

as well but

976
00:42:50,850 --> 00:42:49,150
I'm skeptical too I mean how long we

977
00:42:53,100 --> 00:42:50,860
don't even know our history

978
00:42:56,130 --> 00:42:53,110
well our history of being on this planet

979
00:42:57,690 --> 00:42:56,140
for ten thousand years or six thousand

980
00:43:00,360 --> 00:42:57,700
years or twenty thousand years or a

981
00:43:04,590 --> 00:43:00,370
million years or ten million years we

982
00:43:09,030 --> 00:43:04,600
have no clue so how could we begin to

983
00:43:11,880 --> 00:43:09,040
even try and pinpoint this trend that's

984
00:43:15,150 --> 00:43:11,890
happened in such a short period of time

985
00:43:19,350 --> 00:43:15,160
do you share any of those concerns when

986
00:43:22,560 --> 00:43:19,360
we start overlaying these big picture

987
00:43:24,210 --> 00:43:22,570
patterns on what's happening and again I

988
00:43:25,890 --> 00:43:24,220

just gotta throw in one more thing you

989

00:43:26,550 --> 00:43:25,900

know God really needs our help on this

990

00:43:28,790 --> 00:43:26,560

one right

991

00:43:31,260 --> 00:43:28,800

God really needs our help on this

992

00:43:33,060 --> 00:43:31,270

consciousness transformation couldn't do

993

00:43:35,340 --> 00:43:33,070

it without couldn't do it on his own he

994

00:43:36,810 --> 00:43:35,350

really had it had to pull us in and

995

00:43:38,850 --> 00:43:36,820

write these books a near-death

996

00:43:42,090 --> 00:43:38,860

experience somehow that just doesn't

997

00:43:43,980 --> 00:43:42,100

that doesn't wash do you think our

998

00:43:46,440 --> 00:43:43,990

consciousness could be evolved into the

999

00:43:49,050 --> 00:43:46,450

next level you know I these are just

1000

00:43:50,760 --> 00:43:49,060

ideas that kind of make sense to me at

1001
00:43:51,810 --> 00:43:50,770
the moment I might kind of do more

1002
00:43:54,660 --> 00:43:51,820
research and think completely

1003
00:43:56,550 --> 00:43:54,670
differently in a few years time so it's

1004
00:43:59,010 --> 00:43:56,560
just the way of making sense of the data

1005
00:44:01,010 --> 00:43:59,020
at this point in time and I think you

1006
00:44:03,270 --> 00:44:01,020
know that can change so drastically

1007
00:44:06,210 --> 00:44:03,280
according to what are the discoveries we

1008
00:44:07,950 --> 00:44:06,220
make as well so I have to keep as open

1009
00:44:10,440 --> 00:44:07,960
the mind as possible and it kind of

1010
00:44:12,810 --> 00:44:10,450
explore all sort of possibilities as

1011
00:44:14,460 --> 00:44:12,820
well and I think the thing that to me at

1012
00:44:17,040 --> 00:44:14,470
the moment is making sense is that

1013
00:44:19,590 --> 00:44:17,050

perhaps our consciousness is evolved

1014

00:44:21,360 --> 00:44:19,600

into that next level and perhaps that's

1015

00:44:24,240 --> 00:44:21,370

why more and more people beginning to

1016

00:44:27,680 --> 00:44:24,250

have near-death experiences and also

1017

00:44:30,750 --> 00:44:27,690

spiritually transformative experiences I

1018

00:44:32,970 --> 00:44:30,760

don't know fair enough I love that I

1019

00:44:36,180 --> 00:44:32,980

love that answer that the book let's

1020

00:44:38,850 --> 00:44:36,190

talk about one more story chapter in the

1021

00:44:41,550 --> 00:44:38,860

book before I let you go I really like

1022

00:44:44,550 --> 00:44:41,560

the chapter that Christa wrote on beyond

1023

00:44:47,550 --> 00:44:44,560

heaven because it had so many of the

1024

00:44:49,680 --> 00:44:47,560

aspects of what we're talking about one

1025

00:44:52,410 --> 00:44:49,690

I love the fact that she has this

1026

00:44:54,870 --> 00:44:52,420

download of information because I've

1027

00:44:57,510 --> 00:44:54,880

heard that from so many different people

1028

00:44:58,700 --> 00:44:57,520

that have had different experiences not

1029

00:45:00,770 --> 00:44:58,710

just near-death

1030

00:45:03,380 --> 00:45:00,780

Frances but psychedelic experiences

1031

00:45:05,329 --> 00:45:03,390

alien abduction experiences which is how

1032

00:45:07,910 --> 00:45:05,339

we won't even talk about but have to be

1033

00:45:10,010 --> 00:45:07,920

talked about have to be considered I

1034

00:45:12,530 --> 00:45:10,020

mean John Mack from Harvard study them

1035

00:45:15,370 --> 00:45:12,540

we can't study them but there's a lot of

1036

00:45:18,680 --> 00:45:15,380

people to talk about download of

1037

00:45:22,070 --> 00:45:18,690

information and what was fascinating to

1038

00:45:25,220 --> 00:45:22,080

me about Krista's download was it's

1039

00:45:27,800 --> 00:45:25,230

about love and so many spiritual people

1040

00:45:30,349 --> 00:45:27,810

throughout time and you can read their

1041

00:45:32,450 --> 00:45:30,359

amazing stories from hundreds of years

1042

00:45:36,410 --> 00:45:32,460

ago right up to the present have had a

1043

00:45:38,329 --> 00:45:36,420

similar download it's about love which

1044

00:45:41,630 --> 00:45:38,339

gets back to what this book is really

1045

00:45:45,170 --> 00:45:41,640

all about and the positivity but here's

1046

00:45:48,230 --> 00:45:45,180

the twist if you read folks Krista's

1047

00:45:50,329 --> 00:45:48,240

chapter in this book she also has a

1048

00:45:53,750 --> 00:45:50,339

distressing NDE she has the shadow

1049

00:45:56,120 --> 00:45:53,760

figures in there she also has what you

1050

00:45:57,230 --> 00:45:56,130

kind of touched on she has a lot of

1051
00:45:59,000 --> 00:45:57,240
problem integrating the near-death

1052
00:46:01,670 --> 00:45:59,010
experience back into her life and she

1053
00:46:03,380 --> 00:46:01,680
gets divorced and you're like gosh if

1054
00:46:05,660 --> 00:46:03,390
you're learning to love everybody you

1055
00:46:07,250 --> 00:46:05,670
can't you can't get along with that guy

1056
00:46:10,099 --> 00:46:07,260
you've been sleeping next to all this

1057
00:46:12,230 --> 00:46:10,109
time I mean really that was that was the

1058
00:46:15,200 --> 00:46:12,240
the upshot of the whole thing you know I

1059
00:46:18,170 --> 00:46:15,210
mean there's a lot of I love that I love

1060
00:46:22,390 --> 00:46:18,180
the complexity of it because life as

1061
00:46:25,430 --> 00:46:22,400
most of his experience it is more

1062
00:46:28,700 --> 00:46:25,440
complicated than just papering it over

1063
00:46:30,260 --> 00:46:28,710

with you know a big furry heart on our

1064

00:46:32,089 --> 00:46:30,270

chest and say we're all about light and

1065

00:46:34,310 --> 00:46:32,099

love so do you want to talk about that

1066

00:46:36,460 --> 00:46:34,320

chapter at all and about the download of

1067

00:46:38,870 --> 00:46:36,470

information and about the integration

1068

00:46:41,560 --> 00:46:38,880

yeah and I think the food thing the

1069

00:46:44,960 --> 00:46:41,570

really nice thing about Christmas

1070

00:46:48,079 --> 00:46:44,970

example as well is the fact that yeah

1071

00:46:49,579 --> 00:46:48,089

she did have that kind of she did split

1072

00:46:51,970 --> 00:46:49,589

with her husband and have that divorce

1073

00:46:53,839 --> 00:46:51,980

but they remain really best friends

1074

00:46:55,910 --> 00:46:53,849

throughout it as well

1075

00:46:57,670 --> 00:46:55,920

and they've still got that you know

1076

00:46:59,930 --> 00:46:57,680

you've still a link of love between

1077

00:47:02,450 --> 00:46:59,940

between you but another interesting

1078

00:47:04,670 --> 00:47:02,460

thing as well is that how she learned to

1079

00:47:08,480 --> 00:47:04,680

kind of deal with that experience and to

1080

00:47:11,240 --> 00:47:08,490

integrated and also she when I first met

1081

00:47:12,110 --> 00:47:11,250

Christo it was various and I watched her

1082

00:47:15,110 --> 00:47:12,120

one

1083

00:47:17,750 --> 00:47:15,120

videos on YouTube she had attended it

1084

00:47:21,680 --> 00:47:17,760

one of the irons conferences and I was

1085

00:47:23,660 --> 00:47:21,690

really blown away as to how she was able

1086

00:47:26,750 --> 00:47:23,670

to adapt what she learned in her

1087

00:47:28,490 --> 00:47:26,760

near-death experience into her medical

1088

00:47:30,680 --> 00:47:28,500

practice as well you know and so I think

1089

00:47:34,550 --> 00:47:30,690

she's really it's really great that

1090

00:47:36,320 --> 00:47:34,560

she's able to recognize other people who

1091

00:47:38,330 --> 00:47:36,330

had the experiences as well because she

1092

00:47:40,880 --> 00:47:38,340

can be of such great health and benefit

1093

00:47:43,670 --> 00:47:40,890

and again you know she was trained in

1094

00:47:45,710 --> 00:47:43,680

that very scientific mold and then

1095

00:47:48,530 --> 00:47:45,720

having that experience has opened her

1096

00:47:50,300 --> 00:47:48,540

eyes and you know given her a different

1097

00:47:53,750 --> 00:47:50,310

perspective on how she works as a

1098

00:47:56,240 --> 00:47:53,760

physician's assistant as well so you

1099

00:47:59,120 --> 00:47:56,250

know I think she's what her chapter is

1100

00:48:01,460 --> 00:47:59,130

really really great as well well there's

1101

00:48:03,980 --> 00:48:01,470

so many great chapters in the book

1102

00:48:06,290 --> 00:48:03,990

you're to be congratulated dr. Satori

1103

00:48:09,110 --> 00:48:06,300

it's it's terrific I really encourage

1104

00:48:10,790 --> 00:48:09,120

people like I say I don't even have to

1105

00:48:12,830 --> 00:48:10,800

tell you to buy it just go take a look

1106

00:48:16,010 --> 00:48:12,840

and everything will take care of itself

1107

00:48:19,940 --> 00:48:16,020

after that the transformative power of

1108

00:48:22,010 --> 00:48:19,950

near-death experiences anything else we

1109

00:48:23,750 --> 00:48:22,020

need to let people know I guess one

1110

00:48:27,440 --> 00:48:23,760

thing that you kind of touched on but

1111

00:48:29,990 --> 00:48:27,450

the the proceeds are going to charity is

1112

00:48:32,060 --> 00:48:30,000

that true yes that's right so all of the

1113

00:48:35,210 --> 00:48:32,070

royalties from the book will be given to

1114

00:48:37,340 --> 00:48:35,220

the Lev care share foundation and that

1115

00:48:40,750 --> 00:48:37,350

is a charity that was set up by Kelly

1116

00:48:43,820 --> 00:48:40,760

whilst my co-author and it's all about

1117

00:48:46,640 --> 00:48:43,830

supporting children's projects on a

1118

00:48:49,010 --> 00:48:46,650

global basis so it's about really

1119

00:48:51,740 --> 00:48:49,020

empowering young children so that they

1120

00:48:53,300 --> 00:48:51,750

grow up in a very supportive way and you

1121

00:48:55,400 --> 00:48:53,310

know all sorts of projects all around

1122

00:48:58,250 --> 00:48:55,410

the world so that's what we're hoping to

1123

00:49:00,170 --> 00:48:58,260

do is to kind of follow on with what

1124

00:49:03,440 --> 00:49:00,180

we've learned from our experiences and

1125

00:49:07,250 --> 00:49:03,450

continue to put it to good use put it

1126
00:49:09,740 --> 00:49:07,260
into action right well awesome oh thank

1127
00:49:11,630 --> 00:49:09,750
you again so much for joining me today

1128
00:49:14,360 --> 00:49:11,640
penny thank you Alex

1129
00:49:15,920 --> 00:49:14,370
best of luck with this book thank you

1130
00:49:17,570 --> 00:49:15,930
it's been great thanks again to dr.

1131
00:49:19,850 --> 00:49:17,580
Sartori for joining me today on

1132
00:49:23,030 --> 00:49:19,860
sceptical one question I guess I tee up

1133
00:49:24,349 --> 00:49:23,040
from this interview is what do you make

1134
00:49:27,380 --> 00:49:24,359
of the light and love

1135
00:49:29,930 --> 00:49:27,390
stuff can we hold on to that as

1136
00:49:32,390 --> 00:49:29,940
something that the near-death experience

1137
00:49:35,140 --> 00:49:32,400
science is telling us is that a

1138
00:49:37,900 --> 00:49:35,150

fundamental part of the near-death

1139

00:49:41,390 --> 00:49:37,910

experience or is it just another

1140

00:49:44,150 --> 00:49:41,400

cultural overlay another distraction

1141

00:49:45,380 --> 00:49:44,160

that we're drawn to because we want it

1142

00:49:47,509 --> 00:49:45,390

to be that way

1143

00:49:50,930 --> 00:49:47,519

I think these are the kind of important

1144

00:49:53,749 --> 00:49:50,940

level 2 questions that we never get to

1145

00:49:55,670 --> 00:49:53,759

the level 1 question being is near-death

1146

00:49:57,680 --> 00:49:55,680

experience really happening or is it

1147

00:50:00,979 --> 00:49:57,690

just the dying brain I mean how long

1148

00:50:04,370 --> 00:50:00,989

will the materialistic idiot scientific

1149

00:50:06,349 --> 00:50:04,380

medical morons keep us spinning our

1150

00:50:08,390 --> 00:50:06,359

wheels on that kind of question one

1151
00:50:11,170 --> 00:50:08,400
that's really been answered conclusively

1152
00:50:14,210 --> 00:50:11,180
so we can get on to these more

1153
00:50:16,460 --> 00:50:14,220
interesting questions so let's jump

1154
00:50:17,870 --> 00:50:16,470
ahead let's answer that question the

1155
00:50:20,059 --> 00:50:17,880
best we can let me know your thoughts

1156
00:50:21,710 --> 00:50:20,069
you can do it here you can do it through

1157
00:50:24,259 --> 00:50:21,720
this sceptical website on The Skeptical

1158
00:50:26,870 --> 00:50:24,269
forum any way you do it is fine with me

1159
00:50:28,519 --> 00:50:26,880
as long as you let me know what you

1160
00:50:30,200 --> 00:50:28,529
think that's gonna do it for this

1161
00:50:33,410 --> 00:50:30,210
episode of sceptical I have a number of

1162
00:50:35,839 --> 00:50:33,420
I think good shows coming up please stay

1163
00:50:39,799 --> 00:50:35,849

with me for all of that until next time

1164

00:50:41,779 --> 00:50:39,809

take care and bye for now so thanks for

1165

00:50:44,210 --> 00:50:41,789

watching this video if it wasn't really

1166

00:50:45,979 --> 00:50:44,220

a video but just an audio stored as a

1167

00:50:47,960 --> 00:50:45,989

video I apologize but there's more

1168

00:50:49,999 --> 00:50:47,970

videos out there as well but please

1169

00:50:51,470 --> 00:50:50,009

check out the Skeptical website you can

1170

00:50:53,109 --> 00:50:51,480

see it here we cover a lot of different

1171

00:50:56,089 --> 00:50:53,119

stuff you might be interested in

1172

00:50:58,910 --> 00:50:56,099

relating to controversial science and

1173

00:51:02,059 --> 00:50:58,920

spirituality a lot of shows up there

1174

00:51:05,120 --> 00:51:02,069

over 350 of them are so all free all

1175

00:51:06,360 --> 00:51:05,130

available for downloads so do check it

