

Spiritually Transformative Experiences: NDE, OBE, ADC, etc.

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Near Death, Out of Body, and other Spiritually Transformative Experiences

Have you had a spiritually transformative experience, or a spiritual awakening?

Having trouble integrating experiences into your life?

Are you alone, afraid to talk to family and friends for fear of being called crazy?

Do you have questions for those who have had similar experiences?

Or are you just fascinated by afterlife topics and want to learn more?

Learn about Cincinnati IANDS (International Association for Near Death Studies)

What are STEs, NDEs, OBEs, ADCs, etc?

- Spiritually Transformative Experiences: awakens you to spiritual enlightenment or progresses you on spiritual path.
- Near Death Experience
 - a profound psychological event or hyper-real experience associated with perceived consciousness apart from the body occurring at the time of actual or threatened imminent death.
- Out of Body Experience
 - person's consciousness seems to depart from his or her body.
 - observe world from a point of view outside the physical body and by means other than the physical senses.
 - surprisingly common, usually occurs during rest or sleeping/dreaming (sleep paralysis, twilight visions).
- After Death Communication
 - a spiritual experience that occurs when someone is contacted directly by family/friend who has died.
 - a direct experience because no psychics, mediums, therapists, rituals, or devices are involved.

* Possible to have experiences through deep meditation. Use a meditation technique that works for you (Sacred Acoustics).

What are common features of NDE?

- Intense emotions: commonly of profound **peace, well-being, unconditional love**; others marked by fear, loss, guilt
- A perception of seeing one's body from above (OBE), sometimes watching medical resuscitation efforts
- Moving instantaneously to other places or a **sense of flying**
- Rapid movement through darkness, often toward an **indescribable light and color**
- A sense of being "somewhere else," in a **wonderful landscape** that may seem like a spiritual realm or world
- Incredibly rapid, sharp thinking and observations
- Encounter with **deceased loved ones**, possibly sacred figures (the Source, Jesus, a saint) or unrecognized beings, with whom **communication is mind-to-mind**; these figures may seem consoling, loving, or terrifying
- A life review, re-living actions and feeling their emotional impact on others
- In some cases, a **flood of knowledge about life and the nature of the universe**
- Sometimes a decision to return to the body

What are common aftereffects of experiencers?

- Loss of the fear of death, **more spiritual** outlook on life and less religious
- Easily engage in abstract thinking, more creative and inventive
- **More philosophical**, can go through various bouts with depression
- **Form expansive concepts of love** and want the world to share in it
- Convinced of a **life purpose**, desire to share and be a conduit of universal love
- **Rejection of previous limitations** in life and "normal" role-playing
- **Heightened sensations** of taste-touch-texture-smell
- **Increased intuitive/psychic abilities** - out-of-body episodes/dreams, the ability to know or "re-live" the future
- A child-like sense of wonder and joy, regarding oneself as an eternal soul in physical form so lessons can be learned
- Less stressed, more detached and objective, can continue to **dissociate** or "separate" from the body
- **Hunger for knowledge and learning**, highly curious
- May have **trouble integrating** the experience into their life

What types of ADCs are there?

- Sentient: feeling their presence
- Auditory: hear their voice or mind-to-mind telepathy
- Tactile: feel their touch, a tap, pat, hug, or kiss
- Olfactory: smell their fragrance or scent
- Visual: partial (translucent, misty) or full (lifelike)
- Visions: with eyes open or closed, radiant colors
- Twilight: alpha state - while falling asleep, waking up, meditating, or praying
- Sleep state: intense, vivid, colorful, lucid “real” dreams
- Out-of-body: leave your body to another location on Earth or spiritual realm
- Physical phenomena: lights on/off, radio/TV, items moved
- Symbolic: butterflies, birds, rainbows, finding coins, shooting stars

What is Cincinnati IANDS?

- Our mission is to provide education and support concerning near-death experiences (NDE), out-of-body experiences (OBE), spiritually transformative experiences (STE), and after death communications (ADC).
- We encourage thoughtful, non-judgmental discussions and recognize these experiences as genuine and significant events of rich meaning. We are affiliated with the worldwide, non-profit organization IANDS (International Association for Near Death Studies).
- Educate the public that these experiences are a common phenomena and to learn what we can from these experiencers.

Cincinnati IANDS meeting attendees and topics

- Types of people that attend
 - Experiencers and non-experiencers offering support and education
 - People with loved ones who are dying and seeing things and saying things about the afterlife
 - People interested in the spiritual topics, open to new ideas
- Topics discussed
 - Experiencers are welcomed to share their story or ask questions or just listen if desired
 - Ideas for meditation, prayer, and spiritual enlightenment
 - Topics of universal consciousness/connectedness or sense of Universal Love
 - Presentation and discussion with Howard Storm, author of “My Descent Into Death”
 - Review of Eben Alexander lectures, author of “Proof of Heaven” & “Map of Heaven”

Want more information? Brochures are in the front!

- CincinnatilANDS.org
 - Monthly meetings, 1st Sunday of the month (except holiday weekends)
 - 1:30 to 3:00 at the Sharonville Public Library Meeting Room
 - RSVP or questions by email to contact@CincinnatilANDS.org
- Other websites
 - IANDS.org
 - near-death.com
 - nderf.org adcrf.org oberf.org
 - aciste.org
 - eternea.org