

# Near Death Experience & Its Luminous Serenity.

*Maj. Dr. (Mrs.) B. K. Sohi, MD (Paed.) D.C.H.*

\* Formerly Reader in Paediatrics, Armed Forces Medical College, Pune. Now: 1012, Sector 36-C. Chandigarh-160036.

Near death experience, or NDE, is an outlet into a divine dimension of human consciousness, that is latent in all of us. This is similar to mystic experience described by philosopher William James. This is an experience that is noetic. It is self-certifying because it is a form of knowledge. It is profoundly life changing. It is pure and simple an experience of Light.

Every adult human being is inquisitive to know where will he go after death? (whither?) and what will happen after that? (what?). Almost all the religious scriptures have answered these questions in some form or other, but human nature is such that only *personal* experience can convince the individual. This quisitive nature of human mind initiates and promotes research on this mater, as a matter of fact on every aspect of life. More scientific and modern the research, the more convincing it will be. In the following pages I will be giving brief account of the result of research on this subject by renowned scientists in various fields in America and India.

**Suggested reading:** After reading results of modern research on this subject, re-read Guru Granth Sahib carefully and understand the meaning of the writings therein. Once you do so, you will realize that Sikh Gurus (authors of Guru Granth Sahib), have already described this in detail, five hundred years ago, what the scientists are attempting to do now. Remember, there is much more description about the universe and its inhabitants in Guru Granth Sahib, than the research done so far. Research can go on for centuries to prove that which has already been narrated in the scriptures. In other words, God has already revealed through Sikh prophets centuries ago. But the ignorant followers, due to lack of knowledge of their own scriptures, are still groping in dark. Of course, grasp of - and understanding these - by an individual will depend upon the spiritual learning progress and stage of spiritualism attained by that person.

Some psychiatrists describe NDE as a spiritual experience, such as some great men of history have had. It happens between individual and God. Psychotherapist C.G. Jung, himself a NDEer, describes this experience as follows. "what happens after death is so unspeakably glorious that our imagination and our feeling do not suffice to form even an approximate conception of it. (In Guru Granth Sahib it is dexribed as "sweetmeat of a dumb person. Who tastes it but can not describe its taste).

Perhaps NDEer's experience points to spiritual evolution, which is essential for spiritual awakening, to save the planet earth, which is being pushed to the brink of destruction by invention of weapons of destruction and by progressively increasing evil and greed in modern society. Virtually, every experience described by NDEers occurs in Guru Granth Sahib and Dasam Granth.

**Change of personality following "Near Death Experience":** NDE is a platform for life-long changes. These experiences happen to non-believers as well as believers in God. After coming back to earthly body they are never the same again.

**Some of the Changes noted are:** NDE's (which are akin to unusual spiritual experience) are such powerful instruments of change that on coming back to this world many find it difficult to fit into their lives, unless helped by relatives and friends. There is a marked change of personality. They miss the blissful state of existence discovered in NDE, but difficult to find on this earth.

There is very deep and positive transformation after NDE. This makes them more positive, and these people are quite pleasant to be around. The NDE seems to demand that the experiencer takes some positive action in life.

They have more concern for others, than, before NDE.

The Belief in the life after death increases. They overcome fear of death and are no longer afraid of dying. Zest of life increases and many feel they are living for the first time. Survival instinct remains intact.

NDE increases one's personal growth. Even a criminal (prior to NDE) changes for better after NDE, never again to give priority to material gains in life. Instead they spend time in kindly deeds and humanitarian pursuits.

Love is the most important thing in their lives, which become hallmark of happiness and fulfillment in many of them.

They wish to make friends with every one and want to get to know every one they meet. They have learnt now that simple acts of kindness that come from the heart are the ones that are most important, because they are most sincere.

An NDE almost always leads to spiritual curiosity. Many NDEers study and accept the teachings of great religious thinkers.

They feel more responsible for the course of their lives. They now know that they are responsible for every thing they do and want to learn from their failings.

They can see that seemingly unrelated events become connected. Now they witness their good and wrong acts with crystal clarity.

They get a sense of urgency, referring to shortness and fragility of their lives. They frequently feel urgent necessity to save the world where mere humans possess so much destructive power.

They have profound appreciation of life. They like to declare that life is precious and is to be lived to its fullest. They know that little things done unknowingly, come up most important in life's review.

They have profound respect and thirst for knowledge, because during NDE they were told that learning does not stop with death. Knowledge is something they can take with them after death:

with scissors of knowledge O mind! Cut the darkness of ignorance and sweep it away.

- *Guru Gobind Singh in Dasam Granth*

They feel knowledge is important only if it contributes to wholeness of the person.

**They have a sense of connectedness with all things, and that every thing in Universe is connected. They feel that we are all part of one big universe. Thus they have a new found respect of nature and world around them.**

Guru Gobind Singh gives vivid and lovely description of this "Unity Concept" (i.e. common origin and end of matter in universe), in metaphor in the following lines in *Dasam Granth*:

**"The way one spark lights many fires, individual flames leap up separately, then sink back into the original fire. The way particles of dust raise dust storm, then different particles settle and merge into the one basic dust. The way numerous Waves arise from a river. Waves of water will be called water only. The same way from the Universal Creator all the elements of creation are generated. Emerge from Him and are engulfed by Him".**

Combination of these factors make up the "luminous serenity observed in so many NDEers".

**The Results of Modern Research:** In this age of high technology and far advanced means of revival of dead, so many people are surviving following medical calamities, that used to kill them earlier. They remember their experience during this period (of so-called death), on coming back to life. Since the narration of this experience was not previously known and is new to the Western culture and religions even now. It prompted many scientists to institute research on such cases. They termed this experience "Near Death undergoing experience of NDE," and the person undergoing this experience as, 'Near death experiencer', or NDE-R.

**Revelations by NDE-ers:** Best time of their life was when they were nearly dying (death, of which people are afraid of, brings peace and perfect joy to my mind. After death only, being of complete and excellent happiness, the God is found:

(Kabir in *Guru Granth Sahib*)

There is a very real sense of peace and painlessness, from agony to an almost Intense pleasure.

They meet people of Light who glow with intense luminescence. That seems to permeate every thing and fill the person with love. In this state communication does not take place in words, but in completely non-verbal way, that results in immediate understanding.

**They meet supreme being of Light. Who radiates total love and understanding to such an extent that most people want to be with it for ever:**

"I had no desire to come here in (this world) my mind remained absorbed in greatness of the Supreme Being".

- Guru Gobind Singh in *Bachiter Natak*, Dasam Granth.

They are told to return to earthly body by the Being of Light. But, before that, they are shown a Life review. There are no physical surroundings. There is a full colour 3D panoramic view of every thing NDE-ers have done in life form beginning to end. As though person's whole life is there at once. The individual immediately perceives the effect of every single action by him on his/her own life. They can just see it but cannot change it. After going through this they realize that the most important thing in the life is love. Only those who love find the Supreme Being. (Guru Gobind Singh in *Dasam Granth*) "*Jin prem kiyo tin he Prabh payo*".

They are told by the Being of Light, that only things they can take with them at death are: love and knowledge.

They get a feeling of being in eternity. Time is greatly compressed and is not like time kept in this world.

Some have vision of future, generally during deep NDE.

Some have hellish experience, where they are taken down by mistake, and then brought up. They describe it as a dark place, with people howling and asking for water. They are watched by a Presence.

