



The symbol above represents how our divine (vertical) and human (horizontal) natures weave in and out of one another in perfect harmony.

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The Light & The Life Review

**The Divine, Absolute Side of Our Nature: Heaven = Vertical = Being
The Human, Relative Side of Our Nature: Earth = Horizontal = Becoming**

Created by David Sunfellow

For more information about this class and NDEs in general, go here:

nhne-nde.org

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The Light & The Life Review v4.1

Unlike spiritual paths that arose from the ideas and inner experiences of lone, isolated human beings, the path presented by near-death experiences is emerging as a direct, grassroots revelation that millions of people from all over the world are receiving and sharing. If we explore this newly emerging path deeply enough, we discover that all religions, philosophies, and cultures are honored; that science and spirituality are celebrated; that both the human and spiritual side of our natures are embraced as beautiful and essential. In short, near-death experiences present us with a universal, all-inclusive, perfectly integrated spiritual path that revolves around three core truths: 1. We are all one; 2. Love is the essence of life; 3. We are here, in this world, to become perfect embodiments of the divine.

This paper explores two aspects of NDEs that have especially profound effects on the lives, beliefs, careers, and relationships of those who experience them -- The Light and The Life Review.

The divine, or absolute part of our nature is symbolized by vertically reaching up to the divine. Responding to this impulse, we leave the world and connect with God, Source, our True Self. This is represented in near-death experiences by encounters with The Light. When The Light touches us, we feel completely loved and accepted. We also remember that we are made in the image and likeness of God, imbued with God's divine characteristics. With godlike omniscience, we experience our oneness with all life and recognize that everything in life, including us, is perfect. Seen from this level, everything is unfolding as it should. There are no mistakes. There is nothing to fix or improve. From the eternal, unchanging, formless Ground of Being to the highest and lowest levels of manifest creation, everything is unspeakably perfect, beautiful, wonderful.

The human, or relative part of our nature is symbolized by horizontally reaching out and becoming part of the manifest universe. On this level, we experience ourselves as separate, imperfect, evolving beings in the created universe. This is best symbolized in near-death experiences by the life review. Here we are shown the effect our thoughts and actions have on the rest of life, where we have fallen short, where we have lessons to learn, where we have acted selfishly and hurt others. This is the space where we realize that some things are more evolved than others; that pain and suffering arise out of lack of development and ignorance; that each of us is born with unique gifts to share and purposes to accomplish. We also realize that our missions, our earthly lives and experiences, and our efforts to become better, more godlike people, are exceedingly important. All creation benefits from our efforts -- and enthusiastically applauds them.

While these two impulses are very different from one another, they work together in perfect harmony. Let's see how...

The Light

The Divine, Absolute Side of Our Nature = Vertical

D.S. Weiler Describers Her Encounter With The Light

www.1way2see.com/thebook.html

All I could see was the huge, brilliant light. All I could feel was love, rolling over me as sunlight warms on my skin through a windy day. I felt examined by it... I focused all my attention on it. What I learned next amazed me. I discovered that the glowing, golden globe of light was alive. It was a "self". It was a living being. We were the same! We were both living beings. This felt like a huge revelation; "Hey, it's another soul!" It was huge, loving and powerful, strong and gentle all at the same time...

I felt the power the Being appeared to generate and that was sent out from it. It was like standing in the sunlight but, instead of sunshine, LOVE warmed you through to your center...

The being of light was composed of matter that is "Love". It's was like electricity unconfined. I could feel Love radiating off that Being and flowing into and through everything around it. I try to tell you about it and there is no experience here that captures the essence of what I felt. It created love, it emitted love, it directed love. It lived on love. It was made of Love; Love the Power. There was nothing in that entire experience with the other Divine Loving Being that was not totally "good" and powered by "love" because love is the essence of it's existence. Love is the power in it's being alive, it's body, it's awareness; It's all composed of Love.

It was much larger and more powerful than I was. I felt no fear. I only felt more curious. I wanted to know and understand what was happening to me but I was not afraid of this powerful "other self". There was only a complete acceptance of the "rightness" of the moment...

It was just too big for me to grasp, though I have tried.

I knew it was what held me where I was and what had moved me closer to it. Now I learned it knew me. It knew me in all I was, in all my life, in all my truth. I could not hide anything from it. I had no desire to hide anything. I felt no fear or shame that it "saw" all of me. Then came to me the first hint of truly understanding the meaning of the word "grace."

That being knew all of everything I ever was and loved me. Not just loved me but every thing that defined me as my self, unique from any other bit of creation, was wonderful to it. It loved the way I was made, it loved that we were meeting, it loved me with all the

love it had in it and I knew that I was precious to it and treasured by it. I was perfectly what I was supposed to be and it loved me just that way.

If I had been a diamond I was flawless, perfectly cut and beautiful beyond needing any other change. I could not be more loved by it if I changed even one thing in myself. I was perfect -- as I was made. I feel it may have thought, "as I made you. I did you perfectly!"

That Being loved me so deeply that it would never hurt me. It only wanted my complete, loving self to be all the me I am. I didn't have to be anything but my real self. Truth lies there. Unconditional love sees only the beauty of the truth in each living spirit.

We began to communicate when I understood it was "speaking" to me. I "heard" it address me. Then I knew it could "hear" what I wanted to share with it. It was not with spoken words but more like with complete thoughts with no possibility of misunderstanding. It was a true communication of perfect understanding between two spirits.

I would "ask" then would "know", the answer from the golden, glowing, loving being. I had no lips to speak and no ears to hear but I understood and responded, somehow. So did it. I reveled in that complete, pure, communication. There was no possibility of lies, misunderstandings or evasions. There were no words to confuse the issue, only the truth of learning and knowing each other between us...

I have very little memory of all that passed between us. We "talked" for a time, in loving joy at being together. I was small and asking questions. It was "answering" me, giving me what I felt a need to know as fast as I could conceive the question in my thoughts. I didn't have to ask some things, they were just showed or told to me.

I "knew" (was told?) that being loved me just as I was. I did not need to change one thing to be perfect. I was perfect to it. I knew it felt a true joy in being with me. I felt like it was just bursting with happiness because I was there. It was beyond glad to see me, it loved me. It thought I was just perfectly made and was thrilled that we were together. I repeat this because it amazed me.

That huge and powerful entity made me feel like being with me made it's life worth living. I was giving it joy by just being. How could someone or some thing I never even knew be so loving of me? How could it be so glad to be with me that it seemed like it's shine brightened when I joined it?

I was so loved! I was loved completely and just as I was as all I was. Small, confused, dead by my own hand, I was cherished and loved. I was precious to it. I responded to that with my own thoughts to it of my joy in the peace, love and total acceptance it was giving me. I tried to love it back with my little self.

The being knew I loved it and that I was thankful for its love of me. Then it loved me more. I loved it more. A cycle of pure love between us grew. It was like the most wonderful, perfect joining of hearts between two beings you can imagine. I call it the perfect communion.

Beverly Brodsky Describes Her Experience With The Light

ndestories.org/beverly-brodsky

There, before me, was the living presence of the light. Within it I sensed an all-pervading intelligence, wisdom, compassion, love, and truth. There was neither form nor sex to this perfect being. It, which I shall in the future call He... contained everything, as white light contains all the colors of a rainbow when penetrating a prism. And deep within me came an instant and wondrous recognition: I, even I, was facing God.

I immediately lashed out at Him with all the questions I had ever wondered about; all the injustices I had seen in the physical world. I don't know if I did this deliberately, but I discovered that God knows all your thoughts immediately and responds telepathically. My mind was naked; in fact, I became pure mind. The ethereal body which I had traveled in through the tunnel seemed to be no more; it was just my personal intelligence confronting that Universal Mind, which clothed itself in a glorious, living light that was more felt than seen, since no eye could absorb its splendor.

I don't recall the exact content of our discussion; in the process of return, the insights that came so clearly and fully in Heaven were not brought back with me to Earth. I'm sure that I asked the question that had been plaguing me since childhood about the sufferings of my people. I do remember this: There was a reason for everything that happened, no matter how awful it appeared in the physical realm. And within myself, as I was given the answer, my own awakening mind now responded in the same manner:

"Of course," I would think, "I already know that. How could I ever have forgotten!"

Indeed, it appears that all that happens is for a purpose, and that purpose is already known to our eternal self.

In time the questions ceased, because I suddenly was filled with all the Being's wisdom. I was given more than just the answers to my questions; all knowledge unfolded to me, like the instant blossoming of an infinite number of flowers all at once. I was filled with God's knowledge, and in that precious aspect of his Beingness, I was one with him. But my journey of discovery was just beginning.

The Life Review

The Human, Relative Side of Our Nature = Horizontal

1. WE SEE AND EXPERIENCE THE CONSEQUENCES OF ALL OF OUR THOUGHTS AND ACTIONS

Michael Talbot, from his book, The Holographic Universe
nhne-nde.org/resources/quotes/

“It’s like climbing right inside a movie of your life,” says one Near-Deather. ‘Every moment from every year of your life is played back in complete sensory detail. Total, total recall. And it all happens in an instant....’ During this instantaneous and panoramic remembrance NDRers re-experience all the emotions, the joys and sorrows, that accompany all of the events in their life. More than that, they feel all of the emotions of the people with whom they have interacted as well. They feel the happiness of all the individuals to whom they’ve been kind. If they have committed a hurtful act, they become acutely aware of the pain their victim felt as a result of their thoughtlessness. And no event seems to be too trivial to be exempt...”

2. THE SMALL THINGS ARE THE BIG THINGS

NDEr Howard Storm, from his book, “My Descent Into Death”
ndestories.org/howard-storm/

“The angels and Jesus shared their feelings of joy with me when love was expressed, and they shared their disappointment and sadness when we hurt one another... I excelled in the shot put and discus for a track coach who gave me acceptance and approval. The angels and Jesus had no interest in the track meet competitions I won or lost. They were interested in the relationships and how we encouraged or hurt one another...”

“I had to turn away numerous times when I saw myself treating my children in unloving ways. The most unloving thing that I did was to be at times so obsessed with my concerns that I was indifferent to their needs. I am sorry for the occasions that I was impatient or cruel to my daughter and son. The most disturbing behaviors I witnessed in

my life review were the times when I cared more about my career as an artist and college professor than about their need to be loved. The emotional abandonment of my children was devastating to review. It was horrifying to see how I had become so much like my father, putting status and success above everything else.”

“The only reason I could bear to proceed with the life review was because of their love for me. No matter what we watched me do in my life, they communicated their love for me, even as they expressed their disapproval of things I did.”

Melvin Morse, M.D., from his book, Parting Visions

nhne-nde.org/resources/quotes/

“I have never interviewed anyone who had a near-death experience who told me that they came back to make more money or to spend more time at their jobs away from their families... Instead, they become convinced that they need to be more loving and kind. They react to their experience by living life to its fullest. They believe their lives have a purpose, even if that purpose is obscure to them. Invariably it involves concepts such as love of family or service to others. They seem to know that the love they create while living will be reflected and radiated back to them when they die.”

NDEr Mary Jo Rapini

ndestories.org/mary-jo-rapini/

“I went into this tunnel, and I came into this room that was just beautiful. God held me, He called me by name, and He told me, ‘Mary Jo, you can’t stay.’

“And I wanted to stay. I protested. I said, ‘I can’t stay? Why not?’ And I started talking about all the reasons; I was a good wife, I was a good mother, I did 24-hour care with cancer patients.

“And He said, ‘Let me ask you one thing -- have you ever loved another the way you’ve been loved here?’

“And I said, ‘No, it’s impossible. I’m a human.’

“And then He just held me and said, ‘You can do better.’ ”

3. WE ARE OUR BROTHERS AND SISTERS, LITERALLY, AND SEE AND EXPERIENCE OUR THOUGHTS AND ACTIONS AS THEY EXPERIENCED THEM

Researcher Kenneth Ring on the Life Review

www.youtube.com/watch?v=1tiKsKy7IFw

"I think this is one of the most remarkable aspects of the near-death experience and one that is not really given the amount of attention that it should. Obviously many people know about The Light, they know about [the] out-of-body experience. The thing that really is, I think, important about the near-death experience in regard to the life review phenomena is that it isn't just a life review. It's a reliving of your life... When people describe the full experience, it's every single act that you have done, every single thought that you have thought, every single word that you have spoken -- suddenly all of this is back with you. You are running through it again and you see and you experience the effects of these acts, these thoughts, and these words on other people. Let me just give you one brief example to illustrate this.

"I have a friend who when growing up was kind of a roughneck; he had a hot temper; he was always getting into scrapes. One day he was driving in his truck through the suburb in the town where he lived and he almost hit a pedestrian. And he got very aggravated with the pedestrian and he was a very big physical guy -- still is -- and a fight ensued. He punched this guy out and left him unconscious on the pavement, got back into his truck, and roared off.

"15 years later this guy has a near-death experience... and during the near-death experience, he has a life review. In his life review, this particular scene of the fight takes place again... And he said that, as many people do, he kind of experienced this from a dual aspect. There was a part of him that was almost as if he were high up in a building looking out a window and seeing the fight below. But at the same time he was observing the fight like a spectator, he found himself in the fight. Except this time he found himself in the role of the other person. And he felt all 32 blows that he had rained on this person originally 15 years ago now being inflicted upon himself. He felt his teeth cracking. He felt the blood in his teeth. He felt everything that this other person must have felt at that particular time. There was a complete role reversal; an empathic life review experience.

"And this is the sort of thing that many people report. And when they report these kinds of experiences, they realize that in our life, we are the very people that we hurt; we are the very people that we help to feel good. We experience these actions as though done to ourselves in the life review. So that when people start talking about The Golden Rule in the context of the near-death experience, The Golden Rule is not just a precept for moral conduct, it's the way it works. And you experience this during the life review. You

learn that lesson in a very forceable way as a result of going through this kind of experience. And that's why when people have NDEs they change as much as they do! If you can even imagine what it must be like to go through your entire life and see everything that you've ever done, without judgment, but from a kind of almost omniscient point of view with regard to the effects of those actions, and see what your actions do to other people, it's a heavy kind of lesson. It's something that stays with you and it informs your conduct for the time after your near-death experience.

"So it does give us a lot to think about and that's why I say in my book "Lessons from the Light" the near-death experience isn't given just to those who have the experience, it's given to all of us to learn from because all of us can profit by the lessons that near-death experiencers learn in the course of a life review or other aspects of their experience. We can grow from these lessons. We can apply these lessons into our daily lives."

4. WE ARE ONE WITH ALL LIFE AND SEE AND EXPERIENCE OUR THOUGHTS AND ACTIONS FROM THE PERSPECTIVE OF THE REST OF LIFE

Justin U describes His Life Review

www.nderf.org/NDERF/NDE_Experiences/justin_u_nde.htm

"Many events in my life I experienced, but not from how I remembered it, but from the point of view... [of] how the people, animals, environment experienced it around me. I felt it as my own. The times I had made others happy, and sad, I felt it all as they did. It was very apparent that every single thought, word, and action affects everything around us and indeed the entire universe. Trees, plants, animals too. I have been a long-term vegetarian since about 18 years old and I know this was appreciated and is a good choice in life. Spiritually it seemed to show proof of respect for all life, and even seemed to balance some of the negative and wicked things I have done in my life. In the life review we judge ourselves; no one else does. The Light/God did not. But with no ego left -- and no lies -- we can't hide from what we have done and feel remorse and shame, especially in the presence of this love and light. Some of the things in life we think of as important don't seem to be so important there. But some of the insignificant things from the material human perspective are very important spiritually."

Amy C Near Death Experience 4720

www.nderf.org/NDERF/amy_c_nde_4720.htm

"Since that time, everything has changed for me. My health has returned. I get stronger and stronger each year. To my own surprise, I found the day after this event that I felt well, except that I could not eat any meat at all. Nor did I have any desire to. I've been a

vegetarian since then. I eat a lot of raw organic foods. I don't eat anything with chemical ingredients, and keep my food very pure. My children and husband eat mostly this way too now, and we are all feeling great."

5. WE ARE ALL BORN WITH A SPECIAL PURPOSE

Author Michael Talbot, from "The Holographic Universe"

nhne-nde.org/resources/quotes/

"Whitton has uncovered evidence that thoughtless acts are not the only things that cause individuals remorse during the life review. Under hypnosis his subjects reported that failed dreams and aspirations -- things they had hoped to accomplish during their life but had not -- also caused them pangs of sadness."

NDEr Dr. Mary Neal, from "To Heaven and Back"

ndestories.org/dr-mary-neal/

"I was... sitting in a beautiful, sun-drenched field with an angel. The brilliance and intensity of the surrounding beauty and the purity of the angel's love were simultaneously overwhelming and rejuvenating."

"We spoke for what seemed like many hours, and I never wanted to leave. We talked about the specifics of my accident and I was given more information regarding many of the reasons I was returned to Earth... including the protection of my husband's health, being a rock of support for my family and community after the death of my son, helping others find their way back to God, and sharing my story and experiences."

NDEr Anne Horn

www.youtube.com/watch?v=CZfXESi6AOI

"He looked down at me and he said, 'you're not supposed to be here. It's not time for you to be here.'

"And I remember looking up at him and saying, 'but I want to be here'... With all my heart, I wanted to be there. I wanted to go home. I was happy."

"And he took a pause and... you could see him thinking about something and deciding whether to say something. And with that... there was a picture placed in my head of a

memory of my original agreement of why I had come to Earth to begin with. It was like I remembered and I went, 'Oh, right. Right...'

"One of the things that bothers me so tremendously about the metaphysical movement, in lieu of my experience and in lieu of what I was shown... if there is any message I can give, it's not about meditating and leaving your body and taking your Light Being out of this Earth. Indeed, not. It is about bringing the Light into this Earth. Stay here. Be an anchor. Let the Light come in through you into this world. Don't abandon this world. We need you. We need you here. We need you to be present. And we need you to be open, with an open heart... Everybody must be open. To bring this new age in, it is about opening your heart and letting it sing through you. It is coming! And it is a matter of all of us. Just open your heart and let It come in. Don't leave. Don't meditate and think this place is a bad place and we're going to get out of here. This is a wonderful place. And it's going to get even more wonderful. You're here to anchor the Light so It can come into this dimension and be here."

NDEr Ellyn Dye

www.youtube.com/watch?v=DOVawdK06HY

"We all know that we came back with a mission. Most of us don't know what it was at the time, but we know we had one. You spend a lot of time trying to figure out what that was. At different times since then, I've come up with ideas as to what my mission was, but now, I think, my mission and everybody's mission is to be here, in three dimensions, in this time, in this space, and to hold the energy of the Light of God. Just hold it. We don't have to do anything. Just hold that energy. And if we hold it, we help other people around us find that energy and feel that energy. Humanity is changing. Humanity is evolving and this is the time. And all you have to remember is there is nothing out there to fear. You are a divine, powerful being. We all are. We're all part of God. We're all part of love. That's who we are. We are the heart of God. And we're here to bring that to planet Earth. To create Heaven on Earth. And we can do it. In love. That's why we are here."

6. LIFE REVIEWS FROM GOD'S PERSPECTIVE

Anita Moorjani

From Anita Moorjani's September 2012 Interview With Lilou Mace

www.youtube.com/watch?v=gWf8V1PXN-k

I felt not only that I was loved unconditionally, it was like I just was love just because I existed -- no other reason. I also felt unconditional love for everyone and everything,

even for people that may have hurt me during my life. All I felt for them was unconditional love and compassion and a knowing that no matter what they did, even if they hurt me really badly... they were still doing the best they knew how at the time. It was like I understood why they did what they did... that feeling of unconditional love is not even a feeling of forgiveness towards those that hurt you -- it's beyond forgiveness; it's like I understand why you did what you did, and therefore there is nothing to even forgive. Because when I understand you, to me it means you haven't even done anything wrong. To forgive someone means to say you've done something wrong and I forgive you for it. There's a judgement there. There was like no judgement... it's almost like having walked a mile in their shoes; it's a knowing that if I was in your shoes, I would have done the same, so there's nothing to forgive. That's the kind of feeling of unconditional love. In that realm that was all I could feel for everyone, and that was what I felt that I was surrounded with. And I encountered my father who had passed away 10 years before, and my best friend Soni, who had passed away two years prior to that, and I was also surrounded by other beings who I didn't recognize. But all I felt from them was this unconditional love, as though they were there purely to help me, to guide me, help me through this transition.

**NDE Researcher Kenneth Ring
"Lessons from the Light"**

<http://nhne-pulse.org/nde-researcher-kenneth-ring-the-golden-rule-dramatically-illustrated/>

<http://astore.amazon.com/newheavennewearth/detail/1930491115>

The incontestable fact is, in these life reviews, justice is seemingly always tempered by a kind of mercy that allows most of us to re-experience our lives without teeth-gnashing anguish and remorse.

- *There is never any condemnation -- you are not judged.*
- *You are in the presence of a being who loves you unconditionally.*
- *You are treated with total compassion.*
- *You are already forgiven.*
- *You are only asked to look at your life, and to understand.*

Although the life review may be the price you pay for entrance into the Light, the presence within the Light helps you through it with the greatest and most tender compassion and love and, even at times, humor. You are not being punished; you are being shown, so that you can learn.

Just to illustrate the benignity of this process, let this one example speak for many that might be cited. A man who had quite a hard time looking at his life during his review commented:

"I feel strongly that the whole life review would have been emotionally destructive ... if it hadn't been for the fact that my friend [the being of light] and my friend's friends, while we watched the whole thing, were loving me. I could feel that love. Every time I got a little upset, they turned it off for awhile and they just loved me. Their love was tangible. You could feel it on your body, you could feel it inside of you; their love went right through you. The therapy was their love, because my life review just kept tearing me down. It was pitiful to watch, just pitiful ... it was nauseating. But through it all was their love."

Amy C Near Death Experience 4720

www.nderf.org/NDERF/amy_c_nde_4720.htm

In my NDE... I came to understand that most of us have lived much, much longer than we could even fathom. That our lives that feel so very long are infinitesimal when placed in the whole picture... which for that matter, cannot even be framed. I was shown how every single individual through their own free will chooses paths that MATHEMATICALLY take them to the circumstances of their next existence or life; that NOTHING at all sits in accident or chaos; that every single aspect of our lives are ruled by NATURAL laws that we placed ourselves in; that in a sense, we create our own worlds. I was shown how one can never assume either, that if someone lives a life of suffering that this is because of "evil" deeds. Many may CHOOSE a life of suffering because of what it awakens in them... or to help another, etc. We can NEVER EVER assume that we can be accurate in guessing why each being lives the life they live. I cannot describe the relief, the refreshing, peaceful balm this knowledge was for me. To finally gather this truth that I'd yearned for all of my life -- That all is good; that there is sense and beauty all around; that no one is just "free-falling" as it had seemed before; that God doesn't just get to toy with us as He pleases with random ideas of tests, including rewards and punishments that just depend upon His current mood or mindset. While in this experience, out in the vast expanse of stars and planets, moons, and knowledge, I knew complete trust for what felt like the first time. This was bliss for me. I had lived in fear and distrust and panic for 30 consecutive years.

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My Guide stood by at a certain time... and he lovingly stayed as my support while I had a kind of life review. I never felt chastised at all, even though I know I've been very cruel at times and have hurt many people. I've lost my temper in horrible ways and I have had great trouble with forgiveness, and yet, I felt only love and understanding through the entire life review. What it felt like to me was that I was being given the opportunity and gift of being able to stand back and more fully understand and love myself. I was able to feel exactly what others around me had felt during my life. I understood how everything I

did and said and even thought had touched others around me in one way or another. I was able to even enter the minds and emotional centers of many who had been around me, and understand where they were coming from in their own thinking; how their own personal views and lives' experiences had brought them to the places each stood. I felt their own struggling and their own fears; their own desperate need for love and approval -- and more than anything, I could feel how child-like everyone was. With every person I viewed, including myself, I was able to see and feel with a Higher Mind and Eye. And the feeling I had toward everyone was nothing less than what a loving mother would feel for her own children at toddler age.

It was actually comical at moments. I could feel how the "Elders" as I will call them (these are those who are Helpers on the other side, who have mastered themselves in many or all ways, and help work with us) see us and find so much humor in the way we do things. It might seem brutally annoying to consider when we are in the midst of a great argument or drama that is playing out in our lives that the Elders view these things very much like when a mother sees her two year old scream and cry and bop another child on the head with a stuffed animal. The mother doesn't want her child to "fall apart" and become hysterical and cry. She feels for her child, but at the same time, she sees a little bit of comedy in how seriously the child takes what is usually a trivial drama. She continues to love her child and thinks the world of it, hoping it will go on enjoying the day, living and learning.

This was a big light bulb moment for me, because I had entertained the dark idea, during my life, that every little less than perfect action of mine, was being watched "by God," and judged with anger or great sadness. I felt constant guilt for my mistakes and belabored over the dread of "being watched" with severe or at least very stern eyes. I wanted to please, and I believed that I was so often falling short. This had been a maddening way to live. So getting the chance to view others from a much Higher Frequency was wonderful, to say the least. And knowing how much love I felt as I watched or sensed others' in their personal situations, made me want to live more in joy rather than guilt and worry. No one was mad at me.

I was able to explore the mind or energetic pattern of one of my life's sworn enemies -- someone I couldn't imagine forgiving for what I'd witnessed. And yet, coming back from my NDE, I could feel nothing more than such a flood of Love for this woman that I dived in at the chance to write her a letter and tell her how much I loved her, and to ask for forgiveness for the energetic weight I might have held over her from my own dark thoughts and anger. She could have been my own firstborn. That is how much I adored her at that time. Because I was able to feel the Divine Love for her that the Essence that 'God' is, feels toward her, I too, couldn't help but love her in a similar way. It was such a surprisingly marvelous feeling to relinquish the burden of my own anger and judgments -- much of which I hadn't even carried, consciously most of my years.

Surveying all of this, I want to note, that I felt a Higher part of me that had compassion on the ME that was so ignorant and juvenile. It seemed to understand what I was working with, in every detail, and it only wanted for my joy. I felt that toward my own self,

if that makes any sense. I desired to have my lower self Awaken, and to be filled with Love and Joy. I wanted for my lower, child-like self to be kinder, to be more Conscious, and to find Peace.

I am forever grateful for my Life Review and what I took from it.

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I came back with this Knowing that despite what SEEMED "good" or "bad" before... it now became united to be only, "Good." Because I trusted and knew that everything was in it's right place... even when people made decisions that I didn't agree with myself, I still felt that in the overall picture, it was ALL "Good." I had this knowing as well, that there was the essence or spark of the Highest (as I'll refer to 'God') in EVERYTHING. In every mineral, vegetable, animal and human and beyond... I just knew that the Highest waited within everything to expand and create and grow and experience. I lost all desire to analyze everything in life, as I'd done before through religious examples, by trying to judge everything little thing as being either "good" or "bad." I wasn't concerned. We are all just consciousness experiencing life, and learning how to love, create, and develop to the Highest we can be. I knew to choose what felt right for me and to trust more. That when something felt unjust or imbalanced, to do what I could to work toward harmony, but to not worry about that which I had no control over. I know that eventually, even without our taking over the controls, the Universe is so full of Order, it always finds a way to Balance everything, because the Universe cannot exist without perfect Balance. And it will continue to exist.

Natalie Sudman

From Natalie Sudman's August 2012 Interview with Bob Olson of AfterLifeTV
www.youtube.com/watch?v=9eb2xy3IXgM

Bob Olson: Many of us are aware of the ripple effect of things that happen in life, choices that we make, but you to it to a whole new level... Anymore to say about that?

Natalie Sudman: I think it might be a tendency of some people to over-think their choices, like try to figure out "Oh my God if this is that far reaching than I have to make the right decision!" I can tell you that every, any decision you make is the right decision. You don't have to ohhhh angst out over making the little decisions, which I certainly used to do. And sometimes still slip back into... It's easy to do that because you know how far reaching they are. But honestly, any decision you make is going to be acceptable and good from a spirit point of view. It will also be valuable from a spirit point of view.

Bob Olson: Even if it does harm to another?

Natalie Sudman: Well, harm to another, that's a physical world judgement...

Bob Olson: When someone does do harm to another, do you believe that there's any soul contract? Do you think there's are any contract between them ahead of time? You know, I'll murder you...

Natalie Sudman: That's another case of every answer being different for every person. I think some people do make a lot of -- people call them "contracts" but I would call them "agreements" -- it's not a contract. You can get out of it. You can change your mind any time you want to... That's my experience. You can always choose not to do it... Those agreements are made on a spirit level and so the value is obvious up there, or over there, or right here. That doesn't mean that you don't still play out the physical emotions and the physical judgements... It's like you can write a script for a movie and make somebody kill somebody, and somebody rape somebody, all these awful things in this movie and then you can act out the movie. And then you can show the movie... We know that it's not real. So from the spirit level that's kind of how it looks, even though when you're in it, yeah, it feels real, and it's horrible! It can be wrenching! It can be awful! That's real too. It's valuable even though we may not see that.

The Light & The Life Review Discussion & Exercises

Questions for Part 1, The Light:

1. When listening to others describe their encounters with The Light, what affected you the most?
2. Have you ever had an experience with The Light (or God, in some form)? If so, describe your experience. How did it feel? Did you feel peaceful? Blissful? Like you were "home"? Was there music? Were there colors? Did other beings share the experience with you? How did The Light feel to you? Was it separate from you -- a separate, distinct being? Or were you one and the same, or both, or something else?
3. How did this experience change your life? What did you learn from it?
4. Have you discovered ways that you can experience The Light (or God, in some form) and bring the experience into your daily life?

Experiencing The Light Exercises:

1. Spend time meditating every day. During your meditation, spend a few minutes imagining and feeling how much The Light loves you, completely and unconditionally. No matter how many imperfections you have, or how many mistakes you may have made in your life, feel The Light's complete love and acceptance. Allow this awareness to sink in and transform you, your attitudes, and your life experiences. From The Light's perspective, everything about you is beautiful, wonderful, and delightful -- and everything that is less than perfect will be transformed into ever increasing expressions of perfection as you evolve, mature, and are able to express your divine nature more fully.
2. Be conscious of your thoughts and inner dialogue during the day. Whenever you become aware of yourself feeling anxious, afraid, uncentered, disconnected, take a moment to reconnect with your Deeper Self.
3. Spend a few minutes daily listening to at least one person describe their encounter with The Light. You can find many stories on NHNE's NDE Network: <http://nhnearthdeath.ning.com/>

Questions for Part 2, The Life Review:

1. When listening to others describe their life reviews, what affected you the most?
2. Have you ever had a life review? If so, describe your experience. Were you aware of the impact that ALL of your thoughts, words, actions, feelings had on those around you? Did this awareness include the affect you had on other beings, such as plants and animals? Were you aware that your actions also affected the rest of the universe? If so, how?
3. What are the most important things you learned from the life review experience? How does it inform/influence how you live your life now?
4. Have you discovered ways that you can bring the life review process into your daily life?

Life Review Exercises:

1. Throughout the day, treat everyone you encounter as if they are you. If, for example, you are at the grocery store and the clerk is ringing you up, imagine that you are the clerk. Imagine that their thoughts, feelings, and actions are extensions of you. Do your best to treat them as you would like to be treated if you were actually meeting another you. In two weeks, report back your experience.
2. At the end of every day, write down your daily experiences. Were some people easier for you to treat as yourself than others? Were some more challenging? If so, why? What are you learning from this process?
3. Make a list of people you feel have caused you great harm. Then take each person into a meditative space and image seeing them from the kind of spiritual perspective that many NDErs report. You see each person, including yourself, as God does -- you sense all the forces that have shaped their personalities, why they thought and did certain things, how each person is constrained by the knowledge, development, and resources they have, how everyone is connected, and how no one needs to be "forgiven" because everyone is playing their part, doing the best they can. Do this with each person on your list and see if this helps you let go of old grudges, hurts, and wounds.