LIGHT, LOVE & LAUGHTER

Dr. Chase Skylar DeMayo

U.S. Air Force veteran | Keynote speaker | Writer | Father



Come back to what matters

A personal story of surviving cardiac arrest, finding a voice after twelve years of silence, and making room for joy in everyday life.

FOX 35 Orlando | Fox News | Telemundo | Military.com

ChaseDeMayo.com | ChaseTheLight.org | chasedemayo@gmail.com

THE PERSON BEHIND THE MESSAGE

Meet Chase



Before sharing his own story, Dr. Chase Skylar DeMayo told the stories of others as a U.S. Air Force Public Affairs journalist at Langley Air Force Base.

On April 1, 2008, at age 20, Chase experienced cardiac arrest. He remembers a near-death experience of light, love, and an encounter with someone he understood to be Jesus. For approximately twelve years, he kept it largely private.

A Wounded Warrior Project Project Odyssey retreat in 2020 helped him find the courage and language to begin sharing. His work now explores life after profound change, the pressure to suffer in silence, and the ordinary moments that make life worth living.

Chase the Light grew from that continuing experience. Through humor, curiosity, and practical reflection, Chase invites people of every belief to consider how they can bring more care into the lives they already have.

Speaking and community work

Chase delivered a keynote at the IANDS 2024 International Conference in Phoenix, on a program that also featured Anita Moorjani. He was a featured speaker in 2025 and has moderated military and veteran experiencer panels.

He serves on the Camaraderie Foundation board, is a Leadership Orlando Class 105 graduate, and emceed the foundation's 2026 PTSD Awareness Fundraising Breakfast. He lives in Central Florida with his wife and two sons and works as Senior Audio Strategy Lead at Audacy Orlando.

Education

Doctorate in Holistic Counseling, University of Sedona; Master of Metaphysical Science, University of Metaphysics; B.S. in Alternative Medicine, Everglades University; Graduate Certificate in Life Coaching, Grand Canyon University. Military journalism training: Defense Information School.

His doctorate is nonclinical. Chase shares personal testimony and educational reflection; he is not a medical doctor or licensed mental health provider.

Full biography | IANDS 2024 program | Camaraderie Foundation | Air Force journalism

BROADCAST AND PUBLISHED WORK

Television and editorial coverage

Recent appearances, published essays, and confirmed forthcoming coverage.

Tampa Bay Times

Scheduled guest column | Online November 16, 2026; print expected later that week

A guest column about the transition out of military service, scheduled for Monday morning online.

FOX 35 Orlando The 407

Local television interview | November 5, 2026

Ahead of Veterans Day, Chase discussed his near-death experience, purpose after trauma, and seeking support.

Fox News Saturday in America

National television interview | March 28, 2026

A conversation with Kayleigh McEnany about his Air Force medical crisis, near-death experience, and years of silence.

Telemundo Al Rojo Vivo

National Spanish-language feature | November 25, 2025

National coverage of his remembered experience after cardiac arrest at Langley Air Force Base.

Military.com

Independent national feature | September 12, 2026

Derricke Dennis reports on Chase and the veterans who began sharing their own experiences with him.

Action News Jax

Independent local reporting | September 7, 2021

Chase discusses recovery and helping fellow veterans as a Wounded Warrior Project Project Odyssey participant.

After the Silence: Peer Support, Spiritual Stigma, and Camaraderie Foundation

Authored article | Small Wars Journal | November 11, 2026

Chase examines spiritual stigma, the military peer-support gap, and Camaraderie Foundation's counseling and community support for veterans and families.

Read Small Wars Journal

After the Silence

Authored article | RealClearDefense | November 13, 2026

Chase reflects on twelve years of silence, a therapist's question, and finding peer support after a military medical crisis.

Read RealClearDefense

Links lead to original coverage. Current biographical details: Press Fact Sheet on ChaseDeMayo.com.

LONG FORM CONVERSATIONS

Interviews and podcasts

Next Level Soul with Alex Ferrari

Recorded November 11, 2026 | Release date to be announced

Chase visited the Texas studio for an in-person podcast interview and a YouTube mini-series recording. These are recorded appearances awaiting release.

Afterlife Podcast with Pooja Chilukuri

Published video interview

A conversation about Chase's near-death experience and the message of joy and laughter he carried into everyday life.

Michelle Clare

Published video interview

Military service, the remembered encounter, and the experience of returning to life changed.

Near Death Network

Published video interview

Chase's Air Force near-death experience and his commitment to helping others feel less alone.

Voice for Valor

October 31, 2026 | Michael Komorous

Air Force journalism, medical retirement, and the path from silence to speaking openly.

My Spirit Lives On

October 25, 2026

A detailed personal account of the hospital experience and why he kept it private for twelve years.

Meant To Be Heard

October 19, 2026 | Paige Pinder

Faith, his remembered near-death experience, and the changes in perspective that followed.

Heaven Encounters with Randy Kay

October 9, 2026

Love, laughter, and rediscovering joy through new interests after the experience.

Round Trip Death

September 8, 2026 | Episode 636

His military background, near-death experience, and the life that followed.

Coming Home

December 14, 2023

A filmed interview about his remembered NDE and its message of love, laughter, and purpose.

IANDS Afterlife Revealed | NDE Radio with Lee Witting | Complete interview archive

PUBLISHING AND CONTRIBUTIONS

Book features

Chase's personal account appears in published and forthcoming books exploring near-death experiences, purpose, and life afterward.

Imagine Your Purpose from Heaven

Near-Death Experiences, God's Plan, and the Reason You Are Here

John Burke | Tyndale Elevate | Scheduled release November 17, 2026

Chase's story is featured in Chapter 11, Rejuvenating Your Purpose, in the section Childlike Wonder in the Ethos of Heaven. His account explores recognizing himself as a child in the garden and the message of laughter, light, and love. Burke is the New York Times bestselling author of Imagine Heaven.

Every Soul Knows

The Joy of Remembering Who We Really Are

Peter Alessandria | Companion book | Kindle preorder announced

Chase's near-death experience is included in the companion book to Alessandria's documentary. The book pairs questions about the afterlife with 18 first-person accounts of near-death and other spiritually transformative experiences.

We Touched Heaven

Edited by Claudia Watts Edge | Contributing experiencer

Chase contributed his personal near-death experience account to this collection of first-person stories.

“Before you go back, remember, spread laughter, light, and love.”

From Chase's account of the message he remembers.

CHASE THE LIGHT IN PRACTICE

Chase the Light today

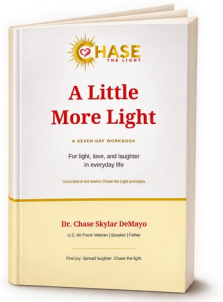
The philosophy

Chase the Light is an invitation to find joy, spread laughter, live with purpose, and carry more love into the world. Its twelve principles turn that invitation into everyday choices about presence, curiosity, service, forgiveness, and care.

Explore the manifesto and practices

A Little More Light

A seven-day digital workbook with short reflections, practical exercises, and space to write. The 32-page fillable PDF includes all twelve manifesto principles and additional practices for expectations, difficult days, forgiveness, rest, and receiving help.



View the workbook | Read the free preview

Chase the Light book

The full book is in progress, with a target of publication by July 2027. It brings Chase's near-death experience together with stories of self-discovery, fatherhood, pain, laughter, expectations, and learning how to live the message. The workbook is a separate companion.

Documentaries and published account

Kenneth Ring documentary

Interview participant | Premiered at IANDS in August 2026

Chase appears in Kenneth Ring: How a Foremost Near-Death Experience Research Pioneer Expanded Our Lives, a film that also includes Raymond Moody, Bruce Greyson, and Michael Sabom.

Every Soul Knows

Documentary interview participant

Chase is included among the interviewees in the film series about life and the afterlife, The Joy of Remembering Who We Really Are.

NDERF published account

Chase D | Experience 33592

His complete first-person account and questionnaire are published in the Near-Death Experience Research Foundation archive.

FOR EVENT ORGANIZERS AND INTERVIEW HOSTS

Programs and conversations

In-person and virtual programs are tailored to the audience, with space for questions and different beliefs.

Chase the Light

Keynote | 30 to 60 minutes, with optional questions

A personal story connecting a near-death experience with purpose, love, humor, and the choices that shape an ordinary day. For conferences, corporate and civic audiences, faith communities, and the general public.

The Silent Return

Military and veteran program | 45 to 75 minutes

A veteran's perspective on silence, identity, disclosure, and finding connection after a profound experience. For veteran organizations, military families, chaplains, and care communities.

Twelve Years of Silence

Conversation | 30 to 45 minutes

An intimate discussion of vulnerability, the fear of being misunderstood, and what helped Chase begin sharing.

Supporting Veterans Who Return Changed

Educational program | 45 to 60 minutes

A conversation for families, veteran organizations, and community leaders about listening, respectful support, and credible resources.

Questions to begin a conversation

What do you remember about April 1, 2008, and how did it change your understanding of life?

Why did you keep the experience private for approximately twelve years?

What helped you feel ready to share, and what have you heard from other veterans since?

What did recognizing yourself as the child in the garden remind you about joy?

How do you live the message on days when you are in pain or feel overwhelmed?

What have fatherhood and unmet expectations taught you about love and being present?

Where can someone begin if they want more purpose but have never had an NDE?

Request availability | Speaking information

COPY READY TEXT

Biographies and introductions

These versions are ready for event listings, episode notes, and editorial introductions.

Short biography

Dr. Chase Skylar DeMayo is a medically retired U.S. Air Force veteran, keynote speaker, writer, and father of two. Through Chase the Light, he shares his near-death experience and message of love, laughter, and purpose. His story is featured in John Burke's forthcoming Imagine Your Purpose from Heaven.

Standard biography

Dr. Chase Skylar DeMayo is a medically retired U.S. Air Force veteran, keynote speaker, writer, and father of two in Central Florida. After cardiac arrest at Langley Air Force Base in 2008, he kept his near-death experience largely private for twelve years. An IANDS 2024 keynote speaker and Camaraderie Foundation board member, he holds a nonclinical doctorate in holistic counseling. His story is included in We Touched Heaven and the forthcoming Imagine Your Purpose from Heaven by John Burke and Every Soul Knows by Peter Alessandria. His writing has appeared in Small Wars Journal and RealClearDefense. Through Chase the Light, he encourages everyday joy, love, and purpose.

Extended biography

Dr. Chase Skylar DeMayo is a medically retired U.S. Air Force veteran, keynote speaker, writer, and father of two in Central Florida. A former Air Force Public Affairs journalist, he experienced cardiac arrest at Langley Air Force Base in 2008 and remembers an encounter with someone he understood to be Jesus.

He kept the experience largely private for twelve years before Wounded Warrior Project's Project Odyssey helped him begin sharing. An IANDS 2024 keynote speaker and 2025 featured speaker, he serves on the Camaraderie Foundation board and holds a nonclinical doctorate in holistic counseling.

His story has appeared on Fox News, Telemundo, FOX 35, and Military.com; his writing has appeared in Small Wars Journal and RealClearDefense. His story is included in We Touched Heaven and the forthcoming books Imagine Your Purpose from Heaven by John Burke and Every Soul Knows by Peter Alessandria. A Tampa Bay Times guest column is scheduled online November 16, 2026, with print publication expected later that week.

Chase recorded an in-person Next Level Soul interview with Alex Ferrari in November 2026, awaiting release. Through Chase the Light, he explores purpose, laughter, and care in everyday life. He created the workbook A Little More Light and is writing the full Chase the Light book, welcoming people of every belief into the conversation.

On air or stage introduction

Our guest is Dr. Chase Skylar DeMayo, a medically retired U.S. Air Force veteran, keynote speaker, and father of two. His near-death experience is featured in John Burke's forthcoming Imagine Your Purpose from Heaven. Through Chase the Light, he shares what he has learned about purpose, connection, and making room for joy. Please welcome Chase.

MEDIA AND SPEAKING INQUIRIES

Connect with Chase

chasedemayo@gmail.com

Send an inquiry | ChaseDeMayo.com | ChaseTheLight.org

Based in Central Florida. Scheduling is in Eastern Time. For an interview or event, include your outlet or organization, deadline or date, topic, audience, and location or virtual format.

Photography



Portrait



Military service



Onstage

Publication photographs are available by request. Contact Chase for original files, photographer credits, and permission for your intended use.

Editorial reference

U.S. Air Force Public Affairs journalist; Langley Air Force Base; cardiac arrest on April 1, 2008, at age 20. The duration of the arrest is unknown. His NDE memories and spiritual interpretation are personal testimony.

Dr. refers to his nonclinical doctorate in holistic counseling. His speaking and writing share lived experience and educational reflection.

Current Press Fact Sheet | First-person NDE account | NDERF account

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LinkedIn | TikTok @drchaseskylar | All interviews and appearances

Leave more light than you found

Chase the Light