



من يوميات طبيب

الاقتراب من الموت او على حاف الموت

Near Death Experience

# Death definition

Death was once defined as the cessation of heartbeat (cardiac arrest) and of breathing, but the development of CPR and prompt defibrillation have rendered that definition inadequate

- Today, where a definition of the moment of death is required, doctors and coroners usually turn to "brain death" or "biological death" to define a person as being dead; people are considered dead when the electrical activity in their brain ceases. While “
- **Brain death**" is viewed as problematic by some scholars, there are certainly proponents of it that believe this definition of death is the most reasonable for distinguishing life from death.

Before describing the nine stages of a prototypical NDE, it is important to note that we make no assertion or judgment about the reality or validity of the religious (redemptive or not) content. As physicians, our interest is in the recognition of people who have had an NDE and how best to treat them afterward to maximize physical and mental health



The Near-Death Experience: Diagnosis and Treatment Of a Common Medical Syndrome  
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Editor, Missouri Medicine

- Imagine a medical syndrome affecting as many as **20% of people who are resuscitated** after almost dying in a medical or surgical setting. Realize that this means that as many as **8 million to 20 million Americans** have experienced the syndrome. Understand that the syndrome itself is easy to diagnose and treat, but improper diagnosis and treatment may cause lifelong adverse physical and mental health problems. *The Journal of the Missouri State Medical Association*, for which I serve as editor. The series ran from September 2013, to August 2015 receive no training whatsoever on this syndrome.

# حملة التلقيحات في الانبار

- في اواخر الثمانينات استنفرت صحة الانبار منتسبيها لحملة تلقيح للاطفال وقد شاركت
- دخلنا بيت استقبلنا فيه رجل ستيني مبتسما مرحبا وبما اني كنت الاختصاصي فقد جلست معه وتولى الشباب الدين معي العمل.
- كان الرجل يتحدث من غير اكثر واثق ويبدو انه لمس اجلالي له فحدثني انه قبل مده مات ثم اعيد اصغيت له باحترام فقال انا لا احدث الناس بهذا لانه صعب التصديق ولكن هذا ما حدث قال انا مت ثم مرت احداث حياتي سريعا امامي ثم عبرت نفق ثم ابصرت ضياء اصطحبني شخصان الى ثالث امر بارجاعي.

# A near-death experience (NDE)

- Is a profound personal experience associated with death or impending death which researchers claim share similar characteristics. When positive, such experiences may encompass a variety of sensations including detachment from the body, feelings of levitation (the action of rising or causing something to rise and hover in the air, typically by means of supposed magical powers.), total serenity the state of being calm, peaceful, and untroubled, security, warmth, the experience of absolute dissolution, and the presence of a light. When negative, such experiences may include sensations of anguish and distress.
- Explanations for NDEs vary from scientific to religious. Neuroscience research hypothesizes that an NDE is a subjective phenomenon resulting from "disturbed bodily multisensory integration" that occurs during life-threatening events,[2] while some transcendental and religious beliefs about an afterlife include descriptions similar to NDEs

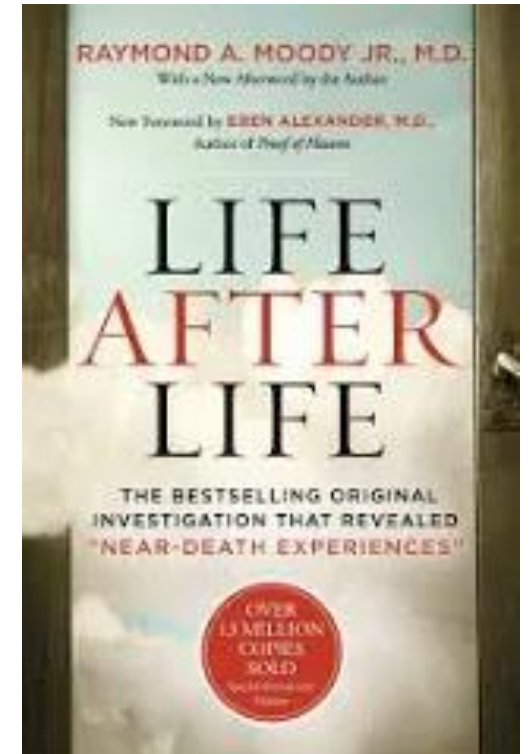
## Raymond A. Moody, Jr. (born June 30, 1944)

- Is a philosopher, psychologist, physician and author, most widely known for his books about afterlife and near-death experiences (NDE), a term that he coined in 1975 in his best-selling book *Life After Life*. Raymond Moody's research purports to explore what happens when a person dies. He has widely published his views on what he terms near-death-experience psychology

# Raymond Moody Education and early career

Moody earned a BA (1966), [M.A.](#) (1967) and a PhD (1969) in philosophy from the [University of Virginia](#). He also obtained a PhD in psychology from the [University of West Georgia](#), then known as West Georgia College, where he later became a professor in the topic.<sup>[4]</sup> In 1976, he was awarded an M.D. from the [Medical College of Georgia](#).<sup>[5]</sup> Dr. Moody occasionally taught courses at the University of Virginia as adjunct faculty. In spring 1978 prior to moving to Georgia, Dr. Moody taught his last class at the University of Virginia, Charlottesville, within the Corcoran Department of Philosophy, a course entitled Thanatology.

After obtaining his M.D., Moody worked as a [forensic psychiatrist](#) in a maximum-security Georgia state hospital. In 1998, Moody was appointed Chair in Consciousness Studies at the [University of Nevada, Las Vegas](#).





# Near-death research

- While an undergraduate at the University of Virginia in 1965, Moody encountered psychiatrist, Dr. George Ritchie, who told Moody about an incident in which he believed he had journeyed into the afterlife while dead for nearly nine minutes at the age of 20 (which Ritchie would later recount in his book, *Return From Tomorrow*, published in 1978). Moody began documenting similar accounts by other people who had experienced clinical death and discovered that many of these experienced shared common features, such as the feeling of being out of one's body, the sensation of traveling through a tunnel, encountering dead relatives, and encountering a bright light. In 1975, Moody published many of these experiences in his book, *Life After Life*, in which he coined the term "near-death experience."
- In an interview with Jeffrey Mishlove, Moody shared his personal conclusions about his research into near-death experiences:
- I don't mind saying that after talking with over a thousand people who have had these experiences, and having experienced many times some of the really baffling and unusual features of these experiences, it has given me great confidence that there is a life after death. As a matter of fact, I must confess to you in all honesty, I have absolutely no doubt, on the basis of what my patients have told me, that they did get a glimpse of the beyond

# Case Report

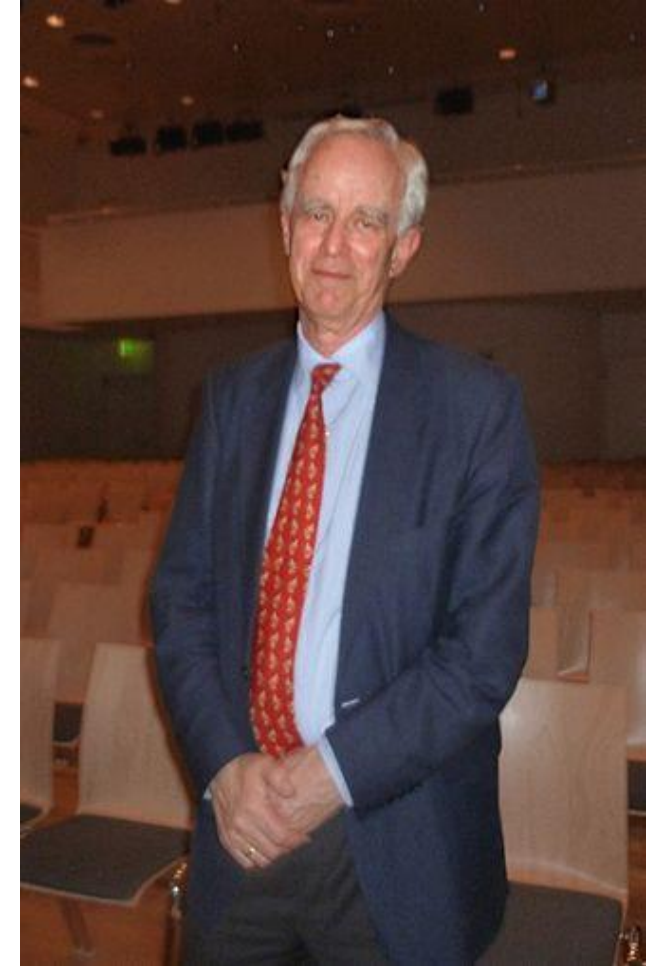
- A 48-year-old Italian-American man underwent exploratory laparotomy at North Kansas City Hospital, in Missouri, when he suffered uncontrolled hemorrhage and cardiac arrest. He was in extremis for 40 minutes and was defibrillated several times. He stayed in the ICU for 10 days and the hospital for 45 days. In the ICU, he told his physicians and nurses, “When I was dead, I went to heaven and saw my mother and God.” The physicians and nurses told him he imagined the visit to heaven and his brain just did not have enough oxygen. He was advised not to tell anyone about “your hallucination or people will think you have had brain damage.”
- On a subsequent trip to Italy, he told Italian physicians about his experience. They quickly confirmed that he had had a “near-death experience,” and they told the patient that it was common and that most people lived better lives and lost their fear of death after having experienced one.

# Criticism of Moody's near-death research

- [Barry Beyerstein](#), a professor of psychology, has written that Moody's alleged evidence for an [afterlife](#) is flawed, both logically and empirically.<sup>[8]</sup> The psychologist [James Alcock](#) has noted that Moody "...appears to ignore a great deal of the scientific literature dealing with hallucinatory experiences in general, just as he quickly glosses over the very real limitations of his research method."<sup>[9]</sup>
- Moody has been described as a "strong personal believer" in the [paranormal](#).<sup>[10]</sup> His methods have drawn criticism from the scientific community as many of the personal reports he collected on NDEs were given by the patients themselves, months and even years after the event. [Terence Hines](#) commented "such reports are hardly sufficient to argue for the reality of an afterlife

# Van Lommel's study Pim van Lommel

In 2001, Pim van Lommel, a cardiologist from the Netherlands, and his team conducted a study on NDEs including 344 cardiac arrest patients who had been successfully resuscitated in 10 Dutch hospitals. Patients not reporting NDEs were used as controls for patients who did, and psychological (e.g., fear before cardiac arrest), demographic (e.g., age, sex), medical (e.g., more than one cardiopulmonary resuscitation (CPR)), and pharmacological data were compared between the two groups. The work also included a longitudinal study where the two groups (those who had had an NDE and those who had not had one) were compared at two and eight years, for life changes. One patient had a conventional out of body experience. He reported being able to watch and recall events during the time of his cardiac arrest. **His claims were confirmed by hospital personnel.** "This did not appear consistent with hallucinatory or illusory experiences, as the recollections were compatible with real and verifiable rather than imagined events



# (Charles) Bruce Greyson (born October 1946)

is Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the [University of Virginia](#). He is author of *After: A Doctor Explores What Near-Death Experiences Reveal about Life and Beyond* (2021), co-author of [Irreducible Mind](#) (2007) and co-editor of *The Handbook of Near-Death Experiences* (2009). Greyson has written many journal articles, and has given media interviews, on the subject of [near death experiences](#).

- death experiences

# Common traits that have been reported by NDErs are as follows:

- A sense/awareness of being dead.
- A sense of peace, well-being and painlessness. Positive emotions. A sense of removal from the world.
- An out-of-body experience. A perception of one's body from an outside position, sometimes observing medical professionals performing resuscitation efforts.
- A "tunnel experience" or entering a darkness. A sense of moving up, or through, a passageway or staircase.
- A rapid movement toward and/or sudden immersion in a powerful light (or "Being of Light") which communicates telepathically with the person.
- An intense feeling of unconditional love and acceptance.
- Encountering "Beings of Light", "Beings dressed in white", or similar. Also, the possibility of being reunited with deceased loved ones.
- Receiving a life review, commonly referred to as "seeing one's life flash before one's eyes"
- Approaching a border or a decision by oneself or others to return to one's body, often accompanied by a reluctance to return.[
- Suddenly finding oneself back inside one's body.
- Connection to the cultural beliefs held by the individual, which seem to dictate some of the phenomena experienced in the NDE and particularly the later interpretation thereof

# Stages

- Kenneth Ring (1980) subdivided the NDE on a five-stage continuum. The subdivisions were:[21]
  - Peace
  - Body separation
  - Entering darkness
  - Seeing the light
  - Entering another realm of existence, through the light

# Common elements

- Researchers have identified the common elements that define near-death experiences. Bruce Greyson argues that the general features of the experience include impressions of being outside one's physical body, visions of deceased relatives and religious figures, and transcendence of egotic and spatiotemporal boundaries.[14] Many common elements have been reported, although the person's interpretation of these events often corresponds with the cultural, philosophical, or religious beliefs of the person experiencing it. For example, in the US, where 46% of the population believes in guardian angels, they will often be identified as angels or deceased loved ones (or will be unidentified), while Hindus will often identify them as messengers of the God of death



# Death isn't scary – if you've had a near-death experience

[Natasha Tassell-Matamua](#) Lecturer, School of Psychology, Massey University





# Popular books - Near Death Experiences Afterlife NDE



- Recent large-scale studies conducted across the US, UK, Austria and Belgium have provided credible findings to suggest NDEs may actually be real phenomena. But the debate about the “realness” of NDEs is likely to continue for many years, if not decades, to come.

- People who have had an NDE don't wish for death. They want to live and fulfil their destiny. But when death finally calls, they will not be afraid. And that is quite extraordinary.

# Near-death experience 'all in the mind'

- Near-death experiences are simply "manifestations of normal brain functions gone awry", researchers say.
- Psychologists from Edinburgh University and the Medical Research Council in Cambridge reviewed existing research.
- They say phenomena such as out-of-body experiences or encounters with dead relatives are tricks of the mind rather than a glimpse of the afterlife.

# Explanations

- We are circulating, every thing in the universe is circulating.
- A red blood cell lives for 120 days , stomach cell lives for 2weeks & replaced, the memory is circulating in the DNA
- So a being will not vanish .

## ملاحظاتى من خبرتى مع بعض من عابنت او التقت

- يكون المربض مقتنع تماما بان الذى حدث حقيقى لءالك انصح زملائى الاطباء بحسن الاستماع ثم اخبار المربض بان هذا يحدث مع بعض من يواجه حالة صحىه تقربه من الموت
- الوقائع عنده واضحه المعالم لا تشبه الهلوسه ولا تتغير بمرور الزمن
- المربض لا يتكلم عن حاله واذا تكلم يكون بصيغه الاخبار وليس الاستفسار
- يقول ان الموت ليس سىء وقد يكون جميل ولكنه يعيش حياته ويحافظ عليها ولا يتمنى الموت
- يصحى المربض من هذه حاله مرتاح وفي بعض الاحيان سعيد نوعا ما بينما المربض الذى يصحى من حاله اغماء يكون بحاله سيئة.
- لا ولن يكون هناك تفسير علمى ومؤكد لهذه الحالة



شكرا لكم على حسن الاستماع