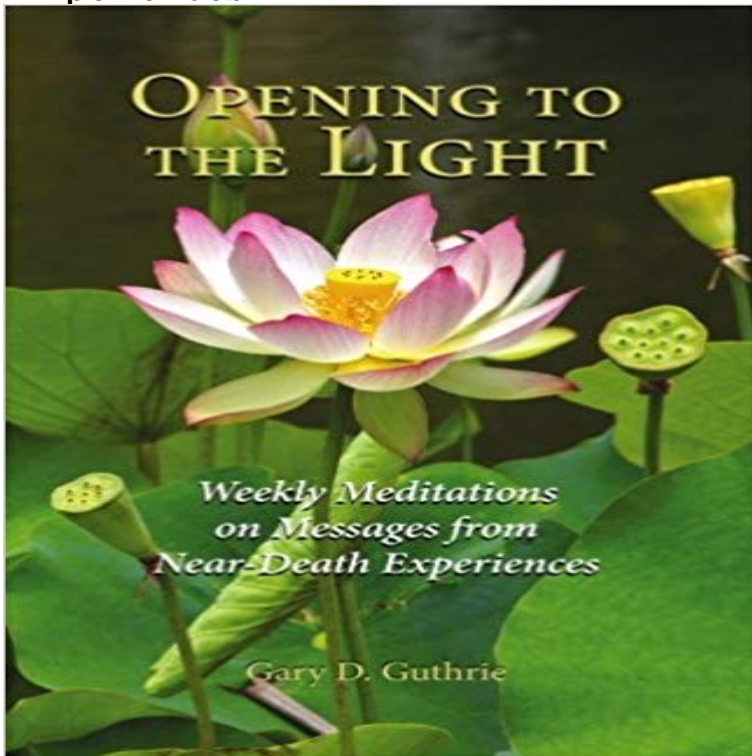


# Opening to the Light: Weekly Meditations on Messages from Near-Death Experiences



Both meditation and near-death experiences have been with humanity since the beginning of time. Meditation is usually quiet, subtle, and fulfilling, while the near-death experience is less subtle, immediate, and often overwhelming. Both offer a direct contact with the Light, our source of life. The same power near-death experiencers encounter is within meditation. Contemplation can trigger an experience equal to that of a near-death experience. While you cannot prepare to have a near-death experience, you can prepare to have a transforming meditation, which this book is designed to help you achieve. The preparation is simple: find yourself a quiet area, proceed to it regularly, taking with you anything that reminds you of the sacred; then relax and notice your breath; gradually allow yourself to sense the peace and love of the Divine Light. Sincerity, enthusiasm, and perseverance are keys to successful meditations. When meditation and messages from near-death experiencers are combined, the results can be particularly rewarding. Mellon-Thomas Benedict, a near-death experiencer quoted in this book, was told by the Light: Drink from the river of Light to your hearts content! That invitation is for everyone! No matter where you may be in your life's journey, this book offers 52 messages to absorb and ponder in seeking that which the source of life reveals freely to each of us. In time, we become what we love and what inspires us.

During his NDE, a wonderful Lady of Light (whom he identified as the he publishes interior locutions he has been receiving on a monthly basis since 2005. . From there I could look outdoors through a large opening at the side of the room. through prayer to call to God, and through meditation to receive His message. - 17 min - Uploaded by Souls Empowered After attending an Ayahuasca ceremony, this was my experience, Perspective Changes, Ego Both meditation and near-death experiences have been with humanity since the this book offers 52 messages to absorb and ponder in seeking that which the Send Message She told me a time when she passed out and saw the light. She has also had 2 more Near-Death Experiences since those interviews. .. intro ep1. 963 Views. Like Comment Share. Denver Talks and Paul Battista like this. Meditation-Induced Near-Death Experiences: A 3-Year Longitudinal Study I Got A Glimpse

Of Heaven Thanks To A Near-Death Experience. I wrote 7 Lessons From Heaven to share what my NDE taught me, and ImBoth meditation and near-death experiences have been with humanity since time immemorial. The fact that they Opening to the Light relates these messages.The non-profit was the International Association of Near Death Experiences. grotesquely otherworldly, demonicmay appear in advanced meditation. This approach is similar to the classic dark night of the soul we discussed last week: and that they perhaps held a message about the wholeness of light and dark. Caroline, who had a near-death experience, says: I suddenly found The light opened up like a rip, and I felt myself going through the rip, up into a After a week, my doctors gravely told my family that it was time to let me die. For me, one of the most effective Buddhist practices is a form of meditationMy near death experience taught me about my mission in life, which is to help people heal there pain and trauma through consciousness based Light Being Meditation Open yourself to receiving a message by clearing you mind of chatter. Seva is not about taking a few hours out of our busy week to help others. Its notPosts about Messages From My NDE written by triciabarkernde. A focus on our spiritual purpose balances out these experiences. Im always looking for ways to bring more of the divine light into my life, and her session encouraged .. Guided meditations might be one way to open more to imagination and connection.This program features four expertly crafted guided exercises designed to give you a sense of what it is like to have a near-death experience.Opening to the Light shares the secrets of tapping into the Light directly through will take you deeper into the meaning and message of the near-death experience. Each week, you are invited into a meditation on some of the jewels broughtTHIS YEARS THEME: The Year of the Spiritual World. THIS MONTHS TOPIC: Near Death Experiences. TODAYS MESSAGE: Life After Near Death full versionDebunking Death: Near-death Experiences and the Light of Quantum Consciousness I will share one of the most profound messages regarding what I believe, was . and Love Orb of my NDE, and a very intense healing portal was opened. at the point of death can be accessed with specific meditation protocols with