

## Preparing for Your Own Death Class # 4 February 28, 2021

**Topics:** What happens after death, Near Death Experiences, Rebirth versus Reincarnation, research evidence suggestive of reincarnation, regrets and life purpose.

If you are able, please watch some of these videos before class.

### **Relevant to Near Death Experiences:**

- 1) *Life After Life* by Raymond Moody, the first medical doctor to research NDE's. Somewhat dated and a bit sentimental, but the accounts of NDE's are very interesting. Look for common themes and how the NDE affected the person after they returned to life.
- 2) Children's NDE's are interesting as they are relatively free of cultural or religious conditioning.
- 3) A long and well balanced Atlantic article on the Science of NDE's:  
<https://www.theatlantic.com/magazine/archive/2015/04/the-science-of-near-death-experiences/386231/>

4) International Association for Near-Death Studies. See [www.iands.org](http://www.iands.org)  
A site with many resources including videos of people who had NDE's, resources for parents and medical people and those who have had distressing NDE's, and past and ongoing research.

### **Relevant to Reincarnation:**

1) Jim Tucker's overview of the UVA research:  
<https://www.youtube.com/watch?v=317bcb3aoGc&t=17s> At the end of this talk he mentions the subject of the next video. 20 minutes

2) One of the most compelling US cases -- James Leininger  
<https://www.youtube.com/watch?v=yO-ZGw88dUg>

Touching follow up on how James Leininger's parents helped him resolve his past life can be seen at time signature 2:47. <https://www.youtube.com/watch?v=dD8ldjdW8Cc>

3) The most compelling case and clear video from the Sri Lanka series – Purnima, a man who was reincarnated as a girl with very clear memories of her past life. Start at time signature 13.01. (What comes before is not so interesting but shows how the UVA team does its research).  
<https://www.youtube.com/watch?v=Uq8l4XVfgPA&t=937s>

4) This is another one about a boy who said he was an African American woman  
<https://www.youtube.com/watch?v=2ESrd3mMop0> 3.45 minutes

## **Home Practices**

- (1) Explore the videos about NDE's and reincarnation
- (2) Consider what needs to be taken care of if you knew you had only one year to live.  
(That includes Advanced Directives and Five Wishes, wills, special possessions you wish to give to particular people.)
- (3) Write a letter to someone whom you have not thanked for something helpful that they did for you. If you can, mail it. If they are dead, read it aloud to them.