



The *International Foundation for Survival Research (IFSR)* is a nonprofit, tax-exempt organization formed in 1983 to foster public awareness of personal experiences and research suggesting consciousness beyond death.

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Life After Death Experiences and Implications



IFSR gives an informational booklet at no cost to hospices, hospitals, and senior facilities in the San Francisco Bay Area. The booklet includes some of the several different types of experiences suggesting life beyond death.

Experiences pointing to life beyond death include deathbed visions, out-of-body experiences, instrumental transcommunication, phone calls from the dead, apparitions, mental mediumship, spontaneous cases, "reincarnation" cases, near-death experiences, guidance experiences, and physical mediumship.

These experiences often encourage people to lead more enriching lives. They may:

- See heightened importance to their life and its purpose
- Have less fear of death
- See death as a new beginning

IFSR's education services include:

- sponsorship of public programs - talks, discussions and conferences
- sharing information through this website, a booklet, and other written materials

We invite you to review our website and please review IFSR's "[Glimpses of the Beyond](#)" booklet for additional information.

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Types of Phenomena Pointing to Life After Death

Many different types of experiences are suggestive of life beyond death.



TYPES OF PHENOMENA:

Apparitions (ghosts) - Forms of deceased persons are seen which range in appearance from very filmy to completely lifelike.

Deathbed Visions - A dying person, within 48 hours of death, sees visions of deceased loved ones, who seem to beckon them to join them.

Instrumental Transcommunication (ITC) - Unexplained sounds, voices, and images are received by a variety of electronic devices including recording instruments, TV's, computers, radios and telephones.

Mental Mediumship - A "medium" conveys information regarding a deceased person to the living.

Near-death experience (NDE) - While a person is clinically dead, he/she experiences some or all of several features, including out-of-body experience; passing through a "tunnel;" sighting deceased relatives; encountering a "being of light;" and a life review.

Out-of-body experience (OOBE) - Persons experience their consciousness at a location away from their physical body.

"Phone calls from the dead" - A deceased person's voice is heard on the telephone.

Physical mediumship - In the presence of certain persons called "physical mediums," "materializations" and the "direct voice" in the air seeming separate from the medium, are reported.

Poltergeist - Persons report a variety of effects, including raps, spontaneous movement of objects, touches, and aromas. Occasionally these effects are accompanied by apparitions. The apparitions are considered by some researchers as suggestive of life beyond death.

“Reincarnation” cases - Persons, often very young (two to three years old), describe details of a prior life.

Spontaneous cases - One experiences a variety of effects which seem to relate to the deceased. Effects include touches, raps, fragrances, voices, falling paintings, and stopping of clocks.

NOTE: Parapsychology is a field of science which studies the gaining of information and the influencing of matter by unknown means. One aspect of this field is so-called “survival research,” which includes the study of experiences suggestive of continuation of consciousness beyond death.

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Research - Letter from Survival Researchers



A Letter on the Importance of Research

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- (1) The answer to the question of whether we survive bodily death in some form is of enormous importance to science, indeed to all fields of knowledge, and an answer, even if only pointing strongly in one direction or the other rather than being conclusive, will usually make a great deal of difference as to how people live their lives.
- (2) Rigorous scientific research in parapsychology has now established that people sometimes show what are called *psi* abilities, conventionally termed "*telepathy*," "*clairvoyance*," "*precognition*," and "*psychokinesis*." (There may be other *psi* abilities, but they have not been as rigorously documented as these four.)
- (3) Although there are grounds for philosophical differences, some of us feel that *psi* abilities do not fit in with current, conventional materialistic views of the nature of human consciousness, views which are frequently used as a basis for denying the possibility of survival *a priori* or the worthwhileness of research on the possibility of survival. Thus the

existence of psi abilities creates a general scientific but indirect basis for the possibility (not “proof,” but possibility) of some aspect of consciousness surviving death.

(4) Direct studies of survival (mediumistic communications and reincarnation memories, e.g.) to date do not prove survival in any absolute sense, but they do make a significant case for it.

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Melvin Morse, University of Washington

Peter Mulacz, Austrian Society for Parapsychology and Border Areas of Science

William Roll, West Georgia University

Charles T. Tart, University of California at Davis

Colin Wilson, Author and Lecturer, England

Sylvia Hart Wright, Professor Emerita, City College of New York

Nancy Zingrone, Parapsychology Foundation



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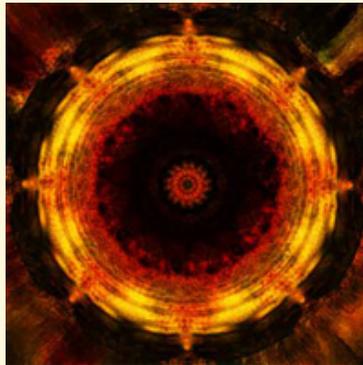
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GLIMPSES OF THE BEYOND

Experiences Pointing to Life After Death

One of the most natural and basic questions people ask themselves at some point in life is, "When I die, will I survive death?" or said another way, "Is there life after death?" For many this inquiry is accompanied by a deep fear of dying and of what might happen after death. Some ask such questions about death out of a desire to know more fully the extent of human potential. And while often this inquiry is pondered throughout a person's lifetime, perhaps just as often it isn't addressed until a person must confront the death of a loved one or their own impending death.

It is the intent of this booklet to summarize clearly and simply several kinds of experiences that suggest there is life after death.

VISIONS

At the Deathbed

"Deathbed visions" are often reported within hours of a death. Typically, the person dying sees a deceased loved one who urges the dying person to follow. Occasionally, the deceased person in the vision has died recently, but the death was not known to the viewer. In some cases, at the moment the dying person sees the vision, it is simultaneously seen by relatives and/or medical personnel.

Researchers have verified that the persons seeing these visions are mentally sound and drug free at the time of the experience. Dr. Erlendur Haraldsson of the University of Iceland and the late Dr. Karlis Osis of the American Society for Psychical Research wrote *What They Saw . . . At the Hour of Death* (Hastings House, 1997), widely viewed as the authoritative textbook on deathbed visions that describes their scholarly research on the subject.

Here is a typical experience:

“I was with Betty shortly before her death. Her husband was leaning over her and speaking to her when, pushing him aside, she said, ‘Oh, don’t hide it. It’s so beautiful.’ Then turning away from him toward the other side of the bed, Betty said, ‘Oh, why, there’s Veda,’ referring to her sister. Veda had died three weeks earlier, but the family withheld the news from Betty because of her own illness.”

During Everyday Life

Persons nearing death are not the only ones who report seeing their deceased loved ones. Around the world, peoples of diverse cultures report “visits” from the deceased. These visits are rarely reported as frightening. At the University of Virginia in the Department of Perceptual Studies, Emily Williams Kelly, PhD, studies these and other types of “spontaneous cases” which suggest to those experiencing them that consciousness continues after bodily death.

One such case involved Leslie, a middle-aged businessman. One of his children died as an infant. Leslie was alone piloting a private airplane across the southern United States when he apparently lost control of the plane and crashed to his death. Two nights later, his mother, Marge, was awakened by some disturbance to find someone at the foot of her bed.

“There he was, Leslie, with the baby, and he was holding the baby’s hand. They were at the foot of the bed. They looked at each other. I was wide awake then. They were content. They were happy that they found each other and that they were together now. They were letting me know that this was so. I got that feeling.”

This experience was so absorbing that the perceptual world around Marge faded:

“They were solid, but there was a grayness all around, like a gray cloud around them. I would say there was a mist in the whole room—nothing you could touch, just the grayness all around. But they were solid, both of them. The room was dark, electric light was coming in from outside through the venetian blinds, but I didn’t need light to see them. There is a lot of traffic around my area. No matter what time it is, there’s the sound of trucks and buses. But not one sound then. All was excluded at that moment, everything, as though the world stood still and there was nobody but the three of us in the world. I got a peaceful feeling; everything around was completely serene. It’s a lasting feeling. I will never, never forget this.”

Six-year-old Jennifer, Leslie’s favorite niece, also witnessed Leslie’s form. She told her parents immediately after the occurrence. Her experience took place a few hours before and a hundred miles away from Marge’s. Although Jennifer had heard about her uncle’s death, she did not learn of Marge’s experience until two days later at the funeral.

Visions in Dreams

People sometimes encounter a deceased loved one during their sleep. Although dream material is commonly discounted as fantasy, witnesses convey a strong conviction that these “lucid dreams” are very different from normal dreams and seem to involve an actual communication with the deceased. In these dreams, the deceased loved one usually asserts that he/she is fine and asks the dreamer not to grieve.

EXPANDED AWARENESS

The overpowering feeling of being at one or blending with one's surroundings has been described as an "oceanic experience" of expanded awareness. During this usually brief interlude, people report feeling a transcendence over the limits of space and time. They often emerge with the conviction that death is irrelevant because the essential aspects of consciousness will continue after death.

LABORATORY EXPERIMENTS WITH EXPANDED CONSCIOUSNESS

Many people report experiencing their consciousness on some occasion leaving their body so that they see and feel, for a short time, from a vantage point that is physically distant from their body. Although these experiences generally come unexpectedly, some people claim to be able to move their consciousness away from their body at will.

Charles A. Tart, PhD, professor emeritus of psychology at the University of California at Davis, is one of the pioneers whose experimental studies spanning several decades have brought wide academic awareness to these experiences. The laboratory research typically includes the subject lying down, being wired for measuring brain waves and autonomic functions, and being asked to relax and then to project his/her consciousness to a distant target room. The subject signals to the researchers when he/she is ready to try to influence mechanical devices in the target room. For example, when experimental subject Pat Price indicated to his researcher Karlis Osis, PhD, that his consciousness was in the target room, a strain gauge in that room measured significant impact. In a similar experiment, a feather suspended on a string and enclosed in an electronically shielded, closed container moved perceptibly; these movements were electronically recorded.

NEAR-DEATH EXPERIENCES (NDEs)

Near-Death Experiences (NDEs) have received a good deal of media attention. Again, people of diverse cultures report having NDEs. Raymond Moody, MD, is one of many researchers around the world who studies NDEs and has raised public awareness of them. The International Association for Near Death Studies supports research, publishes an academic journal, and disseminates information about these experiences.

Here is an example in the account of a woman who was declared clinically dead in the midst of surgery:

"I remember moving away from my body and up to the corner of the room. I could hear the surgeon telling someone I was gone, and then a flurry of activity started around my body. Then I passed through a dark tunnel, but I could see light and I was rushing toward it. I reached the light. There are no words to describe its warmth and brilliance. I felt such peace and love.

And suddenly I saw someone—pure light and pure love—and I've tried to describe this being to myself for years. It must have been God; it felt like God. I became keenly and instantly aware of a specific purpose for my life here, and then the light began to fade. I could feel myself moving away, and there I was back in the corner of the room, being drawn back into the body."

People who have had a near-death experience generally have experienced all or some of the following:

1. a movement of conscious awareness away from the physical body, often to a position above and looking down at the body, with medical personnel working frantically to revive them;
2. a swift passage through a dark tunnel where they see a light at the end;
3. an emergence from the tunnel to brilliant light, brighter than any they had encountered before, yet not harsh on their eyes;
4. seeing an "infinitely loving" being of light;
5. with this being, experiencing a review of their life, like a movie where

- each feeling is as vivid as it was in life, and feeling the impact their actions had upon others;
6. gaining insights into the purpose of their life, as well as the right and wrong choices and behaviors to adopt;
 7. seeing deceased relatives and friends and sometimes communicating with them;
 8. experiencing a temporary sense of disappointment upon being revived out of their near-death experience;
 9. losing all fear of death after their near-death experience;
 10. experiencing a shift in values in which compassion, service, and a quest for meaning replace materialism, acquisitiveness, and skepticism.
-

The **International Foundation for Survival Research** is a nonprofit, tax-deductible organization. Its purpose is to provide information to the public about these important experiences pointing to life beyond death.

Recipients of the International Foundation for Survival Research Grants:

- **Ian Stevenson, MD**, University of Virginia, for research on the characteristics of persons who have experienced an NDE;

- **Robert Jahn, PhD**, Dean Emeritus, Graduate School of Engineering, Princeton University, for computer-based psychokinetic research on the mind's ability to affect matter at a distance from the physical body;

- **Karlis Osis, PhD** (now deceased), American Society for Psychical Research, for out-of-body experience research with Alex Tanous, an individual with extraordinary paranormal abilities.

The International Foundation for Survival Research (IFSR) offers:

- this informational web site
- this introductory booklet
- public talks, discussions, and conferences featuring researchers and experiencers

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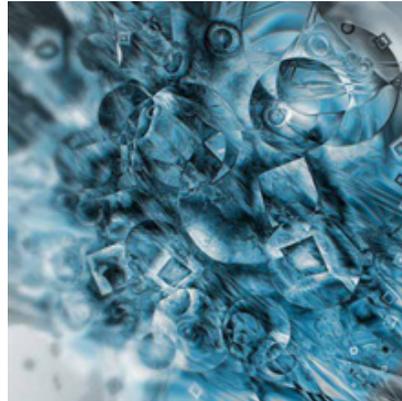
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to postmortem survival.

Healthsystem.Virginia.edu/internet/personalitystudies Within the Division of Perceptual Studies (formerly the Division of Personality Studies) of the University of Virginia's Department of Psychiatric Studies, several distinguished researchers use scientific methods to investigate apparent paranormal phenomena.

Rhine.org The Rhine Research Center promotes research and investigation of paranormal science.

Noetic.org Founded by astronaut Edgar Mitchell, Ph.D., the Institute of Noetic Sciences explores frontiers of consciousness.

Aaevp.com The American Association of Electronic Voice Phenomena is an organization dedicated to public education about electronic voice phenomena (EVP) and "instrumental transcommunication" (ITC), and to supporting experimentation in these areas.

Paradigm-sys.com/cttart Psychologist/researcher Charles T. Tart, Ph.D. includes in this site, published papers related to survival after death research, recommended reading, links, and other resources about parapsychology, transpersonal psychology, and consciousness studies.

Monroeinstitute.com The Monroe Institute is a nonprofit educational and research organization devoted to human consciousness exploration.

Lightlink/com/arpr The Academy of Spirituality and Paranormal Studies encourages the exchange of ideas and education about psychical research among clergy, academics and scientists. The site contains links to many sites concerning life after death experiences and research, consciousness research, and spirituality.

Realization.org The Spiritual Emergency Network, housed in the California Institute for Integral Studies in San Francisco, refers callers to mental health professionals knowledgeable and respectful of spiritual and psychic experiences.

Related Links

Below are links to research organizations, nonprofits, and other sources of information about experiences suggestive of afterlife and related research. IFSR does not endorse the contents of these sites but offers them for your interest.

Survivalafterdeath.org This site offers extensive links to sources of the history of "survival research" dealing with "life after death" experiences, current and past researchers, and research and educational organizations related

Williamjames.com This site is a bookstore dedicated to the eminent, early American psychologist William James. It features books about early psychical research, parapsychology, and consciousness research.

lands.org The International Association for Near Death Studies is a nonprofit offering support to NDE experiencers and educational resources to the public.

Parapsychology.org Parapsychology Foundation offers a worldwide forum supporting scientific investigation of psychic phenomena.

pflyceum.org/10.html Created by eminent parapsychologist Carlos Alvarado, Ph. D., this site offers comprehensive links to many aspects of the parapsychological research field.

spr.ac.uk The Society for Psychical Research in England is the first organization of its kind to examine allegedly paranormal phenomena in a scientific way.

aspr.com The American Society for Psychical Research is the oldest psychical research organization in the United States.

StanleyKrippner.com Website of Stanley Krippner, researcher and author at Saybrook Institute.

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IFSR Informational Resources:

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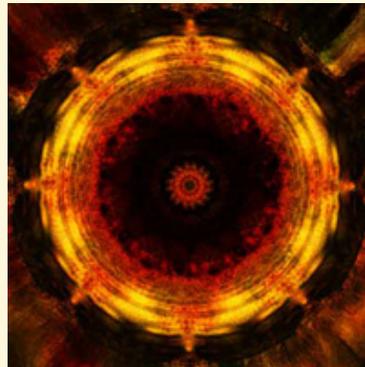
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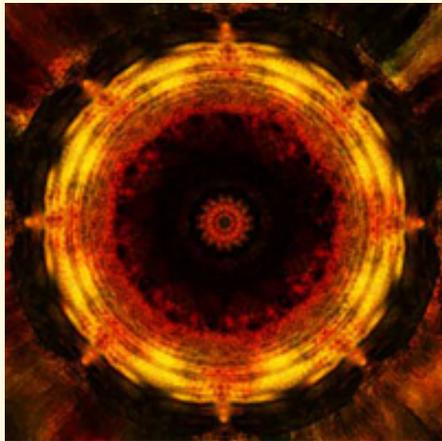
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IFSR Booklet (This web page is formatted to be printable)

IFSR gives an informational booklet at no cost to hospices, hospitals, and senior facilities in the San Francisco Bay Area. The booklet includes some of the several different types of experiences suggesting life beyond death. Its contents follow.

If you prefer you may print a PDF of IFSR's booklet: [PDF of Booklet](#)



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Glimpses of the Beyond

Experiences Pointing to Life After Death



Booklet prepared by International Foundation for Survival Research, Inc.

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Related Links

Below are links to research organizations, nonprofits, and other sources of information about experiences suggestive of afterlife and related research. IFSR does not endorse the contents of these sites but offers them for your interest.

[Survivalafterdeath.org](#) This site offers extensive links to sources of the history of "survival research" dealing with "life after death" experiences, current and past researchers, and research and educational organizations related to postmortem survival.

[Healthsystem.Virginia.edu/internet/personalitystudies](#)

Within the Division of Perceptual Studies (formerly the Division of Personality Studies) of the University of Virginia's Department of Psychiatric Studies, several distinguished researchers use scientific methods to investigate apparent paranormal phenomena.

[Rhine.org](#) The Rhine Research Center promotes research and investigation of paranormal science.

[Noetic.org](#) Founded by astronaut Edgar Mitchell, Ph.D., the Institute of Noetic Sciences explores frontiers of consciousness.

[Aaevp.com](#) The American Association of Electronic Voice Phenomena is an organization dedicated to public education about electronic voice phenomena (EVP) and "instrumental transcommunication" (ITC), and to supporting experimentation in these areas.

Paradigm-sys.com/cttart Psychologist/researcher Charles T. Tart, Ph.D. includes in this site, published papers related to survival after death research, recommended reading, links, and other resources about parapsychology, transpersonal psychology, and consciousness studies.

Monroeinstitute.com The Monroe Institute is a nonprofit educational and research organization devoted to human consciousness exploration.

Lightlink.com/arpr The Academy of Spirituality and Paranormal Studies encourages the exchange of ideas and education about psychical research among clergy, academics and scientists. The site contains links to many sites concerning life after death experiences and research, consciousness research, and spirituality.

Realization.org The Spiritual Emergency Network, housed in the California Institute for Integral Studies in San Francisco, refers callers to mental health professionals knowledgeable and respectful of spiritual and psychic experiences.

Williamjames.com This site is a bookstore dedicated to the eminent, early American psychologist William James. It features books about early psychical research, parapsychology, and consciousness research.

lands.org The International Association for Near Death Studies is a nonprofit offering support to NDE experiencers and educational resources to the public.

Parapsychology.org Parapsychology Foundation offers a worldwide forum supporting scientific investigation of psychic phenomena.

pflyceum.org/10.html Created by eminent parapsychologist Carlos Alvarado, Ph.D., this site offers comprehensive links to many aspects of the parapsychological research field.

spr.ac.uk The Society for Psychical Research in England is the first organization of its kind to examine allegedly paranormal phenomena in a scientific way.

aspr.com The American Society for Psychical Research is the oldest psychical research organization in the United

States.

StanleyKrippner.com Website of Stanley Krippner,
researcher and author at Saybrook Institute.

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