

## Some brilliant thoughts and ideas by Penny Sartori

From Chapter 10 ("Conclusion") of the book by **Dr Penny Sartori**:  
"*The Wisdom of Near-Death Experiences*" (Watkins Publ., London, 2014).

*(The subjectively chosen most important sentences have been marked **black** by Peter Jakubowski; the **red** marked parts of them have to become discussed from the point of view of the Unified Physics.)*

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Since studying a vast number of subjective accounts of patients that I nursed who were dying or close to death, it is apparent that **these accounts only remain mysterious when considered from the viewpoint of our current scientific paradigm** that consciousness is a mere by-product of the brain.

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As healthcare professionals, sometimes we fail to see the whole picture. We don't see *the patient, the person, the human being, the mother* who had brought up a family who were desperately worried about her condition. Although there was a potential solution to the surgical problem, we failed to see the overall picture and understand that patient was dying: she was unconscious, having large doses of potent drugs to maintain her blood pressure and maximum ventilation to assist her breathing. **How much do we have to do before we can acknowledge our limitations?**

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It is 20 years since I first enquired about a course to help enhance my skills to care for dying patients in ITU. I am **still waiting for such a course for critical-care nurses**.

(p.175)

Our hospitals continue to get busier and continue to expand and people are living longer, **yet we have not developed the understanding necessary to deal with patients dying amongst this technology**.

(p.175)

Healthcare workers are in a unique position of being able to provide both physical and spiritual care; **as death approaches, addressing the patient's spiritual needs is crucial**. I regard nursing as one of the highest jobs, on a spiritual level, that can be done and I believe that being at the bedside of a dying patient is an absolute privilege.

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We are a death-denying, materialistic society. Yet **it is by contemplating death that we can actually stop and think about the way we are living our lives**.

(p.175)

In particular, I hope that **reflection on personal mortality might encourage more people to re-evaluate their lives**. The study of NDEs and, even more, the experience of NDEs may help give others a wider vision of what life may offer.

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As Chapter 8 has discussed, all cultures once had Books of the Dead, which helped prepare the dying for their own deaths but also guided those not dying on how to live. Our rapid acceleration in technological breakthroughs has not been accompanied by a spiritual growth, which leaves our current society at a loss about how to understand and cope with death. **We have no 'Book of the Dead' in our**

**current society yet it is apparent that this is something that we much needed.**

(p.178)

**The NDE is an under-reported phenomenon:** out of 15 NDEs only two of the patients volunteered the information. Both of these NDEs were very deep and had sufficient impact on the patients to motivate them to tell others. The remaining 13 patients would not have discussed their NDE had I not asked specifically if they recalled anything during the time that they were unconscious. There were also three patients who reported an NDE but died very soon after. It may therefore be the case that patients undergo an NDE during the acute phase of their illness but do not recover sufficiently to report it before they die. The materialist theories were not supported by this research and, if anything, **drugs appear to inhibit NDE** as opposed to create it.

(p. 179)

Prospective studies, coupled with the multitude of previous NDE studies, indicate that **the premise that consciousness is a by-product of the brain is an outdated concept.**

(p. 179)

As long as NDEs are explained away or dismissed and discounted as aberrations of a disorganized brain then we will never have the opportunity to incorporate these abilities to our benefit. If those healing abilities were investigated scientifically and better understood it is possible that non-invasive healing techniques could be developed which would serve to complement conventional medicine and accelerate recovery from illness. By dismissing and ignoring these healing abilities **we are denying the evolution of the healthcare and denying future generations the chance to enhance their health by acknowledging all aspects of health, not just the physical.** Using the messages of the NDE to our own advantage could potentially empower us so much that we would remain in good health for longer and the need to go to hospital would be greatly reduced. These are new concepts and many may consider them idealistic or unrealistic but, if we don't take notice and investigate them, we will never know.

(p.180)

Our science is amazing and has been very important in our development and in getting us to our current point in evolution. The scientific process is precise and rigorous; it advances through measuring things and replicating experiments. Without science we wouldn't be where we are today, none of the technology would exist and there would not have been the advances in healthcare that have increased our life expectancy. Unfortunately, science is concerned with the physical and anything that can't be measured is not considered to be real. Science advanced with a great disconnection of the mind from the body. However, **there is one thing that can't be measured, which every human being would agree is real, and that is love.**

(p. 181)

Now, many proponents in the field of NDEs and consciousness research, myself included, believe consciousness to be mediated through the brain but not created by it. However, **this is a bold statement, that opposes the current worldview,** which is fiercely defended by those **who believe consciousness to be created by the brain.**

(p.181)

Another point I would like to leave you with is that science says that we are all made up of energy. Our science also says that **energy can be neither created nor destroyed** - so **when our physical bodies**

**die, what happens to that energy?**

(p. 182)

NDEs have previously been considered unworthy of science but, now that these experiences are being seriously acknowledged and are a valid area for scientific study, it seems that **we are on the threshold of expanding our current knowledge about the meaning of life and death.**

(p. 182)

**It is ironic** that the science that has led to the development of the technology that is resulting in more people surviving life-threatening illness - therefore increasing the number of people reporting NDEs and ELEs - still does not acknowledge these as valid experiences because **there is no room to accommodate or understand spiritual aspects of life in the current scientific paradigm.**

(p. 182)

Science works so well because it can measure and weigh things and experiments can be replicated. **This is not possible for the spiritual aspects of life.** Pathologists can't perform a post mortem and discover the thoughts, feelings and memories of the person at a certain location within the body. We all have thoughts, feelings and memories, but just because we can't measure them doesn't mean they are not important to our everyday lives. There is no doubt in my mind that I am five foot and half an inch tall (that half inch is very important!). Science confirms this is true because it can measure it. There is no doubt in my mind that I love my husband very much but **science has no way of measuring or confirming that.** Yet no one can deny that love exists.

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Unfortunately spirituality is often confused as being the same as religion - **it is not.** Someone can be spiritual without having a religion. **Spiritual needs are inherent in us all.** ... In some cases it is only as death approaches that these spiritual needs become apparent. ... Contemplating our spiritual needs while still alive may ensure that as our own death approaches we are content that we have done and said the things we wanted to and that nothing fearful awaits us. Spiritual aspects of life help develop compassion for others and indeed this happens in a very profound way to most NDErs because **they undergo a complete spiritual transformation. ... An NDE is an accelerated spiritual transformation.**

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The spiritual transformation resulting from the NDE instils qualities that are highly conducive to the evolution of our species and the planet as a whole. We are continuously evolving. When things are considered from a global perspective, **spiritual development will lead to a reconsideration of how we live alongside our fellow humans, animals and plants in the world and result in a balance which is necessary for our survival as a planet.**