



The following chapter is taken from the book *500 Quotes From Heaven: Life-Changing Quotes That Reveal The Wisdom & Power Of Near-Death Experiences* by David Sunfellow.

500 QUOTES FROM HEAVEN

One of the most sweeping and comprehensive books ever written about near-death experiences, *500 Quotes From Heaven* features 140 experiencers and 24 researchers sharing their personal accounts, life experiences, and hard-earned wisdom. With a focus on applying the wisdom of NDEs to everyday life, this book covers everything from encounters with The Divine and Life Reviews to suicide, shadow issues, apocalyptic predictions, and how to create Heaven on Earth. A must read for everyone interested in understanding the depth, breadth, and life-changing firepower of NDEs. Designed to study, cherish, and share, *500 Quotes From Heaven* is a companion to David Sunfellow's previous book *The Purpose of Life as Revealed by Near-Death Experiences from Around the World*.

PDF copies, which can be downloaded immediately, are available here:

<https://selfy.com/sunfellow-productions>

Paperback & Kindle versions are available here:

<https://www.amazon.com/exec/obidos/ASIN/B08H5C9Z6Z/nhne-20>

Book Website:

<http://quotesfromheaven.com>

-Three-
Life Reviews:
Loving, Learning,
The Little Things

Life Reviews are one of the most dramatic and transformative aspects of near-death experiences. They reveal, in microscopic detail, every aspect of our earthly lives. This includes the way our thoughts and actions affected others, including plants and animals. What is perhaps most remarkable about Life Reviews is the surprising emphasis they place on the small, seemingly insignificant events of our lives...

74

Although my near-death experience was nearly 34 years ago, there is virtually not a day that goes by that I am not aware of making decisions based on that experience.

-- Near-Death Experiencer Geraldine Berkheimer

75

I keep a first-grade picture of myself at my bedside to remind me every morning that I am a child of God. When I am faced

with a difficult situation or someone makes me mad, I stop a second to decide what I am going to do. I know I'm going to have to do another Life Review and I do not want to review it in a hurtful way again. I'm not perfect, but I really try hard to do the right thing. Besides that, I know He is watching me.

-- Near-Death-Like Experiencer Mary W

76

The Life Review is one of the best teaching tools for spiritual development because we actually see and feel exactly how our choices, actions, and inaction impacted others and the greater world during our lifetime.

— Near-Death Experience Researcher Jeff Janssen

77

The near-death experience isn't given just to those who have the experience, it's given to all of us to learn from, because all of us can profit from the lessons near-death experiencers learn in the course of a Life Review or other aspects of their experience. We can grow from these lessons. We can apply these lessons into our daily lives.

-- Near-Death Experience Researcher Kenneth Ring, PhD

78

The Golden Rule is not just a precept for moral conduct -- it's the way it works! And you experience this during the Life Review. You learn that lesson in a very forceable way as a result of going through this kind of experience. And that's why, when people have NDEs, they change as much as they do! If you can even imagine what it must be like to go through your entire life and see everything you've ever done, without judgment, but from a kind of almost omniscient point of view with regard to the effects of those actions, and you see what your actions do to other people, it's a heavy kind of lesson. It's something that stays with you and informs your conduct . . . after your near-death experience.

-- Near-Death Experience Researcher Kenneth Ring, PhD

79

I have a friend who when growing up was kind of a roughneck; he had a hot temper; he was always getting into scrapes. One day he was driving his truck through the suburb in the town where he lived and he almost hit a pedestrian. And he got very aggravated with the pedestrian. He was a very big physical guy and a fight ensued. He punched this guy out and left him unconscious on the pavement, got back into his truck, and roared off.

15 years later my friend has a near-death experience . . . and during the near-death experience, he has a Life Review. In his Life Review, this particular scene of the fight takes place again. And he said that, as many people do, he experienced this from a dual aspect. There was a part of him that was almost as if he were high up in a building looking out a window and seeing the fight below. But at the same time, he was observing the fight like a spectator, he saw himself in the fight. Except this time, he found himself in the role of the other person. And he felt all 32 blows that he had rained on this person 15 years ago now being inflicted upon himself. He felt his teeth cracking. He felt the blood in his teeth. He felt everything that this other person must have felt at that particular time. There was a complete role reversal; an empathic Life Review experience.

-- Near-Death Experience Researcher Kenneth Ring, PhD

80

From the time I stepped out of the truck, I hit that man 32 times. I saw what an enraged Tom Sawyer not only looked like but felt like. I experienced seeing Tom Sawyer's fist come directly into my face. I felt my teeth going through my lower lip. In other words, I was in that man's eyes. I was in that man's body. I experienced the physical pain, the degradation, the embarrassment, the humiliation, and the helplessness in being knocked back like that. I broke his nose and really made a mess of his face. I almost killed that man. He didn't have time to

bring his hands up, he fell straight backwards hitting his head on the street...

In the Life Review, I came to know the man's chronological age: he was 46 years old. I knew that he was in a drunken state and that the rationale behind his desire to drink to oblivion was that he was in a severe state of bereavement for his deceased wife. He turned to alcohol as an escape mechanism for dealing with her death. I experienced unbelievable things about that man that are of a very personal, confidential, and private nature.

-- Near-Death Experiencer Tom Sawyer

81

When you die, everything you have said, thought, or done will be known by all. There are no secrets in the afterlife.

-- Near-Death Experiencer Sandra Rogers

82

The most important of my actions was an instant I would never have recalled except for the near-death experience . . . I had taken a child aside on a very hot day. And this was not a charming or a particularly lovable child. But I wanted this child to feel loved; I wanted this child to feel, really, the love of God that brought him into existence and that brought us all into

existence . . . I took him aside and gave him something to drink and just spent some time with him . . . And that was the greatest of all actions. That filled with me with unspeakable and incomprehensible joy. And it was not an action that anyone noticed. And it was not an action that I even recalled. And it was not an action that I had done with any thought of reward. It was simply an action motivated by love. By selfless love.

-- Near-Death Experiencer Reinee Pasarow

83

I experienced in a holographic awareness that was instantaneous, how every action that one takes is like a stone cast in the water . . . A purely loving action was the most wonderful thing that I could ever have achieved in my life. This had more meaning than to have been a Rockefeller, or president of the United States, or to have been a great scientist, and to have invented something incredible. If I had committed a truly pure and loving action, it reverberated throughout the stuff of every individual on the planet, and I felt that action reverberating through them and through myself.

-- Near-Death Experiencer Reinee Pasarow

84

The Life Review continued all the way down to third grade. I was teasing a smaller girl . . . calling her names . . . she's standing against the wall crying . . . And now I'm on the receiving end, meaning I'm her . . . And not only am I feeling her sorrow and her pain, but I'm seeing, sensing, and feeling the pain and sorrow in her parents because she's now going to turn out as a shy and more inward person . . . I am also feeling how my actions caused ripples far away, not just in her life, but in her parents' lives, in her whole family, also in everyone around her. So, I really get a full spectrum of the full consequences -- all the links in the chain -- to spending a few minutes in a schoolyard teasing a girl.

-- Near-Death-Like Experiencer Rene Jorgensen

85

EVERYTHING I ever thought, did, said, hated, helped, did not help, should have helped, was shown in front of me . . . like a movie. How mean I'd been to people, how I could have helped them, how mean I was (unintentionally also) to animals! Yes! Even the animals had feelings. It was horrible. I fell on my face in shame. I saw how my acting, or not acting, rippled in effect towards other people and their lives. It wasn't until then that I understood how each little decision or choice affects the world. The sense of letting my Savior down was too real. Strangely,

even during this horror, I felt a compassion, an acceptance of my limitations by Jesus and the crowd of others.

-- Near-Death Experiencer Alexa H

86

The information was flowing at an incredible speed that probably would have burned me up if it hadn't been for the extraordinary Energy holding me . . . God interjected love into everything, every feeling, every bit of information about absolutely everything that went on, so that everything was all right. There was no good and no bad. There was only me -- and my loved ones from this life -- trying to survive . . . just trying to be. I realize now that without God holding me, I would not have had the strength to experience what I did.

-- Near-Death Experiencer Barbara Harris Whitfield

87

The Light is so warm and so glowing and so forgiving. The Light has no judgement. There was no condemnation. There was no blaming. No shame. There was nothing but love and acceptance. The Light knew everything I had ever thought, done, or will do.

-- Near-Death Experiencer Andy Petro

88

Entirety does not describe the fullness of this review. It included knowledge about me, that all the books in the world couldn't contain. I understood every reason for everything I did in my life. And I also understood the impact I had on others. A part of me began to anticipate certain events, things in my life I would dread seeing again. But most of them didn't show up, and I understood that I had taken responsibility for these actions and had repented them. I saw myself repenting for them, sincerely wanting God to remove the weight and guilt of those terrible actions. And He had. I marveled at His sublime love and that my misdeeds could be forgiven and removed so easily. But then I saw other scenes that I hadn't anticipated, things that were just as awful. I saw them in horrible detail and watched the impact they had on others. I saw that I had let many people down in my life. I had made commitments to friends and family that I had just let things ride until they were irreversibly unfulfilled. People had depended on me, and I had said, I'm too busy or it's not my problem, and just let it go. My cavalier attitude had caused real pain and heartache in others, pain I had never known about.

-- Near-Death Experiencer RaNelle Wallace

89

I re-experienced myself doing good things, but they were fewer and less significant than I had thought. Most of the great things

I thought I had done were almost irrelevant. I had done them for myself. I had served people when it served me to do so. I had founded my charity on conditions of repayment, even if the repayment was merely a stroke to my ego. Some people had been helped, however, by my small acts of kindness, a smile, a kind word, little things I had long since forgotten. I saw that people were happier because of my actions and in turn were kinder to others. I saw that I had sent out waves of goodness and hope and love when I had only meant to smile or to help in a small way. But I was disappointed at how few of these incidents there were. I had not helped as many people as I thought.

-- Near-Death Experiencer RaNelle Wallace

90

My angel showed me a second vision, a scene I'd forgotten. I now saw myself at 17, when I'd worked at a convalescent hospital after school. I had grown fond of a toothless old woman who was no longer able to speak clearly, and who never had visitors. She liked to suck on graham crackers before going to bed, but no one wanted to serve her because when she had finished, she would drool as she kissed the entire length of the arm of the person feeding her. While others avoided her, I willingly fed her the cookies she adored, seeing how happy this made her. When that scene was replayed for me, I felt as if every loving spirit in God's kingdom was thanking me in

unison. I was amazed that such an act could have meant so much to God -- and to me. I felt humbled and very honored.

-- Near-Death Experiencer Dianne Morrissey

91

I went to fill up the bucket but, on my way back, I felt that the bucket was way too heavy for me. I decided to empty some of the water to make the bucket lighter. Instead of emptying the water right there, I noticed a tree that was alone by itself in a dry patch of land. I took the effort to go out of my way to that tree and emptied some of the water at the tree base. I even waited there a few seconds to make sure the water is soaked in the soil and is absorbed. In my Life Review, I received such an applaud and joy for this simple act that it is unbelievable. It was like all the spirits in the universe were filled with joy from this simple act and were telling me, "We are proud of you." That simple act seemed to be one of the best things I had ever done in my life! This was strange to me, because I didn't think this little act was a big deal and thought I had done much more important and bigger things. However, it was shown to me that what I had done was extremely valuable because I had done it purely from the heart, with absolutely no expectation for my own gain.

-- Near-Death Experiencer Mohammad Z

92

I was a 10-year-old boy. I had bullied and mercilessly beaten another boy who was also around my age. He felt tortured and deeply hurt. In my Life Review, I saw that scene again. The boy was crying in physical and deep emotional pain. As he was walking in the street crying and going back home, he radiated negative energy which affected everything around him and on the path. People, and even birds, trees, and flies, received this negative energy from him, which kept propagating throughout the universe. Even rocks on the side of the street were affected by his pain. I saw that everything is alive and our way of grouping things in categories of “alive” and “not alive” is only from our limited physical point of view. In reality, everything is alive . . . When this boy went home to his parents, I saw the impact that seeing him in that state had on his parents. I felt the feeling and pain it created in them and how it affected their behavior from that point forward. I saw that as a result of this action, his parents would be always more worried when their son was away from home or if he was a few minutes late.

-- Near-Death Experiencer Mohammad Z

93

Berkley Carter Mills relived each incident in his life, including killing a mother bird when he was eight. He was so proud of that single shot until he felt the pain the bird's three babies went through when they starved to death without her.

-- Near-Death Experiencer and Researcher P.M.H. Atwater

94

Kimberly Clark Sharp once shared an interesting near-death account of the Life Review of a woman who saw an event in her life as a child. The lesson the woman learned from her Life Review is that our actions which seem unimportant can be more important than we can imagine on the other side. When the woman was a little girl, she saw a tiny flower growing almost impossibly out of a crack in the sidewalk. She bent down and cupped the flower and gave it her full unconditional love and attention. When the girl became a woman and had an NDE, during her Life Review she discovered that it was this incident with the flower that was the most important event of her entire life. The reason was because it was the moment where she expressed her love in a greater, purer, and unconditional manner.

-- Near-Death Experience Researcher Kevin Williams

95

I loved the appearance of a tree. In my Life Review I could experience a bit of what the tree experienced in my loving it, two little photons of love and adoration. It was somewhat like the leaves acknowledging my presence. Can a tree experience

that? Yes, it can. Don't go kicking trees anymore! You do have that effect on plants. You do have an effect on animals. You do have an effect on the universe. And in your Life Review you'll be the universe and experience yourself in what you call your lifetime and how it affects the universe. In your Life Review you'll be yourself absolutely, in every aspect of time, in every event, in the over-all scheme of things in your lifetime.

-- Near-Death Experiencer Tom Sawyer

96

“Kindness is God’s love in action.”

-- What The Light told Near-Death Experiencer Shekina Rose

97

I saw myself at five years old. It was with my brothers and sisters and my neighborhood friend named Heidi . . . He picked up a stick and whacked a beehive and we all took off and ran. Everyone got into the public building, but the last one was Heidi. And I had a devious thought. I said, “I'm going to hold the door and not let Heidi in and see what happens to Heidi.” All those bees from that beehive, they stung the daylight out of Heidi. And every single bee sting I felt. I felt every sting. The burning sensation. The swelling. His mother came to the public building scared and frightened. I felt all her fear. All her fright.

All her rage. His father came out there trying to figure out what [happened]. I felt it all. It rippled. I felt every single thing.

-- Near-Death Experiencer Roland Webb

98

My niece once asked me, “What have near-death experiences taught you that that you didn't already know; that you didn't learn from studying other spiritual paths?”

My answer was, “I learned two things from near-death experiences that I didn't learn from other sources. The first was how all the puzzle pieces of life fit together. The second was the special emphasis that NDEs give to certain aspects of life. One example is the importance that NDEs place on ordinary, everyday, seemingly insignificant interactions. Turns out the way we treat the cashier, the neighbor's dog, the tree in our front yard can reverberate across the universe.”

-- Near-Death Experience Researcher David Sunfellow

99

At the end of it, no one is going to judge you but yourself. You will be accountable for everything you've done here. But not accountable like you are going to be punished. It is not going to

happen like that. You are going to be accountable because you will understand and see what you did and what you should have done. And you, from the love of who you are; the immense love that you are, you will want to do something about it, and you will not allow it to not be corrected and fixed by yourself.

-- Near-Death Experiencer Julie Aubier

100

Consider the story of a former Nazi who hurt people in big ways, by killing them in concentration camps. He had an NDE while he was in a coma. The coma lasted forty-eight hours, but it seemed to him that it lasted a lifetime. He was in a dark cave with Nazi and Roman soldiers who had been responsible for mass killings. After a while, he saw a different part of the place where light was shining, and there were the people he had killed. He wanted to ask their forgiveness. He heard that he had already been forgiven, and that now he only needed to forgive himself. He felt unable do this, and so he was allowed to feel the pain and suffering he had caused each of his victims. Afterward, all these people comforted him. "He was bathed in unconditional love; it permeated his entire being." Then he awoke from his coma.

-- Near-Death Experience Researchers Sheila, Dennis, and Matthew Linn

101

This recounting for the deeds of one's life is not what you would think at all in terms of this life. Because what was important were the choices I made. And what was more important than the choices I made, were my motivations and my intent, and really the state of my heart in doing any single action.

-- Near-Death Experiencer Reinee Pasarow

102

Many events in my life I experienced not from how I remembered it, but from the point of view of how people, animals, and the environment experienced it around me. I felt it as my own. The times I had made others happy, or sad, I felt it all as they did. It was very apparent that every single thought, word, and action affects everything around us and indeed the entire universe. Trees, plants, animals too. I have been a long-term vegetarian since about 18 years old and I know this was appreciated and is a good choice in life. Spiritually, it seemed to show proof of respect for all life, and even seemed to balance some of the negative and wicked things I have done in my life.

-- Near-Death Experiencer Justin U

103

In this other realm, my uncle and I were suddenly merged together . . . I became aware of things that I could not have known about my uncle in this world. I discovered that he was a person of tremendous courage, though to look at him in this life, you might not know it. Although he was a tall, impressive, stoic-looking individual with classic Native American features, he was also a quiet, reserved, and very humble man. During this reunion, I learned that he was someone who would stand up for things that he truly believed in and that he had struggled with and had overcome some huge challenges in his life. I had never heard him spoken of as a heroic type; however, I learned through this encounter that this courage was almost unspeakably great in him.

-- Near-Death Experiencer Reinee Pasarow

104

I came to realize that the people who were most important were often the ones who we might consider to be the least important in this world. I learned to see people very differently, in a new light. To give one example: consider someone who has fought hard to overcome addiction. Such a person might not be looked upon favorably in this physical world for having had an addiction. However, the tremendous struggle, the strength, and the courage that it took to overcome the powerful hold of addiction, is viewed as quite admirable in the next world. Here,

we often judge people negatively for the challenges which they face, rather than by the character, fortitude, and courage they develop from facing and overcoming those immense challenges.

-- Near-Death Experiencer Reinee Pasarow

105

Even though I had been an atheist for years, I felt God's love. This love was holding me. It felt incredible. There are no words in the English language, or maybe in this reality, to explain the kind of love God emanates. God was totally accepting of everything we -- God and I -- reviewed in my life.

-- Near-Death Experiencer Barbara Harris Whitfield

106

In the Life Review we judge ourselves; no one else does. The Light/God did not. But with no ego left -- and no lies -- we can't hide from what we have done and feel remorse and shame, especially in the presence of this love and light. Some of the things in life we think of as important don't seem to be so important there. But some of the insignificant things from the material human perspective are very important spiritually.

-- Near-Death Experiencer Justin U

107

I was shown it is not the big things we do in life that make the difference. All the little things we do each day make the difference. Little acts of kindness mean so much to God.

-- Near-Death-Like Experiencer Mary W

108

As the Being of Light moved away . . . I had gained the knowledge that I could use to correct my life. I could hear the Being's message in my head:

“Humans are powerful spiritual beings meant to create good on the Earth. This good isn't usually accomplished in bold actions, but in singular acts of kindness between people. It's the little things that count, because they are more spontaneous and show who you truly are.”

-- Near-Death Experiencer Dannion Brinkley

109

One of the greatest light-bulb moments during my experience occurred when I learned “the smallest acts of kindness were immense acts,” spiritually speaking. Why? Simply because the ego is not involved in those acts. We do them simply because we are motivated by our inner voice to do them. It is the loving thing to do! We do not expect a pat on the back, or any type of reciprocity for doing the small act. In fact, we don't even think we are doing any great significance when we do it. This is a HUGE, HUGE spiritual deed and something my Great Teacher, the Light of God, wanted me to help people realize. Because when we unselfishly do this, we are expressing through us The Light into the world. THE LIGHT!!! Every day there are countless ways of elevating ourselves to a higher and more Divine Light-embodied soul-being simply by responding to the love within us through doing small acts of kindness.

-- Near-Death Experiencer Nancy Clark

110

I thought [loving other people] was going to be easy, but it turns out to be the hardest thing I've ever done . . . It's easy for me to love my mother because she was a really nice woman; a very loving woman. It's not hard to love someone who is really good and really loving. But what do you do with someone who is difficult, or really nasty? Those are hard people to love. And

what does it mean to love someone? Sometimes to love someone means you need to incarcerate them. And that's not a lot of fun. Sometimes loving someone means you have to put as much distance between them and you as possible and tell them to never call you. And that's not a lot of fun. Loving people sounds so simple, but it's very difficult.

-- Near-Death Experiencer Howard Storm

111

I asked God, "How do I know right from wrong?"

He replied, "Right is helping and being kind. Wrong is not only hurting someone but not helping when you can."

-- Near-Death Experiencer Cecil (age 11)

112

When you waved a loving goodbye to a good friend the other day, did you affect the clouds up above? Did you actually affect them? Do a butterfly's wings in China affect the weather here? You better believe they do. You can learn all of that in a Life Review!

-- Near-Death Experiencer Tom Sawyer

113

I learned that everything we do matters. Even the person you smile to on your way to the bakery or work. Even the creatures big and small that you bend over to pet. Nothing goes unnoticed. It all matters. My purpose is to stand up for the meek, to be compassionate, but most of all, to love.

-- Near-Death Experiencer Melinda G

114

I'm not asking you to believe anything. I'm simply telling you what I believe. And I have no idea what the next life will be like. Whatever I saw was only from the doorway, so to speak. But it was enough to convince me totally of two things from that moment on: One, that our consciousness does not cease with physical death; that it becomes, in fact, keener and more aware than ever. And secondly, that how we spend our time on Earth, the kind of relationships we build, is vastly more important than we can know.

-- Near-Death Experiencer George Ritchie, MD

115

I have never interviewed anyone who had a near-death experience who told me that they came back to make more money or to spend more time at their jobs away from their families . . . Instead, they become convinced that they need to be more loving, and kind. They react to their experience by living life to its fullest. They believe their lives have a purpose, even if that purpose is obscure to them. Invariably it involves concepts such as love of family or service to others. They seem to know that the love they create while living will be reflected and radiated back to them when they die.

-- Near-Death Experience Researcher Melvin Morse, MD

116

For me personally, I'm showing more love to others now than before I started my near-death-experience studies. My understanding of near-death experiences has made me a better doctor. I face life with more courage and confidence. I believe NDErs really do bring back a piece of the afterlife. When NDErs share their remarkable experiences, I believe a piece of the afterlife, in some mysterious way, becomes available to us all.

-- Near-Death Experience Researcher Jeffrey Long, MD

117

My near-death experience was the event in my life that has brought about the most significant change deep inside me. I came out of this accident severely disabled having lost one leg and one arm, but the deepest sense of this near-death experience was of greater importance to me. The meaning of my NDE was not how successful I was or which managerial values I have created, but the only thing that was important was what kind of person I was. My thesis is that all people who have a near-death experience feel the same way . . . Based on the knowledge I gained from this experience, I had to alter my way of life and set the priorities differently. Before the accident, the highest priority for me was to advance enterprise developments, work, and success. After the accident, my first priority were my family and my children. Business and financial issues came second.

-- Near-Death Experiencer Joachim Schoss

118

We run after values that, at death, become zero. At the end of your life, nobody asks you how many degrees you have, or how many mansions you built, or how many Rolls Royces you could afford. That's what dying patients teach you.

-- Near-Death Experience Researcher Elisabeth Kubler-Ross

119

God's not particularly interested in our material success in this world, but He's interested in our relationships -- how much we love one another -- that's what God cares about. And if you are doing your very best, no matter how humble it is, to love one another, God is EXTREMELY PLEASED with what you are doing.

-- Near-Death Experiencer Howard Storm

120

You are loved and the reason you are here is to love others; you are loved and your mission here is to help people remember that they are love.

-- Near-Death Experiencer Chris Batts

121

The point of all of this was for me is to bring heaven into my own life and the lives of the people around me. And to anybody else who wanted to listen.

-- Near-Death Experiencer Nancy Rynes

122

After your death, when most of you for the first time realize what life here is all about, you will begin to see that your life here is almost nothing but the sum total of every choice you have made during every moment of your life. Your thoughts, which you are responsible for, are as real as your deeds. You will begin to realize that every word and every deed affects your life and has also touched thousands of lives.

-- Near-Death Experience Researcher Elisabeth Kubler-Ross

123

God reminded me that the only thing I would get to bring back with me was love; the love I gave away.

-- Near-Death Experiencer Laura M

124

Ever since the experience, I have carried a terrific sense of urgency to share it with the lonely, discouraged and dis-eased people such as alcoholics, drug addicts, and the social outcast. I have shared what I have learned with my patients and audiences, the knowledge that a God of love loves us regardless

of our race, creed, or color. I have received many letters and have had patients say that sharing my experiences with them has either saved them from committing suicide or completely turned their lives around because it gave them a much better understanding of God's love and plan for their lives.

-- Near-Death Experiencer George Ritchie, MD

125

I came to sell you something. Yes, I'm a salesperson. I came to sell you life insurance. But not the type of life insurance in this world; life insurance for the other world.

When you leave this world, you're not taking nothing with you - - nothing but your good deeds. You're not taking money; you're not taking nothing. You can only take your good deeds and the Torah that you studied. That's it.

When you are standing in front of those judges, everything is just weight. Sometimes a small deed is worth so much. Some small deed that you do in this world can change completely how you are being judged. There are so many little things that you can just do. Just give a smile to another person, be nicer to your wife, be nicer to your kids, be nicer to another person. Be honest.

-- Near-Death Experiencer Alon Anava

126

It's only when we truly know and understand that we have a limited time on Earth -- and that we have no way of knowing when our time is up, we will then begin to live each day to the fullest, as if it was the only one we had.

-- Near-Death Experience Researcher Elisabeth Kubler-Ross

127

Before you go to bed tonight, try to imagine that you don't know whether you will wake up tomorrow. It would be your last day. Or as far as I'm concerned, you've got two more days. What would you do with them? Would you spend the next day the same way as the last one hundred? Or would you change something?

-- Near-Death Experiencer Joachim Schoss

128

A simple act of kindness, like a ripple on a pond, radiates from the giver throughout eternity.

-- Near-Death Experiencer Sandra Rogers

129

“RaNelle,” Grandmother said, “there is one more thing I need to say to you. Tell everybody that the key is love.”

“The key is love,” she repeated.

“The key is love,” she said a third time.

Then she let go of my hand, and the word “love” reverberated in my mind as I left her and fell into a deep blackness. I was crying as I left the world of light and glory and love.

-- Near-Death Experiencer RaNelle Wallace

130

I asked God, “Is there anything you want me to tell these people when I go back to Earth?”

“Go and tell everyone that I love them.”

“That’s it?”

“That’s it.”

-- Near-Death Experiencer Chris Batts

131

I asked Jesus this question, “Why am I so depressed all of the time?”

Jesus answered, “You forgot that I love you.”

-- Near-Death-Like Experiencer Krystal Winzer

132

“Don’t waste your life thinking you’re not loved.”

-- What Jesus told Near-Death Experiencer Yolaine Stout

133

God’s Final Exam questions have nothing to do with the amount of money in our bank account, the size of our house, or how many awards we might have won. NDErs tell us the value and significance of our time on Earth all comes down to one thing: how well have we loved. Ultimately, God wants and challenges us to be love, give love, and receive love in everything we do. Earth is then indeed a spiritual development school where we experientially learn how to more fully and unconditionally love ourselves and others. It is our primary purpose in coming here and, in the end, we judge and grade

ourselves on how well we have truly learned to give and receive love.

-- Near-Death Experience Researcher Jeff Janssen

134

“What have you done with your life?”

-- What Jesus asked Near-Death Experiencer George Ritchie

135

“In life, what did you do with what you had?”

-- What The Light asked Near-Death Experiencer Joyce H. Brown

136

"What good have you done?"

-- What a Divine Power asked Near-Death Experiencer Robert Bare

137

“What did you do for your fellow man?”

-- What Jesus asked Near-Death Experiencer Chris Markey

138

“How did you love? What did you do to help others?”

-- What a spiritual being asked Near-Death Experiencer Nicole Dron

139

“To what degree have you learned to love?”

-- What a Divine Energy asked Near-Death Experiencer Jeff Olsen



Contents

Introduction

- 1 – The History & Power Of Near-Death Experiences (1-16)
- 2 – Encounters With The Divine (17-73)
- 3 – Life Reviews: Loving, Learning, The Little Things (74-139)
- 4 – Lighten Up; Don't Take Life So Seriously (140-155)
- 5 – The Purpose Of Life (156-203)
- 6 – Everything Is Perfect (204-236)
- 7 – Delusions Of Grandeur (237-260)
- 8 – Paradise Lost (261-277)
- 9 – Suicide (278-293)
- 10 – Hell (294-335)
- 11 – Prayer (336-344)
- 12 – Angels (345-370)
- 13 – Nature (371-388)
- 14 – God, Jesus, Religion (389-421)
- 15 – Sex (422-429)
- 16 – Reincarnation (430-432)
- 17 – Drug-Induced Spiritual Experiences (433-441)
- 18 – The World Is A Dream (442-452)
- 19 – Apocalyptic Predictions (453-470)
- 20 – Creating Heaven On Earth (471-500)

Universal Truths

Experiencers & Researchers Featured In This Book

General NDE Resources

Topic-Specific NDE Resources

Notes