

Interview with Dr. Jeffrey Long, M.D.

By Reinerio (Rey) Hernandez

(Transcribed by Maria Coronado Chernikov)

REY: We have as our first guest Dr. Jeffrey Long, who I consider to be one of the world's leading researchers on Near-Death Experiences (NDEs). Jeffrey has been researching Near-Death Experiences for over 25 years. Jeffrey, since most of your NDE research colleagues, have gone off to the retirement pasture, individuals such as Dr. Raymond Moody, Dr. Kenneth Ring, Dr. Bruce Greyson, Dr. Peter Fenwick, etc., you are now the young blood here.

JEFFREY: Oh, I love that. Flattery will get you everywhere.

REY: The torch has been passed to you, Jeffrey, and I really do mean that. We've interviewed Kenneth Ring and Dr. Raymond Moody, and you are, in my opinion, one of the top three or four researchers on the NDE phenomena.

JEFFREY: Appreciate that. Doing my best

REY: Jeffrey, could you give a little introduction to your background? Where were you raised? I know that you're an oncologist. Talk a little bit about your background.

JEFFREY: I grew up in Iowa City Iowa. My father was the Chair of the Department of Pharmacology at the University of Iowa so I had a very strong interest and was exposed to research while growing up. We would literally talk about my father's research at the dinner table a lot. These conversations convinced me to pursue medicine and my current medical specialty which is radiation oncology-- the use of radiation to treat cancer. It was during my residency training, over two decades ago, that I was looking up a cancer-related article in the New England Journal of Medicine, and quite by accident, I found an article that had the term "Near-Death Experience" in it. I was fascinated. It was an article from Dr. Michael Sabom responding to a skeptic. He wrote about how NDEs occurred worldwide with stunning consistency and I was hooked. I immediately became aware that there needed to be more research on NDEs. Several years later, when I was out of residency, I set up the Near-Death Experience Research Foundation, **nderf.org**, which is a site devoted to people sharing their near-death experiences but also sharing them back to the world, for those that give permission, which is over 95 % of the participants. We post their experiences anonymously. It's posted in over 30 different languages so people all around the world are able to read about near-death experiences and share their experiences.

REY: Based upon the data that you collected from all the people participating in your surveys and telling their stories, you published two books that are widely circulated within the NDE research field. The first book was titled “*Evidence of the Afterlife, the Science of Near-Death Experiences*”. Could you talk a little bit about that book? Go into some detail so the audience members know the purpose of why you wrote the book and what were some of the major research findings that you wanted to convey to your readers.

JEFFREY: Yes, that book became a New York Times bestseller within eight days. It changed my life immediately and radically. Following that, all of a sudden, I went literally from working anonymously, because I didn’t want the fact that I’m working on this research to be an issue for people referring patients to my medical practice. Immediately I was widely known on national television, all over the place. There were nine major lines of evidence presented here with the review of way over a thousand near-death experiences at the time. So just to briefly summarize, near-death experiences are absolutely medically inexplicable based on the fact that you have conscious, lucid, organized experiences when you’re clinically unconscious or even dead. Out-of-body experiences (OBEs), what you see and hear when your consciousness is apart from your body, even while you’re clinically dead, are verified over 95% of the time. We have children aged five and under that have strikingly similar experiences to older children and adults adjusting for culture if you will. Programming doesn’t seem to have any play to that whatsoever. We have near-death experiences in the blind, even totally blind. Near-death experiences occur under total general anesthesia which should be impossible to have a conscious experience and a couple of other major ones. NDEs seem strikingly consistent around the world, including in non-western countries. I not only published that in my book, but I published several academic articles about it in peer-review journals and finally the after-effects-- the changes that are typically observed after people have an NDE. The changes are consistently observed throughout the western world and non-western countries. All these converging lines of evidence point to one conclusion that near-death experiences are, in a word, real, Rey.

REY: Would it be fair to say that your research findings are consistent with all of the other researchers on NDEs, such as the findings of Raymond Moody, Kenneth Ring, Bruce Greyson, Peter Fenwick, etc. Was the research data derived from your surveys consistent with their academic research?

JEFFREY: Rey, that’s a really good point. It absolutely was. There have been over 200 articles published in peer-reviewed scholarly literature including some of the world’s leading scientific and medical journals on the subject of NDEs. All of this is converging down once again to the point that many, it’s not just me, it’s many other investigators over a long period of time, over 40 years, all of them are finding the same conclusions. That near-death experiences are absolutely, medically inexplicable. Every person you

named has published scholarly, excellent scientific literature. We're all seeing the same thing and that's a powerful statement.

REY: Another very important book that you wrote several years later was your second book. To me, this book was very important. A lot of other NDE researchers won't go near that topic of "GOD" because of the religious implications associated with it. Many of the academics and researchers in our organization, CCRI, the Consciousness and Contact Research Institute, do not use the term "GOD" publicly, but in private, they do use this word. They do not use the term associated with a "religious GOD" but instead refer to a Universal Mind. Most of them have the same worldview of a Universal Mind, Universal Consciousness, and similar other concepts, whatever you might want to call it. But you went out straightforward and hit the bullseye. Your book, titled "*God and the Afterlife - the Groundbreaking New Evidence for God and Near-Death Experiences*", directly mentions the word "GOD" and the focus of your book was on what NDE experiencers mention about "What is GOD". My question is: why did you go so avant-garde, and so direct, and write about the topic of "GOD"? A topic that most NDE experiencers understand and know about and accept, and most of the researchers (because I've spoken with a lot of these researchers) agree that this is a "GOD" but almost all of the NDE researchers just do not want to go in-depth on this topic-- these researchers understand and agree with this concept but they do not directly confront and discuss this topic as you have in this book. Thus, why the need to publish this book?

JEFFREY: That's a great question, Rey. It was so obvious to me and to so many others, pretty much all near-death experience researchers, that near-death experiences are for real. So, given that premise, you really have to have that premise established - which between my research and many others, thoroughly establishes before you can go the next step. And that is, okay if you totally understand, based on evidence, that near-death experiences are real. What else can you understand? What's important that we learn? And for me, it was very obvious that is, the big picture, God, the afterlife, sort of why we're here on earth, if you will, the big questions. So, I was able to do that, Rey, because I'm in private practice and I'm not as constrained as others of my research colleagues who are in academic environments and subject to criticism and potential impairment in their career based on criticism of their research. I had. I was wide open. I could publish whatever I wanted to do as long as it was the truth based on the professional situation I'm in. So I literally, Rey, had the freedom to explore this in a way that other people knew but were reluctant to share about. And of course, another big thing is I have the evidence. I asked the survey questions I really had that interest in that and explored that with the best scientific survey questions possible to really understand that and nailed that down. So as you say, God and the Afterlife, that's the first word I used, of course, "God". Absolutely Rey, just as you implied right there. As others found there's that unity, Oneness of all, God the one, the Everything. Near-death experiencers, Rey, have a hard time with the word "God". They so often say that's a human word that describes something that is beyond human language and beyond human understanding. That is The

One, The Overwhelming. And the great news, Rey, from my research, God is profoundly loving, cares for us, and wants the best for each and every one of us, in our earthly lives. So, it was a fantastic experience to do the research that led to that book. To share with the world and it's one of the most remarkable positive and creative representations of God that I'm aware of. So it's exciting to go bring that to the world.

REY: To me, Jeffrey, that's the bottom line. That a lot of our lives are being orchestrated and that we actually are a part of God and that we are part of the One Mind and we'll explore some of those topics later on in our conversation. Many of the academics in our organization from diverse disciplines also happen to share the same perspective that you do. Let me change the topic to discuss that your wife is also a researcher and author. Your wife has also published two books and as the youngsters say, I want to give a shout-out to Judy Long. I've never met her. Never spoke with her. But I know she must be your better half because she did your website. She maintains your website. She probably knows the literature even better than you do

JEFFREY: Yeah, that's true

REY: So I want to give a shout-out to Judy Long. She's also a fellow attorney as well and to her two books. The first one is "*God's Fingerprints: Impressions of Near-Death Experiences*". It says that she edited that book. What is that book about? Because I want people to actually explore it and take a look at it as well.

JEFFREY: Yeah, she is a webmaster. She is literally a licensed attorney and yet recognized very quickly, when we met like 20 years ago, that the near-death experience was so profoundly important that she's not practicing law directly. She's instead devoting her whole time working, and I mean like 60-70 hours a week, on the website we have, NDERF - the Near-death Experience Research Foundation. She is singularly responsible for having the website in over 30 different languages. So in that book, she correctly realized that I or she could yammer about near-death Experiences, but what's way more important was to hear it from the words of the near-death experiencers - the most profound insightful near-death experiences we could find. We studied over 4,000 near-death experiences that have been shared with our website. So here she picked a select number to share in her book and it is profound. This is the deepest wisdom straight from those that actually experienced it that we have been able to identify and so obviously the insights are remarkable. Certainly profound. So a big shout out to her. She has done an amazing job of carrying this forward in the world.

REY: Thank you and I would like to be able to interview her later on in the future.

JEFFREY: Just ask

REY: Thanks. Another book that Judy published, is titled “*From Soul to Soulmate: Bridges from Near Death Experience Wisdom*”. Now, what is that book about?

JEFFREY: Well, without getting too salacious here, when we met we realized that there’s a soul calling and there’s a soul reason for us to be together. So, relatively quickly, we started being interested in this concept of soulmates and studying it. Not so much in a rose-colored glasses thing, but you know seriously. What can we learn about other people’s experiences? We either had people share their experiences on this topic. So that really has some amazing insights into literal soulmates and that was a very powerful book that she wrote that not only informs, literally, the world today but also helped lay the foundation for the remarkable stuff we’ve been able to do together as soulmates

REY: Now in terms of soulmates, I know that there’s a lot of literature in terms of past lives that talk about soulmates and that our relationships are somehow arranged before, whatever term you want to use, before we are born, before we reincarnate. Whatever terminology you want to use. But basically, it’s been prearranged. Was there any discussion on the topic of prearranged relationships, by the Universal Mind, of your future relationships?

JEFFREY: Yeah, there’s no question about that, Rey. You really hit on a key concept. Our eternal existence didn’t begin suddenly with our earthly physical existence. That’s literally a contradiction to us being eternal souls. To think that logically, certainly, we had pre-mortal existence, pre-earthly existence. And certainly, we were overwhelmingly wise with after-life wisdom and chose to come here based on far greater insight than we have here in our earthly life. So while neither of us recognize a discussion or awareness prior to coming here, the problem of both of us having such overwhelming, deep, passionate interest in this and that dedication to bring this overwhelmingly positive message of love to the world, I’m quite suspicious that we were aware of that before we came here in our earthly life and incarnation. And said we’ve got to do this together. You can’t do it alone. I can’t do it alone. But together we can change the world. And so I think that’s, I’m very suspicious how that led up. That will be a fascinating discussion when we’re both dead.

REY: That’s yet another taboo topic that many NDE researchers might not have fully accepted-- the topic that we are eternal spiritual beings before and after we die, the topic of GOD, and the topic of reincarnation. But at least they’re entertaining that hypothesis. But they don’t publicly talk about these things. So you’re really a taboo breaker on many fronts, Jeffrey. You and your wife.

JEFFREY: I just speak the truth. That’s the glory of being in the position I’m at, both as a researcher and in my professional career. I don’t have the least bit of a problem talking about this as it’s based on evidence. And I’m not talking about a little bit of evidence.

I'm talking about a mountain of evidence. The fact that we existed before earthly life is based, Rey, on a mountain of evidence. For example, a large number of near-death experiencers, during their experiences in these unearthly heavenly realms, will say this is my real world. "I feel this. I know this. I've been here before. This is all overwhelmingly familiar. This is where I really belong." Man, if I had a nickel for that every time I heard that I would be a wealthy guy indeed, in my current life. So it's really true like I said. And that's just one microcosm of the mountain of evidence that leads me to represent yes, we existed before we came to earth. And we were, obviously, in the afterlife, really far wiser, and insightful and made a decision to come here, which is another story. And there's no doubt about that. There are soul mates or as partners, to help in whatever way we can manifest some love in this world in this very special way that we can. Very important. Very positive.

REY: Well thank you, Jeffrey. Now, what I would like to do is be able to share my screen and take the audience members to your website

JEFFREY: Oh Great! Go for it.

REY: And I think it's because it's extremely important, Jeffrey, I've never seen an interview of you where people go into the website and I think that website has unbelievable resources and the stories involved. So let me go there now.

JEFFREY: Yeah, with over 4,000 near-death experiences posted, as you can immediately recognize, that's a remarkable resource. There are more near-death experiences publicly posted there than anywhere else in the world by far. With over 30 different languages, virtually anybody on the planet can find the near-death experiences, the questions from our surveys, the resources, in their native languages, which makes it a remarkable resource. There's a lot of articles on the website, a lot of insights. I invite interested viewers to look at the list of exceptional near-death experiences, which are the most exceptional we've ever encountered. Which are, Rey, really remarkable.

REY: For the quantitative surveys, how many survey responses have you received since you first began?

JEFFREY: Wow. I was scratching my head on that. The overall surveys, since the dawn of the website over 20 years, have been over 12,000. Many are not near-death experiences. Many are spiritually transformative experiences. These are all people, Rey, that had very profound spiritual experiences that wouldn't go through that phenomenal amount of time to answer the vast number of questions. So these are people that really out of sincerity, the belief of the importance of their experiences, shared it with us. So with over 12,000 people with a wide variety of experiences, it's only about 1/3 that are near-death experiences and yet that doesn't diminish in any way the importance of other experiences that have that really profound deep spiritual content. We publish all near-

death experiences. We publish all that we think that are probably a near-death experience. Every one of them gives us permission, we post too. And then as many as we can, other related spiritual experiences so people have that spectrum of near-death experiences and related experiences, in a way that they can't find it anywhere else in the world

REY: That's why your work is so important. Because when one reads an academic research paper it only has a few case studies, a limited number of individuals, at most 20 stories. Here you have thousands of stories and it's all consistent with all the other researchers. Now, Jeffrey, a couple of related questions. For a near-death experience, you don't have to be dead. Is this correct? That's confusion in how NDEs are perceived. Could you talk about the diversity of near-death experiences? Some experiencers are medically dead, with no EKG and no heart beat, while many others are not. How is an NDE defined?

JEFFREY: It depends on how you define the term and it's very critical for anybody talking about that to define the term in terms of what their conceptualization of it is. For research, for the over 4,000 near-death experiences we have received, we have a pretty tight definition of near-death experience. The bar is pretty high. In other words, they have to be near-death as defined, as best we can tell, from what they share. They are physically compromised, they're unconscious, or often clinically dead, absent heartbeat, absent respiration. So these are people literally, are profoundly close with death, so much so that if they did not physically improve, they would die. However, as we've grown to see the spectrum of spiritual experiences, we absolutely understand that the near-death experience is a subset of that umbrella of spiritual experiences. In other words, there are people that can have what's called feel-death experiences. They feel they're going to die. They can have experiences very similar to near-death experiences. There can be people that are having dreams that occur spontaneously in out-of-body experiences and under a whole host of pre-existing phenomenon or circumstances, can have experiences that are remarkably similar to near-death experiences. So you don't have to have nearly died to experience the Divine. That's the take-home that's important.

REY: Correct. It's because a lot of people think that you have to be put in that box of actually no heartbeat, no EKG, whatever, but it's not as simple as one might think.

JEFFREY: And actually, I'll take it further. People need to know if they've had a meaningful and significant experience even if they didn't nearly die. Folks, that's what really matters. It's highly meaningful and significant. That's what you really need to go on. You don't need to worry about pigeon-holing your experience into a near-death experience. What's vastly more important is it was meaningful and significant and you know it. So go with that.

REY: Okay. Fantastic. Let's go into a couple of other things here. We met not too long ago. I went to interview you personally for a documentary that I and a team of filmmakers are doing. We went to our hometown of Huma, Louisiana for the interview. During our interview, I pulled a trick on you. I knew that a lot of near-death experience researchers will not touch the topic of ufology with a ten-foot pole for proper reasons, which we don't need to get into. I wanted you to understand that NDEs are, in my opinion, part of all the paranormal Contact Modalities. I decided to start off our interview by asking you questions directly from my book, "*Beyond UFOs: The Science of Consciousness and Contact with Non-Human Intelligence*". These were the questions we asked in our 5-year UFO Experiencer Research Study, organized by the Dr. Edgar Mitchell FREE Foundation (FREE). FREE was not a UFO organization but we wanted to study the consciousness and paranormal aspects of the UFO contact phenomenon. The hypothesis for most of the academics in the FREE Foundation was that all of the contact experiences with Non-Human Intelligences via NDEs, OBEs, UFOs, perceived ghosts/spirits, hallucinogenic experiences, Remote Viewing, etc., all somehow interrelated. We just don't understand the full complexities of it. But as you stated a while ago, there's tons of literature on near-death experiences—peer-reviewed literature, books by PhDs and medical doctors, on the NDE phenomenon. But when it came to the UFO contact experience, there was almost no statistical research, especially academic research, on the UFO contact phenomenon before our research study except for the work of Dr. Kenneth Ring in his book *The Omega Project*. I am sure you know the work of Dr. Ring.

JEFFREY: Very much, yes.

REY: And so that's why we did the research study on the UFO contactees. So then we're able to then compare apples to apples, oranges to oranges even though it's two different phenomenon. We asked many of the same questions from NDE-related questions. So the trick that I pulled on you was that I began to ask you questions from our book. So after like 20 minutes I said, "Jeffrey, do you realize that all these questions I'm asking you were from our book titled "*Beyond UFOs*"? and I showed you the book and your mouth dropped and you were like, "Rey, I thought those were NDE-related questions."

JEFFREY: That's awesome, Rey, I love it. That's the most vivid example. You could not have done better than that. You could not have had a better representation and evidence that near-death experiences are part of a spectrum of something big and that seems to encompass UFO phenomena. So all I can say is awesome! I love being tricked like that!

REY: Mission accomplished.

JEFFREY: Rey, we're all on the search for reality. We're all on the search to know what is real and that's an exciting and novel way to have that come about in that way.

REY: So I apologize that I pulled that trick on you

JEFFREY: Congratulations to you and everybody!

REY: I remember that at the end of our conversation you pulled me to the side and said "Rey, is there any way I could join you guys?"

JEFFREY: Because I'm always interested in reality. I realized very quickly, you know, that was cool and I'm glad you brought that up. That was when I realized how important that was for my personal passionate exploration to get closer to understanding reality. Wow! That's something! I'm a busy doctor and I do all my research but there's a whole new world out there and I'm glad you brought it to my attention. So cool. By the way, while I'm at it, a big shout-out about that book! You want to repeat that again for the viewers? That was very important to opening my eyes and it was your first book that came out that opened my eyes as to the relationship between NDEs and UFO contact experiencers.

REY: Yes the book's name is "Beyond UFOs" and I think that's an appropriate name because I should have named it "Way Beyond UFOs", you know? But it's "***Beyond UFOs: The Science of Consciousness and Contact with Non-Human Intelligence***".

JEFFREY: A very important book. I highly recommend it. I will state right now.

REY: Thank you, Jeffrey. And what we did was we asked over 600 quantitative questions, I would say at least two-thirds of them were paranormal related types of questions that were outside of the UFO box. The reason why we did that was that so many of the experiencers that were having UFO experiences were seeing UFOs but also having primarily paranormal experiences. Our FREE research committee was comprised of PhD academics and individuals that were the UFO contact phenomena for many years, most over 30 years each. Thus, this mix of both the academics and researchers understood that UFO Contact was primarily a "paranormal" phenomenon, but unlike the NDE research, there was limited statistical academic research on the UFO contact phenomenon. What we found in our FREE research study was the enormous similarities between the UFO contact phenomenon and the NDE phenomenon, the OBE phenomenon and so that's why when I talked to Raymond Moody, he initially told me "Oh I won't go near UFOs. Those people are..." You know what he said next. I won't go into the details. But I remember telling him that I also share his opinion about Ufology. I would go to a UFO conference and the first thing I would do would be to walk out in the middle of a lecture-- the majority of the speakers were materialist and had zero interest on the topics of consciousness and the paranormal. All they were interested was in a Physical

Flying Saucer. Instead, I would spend most of my time at these conferences with the experiencers and not going to the lectures. In my opinion, these materialist speakers had a very limited understanding of the complexities of the phenomena. What are your thoughts on my comments?

JEFFREY: Rey, you raise an extremely important point in the similarity to UFO experiences to the vast number of spiritual experiences archived on the NDERF.org research website. Rey, as you know the basic scientific principle is the question “What is real”. It doesn’t get much more vivid than what you shared right there. We’re all part of the same spiritual collective.

REY: Correct. Now let me begin by asking you now a series of questions related to that topic. When I introduced the data from our FREE research study, such as the following: that 80% of UFO Contactees were having out-of-body experiences; that 37% had an NDE; that 66% told us they had seen a ghost or a deceased person and that two-thirds of those have actually interacted and communicated with a deceased person; that 50% were brought to a matrix reality and having communications with a conscious intelligence in this matrix reality, that all communication was telepathic, I could go on and on.

JEFFREY: Just like Near Death Experiencers.

REY: Yes. And out of the four major types of “beings”, that people have interacted with, three of those, I would argue, are very similar to NDE experiences. For example, the number one type of being was an energy being and that’s what I saw in my living room. It was pure energy and a lot of people would describe God or the being that they associate with God as an energy being. And the number two type of being was a human-looking being and the number four type of being that people describe was the ghost or the spirit. I argue that these three types, three of the top four types of physical beings seen by UFO Contact Experiencers, are similar to NDE Experiences. Would you agree?

JEFFREY: Rey, that’s exactly times thousands what people are talking about. They’re talking first about the energy being. I mean it’s a non-physical realm in the afterlife and so, given its non-physicality, they don’t necessarily have to adopt a physical appearance. So energy or awareness of something that’s not necessarily anthropomorphic is not at all uncommon. It’s fairly common. Especially when they see a profoundly spiritual being such as God. I mean God tends to be anthropomorphic in near-death experiences. You know certainly as far as looking like other beings that we know on earth. Well not a huge surprise. Rey, they may encounter deceased loved ones they may have a very typical appearance of how they do on earth but not entirely. Even if they died of a physically disfiguring illness or accident or very old in life they essentially always, in near-death experiences are picture-perfect health. So again they have that beautiful form and appearance. Sort of idyllic. Much like what they were on earth but much more. So, those are just a couple of examples to substantiate what you’re sharing there, Rey. Yeah.

We see that. I mean it's not like dozens of scores, Rey we're talking thousands of observations.

REY: Yeah the same thing that the data said, that we did with the UFO contactees, and it was 4,200 people that took our survey. So, like yours, huge numbers, and it was very consistent. We even had a Ph.D. statistician that looked at our data and compartmentalized them in geographic regions. He put all the responses from the US, all the responses from Canada, the United Kingdom, and continental European and then he grouped Australia and New Zealand together. He looked at the variance, statistical variance for each question. How much was the deviation among the different groups. What the data showed was less than a 10% deviation among the 5 geographic groups. This data suggests that the 4,300 respondents were answering consistently the same way to each question no matter where they lived. In other words, they were having the same experiences no matter where they lived.

JEFFREY: I'm glad you did that methodology. As you know, the more people respond to a survey, the more reliance you have in the findings and that's especially important when you have the extraordinary findings of your survey and that on the NDERP website. So that makes it a very, very powerful, I would argue, compelling glimpse into a greater reality.

REY: Correct, correct. And that's the name of our new book, "A Greater Reality".

JEFFREY: There you go

REY: A couple of things, Jeffery. I want to introduce to our discussion the term "Contact Modalities". I define this term as all the different ways that humans are piercing the veil of our reality and having contact with conscious intelligence or non-human intelligence, you pick the term. One of many commonalities of the Contact Modalities is that all of these paranormal experiences involve a manipulation of space-time. Would you agree that NDEs also involve a manipulation of space and time?

JEFFREY: Virtually everybody, Rey, describes during their NDE an alteration of space-time and the specific alteration described is that time essentially does not exist. Space doesn't exist as we know it. Our physical world, in other words, it doesn't seem to be limiting. Distance divided by time that we see on earth here, is out the window in near-death experiences. Time is also not applicable-- what is less than one hour on Earth is perceived as days or weeks. Someone might be unconscious for a few minutes but the experience is perceived as hours or days during their NDE. I mean, consider the life review, they may see a portion or, at times, all of their prior life while they're unconscious literally for minutes. So that shows the radical alteration of time during near-death experiences are extremely consistent - seen by literally every researcher that argues that time is not the same and space as well.

REY: Well, as I said before, 50% of the individuals that took our surveys stated that they were brought to a matrix reality, to an alternate reality which involved a manipulation of space-time. Another thing I want to talk about is that what we discovered in our survey was that approximately 25% of these individuals were given information about their future, about the planet's future, mainly ecological disasters and consequences if we don't take care of our planet. They're being shown visions of the future, of what earth would look like, what their life would look like and future generations. Many of these individuals are being shown visions of the past and things of their youth, of them growing up. So with NDE experiences, I know about the topic of a life review. Can you first of all talk about what is a life review in general so that people can have an understanding of what that's all about? What percentage of the experiencers have a life review and also a more complex question that you might not know of is, how many of these individuals were given visions of things or events of the future?

JEFFREY: Great question. First of all about the life review, a little over 15% of the people have a life review. Life review is where they can see a portion, or even all of their prior life, while they're typically in an earthly or heavenly realm. Often there are other beings there. When they see that life, it seems to be something that they're perceiving external to themselves. The common description of the life review is flashing like screens on a wall. But, at the time, there's often most of the time another being with them. They never feel a sense of external judgment about what they're seeing as they go through their life review but it can be very panoramic. They can even see and feel and understand exactly, literally from personal perception, what the other person they interacted with felt like. So a panoramic near-death experience is uncommon. But heck, when you got 4,000 of near-death experiences, you got a series of dozens and dozens of these. So all of that's going on during a life review. Now the interesting thing is about future visions, Rey, we ask that very directly as a survey question, "Did you have any awareness of future events?" Critically, there's a box that people can fill out. It's very, very unusual that people have far distant visions in terms of years to decades later. We're getting down to under 5% of near-death experiences where the subject had a recollection of this. And it's sometimes people will say, "Well it's not something I'm supposed to share or feel comfortable sharing or should share". And I respect that. I don't pry because they have a deeper understanding of the importance of it not to share. But yes, there are people that have visions. That are "awarenesses" if you will, is a better term. Of what's going to happen on earth years to decades later. The near-death experience you showed earlier had a very vivid example of what the future was to be decades later in some significant ways regarding earth. So we do see that. It's just so rare it's hard for me to say there's consistency based on what they're saying and here's what it is. And they see fragments and bits and pieces, or most commonly, their own life or the life of loved ones. You see the world globally or something that's future verifiable is something that's getting down to extremely rare.

REY: Similar to the UFO Contactee group. We've had approximately 20% of the survey respondents were given information of the future but again it was only a glimpse of the future not a detailed conveyance of information about the future. A lot of it dealt with ecological disasters. But a high percentage of this information is related to their personal life. Some however, are told very specific information, such as "when your daughter is 12 years old she's going to pass away. She's going to die from an accident. Things of that sort. So we get that and I know that I've read that certain NDE experiencers have received similar information. But again, it's as you said, I haven't encountered a lot of these cases. You've just confirmed that. But let me touch on another topic and it was that 50% of the people in our survey stated affirmatively to the question that "Have either you or a member of your family, had a miraculous medical healing as a result of your contact experiences?" And so very, very large numbers reported a miraculous medical healing. As you know, my very first experience was a miraculous medical healing of my dog by an energy being that appeared in my living room. My wife and dog disappeared in front of me. We were going to be euthanizing our dog that same day. This Energy Being appeared because my wife was praying all night. This Energy Being appeared and put me to sleep. When I woke up, the dog, who was totally paralyzed, was now running around like a teenager. Thus, when 50% responded to our survey that they had a medical healing, one can surmise that this is a very common phenomenon among UFO contact experiencers. I've also read with NDE experiencers have also had a healing either when they woke up from the NDE or shortly thereafter or associated with the NDE phenomenon. I guess the prime illustration of medical healing in the NDE is the case of Anita Morjani who was cured from, what was it, stage four cancer? During her NDE she had a Life Review and a being that she identified as "GOD" told her that she would not need any more chemotherapy because her cancer was cured and that she needed to tell her doctors this information. You're the expert on cancer, can you talk a little bit about the case of Anita Morjani?

JEFFREY: Anita's pretty much a personal friend. She had what's called Hodgkin's lymphoma. It was advanced and she was literally dying of that. And what she describes in her book and in her talks is absolutely astounding. There should be, and I've talked to my medical oncology colleagues who give treatment to Hodgkin's Lymphoma, there should be no way that you have that type of healing as Anita describes.

REY: And I think it was over a four-day period. Right? That they couldn't find anything in her.

JEFFREY: Yeah they said that within a few days, literally, that there was no evidence of lymphoma. That's medically inexplicable. There's no question about that. I'm delighted she had a chance to share that. We share a few other cases like that, even with my fairly high bar of evidentiality for a medically inexplicable event was there. I mean I recall vividly, a kid in their early teens who had a non-Hodgkin's lymphoma, a type of lymphoma that he had throughout his body and failed multiple courses of chemo and they

were trying to do emergency surgeries to relieve the bowel obstruction. There should have been no way this kid was going to survive. He had a near-death experience, he knew he was going to be cured, you know where this is going, he was cured and that blows away any possible medical explanation. It's just not possible. These are rare, at least in the NDE realm with a fairly high bar of evidentiality. The profound ones like Anita or that kid are rare. But I mean, by the time you study 4,000 we have a small series of absolutely, in my opinion, medically inexplicable experiences of extreme healings. I'm extremely reluctant to use the word miracle but this number that we've seen, and certainly some that we've encountered, that rise to that very significant label of being miraculous cures.

REY: We have a chapter in our book titled "UFO Medical Healings", written by a retired physician, an ER physician, Dr. Joseph Burkes with Preston Dennett, who had written a book 20 years prior titled "UFO Healings" which no one bothered to read, because it's such a crazy story. And so I got them both together and I said, "Both of you write a chapter and here's the data of the qualitative responses that we've received to the question, "Have you ever had a UFO-related medical healing?". And so we managed to get 12 case studies. 12 individuals gave permission to write their stories. They wrote a very concise chapter for our book. The discussions were like maybe two or three pages on each individual. But again, Joseph Burkes the medical doctor, reviewed their medical documentation. As a matter of fact, one of those individuals was another medical doctor who Joseph didn't know, but he became a friend of mine and I referred him to that case. So this was a man who was having UFO-related contact experiences, a brilliant man. He also had a medical healing and so now my question to you is, do you have enough stories on medical healings that you could write a separate book on that?

JEFFREY: That's good, I could write a chapter

REY: A chapter on it?

JEFFREY: I could write a chapter with what we have. And again, you know, sometimes doctors will try to encourage patients by saying, "Wow it's a miracle!" and I can read between the lines and say it's not. But for people where there's really high bar evidentiality - and don't forget these near-death experiences by definition of our research all had a liminal life-threatening event - so there are certainly some people that absolutely inexplicably were healed but I will say, Rey, it's very rare. We've got a chapter maybe, not a whole book. But they're there.

REY: Okay they're there and just like Anita's chapter you can't explain away stage four Hodgkin's lymphoma to be gone in three days.

JEFFREY: No you can't and I've reviewed that with her medical oncologist. I'm not talking about just some subtle thing on an x-ray or lab test. I mean she had big old lumps

everywhere that showed up both on exam and x-rays. That all disappeared that rapidly it defies anything that we know how Hodgkin's Lymphoma works.

REY: I think that when she woke out of her coma, she told the doctors 'Look stop with the chemo and all these treatments, I was told by God that I'm cured, so stop'. And I think the doctors told her, 'We're are not going to continue with our cancer treatments because there's nothing that we can do at this point'. Is that correct?

JEFFREY: I'd have to review to be sure. She received chemotherapy. I don't know when it was terminated. I do know remarkably during her near-death experience she had a blood test at her hospital. Later, during her NDE she was told 'You have a choice. You chose to come to earth. You'll show remarkable improvement on that blood test and your vital organ functioning and if you choose to leave earth, it will show progression of impairment of your vital organs which will progress to death'. So this is one of these like 'Aha!' moments when you read it. You realize how your choice can literally impact blood tests which are drawn previously which is pretty awesome when you think about it.

REY: And we're also talking about an Intelligence that's able to manipulate your 3D reality. The actual physical aspects of your reality. Like, as you said, you know you've got a choice-- your blood tests will show that you've got cancer all over your body or you're going to come out clean with your blood test. And it's again the manipulation of space-time aspect that shows the complexities of the phenomenon interacting with our 3D reality and this multidimensional reality.

JEFFREY: That's pretty awesome with Anita.

REY: And then... Okay getting back to a fundamental question. You participated in several of our CCRI meetings before the Covid hit. During these lengthy meetings, we had some interesting discussions with many PhD academics-- some heavyweights in the field of consciousness research field and the paranormal, what I refer to as the contact modalities. Why were you interested in joining the CCRI organization and decided to attend our meetings?

JEFFREY: Well in the first place, how could I not be, Rey? I mean everybody's interested in that deeper perspective into reality. I totally get the human spiritual experiences are a large umbrella under near-death experiences and the other Contact Modalities. Anybody, I think, interested in a greater picture of reality is going to be fascinated and drawn toward research on Consciousness and the Contact Modalities.

REY: And as you well know, we discussed at length that I had received permission from Dr. Kenneth Ring to use many of the questions from his 1992 book titled "***The Omega Project: Near-Death Experiences, Ufo Encounters, and Mind at Large***". I specifically asked him to that I wanted to use approximately 70 questions that discussed the

transformation of the Experiencer from their NDE and their UFO contact experience. In this book, Dr. Ring compared 85 individuals that had near-death experiences with 85 individuals that had primarily an abduction-related type of experiences. One of his findings was that both groups, the NDE and the UFO group, changed in the same exact way except for a couple of small variables. For example, both groups did not fear death. Both groups became much more spiritual. Materialism, the need to become wealthy or obsession with material good, was no longer important in their life. Becoming famous was not important in their lives. They became much more loving, much more caring. They became more consciously aware they had a mission and purpose in life. They became more ecological, etc., etc. During my interviews, I always pose this question: Imagine if the Mind of GOD would promote these complete transformative worldviews on all of humanity, just like UFO and NDE Experiencers, how would humanity change? The response would be that we wouldn't have wars, we wouldn't have poverty, we wouldn't have all the hate and isolation, we would not have political, social, cultural, or economic divisions. In my opinion, the world would be a world of "Love and Light". You know, people would be loving and caring (for) each other. We can then ask this question: "How come the "Intelligence" that is changing UFO and NDE experiences doesn't promote these changes to the rest of humanity?" Again, I want to emphasize that the UFO and NDE experiencers changes in exactly the same way-- they changed in the exactly the same way for the positive. Could you talk a little bit about how the NDE experiencers change after their NDE?

JEFFREY: Rey, one of the most extensive research on near-death experiences has to do with changes after the experience called after-effects. After-effects are very consistently observed in both prospective and retrospective near-death experience studies and exactly what you were just saying there. That pattern of after-effects that's consistently observed is seen as, for example, a decreased fear of death. Well obviously, they know what happens after death's door because they personally experienced it, so of course, they know it's wonderful. There's an afterlife and obviously, they have a dramatic reduction in fearing death. Obviously, for the same reason, they have an increased belief in an afterlife. The same reason they know it, they experience an afterlife. They know that that's what lies ahead for them and for others. And so obviously they're a lot more confident and, exactly like you were alluding to, they're much more loving. They tend to be much more compassionate. They may change vocation or relationships if they're inhibited from manifesting that love and compassion that they now have as root values after their near-death experience. They may be obviously less materialistic for the same reason. They may seek out helping professions. There's not a small number of nurses who had a near-death experience early in life and then felt that led them to help others through a healing profession. So we see a lot of that over and over and what's interesting is these after-effects actually become more powerful, more pronounced as the years go on after their near-death experience. So it's not a flash in the pan. These people don't suddenly feel that they need to change. They continue to change and grow in their changes years to even decades after their experiences.

REY: Correct. With the UFO contact experiencers, it's like a gradual evolution. It's like these changes are occurring in an upward rejection—these are long-term changes. It's not up and down, even though a lot of people do have difficulties in their life adjusting to the phenomena. But after they overcome that hump and they accept it, then all of a sudden, it's an expansiveness of personal change.

JEFFREY: You make a real good point. With near-death experiences, it may take literally years to fully integrate that experience. Change, even very positive change, is difficult. So, especially when they're conceptualized by other people around them and even themselves as being a certain way, making substantial changes is difficult in an important way. Even positive change is difficult. It just takes time for them to fully integrate that and sometimes it's a challenge for other people close to them, especially spouses, to deal with. They're often described as a new person because they seem so different in a lot of ways. Even if they're more loving and compassionate, and that's all good, yet to their spouse, it's different.

REY: This long-term change is just one of many examples of the commonalities between the UFO and NDE experiencers. In this case, it's a perfect match because it's almost exactly the same change. Now let's get into a more expansive universal topic. We're not talking about esoteric literature here. We're talking real data from academic research. How would you convey to the audience members what is your hypothesis of the nature of our reality? In this discussion, many of the CCRI researchers discuss the nature of "What is Consciousness". What's your definition of consciousness? I know that's a term that's overly used but I prefer the term the "nature of our reality".

JEFFREY: Well that's a deep question, so I'll dive right into it.

REY: Yes. Be expansive. I mean go as deep as you want.

JEFFREY: Well, I'll just tell you what's based on evidence and what's derived from very direct survey questions and literally now a mountain of hundreds and hundreds of near-death experiences. I think first and foremost, you used the term 'consciousness'. You have to really expand your concept of consciousness. I asked for example, very directly, if they had a concept of, "Is there a mystical unity or oneness that you became aware of during your near-death experience?" To my absolute astonishment about 60% of people, especially those with deeper NDEs, said yes. So they became aware of that one critical thing that I think is the intersection of the afterlife with those of us living here. They became aware the mystical unity or literally oneness of all of us and everything. That took me a while to really wrap my hands around. It's so different from what our awareness is where I'm different from you and you're different from me and yet in ultimate reality, that seems to be an illusion here on earth in the sense that we're all one and the same. So that's one of the most critical core concepts that I've come up with,

is that we're really even in our earthly life, living out that illusion that we're apart from the one and everything which some people call God. Although many near-death experiencers say that's a human word and what they encountered in the afterlife is far beyond any human description, but that seems to be the most popular word. At any rate, that unity and oneness, that connection of anything and everything, seems to be a fundamental spiritual reality and that's now based on a mountain of evidence, Rey.

REY: Our FREE UFO Experiencer survey asked numerous questions associated with that same topic. We asked a similar question to this question you posed on our website survey. I borrowed many questions from your website. That's why we had a lot of overlap in all of this. Let's get into the specifics now. You mentioned that we're all related that we're all one. Why did you make that statement?

JEFFREY: Because that's the response we received in our surveys. "Did you have an awareness during your near-death experience, of a mystical unity or oneness?" So that's why I'm saying that. We had a text box associated with this question where the NDE experiencer provided us with details of their response to this question.

REY: That's where the juicy details come in. That's why I asked you that follow-up question.

JEFFREY: So with tremendous consistency, we're seeing people over and over again, times hundreds and hundreds, describe that in a variety of ways of expressing it, we're all one. We're all, and interestingly you can use the term unified or connected with some greater consciousness, and by far more people chose the stronger word 'unified' as opposed to the weaker word 'connected'. I couldn't help but notice that. So there seems to be that connection of everyone, everything and literally that ...ultimate Consciousness, the One, the All, for lack of a better word, is often called God. So that seems to be it now. We are not aware of this insight in our daily earthly lives and I absolutely understand that we have to be in a near-death experience, or a deep mystical experience that's been described in other mystical experiences as well besides near-death experiences.

REY: A lot of Asian philosophies, including Buddhism, Hinduism, Taoism, openly discuss the same concept that "We are all One". But the experiencers, not only the NDE experiencers, but also with out-of-body experiencers as well, you hear that they also have received this information of "Oneness". Our FREE UFO research study also revealed that approximately 60% of our survey respondents also received similar concepts-- they were given that information. Over 50% were brought to other multidimensional realities and many of these individuals were also given this same information-- they were taught the same lesson of "Oneness". So again, the same consistency between both groups of experiencers, the NDE and the UFO contact experiencers.

JEFFREY: Rey, you just said they were taught that lesson and in our near-death experiences that's a real critical distinction. I almost never hear them say they were taught about one being all. They experienced it.

REY: Correct. You're right. You're right. And that's the difference between that NDE. That you're actually in that reality and with the UFO contact experiencers, some people get brought to a reality and they get brought back to it like. "Here's a quicky lesson and now you're back".

JEFFREY: So they're told.

REY: Or they were shown.

JEFFREY: That's wild because with near-death experiencers, that's a really interesting point.... Only a few people were told of the unity connection or oneness.

REY: So again, some of them were told. Some of them were brought and experienced it. But it's a very diverse group with similar concepts about the unity consciousness. That's one term that a lot of UFO experiencers use but they have that understanding from an experiencer perspective. Now again, are we talking about the hypothesis that we are part of the Universal Mind. That when we die, we unify with the Universal Mind?

JEFFREY: Yep

REY: And now one thing that I've read, and also when I spoke with a lot of near-death experiencers, is that many of them remain as separate and distinct souls. They state that they remain as a separate soul unit but they also are integrated within the One Mind. That there's no separateness in that end. Have you read about that as well? That concept that they are individuated consciousness, or souls, but they are part of the ONE?

JEFFREY: Oh yeah. I mean, the very fact that we're here on earth and we seem to have the illusion that we're apart from that unity or oneness and yet that seems to be, and this is the tiniest slice, Rey, of our eternal existence. So this is radically unusual for us to be relevant to our eternal selves, to be having this earthly existence. Again a couple of concepts. First of all, in an infinite universe what can't happen, I'm very cautious about stating, because it probably can and probably does. But especially when there's a unity and oneness you're getting into what I see over and over are some of the deeper messages of near-death experiences. That concept of paradox. In other words, we're separate and completely separate and completely us and who we are, and all we are, and everything we are. And yet, we're also a part of a combination of that which is so much more and greater and both are true and both are absolute and completely and, in every detail and aspect, true. So part of understanding some of the deeper wisdom in near-death experiences, and I'm sure you've seen this too, involves embracing that kind of paradox.

That is difficult for the sort of dualistic conceptualization that we're used to having on earth. I wasn't happy about it either. I've learned a lot about paradox studying about near-death experiences. Finally, I said, okay I get it. The evidence is overwhelming. This is really great. It really is and it took a while, like years.

REY: Well, let's talk about someone that told me that he had that understanding as a young child and that was Dr. Raymond Moody. I interviewed him at his home in Alabama. I asked him this basic question, "Is consciousness primary?" And he responded, "Rey, I know nothing other than Consciousness. Yes, consciousness is primary and I've known that since I was a child." And then, what a lot of people don't know, is that Raymond received a PhD in philosophy. I believe before he received his MD degree and before he got into NDE research. His focus was what is commonly called the field within philosophy called "Philosophy of the Mind". Which for the lay audience, it's all the literature in philosophy that talks about all these topics that we're talking about now. The nature of our reality. The Mind-Body problem. Are we actually consciousness units separate from our physical reality? And other deep heavy topics. He told me, "Yes consciousness is primary". I remember that during my interview with you several years ago at your home in Louisiana, I asked you the same question, "Is Consciousness Primary" and you said "YES"-- that you believe that consciousness is primary. How would you paraphrase this question for the average person?

JEFFREY: That's a great point. Consciousness being primary is subject to a lot of interpretations. So I would say, is consciousness eternal? In other words, were we as human beings, conscious entities both separate from the unity and all and yet a part of it before we came on earth here and after? And the answer is yes, yes, yes. So, it's really, primary just means that which we understand that we are, really is. It always has been and always will be. Another way to look at this is the question: Is consciousness eternal, for who we are and what we are? Again I emphatically respond "Yes", based on mountains of evidence of near-death experiences. So that would be how I would conceptualize consciousness. I mean some people say, "Geez. If there's an afterlife, are we going to be who we are and what we are, everything that we are?" The answer is absolutely yes and much more. And that what's exciting about near-death experience research studies. It really is some of the most positive optimistic view of who we really are as human beings that I have ever encountered. And that's exciting to know that we are everything that we are now and much more with an afterlife and a connection with the All.

REY: And I remember, Jeffrey, I also asked you this question during my initial interview: "Jeffrey, are we eternal spiritual beings?"

JEFFREY: There's so much evidence in near-death experiences that we are eternal beings that I would be startled, after over 20 years of investigation, to find any near-death experiencer that suggests the contrary. So we're talking about overwhelming consistency

times thousands. It's not just me Rey, as you know. It's other near-death experience researchers, other people who have looked into that absolutely, without a shadow of a doubt, we are finding that while we are here we are an earthly life and we seem to separate from an eternal afterlife which people call a heavenly realm. The answer is absolutely yes. That both our destiny and our heritage is that realm of existence where there is no misery, want, need, sadness, the horrors that we know in our earthly life and that is, to me, profoundly exciting.

REY: Also just as important, without judgment. Would you agree with that?

JEFFREY: Totally. If there's one thing that's overwhelmingly consistent in near-death experiences, even in "Life Reviews". I mean, shoot Rey, here you are looking at your whole prior life and I bet you and I have done things that we're not proud of. Well guess what? Join the club. That's true of everybody. So here you are, looking at your life and often all of your prior every detail and of course you've done things you're not proud of. So you think you'd be mortified to see that kind of thing. And there's often other beings, other profoundly loving, wise, spiritual beings there. There's essentially never any external judgment. The other being present may be unhappy about what they're seeing, but as far as an actual judgment, especially a lasting permanent judgment, a judgment that is damaging or harmful? Zero. We're just essentially not seeing that in near-death experiences. That's an extreme defining characteristic of near-death experiences that contrary to what most people believe, and what is conventional thinking to a lot of people, we're not seeing that. Yet another sort of those subtle defining characteristics of reality that we see of near-death experiences that we speak of as reality that you would expect from their prior beliefs or whatever they've been taught to expect judgment. But Rey, as you know, it's essentially not there. And that's good news for all of us who have done things that we're not proud of.

REY: Most definitely. Well, Jeffrey, I don't think that you know a lot of my personal experiences which basically lasted over a four-year period and they're just so crazy. You know that I don't go into details with a lot of people. But whatever, this unknown Intelligence has been interacting with me. Here I was. I went to Cornell for a Master's degree. I went to Berkeley for a Ph.D. I'm now an IRS tax attorney. I was the biggest rationalist, materialist, and atheist in the world. But yet this Intelligence converted me into a spiritual person and they did it through a series of NDE-related experiences. And later I'll tell you the details. But what had happened was, in a nutshell, after interacting with that Energy Being in my living room, I later called down big, gigantic UAP. My daughter was a witness to that when she was 10 years old. It was huge. There were three adult witnesses to it as well. And it was after that, the next day, I saw a video on NDEs and all of a sudden...

JEFFREY: Serendipity.

REY: Yes, prearranged. And then I immediately ordered 20 books from Amazon, all used books. Here I was, you know. Kenneth Ring, Raymond Moody, Greyson, etc. and so many books written by NDE experiencers. You know, all of the big names on the topic. When there were five books left, I would order 20 more. And then I began seeing hundreds of NDE videos. Just consuming videos, one after another. After the end of the four months, it was literally 12 hours a day reading these books. I didn't do any of my IRS tax work, I didn't care about my family, I was not showering or shaving, etc. During this time period, I also read numerous books on the science of consciousness. But it was mainly NDE-related types of books. During this time period, my wife was telling me "You need to go to a psychiatrist. They have medications that can cure you", because I was a madman. It was just 12 hours a day, reading these books. And then, three days in a row, Friday, Saturday and Sunday, December 21st, 22nd, and 23rd in 2012, the first 3 individuals I mentioned NDEs to, all of them actually had an NDE. The first was my daughter's pediatrician on Friday. I brought her because my daughter had a small fever for two days. She tells me, "I checked her ears, nose and throat. All of a sudden, some other consciousness enters me and a robotic voice tells the doctor, "Excuse me, doctor. Have you ever heard the term near-death experiences? I just finished reading approximately 300 books on this topic and many of them were written by medical doctors, such as yourself and it's a phenomenon that you need to know about, okay?" And all of a sudden, her eyeballs pop out real big and I said, "Oh my God, I've got another voice inside of me. Am I schizophrenic", where I got another personality in me. "I need to go to a psychiatrist because I'm going bonkers." I told her "Excuse me doctor, I don't know why I asked you that question, I apologize". And she goes, "Oh no. There's no need to apologize. How did you know I had one?"

JEFFREY: That's awesome.

REY: And then, in front of my daughter, she tells me about her near-death experience. And so that was on a Friday. The next day the same thing happened. I was at a church social dinner for the Spanish ministry at my wife's Catholic church. They had a social event at the church and my wife sat next to her friend, a fellow Mexican, and I sat next to her husband. I knew the lady but I didn't know the husband. He's Cuban-American like I am. We were both born in Cuba but came to the US as young kids. He introduced himself, said he came from Cuba when he was 10 years old. He now works as a radiological technician, a person that takes x-rays and he was about my age. Whatever. And then all of a sudden, the same robotic voice came out of me and I said "Excuse me Max, have you ever heard of the term near-death experience?", practically the same robotic voice and I repeated the same question to the pediatrician. I immediately thought, "I need to go to the doctor. I'm not right. There's another person inside me." And so then Max' eyeballs pop out like that and I thought, "Oh my God! Here's another guy that thinks I'm crazy. I probably am." But I said, "Excuse me, Max, I apologize. I don't know why I said that." He goes, "Rey I never told this to anybody", but then he opens up. His mother died a year ago in his living room. She was not breathing and did not

have a pulse. His mother told him that after she was resuscitated, she was floating above him. She repeated everything that he said while he was giving her CPR in his living room. She even described the arrival of the paramedics. She told him that “this big black man, like 6’5”, 300 pounds, like a football player, comes crashing through the door. He was followed by a short, blonde woman with a ponytail, dressed in a certain color. “But mom, how did you know that, those are the paramedics?” “Well, I already told you. I was above you and you were crying on top of me. You told me these things while I was floating on top of you”. He was telling me all the details about what happened after she had died. About that she went to another dimension. And so this occurred on a Friday and the next day, Saturday. I then said to myself, “I need to tell this to my father”, because my father was very, very ill. He was bedridden. He died about a year after this experience. He was very, very sick. I would describe him like a Cuban Archie Bunker—he had no spirituality whatsoever, at least I thought at that point. He was a complete atheist. I needed to tell him what happened on Friday, what happened on Saturday, so at least he would understand the concept of spirituality. I told my mother, “Let’s get him dressed”. So we helped dress him. He had a walker. We went outside into the patio and then I told him what happened Friday and what happened Saturday. He goes, “Ah! That happened to me.” I said, “What?!” He then told me the most profound NDE experiencer story than any NDE book I have read. He told me “I was up there for 20 to 30 years”. I stated “What are you talking about, 20 to 30 years? He told me, “Remember when I had the heart surgery, when I had a quadruple heart bypass?” He told me that during the surgery he floated above the operating room. He saw everybody, all the nurses, MDs, everything. He didn’t recognize his body underneath. And then all of a sudden, he said, “A vacuum cleaner then sucked me up”. I said, “What are you talking about?” He said, “I was sucked up and I went flying very fast through this long tunnel”. He saw the light, the whole works. And then after he passed into the light, he met his father, his mother, and his brother. All deceased. They interacted for a short while and then he said he then met God, a huge Energy Being. I said, “Well, how would you describe him?” He said “it was pure energy, but it was God, it was God”. And then he said he then was shown his entire live. He had a Life Review, but in his case, it lasted a perceived 20-30 years, because he reviewed all these aspects of his life which to him lasted 20-30 years. So when he was returned, it was like he returned after being gone for 20-30 years. That was the way he explained it to me. And then he says, “There’s no judgement to it”, he said, “It was all love. He says, “We’re here to learn. We’re here to learn”. And he told me that “time doesn’t exist”. I then asked him more detailed questions. He responded “I don’t want to talk about it. I don’t want to talk about it”, and he just shut down. He didn’t want to discuss it. I later realized that my father, after the heart surgery, was a different personality. I thought that his surgery affected his brain--lack of blood flow, whatever. But he was still... when he wanted to articulate himself, very lucid. But he just didn’t want to talk anymore. Before he was always agitated, always grouchy, always cussing. He would spend hours watching TV but I later realized that he was not watching TV but just staring out, thinking all of the time. After he told me this story, I realized that most of the time he must have been reliving his 20 to 30 year

NDE experience. It was like he was reliving these experiences over and over again. After my father told me this experience, I then turned to my mom and I then told her, "Mom I never heard about this before. Have you ever heard about it?" and she says, "We only discussed it one time and that was when he woke up from anesthesia". She told me that when he woke up from the anesthesia, he wanted to talk to her. She responded "Go back to sleep. Go back to sleep. You're coming out of surgery." And he was like, "I want to tell you something! I want to tell you something!" And she was, "Go back to sleep. Go back to sleep." And he was like, "God damn it! I need to tell you something!" And then he told her exactly what he just told me and then she's like "Okay. Go back to sleep. Go back to sleep." and they never spoke about it again. And that was like the first time she'd heard the same story 16 years later. So on my way back home from my parent's home, I finally got it. Whatever is the intelligences that was interacting with me during my 4 years of non-stop paranormal experiences, there was a purpose for the 4 months of NDE education I was given, culminating with these 3 straight days of NDE testimonies. I finally got it! I needed to be converted from an atheist to being a spiritual person. On my way home, I put my windows down and I looked up in the sky and for the first time I talked to GOD. Here I was, a hardcore atheist, materialist, rationalist, the biggest skeptic in the world, talking to GOD and to these Beings that were interacting with me. I now call them "Modern Angels". I finally got it. I finally got it. That was what they were doing to me, all these four months and then three days in a row. Let me ask you a question: "What would be the statistical probabilities, of the very first three people in your life you ever mention NDEs to, the very first three people, three days in a row, Friday, Saturday, and Sunday, that all three of them had an NDE? There's no coincidence there. The statistical probabilities would be in the billions of this occurring. So I knew it was orchestrated and then, since that day, I've never had the urge to tell anyone about NDEs. Because to me it was like a done deal. It was like there was no more research to do. It's like I know it, I know that I am an eternal spiritual being. I realized that in order for me to do the work that I'm doing now, you must have the understanding of spirituality that we are eternal spiritual beings. That we are a one with the Universal Mind, you know? On my drive from my parent's house, I spoke with GOD and stated "I want to thank you, because in a four-month period, you have totally converted someone who was a total atheist into someone that, knows, not believes, but I know that I am an eternal spiritual being and I have that knowingness more than any Catholic priest in Miami, and for that I want to thank you. That was pretty much verbatim what I communicated in that conversation.

JEFFREY: That's awesome. Thanks for sharing that absolutely profound series of experiences that you've had. Obviously, that was anybody having that would certainly change around from being a materialist atheist to doing the work you are now doing. I think you raise a really profound point there. First of all, everything you've shared, we've observed other people describing the same, thousands of times. So you're not alone, Rey. I mean this is really part of the spectrum of reality and I think importantly, you can do your research and crunch numbers, but there's literally no substitute for

personal experience. There's no substitute for rolling down the window and communicating with God. That's more. You can testify more profound, more convincing, than any scientific article that you're going to find by personal experience.

REY: It was important for me to share that detailed story so you can understand how I also was given spirituality. It wasn't from an academic perspective but from an experiential teaching. It was also from an experiencer, from someone that has had UFO related contact, OBE related contact, contact with perceived physical Non-Human Intelligence, which should not be pigeon-holed just in a UFO box, like we were having in the previous CCRI group meetings that you participated in, but in a more profound box of the relationship between Consciousness and the Contact Modalities.

JEFFREY: Thanks again for sharing that. It's always tough to share that profound of an experience. I mean your dad is a good example of that. I mean it's just tough to share that kind of thing. So huge hats off to sharing that very important, formative event. The more people share those profound and spiritually transformative experience, the better world we're going to have, Rey.

REY: Most definitely. Thank you for listening. They might appear crazy to others but not to you. And that's why I have a knowingness of these concepts, not via academic research, but as an Experiencer. As you have stated, the experiencer perspective is just as "real" as the academic, data driven approach. I would argue that the Experiencer approach is even more important in revealing what is the nature of our reality. Now, let's go into some other topics. We talked about unity consciousness, that we're part of the one mind. But yet, there's information to show that we're also separate eternal spiritual beings, but at the same time, we are unified with "Source". That we're in, within the Unified Mind. But now let's change the topic a little bit. In our Dr. Edgar Mitchell FREE surveys, we also asked various questions related to reincarnation and past lives for the UFO contact experiencer and approximately 25% of the survey respondents, mainly the heavy-duty experiencer, reported that they were brought to other realities. In these realities, they reported that they had communications with a diverse array of Non-Human Intelligence, mainly human-looking and energy beings, and that in this multidimensional reality, they were given information about past lives and reincarnation. We asked five or six questions related to reincarnation and approximately 25% of the survey respondents checked that box—Yes, I received this information. We also had a box for individuals to provide the details of their experiences and we received some really mind-blowing responses. All of these responses lead to the hypothesis that reincarnation is part of this process that we undergo as a consciousness-individuated soul. That we all go back to the unified mind and then we reincarnate, not necessarily as a human being, but as some other types of intelligence in this matrix reality. Thus, can you talk a little bit about the topic of reincarnation? Whether some of the NDE experiencer stories provide information about past lives and reincarnation?

JEFFREY: Right. Good question, Rey. A fairly small number of near-death experiencers will share information directly related to reincarnation. Now when they discuss reincarnation, it's often at the time that we're asking that narrative question about their Life Review. And so, more often than not, after they share their Life Review experience, they'll say, "Yeah we had an awareness of my prior life experiences. But in addition to that, I became aware that I had multiple prior lives on this earth". And it's much more common to be prior lives on earth than other non-earthly incarnations. But we do see that occasionally, some non-earthly incarnations. What is notable about the people that then share details about their remembrance of their prior earthly lives, is basically reincarnation. What's impressed me, is that their mundane existences, typically centuries prior to their current earthly life, and they're gripping in reality. For example, we had a person talk about their awareness of a life during the medieval era. And if anyone thinks that life in medieval era on earth was a beautiful Disneyland example of life with knights in shining armor and castles and great spires, forget it. What they lived in typically was walled-in cities. Why? Because that kept them safe from the nearly ongoing constant marauding people that would harm or kill them. Inside those walled cities, they couldn't really expand much. Things went right up to the edge there. It was an ugly realm. It literally stunk. There were people that were sick in a variety of ways. It was a very brutal life. I mean, Rey these people lived typically of that era to be no more than in their 40's as opposed to a modern life expectancy of 70's or 80's. Why? Because they tended to die from the brutality of the life they lived in. I was very impressed how these individuals described their past lives. I mean you don't read about that in typical books. The romantic fictionalization of life in the medieval era. But that's how life really was. So over and over we see reports of Past Lives and Reincarnation, Rey. We see descriptions of reincarnations that are very impressive case reports. Even one found that they had an awareness of a German city they lived in and went back to this city and actually seemed to substantiate that. So we've had one that looked like it was evidential in terms of finding it. That their awareness during reincarnation was substantiated by their own review later, wish we had a lot more like that. So there's certainly some supportive evidence in near-death experiences of reincarnation. I didn't believe in reincarnation when I started reading about these experiences. I quickly realized that if you really believe you're in an infinite universe, say something cannot exist like reincarnation, well you're on thin ice. So I think I've become a firm believer and actually given talks about reincarnation based on the evidence that I've found. A couple of dozen good NDEs discuss these experiences. I believe in reincarnation now. So there does seem to be some strong, or at least certainly significant, supportive, evidence in near-death experiences for reincarnation.

REY: We talked about many of the similarities between NDEs and UFO contactees, many of them. In our FREE UFO Experiencer Research Study, we asked several questions about whether the information they received was in their native language and whether the information was in a telepathic form. The response we received was overwhelming, that almost all of the communication was in their native language and that

the communication was also telepathic. Rarely did we find someone where a being actually spoke with them. But with the NDE literature, did you find the same patterns of communication?

JEFFREY: Right. Absolutely, Rey, and that's a really good point. Telepathic communication, especially in non-earthly realms, is essentially universal. I would literally be skeptical of a near-death experience that describes communication in an unearthly realm as being physical as we know it here. The telepath communication or telepathy, is the best word we have, but it's actually way beyond that. They describe telepathic communication. They're sharing communication instantly. It was the complete totality of the concept being communicated, of what is its context of what it surrounds unambiguously and without the possibility of error or misinterpretation which is a problem that we have obviously in our physical earthly communication. Also their feelings and emotions were communicated instantly and comprehensively, again with complete understanding. So it's telepathic on steroids is one way to look at it.

REY: Another question, Jeffrey, again relating to the similarities. If I would have a dollar for every UFO contact experience that told me that, at one point, they had information - like almost a boundless amount of information - of the nature of our reality. Sort of like they had access to the Akashic Records and all of a sudden it just disappeared. It went away. Tons of UFO contactees had experiences where that took place. For example, many of these individuals were brought to other realities and they were given universal information but when they were returned to our physical plane, they only remembered a partial information of this experience. One of FREE's co-founders, the late Dr. Edgar Mitchell, told me that when he was up in space, he had what he coined a Samadhi experience, which is that we're all inter-related— that we're all unified, like we were talking about before. There's no separateness. And then he also told me that he also had much more profound information beyond that but then it's like it wasn't there anymore. And so, can you talk about whether NDE experiencers have had similar experiences?

JEFFREY: It's uncommon but perhaps not rare for near-death experiencers to say they were given information which they were not allowed to remember here. Boy when I first started studying near-death experiences, that information irritated me. It's like, what do you mean? So fortunately, after 4,000 near-death experiences, I think I'm starting to understand what that's all about. For example, there's probably a whole spectrum of reasons you can't bring back that information. But I think, just for the benefit of the viewers, I'll give you two good examples. One, technology. Okay, so here you have NDEers or UFO experiencers, who are were made aware of advanced technology. It would be wrong, simply of a violation of rules, that we live here on earth to break into awareness that potentially brings back technology that we shouldn't have here on earth yet. It's not developed by our own processes, by our own people without outside interference. So I think that's one thing that may be blocked. The second thing is, I

think, is to some significant degree, that overwhelming awareness of how wonderful, beautiful, loving and how much our real home is, the afterlife. If people really grasped that, really got that, there would be a concern on the other side you would tend to want to end your earthly life early through self-harm in a variety of ways and short-circuit your earthly experience and get back to that non-earthly life. You can certainly understand why that would be knowledge you don't really want to necessarily share with people that aren't ready to hear that. Now I would emphasize near-death experiencers in general are very aware during their near-death experience, that suicide or self-harm is absolutely not the right thing to do. That it's absolutely wrong. That we're here on earth for a reason. It's purposeful. It's meaningful no matter how difficult life is. But shoot, Rey if you've got someone who's living a very, very difficult life and you hear about that wonderful afterlife you can understand the temptation. So I think those are probably, as best I can tell, two categories of information that are taken away because the greater Consciousness, Love, God if you will, cares about us. Is compassionate and that is not an unloving thing to do to deny us that knowledge. It's literally what you can see by those illustrative examples, a loving thing to do.

REY: I was meeting today with an experiencer who has a Masters in Science and she was given information about advanced technology and she now heads an organization, a fully funded organization, that is accumulating data about UFO contact experiencers that have received information about advanced technology. I also agree with you that humanity is not ready for advanced technology because it will not be used properly and we'll wind up blowing ourselves to smithereens. There are literally hundreds of these cases all over the world. We have actually asked that question in many different questions in our FREE surveys. One question is, "Have you received information about advanced physics or advanced science that you just have absolutely no understanding about how you got that information?" 37% of the survey respondents stated "yes". We also asked specific questions about new energy technologies and 20% stated that they had received this type of information. Thus, technology related information appears to be very common. So what you're telling me is also that NDE experiencers have also received information about new science technologies that might radically change our planet but do not reveal it publicly. Just like UFO contact experiencers. Is this correct?

JEFFREY: They either may choose not to reveal or, if they reveal it, it isn't something that we can materially act on. If my perception is correct, you're going to go through that exercise and not have anything that is materially actionable on earth in our earthly lives. That's my hypothesis. If your hypothesis is correct, there is information that is potentially actionable, then that would be very powerful information about earthly information that you're getting. So we'll see how it goes. How long you been doing that, Rey?

REY: Oh my goodness, this is from the very beginning. I've heard that from the UFO contact experiencers. That's why we put it in the question. But just to clarify, much of it

is not replicatable... these people are not physicists, they're not scientists. They've got conceptions of it but there are some people, very, very few that are hard core scientists, that are engineers, that have that knowledge. This is the work that my scientist friend is doing, researching the experiencers that have received information about advanced science or technology and matching them up with will scientists. I personally know of a brilliant medical doctor, arguably the smartest person I have ever met, but he is also one of the world's major contact experiencers. The problem is that he has only told me of his experiences. This man was doing advanced calculus and physics at the age of 8 to entertain himself. His elderly aunt told me that when he was a very young boy he had an IQ test but they could not measure his IQ because he tested off the charts. He was skipped 4 grades but his parents did not allow him to continue being skipped because he was just too young. My friend was about to start medical school at the age of 16. This genius friend has had an unbelievable life of continued "paranormal experiences", he has had almost all of the Contact Modalities from a young age which continue to this date. He has told me of all of the advanced technological information he has received but he also told me that he will not release it to humanity because we will misuse this information. "Humanity is not spiritually developed and we remain barbarians". I won't go into those details but again, he's gotten very detailed specifics on how to develop these advanced technologies, most involving advanced energy systems. But he says humanity is not ready for it. He says we're barbarians. We're just not ready for it. What are your comments on this information.

JEFFREY: Yeah, I agree with that. That is fascinating, your work, on trying to develop knowledge that was brought by revelation in spiritual experiences to earth. In my 4,000 near-death experiences, and probably over 12,000 spiritual experiences, I have not found information that I thought was directly actionable to bring previously unknown technology, if you will, to earth. So if you can find that more power to you. The proof's in the pudding. Go for it. But believe what you find. If you work on that for years and nothing kicks out I think that's significant too. I think there may be rules that we work under here.

REY: Today I spoke personally, met with this woman and I, also on the phone, I spoke with one of the engineers and he's a major experiencer, but he's a major engineer in his 70s. He has 23 patents associated with his name, and so they brought me up to date with that project. So I was struck by you telling me the same information with NDE experiencers and they also, the obstacle that they have, is that people receive bits of information. They're not scientists. They're not engineers. So they're putting the two groups together to see if we can get this thing moving and there is some partial funding for that. So they're actually making it work and this is an international project with now over 100 individuals that are working on this.

JEFFREY: Jiminy! That's fascinating. But again, believe what you find. If you work for a while and nothing kicks out, which to be blunt would be my hypothesis, I think that

says something about the greater spiritual realm in which we exist and the rules of what we're allowed and what we're not allowed.

REY: I agree with you. I agree with you

JEFFREY: It's important either way, whatever you find. Wow, I'm impressed.

REY: I agree with you and again I had no idea that this conveyance of advanced technology has also occurred with NDEs. So that's yet another similarity here and we wouldn't be able to have this discussion if we had not done the UFO Experiencer Research Study, because no one has ever collected statistical data on the UFO contact phenomenon. The data never existed. Most of the previous information in this field was just anecdotal information that you hear talking to experiencers. But it was never quantified. But once it was quantified, we know what percentage of people have had similar experiences.

JEFFREY: I think in my next version of the near-death experience, survey don't be shocked if we ask similar questions.

REY: Well, I borrowed a whole bunch of questions from your survey and from Kenneth Ring's previous research surveys.

JEFFREY: That's really an impressive tool. I'll see what happens.

REY: You've met on our Skype group meetings with many of the academics and researchers associated with the CCRI, the Consciousness and Contactee Research Institute. As you know, all of these individuals are interested in the bigger question, "What is the nature of our reality". They also hypothesize that Consciousness is Fundamental and that all of the Contact Modalities need to be researched as one integrated phenomenon under the rubric of Consciousness. You also agree with this approach. Why do you think that our project on the relationship between Consciousness and the Contact Modalities is an important one?

JEFFREY: For a lot of reasons. They are all part of a spectrum of spiritual experiences. It's one of humankind's last and greatest frontiers which involves who we are as human beings, how we relate to the universe, where we came from, where we go after we die. What could be more important, Rey. Obviously, that's an extremely important work. What we don't know about spirituality, and CCRI work and NDEs for that matter, what we don't know far outweighs what we do know. So it's completely open and there's exciting new and important discoveries that absolutely will be made in the years to come. So I think that's great. The more different ways we have to come at that question the better

REY: Yes, I agree. We have Ph.D. physicists, astrophysicists, neuroscientists, we have philosophers, psychologists, medical doctors, different experiencers and some of them are both. We have quite a diverse group of researchers. Relating to this topic that you introduced, when people talk to me about trying to explain this complex phenomenon, my response to a lot of these generalized questions is that we don't know squat. We don't even know what questions to ask.

JEFFREY: This type of research is humbling. Yeah, believe me, I get that.

REY: And so I tell folks that if you encounter someone that has all of these answers, turn around and walk away. I have been invited to speak at a few UFO conferences and when I communicate with other materialist speakers, they act like I am a clueless child and that they have all of the answers, materialist answers. I quickly realized that these folks are clueless about the complexities of the UFO contact phenomenon and I then turn around and walk away. From my perspective, we do not even know what are the questions to ask, let alone having any answers to these complex issues of Consciousness and the nature of our reality.

JEFFREY: I'd walk out too.

REY: And so my response is that we're just in the infant stage of beginning to know what questions to ask and what avenues to pursue.

JEFFREY: And I think that's true and any researcher that approaches this thing with less than a huge dose of humility is not approaching it correctly.

REY: Look it's over two hours and we have reached the conclusion of this discussion. We've addressed many profound topics relating to the nature of our reality.

JEFFREY: This is great and I love this because the questions, as much as anything, help me to think and conceptualize things and sort of results in me sort of thinking about my research. What have we done? What have we learned? What haven't we learned? And I think this is very important. I mean Rey, you and I both know we've learned a great deal. I mean, with that many people working that hard with that much evidence with that much data, you know, we're making progress. We just have miles to go and it's going to be an exciting journey as we all work in some different and yet very important ways with similar methodologies to try to come closer to the greater truth of this ultimate reality.

REY: Thank you so much, Dr. Jeffrey Long. Once again, a big shout-out to your wife Jodi. The work that both of you are doing is of the highest importance to awakening humanity to the true nature of our complex reality. So thank you, Jeffrey.

JEFFREY: You're very welcome. Great interview. I loved it. Thank you so much, Rey.

Bio: Dr. Jeffrey Long is a physician practicing the specialty of radiation oncology, (the use of radiation to treat cancer) in Houma, Louisiana. Dr. Long served on the Board of Directors of IANDS (the International Association for Near-Death Studies for many years), and has been one of the world's most active Near-Death Experience (NDE) researchers for more than 25 years. His book "*Evidence of the Afterlife: The Science of Near-Death Experiences*" was a New York Times bestseller. His second book, "***God and the Afterlife: The Groundbreaking New Evidence for God and Near-Death Experience***", **also has won major awards.** Dr. Long and his wife, Jody Long, have a website, NEDRF.ORG, that is the world's largest NDE website in the world which contains thousands of NDE accounts and numerous resources for NDE Experiencers. Dr. Long is also the Co-Research Director of a 25-member academic research institute, the CCRI, Consciousness and Contact Research Institute, together with Harvard Astrophysicist Dr. Rudy Schild and Rey Hernandez, a Ph.D. Candidate from UC Berkeley. Finally, Jeffrey is one of five co-editors of the book "*A Greater Reality*".

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