

# “Near-Death Experiences and their Aftereffects: 18 Cases from Japan”

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## <Outline of presentation>

### 1. Research interest

Key word: Anomalous experiences

### 2. Existing research in Japan

The mid-1980's: Miyoko Mastutani

The early 1990's: Takashi Tachibana

Carl Becker

The late 1990's : Hisako Yamamura

### 3. Research purpose

- I. To reactivate NDE research in Japan
- II. To get the whole picture of NDEs in Japan including its aftereffects from a phenomenological perspective

### 4. Method

Data collection: Intensive search through snowball sampling, Semi-structured interviews

Data analysis: Qualitative content analysis based on the modified grounded theory approach

### 5. Analysis & Findings

A pattern of NDEs: First stage: Moving, seeing, encountering

Latter stage: blocking, going back, ending

A experience related to NDE after that: An afterimage, a reunion, a saver

## Changes after NDE

1. Increased awareness about one's health (9cases)
2. Experiences of "aftereffects" (14cases)
  - i. Changes in views of death
  - ii. Changes in views of life and value
  - iii. Changes of feeling and body
  - iv. Appearances of paranormal senses

## Difficulties after NDE, Reconstructing one's life after NDE

The whole picture of NDEs in Japan (→figure.1)      Observed four phases

## 6. Discussion

- ✓ Persons who had NDE show us a journey between two worlds.
- ✓ Those who had a great change owing to NDE show us a route to bring a kind of Numinous into daily life.
- ✓ Future subjects: Various cases needed , getting a total picture of NDE in the world

## 7. References

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Table.1 The overview of near-death experiencers and the contents of NDEs

Case	gender	Age at interview	Age at NDE	Social attribute at NDE	Trigger of NDE	Content of NDE
A	male	15	10	elementary school student	high fever	He got on the elevator with a woman without the face who wore a black mantle. When the door of the elevator opened, he saw a field covered with red and yellow flowers.
B	male	41	28	research engineer	heart attack	He fell down because of having a heart attack. Suddenly he found that he saw his body from above. "I may die, but I don't want to die yet!", he thought. In the next moment he was lit by strong white light and he was drawn into his body.
C1	male	41	13	junior high school student	encephalomeningitis	He found that he saw himself lying on the bed. He went up to the ceiling many times.
C2	male	41	26	video producer	pulmonary edema	A woman like Kannon (Bodhisattva of mercy and compassion) came to invite him. When he refused her invitation, her face became the look of the anger.
D	male	28	6	kindergarten pupil	operation for tonsillitis	He was near the ceiling in a dome-shaped room lit by a dim light. He saw himself crying on the bed from above.
E	female	62	49	part-time job employee	traffic accident	She was walking along with a white road. At last she stopped at the place where a big wreath was stood up.
F	female	48	26	housewife	delivery	Suddenly she felt the ceiling falling down, and she was surrounded by white light. Subsequently she saw a field where many little flowers bloomed. Two or three people stood near the stream in the field. They smiled at her wonderfully, so she wanted to go up to them and tried to go there. At the moment she heard that someone called her name.
G	female	61	20	university student	high fever	Though she spoke to her mother and the doctor several times, they didn't react to her at all. When she looked back, she found her body lying with the
H	female	69	69	housewife	operation for brain varix	There was a fast-running river in the front of her. She found her deceased father standing over the river was calling her to come to him. On the other hands, her deceased mother was standing with her back to her like as asking her to not come there.
I	male	45	13	junior high school student	drowned	He found that he was seeing his body in the pond from little above. A intense light shined from the bottom of the pond. He got into the light as if he was sucked. He was reborn in the different planet. He led his life in the planet with six suns during around 10,000 years.
J	female	57	30	elementary school teacher	acute renal failure	She was drifting in the dark like an outer space. She saw a few lights shining distantly like stars.
K	female	73	30	housewife	operation for ovarian cyst	She was sucked into a conic tunnel, but she was pulled back before the bosom of the tunnel.
L	female	80	67	store manager	hypertension	She was in the place where bright beautiful flowers bloomed all over. There was a red bridge over the stream. While her deceased father on the other side of the bridge called her to come across the bridge, her deceased uncle told her not to come.
M	female	64	23	university student	heart attack	When she went to the rest room, she saw a slope shining with gold at the end of corridor. She went up the slope listening a beautiful melody, and sniffing a good fragrance. Suddenly, it became completely dark in front of her
N	female	56	35	office worker	hyperthyroidism	She was walking in the field covered with orange flowers like poppies. As the scenery of the field continued all the time, she felt bored. Then, she heard someone called her name.
O	female	33	15	junior high school student	traffic accident	At first she experienced her life review. Suddenly the scenery changed, she walked along with the wall in the dark of the large tunnel. She found a light at the end of the tunnel. When she approached the light, she saw 3 persons beckoning her, who were the members of the band which she loved then. When her consciousness recovered, she saw a bright white light differentiated into various things.
P	male	56	46	musician	anaphylactic shock	He noticed what his family and neighboring people felt and behaved during losing consciousness. As a bright warm light appeared in front of him, he wanted to go forward to the light with feeling comfortableness.
Q	male	41	21	university student	operation for peritonitis	After his body shook in right and left, he was near a ceiling when he noticed. He could see his body on the bed in the ICU. He didn't feel a pain. So he enjoyed swimming in the air for a while. After that he returned his body by himself.

※The case C1 and C2 are the experiences of the same person who had a NDE twice.

Figure.1. The whole picture of NDEs in Japan

