“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 reanimate 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 (9 cases)
2. Experiences of "aftereffects" (14 cases)
   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

(English reference)


(Japanese reference)

<table>
<thead>
<tr>
<th>Case</th>
<th>Gender</th>
<th>Age at interview</th>
<th>Age at NDE</th>
<th>Social attribute at NDE</th>
<th>Trigger of NDE</th>
<th>Content of NDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>male</td>
<td>15</td>
<td>10</td>
<td>elementary school student</td>
<td>high fever</td>
<td>He got on the elevator with a woman without the face who were aback mantle. When the door of the elevator opened, he saw a fields covered with red and yellow flowers.</td>
</tr>
<tr>
<td>B</td>
<td>male</td>
<td>41</td>
<td>28</td>
<td>research engineer</td>
<td>heart attack</td>
<td>He fell down because of having a heart attack. Suddenly he found that he saw his body from above. &quot;I may die, but I don't want to die yet,&quot; he thought. In the next moment he was lift by strong white light and he was drawn into his body.</td>
</tr>
<tr>
<td>C1</td>
<td>male</td>
<td>41</td>
<td>13</td>
<td>junior high school student</td>
<td>encephalomeningitis</td>
<td>He found that he saw himself lying on the bed. He went up to the ceiling many times.</td>
</tr>
<tr>
<td>C2</td>
<td>male</td>
<td>41</td>
<td>25</td>
<td>video producer</td>
<td>pulmonary edema</td>
<td>A woman like Kannon (Buddhist of mercy and compassion) came to invite him. When he refused her invitation, her face became the look of anger.</td>
</tr>
<tr>
<td>D</td>
<td>male</td>
<td>28</td>
<td>6</td>
<td>kindergarten pupil</td>
<td>operation for tonsilpitis</td>
<td>He was near the ceiling in a doom-formed room lit by a dim light. He saw himself crying on the bed from above.</td>
</tr>
<tr>
<td>E</td>
<td>female</td>
<td>62</td>
<td>49</td>
<td>part-time job employee</td>
<td>traffic accident</td>
<td>She was walking along with a white road. At last she stopped at the place where a big wreath was stood up.</td>
</tr>
<tr>
<td>F</td>
<td>female</td>
<td>48</td>
<td>26</td>
<td>housewife</td>
<td>delivery</td>
<td>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.</td>
</tr>
<tr>
<td>G</td>
<td>female</td>
<td>61</td>
<td>20</td>
<td>university student</td>
<td>high fever</td>
<td>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 white light.</td>
</tr>
<tr>
<td>H</td>
<td>female</td>
<td>69</td>
<td>69</td>
<td>housewife</td>
<td>operation for brain varix</td>
<td>There was a fast-running river in the front of her. She found her deceased father standing over the river and calling her to come to him. On the other hand, her deceased mother was standing with her back to her like asking her to not come there.</td>
</tr>
<tr>
<td>I</td>
<td>male</td>
<td>45</td>
<td>13</td>
<td>junior high school student</td>
<td>drowned</td>
<td>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 years around 10,000 years.</td>
</tr>
<tr>
<td>J</td>
<td>female</td>
<td>57</td>
<td>30</td>
<td>elementary school teacher</td>
<td>acute renal failure</td>
<td>She was drifting in the dark like a outer space. She saw a few lights shining distantly like stars.</td>
</tr>
<tr>
<td>K</td>
<td>female</td>
<td>73</td>
<td>30</td>
<td>housewife</td>
<td>operation for ovarian cyst</td>
<td>She was sucked into a conic tunnel, but she was pulled back before the bottom of the tunnel.</td>
</tr>
<tr>
<td>L</td>
<td>female</td>
<td>80</td>
<td>67</td>
<td>store manager</td>
<td>hypertension</td>
<td>She was in the place where brighten 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 ancie told her not to come.</td>
</tr>
<tr>
<td>M</td>
<td>female</td>
<td>64</td>
<td>23</td>
<td>university student</td>
<td>heart attack</td>
<td>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 smelling a good fragrance. Suddenly, it became completely dark in fornt of her.</td>
</tr>
<tr>
<td>N</td>
<td>female</td>
<td>56</td>
<td>35</td>
<td>office worker</td>
<td>hyperthyroidism</td>
<td>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.</td>
</tr>
<tr>
<td>O</td>
<td>female</td>
<td>33</td>
<td>15</td>
<td>junior high school student</td>
<td>traffic accident</td>
<td>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.</td>
</tr>
<tr>
<td>P</td>
<td>male</td>
<td>56</td>
<td>46</td>
<td>musician</td>
<td>anaphylactic shock</td>
<td>He noticed what his family and neighboring people felt and behaved during losing consciousness. As a brighten warm light appeared in front of him, he want to go forward to the light with feeling comfortableness.</td>
</tr>
<tr>
<td>Q</td>
<td>male</td>
<td>41</td>
<td>21</td>
<td>university student</td>
<td>operation for peritonitis</td>
<td>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.</td>
</tr>
</tbody>
</table>

※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

Regression from the ordinary consciousness

Entering another world

- Existing out of body
- Enveloped in light
- Moving to somewhere
- Seeing another world
- Encounter with someone
- Leading a life in another world

Senses

- No suffering
- Perceiving music and scent
- Clear consciousness
- Space-time transcendence

Leaving from another world

Occurrence of a situation not to be able to stay there
An obstacle, a call back, a refusal to be invited, an end of scene

Recovering consciousness

Continuity of the other world
An afterimage, a reunion, a saver

Return to the ordinary world

Difference than before
- Aftereffects
- Changes by struggle with disease
- No change

Reconstructed

Readjustment in daily life
- Sorting out experiences
- Balancing changed view and sense
- Sharing post-NDE experience and thought