Transcendental
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TM Basics

Issue 1, 2005 **Newsletter** Vol. 10 No. 10 (1)

The Maxi Health Revolution **A** Free and Actively Healthy Life **Ayurveda** Ayurveda: Ancient Science of Modern Medicine **Ayurveda** Ayurveda: Ancient Science of Modern Medicine **Ayurveda** Ayurveda: Ancient Science of Modern Medicine

May the Month For Suicides

(May 9, 2005) BBC NEWS

Summer sunlight helps to regulate our mood in suicides, claim UK researchers. The Priory Group says more people take their lives in May than in any other month, which could be down to the climate. The extra sunshine, which helps combat depression, may also provide the people the energy they need to act on their suicidal feelings, they believe. There is one suicide every 84 minutes in UK and Ireland. Around 6,300 people take their lives each year, the Priory Group said. Professor Chris Thompson, the group's director of psychiatric services, said research showed there was a direct link between the amount of sunshine and the national suicide rate. In Scandinavia and Canada, studies have shown that those who commit suicide have low levels of "happy" brain chemical serotonin. Others have shown that serotonin levels often rise with the amount of sunlight a person is exposed to. [Read more]

- "Suicidal Genes" Identified
- Suicide "Determined at Birth"
- Intellect Linked to Suicide Risk
- Bill Moyers on Dying: "On Our Own Terms" website

Five Quick Ways to Make a Difference in Stopping Global Warming

(June 1, 2005) ENVIRONMENTAL INTEREST

Global warming is the #1 environmental issue facing the Earth. NDE visions of the future suggests that there is a high probability that major natural disasters are coming unless we take better care of this planet and everyone living on it. So here are five things you can do to help stop global warming and prevent these horrible NDE visions of the future from actually happening:

(1) Send a message to car makers. Cars are one of the biggest sources of global warming pollution. California's groundbreaking new law cuts global warming pollution from cars. But the auto industry is suing to block the law. As a potential customer, your voice matters. Take a moment to tell car makers they should build less polluting cars instead of suing.

(2) Buy only Earth-friendly seafood. Download this wallet-sized list (PDF) to print out. Carry this list of fish with you, so whether shopping for groceries or dining at a restaurant, you can always make your way to the best seafood choices. Print an extra for a friend!

(3) Utilize these 20 practices in your daily routine to help undo global warming. Whenever you save energy -- or use it more efficiently -- you reduce the demand for gasoline, oil, coal and natural gas.

(4) Sign the online petition to tell Congress to sign the Climate Stewardship Act. While the world is moving forward against climate change, the U.S. continues to sit out the fight. The best first step to change this inaction is the Climate Stewardship Act, the country's best legislative tool to cut heat-trapping emissions. Sign the petition to let the president and Congress know you want the U.S. to lead -- not follow in -- the fight to undo global warming. Support the best solution by signing the petition.

(5) Love and respect everything and everybody. NDE insights suggest that "Gaia" (i.e., our lovely planet Earth) and everything in it is actually a single living organism. When we do unto others, we do unto "Gaia."

- Sign up to receive free NDE news email alerts from GOOGLE News
- Sign up to receive free NDE news email alerts from YAHOO News

(2) Q & A with P.M.H. Atwater, L.H.D., Ph.D. (Hon.)
An in-depth look at the near-death phenomenon

In this section of the newsletter, P.M.H. Atwater will answer questions submitted to her from subscribers to this newsletter. Atwater's contribution to near-death studies is considered to be one of the most important as her first two books, Beyond the Light and Coming Back to Life, are considered to be the "Bibles" of the NDE by researchers and enthusiasts. Her latest books are entitled We Live Forever: The Real Truth About Death and The New Children and Near-Death Experiences. If you have a question which you would like her to answer for this column, just email your question to Kevin Williams at webmaster@near-death.com for consideration. For more information about Dr. Atwater's contribution to near-death studies, download her press kit here.

In this issue, P.M.H. answers the following two questions:

QUESTION # 1: "I tried to find "The Complete Idiot's Guide to Near-Death Experiences" and found that it is out of print. Is that true? I want to find out whether the Idiot's Guide to NDE trip with fire and demons, etc., whether such experiencers ever saw other people being rescued from the fire by angels, spirits?" *-- Glynn*

QUESTION # 2: "After my NDE five years ago, you were very generous to answer two questions for me. Your responses have been very helpful. I would like to ask your opinion about something which I find very unnerving. I don't know whether it is happening or is just a product of my imagination. "My nephew married a few weeks ago. He was born on the day we buried my father, his grandfather. I felt like my father was sitting in the first pew in front of me at the wedding. He was just there for the wedding, and I never felt him around again. Then yesterday, we were at the funeral of a good friend's 26-year-old son who died, probably from an accidental overdose of prescription drugs. He had been married only two months. I believe that I saw him sitting on a step directly in front of his family through the whole funeral service. I have no one to ask about these things, so if you have a minute, could you please give me your opinion on this?" *-- Beth*

Read P.M.H.'s answers to these questions on her column page

Download this month's Column by P.M.H. in PDF ebook format.

- P.M.H. Atwater's personal website
- P.M.H. Atwater's Marketplace of NDE-Related Items (a public service)
- P.M.H. Atwater's research page on www.near-death.com

(3) Books on the NDE

At the Online NDE Store you can find NDE products such as books, documentaries, movies, music, magazines, and journals. More NDE media products are coming.

A Trip to the Stars

by Melvin Forrester (Availability: Now)

EXCERPT: "My message is simple; there is life after death. Upon death we return to the source from whence we came. The nature of the source can best described with the words eternal energy of Love . . . All answers lie within each of us, we only have to open up to the inner spirit and remember. We don't have to wait for cosmic alignment and magnetic fields to charge us with energy and release us to a new higher level of development. All that you need, you have already within you. I cannot say it enough; you originated from the source, collectively you are the source and you will return to the source." [Read more]

Afterlife Knowledge Guidebook: A Manual for the Art of Retrieval and Afterlife Exploration

by Bruce Moen (Availability: Now)

Bruce Moen a former engineer who received his original training in out-of-body experiences from the famed Monroe Institute and has become one of the foremost authorities on the subject. Each of his books describe his numerous voyages of discovery into the afterlife via astral travel. His newest book is a simple system of concepts, techniques and exercises people around the world have successfully used to explore the afterlife safely and reliably for themselves. One no longer needs to take anyone else's word for the truth about our afterlife; you can find it out for yourself through your own direct experience. Moen leads his readers into afterlife workshops annually, teaching others the proven techniques shared in this book. Moen states, "Exploring the afterlife is so simple, that the hardest thing to do is believe you're doing it!" Using his simple system, hundreds have proven to themselves that we continue to exist beyond physical death. [Read more]

- Bruce Moen's Afterlife Knowledge website
- More information about the "Afterlife Knowledge Guidebook"
- Other books and videos by Bruce Moen

Visitations from the Afterlife: True Stories of Love and Healing

by Lee Lawson (Availability: Now)

Despite the skepticism many people profess about ghosts and spirits, a USA Today-CNN-Gallup poll shows that almost 70 million Americans believe it is possible to communicate with the dead. Many have actually experienced visitation. Lee Lawson brings to light these surprisingly common - yet often secret - reunions with parents, lovers, relatives, and friends from the afterlife. Told with respect and dignity, these deeply personal, life-altering "love letters from the infinite" will resonate with anyone grieving a loss and grappling with accompanying fear, depression, or guilt. Hopeful and comforting, this treasury of real-life encounters highlights a love that never dies and celebrates a faith in the continuum of life. [Read more]

- The Home Page of Lee Lawson

Little Book of Life after Death

by Gustav Theodor Fechner (Availability: Now)

Fechner was a 19th-century physicist, psychologist, and metaphysicist who examined the question of life after death and produced a classic, groundbreaking guidebook about it. Fechner explains that death is a "birth" into another form of existence where the quality of life is determined by one's actions here on Earth. Right actions are the way to better spiritual living. False actions provide nothing and can debilitating to spiritual living. This book was first published with an introduction by William James, arguably the most insightful philosopher of the late 19th century, as well as a forefather of modern psychology. [Read more]

- Gustav Theodor Fechner mega-links website

What to Do when a Loved One Dies: A Practical and Compassionate Guide to Dealing with Death on Life's Terms

by Eva Shaw (Availability: Now)

Every one of us will someday have to deal with the death of a loved one, yet we are rarely prepared. From organ donation and planning the funeral to living with suicide and practical matters of trusts and wills, this indispensable reference guides the reader through a wide range of concerns. If you have recently experienced death, you know it's impossible to prepare. Yet with the information within these pages, you should be able to handle the situation. In a difficult time, this book can help. [Read more]

- Read an excerpt from this book in PDF format.
- Read the Table of Contents from this book in PDF format.

(4) IANDS in the Spotlight

International Association of Near-Death Studies website

IANDS is the premier research organization in the field of near-death studies. If you haven't yet joined this wonderful organization, I encourage you to join online at their membership page. There are many benefits for being a member. Their quarterly newsletter Vital Signs alone is worth becoming a member. You will also be receiving the only scholarly journal in NDE studies, the Journal of Near-Death Studies. Visit their website by checking out the excellent links below.

Get a free copy of "The Complete Idiot's Guide to the Near-Death Experience when you join IANDS. P.M.H. Atwater's 480-page book has been called the "Encyclopedia of the NDE." This offer is good while supplies last. Go to IANDS's join page for more information about becoming a member.

SEPTEMBER 8 - 10, 2005

IANDS Annual Conference

"Message and Meaning:

Using the Near-Death Experience as a Tool for Living"

Check out the IANDS Conference information page.

Hotel reservations can now be made at:

Virginia Beach Resort Hotel & Conference Center
2800 Shore Drive, Virginia Beach, VA USA 23451
(800) 468-2722 www.virginiabeachresort.com

Mention IANDS to receive a $95 per night rate
(instead of the normal $135).

(5) Odds and Ends

- The email version of this newsletter is hosted by Yahoo Groups. You can visit the home page for the email version of this newsletter at Yahoo Groups for more information about your subscription. If you would like to receive this newsletter via email, just fill out the form below.
- Feel free to share this newsletter with others.
- Search the archives for past issues of the newsletter.
- Send any comments to Kevin Williams at webmaster@near-death.com.

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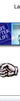

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"The unconscious psyche believes in life after death" - Carl Jung, M.D.

Send comments to Kevin Williams at webmaster@near-death.com

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