

The Day I Died

Real stories with unreal consequences

Could it be that Near Death Experiences come from beyond the brain? Could consciousness continue after the brain has stopped functioning? This is what controversial new research is daring to suggest

"That the mind is located in the brain is just a hypothesis. It's never been proven." – Pimm van Lommel, Cardiologist, Holland.

By focusing on the memories of cardiac arrest survivors during their unconscious period, some scientists have eliminated many of the sceptic's explanations and are coming astonishingly close to thinking the unthinkable – that mind and brain are not the same thing and that Near Death Experiences are providing the proof.

Across cultures, throughout history, people, both young and old, have reported the classic features of a Near Death Experience (NDE). These include a feeling of peace, bright lights, seeing dead relatives, an instantaneous review of their lives and, less common but most compelling of all – an out of body experience.

Since they were first described in the USA, in 1975, by Dr. Raymond Moody, a huge amount has been written about NDEs, with testimonies gathered by the thousand. The figure is now thought to be about 13 million adults in the USA alone.

People's opinions on NDEs have always been thoroughly divided between those who have experienced NDEs and are utterly convinced they have travelled into some sort of after-life and back; scientists who deny the possibility, putting the experiences down to a psychological response to the fear of death or a reaction to chemical changes in the brain (e.g a lack of oxygen); and believers in God and religious leaders who needed no convincing in the first place.

Now, there's a new explanation doing the rounds and it's coming from scientists. Studies in British and Dutch hospitals of survivors of cardiac arrests and their memories of the experience, suggest that there is a real possibility that NDEs occur at times when the brain has actually stopped functioning. This means the experiences are taking place in the mind not the brain and therefore the mind must be separate from the brain.

The Day I Died is a fascinating investigation into the latest research and the extraordinary conclusions reached. Includes accounts of real NDE experiences of ordinary people and scientific explanations from both the sceptics and the scientists behind these astonishing new claims.

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Documentary

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