

**TEAM EXPERIENCES OF POTENTIAL RELEVANCE ON THE PERMANENCE OF CONSCIOUSNESS AFTER LIFE. RESEARCH TEAM FROM *INSTITUTO BLASCO PARA EL ESTUDIO DE LOS ESTADOS DE CONCIENCIA* (IBEC). Compilation author: Isabel M. Martínez Higuera. Dra. In Psychology. Blasco Institute for the study of States of Consciousness. May 2021.**

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This analysis presents **84 own experiences** carried out by M<sup>a</sup> José Cardoso González: emergency doctor, Toñi Esteban Nicolás: clinical psychologist and Nacho Blasco Ahis: metaphysical researcher of states of consciousness, all of them members of the IBEC team.

This compilation has been made under different approaches, corresponding to the training and professional roles of each researcher. The phenomena in which these researchers have participated, the acronyms with which they appear in this analysis, and the total number collected is reflected in this table:

• Near-death experiences	NDE	14	• Expanded states of consciousness	ExSC	8
• Deathbed experiences	DBP	5	• Mediumship	MDM	1
• Instrumental TransCommunication	ITC	23	• Past-Life Regression	PLR	33

The phenomena, once collected, have been analyzed and categorized according to evidence criteria based on these indicators below, and the number (N) of experiences in each category:

		<b>N</b>
<b>Level 1</b>	Subjective evidence expressed in terms of personal conviction, improvement of symptoms or problems and manifestation of well-being.	46
<b>Level 2</b>	Objective evidence supported by the testimony of witnesses other than the person who has the experience, verification by others that the phenomenon occurred.	32
<b>Level 2</b>	Objective evidence based on verifications with documents, specialists in the matter in question, sources of historical references, archives, etc.	6

PHENOMENON	Name of the person experiencing: gender, age	Date of experience (month/season & year)	Brief description of the experience	EVIDENCE		Evidence level
				SUBJECTIVE Value to the person who have the experience	OBJECTIVE External validation: objective data, verification, etc.	
<b>Experiences directly related to death: NDE and DBP</b>						
NDE	RPA. Woman	Summer 2021	Knee accident. Admitted to the ER. Administered medication to which she was allergic. Experience: vision of deceased relatives, tunnel, light, peace, not pain, happy, content, sweetness.	She lost fear of death. Later her son died in an accident, and she knows that he does not suffer and is happy.		1
NDE	CPA. Woman, 18 years old	Summer 2021	Illness with high fever at home. Experience: she saw herself out of body, she saw objects in place that she was not aware of and people in the next room, feeling lightness. No pain. A voice told her that she had to return and that she was expecting a child.	She lost the fear of death. She verified that what she saw in OBE, was in the place. She had a son, who was announced to her at the experience.		1
NDE	JPA. Boy, 8 years old	Summer 2021	Disease. He went into shock and was admitted to the ER. Out of body experience, saw light, vision of relatives, peace, figure of Jesus tells him that he has to return.	Unique love feeling.		1
NDE	MJS. Woman, 55 years old	November 2017	Suddenly she felt a strong pain in his chest and an acceleration of his heart rate. She felt herself float and rise, watching her body revive. She relived a past life, and upon the call of her daughter, she returned to her body.	Understanding of life and our spiritual sense.  Loss of fear of dying.	Experience with the family and the healthcare team <b>witnessing</b> the phenomenon.	2
NDE	RMM. Man, 50 years old	May 2017	After 7 days in a coma, he wakes up, talks with the family, and with the doctor who knows the experience.	Experience of great value to the family.	The emergency physician who attended this case is a	2

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			He refers to having been in the spiritual world. He felt happy and at peace. He told his wife and children that the other world is wonderful, and not to worry about it because his new life will be better than this one. The spiritual beings told him that they will meet again.	Adoption of new values and beliefs. Decreased fear of death. The experience was a great help during the duel.	<b>witness</b> to the account of the experience.	
<b>NDE</b>	BBB. Man, 35 years old	February 2017	Experience due to traffic accident. Father of the deceased subject. He shared NDE with his father. He was enveloped in a cone of light with his father that raised him to a beautiful place. He felt a lot of peace.	Feeling of happiness Immense peace and love. Loss of fear of death.	Validation of the health workers who attended them: they verified that the subject was a few minutes "disconnected from the environment and seemed happy". He shared this experience with the doctor who treated him.	<b>2</b>
<b>NDE</b>	PPP. Man, 50 years old	December 2016	Musician who had an electric shock while preparing to audition for a concert. He experienced a sensation of being sucked in by a hurricane of light, to which he was drawn, with a great sense of peace and calm, without a sense of time or space. He saw his life pass in front of him. The music of a musician friend drew him like a magnet. After that he revived.	Feeling of immense inner peace that accompanied him for several days.  Understanding and greater knowledge of his spiritual sense.	Valued by health professionals that <b>witnessed</b> to the story.  He shared his experience in a workshop on death and dying, before 20 more people participating.	<b>2</b>

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NDE	P. Boy, 10 years old. L. Boy, 5 years old. L. Boy, 7 years old. R. Boy, 3 years old. B. Girl, 3 years old.	Between 2015 & 2021	<b>Children's experiences in the context of clinical practice:</b> During the experience children see and perceive other beings and their deceased loved ones. They speak and communicate with them naturally. Sometimes they become his invisible friends.	Children's experiences in these contexts are seen and felt as natural, and for children, they are part of their lives. For families it has a significant value, changing their attitudes and values towards life.	The emergency doctor who has attended and accompanied all these cases is a <b>witness</b> to the story of the children's experience.	2
NDE	AAA. Girl, 4 years old.	May 2015	During school hours at recess time, the girl got trapped in a trash can while trying to rescue a doll. She had a pre-hanging process. The emergency medical service treated her in cardiac arrest. She was successfully resuscitated and recovered her vital signs for 48 hours, in which she said that she had been in heaven with many friends, and where there were many colorful flowers and birds. She also saw her grandfather who told her that they would be together soon. She passed away at 48 hours: the time it took for her parents to come back from a trip and arrange the organ transplant.	The parents of this girl saw it as a miracle that she waited 48 hours to say goodbye to them before her death.	Experience lived by the emergency doctor who treated the girl at the scene of the accident and in the hospital ER, <b>witnessing</b> the entire process and the girl's story.	2
NDE	CPP. Woman, 45 years old.	March 2014	Traffic accident. In Hospital Emergency Room she received medication to which she was allergic. She has an experience in	Feeling of peace and happiness. Much emotion for having seen that relative, who	The woman shared her experience with her daughter and the doctor who treated her in the ER, both being	2

PHENO MENON	Name of the person experiencing: gender, age	Date of experience (month/season & year)	Brief description of the experience	EVIDENCE		Evidence level
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			which she saw a relative at the bottom of a tunnel of light that attracted and called her. When she was about to shake his hand, she awoke into her body.	she believed was his deceased mother. During the experience she had no pain.	<b>witnesses</b> of the process and the story. Assessed by health professional.	
<b>NDE</b>	MCC. Woman, 40 years old.	January 2012	In the course of a neuro-degenerative disease, during one of her hospital admissions, she experimented NDE. Sensation of going towards a large light where there were many other smaller lights. She felt exceptionally good, very calm, mental clarity and lucidity. She felt part of the "Everything".	The experience gave she a new perspective of life. For the next 24 hours, she felt that she had gained greater knowledge, humility, patience, and respect.	Shared her experience in a workshop on death and dying, before 30 participants.	<b>1</b>
<b>NDE</b>	AGG. Man, 45 years old.	March 2011	Participating in a judo exhibition, he had the experience under Acute Myocardial Infarction (AMI). He saw a flash of intense light that blinded his eyes. He felt inside a layer of light, like a great focus that covered everything. <i>A being</i> next to him told him, " <i>Welcome home my friend.</i> " From that place, he saw his body lying on the ground and a group of people reviving him. He woke up in the hospital.	During the experience he felt alive, with joy and peace.  After his recovery, he dedicates his life to transmitting his experience and helping other people.	Valued by the emergency service that attended him and <b>witnessed</b> his story.  He has written and published his experience.	<b>2</b>
<b>NDE</b>	PMM. Man, 80 years old.	November 2010	During the post-surgery period he said that he had been digging a tunnel for a long time because his	The man shared his experience with her daughter, which gave	The doctor who attended this case is a <b>witness</b> to the account of the experience.	<b>2</b>

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			deceased wife and daughter were waiting for him on the other side. He repeated several times: " <i>It was so good there.</i> "	her a transcendental value for her life.		
<b>NDE</b>	JMM. Woman, 20 years old.	August 2010	Experience occurred under semi-drowning. In the NDE she saw an exceptionally large and bright light, which helped her get out of the water. She said it was her father who saved her life.	Feeling of peace. From that moment on, she experiences a great connection with her father whom she had not been able to say goodbye to.	She shared this experience in a workshop on death and dying, with 20 other people participating.	1
<b>DBP</b>	PMM. Man, 100 years old.	January 2020	A week before he passed away, he kept repeating that the room was full of people. In his last 24 hours, he called and stretched out his arms to his mother, who came to look for him.	Family courage that helped to understand and accept his departure. Knowing the experience helped to calm the family and also undergo the mourning	Experience shared and <b>witnessed</b> by the doctor who treated him in the hospital and accompanied him in the process.	2
<b>DBP</b>	RAA. Man, 40 years old.	March 2017	Experience accompanying his grandmother at the time of death. She visualized an energetic cord of very bright light that came out at the level of the umbilical region of her grandmother's body. A cone of light enveloped those who were there, and an immense peace filled the room.	Deep value on existence and on the continuity of life.  Validation by other members of the family that was there.	Shared experience with the doctor who treated her at the hospital the day after death.	1
<b>DBP</b>	EEE. Woman, 75 years old.	August 2014	In her last moments before disconnecting from her body, this woman was describing in detail how she was shedding her physical	Transcendental and real value to his sister, who was present during his dying process.	Experience lived with the doctor who treated the woman in the hospital, together with her daughter,	2

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			envelope, to give way to a new being. She said that she was relating her birth.		and who <b>witnessed</b> the phenomenon.	
<b>DBP</b>	CCC. Woman, 40 years old.	May 2014	Accompanying her mother a few minutes before she passed away, she experienced that a huge cone of light enveloped them both. She heard a ringing of bells, and her mother passed away.	Very emotional and conscious experience that helped the daughter to understand that death is not the end.	He shared the experience with the doctor who treated her a few minutes after death.	<b>1</b>
<b>DBP</b>	DDD. Woman, 80 years old.	February 2014	Experience occurred in a person with advanced Alzheimer's disease, without mobility and unable to communicate. In her last days, the woman had consistent conversations with her deceased relatives. A few minutes before passing away, she got out of bed and approached an armchair where there was a being with a luminous shape, just like than her. They talked and hugged each other wrapped in extreme calm and light, and within minutes, she returned to her body and passed away.	Courage for his daughter who was present during the experience.  Great help at that time, as well as in the duel.  Greater understanding and less fear of death.	Shared experience with the doctor who treated her in the hospital, together with her daughter.	<b>1</b>
<b>INSTRUMENTAL TRANSCOMMUNICATION: ITC_A -&gt; audio; ITC_I -&gt; video images</b>						
<b>ITC_A</b>	Dori. Paola & Carina. Women from the same family, mother and 2 daughters.	December 2020	ITC audio session. The 3 women in the experience spoke with the spirit of their deceased son and brother. They recognized his voice live and got answers to all the questions	After the session, the mother found peace knowing that her son was fine. All the women recovered their normality in their lives.		<b>1</b>

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			they asked. The experience was recorded live and was broadcast on public video.			
ITC_A	M. José. Woman, 60 years old.	October 2020	ITC audio session where this female participant was able to speak with the spirit of her deceased son. She considered the answers to be consistent with the questions asked. The experience and testimony were videotaped.	After the experience, the woman felt a lot of comfort and hope.		1
ITC_A	Ana. Woman, 55 years. Christian. Man, 59 years old.	July 2020	Marriage, parents of a son who died at the age of 17: Esteban. ITC audio session. They spoke with their son Esteban, who answered the questions asked by his parents.	Comfort and hope. Happiness, peace and quietness, for the evidence that the son was "somewhere". The experience turned their lives upside down. Recognition of voice and sense of responses by parents.		1
ITC_A	José. Man, 59 years old.	July 2020	ITC audio session. This man spoke with the spirit of his son who committed suicide at age 21. As an engineer he was very skeptical, but he got answers to very specific questions from him, such as his favorite color.	After the experience, he changed his mind about life, and felt great relief and comfort. Since then, he has been actively involved in the study of ITCs.		1
ITC_A	Carmen. Woman, 53 years old.	June 2020	ITC audio session where the woman spoke with her deceased daughter at the age of 7. The answers to the questions asked confirmed that the spirit of her daughter is still alive and that she is fine.	The mother got peace, comfort and great joy in knowing that her little girl was fine. She considered the experience wonderful.		1

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ITC_A	Eka. Woman, 26 years old.	June 2020	ITC audio session. The woman of the experience spoke with her son, who died with 2.5 years of sudden death. The spirit of the child answered all her questions with absolute coherence. Session recorded and broadcasted on social media along with her own testimony.	She experienced a change in her life. She was able to shake off the feeling of guilt for not having been with him at the time of his death. Happiness for verifying that he is fine and in a happy place.		1
ITC_A	Isabel. Woman, 53 years old.	May 2020	ITC audio session. The woman spoke with the spirit of her daughter who died at the age of 6. She got answers to the questions asked, and confirmation that she is still alive. A video recording of this mother's testimony was made.	She experienced a lot of tranquillity and her perception of life changed.		1
ITC_A	Juan. Man, 74 years old.	January 2020	ITC audio session where the person from the experience spoke with his deceased daughter. Absolute recognition of the voice and timbre of her daughter, and answers of her spirit to the questions asked.	This man normalized his life, ending his nightmare after receiving signs that her daughter was fine.	The session was held within the framework of the 3 <sup>rd</sup> <i>Isabela Experiment</i> <sup>1</sup> , with the participation of more than 20 people as <b>witnesses</b> .	2
ITC_A	Elena. Woman, 41 years old.	November 2019	ITC audio session with the deceased father of the woman performing the experience. The spirit of the father answered several questions, giving exact data and recognized by the daughter.	She got confirmation of knowing that her father was okay and with her. Since he died, she had sleep problems. With this experience, her anxiety lessened, and she returned to normal sleep at night.	In the ITC session, 15 participants and witnesses of the 2 <sup>nd</sup> <i>Isabela Experiment Meeting</i> <sup>1</sup> were present.	2

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ITC_A	Consuelo. Woman, 53 years old.	November 2019	ITC audio session. The woman of the experience was able to speak with the spirit of her father, clearly recognizing his voice. She got answers to all the questions asked.	Her testimony was that she had a wonderful experience, one of the best experiences of her life.	The session was held at the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> . 19 people participating witnessing the questions and answers through audio.	2
ITC_A	Carmen. Woman, 55 years old.	November 2019	ITC audio session where the female participant was able to speak with the spirit of her father and obtained absolute confirmation that it was him. She also spoke with the spirit of her mother.	The participant points out that it was the best experience of her life. Convinced that her father and mother were still alive. Healing experience at a spiritual level.	The experience took place in the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> , with 19 people present, who were witnesses to the questions and answers produced.	2
ITC_A	Pilar. Woman, 63 years old.	November 2019	ITC audio session where the woman participating in the experience spoke with the spirit of her deceased father. She got satisfactory answers to the questions asked.	She points out that it has been the best experience of her life. She feels that she has absolute confirmation of the permanence of life after death.	Experience carried out in the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> . 20 people were present, all of them witnessing the answers given by the spirit.	2
ITC_A	Emilio. Man, 59 years old.	November 2019	ITC audio session where this man spoke with the spirit of his mother. He got answers to all the questions asked.	He considered the experience as something incredible and of great emotion.	The experience took place during the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> , with 19 witnesses present.	2
ITC_A	José. Man, 63 years old.	November 2019	ITC audio session where the person participating in the experience spoke with the spirit of his deceased mother. He got answers to all the questions asked.	He stated that the experience helped him a lot and provided him with peace of mind and hope.	The experience was one of those carried out during the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> . The 23 people present witnessed the responses received.	2
ITC_A	Teresa. Woman, 51 years old.	November 2019	ITC audio session in which the spirit of the father of this woman of the	She experienced amazement, excitement, and some doubts.	The experience took place in the 2 <sup>nd</sup> meeting of the <i>Isabela</i>	2

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			experience was manifested. Answers were obtained to the questions asked.		<i>Experiment</i> <sup>1</sup> , where the 19 people participated and witnessed what happened there.	
ITC_A	Antonia. Woman, 53 years old.	November 2019	ITC audio session where the female participant spoke with the spirit of her deceased son. Answers were obtained to all the questions asked.	After the experience, she indicated a lot of emotion, tranquillity, and consolation of knowing that her son is still alive in another dimension.	The session was part of the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> , with 23 people present who acted as witnesses to what was manifested there.	2
ITC_A	Toni. Man, 45 years old.	February 2019	ITC audio session where the person participating in the experience spoke with the spirit of his friend. He asked him several questions, very skeptical, and they were all answered.	He experienced much amazement, disorientation, and fascination.	Session in which the partner of this man and a member of the investigation were present as witnesses.	2
ITC_A	Fernando. Man, 42 years old.	July 2018	ITC audio session in which the male participant spoke with the spirit of his wife's friend, who gave him various messages for his wife and her parents.	He expressed fascination and great interest in the ICT phenomenon from that moment on.	Session in which a friend of this man and a member of the research team were present as witnesses.	2
ITC_I	Belén. Woman, 56 years old.	November 2019	ITC video and image session, where the participating woman was able to see the image of her niece, who died at the age of 3, hugging her.	Recognition of the identity of her niece. She was exhausted and fascinated by the experience,	Experience carried out within the framework of the 2 <sup>nd</sup> meeting of the <i>Isabela Experiment</i> <sup>1</sup> , with 23 people present who witnessed what happened there.	2

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ITC_I	Angeles. Woman, 57 years old.	November 2019	ITC video and image session, where the deceased uncle of the woman participating in the experience appeared. This spirit could be visualized around her, along with other unknown beings.	Recognition of the image of her uncle. She was amazed at the experience.	Experience that took place in the 2 <sup>nd</sup> encounter of the <i>Isabela Experiment</i> <sup>1</sup> with the presence of 23 people, witnesses of the visualization.	2
ITC_I	Sonia. Woman, 37 years old.	November 2019	ITC video and image session. When viewing the video, a transfiguration of her face with another person was observed. Other images and beings around her were also visualized.	It was considered a rare experience, which left everyone present a bit disoriented.	Experience carried out in the 2 <sup>nd</sup> meeting of the <i>Isabel Experiment</i> <sup>1</sup> in the presence of 26 people who witnessed what was displayed there.	2
ITC_I	Ignacio. Man, 48 years old.	November 2019	ITC video and image session, in which it was possible to visualize the deceased dog of the man who participated in the experience. The spirit of the dog was visualized in his arms. It was a laboratory experience with the research member.	Recognition of the dog by the participant. He experienced awesome at this encounter.		1
ITC_I	Vicente. Man, 40 years old.	August 2018	ITC video and image session where this male participant saw various spiritual beings and faces around him, people unknown to him. It was a laboratory experience with the research member.	He experienced a lot of amazement.		1
<b>Experiences through EXPANDED STATES OF CONSCIOUSNESS (ExSC): Out-of-body experiences -&gt; OBE, Lucid dreaming -&gt; LDE and others -&gt; O</b>						
ExSC_OBE	MJ. Woman. Between 45 and 55 years old.	Between 2010-2020	<b>Assistance to other consciences:</b> Several times she "visited" a white hospital full of "sleeping beings." She communicated with them telepathically. Some of these beings	Opening of consciousness and spiritual evolution.  Spiritual assistance to other people.		1

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			<p>were known by her and gave her messages for their loved ones, which she transmitted after the experience.</p> <p><b>Knowledge "Classroom":</b> Out of body experiences led by "<i>A Being of Light</i>" to a space where she learned about the energy of the human being.</p> <p><b>Revelations</b> about the different bodies of the human being and about the energy thread.</p> <p><b>Problem solving:</b> She saw how an energy cord was cut that held her together in a very dense relationship. After the experience, that relationship immediately had improved.</p>	<p>Spiritual knowledge.</p> <p>Spiritual learning.</p> <p>Expansion of consciousness.</p> <p>Internal validation - internal certainty.</p> <p>Collection and positive reception by families of the messages transmitted by their loved ones.</p>		
ExSC_OBE	MJ. Woman. Between 20 - 22 years old.	Between 1980-82	<p>Experiences after brain stimulation during treatment with electroshock, due to severe depression, on 9 occasions. Floating and lifting sensation. "Something" pulled her up and lifted her to the ceiling. She saw her body from above lying on the bed, her head full of wires and electrodes. She watched the electricity run through each and every one of the neurons in her brain, as if it were a river of light.</p>	<p>At that moment it made her uneasy.</p> <p>Her intuition told her that it could not be harmful, since in her body she felt imprisoned, and outside of him, she felt liberated, happy and at peace.</p> <p>Experience with great personal value because it was a turning point in her life and the beginning of a personal</p>		1

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			Light that gathered behind her head and spread to the ceiling like a spider web. She was always accompanied by a luminous being that transmitted her an immense peace. She refers to feeling very happy, and not wanting to return to his body.	investigation into states of consciousness. During her personal investigation she verified that these experiences are not an individual phenomenon, and that they are experienced naturally by many people.		
<b>ExSC_LDE</b>	MJC. Woman, 55 years old.	February, 2016	<b>Lucid Dreams:</b> She woke up in the middle of a dream being guided by a boy who, as a doctor, she attended in a traffic accident two months earlier. The boy showed her the energy cord that linked to her physical body and took her by the hand to a white hospital, which she already knew from other OBE experience. There was the mother of the child, who died in the same accident, and that she attended as a doctor in that hospital.	Feeling of being able to "heal", when experiencing in another dimension.		1
<b>Other experiences with EXPANDED STATES OF CONSCIENCE</b>						
<b>EExC_O</b>	MJC. Woman, 56 years old.	August 2018	<b>Holotropic breathing</b> during which she had an experience of union with <i>All</i> . She ascended to the firmament and joined the group of stars that were there. She felt that she was	Feelings of immense peace, serenity, gratitude.	Experience carried out with an instructor and colleagues from the activity who witnessed the phenomenon.	2

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			emitting light. She felt calm, at peace, and like she was at home.			
ExSC_O	SS. Man, 40 years old.	July 2018	<b>Holotropic breathing</b> experience in which he felt communication with his deceased mother.	He experienced immense excitement and peace upon seeing his mother.	Experience carried out with instructor and companions of the activity, witnesses of the phenomenon.	<b>2</b>
ExSC_O	<p><b>1. Syncope:</b> 5 men and women No more data collected.</p> <p><b>2. Stroke:</b> TGG. Woman, 85. RMM. Man, 55. MTG. Woman, 80. JGG. Woman, 88.</p> <p><b>3. General anesthesia:</b> AAA. Man, 85.</p> <p><b>4. Cardiac arrest:</b> BBB. Man, 75.</p>	2015 & 2020 Experiences collected in clinical practice as a period, and not with specific dates.	<p><b>Clinical experiences in patient care</b></p> <p>1. Syncope: Sensation of floating and seen from above.</p> <p>2. Stroke: Massive bleeding, brain without function. They are still alive, continually moving in and out of one dimension of consciousness to another. They communicate with their deceased beings. They tell what they see and who they see.</p> <p>3. General anesthesia: Surgical intervention: the patient felt his body float and rise, watching his operation and commenting on it later in detail.</p> <p>4. Cardiac Arrest: 30 minutes of CPR (cardiopulmonary resuscitation). After resuscitation, he remembered the conversation of the medical team and the phrase "<i>Come on! He is going!!!!</i>" stayed with him.</p>	In all cases, the doctor who collected the experiences explained to the patients what had happened to them, in a simple way. This helped them understand their experiences and have less fear of death. In the cases of strokes, the explanation went to the families, due to the disconnection of the patients.	Validation by the healthcare team that cared for the patients, both as a doctor and as a companion to the experiences.	<b>1</b>
ExSC_O	FDD. Male, between 25 & 30 years old.	2013 & 2018	Experiences after the ingestion of <b>psychedelic drugs</b> . He has out-of-body experiences that take him to a	Experiences that made him feel good, free and at peace.		<b>1</b>

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				SUBJECTIVE Value to the person who have the experience	OBJECTIVE External validation: objective data, verification, etc.	
		Frequent non-quantifiable experiences.	very beautiful place where he is free and happy. See environments full of colors and very powerful sounds.	This positive effect produced addiction to him. Experiences shared with his mother, an emergency doctor, who dedicated all this time to understanding her son and helping him in his management.		
<b>ExSC_O</b>	5 patients: AGG. Woman, 25 JHH. Man, 27 AAA. Man, 23 PPP. Woman, 50 MHH. Woman, 40	2013 - 2018 Experiences collected in clinical practice as a period, and not with specific dates.	<b>Experiences under the effects of Ketamine as a medical treatment:</b> - Sensation of floating and rising, seeing your inert body. - More colourful, luminous and liberating experiences in young people. - More distressing experiences in medically treated patients. Voluntary administration in order to achieve that state of well-being that they did not find in their daily life.	Confusion and anguish in medically treated patients. They did not advise having that experience.  Personal and professional validation in a context of drug abuse cessation carried out with the youngest people.		<b>1</b>
<b>MEDIUMSHIP EXPERIENCES: MDM</b>						
<b>MDM</b>	Ignacio. Man, 47y	November 2019	Communication with spirits in the framework of the <i>Scole Experiment</i> <sup>2</sup> . He got different experiences: 1) Sensation of being touched in different parts of his body. He saw lights that moved and then come to rest near his face. Presence of spheres of light.	Experience carried out for knowledge and research. On a personal level, a feeling of great peace and happiness. Regarding the materialization a feeling of surprise and emotion.	A professional psychologist participates in the session, <b>witnessing</b> the events, bearing testimony to what has been seen and heard.	<b>2</b>

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			2) Materialization of a hand at 15 cm. away that moved a cloth on the table. 3) A being of light was incorporated into the body of one of those present, who spoke in Spanish and other languages.			
<b>PAST-LIFE REGRESSION EXPERIENCES: PLR</b>						
PLR	Josefa. Woman, 65 years old.	February 2021	<b>Research context.</b> She undergoes regressive analysis for obsessive fear of the death of a relative. <u>Experience:</u> Relives being a man in a town in France, married with three children. His wife and children die when their house collapses. When she said goodbye to them, she spoke in perfect French, this language being unknown to her.	Understanding the reason for her obsession with the death of relatives. Great surprise when speaking a language that she did not know at all. Decrease in her obsession with the death of a relative. Tranquillity and inner peace.	Validation of the authenticity of the French language spoken by Josefa, through researchers who did know that language.  Confirmation by her family that Josefa has no prior knowledge of that language.	<b>3</b>
PLR	Tomás. Man, 38 years old.	December 2020	<b>Clinical context.</b> <u>Difficulties:</u> Anxious hunger, treated with different methods, without success. <u>Experience:</u> Tomás relived a past life experience where he died of hunger and malnutrition.	Understanding of what happens to him and how he acts in some situations. He feels that the PLR has been an eye-opening experience that has made a difference in his current life.	His family environment observes clear changes in his life and in his relationship with food.	<b>1</b>
PLR	Lourdes. Woman, 58 years old.	November 2020	<b>Clinical context.</b> <u>Difficulties:</u> Experiences undefined fears. <u>Experience:</u> Relives childhood situations and previous life	She becomes aware of having less fear of death. The PLR experience has helped her better face the concept of death.		<b>1</b>

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				SUBJECTIVE Value to the person who have the experience	OBJECTIVE External validation: objective data, verification, etc.	
			experiences where she fell from a great height.			
PLR	Amparo. Woman, 61 years old.	November 2020	<b>Clinical context.</b> <u>Difficulties:</u> Fear of the sea despite knowing how to swim. <u>Experience:</u> Relives a past life experience where her son drowned due to carelessness. She could not help him because she did not know how to swim. She ends up committing suicide, drowning into the sea.	She refers understanding now her irrational terror to the depths of the sea and relief from that fear.		1
PLR	Rosario. Woman, 56 years old.	November 2020	<b>Clinical context.</b> <u>Difficulties:</u> Chest tightness and anxiety. <u>Experience:</u> Relives a pastlife experience being a young woman who was raped and abandoned.	She expresses surprise and amazement knowing that pastlife experience. It explained her rejection of sex with her husband. She could understand the symptom of tightness in the chest. Improvements in current sexual relationships with her husband.		1
PLR	José. Man, 53 years old.	October 2020	<b>Clinical context.</b> <u>Difficulties:</u> Chest pressure and throat choking. <u>Experience:</u> Relives an experience being a young boy swimmer who gets trapped in an underwater cave: darkness and drowning.	Understanding his fear to the dark and closed places. Improvement of symptoms. He now is able to swim and enjoy a bath in the sea with the family.		1
PLR	Sofía: Woman, 39 years old.	October 2020	<b>Clinical context.</b> <u>Difficulties:</u> Symptoms of agoraphobia. <u>Experience:</u> Relives an experience	She felt a great shoulder weight relief. She now feels more liberated.		1

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			being a woman who was buried alive. Feeling of anger, despair, and fear.			
PLR	Enriqueta. Woman, 57 years old.	October 2020	<b>Clinical context.</b> <u>Difficulties:</u> Fear of insects and reptiles. <u>Experience:</u> Relives an experience being a girl living in a tropical country. She falls into a pit and dies from snake bites.	Understand her phobia of animals and reptiles. She is now able to relax and not fear pictures of animals such as insects and reptiles.		<b>1</b>
PLR	Fulgencio. Man, 43 years old.	October 2020	<b>Clinical context.</b> <u>Difficulties:</u> Low back pain that has been treated with different methods without clear improvement. <u>Experience:</u> Relives a past life experience where he suffered targeted torture in this lower back.	He refers pain relief and understanding of its origin.	His family recognizes that the residual pain in his lower back has disappeared.	<b>1</b>
PLR	Maria. Woman, 29 years old.	August 2020	<b>Clinical context.</b> <u>Difficulties:</u> Fear of getting pregnant. <u>Experience:</u> Relives an experience being a woman who bled to death during childbirth and her son also dies.	Understanding her fear. She felt more relieved. The possibility of being a mother arises for her in the future.		<b>1</b>
PLR	Ana. Woman, 38 years old.	August 2020	<b>Clinical context.</b> <u>Difficulties:</u> High self-demand, undervaluation and anguish. She refers to blocks herself when self-demanding a lot, generating anxiety and frustration. <u>Experience:</u> Relives a past life experience being a very obsessive	She reports feeling better about herself. Absence of anxiety This experience has helped her grow, improve and leave behind other aspects that she does not like about herself.	Her family environment reports important changes after the session.	<b>1</b>

PHENOMENON	Name of the person experiencing: gender, age	Date of experience (month/season & year)	Brief description of the experience	EVIDENCE		Evidence level
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			person, who attached importance to insignificant things.			
PLR	Marina. Woman, 41 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> Symptoms of guilt and anxiety that prevent her from living fully. <u>Experience:</u> Relives a previous life experience being a person where guilt completely disturbed her life.	She refers to having felt calmer when finding a possible explanation for the guilt that worried her.	Her surroundings appreciate her less anxious.	1
PLR	Carmen. Woman, 32 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> Shows insecurity and fear. <u>Experience:</u> Relives traumatic events from her childhood and adolescence.	After the experience she has understood that she needed to let go many things that tie her to her past a lot. She is considering making important changes in her life.		1
PLR	M.ª José. Woman, 38 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> Persistent pain in one side of her chest. <u>Experience:</u> Relives an experience being a little girl in the last century. She had an accident and fell down a mountainside. A sharp object was stuck. She felt herself abandoned and bleeds to death.	She feels relieved and restored from that wound. She understands the historical situation, and it helps her understand her current lingering pain. The symptoms of side pain improve.		1
PLR	Lola. Woman, 52 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> Symptoms of drowning. <u>Experience:</u> Relives an experience being a 3-year-old girl who witnesses fights and mistreatment between her parents, which causes her sadness, fear, anguish, and a lump in her	She now understands situations and reactions in her current life. Improves her self-understanding and attention to herself. She is less self-demanding.		1

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			throat that prevents her from swallowing.	She is closer and more affectionate with her children. She is less demanding with them and with her environment.		
PLR	Francisca. Woman, 41 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> She experiences anxiety, stress, intense nervousness, shortness of breath, and insomnia. <u>Experience:</u> Relives a previous life experience being a person that did not made an important decision and thus conditioning his entire life.	Understanding that her life is conditioned by her behaviours and her decisions. It makes her understand that she was not acting the right way. Observable improvements in anxiety.		1
PLR	Cristina. Woman, 40 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> Hypotension associated with dizziness. <u>Experience:</u> Relives the moment of delivery of her last child, and its complications. She also relives a previous life experience where she bled to death from a gunshot in the abdomen.	She shows doubts about the reality of the experience with regression. She assures that the pain she has experienced during the session in the abdomen has been intense.	Her blood pressure measurement has been stabilized. Fewer episodes of dizziness occur.	1
PLR	Fernando. Man, 59 years old.	July 2020	<b>Clinical context.</b> <u>Difficulties:</u> Sensation of pressure that does not allow him to be free. He feels it from childhood. <u>Experience:</u> Relives a past life being a little girl who has an experience of loss and overwhelm among many people, with no way out.	Reports improvement of the drowning symptom.		1

PHENO MENON	Name of the person experiencing: gender, age	Date of experience (month/season & year)	Brief description of the experience	EVIDENCE		Evidence level
				SUBJECTIVE Value to the person who have the experience	OBJECTIVE External validation: objective data, verification, etc.	
PLR	Manuel. Man, 45 years old.	June 2020	<b>Clinical context.</b> <u>Difficulties:</u> Distrust and fear of co-workers. <u>Experience:</u> Relives a past life experience being an American Indian. His tipi was invaded, and he received an arrow to the neck.	He is relieved of the fear he had of third parties. He says that the experience has helped him not to speculate or criticize others.	His family environment observes improvement in his social relationships.	<b>1</b>
PLR	Antonio. Man, 36 years old.	June 2020	<b>Clinical context.</b> <u>Difficulties:</u> Shaking hands without apparent cause. <u>Experience:</u> Relives a past life being a person who stabs another and feels the shaking in the hand that held the knife.	Understand the source of his problem. The disturbed symptom disappears.	His personal environment observes that the trembling of hands disappears.	<b>1</b>
PLR	Marcos. Man, 35 years old.	June 2020	<b>Clinical context.</b> <u>Difficulties:</u> Feeling of emptiness in the stomach, fear and insecurity of heights. Blocking at heights, generating anxiety and frustration. <u>Experience:</u> Relives a past life experience being a 6-year- old boy with his parents crossing a high mountain area and he experiences a panic attack.	Manifests relief and reduction of symptoms. Changes in his perception of fear, feeling more secure. He says that he would dare to go up to children's attractions. Value the experience as positive for overcoming fear.	His family informs that he is more secure in any topic related to "heights", such as children's attractions with his daughter.	<b>1</b>
PLR	Javier. Man, 28 years old.	June 2020	<b>Clinical context.</b> <u>Difficulties:</u> Excessively perfectionist behaviour and self-demand. <u>Experience:</u> Relives a past life being a 16-year- old servant, who falls in love with the lady of the house, who is married. He is arrested and thrown in jail.	Now he understands better his self-demand and perfectionism behaviour to please everyone, and how it affects his freedom.	His family environment sees him more permissive with himself.	<b>1</b>

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PLR	José M. a. Man, 43 years old.	June 2020	<b>Clinical context.</b> <u>Difficulties</u> : Fear of the dark. <u>Experience</u> : Relives an experience being a 4-year-old girl who falls into a well: he feels panic and abandonment.	After the experience he understands better some of his current behaviours. He realizes that he has to stop controlling everything around him.	His family recognizes that he is no longer so controlling in everyday situations.	1
PLR	José. Man, 54 years old.	November 2019	<b>Research context.</b> Radiologist doctor who participates in the regression analysis experience as a volunteer. <u>Experience</u> : Relives a first experience as a Phoenician, recounting many details of that other life. He also experienced a 2nd past life being a priest in the V century in Castilla (region of Spain). He saw himself in a church, pronouncing aloud, songs and prayers in Latin language. Both experiences were recounted in a very extensive way, offering meticulous information about the historic time and the characters he was himself.	Personal amazement and understanding of his current obsession with collecting Phoenician coins.	<b>Witnesses listening</b> to the story: a psychiatrist and a psychologist together with the researcher, all of them members of the SCIP society.	2
PLR	Fernando. Man, 37 years old.	August 2019	<b>Research context.</b> He undergoes the regressive experience as a research volunteer at the SCIP Institute. <u>Experience</u> : Relives a past life being a Muslim nomad in the year 1700. During the experience he speaks in an old Berber dialect.	He is amazed by the experience, which provides him insight into his current passion for the Arab world.	Confirmation of the Berber dialect and the data provided during the relived experience, by contacting with a researcher from Casablanca (Morocco), a specialist in the nomadic history of the Berber people.	3

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PLR	Marta. Woman, 21 years old.	July 2019	<b>Research context.</b> She participates the regressive experience at the request of her mother, a family doctor. <u>Experience:</u> Relives a past life experience being a young Arapahoe, an Amerindian tribe from USA. During the experience she spoke in an Arapahoe dialect for 17 minutes.	Absolute wonder and change of perspective on life. Conviction of the reality of past lives.	During the session there were 3 <b>witnesses</b> . Subsequent confirmation of the authenticity of the Arapahoe speech by consultation with an Arapahoe Cultural Association and a specialized linguist from the USA.	<b>3</b>
PLR	Maria. Woman, 58 years old.	May 2019	<b>Research context.</b> Person mentally handicapped. <u>Experience:</u> She revived herself in the space between lives, providing data that she could not have prior knowledge of. She provided details of a previous life with a very high level of response, and with great fluency, as if she were someone else.	Once she came out of the experience, Maria again had her mental limitation, with few communication skills.	Astonishment of her husband who was witnessing the experience, noting the fluency and ease speech of his wife, and the level of detail of talking about a place totally unknown to her.	<b>1</b>
PLR	Santiago. Man, 43 years old.	May 2019	<b>Research context.</b> He participates this regressive analysis for experiencing an obsession with the protection of his children, which does not allow him to live in peace. <u>Experience:</u> Relives a previous life experience being a father that lose his son in an explosion at school. Give name and surname of him in that life, of his wife, his son, his profession as a lawyer, as well as place of work and birth.	Decrease in his obsession with his children, by being aware of what happened in his past life. Experience tranquillity and conviction of reincarnation.	Confirmation from his wife about the change in the extreme overprotection of their children.  Confirmation of the professional data of the lawyer who was revived through the old registry of the Madrid Bar Association.	<b>3</b>

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PLR	Rocío. Woman, 38 years old.	March 2019	<b>Research context.</b> Volunteer for the experience, as part of a training course. <u>Experience:</u> Relives a past life being someone who have a near death experience. Provides details about her ER intervention viewing herself from outside her body.	The experience provides her with insight into aspects of her current life.	The experience takes place with several witnesses, all of them participating in a training course.	2
PLR	Ignacio. Man, 47 years old.	February 2019	<b>Research context.</b> Participate in the regression experience as a volunteer. <u>Experience:</u> Relives an experience from 500 years ago on an expedition to the New Spain. He provides very specific data on the time, the expedition, the captain's name, his name in that life, as well as exact data on uniformity, among others.	Deep personal conviction about the reality of reincarnation and about immortality.	The data referring to the expedition, name of the captain and clothing were confirmed by consulting with a known historian of the investigator of the experience. The historian confirmed these data through specialized consultations, including in the <i>Archives of the Indies</i> in Seville (Spain).	3
PLR	Vicente. Man, 59 years old.	February 2019	<b>Research context.</b> Very serious and skeptical man who participated regression analysis as a volunteer. Presents fear of darkness and cowardice that does not understand where it comes from. <u>Experience:</u> Relives 1) Indigenous to the Arawak tribe. Speaks in Arawak language. He was captured. He died imprisoned and drowned. Provides exact information about his tribe; 2) A man who travel by boat with his	Understanding why in his current life he has not wanted to have children. Understand that fear has been present in all his lives. He expresses amazement for the experience.	Verification of the data provided about the indigenous tribe through a Google search. It is found that the Arawak ethnic group exists, and that Vicente's story is consistent with the description given by the online encyclopedia Google	3

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			family and his children and wife die because of his cowardice to help them.			
PLR	MJC. Woman, 54 years old.	October 2015	<b>Research context.</b> Various experiences: 1) <u>Regression at birth</u> : She relived her stay in the womb and delivery. She experienced a special maternal connection. She visualized her spiritual connection through the energetic thread that linked her to the spiritual world. And 2) <u>Regression at the age of 7</u> : She relived a serious illness that kept her in bed for several months, and the OBE she had then. She sank towards the center of the earth, which caused her a lot of fear.	Great subjective value when proving the love of her parents.  Personal evidence about her spiritual origin.  Reliving these experiences, which she hardly remembered, helped her to resolve some personal blocks.	The experience was carried out with an instructor and regression therapist, as well as with several colleagues ( <b>witnesses</b> ) who observed the experience.	<b>2</b>
PLR	AAA. Woman, 45 years old.	October 2015	<b>Research context.</b> Regression experience to a past life being the mother of her current mother, with whom she has a difficult relationship.	She could better understand her mother and aspects of her current life.	Experience carried out with instructor and companions of the activity, <b>witnesses</b> of the phenomenon.	<b>2</b>

**Footnote 1:** Isabela Experiments: These are periodic meetings of the *Scientific Society for Psychical Research* for the investigation, experimentation, analysis and study of various psychic phenomena that show the survival of consciousness after physical death.

**Footnote 2:** *Experiment Scoble*: It was a series of controlled mediumistic investigations carried out between 1993 and 1988 in the United Kingdom and sponsored by psychic researchers Robin and Sandra Foy. The experiments have been extensively analyzed. Academic Paper: Keen, M. (2001). The Scoble Investigation: A Study in Critical Analysis of Paranormal Physical Phenomena. *Journal of Scientific Exploration*, 15 (2), 167-182. [www.thescoleexperiment.com](http://www.thescoleexperiment.com).