

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 belonging to 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	EExC	8
• Deathbed experiences	DBP	5	• Mediumship	MDM	1
• TCI instrumental transcommunication	TCI	23	• Regression to past lives	RVP	33

The phenomena, once collected, have been analyzed and categorized according to evidence criteria based on these indicators, 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	Objective evidence based on verifications with documents, specialists in the matter in question, sources of historical references, archives, etc.	6

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<b>Experiences directly related to death: NDE and ELM</b>						
NDE	RPA. Woman	Summer 2021	<b>Knee accident. Admitted to the ER. They administer medication to which she was allergic. Experience: vision of deceased relatives, tunnel, light, peace, not pain, happy, content, sweetness.</b>	He lost fear of death. Later his son died in an accident and he knows that he does not suffer and is happy.		<b>1</b>
NDE	CPA. Woman, 18 years old	Summer 2021	<b>Illness with high fever at home. Experience: she saw herself out of body (OBE), 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.</b>	He lost the fear of death. She verified that something that he saw in OBE, was in the place. She had a son, who was announced to her at the experience.		<b>1</b>
NDE	JPA. Male, 8 years old	Summer 2021	<b>Disease. He went into shock and was admitted to the ICU. Out of body experience (OBE), sees light, vision of relatives, peace, figure of Jesus tells him that he has to return.</b>	Unique love feeling.		<b>1</b>
NDE	MJS. Woman, 55 years old	November 2017	<b>Suddenly he 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.</b>	Understanding of life and of what we are in a spiritual sense.  Loss of fear of dying.	Experience with the family and the healthcare team witnessing the phenomenon	<b>2</b>

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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. She refers to having been in the spiritual world. She 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. They tell him that they will meet again.	Value to the family. Proposal of new values and beliefs. Decreased fear of death. It was a great help in the duel.	The emergency physician who attended this case is a witness to the account of the experience.	2
NDE	BBB. Man, 35 years old	February 2017	ECM 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.	2
NDE	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	Feeling of immense inner peace that accompanied him for several days.  Understanding and greater knowledge of the spiritual part of it.	Valued by health personnel, witness to the story.  He recounted his experience in a workshop on death and dying, before 20 more people.	2

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			your life pass. The music of a musician friend drew him like a magnet. After that he revived.			
<b>NDE</b>	P. Child, 10 years old. L. Child, 5 years old. L. Child, 7 years old. R. Child, 3 years old. B. Girl, 3 years old.	Period 2015 - 2021	Children's experiences in the context of clinical practice: During children's NDEs, 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 very significant value, changing their attitudes and values towards life.	The emergency doctor who has attended and accompanied all these cases is a witness to the story of the children's experience.	<b>2</b>
<b>NDE</b>	AAA. Girl, 4 years old.	May 2015	During school hours during recess, 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, 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	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 ICU, witnessing the entire process and the girl's story.	<b>2</b>

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			come back from a trip and arrange the organ transplant.			
<b>NDE</b>	CPP. Woman, 45 years old.	March 2014	Traffic accident. In Hospital Emergencies she is administered medication to which she was allergic. She has an experience in which she sees 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 in her body.	Feeling of peace and happiness. Much emotion for having seen that relative, who he believed was his deceased mother. During the experience she had no pain.	The woman shared her experience with her daughter and the doctor who treated her in the ER, both being witnesses of the process and the story. Assessed by health personnel.	<b>2</b>
<b>NDE</b>	MCC. Woman, 40 years old.	January 2012	In the course of a neurodegenerative disease, during one of his hospital admissions, he experimented NDE. Sensation of going towards a large light where there were many other smaller lights. She felt very good, very calm, mental clarity and lucidity. She felt part of the Whole.	The experience gave him a new perspective on life. For the next 24 hours, she felt that she had gained greater knowledge, humility, patience, and respect.	Shared 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 NDE under Acute myocardial infarction (AMI). She saw a flash of intense light that blinded her eyes. She felt inside a layer of light, like a great focus that	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 witnessed his story.  He has written about his experience and published it.	<b>2</b>

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			covered everything. A being next to her He said, "Welcome home my friend." From that place, he saw his body lying on the ground and a group of people reviving him. He woke up in the hospital.			
<b>NDE</b>	PMM. Man, 80 years old.	November 2010	In the postoperative period of a surgical intervention, he said that he had been digging a tunnel for a long time because his deceased wife and daughter were waiting for him on the other side. He repeated several times: "It was also there."	The woman shared what she experienced with her daughter, which gave her a transcendental value for her life.	The doctor who attended this case is a witness to the account of the experience.	<b>2</b>
<b>NDE</b>	JMM. Woman, 20 years old.	August 2010	Experience occurred under semi-drowning. In the NDE he saw a very large and bright light, which helped him get out of the water. He said it was her father who saved her life.	Feeling of peace. From that moment, she experiences a great connection with his father that he had not been able to fire.	He shared his experience in a workshop on death and dying, before 20 other people.	<b>1</b>
<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 the last 24 hours of him, 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. It helped to calm the family and also in the mourning	Experience shared and witnessed by the doctor who treated him in the hospital and accompanied him in the process.	<b>2</b>
<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	Deep value on existence and on the continuity of life.	Shared experience with the doctor who treated her at the	<b>1</b>

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			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.	Validation by other members of the family that was there.	hospital the day after death.	
<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 envelope, to give way to a new being. She said that she was counting her birth.	Transcendental and real value for his sister, who was present in his process.	Experience lived with the doctor who treated the woman in the hospital, together with her daughter, and who witnessed the phenomenon.	<b>2</b>
<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 him 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 of hers. A few minutes before passing away, she got out of bed and approached an armchair	Courage for his daughter who was present.  Of 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>

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			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.			
<b>TRANSCOMUNICACIÓN INSTRUMENTAL – TCI_A: audio; TCI_I: imagen</b>						
<b>TCI_A</b>	Dori. Paola and Carina. Women from the same family, mother and 2 daughters.	December 2020	TCI audio session. The 3 women in the experience spoke with the spirit of their deceased son and brother. They recognized her voice live, and got answers to all the questions they asked. The experience was recorded live and was broadcast on public video.	After the session the mother found peace knowing that her son was fine. All the women returned to normality in their lives.		<b>1</b>
<b>TCI_A</b>	M.José. Woman, 60 years old.	October 2020	TCI 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.		<b>1</b>
<b>TCI_A</b>	Ana. Woman, 55 years. Christian. Man, 59 years old.	July 2020	Marriage, parents of a son who died at the age of 17: Esteban. TCI audio session. They spoke with his son Esteban, who answered the questions asked by his parents.	Comfort and hope. Happiness, peace and quiet, for the evidence that the son was somewhere ". The experience turned their lives upside down.		<b>1</b>

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				Recognition of voice and sense of responses by parents.		
<b>TCI_A</b>	José. Man, 59 years old.	July 2020	TCI 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 TCIs.		<b>1</b>
<b>TCI_A</b>	Carmen. Woman, 53 years old.	June 2020	TCI 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 well.	The mother got peace, comfort and great joy in knowing that her little girl was well. She considered the experience wonderful.		<b>1</b>
<b>TCI_A</b>	Eka. Woman, 26 years old.	June 2020	TCI 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 of her questions with absolute coherence. Session recorded and broadcast on social media along with her own testimony.	He experienced a change in his 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 well and in a happy place.		<b>1</b>
<b>TCI_A</b>	Isabel. Woman, 53 years old.	May 2020	TCI 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. I	He experienced a lot of tranquility and his perception of life changed.		<b>1</b>

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			knowmade a video recording of the testimony of this mother.			
TCI_A	Juan. Man, 74 years old.	January 2020	TCI 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 the spirit to the questions asked.	She normalized her life, ending her nightmare by receiving signs that her daughter was fine.	The session was held within the framework of the 3rd Isabela Experiment1, in the presence of more than 20 people as witnesses.	2
TCI_A	Elena. Woman, 41 years old.	November 2019	TCI 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 she died she had sleep problems. With this experience, her anxiety lessened and she returned to normal sleep at night.	In the TCI session, 15 participants and witnesses of the 2nd Isabela Experiment Meeting1 were present.	2
TCI_A	Consuelo. Woman, 53 years old.	November 2019	TCI audio session. The woman of the experience was able to speak with the spirit of her father, clearly recognizing her 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 2nd meeting of the Isabela1 Experiment. 19 people were present, witnessing the questions and answers through audio.	2
TCI_A	Carmen. Woman, 55 years old.	November 2019	TCI 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 female participant points out that it was the best experience of her life. Convinced that her father and mother were still alive. Healing experience on a spiritual level.	The experience took place in the 2nd meeting of the Isabela Experiment1, with 19 people present, who were witnesses to the questions and answers produced.	2

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TCI_A	Pilar. Woman, 63 years old.	November 2019	TCI 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.	He points out that it has been the best experience of his life. He feels that he has absolute confirmation of the permanence of life after death.	Experience carried out in the 2nd meeting of the Isabela1 Experiment. Twenty people were present, all of them witnessing the answers given by the spirit.	2
TCI_A	Emilio. Man, 59 years old.	November 2019	TCI 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 2nd meeting of the Isabela Experiment1, with 19 witnesses present.	2
TCI_A	José. Man, 63 years old.	November 2019	TCI 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 2nd meeting of the Isabela Experiment1. The 23 people present witnessed the responses received.	2
TCI_A	Teresa. Woman, 51 years old.	November 2019	TCI audio session in which the spirit of the father of this woman of the experience was manifested. Answers were obtained to the questions asked.	He experienced amazement, excitement, and some doubts.	The experience took place in the 2nd meeting of the Isabela Experiment1, where the 19 people participated and witnessed what happened there.	2
TCI_A	Antonia. Woman, 53 years old.	November 2019	TCI 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, tranquility and consolation of knowing that her son is still alive in another dimension.	The session was part of the 2nd meeting of the Isabela Experiment1, with 23 people present who acted as witnesses to what was manifested there.	2

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TCI_A	Toni. Man, 45 years old.	February 2019	TCI audio session where the person participating in the experience spoke with the spirit of his friend. He asked her 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
TCI_A	Fernando. Man, 42 years old.	July 2018	TCI 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 investigation were present as witnesses.	2
TCI_I	Belén. Woman, 56 years old.	November 2019	TCI video and image session, where the participating woman was able to see the image of her niece, who died at the age of 3, hugs her.	Recognition of the identity of your niece. She was exhausted and fascinated by the experience,	Experience carried out within the framework of the 2nd meeting of the Isabela Experiment1, with 23 people present who witnessed what happened there.	2
TCI_I	Angels Woman, 57 years old.	November 2019	TCI 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 his uncle. She was amazed at the experience.	Experience that took place in the 2nd encounter of the Isabela Experiment1 with the presence of 23 people, witnesses of the visualization.	2
TCI_I	Sonia. Woman, 37 years old.	November 2019	TCI video and image session. When viewing the video, a transfiguration of his face with another person was observed. Other images and beings around him were also visualized.	It was considered a rare experience, which left everyone present a bit disoriented.	Experience carried out in the 2nd meeting of the Isabel1 Experiment in the presence of 26 people who witnessed what was displayed there.	2

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TCI_I	Ignacio. Man, 48 years old.	November 2019	TCI 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 your dog. He experienced awe at this encounter.		1
TCI_I	Vicente. Man, 40 years old.	August 2018	TCI 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 states of EXPANSION of consciousness (EExC): Out-of-body experiences _EFC, Lucid dreaming _SLC and others</b>						
EExC_EFC	MJ. Woman. Between 45 and 55 years old.	Between 2010-20	Assistance to other consciences: Several times visit a white hospital full of "sleeping beings." I communicate with them telepathically. Some of these beings are known and give messages for their loved ones, which they transmit after the experience. Knowledge Classroom: Exits from the body directed by "A Being of Light" to a space where he learns about the energy of the human being.	Opening of consciousness and spiritual evolution.  Spiritual assistance to other people.  Spiritual knowledge.  Spiritual learning.  Expansion of consciousness.  Internal validation - internal certainty.		1

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			Revelations about the different bodies of the human being and about the energy thread. Problem solving: He saw how in an OBE an energy cord was cut that held him together in a very dense relationship. Upon exiting the experience, that relationship immediately improved.	Collection and positive reception by families of the messages transmitted by their loved ones.		
EExC_EFC	MJ. Woman. Between 20 - 22 years old.	Between 1980-82	Out-of-body experience after brain stimulation during treatment with electroschok, due to severe depression, on 9 occasions. Floating and lifting sensation. "Something" he pulled at her and lifted her to the ceiling. She saw her body from above lying on the gurney, 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. Light that gathered behind her head and spread to the ceiling where she was, like a spider web. She was accompanied at all times by a luminous being that transmitted an immense peace to her.	At that moment it made him uneasy.  Her intuition told him that she could not be harmful, since in her body she felt imprisoned, and outside of him, she felt liberated, happy and at peace.  Experience with great personal value because it was a turning point in her life and the beginning of a personal investigation into states of consciousness.  In the personal investigation undertaken she verified that these experiences are not an individual phenomenon, and		1

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			He refers to being very happy, and did not want to return to his body.	that they are experienced naturally by many people.		
<b>EExC_SLC</b>	MJC. Woman, 55 years old.	February, 2016	Lucid Dreams: She woke up in the middle of a dream being guided by a boy who had attended a traffic accident two months earlier. The boy showed her the energy cord that linked him to her physical body, and led her by the hand to a white hospital, which she already knew from other OBEs / OBEs. There was the mother of the child, who died in the same accident, and that she attended 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	Holotropic breathing during which he had an experience of union with All. She ascended to the firmament, and joined the group of stars that were there. She felt that she was emitting light. She felt calm, at peace, and like she was at home.	Feelings of immense peace, serenity, gratitude.	Experience carried out with an instructor and colleagues from the activity who witnessed the phenomenon.	2
<b>EExC_O</b>	SS. Man, 40 years old.	July 2018	Holotropic breathing 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.	2