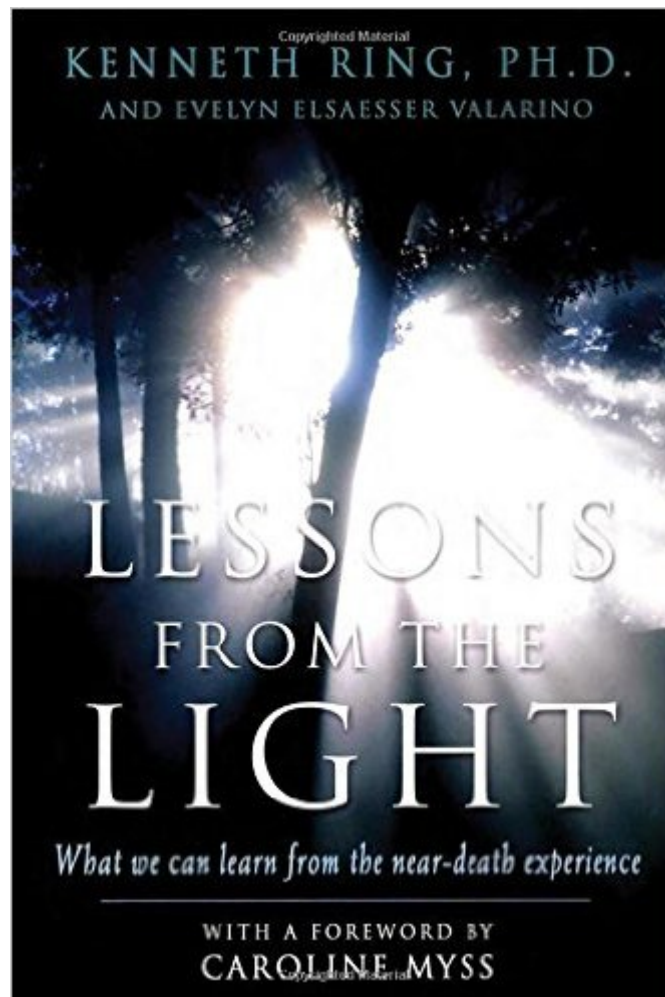


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# Lessons From The Light: What We Can Learn From The Near-Death Experience



## Synopsis

While providing many accounts of near-death experiences (NDEs) from men, women, and children of all ages and backgrounds, *Lessons from the Light* is much more than just an inspiring collection of NDEs. In *Lessons* near-death expert Kenneth Ring extracts the pure gold of the NDE and with a beautiful balance of sound research and human insight reveals the practical wisdom held within these experiences. As Stanley Krippner states, "In this remarkable book, Ring presents evidence that merely learning about the near-death experience has similar positive effects to those reported by people who actually have had near-death experiences. Kenneth Ring is one of the few authors whose gifts include the capacity to transform their readers' lives."

## Book Information

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## Customer Reviews

Kenneth Ring's book "*Lessons from the Light*" is a comprehensive book that incorporates real stories from people who have had near death experiences with the author's advice on how others can incorporate these lessons into their own lives. This book is enjoyable for a wide audience of people, ranging from those who have studied NDEs and are interested in them to those who have never heard of the Near Death Experience but are searching for answers regarding the afterlife. The first half of the book focuses more on proving that these experiences are real and gives proof of an afterlife while the second half of the book teaches us what we can learn from these experiences and how we can apply them to our own lives. Kenneth Ring argues that merely learning of NDEs is like being infected by a benign virus and once infected you can become what he refers to as a

"near-death experimenter, once removed."The first part of the book focuses on the experience of nearly dying itself, using various stories to demonstrate what occurs in this situation. The author uses many distinct subjects, most of whom he has developed a personal relationship with. Most subjects suffer from some type of health emergency, such as drowning or a car accident, in which they suddenly find themselves outside of their body and viewing their body from above. They also suddenly obtain a 360 degrees vision. At this point they report an extreme sense of bliss and freedom that is unlike anything they have ever experienced before. Next, the person is pulled through a tunnel with a light at the end that grows bigger and brighter as they approach it. All these people comment on the way that the light is brighter than any light they have ever seen before, yet it does not hurt their eyes to look at it.

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