

Sawbones 107: Near-Death Experiences

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[theme music plays]

Ross:

Hello everybody, and welcome to *Sawbones*, a marital tour of misguided medicine. I am your co-host, Ross Blocher.

Carrie:

And I'm Carrie Poppy. And you might notice that we're not the McElroys.

Ross:

Yeah, I am not Sydnee. And you are not Justin.

Carrie:

Nope. Nope. In fact, neither of us have expertise in this at all.

Ross:

We are not married. I am married—

Carrie:

We are not married. Right.

Ross:

... to someone else.

Carrie:

Right. We're not married to each other. Neither of us has a doctorate—

Ross:

PhD.

Carrie:

... or an MD.

Ross:

So... [laughs] This is gonna be a good show.

Carrie:

[laughs] But, uh, Max Fun is doing this very cool flippy-floo where we all host each other's shows. And I'm very excited because I'm a huge Sawbones fan. I don't know about you.

Ross:

Oh, I definitely am. Yeah.

Carrie:

And so, Sydnee and Justin are going to host our show, and we're hosting their show this week.

Ross:

So if you're like, "I miss Justin and Sydnee," well, go listen to *Oh No Ross and Carrie!*

Carrie:

Exactly. And you'll get them.

Ross:

Yeah. But you know, keep listening. We're gonna—

Carrie:

But yeah—

Ross:

... we've got interesting stuff for you.

Carrie:

Yeah. We're gonna talk about near-death experiences.

Ross:

NDEs as the insiders call it.

Carrie:

Mm-hmm. We're going to talk about NDEs in depth.

Ross:

Ooh, I like it.

Carrie:

[laughs] Um—

Ross:

I see what you did there.

Carrie:

... Thank you.

Ross:

[laughs]

Carrie:

You're ashamed of it, but you see it.

Ross:

No. Yes.

Carrie:

Uh, so, uh, near-death experiences. So what, what do you think like the layman's understanding of the near-death experience is?

Ross:

Oh yeah. Well, I mean, it's so pervasive and popular culture where, you know, you see these images of white clouds and someone kind of walking towards the light and, and—

Carrie:

Mm-hmm.

Ross:

... you know, generally here in the U.S., it's all about the, uh, Judeo-Christian view of heaven, and, sure. Um, yeah, so people go up and they get this decision moment. Oh, I'm gonna go to heaven. It's gonna be great.

Carrie:

Yeah.

Ross:

But oh no, you've got more left for you back on earth.

Carrie:

Go home.

Ross:

Yeah.

Carrie:

Go back. Your wife needs you.

Ross:

And uh, and then you're sent back to your body to live your life, but tell others that the afterlife is real.

Carrie:

Totally. That's uh, that's my impression, too.

Ross:

Is that about right?

Carrie:

Yeah. I think that's right. And it turns out that when people do have near-death experiences, they're, in some ways, kind of similar, like there's—

Ross:

Yeah.

Carrie:

... there's the rushing tunnel is like actually a pretty common experience.

Ross:

And that's—and that's one of the arguments for it is that it's consistent—

Carrie:

Yes.

Ross:

... uh, across different accounts.

Carrie:

Right. Although some people will, if they're Christian, they're more likely to say 'I saw Jesus.' If they're Buddhist, they might have seen the Buddha. If they're, uh, Hindu, they might have seen one of the Hindu gods, et cetera.

Ross:

And you were already suggesting there's, uh, different components of the experience.

Carrie:

Mm-hmm.

Ross:

So there's like the tunnel. And then yeah, there's meeting the ethereal being and they don't always happen together. Some people will have like, you know, certain aspects of the NDE experience which we'll get into.

Carrie:

Mm-hmm.

Ross:

Uh, but yeah, you're right for that one with, uh, meeting your, your deity or angel or whatever it may be, obviously it's gonna be, uh, constrained to your religious experience or maybe not obviously.

Carrie:

Yeah, exactly. So like—

Ross:

They might say something.

Carrie:

... Right. So maybe that means that your, so it could mean a couple things, I guess. It could mean that, uh, your brain is like telling you how to interpret this experience and so it overlays your preexisting beliefs.

Ross:

Mm-hmm.

Carrie:

Or it could mean that, uh, whatever deities or powers are out there that they express themselves to you in a way that you'd feel comfortable much like the movie Contact.

Ross:

That makes sense.

Carrie:

Exactly. So Ross, you looked into like the, the long, long, long history—

Ross:

Yeah.

Carrie:

... of NDEs.

Ross:

Near-death experience goes back a long ways or at least stories of people experiencing, uh, the afterlife. So back in Platos, The Republic, there is a Greek soldier named Er, E-R.

Carrie:

[laughs]

Ross:

What?

Carrie:

Er.

Ross:

Er.

Carrie:

I don't know. It just sounds like every time—

Ross:

His name is Er.

Carrie:

... you were talking to him, yeah, you would—

Ross:

[laughs]

Carrie:

... you would just sound like you made a mistake.

Ross:

So Er, he was left for dead on a funeral pier and he awoke to describe a place where souls are judged and there were passage ways like that would lead to heaven or to torture. And, uh, and then in the Tibetan Buddhist literature, they had the Délok. I'm sure I'm saying that incorrectly.

Carrie:

Mm-hmm.

Ross:

Um, but it essentially meant returned from the dead. And these were writings that also described kind of, uh, how to proceed into the afterlife. We all know about the Egyptian book of the dead, which also told similar stories just about people being able to communicate back stories from.

Carrie:

Mm-hmm.

Ross:

And I think that's why this whole category is interesting because we all wanna know what happens after we die.

Carrie:

Oh yeah.

Ross:

But typically, you know, you don't get to hear about it because those people died.

Carrie:

Died, right.

Ross:

They don't come back. So either you've got two hopes then, either they'll come back the last moment and tell you about this experience—

Carrie:

Mm-hmm.

Ross:

... or they'll come back as ghosts and tell you things.

Carrie:

Ah, right.

Ross:

Um, so I, I think that's what fueled a lot of these historical stories. Uh, there was also, uh, many North American, Native American stories. Um, there was one I read about a Chippewa chief who was like, killed in battle and then his warriors were going back. He's like, "Wait, guys, don't leave me here."

Carrie:

Uh-huh.

Ross:

He like follows them back and he's trying to like shout at his wife and stuff and why can't anyone hear me. And then eventually he goes back to his body and takes him like four days, but then he's able to come back to life and then walks back to his—

Carrie:

Oh, geez.

Ross:

... uh, camp. Yeah, right.

Carrie:

And then they're all excited.

Ross:

Talk about a journey.

Carrie:

Yeah.

Ross:

Uh, and then, uh, there was also a story about like a Lithuanian man who had an out of body experience. He was, you know, pulled out of his body and he saw like them take his body and like got as far as the funeral. And

then he went to like, I guess I think it was, kiss himself on the forehead or something and then boom—

Carrie:

Uh-huh.

Ross:

... he was back and he got up and went home with them.

Carrie:

Oh, whoa. Okay.

Ross:

Yeah.

Carrie:

Um, and when, when was that?

Ross:

I wanna say it was more recent like kind of turn of the previous century.

Carrie:

Okay.

Ross:

I think—

Carrie:

So a little harder to verify, but—

Ross:

Yeah. Yeah, totally. And—

Carrie:

I did hear—I read this one account. This was just a couple years ago, but, uh, and I don't know if it's true, but it made the news that this woman, uh, was in her casket at her funeral because she'd been declared brain dead. She came to, saw like everyone kneeling over her coffin had a heart attack and died in her own coffin.

Ross:

Oh no.

Carrie:

I know. [laughs]

Ross:

Like that scared her so bad...

Carrie:

Yeah. That she actually died.

Ross:

Oh man.

Carrie:

'Cause obviously she was very weak to begin with.

Ross:

Oh, that is the worst. That's like everybody's worst fear, and then just like, compounded.

Carrie:

Yeah. It's everybody's worst fear, uh, plus their worst fear.

Ross:

Yeah. [laughs]

Carrie:

[laughs]

Ross:

Yeah. Oh.

Carrie:

Oh man.

Ross:

Poor dear.

Carrie:

I know.

Ross:

It's horrible.

Carrie:

I don't even wanna look up to see if that's true. Let's just assume it is.

Ross:

Sure. I'm gonna accept it on faith. Uh, medieval Europe of course had many stories of the afterlife and I think Christianity definitely played into these stories. Both of—and this is interesting too. I don't know if this came up in your research, but usually we hear about really positive NDEs, you know?

Carrie:

Yes. Yeah.

Ross:

The light and the affirmation, but in the, uh, medieval times you also had like these horrible—

Carrie:

Yeah.

Ross:

... instances of torture and judgment and being pulled down by demons.

Carrie:

Yes.

Ross:

And apparently that does happen.

Carrie:

It does.

Ross:

But just a very small percentage of the time.

Carrie:

Yeah. Um, that's, that's definitely what seems to be happening now in the modern research. And we'll get into that more. But one thing that seemed to be a through line in my research was that when there were reported cases of hell sightings—

Ross:

Mm-hmm.

Carrie:

... they were only documented by Christian researchers who then concluded—

Ross:

Yes.

Carrie:

... um, you know, this is sort of a sign that everybody needs to, um—

Ross:

Yeah, there were like—

Carrie:

... adopt a religion.

Ross:

... there were like two researchers who actually had those findings. None others did.

Carrie:

Mm-hmm.

Ross:

And they were actually using it as like a ministry tool—

Carrie:

Right.

Ross:

... within the research, which was a little dodgy.

Carrie:

Yeah. It's... I mean maybe, or maybe once you see that you become a Christian, I don't know.

Ross:

Sure. I remember—I used to be a born again, Evangelical Christian. I remember hearing those stories—

Carrie:

Mm-hmm.

Ross:

... you know, like the horror of smelling the sulfur and the demons dragging—

Carrie:

Mm-hmm.

Ross:

... you down. Just this horrific imagery.

Carrie:

Oh yeah.

Ross:

And that being used as kind of like a, you know, a frightener to say this stuff is real.

Carrie:

Yeah. No, that—that would work on me. I mean, even if you were just like, don't go to that Starbucks, it's on fire and people are being hit with whips. I would just be like, I'm not going there.

Ross:

Right. Totally.

Carrie:

Yeah.

Ross:

[laughs] That would be a bad Starbucks.

Carrie:

[laughs] Right.

Ross:

Might wanna write the better business bureau or at least leave a bad Yelp review or something.

Carrie:

[laughs] Definitely.

Ross:

I hear people are being flagellated—

Carrie:

Right.

Ross:

... at the Starbucks.

Carrie:

And burned alive. I haven't actually gone, but rumor has it.

Ross:

But if the preponderance of NDE research is any indication, it sounds like most of the experiences are very positive.

Carrie:

Yes.

Ross:

So theologically it points to a very loving, accepting, and forgiving God.

Carrie:

Mm-hmm. Yep. Uh—

Ross:

So you wanna take us into the, the current realm?

Carrie:

Sure. Yeah. So the modern research really started with this guy named Raymond Moody.

Ross:

Oh, yes.

Carrie:

There's gonna be so many weird names involved here. We've got Er, we've got Moody. Later, we're going to hit [inaudible].

Ross:

Oh yeah.

Carrie:

Raymond Moody, uh, was this guy who collected a bunch of anecdotes from people who had had near-death experiences. And he coalesced them into this book called Life After Life.

Ross:

Big bestseller, right?

Carrie:

Big bestseller. I actually read it in college.

Ross:

Oh.

Carrie:

Not for a class. I just happened to be in college. So Raymond Moody, uh, started like telling people that, about these experiences and every time he would go and give a talk, he said someone would come up out of the audience and be like, that's happened to me. And so he kept collecting more and more stories.

Ross:

Oh wow.

Carrie:

But, and here's where he kind of shot himself in the foot. Oh, sorry.

Ross:

Oh, he was a doctor, right. I think he was collecting stories out of his practice, but that's interesting that he kind of branched out and just started collecting them from the public.

Carrie:

Right. And then he kind of shot himself in the foot by keeping everyone's stories anonymous. So some people wanted to be anonymous and then he just thought, oh, let's just anonymize all of them.

Ross:

Oh.

Carrie:

Well, now we're just taking Raymond Moody's word for it.

Ross:

Totally.

Carrie:

No one can follow up on it. No one can say, okay, well—

Ross:

Check details.

Carrie:

Right. Exactly. 'Cause what you really want, like the, the holy grail of uh, near-death experience research would be someone who had an experience where they saw something that they couldn't have seen through their body that then is verified. So like, let's say—

Ross:

Yes.

Carrie:

... I'm dead for a second. And then, and you're in my hospital room while I'm dead. And you weep and you say, "Oh, it's so sad 'cause I never got to tell Carrie that her mother is a nun." I don't know.

Ross:

Yeah.

Carrie:

So something that like I wouldn't even know.

Ross:

Sure.

Carrie:

And then I come to, and I say, uh, you know what? I remember standing in the room, seeing my body. I remember Ross crying and tripping on a banana. And then he said my mom was a nun. It was crazy.

Ross:

He had a red shirt on.

Carrie:

He had a red shirt on. And then you say, yeah, all that stuff happened.

Ross:

That is veridical.

Carrie:

Veridical, yeah. That's what—

Ross:

That's what they refer to it as in the research.

Carrie:

Right.

Ross:

Meaning true.

Carrie:

Yeah. Right.

Ross:

[laughs]

Carrie:

Ver—verifiable. Yeah. Verified.

Ross:

By the way, I meant, I meant to note for those of you wondering like why I didn't react like, oh Carrie, why did you read Life After Life? That's because this is Carrie.

Carrie:

Oh, right. [laughs]

Ross:

And of course she would read something like that so just—

Carrie:

Yes.

Ross:

... so you know, normally with anybody else you'd be like, well, why would you read that book?

Carrie:

Uh-huh.

Ross:

Carrie will read.

Carrie:

Oh, of course. And so would you.

Ross:

Any crazy... Yeah, totally.

Carrie:

Yeah. Um, yeah. For people who aren't aware of our show, like this is a lot of the stuff we're into, we love like paranormal claims and looking at the stuff from—

Ross:

We are strange people.

Carrie:

[laughs] We're weirdos and we like looking at this stuff from a scientific viewpoint.

Ross:

Hello.

Carrie:

Uh, however, we are still not Sydnee and don't listen to us. Anyway, so Moody interviewed over a thousand anonymous people and they mostly had

similar experiences. So, um, moody concluded that there's definitely an afterlife.

Ross:

Oh, okay.

Carrie:

Yeah.

Ross:

He became way convinced.

Carrie:

Yeah, completely. So there's another guy named Bruce Greyson—

Ross:

Yes.

Carrie:

... who's a big researcher. He's mentioned in Mary Roach's *Spook*, which is one of our favorite books.

Ross:

And this is all recent too. They're all still alive.

Carrie:

Yes. In fact, I'm going to get to an email that Bruce Greyson sent me this morning.

Ross:

What?

Carrie:

Yeah. So Bruce Greyson is this big researcher who's studied near-death experiences by doing something pretty genius I think. Do you know about his big study?

Ross:

Yeah, where he kind of isolated those different components of the NDE and then created a rating scale by which he could kind of measure how strong of an NDE experience it was and how deep it was.

Carrie:

Uh, that is right. But also, uh, what I think is really genius is that he would study specifically cardiac patients because cardiac patients who are kind of in, in very extreme, um, life or death states often have to be put into clinical death in order to treat their hearts.

Ross:

Mm-hmm.

Carrie:

So, um, especially if they're putting sort of a, a device that kick starts your heart in there, they have to stop your heart to do it.

Ross:

Yeah.

Carrie:

So he went to these places where there were cardiac patients and up above on the ceiling in these operating rooms he put, um, uh, a laptop or an iPad that shown up toward the ceiling and projected an image. So, uh, and there were 12 different images. So one was like a blue rabbit, and then another was a red house, things that would be pretty memorable.

They were very vivid, brilliant colors. So the thought was if you do actually leave your body and float up above and go toward the ceiling, you could see this image and you could report back. Oh yeah, there was a random, glowing red picture of a house 'cause that would be a pretty memorable, random detail.

Ross:

That's such a smart, obvious thing to do. You know, if people say they are floating up, you know, the brain can generate amazing simulations of the world. And we do that in our dreams all the time—

Carrie:

Right.

Ross:

... kind of the opposite view of this whole situation is that our bodies are sitting there in the situation and maybe some of our senses are still working.

Carrie:

Mm-hmm.

Ross:

Apparently hearing is one of the last ones to go.

Carrie:

Right.

Ross:

So maybe just from that information alone or maybe the sense of touch, we can put together a lot about the scene and then kind of tell it back later.

Carrie:

Right.

Ross:

And then you have a situation where, you know, people can really accentuate the hits and be like, well that's right—

Carrie:

Uh-huh.

Ross:

... or, you know, we can slightly change our story based on the retelling and the response from others.

Carrie:

Or think you remember it that way, you know, if I'm in your room and you come back and you say, "Carrie, weren't you wearing a blue shirt?" And I'm like, "Was that either blue or purple? No. Yeah. I think it was blue."

Ross:

Yeah, definitely. Yeah, exactly. And so yeah, having that kind of objective thing can help show if it's veridical.

Carrie:

Exactly. But I wanna tell you some, an update on Bruce Greyson.

Ross:

Okay.

Carrie:

Okay. So when *Spook* was written which was 10 years ago, now it was 2005, Greyson was right in the middle of his research and Mary Roach actually finishes her chapter on near-death experiences by saying if Greyson ever finds someone who can say what was on that, what that picture was, I'll be a believer.

Ross:

Oh, okay.

Carrie:

So I went to see like, okay, I mean 10 years ago you'd think like he has some conclusions now. So I went and I was searching all through his website and whatnot and I couldn't find anything.

Ross:

Hmm.

Carrie:

So I emailed him.

Ross:

You'd think this would be a big deal if someone had.

Carrie:

Right. So I emailed him and I said, you know, I was rereading *Spook* this afternoon. You know, you're prominently featured in it. I was wondering what became of that study. Did anyone ever correctly identify the picture being projected up the ceiling?

Ross:

Yeah.

Carrie:

So he just wrote back to me 28 minutes to go, Ross.

Ross:

What?

Carrie:

And here's what he said.

"Dear Carrie,

No one in that study had any recollection at all of anything that happened during the procedure. So we did not have any near-death experiences to study thus the study did not provide any evidence bearing on the question of whether or not people can see from an out of body perspective during NDEs.

It's disappointing, but in retrospect, the study may not have been as perfect a setup as I had anticipated for studying NDEs. The period in which people were without heartbeat was generally just a few seconds. And they were all pre-medicated with sedative drugs that interfere with memory in order to prevent any of them from having traumatic memories of having their heart stopped and undergoing electric shock to restart their hearts."

Ross:

Ah.

Carrie:

So the bottom line is that we have lots of anecdotal evidence of people having accurate out of body perceptions during NDEs, but still no experimental evidence.

Ross:

Oh, that's very clear headed and honest.

Carrie:

Yeah, for sure.

Ross:

It's definitely one of those claims that, uh, could be confirmed, but never disconfirmed.

Carrie:

Yes. As, as pretty much anecdotes are. So this is kind of the problem with anecdotes, right.

Ross:

Yeah.

Carrie:

I mean, you wanna trust the person telling you the story, but without being able to check up on it, what can you really do with it?

Ross:

And the disconfirmation, I guess, could come in the form of people, remembering things incorrectly.

Carrie:

Sure.

Ross:

But again, those stories seem to just be kind of brushed aside like, oh, well, you know.

Carrie:

Yeah. I mean, and I don't know that I'd even make note of that in my mind. You know, if, if you said, "Oh, I think I remember you wearing a blue shirt." And I was like, "No, I was wearing a pink shirt." I wouldn't even think like, oh, that's disconfirmation, you know.

Ross:

Right.

Carrie:

Like I would just think, yeah, no, you were asleep.

Ross:

Yeah.

Carrie:

[laughs]

Ross:

Yeah, exactly.

Carrie:

Of course, you don't remember.

Ross:

Yeah. So it's only the stories where like, oh, oh my goodness, you got the right color—

Carrie:

Right. That you remember.

Ross:

... pop up, pay attention. Uh, I remember hearing the story that apparently is like very famous about someone. I think it was also cardiac, but she had floated out of her body and she had seen like on the ledge of the hospital itself, a tennis shoe.

Carrie:

Yes.

Ross:

And then supposedly people found it later, but all kinds of problems arose with the story that there was never like a patient by that name. Maria was her name, like, you know, at that time in the hospital, and they couldn't verify any of the details essentially.

Carrie:

Yeah. And actually this is really funny. There are three supposedly verified examples of people traveling and seeing something and all three are shoes.

Ross:

Huh.

Carrie:

Um [laughs]—

Ross:

Okay.

Carrie:

... or at least by this one—

Ross:

This is a very useful power.

Carrie:

... Right. Okay. So there's that one where the shoe is like a tennis shoe on the ledge in the hospital but the woman who went to grab the shoe and said,

"Yeah, it's there," and didn't take anyone with her, and didn't like take a picture of the shoe. So great.

Ross:

Huh.

Carrie:

Not very useful. Another maybe you've heard this one too, was a red shoe that was actually on the roof of the hospital.

Ross:

Oh. I went searching for red shoe 'cause I kinda remembered that and then I found the tennis shoe store that seemed to be the most popular.

Carrie:

Oh, okay.

Ross:

I was like, oh I must have misremembered the red thing.

Carrie:

No.

Ross:

Look at me. Look at me being veridical.

Carrie:

Red shoe on the roof. [laughs] So again like no one really like wrote down the details of like, okay, then, who went and verified the shoe? Was it in view when you drive up to the hospital? Like, no one really checked up on those.

Ross:

Gotcha.

Carrie:

And then the other one is a woman who said to her nurse, "Oh, you're the woman with plaid shoelaces." And she wasn't wearing plaid shoelaces that day. She had only worn them on a day when the woman was brain dead.

Ross:

What?

Carrie:

Yes.

Ross:

What?

Carrie:

Yes.

Ross:

What?

Carrie:

So here's the thing, Ross, if you die, you are gonna know so much about shoes.

Ross:

Yeah, that's right. Your shoe vision opens up to unimagined capability.
[laughs]

Carrie:

Maybe heaven is just like a beautiful shoe repair shop.

Ross:

God's really into shoes. He's got a shoe fetish.

Carrie:

Yeah. Maybe when people return to their bodies, they're just misunderstanding God because he's like, shoo, shoo...

Ross:

[laughs]

Carrie:

[laughs]

Ross:

Get away from heaven. Shoo, shoo.

Carrie:

And then, and then they start going back and then he's like, "No, no, I was saying you can do shoes."

Ross:

Come back.

Carrie:

Probably what happens.

Ross:

I think we really cracked the story on this one.

Carrie:

[laughs] So Greyson's hypothesis is that clinical death basically allows us to change the channel on our brains. So just like a TV, we, uh, we're only tuned into certain things 'cause our brain can only focus on so much.

Ross:

Yeah.

Carrie:

While we're alive, our brain is focusing on all the sensory inputs, all the emotional inputs, everything going on in the body, but just like a TV there's all these other channels out there that you're just not listening to. So when you are clinically dead—

Ross:

Yeah.

Carrie:

... your mind can focus on all these other things that are coming in from the spiritual realm.

Ross:

And it seems like these studies were very closely tied to looks at out of body experiences, very similar phenomenon.

Carrie:

Yes. Mm-hmm.

Ross:

But of course the OBEs can happen without the near-death situation.

Carrie:

Right.

Ross:

And, other corollaries arise like drug use, you can take certain drugs.

Carrie:

Ketamine.

Ross:

Hashish, ether, other anesthetics, hallucinogens like LSD and even DMT.

Carrie:

Sure. Mm-hmm.

Ross:

Uh, that you can have these kind of mystical experiences and all these different pieces of the NDE experience.

Carrie:

Totally.

Ross:

So that, that says something. Also, also like under the, um, the duress of like heightened gravity, like for uh, pilots like—

Carrie:

Oh, okay.

Ross:

Uh, pilots, like who gets subjected to like six Gs or plus.

Carrie:

Oh, right, right.

Ross:

You know, they'll black out momentarily and they'll—

Carrie:

Yikes.

Ross:

... they'll often come back with those stories as well.

Carrie:

Oh wow. Oh, I didn't know that. That's interesting.

Ross:

Yeah.

Carrie:

Um, yeah, with ketamine, apparently the experience, if you take a lot of ketamine which we are not recommending... not recommending...

Ross:

[laughs]

Carrie:

... um, apparently the experience is very much like an NDE and there was one doctor who was like, this is a way to like study the, um, our connection to the afterlife. And then he, uh, was found dead in his bathtub next to a bottle of ketamine. So listen, guys, don't do it.

Ross:

This whole field is really tough to study—

Carrie:

Yeah.

Ross:

... because obviously you can't like get a grant to nearly kill a bunch of people—

Carrie:

Right.

Ross:

... and see what happens to them.

Carrie:

[laughs]

Ross:

And, and a lot of these studies seem to focus around cardiac arrest patients.

Carrie:

Mm-hmm.

Ross:

'Cause that's like one of the easiest situations where you actually have data about their, um, you know, their, their blood composition, the amount of oxygen, that's a huge issue.

Carrie:

Mm-hmm.

Ross:

And a lot of research into this is focused on the presence and lack of oxygen as being a, an important factor here.

Carrie:

Right.

Ross:

And also the, the presence of too much carbon dioxide as another factor.

Carrie:

Mm-hmm.

Ross:

But, but even when you do get, let's say like 300 something people that have undergone cardiac arrest, it will only be a small subset—

Carrie:

Yes.

Ross:

... that actually experience NDEs or can report on them later.

Carrie:

Right.

Ross:

And it's usually like 12 to eight—

Carrie:

It's about 12%.

Ross:

... Yeah.

Carrie:

Yeah.

Ross:

Somewhere in that range.

Carrie:

Yeah. Yeah.

Ross:

And so even then you have to wonder, well, what is the role of memory? Have they forgotten? Did they experience it at the time? Or was it as they came back that they actually had the experience. And there's just so many fudgy details here that really make it hard to nail down what's going on.

Carrie:

Yeah, for sure. And uh, you know, a lot of the times they're looking at the brain signals, whether there's brain activity.

Ross:

Mm-hmm.

Carrie:

But uh, sometimes there's brain activity that we can't see yet.

Ross:

Right. Yeah. The, the, uh, the machines that we use to monitor that, uh, I read were kind of compared as like a one megapixel camera versus like a, you know, eight megapixel camera.

Carrie:

Right.

Ross:

Uh, there's could be a lot still going on that we don't know about.

Carrie:

Right. And it's about how much we need for doctors to do their jobs, right. If your, if your brain is at this low, a level of activity, you are definitely in danger, so they need to start resuscitating you.

Ross:

Right. And in our way of monitoring brain activity is always by proxy anyway. All we can see is oxygen supply, um, or blood flow. We can't see, you know, actual, uh, neurons firing.

Carrie:

Right.

Ross:

We don't have the equipment to do that.

Carrie:

Right. So when we call someone clinically dead, there might still be some action going on in that brain. So, you know, when people come back and say they've had these experiences, one of the responses is like, that's impossible, like they were dead. Well, dead doesn't necessarily mean what we think it does in this setting.

Ross:

Right. Yeah. And just like in, uh, *The Princess Bride*, Miracle Max says, you know, "Oh, he's not, he's not dead. He's just nearly dead."

Carrie:

Mm-hmm.

Ross:

[laughs] It's the same kind of thing. Like, well, all of these people who are telling these stories, they didn't actually die 'cause—

Carrie:

Right.

Ross:

... here they are.

Carrie:

Yeah. Well, yeah. Well, unless you believe they came back 'cause of the shoo shoo.

Ross:

Oh sure. We've kind of alluded to this, but there's two major hypotheses. One is the afterlife hypothesis, which is—

Carrie:

Mm-hmm.

Ross:

... I think what most people take as a lesson from near-death experiences.

Carrie:

Mm-hmm.

Ross:

And then there's the dying brain hypothesis which is—

Carrie:

Mm-hmm.

Ross:

... uh, kind of the idea that this is symptomatic of what happens to the brain as it's going through that death process.

Carrie:

Right.

Ross:

When it has less oxygen, when it has a surge of neurotransmitters that it will experience these various phenomenon.

Carrie:

Mm-hmm. Along, uh, the lines of what you were saying of a lot of these experiences being similar. There's a researcher named Michael Sabom who catalogs descriptions of the afterlife that near-death experiencers have had. And the last time he published, literally half of them 50% were nothing but sky and the other—

Ross:

Oh.

Carrie:

... entire 50% were idyllic fields sometimes with a gate.

Ross:

Interesting.

Carrie:

No people.

Ross:

Huh.

Carrie:

No clouds, well clouds maybe, but no, uh, uh, angels on harps and whatnot.

Ross:

Yeah. That consistency piece breaks down a little bit because it seems people have these kind of outlier stories that don't fit within that typical narrative.

Carrie:

Mm-hmm.

Ross:

Well, another researcher is Kenneth Ring and he spoke to many people in one study of a hundred two stories, he cataloged kind of the core experience and how prevalent it was. So the feelings of peace—

Carrie:

Mm-hmm.

Ross:

... occurred in 60% of the stories.

Carrie:

Okay.

Ross:

So just the—

Carrie:

Wow.

Ross:

... majority, uh, the actual out of body come opponent was only in 37%.

Carrie:

Oh wow.

Ross:

The stories... yeah.

Carrie:

Okay.

Ross:

Uh—

Carrie:

So they still probably didn't feel they weren't in their bodies, but they're not like having that experience where they're looking at their bodies.

Ross:

Exactly.

Carrie:

Okay.

Ross:

Right.

Carrie:

Got it.

Ross:

Entering the darkness, uh, that was 23%. So that's very common to be going through a tunnel.

Carrie:

Yes. Sorry. What percent was that?

Ross:

23%.

Carrie:

Oh, okay.

Ross:

And then seeing the light, I guess is a separate phenomenon is not always there with 16% of the respondents.

Carrie:

Oh my God, I would hate to go through the tunnel and not see the light.

Ross:

Yeah, right? [laughs]

Carrie:

[laughs]

Ross:

Just in this tunnel.

Carrie:

It's just like a, like Alice in the rabbit hole.

Ross:

Never ending tunnel.

Carrie:

Yeah. Clock floats by you.

Ross:

But this whole thing is where we get like the, you know, walk toward the light—

Carrie:

Yes.

Ross:

... phrase—

Carrie:

Totally.

Ross:

... that we all, you know, yell at each other.

Carrie:

Yeah. One has to wonder if it's possible that a lot of our views of heaven just come from people having these experiences so long ago that they started talking about them back when heaven started to be talked about.

Ross:

Totally.

Carrie:

Now, Ross, if you were trying to find like the most excellent, the most excellent near-death experience... [laughs]

Ross:

[laughs] A tubular one?

Carrie:

Yeah. Where it was just amazing that a person could have seen anything at all, who would you want that to be? What would be the holy grail person who would see something they couldn't have possibly seen? Maybe a blind person?

Ross:

Yeah.

Carrie:

Yeah.

Ross:

Yeah.

Carrie:

Okay.

Ross:

Right. That would make sense.

Carrie:

So there are these studies called the mind site studies that are entirely about blind people who had NDEs and say they could see. Supposedly they saw their doctors, they saw the room, they saw the people who had visited them. But again, no one really documented all of the things that... all of the details we would need for an independent party to go back and verify.

Ross:

People pay attention.

Carrie:

Yeah, right.

Ross:

Whip out your cameras. Jesus.

Carrie:

Exactly. But there was one woman, Nancy, she was blind but she reported seeing her lover and her ex-husband watching her be wheeled out on a gurney when she was clinically dead. And they went back and verified that yeah, her lover and her ex-husband, two people who maybe wouldn't normally stand next to each other—

Ross:

Okay.

Carrie:

... were standing next to each other watching, watching her be wheeled on the gurney. They find this very, very compelling. I'm kind of like, I mean, if these two guys are close to you, even if they're not close to each other and you're dying—

Ross:

Yeah.

Carrie:

... yeah, I think they'd both show up.

Ross:

Right. Right. Yeah. This comes down to like psychic reading. It's very similar where like a lot of these things just could be inferred—

Carrie:

Right.

Ross:

... very easily.

Carrie:

Right.

Ross:

Oh, she was on a gurney. That's amazing.

Carrie:

Right. [laughs]

Ross:

How did she know she was on a gurney? Now, if they'd wheeled her around like on a stuffed crocodile—

Carrie:

Sure. That would—

Ross:

Then I'd be impressed.

Carrie:

... be very impressive.

Ross:

Gurney. Mm.

Carrie:

Yeah. Well I think the more, uh, impressive part was supposed to be that she knew who was looking at her and it was these two people who would normally not be together, her current lover and her ex-husband.

Ross:

Sure. Sure. All right. Yeah.

Carrie:

But I'm not—

Ross:

On the face of it.

Carrie:

... Yeah. It's like a little, but I'm still just like, yeah, you were dying and the two most important people in your life showed up. Yeah.

Ross:

It's one of those situations where, yeah, the second you get to know those people better and the situation—

Carrie:

Right.

Ross:

... all of a sudden it's like, oh, well it makes sense.

Carrie:

Yeah, sure. Yeah.

Ross:

There's a list that Moody had put together. He put a together a number of lists of common, common features of the NDE experience.

Carrie:

Mm-hmm.

Ross:

But they include ineffability, uh, the, just the, the lack of an ability to describe—

Carrie:

Mm-hmm.

Ross:

... uh, what's going on. People would comment on that. Uh, hearing the news, um—

Carrie:

Hearing the news?

Ross:

Yeah. Like, you know—

Carrie:

Like suddenly they're like, there's a backup on the forum. [laughs]

Ross:

Are you aware that the bird is the word? Um, no. I think the idea is that someone would kind of notify them like, oh, you are dead.

Carrie:

Oh, okay. All right.

Ross:

You are going through this now.

Carrie:

I'm Fritz Coleman.

Ross:

[laughs] Uh, uh, feelings of peace and quiet—

Carrie:

Okay.

Ross:

... that was a very common recurring factor.

Carrie:

Sure.

Ross:

And a loud noise.

Carrie:

Yeah. Like a popping.

Ross:

Yeah. Or even like a rushing sound.

Carrie:

Oh, right, right, right.

Ross:

And it's interesting, like many of these different factors are tied to certain modes of death as well.

Carrie:

Uh-huh. Okay.

Ross:

Which is very telling and again—

Carrie:

Uh-huh.

Ross:

... like a really good avenue for research. Um, the dark tunnel as we've discussed, the out of body experiences is another. Uh, meeting others—

Carrie:

Mm-hmm.

Ross:

... we've talked about either, uh, loved ones. And that was interesting. That was cultural. Like in the U.S., you were more likely to see your loved ones, in India you were more likely to see deities.

Carrie:

Okay.

Ross:

Um—

Carrie:

I can see that.

Ross:

The review, like having a review of your life, you know, we've heard about your life flashing before your eyes.

Carrie:

Yeah. Mm-hmm.

Ross:

Very common.

Carrie:

Mm-hmm.

Ross:

Um, let's see, the border or limit. Uh, so like coming to the end of this and like kind of having a decision point, uh, coming back, so that process of returning.

Carrie:

Shoe, shoe.

Ross:

And then, and then telling others, um, and then the resulting, uh, effects on people's lives as well. Um, new, new views on death and corroboration. So those were—

Carrie:

Okay. Yeah.

Ross:

... so that extended even back to once they were back in their, uh, habiliment.

Carrie:

I do remember in the, in *Life After Life*, the Moody book, I do remember there being a lot of cases of that, um, seeing your life flash before your eyes.

Ross:

Yeah.

Carrie:

And, um, and people kept saying you saw all of your life all at once. Like it was, it felt like one second of your entire life. And again, ineffability they would be like, I know that sounds crazy. I can't really describe it, but like all of a sudden, you know everything that happened all at once and then it's gone.

Ross:

It's like someone your dream.

Carrie:

Yeah. Yeah, totally. Oh my God. I—

Ross:

So like, Madonna and I were on the rooftop and then as we were driving around, well, I know we were just on the rooftop, but it makes sense. We were actually in the car.

Carrie:

Right. And then she became my mom. I know that's weird, but like—

Ross:

[laughs]

Carrie:

... or, well, she still looked like Madonna, but I just knew she was my mom.
[laughs]

Ross:

This is a good story.

Carrie:

Right. [laughs]

Ross:

Keep going. [laughs]

Carrie:

I always find myself like trying to convince people of stuff when I'm telling them my dreams.

Ross:

[laughs]

Carrie:

Like, like, okay, I was picking a flower, but it was super creepy. I know that doesn't sound creepy, but trust me [laughs]—

Ross:

[laughs]

Carrie:

... like it was—

Ross:

Go with me on this.

Carrie:

... creepy.

Ross:

It's a creepy flower. Another, uh, study I was looking at was, um, they had been talking to people who had like fallen off of cliffs, like off of really—

Carrie:

Oh, okay.

Ross:

... high Heights. And I was just an me that any of them were alive, but they, there were enough that they could talk to, uh, some of them. And yeah, the life flashing before the eyes was very common. And also that, again, that sense of peace, which is interesting—

Carrie:

Uh-huh.

Ross:

... it seems like when people get in these situations where they're about to die, it seems like the body does kick up those neurotransmitters and gives you like this just sense of peace. Maybe it's just to help you maybe focus.

Carrie:

Yeah, or accept. I don't know.

Ross:

Yeah.

Carrie:

Have you ever thought you were about to die?

Ross:

I almost drowned in a pool—

Carrie:

Okay.

Ross:

... when I was three or four.

Carrie:

Great. Psychics would do a great job on you saying there was an accident in water.

Ross:

Right. Totally.

Carrie:

Uh-huh.

Ross:

Yeah. How cliché. And, um, I remember that's like one of my first visual memories that I can kind of go back to is like, I fell through like one of those Cheerio floats.

Carrie:

Oh yeah.

Ross:

The donut whole things. And I remember just kinda like looking around and being like, I don't know what to do. I have no control over this. My sister saved me and I was told that I was resuscitated.

Carrie:

Oh, okay.

Ross:

Yeah. I'm not, obviously I don't have any memory of that again. I was three or four.

Carrie:

Okay.

Ross:

Um—

Carrie:

So you don't remember if you had any transcendent experience?

Ross:

Don't have any recollections of a near-death.

Carrie:

Okay. I thought I was gonna die twice.

Ross:

Okay.

Carrie:

And I definitely got senses of peace in both times—

Ross:

Really?

Carrie:

... at moments when you'd think would just be filled with panic.

Ross:

Yeah. Yeah.

Carrie:

One was on a plane and I'm not even afraid of flights at all, but like, for some reason there was just a particular jostle that just my immediate reaction was like, oh, the plane's crashing.

Ross:

Hmm.

Carrie:

And, and I just remember being overwhelmed with like, okay, well that's okay. I did a good job.

Ross:

Huh.

Carrie:

Like, it's okay.

Ross:

Well for every one of you, there's like 90—

Carrie:

Oh.

Ross:

... people, like screaming—

Carrie:

Sure.

Ross:

... and running around the plane.

Carrie:

Sure. And maybe if it had lasted more than three seconds, I would've been like, oh, maybe I should try to stay alive.

Ross:

But there was no instant review of Carrie's life?

Carrie:

No, no. But if that happens from actual death, it's not like my brain was dying.

Ross:

Right.

Carrie:

The other time I hit a semi head on because I lost control of my car, yeah, oh my God. It was terrible.

Ross:

What?

Carrie:

Yeah. I actually think Poppy pulled, uh, my, my purse, uh, strap was around the emergency brake and I was going on the freeway and I think she stepped on the purse and it pulled the emergency brake up. So I lost control of my car. I spun around and I—

Ross:

Oh my goodness.

Carrie:

... yep, and I hit a semi head on. And when you are about to hit a semi, you know, you're just like, okay, I'm this is it, right. Um—

Ross:

Yeah.

Carrie:

... and so as I was about to hit it, all I remember is like this peaceful feeling and then thinking, oh, crap, everybody I know just has a dead friend now.

Ross:

Oh, that was your—

Carrie:

That was just, yeah—

Ross:

... last thought.

Carrie:

... that was it. It was just like this sort of like, ah, man and then just like, oh well [laughs] But then I hit it and they had stopped in enough time and I had like, you know, gotten enough breakage and enough time that we just kind of went bing. And then I took, went off the freeway.

Ross:

That's horrible.

Carrie:

Yeah.

Ross:

When did this happen?

Carrie:

That was 2008.

Ross:

Oh my goodness.

Carrie:

Yeah.

Ross:

I think we just met around then.

Carrie:

Maybe.

Ross:

Okay.

Carrie:

Yeah. Maybe.

Ross:

Oh my goodness.

Carrie:

Yeah.

Ross:

Or yeah, maybe it was a little after then.

Carrie:

Yeah.

Ross:

Yeah. Okay. Um, like how do I not know this? Uh, my thought is always like if I'm thinking like, uh, about a situation where I would die, it's always like, oh no, how's my wife gonna figure out all my passwords?

Carrie:

[laughs] That's great.

Ross:

It's always like, she's not gonna be able to access anything. She's gonna be shut out. She won't be able to find anything or get like money.

Carrie:

[laughs] Maybe you should give her all your passwords.

Ross:

Yeah. I've been creating a master list, um—

Carrie:

Oh, good.

Ross:

... for her.

Carrie:

[laughs] That's hilarious.

Ross:

[laughs] That's, that's like my first thought.

Carrie:

You were mentioning that very few people like see hell or see anything negative.

Ross:

Right.

Carrie:

Um, one of the things that Greyson said is that he had people that he would think of as horrible people. Like one was a mobster murderer, um, who saw paradise.

Ross:

Oh.

Carrie:

So he was like, I haven't had anybody who like you'd think was going to hell report anything of hell. So that's interesting.

Ross:

Huh. Yeah. So yeah, if you're gonna accept these theologically as, um, bolsters—

Carrie:

Mm-hmm.

Ross:

... of, uh, of belief in, in life after death, then it might shake up your views—

Carrie:

Yeah.

Ross:

... of the afterlife. But again, you know, that's always God's judgments, not ours.

Carrie:

Sure, sure. But, uh, yeah, the... I think some people might come to a universal salvation conclusion from that.

Ross:

Totally.

Carrie:

Ross, I have so much more to tell you.

Ross:

Yeah.

Carrie:

But before we get there, would you follow me to the billing department?

[theme music plays]

[ad break]

Carrie:

Okay. So, I also wanted to tell you Ross—

Ross:

Yes

Carrie:

Do you know who Dinesh D'Souza is?

Ross:

Oh yes, I do.

Carrie:

[laughs] Do you wanna tell us who he is? Give us a brief intro.

Ross:

He is kind of a, a, I don't know, Christian evangelical, um, I don't know, debater or gadfly. He writes deceptive books and says deceptive things.

Carrie:

[laughs]

Ross:

And uh—

Carrie:

Yeah.

Ross:

Yeah I don't—

Carrie:

I mean, and you're not—

Ross:

... like him.

Carrie:

... you're not, uh, doing that voice because he's an evangelical or anything?

Ross:

Oh no, no. No.

Carrie:

But because he's just sort of a blow heart.

Ross:

You, you can be a very honest, wonderful evangelical, but he's... a blow heart is the right word. He, didn't he make like a documentary about Obama like supporting—

Carrie:

Oh gosh, I don't wanna even know. I don't follow Dinesh very closely 'cause he's so annoying.

Ross:

... supporting like all these, uh, absurd arguments about him is frustrating.

Carrie:

Right.

Ross:

You like, you hear him in a debate and just know he's being dishonest.

Carrie:

Uh-huh.

Ross:

Like he knows he's lying.

Carrie:

Uh-huh.

Ross:

I don't like that.

Carrie:

And he also, he broke the law at some point, like a campaign financing thing, I think.

Ross:

Oh, that sounds familiar.

Carrie:

I think. Yeah. Um, well anyway, he, um, he reviewed all this evidence and he has a book called *Life After Death: The Evidence*. And, uh, it's forwarded by what Rick Warren, um, and he uses NDEs to say everyone should convert

Christianity, but unsurprisingly, he uses all the examples of people who have very Judeo-Christian experiences, ah, the few like hell experiences and so on. So it's very easy to sort of cherry pick these stories.

Ross:

There, there are many of them in the popular literature.

Carrie:

Mm-hmm. Go on.

Ross:

Um, for example, *Heaven is for Real*, it was a huge bestseller.

Carrie:

Yep. Remember that? I think that was made into a movie.

Ross:

Yeah. Yeah. It was a recent movie I think did actually quite well—

Carrie:

Uh-huh.

Ross:

... which is unusual for those, you know, kind of Cameron type Christian films. This one—

Carrie:

Right.

Ross:

... didn't involve him.

Carrie:

But that one is, was written by a little boy who had that experience, right?

Ross:

A little boy's astounding story of his trip to heaven and back. Yeah. But then, uh, there was another one written recently, the boy who—

Carrie:

By Alex Malarkey.

Ross:

... Yeah. *The Boy Who Came Back from Heaven* and uh, yeah, a little Alex Malarkey had told his story with the help of his dad. And then, uh, years later, he, there was 2010. And then I think it was this year, 2015, he kind of came out with a public statement saying, "Hey, you know what? I actually made all that up. It's not true. Don't—"

Carrie:

Yeah. I was, I was 10 or whatever. Yeah.

Ross:

"... don't ask me about it, but you know, don't let this, uh, diminish your faith."

Carrie:

Right. Right. And I believe he's a quadriplegic.

Ross:

Oh, is he?

Carrie:

Yeah, I think so.

Ross:

Okay.

Carrie:

Um, anyway, very brave guy to come out and say that.

Ross:

Yeah, totally.

Carrie:

Um, the last thing we should mention I think is the AWARE study which, um, is a very big deal.

Ross:

Yes.

Carrie:

And basically they took Greyson's original study where they're projecting images upward in 20 hospitals in dying patients rooms. And, um, they, so originally when they put out their entire plan for publishing and their, uh, budget and whatnot, they said they were gonna publish in 2010.

Uh, but in 2010 they were like, oh, we don't have enough data. So they finally published in 2014 and they reported that although people did have NDEs, not one person saw the image and recalls it correctly.

Ross:

Wow. How many people had NDEs?

Carrie:

You know, they didn't actually say. They just said, although some people had them—

Ross:

Okay.

Carrie:

... no one saw the images and recalled them correctly, at least from what I read, which may have been the abstract, there may be.

Ross:

So it took extra years of saying, oh, we're not getting what we want.

Carrie:

Mm-hmm.

Ross:

Let's do it longer. Let's do... let's you know, that's fine.

Carrie:

Yeah, that's fine.

Ross:

Um—

Carrie:

But we're talking about 20 hospitals, so—

Ross:

Okay.

Carrie:

... not one person did it. Yeah. Starts to be a little—

Ross:

Says something.

Carrie:

... Yeah.

Ross:

Totally.

Carrie:

A little questionable. But as they say, absence of evidence is not evidence of absence.

Ross:

Sure.

Carrie:

Sure.

Ross:

Bigfoot could be out there.

Carrie:

He could. Or she, or she, Ross.

Ross:

Sorry, Bigfoot. I didn't mean to be gender.

Carrie:

I'm the one who said he... [laughs]

Ross:

Oh, did you?

Carrie:

Yeah. Anyway.

Ross:

Oh, I was gonna, I was gonna call you a bad name, but uh—

Carrie:

[laughs]

Ross:

... Um, let's see.

Carrie:

So that's all I had to say.

Ross:

Oh, okay. So, uh, so we're left with a very difficult field—

Carrie:

Yeah.

Ross:

... to make heads or tails of, because you have, uh, the, the trickiness of the different modes of death, the very, uh, small numbers of people who actually have these experiences, the different, uh, types of experiences within that, that don't always line up. And so there's consistency, but there's also inconsistency.

Carrie:

Mm-hmm.

Ross:

And it's very hard to track and to know exactly what's going on and what to do to the brains activity and what is, you know, a Cartesian dualist other self, you know, body that is ethereally floating about.

Carrie:

Mm-hmm.

Ross:

And so, uh, the scientific community seems to lean towards the more, uh, materialist, uh, view of this whole situation that is the, the brain produces these things. And that, that, for example, you know, this tunnel vision is your optic nerve being acted upon—

Carrie:

Mm-hmm.

Ross:

... by the lack of oxygen or other chemical surging. And, and that's what's creating the darkness with the light and the center.

Carrie:

Mm-hmm.

Ross:

The lightness is always, uh, described as being like the brightest thing they've ever seen, but not painful.

Carrie:

Mm-hmm.

Ross:

Which makes sense if—

Carrie:

Mm-hmm.

Ross:

... it's, you know, not an actual light.

Carrie:

Yeah.

Ross:

And other aspects can be explained through functions of the brain in that kind of, uh, panicked survival mode.

Carrie:

Right. And then the spiritual community would say, uh, that's all I'll find and good, but maybe God or the spirits or whatever, give us these experiences. And that's how they give them to us. They use, they use the brain. They use the tools of the materialistic world to communicate higher experiences.

Ross:

And if they're supernatural well then yeah, you can never fully describe them using the tools of science.

Carrie:

Right.

Ross:

So really the only response is just to keep studying and looking for new angles.

Carrie:

Yeah.

Ross:

And, uh, and it's a field that is, uh, contentious, but there's a lot more to be done.

Carrie:

And it's fun. It's a fun field.

Ross:

Totally is.

Carrie:

And I would recommend to everybody to read *Spook* if you haven't yet.

Ross:

Read *Spook*. And I highly recommend, uh, *Dying to Live: Near-death Experiences* by Susan Blackmore.

Carrie:

Excellent. And of course, Alex Malarkey's book that turned out to be a bunch of malarkey.

Ross:

The Boy Who Came Back from Heaven, read it. Why not?

Carrie:

Why not?

Justin:

Thank you to Ross and Carrie for stepping in with this, uh, this week. We will try not to mess up your show, *Oh No, Ross and Carrie!* But uh, Oh No, Justin and Sydnee will be over there on their feed so go check that out, uh, as soon as it's up, which hopefully will be very soon. Thanks.

Ross:

We'd also like to thank The Taxpayers for providing this awesome music.

Carrie:

And, uh, special thanks to Justin and Sydnee McElroy for letting us host their show.

Ross:

And for hosting our show. We're looking forward to hearing that.

Carrie:

Yeah. We finally have a doctor hosting our show. It's gonna be great.

Ross:

Yeah. Some legitimacy.

Carrie:

[laughs] Yeah.

Ross:

Finally.

Carrie:

My name's Carrie Poppy.

Ross:

And my name is Ross Blocher.

Carrie:

And as always, don't drill a hole in your head.

Ross:

Don't drill a hole in your head.

[theme music plays]

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