

# Near Death Experience (NDE): A Gateway for Positive Psychology?

**G. Raghavendra Prasad**

Assistant Professor

Amity School of Engineering and Technology, Amity University Chhattisgarh  
raghav.raghavendra@gmail.com

## Abstract

Need for better understanding of the Positive Psychological aspects happening in the brains of Near Death Experienced people (NDErs) and the repercussion of the phenomenon. An attempt is made to address the psychological transformations and with the help of it a Psychodynamic Psychotherapeutic model may be designed to perform a sterile operation for the society to come over from ruinous diseases like Psychological Stress and for the psychological and mental well being of the society.

**Keywords:** NDE, Cognitive restructuring, Mixed Methods Research, Mental Health.

## 1. Introduction

Psychological Stress is one of the inevitable factors of human life in recent days. Emotional imbalance is root cause of Bipolar Disorder, Depression, Anxiety, Personality Disorder and even Cognition Disorder. As a result of it, people are living lives in isolated, claustrophobic and alienated isles. Such people need empathy and emotional equilibrium to lead life meaningfully with consciousness. Near Death Experience, is mostly being experienced unknowingly by the people or being felt and understood by a handful of thinkers who do not aspire to share it. So NDEs are relatively unexplored and unknown orbs to the mundane world. But the truth is the capability to interpret NDE and to cognize them appropriately can alleviate the emotional imbalance and bring stability. An attempt is made in this paper to explore the novel realm of knowledge of NDE for psychological and mental well being.

| Source                | Disorder                             | Impact on India |
|-----------------------|--------------------------------------|-----------------|
| WHO Report(2016)      | Mental disorders due to stress       | 7.5%            |
| NIMHANS Survey (2016) | Incidence of depression              | 5%              |
| WHO Report(2016)      | Years Lived with Disability (Mental) | 7.1%            |

Table 1: Impact of Mental disorders on India

## 2. Indian Mental Health

As per the statistics WHO's new global health notification estimates that about 5 crore Indians are under the blanket of depression. Furthermore over 3 crore are suffering from anxiety related disorders. According to a report (Depression and Other Common Mental Disorders- Global Health Estimates) it is claimed that over two-thirds of global suicides were in low and middle-income countries like India in 2015. The WHO report says that 322 million individuals are living with misery worldwide and almost 50% of them live in South East Asian and Western Pacific area, reflecting moderately extensive populaces of India and China. The aggregate number of individuals living with melancholy on the planet is 322 million. The aggregate evaluated number of individuals living with sorrow expanded by 18.4% in the vicinity of 2005 and 2015.

As indicated by WHO figures, the aggregate instances of depressive issue in 2015 in India were 5,66,75,969 which was 4.5% of populace in 2015 while add up to

instances of uneasiness issue were 3,84,250,93 which was 3% of the populace around the same time frame. For depressive issue, WHO said add up to Years Lived with Disability (YLD) in India was 1,00,504,11 which was 7.1% of aggregate YLD, for nervousness issue, add up to a long time for YLD was 35,19,527 which was 2.5% of aggregate YLD. Depression is the main source of disability around the world, and is a noteworthy supporter of the general worldwide weight of ailment, WHO said and declared that a bigger number of women are influenced by depression than men and even under the least favorable conditions, gloom, can prompt suicide. Such gauges have attracted regard for the significance of mental issue for general wellbeing. Be that as it may, on the grounds that they push the different commitments of mental and physical issue to disability and mortality, they may have dug in the estrangement of emotional wellness from standard endeavors to enhance wellbeing [1].

### 3. Conscious after Death?

In the year 2014, Southampton University scientists had found evidence that awareness continues for at least several minutes after clinical death which was previously thought impossible. Dr. Sam Parnia forewarned that investigating awareness and the condition of the human personality at the season of death is exceptionally intricate and proceeded with examination is important to additionally comprehend what occurs at the time of death. A near-death experience may possess few or several of the common features [2].

### 4. Consciousness

More than a dozen theories have been put forward to explain the near-death experience and its physical causes, but none of them singly or together fits all cases. Is it about complex science or a collective subconscious rising upon the occasion? So many researches yet very little information about this phenomenon have been recorded yet. Researchers have warned that exploring consciousness and the state of the human mind at the time of death is very complex and continued investigation is necessary to further understand what happens at the time of death.

### 5. NDE in Medical Aspects

**NDEs** have been described by some medical professionals in medical journals as brain anomalies such as

| S.No | Medical Professionals                      | New Quantum Physics                            | Clinical  |
|------|--|--|---|
| 1.   | Neurotransmitters flooding the dying brain | Quantum superposition                          | Cardiac arrest in myocardial infarction (clinical death)            |
| 2.   | Hallucinations                             | Non-locality                                   | Shock in postpartum loss of blood or in perioperative complications |
| 3.   | Cortical disinhibition                     | A holographic universal interconnectedness     | Septic or anaphylactic shock  |
| 4.   | Anoxia                                     | The zero-point field                           | Electrocution; coma resulting from traumatic brain damage           |
| 5.   | Right temporal lobe stimulation            | The many-worlds and Many-minds interpretations | Intracerebral hemorrhage or cerebral infarction                     |
| 6.   | Endorphins                                 | The concept of subjectivity                    | Apnea   |
| 7.   | REM state intrusion                        |  | Asphyxia  |
| 8.   | Memory of birth                            |  |   |

Table 2 : NDE in terms of Medical Aspect

Be that as it may, NDE specialists in the field of NDE thinks about have precluded all such mind abnormalities just like the reason for NDEs; despite the fact that the cause(s)

of NDEs have nothing to do with the topic of whether they are genuine existence in the wake of death encounters or not [3]. Thus, the Afterlife Hypothesis might be the most straightforward clarification representing NDEs. Improvements in quantum material science have made some cerebrum irregularity hypotheses of the NDE. As opposed to normal conviction, Kenneth Ring contends that endeavored suicides don't lead more regularly to unpalatable NDEs than unintended close passing circumstances [4].

The upsetting parts of some NDEs are talked about more intently guaranteeing that the substance of close demise encounters does not shift by culture, aside from the character of the figures seen amid the encounters (Greyson and Evans Bush, 1992). The American Psychological Association characterizes near-death experiences as significant mental occasions with supernatural and enchanted components, ordinarily striking people near death or in circumstances of extreme physical or emotional danger.

### 6. Necessity for Psychotherapeutic Tool

Patients with mental and neurological disorders are not receiving the care they need through the traditional psychotherapeutic model. Evidence for this is the large treatment gap, defined as the percentage of patients in need of, but with no access to appropriate medical care. The WHO South-East Asia Region is home to almost 25% of the world's population. Subsequently, it is plausible that a noteworthy level of the worldwide weight of mental and neurological issue is borne by the area. To address this colossal weight, there are not very many prepared emotional wellness experts, and the individuals who do exist are intensely gathered in urban zones, and are therefore unable to have a significant effect on the magnitude of the issue. There is lack of methodological measures to associate the relation between the cognitive restructuring, behavioural change and Near Death Experience (NDE)[5]. Most of the studies held with respect to NDE worldwide concentrated in revealing the happening of the event and its pattern of association, but none of them have looked into the potential perspective of understanding and utilizing it for the Healing therapies as a capsule measure. In order to get the best output out this complex phenomenon, it is must; a measure should be put in place which can address quantitative as well as qualitative sides of this unexplored phenomenon. But unfortunately no measures are there to address both the quantitative and qualitative findings and combine them to give one single solution. This study will open new channel in the understanding of the NDE phenomenon in a new dimension altogether. This will also help in Behavioural Therapy and other Regression Methods as a tool.

This method will be the first of its kind ever proposed using Mixed Methods Design Principle. Mixed Methods Design is one of the upcoming hybrid research methodologies which are widely accepted and implemented by research fraternities including Harvard. Considering the concept behind implementation the method proposed is a significantly proved way to carry out the work. The work is focused on establishing a strong causage link of the long-term cognitive resurrection aftermath with respect to NDE which occurs to NDErs after the phenomenon. By the proposed pilot study a new dawn towards development of Psychodynamic Psychotherapeutic models will begin.

### 7. Conclusion

Mental health experts advocate, that there is: "No health without mental health". The proposed strategy will allow many more people to enjoy better health and to live happier and more productive life. The external conditions of life and the dominant values of current society, internalized in the individual, are seen as active determinants of psychological health or disorder. It is the time to explore the unexplored quotient of this phenomenon, which may be the key to cure all the psychological related problems. Life with positive intent makes everyone to overcome even the most difficult situations effortlessly. The future plan of this work will be an ambitious work in spreading the positive nature predominantly seen in NDErs to the common people who often suffer through serious depression and other behavioural disorders by suggesting of a new dimensional concept called **Behavioural Transportation**. A Combinational Hybrid

Psychodynamic Psycho Therapeutic Model may lead to achieve that. An initiative towards building a **Machine Learning Algorithm** for the diagnosis purpose in future.

The stream of data from unconscious to conscious awareness has been of extraordinary enthusiasm for a considerable length of time. Interface amongst unconscious to conscious awareness handling in dysfunctional behavior can be investigated and the contributive perspective of the oblivious in the help of intellectual restoration and the positive psychological wellness is proposed here. Science and technology have loosened the door of unbounded data and knowledge but the profundity of human mind and emotional resonance of human heart cannot be fully measured by instruments. There is always a nuance of clairvoyant with concrete. Society is made up of 'self' and if the self is blessed with 'consciousness', it will be an instrument of healing self and society.

A Cognitive Framework might be the answer for connecting emotional quotient to emotional equilibrium and introduce a 'stateless state' which may bring inner harmony and peace. In ceaseless clash of insight and feeling, science and transcendentalism, there ought to dependably be soundness and to get that balance the present study on cognition resurrection on NDErs is proposed [5].

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