AFTER EFFECTS OF NEAR-DEATH EXPERIENCES: A SURVIVAL MECHANISM HYPOTHESIS

John Wren-Lewis
Clovelly, N.S.W., Australia

Thanks to the medical developments of the past half-century, the world today contains literally millions of people who, like me, have returned to active life from the brink of death—and according to a Gallup poll published in the early 1980s (Gallup, 1982), a substantial proportion of us have very strange tales to tell about the experience. I am relating mine here because I believe the real significance of these "near-death experiences" (or NDEs, as they’re now called by medical researchers) has been missed by most of the stories about them in the popular media.

These almost always focus on experiences which seem like "journeys out of the body." For instance, there are reports from accident or heart-attack victims of looking down on an apparently lifeless corpse which they recognize with surprise as their own. Or there are accounts of floating through a dark tunnel and emerging into a wonderful new world beyond, only to be told by a godlike being, or a long-deceased relative, "You must go back. Your work on earth is not yet done."

Journalists naturally pick on stories like these as pointers to possible life after death—which inevitably provokes arguments from skeptics, even from many who are sympathetic to the idea of immortality. The brain can’t really have experienced dying if it revives, they say—and how can we take such visions seriously as visits to another world, when some people describe a heavenly rural landscape with white-roofed figures walking out of Sunday-school picture-books, others say they saw sci-fi-type cities, and yet others tell of a pure light experience—which somehow convinces them of reincarnation. Isn’t fantasy a more likely explanation?—to

Copyright © 1994 Transpersonal Institute
which the experiencers reply that no dream or fantasy could be so
real . . . and so it goes.

But over the past few years some researchers have begun to turn
their attention to another aspect of NDEs that doesn't arise this
kind of argument, namely, the remarkable aftereffects of the expe-
riences in this life (Ring, 1984, Flynn, 1987; Sutherland, 1992).

While NDEs in themselves differ widely—and many, mine in-
ccluded, are nothing like "otherworldly journeys" or trips out of the
body—they almost always leave the experiencers firmer, happier
people than they've ever before dreamed possible. There's a radi-
cal change in life-quality which is far more than mere emotional
relief at escaping death. Indeed, it can happen to people who have an NDE
close to the end of a terminal illness; they come out of it with a
sense of great happiness and calm, even though they're subject to
pain and know very well that their final death experience (FDE) is
coming soon.

Moreover, while this newfound capacity for joy in living seems to
drive all NDE-ers to use religious language in trying to do it justice,
it doesn't necessarily involve any particular conviction that the
soul is going to survive the body's death. It's more like a basic shift in
consciousness whereby life in each moment becomes so vivid
that anxiety about future survival, in the body or out of it, simply
cesses to be important. Researchers are coming to believe that the
discovery of this potential in consciousness may revolutionize
human understanding of what living and dying, health and happier-
ness, perhaps even matter and spirit, are really all about. And this
was precisely the conclusion I reached, quite independently, from
my own extraordinary experience after I was revived from near-

The poisoning was quite a story in itself, but this is not the place for
travellers' tales (for a full account, see Wren-Lewis, 1996), so I'll
simply warn any would-be visitors to countries like Thailand to
remember Mother's advice—"Never take sweets from strangers." Drugs
like morphine, heroin or cocaine are so cheap in such places that
circular thieves can stuff them in sweets or drinks simply to put
foreign travellers to sleep so that wallets or bags can be unobtrus-
ively pillaged and taken off at intermediate stops. Normally the
unfortunate tourist gets taken unaware by the bus or train conduc-
tor at journey's end and then discovers the robbery, but the thief I
encountered had evidently been overenthusiastic with the mor-
phine he'd injected into his Cadbury's toffees. The doctor told me
afterwards that my coma indicated a potentially fatal dose, and
there'd been some hours during which they thought I'd gone.

What I knew was that I'd emerged from something quite unlike any
previous experience of sleep or dreaming. It was a kind of black-
ness, yet the absolute opposite of blackness, for it was the most
alive state I've ever known—intensely happy, yet also absolutely
peaceful, since it seemed to be utterly complex in itself, leaving
nothing to be desired. It was an almost solid blackness, but not so
much absent of light as lack of any need for light. Light, after all,
is primarily the means by which we perceive things outside our-
svlves, whereas this alliveness seemed to involve to separate
selfhood at all.

Lying there on the hospital bed after coming round, I found myself
appreciating a phrase of mystical poetry which I'd bither dis-
racted as meaningless—"a deep but dazzling darkness." It oc-
curred to me for the first time in my life that when mystics have
applied expressions like this to "God" or "Absolute Pure Being,
they may not have been indulging in abstract metaphysical word-
spinning, but rather trying to describe an actual experience—the
discovery that just behind our ordinary individual consciousness is
this other "impersonal" kind of consciousness which seems universal
and infinite in its total self-sufficiency.

Indeed, for me that phrase "behind ordinary individual conscious-
ness" was almost literally true, that shining darkness from which I'd
emerged was still right there at the back of my head. I'm not talking
about any vague impression: it was so palpable that I kept putting
my hand up to make sure the back of my skull was still there. I felt
for all the world as if it had been cut off and exposed my brain to
the dark infinity of space—or perhaps had implanted something like one of those "black holes" astronomers talk about, in
which light just vanishes because it's fallen in upon itself with
unbelievable intensity. And though I felt that feeling was, there
was nothing frightening about it: on the contrary, it felt like a
relaxation, as if I'd had some kind of burden removed, making unshackled perception possible for the first time.

For that dazzling darkness behind me did indeed transform my
perception of the outside world, and here, too, I'm driven to
religious or mystical language in trying to do the experience jus-
tice. The peeling paint on the hospital walls, the ancient sheets on
the bed, the smell from the nearby toilet, the other patients chatter-
ing or coughing, the noises and the indifferent hurry they brought
me for supper, my own somewhat transmuted middle-aged body,
even my racing, bewildered mind—all were imbued with that
sense of utter nothing-to-be-desired completeness, because not I,
but the Shining Darkness within me, was perceiving them.

My individual consciousness continued to function in all the usual
ways, from dealing with practical matters like talking with the
doctors or eating supper, to thinking, "This can't be happening to
me—I don't believe in mystical experiences!!" and, "Hey, could
this be the kind of change they talk about after NDEs?—I always thought they were just having flights of fancy." But behind and through this personal consciousness, that other impermanent consciousness seemed to know everything from the inside. The closer I can get to putting this into words is to say that I seemed to be perceiving everything very sharply from an immense distance—sustainedly like the way objects appear when viewed through the wrong end of a telescope—yet at the same time I had the uncanny sense that I actually was each thing perceiving itself.

Or, to put it in another way, that consciousness—behind-the-mind seemed to know everything with love, though not in my emotional sense. This was no "transport of bliss," but something like the sense I sometimes get when recounting a particularly well-written passage of my own earlier writing—a paradoxical visualization of total familiarity with surprising satisfaction. Everything around me seemed continually new, as if it came fresh-minted out of the Dark now and now and now, to be re-conjured by the Dance with a creator's delight. I found myself thinking, in a way I've never conceived before, of the Bible's opening chapters, where the forms of all things are said to emerge from "darkness on the face of the deep," to be looked upon by the infinite consciousness called God and found "very good."

My incredulity at this all, that I say is the hospital that night, would have been squandered had I known that it wasn't just a one-time mystical experience, but a permanent change of consciousness that would still be with me now in 1994, with no sign of diminishing. I don't mean that I'm permanently in the "mythical" state, though I wish I were. Every day I drift out of it from time to time, and go back to perceiving life in the old way for minutes or even hours at a stretch without even noticing. But sooner or later I always wake up to the fact that something vital is missing, whereupon I immedi-ately snap right back into the mystical consciousness again, as if it were my baseline.

And I must emphasize that there's nothing remotely misty or dreamy about it, nor is it an ecstatic state like a psychedelic "high." I can speak with first-hand knowledge here, since I participated in a long series of high-dose psychedelic experiments in England in the late 1960s. I had some remarkable experiences (Wren-Levits, 1971), but none was even remotely like this state of quintessential equanimity and stability—and none ever lasted beyond a day or two, let alone months or years. The new consciousness that came with the NDE is marvellous, yet also carries the sense of being completely ordinary and obvious: in fact when I'm in it, the real marvel seems to be that the world isn't experienced like this by everyone all the time, since this is, quite simply, the way things are.

My feeling now is that so-called "normal human consciousness is in some way cramped or blinkered.

What is more, in contrast to the psychedelic "high," the mystical consciousness actually enables me to function better in daily life than I ever did before, because I no longer feel the need to be a closed-off individual struggling to gain satisfaction from a world that is "out there." The change is a subtle one, in keeping with, but not of, the sense of absolute ordinariness I haven't, for example, become anything like my own earlier stereotypes of the mystic or "enlight- ened being." I haven't lost my taste for most wine or beer or funny stories, or good company; I still feel sexual pleasure, I still enjoy being appreciated by others, and my scientific curiosity is as great as ever. In fact all these things seem "very good" as never before—but I'm no longer bothered to pursue any of them, nor much worried when such desires aren't met, since in the new consciousness, satisfaction is the basic essence of existence itself, not the result of desire-gratification.

So while I still make choices and pursue goals, this has become for me a kind of secondary game, not the focus of living. Experiences I formerly got up with as second-best, or as necessary chores, I now find every bit as good in their own way as the things my body-mind habitually prefers, though I still choose the latter whenever I can do it without much trouble. To begin with, I found this "detachment" from personal preferences a continuous occasion for astonishment, and in many ways I'm still adjusting to the practicalities of living from this consciousness, but the more I do it, the inner life becomes more from the conflicts, anxieties, and stresses attendant upon the illusory sense of separate selfhood. I think this must be what the mystics of ancient China meant by learning to flow with the Tao—and with my scientific hat on, I wish to record the observation that it seems to be not just a happier mode of existence, but also physically healthier. I feel a greater sense of well-being than in the past, and fall ill less often.

But perhaps my greatest astonishment has come in observing how the new consciousness transforms even experiences I formerly found downright ugly or unpleasant. It began when I discovered myself positively enjoying foods and music I'd hated before, and appreciating new beauty in dirty industrial sites—an appreciation which in no way lessens my practical concern that such sites be changed wherever possible. My mind really bogged, however, when I went on to experience the sensations of a heavy cold, and in the tininess (hissing in the ear) which afflicts me in damp weather and had previously driven me crazy when I couldn't distract myself from it with external sounds. The need to push back my protruding gut through a long-standing hernia gradually be-
suffering and disease may be products of distorted or blocked consciousness rather than brute facts of nature.

And, in trying to understand what’s involved here, I’m sure there’s a significant clue in the fact that my own liberation from “blacked consciousness” came after my slow encounter with death. I believe this liberation, into what I call the Dark and others call immunity, God, the Tao or whatever, is the life-changing core of all near-death experiences. This sometimes gets translated by the experiencer’s mind into visionary pictures of leaving the body or going to heaven (as his/her mind imagines heaven to be). I’ve spent the past eight years researching and following up this clue, mainly by using myself as a guinea-pig, and exploring and revising how the new consciousness responds to various life-circumstances (e.g., Wren-Lewis, 1983). I’ve also been able to compare my observations with the findings of worldwide research on NDEs, since my participation in 1984 on a Research Panel of the International Association for Near-Death Studies (IANDS), based at the University of Conne.

The hypothesis I’ve come up with is that the block which cuts off so-called normal human consciousness from its roots in that other, impersonal consciousness, is some kind of inflation or hyperactivity of the psychological survival-system. Exactly how or when this originated in the history of our species I have no idea, and at present don’t propose to speculate. But the effect of this hyper-defensiveness is to focus individual consciousness so rigidly on the business of securing its own future that the underlying universal consciousness, with its ever-present-moment happiness, peace and wonder, gets shut out. The only satisfaction allowed into awareness is that which comes from meeting the needs (or supposed needs) of the individual body-mind, while pain becomes wholly negative, suffering instead of a life-enriching signal. This basic malfunction is epitomized in the fact that dying, which in nature is simply part of life’s great flow (or of that secondary game called individual manifestation), becomes the object of ultimate fear and horror, with all the catastrophic psycho-social consequences to which Ernest Becker and others have directed attention (Becker, 1973).

Close encounter with death is able to break this whole spell because the survival-mechanism gives up at this point—which I’m sure is why the Tibetan Book of the Dead (Gyatso, 1959) calls the dying-moment a time of special grace when Nirvana can suddenly become apparent to anyone. And this is why some who return from the brink of death have been privileged to come back knowing what consciousness really is—knowledge which, once acquired,enable the survival-mechanism to resume functioning without their former hyperactivity. I’ve observed that, soon Tha-

attending to the signal


hyper-defensiveness of individual consciousness
land, my feeling about death, my own included, is that, "though I still intend to avoid it as long as possible in life's everyday game and still mourn the loss of family, it has in itself a very special kind of beauty, like the dying leaves of autumn, whose splendor we are allowed to see in ordinary consciousness because our minds don't associate it with the ultimate taboo. A corollary of this changed attitude to death has been the discovery that aging, including even its more obvious decays-appeals, has become interesting rather than depressing or disgusting."

The big question now, of course, is whether there are less drastic (and less haphazard) means by which the spell of separated selfhood can be lifted before the moment of death, and I hope my research may eventually shed some light on this. For while there are mystical traditions the world over which offer "paths to higher consciousness," it doesn't seem to me that any of them has a very encouraging success rate as bringing about the kind of liberation which NDEs can bring immediately to anyone, high or low, good or bad, believing or unbelieving, trained or untrained. In fact, my studies of these traditions, ancient and modern alike, suggest that while there are almost innumerable insights to be gained from them, they all get bogged down in their own basic idea of a "path," which inevitably suggests that "higher consciousness" is a goal to be achieved, thereby qualifying that very preoccupation with one's personal future which is the cause of all the trouble (Wynn-Lewis, 1991).

My experience, and that of NDE-ers generally, suggests that liberation isn't at all a matter of taking "the long voyage Home." It simply results waking up to the consciousness which is already the basis of our very existence, but is, as G.K. Chesterton used to put it, so large and close and obvious that it escapes notice. What I suspect we need is not any kind of path or discipline, but a collection of tricks or devices for catching the Dark at the corner of the eye, as it were, and learning how to spot its just-waiting-to-be-seen presence, combined with strategies for stopping the hypervigilant survival-program from immediately explaining the perception away. D.E. Glimpse's exercises for discovering one's own essential "backlightings" are the best ideas I've ever come across for the first half of this process, but, by his own admission, most people "get it but simply don't believe it" (Glimpse, 1981, 1988, 1990, 1992); this, I suspect, is precisely evidence of the survival-program at work, and in my view there is no more important task being transcendent psychology than research into techniques for circumventing this fundamental malfunction in humanity's "software." Compared with this, conventional parapsychological research aimed at trying to mine NDEs for hard evidence of nonmaterial consciousness is a mere backwater, akin to Christopher Columbus

thickening he'd found India and missing out on a whole new continen
(Wynn-Lewis, 1993).

REFERENCES


Requests for reprints to Professor John Wynn-Lewis, 102 Rockbrook Road, Chestly, NSW 2071, Australia.