Cherie Sutherland

Cherie Sutherland in her book ‘Within the Light’ takes a different approach to NDEs (near death experiences). She opens each chapter with a brief introduction, then lets the people themselves speak about their experiences for the rest of the chapter. Below are some excerpts from these experiences which are all from Australians.

Once again, I remind myself, these are people we all know, living among us, who have had experiences where they left their bodies, went to another realm, saw unspeakable things, things that directly impact our ability to understand the greatest fear of all humanity through the ages- death- and the insights from their experiences now enable us to live our lives more freely, courageously, fully, and to fulfil the purpose for which we have all been created.

Astounding, isn’t it. It seems this entire phenomenon of near death experiences (known more completely because of modern resuscitation technology) is opening up something entirely new in human consciousness- a modern liberation from the fear of death and all that flows from this- a freedom to engage and live life more fully, to appreciate  human existence more, to engage and enjoy life on this planet more fully, and so much more.

Excerpts from the book:

“I was in it and it was in me. It was a sort of oneness of light...It was a lighting up, right through everything. It was there. It was here, inside, outside, everywhere. And it was total love, enfolding...We are all part of God, we are immersed in spirit...we all have Gods inherent qualities- love, peace, wisdom... but we don’t recognize it because we have this sense of separation. But once we get over the sense of separation we’ll know who we really are and then we will be able to start expressing it...” Later this man comments more fully on this religious lie of separation that we have all been led to believe in and which is at the basis of all religious manipulation and oppression.

Sutherland notes that NDEs follow a pattern with freedom from pain, peace, and an overwhelming experience of bliss and they are life-changing, with people coming back with a strong sense of life purpose, a more positive view of themselves, no more fear of death, changed attitudes toward others, more loving, accepting, compassionate, and tolerant. They also speak of their experiences as impossible to describe in words. They are more spiritual experiences than religious experiences, people say.

Some further excerpts- “I felt as though I was part of everything around me. I felt as if a bit of everything was in me and I was in everything...I am not afraid of death at all...I feel I’m being guided all the time...I know I’m being taught...I know everything will turn out all right...the feeling during that time was actually just a state of pure and total presence. I was just completely present. I was just there...I believe that love, affection and compassion and generosity really heal people”.

Another- “I was just engulfed by the light...I had the feeling that everything was okay, everything was perfectly all right...Its so difficult to describe, I feel that my whole being, my soul and energy, my very essence, was touched upon in that state...I now have the feeling that there isn’t any separate good or evil, but there is a combination of opposites, and that everything is necessary...(when there) all this thought and panic we put into our lives won’t matter anymore... I don’t know how to explain it but I have compassion for everything and everyone and its like overwhelming love. But not love that needs. Its unconditional love. Understanding unconditional love is one of the greatest things...From my near death experience I learned that love is the most important feeling in the universe. Love, love, love. I mean, that’s what had the most impact on me as a person. Love is the most important thing in the universe and sometimes that feeling is so strong it makes me cry, sometimes it makes me laugh”.

Another- “there wasn’t any fear. Death has no fear associated with it...To me God is no longer a judgmental being. After the NDE there was an anger and rejecting of religion...underneath it all, I always feel that my life is directed...everyone has an obligation to contribute what they can to life, to mankind”.

She comments in one chapter on suicide attempters, and that so many NDErs have reported that we are not met at death by judgment and punishment but rather by the Light, the source of love, unconditional love, forgiveness...rather than being punished for their individual acts of attempted suicide, these three people all had typically positive NDEs...this led to a profound transformation of their lives.

One suicide attempter said, “I travelled toward the Light...I couldn’t believe the beauty of if, and the radiance of the beam coming from it...I felt a peace I’d never known before...I felt a lot of love, love and peace, I felt tranquil. I felt wanted and accepted. I did not feel judged in any way...I haven’t got guilt any more... I have an awareness there’s something around me all the time. I feel pretty safe...I now feel I have a life purpose...I always felt useless, but now I have tapped another source and I know its there...I like to give as much love as I can”.

Another, “I do feel that death is not the ultimate experience. I feel we have further experiences to go through...now I try to look for the good in people, and when I find it I try to bring it out.

Sutherland does a chapter on distressing NDEs but notes that even these have positive elements and impact the experiencer positively in the end. As one of these says, “I am a calmer, quieter person...Nothing worries me now, I know everything will be okay...I don’t get flustered...I know God is always there to help me...I always have a feeling of well-being, that everything is all right, and everything is going to be great”.

Another from the chapter on distressing NDEs- “(she saw her deceased grandmother) she had a body of light...She was very warm...she seemed to be full of love and that’s what I’m calling the light- it was very warm and radiant and bright and lovely. Light was coming from her...she said, ‘you can choose whether to live or die’...she just kept surrounding me with that presence of love... there were forces of love at work in that experience...I got a sense of my purpose that I’d never seen before...it wasn’t a purpose just about me, it was a purpose that went way beyond me, but included me”.

Another (note her fascinating comments below on no separation. Separation is the basis of all religion and all religious enslavement. Religion is all about how to heal the supposed separation humanity has suffered. Religious authorities hold power over others because they claim to have the only means to save people from their separation)-

“I was drawn irresistibly toward a magnificent light...I could see into the light where there was a beautiful landscape, gently rolling hills, flowers, and grasses rippling in the softest of breezes, and all of this bathed in a golden glow...streams or rivers... many flowers, dandelions, lotus flowers, and many others she’d never seen before... there was a glorious garden. It was the most beautiful garden I’d ever seen. There were masses of trees and shrubs and grass... the whole thing was enveloped in a beautiful golden light... I was just lost in this beautiful light... I knew from that moment that there isn’t any death, its just a different state of consciousness. We close our eyes in this room and we wake up in another room sort of thing...It felt like coming home as though this was a place where I’d been before and after a long journey I was coming back to it...We’re here to accomplish things. We each have our destiny... I knew it was the truest, most honest thing that had ever happened to me...I just knew that was the truth and that was true reality...I know that whatever we’re living and doing is just an illusion of reality. Its just something we do until we go back home to this other reality...I just felt the churches had it all wrong...gradually I developed my own philosophy. I knew there was a God and I knew that I wasn’t separate. I knew that I didn’t need a priest or a minister between me and God, and I knew I was part of God...I just believe that we go into another expanded state of consciousness. I feel there is no death, we go on for eternity. I think it is the nature of things to progress upward. We just progress up to another sphere of expression somewhere...I have no fear of death whatever...its just so much more true and much more real than what we’re doing here...we don’t need any religion. We are a part of God. We are all part of God, we are immersed in spirit...we all have God’s inherent qualities- love, peace, wisdom...but we don’t recognize it because we have this sense of separation. But once we can get over the sense of separation we’ll know who we really are and then we’ll be able to start expressing it...there is a rhyme and reason in everything...the feeling that I got in that place of light was so wonderful. There was so much warmth and love and bliss. It was a feeling of absolute bliss that vibrated through me and I thought, well, this is the real me, this is my real home, this is where I am meant to be. So now whenever things really get me down in life, I can relate back to that and say to myself, well, this is not real, this is just an effect. The real’s back there and that’s where I am going when I go home... then I realized that we don’t need religion...”

The person who saw the glorious garden (trees) in the light also said, “I love nature, particularly trees. I have a great affinity with trees because my grandest, most wonderful experience was with trees. I am aware that every tree, everything has got a consciousness of its own, and that we are one with it... I had a feeling of joy that I was doing something to help the universe go around...there was a feeling of joyous participation in something that went on and on... the same power that was holding all the planets and everything in space was the same power that was in me...I felt I was God... I was everything...absolutely everything was interconnected... there was an absolute reason for being....the universe was all one, almost as if the universe was me and I was the universe...I had the most amazing feeling of waves and waves of ecstasy going through me, vibrating all through me to the tips of my fingers. It was bliss.... I did not become absolutely perfect and pure and holy...I just went on making the same old mistakes, doing the same old things, but underneath there was a knowingness, an absolute knowingness that it wouldn’t matter who threatened me or what went on in the world, I would always know that I am part of God and that there is no death. It was absolutely wonderful...I knew there was a deep meaning to everything. Everything is connected. Everything has meaning and everything is a step along the way”.

“The most significant change since the NDE for me is that death now has no fear associated with it. That to me is clear. I’ve been born again, if you like. Death has got no hold over me at all...I’ve gradually become more serene”.

Another person when approaching the Light described the following, “It was very warm and it seemed very soft. I don’t know why I felt the softness, but there seemed to be a lot more softness in there...I was surrounded by the light...there was a circle of hands coming through the light, they were held out toward me...they were all glowing. It was the most incredible feeling. It really was. I still can’t talk about it even now without getting emotional because there was an enormous amount of love there. It was pure love and pure light. That’s the only way I can describe it...it was beautiful, it was just so beautiful...I feel there is an inner source of wisdom...for all of us there can come a time, a personal crisis, when it doesn’t seem to be there and this is when you know you really are left to find a solution for yourself...you’re not given the answer because its something you have to work out for yourself”.

Yet another, “I felt really warm and very loved. I felt like I really wanted to be there, it wasn’t frightening, just very loving. I really wanted to go with them, because it was so peaceful, so warm and so nice...One thing I was really aware of during that experience was color- everything was so bright...Now I believe that death is just a different experience of life. And I believe that we have responsibilities and a lot more growth to undertake after death...there’s more to us than just a body and in death we are still alive...I came to value myself a lot more. I felt that I was more worthy to be loved by myself...I knew I had to keep growing. I knew I had to find out more, and I also knew I had to give more. The more I discovered, the more I had to give...I’m much more loving toward people today. I genuinely love people. I have a great amount of empathy for people, and incredibly more patience and tolerance...today I have a real appreciation of how everything is so intricate and so valuable and so beautiful”.

In Chapter 5 Sutherland notes that the NDE leads to a world of light, people entering this world tell of being in a wondrous light, seeing beautiful landscapes and meeting a Being of Light who radiates love and peace. One says, “It was perhaps the brightest light I have ever seen. As the Light got closer the feeling of peace got even greater. It was a wondrous feeling”. Another says, “I met this beautiful big Being of Light, It wasn’t any form but it was just beautiful, a beautiful golden color. It’s indescribable...It was really beautiful and he said that I could come back to fulfill my life as a mother. It was just lovely”.

Another spoke of all knowledge coming into them. They felt like they knew everything. Others again speak of the Light, the beauty of which they say is inexpressible. Some describe a radiant landscape. One person said, “We moved to a place outside of time and space...I became aware of the light. I struggle to find earth-words to describe it. It is the light-of-being, pulsating from each of us. And the sound! It is the sound-of-being, radiating from each of us...I was one with all. It is the ultimate coming home. There is only oneness, total belonging. And there is only ecstacy. I knew I wanted to be here where I belonged forever. One with the Light...but I had to return. I had not completed my work....I knew I would spend the remainder of my life on earth pursuing the irresistible force of that transformation...I was enveloped in a cocoon of golden light. Unconditional love poured from my heart...compassion, innate harmony and healing energy were my being....I understand that the uncompleted work for which I have been sent back is to share the unconditional love I was so unconditionally given. I know God is the totality of all life, whether it manifests as life, as Oneness, or as trees, grass and people”

Another lady found herself in space, “There was a feeling of wholeness...I was in a very beautiful forest. But I’ve never seen a forest like that, it was (tears) so beautiful, with huge trees, immense trees. They were so tall. And there was a clearing... it seem to be very light. It was just so powerful. It was a magnificent light, it wasn’t like this- it was just so purely white...I’m home now...there was a wonderful feeling of peace, just knowing...and such a feeling of tranquility. The feeling that its okay, everything’s okay. It was an overwhelming feeling...its very difficult to put the experience into words because its about feeling. It really doesn’t have anything to do with verbal conversation- its beyond that...I feel a strong sense of purpose now...I had to come back for a reason...now I know there is a universal force, a higher energy...it works through everything and everyone and that as long as we take responsibility for ourselves, we are not going to hurt of do damage to anything or anyone...I leave my life to the care of the universal provider...now I have confidence. It confirmed what I already believed, so now it does not matter whether people believe me or not. That’s not the issue anymore. I don’t feel I have to prove anything...not worry what others think....it has given me more peace in my life, more compassion for other people and their needs and feelings”.

Another lady experienced a detailed life review and said, “I didn’t feel judged at all- it was fantastic...I was outside my body watching everybody working on me...I just felt such incredible compassion for them...there was this incredible feeling of compassion that I’d never felt before...I was in this incredible golden world filled with Christ light. I just felt part of it all, part of the whole, that this was where I belonged, that this was the truth...this feeling of total love...I had this incredible expansion of consciousness- I knew that where I’d been was how it really was. It was the truth of the world...the important thing is to serve”.

This from a lady named Mary, “I felt so light- there was nothing dragging me...its very difficult to put into words, but the light was wholly enfolding. I was in it and it was in me. It was a sort of oneness of light...there was a recognition...it was more a feeling of belonging, a sort of knowing...there was no conception of time whatsoever. It was so peaceful, yet not static. It was total ‘livingness’...there was an awareness of what the light was. I knew it was God, a force, whatever- I can’t put a name to it. These three beings also shone. They had faces, but they didn’t have faces, and they were luminous. Luminosity, that’s the word to describe them. In a way I felt it was the same as love...it was a lighting up, right through everything. It was there, it was here, inside, outside, everywhere. And it was total love, enfolding. I can’t really separate the light out. Everything was luminous, and the light was just totally enfolding. I had the feeling of being completely at one with everything that was going on around me. I didn’t feel dead at all. I felt totally alive. Much more vibrant... I came back because I knew I hadn’t finished what I’d  come to do...

“Any book you read is just purely intellectual. It cannot possible resemble the experience because it is so intimate and personal...I wasn’t afraid of the thought of death...it never really worried me. I was afraid of dying in pain, yes, but these days that doesn’t happen either. Now I have no fear of death....I believe there is a Creator, there must be, but I don’t have any vision of the Creator as a human being...I identify the Light as God, pure Light, with a capital L...I am much more self-confident these days, and I am much clearer on my life purpose...I am also more tolerant with myself”

Another lady, “Suddenly I was somewhere else...I found myself in a place, and it was a real place and I was there...There was an intensity of color. It was green, an intense emerald green. It was like, there were gentle rolling hills, there were no crags, no sharp edges, nothing that was cruel, nothing that was other than gentle. The sky was intense blue, the scene was gently rolling...his mind spoke to me...I didn’t have any sense of time...(she saw her deceased Father) ‘You  must sometimes feel angry with me... (her Father replied) ‘We’re here to care for you, we’re here to take you on’... He intimated that the way we judge ourselves in the world is not the way they judge. Even though they know what’s happened, with our thoughts or whatever, there are no judgments. I didn’t feel judged at all...there was just a complete total love...My whole outlook on life has changed so drastically. Before that time I’d always been scared of death, terrified of going into a world of pain. I used to think you’d have the sensation of suffocating, choking, pain. I really didn’t know, but I was terrified. But now I know you go to that place...its just another step on the road... I certainly don’t believe that all those people stand around there for eternity...I now believe the most important thing is how I feel about myself, how much I like myself, how much I care about the people around me and the world I live in...after that experience, I had a mission. I was given a job to do...up until then lie was aimless, I was living for myself but I came back with a sense of purpose. Suddenly I h ad to bring up this child alone. I had a mission, a responsibility. I had a reason to be, a reason to do everything...I have become very empathic...”

Janet says of her NDE, “I felt total peace, total rapture. There was no fear at all...I was going toward a very bright light...I felt this extreme presence of love, just absolute love. It shocked me somewhat...that in essence I was being confronted with my Creator...I was just conscious of so much love coming from those other presences as well...Then there was a review of my whole life...I felt no one else judged me- I judged myself...I really didn’t believe in God...I was incredulous...because he was so real and tangible, the whole essence of love. I say He but that’s just my conditioning. God was just this essence, this total essence of love...I felt the presence of that extreme love....I could also hear beautiful music, wonderful music...my consciousness seemed to increase dramatically to the point where I felt all-knowing. I felt I was in touch with all  knowledge...You still have your life’s work to do...I felt very humble, very much in awe of such love...I’d brought back with me a touch of that love...that sense of peace...had a conscious knowing that I was going to be all right...now I have no fear of death at all. I see it purely as a homecoming, its just a total reunion, so much love and happiness. Intuitively, I’m sure we go on and continue to keep learning. We continue to grow on another level....I do feel that if a person committed suicide they would be met with total love and compassion as I was. God is just total love...I literally did have my life’s work to do and I’d come to a state of acknowledging that we all do have a purpose in life...absolute faith that there is a purpose for us...That presence of love came back...he knew there was a force looking after us...I knew there was total love....Suddenly this energy came into me...I could feel this incredible energy come into where my heart area is...This is rapture, absolute rapture...this incredible feeling of love...Look at the universe, look at the planets, look at the stars. Look at nature, look at a flower, and look at the beauty of it all”

“I now feel that my whole life is totally guided by God...we both became aware that we had a job to do...we had to forgive everyone”

And at the end, “Death is a homecoming, a reunion in love and light...that love and that light are already here in our lives...we are all part of God. We are immersed in spirit...but we don’t recognize it because we have this sense of separation. But once we can get over the sense of separation we’ll know who we really are...in the present we are already within the light and the light is already present within us”.

A good read- Within The Light by Cherie Sutherland.