

1
00:00:00,500 --> 00:00:03,140
Shalom Hila!

2
00:00:03,380 --> 00:00:05,760
Hi, Shalom Shalom

3
00:00:05,760 --> 00:00:12,660
There are approximately 50 million people who have had Near
Death Experiences (Clinical Death)

4
00:00:13,160 --> 00:00:19,100
and we would like to hear what you experienced.

5
00:00:20,020 --> 00:00:23,060
I am happy to share.

6
00:00:25,260 --> 00:00:31,540
I will give an introduction to what actually led to this.

7
00:00:32,200 --> 00:00:39,000
But I must say that by calling it an "experience" makes it
sound limited because "an experience" is momentary\temporary

8
00:00:39,105 --> 00:00:41,815
but what I experienced was eternal and not momentary.

9
00:00:41,815 --> 00:00:44,755
but what I experienced was eternal, not momentary.

10

00:00:44,755 --> 00:00:51,040

But because of how we use language, we use the term "experience".

11

00:00:51,800 --> 00:01:05,000

About 6 years ago I underwent an operation about which they said was something simple and small.

12

00:01:06,180 --> 00:01:09,120

But, they left an open a blood vessel

13

00:01:09,540 --> 00:01:21,900

and what happened was that during the following two weeks while I was going through the pains recovering or at least I thought I was recovering

14

00:01:22,000 --> 00:01:25,380

I was losing A LOT of blood from my body.

15

00:01:26,480 --> 00:01:32,800

After two weeks I collapsed and they brought me to the hospital.

16

00:01:33,280 --> 00:01:41,840

But what? At the hospital they also got mixed up and they switched my blood tests with another woman's.

17

00:01:42,240 --> 00:01:52,440

And they left me like this for 24 hours, struggling to hold

onto my life.

18

00:01:54,840 --> 00:01:58,880

I felt that something very bad was happening to me!

19

00:01:58,880 --> 00:02:02,040

I knew that I was in the hospital and something bad was happening to me

20

00:02:02,360 --> 00:02:05,800

because every 20 minutes I was losing consciousnesses.

21

00:02:06,180 --> 00:02:20,400

And even when I regained consciousnesses I was unable to respond, as it took me time after I passed out to regain the ability to respond to my surrounding and they thought I was still unconscious.

22

00:02:20,640 --> 00:02:26,460

I felt something bad was happening! I felt I was actually going to die.

23

00:02:26,460 --> 00:02:31,100

But since I really did not believe I was really going to die

24

00:02:32,540 --> 00:02:39,400

The doctors at the hospital tried fusing the blood vessel

25

00:02:43,460 --> 00:02:53,840

After 24 hours during which they did NOT do a Cat Scan- a

different doctor arrived , he was simply "an angel"!

26

00:02:53,840 --> 00:02:59,820

At the moment he entered the room, I knew everything was going to change.

27

00:03:00,120 --> 00:03:16,560

During those 24 hours I literally struggled to hold onto my life trying to grab the medical coats and the metal bars as if they are ropes to this world.

28

00:03:17,660 --> 00:03:24,140

I was simply doing all I could to hold myself here.

29

00:03:24,140 --> 00:03:27,360

And after these 24 hours , the doctor entered.

30

00:03:27,360 --> 00:03:41,400

The doctor did not even look at the medical records- he just looked at me- just as you see that I have a brown complexion- he saw that I was white- no red in my lips my eyes were dim EVERYTHING was white

31

00:03:41,880 --> 00:03:44,600

I was white as plaster

32

00:03:45,920 --> 00:03:59,840

He shouted, "this girl has lost blood" Immediately, chaos broke out - but from my standpoint it was the moment that I began getting help

33

00:04:00,280 --> 00:04:04,120

and they notice and see that I was on the threshold of death.

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00:04:04,800 --> 00:04:23,280

They rushed me to get a CT. They put me in to the cavity of the machine. As my body entered the machine- the first time

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00:04:24,480 --> 00:04:35,820

I was no longer able to hold myself in my body. I felt as though my body was fluttering and shaking and I had no control

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00:04:36,120 --> 00:04:43,760

I could not hold onto anything- I was losing it!

37

00:04:43,760 --> 00:04:51,780

At that moment many doctors entered - a team of doctors and nurses

38

00:04:51,860 --> 00:04:58,700

and they pull me out of the scanner and there were shouts and bedlam- "this girl is about to die!"

39

00:04:58,700 --> 00:05:05,160

They thought I was unconscious, but in actuality, I heard everything.

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00:05:05,460 --> 00:05:13,500

I heard all what the doctors were saying that I was about to die and that I had lost almost all of the blood in my body.

41

00:05:13,600 --> 00:05:26,120

I arrived at the hospital with my hemoglobin at level 3- after 24 hours it lowered and it is a miracle that I lasted all that time.

42

00:05:27,840 --> 00:05:34,100

At this moment something else happened. Although I was intermittently losing consciousness - but this time

43

00:05:34,180 --> 00:05:40,340

even though I lost consciousness and passed out, my thoughts continued.

44

00:05:40,900 --> 00:05:51,620

In other words, just as someone who faints does not recall what happened when they were out.

45

00:05:51,620 --> 00:05:54,240

But here, when I lost consciousness, I continued to think.

46

00:05:54,580 --> 00:06:02,820

I heard the chaos and their saying that I was going to die and the doctor screaming "this girl is losing blood"

47

00:06:03,120 --> 00:06:11,900

But when I lost consciousness - my thought process continued.

48

00:06:12,500 --> 00:06:29,040

I panicked and I was in shock! I did not want to believe that I was about to die.

49

00:06:30,380 --> 00:06:40,340

And the only thing going through me was that there is NO WAY that I am going to die!

50

00:06:40,340 --> 00:06:49,720

I am 30 years old there has been no summary- to indicate this is my whole life...Yes I have lived - all these things are passing through my head-

51

00:06:50,140 --> 00:07:04,260

yes I have lived and done things in my life and I have experienced things, but that's it? That's all I have to live? And I was not prepared to accept that I was about to die..

52

00:07:04,520 --> 00:07:09,100

I shouted in my heart, "I want to live!" - "I want to live!" - "I want to live!"

53

00:07:09,500 --> 00:07:16,380

In my life, I never had such a focused and impassioned desire as I did on that day.

54

00:07:16,740 --> 00:07:29,140

At that moment I was not prepared to accept that - this was it! That this was my end. That my life was going to end this way at age 30.

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00:07:29,360 --> 00:07:42,620

At the same time I thought - indeed I have experienced and done things - but I have not yet married and had children- and now my life is going to end? NO! I am not prepared - there is no chance this is happening!

56

00:07:42,620 --> 00:07:52,720

This is all happening while I was unconscious- my thought process continued this is to say, there was a continuation of my thought process.

57

00:07:52,720 --> 00:07:57,080

In contrast to what happened in the previous 24 hours

58

00:07:57,140 --> 00:08:06,360

when I passed out and came around, I did not recall what happened. But here, the thought process continued to run

59

00:08:06,640 --> 00:08:23,240

At some point I asked, "wait a minute, there is a perspective that what I was meant to do here, I completed and I really do need to leave now.

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00:08:23,540 --> 00:08:30,560

And when I asked this question, I received an unequivocal answer, "No!"

61

00:08:30,720 --> 00:08:46,780

But when asked where I got this answer from - I have no way of explaining but it was an internal answer like an earthquake as if the entire world could see within me.

62

00:08:46,780 --> 00:08:57,240

This answer was so powerful that at the moment I received it although I was panicked beforehand, I became disappointed.

63

00:08:57,780 --> 00:09:15,720

I understood that I was about to die and felt it was because I was not going in the necessary direction. I still do not understand this or know on what to point my finger

64

00:09:15,720 --> 00:09:24,720

but it is apparent that my journey here was at an end because I was not going in the proper direction. I still do not comprehend the exact meaning

65

00:09:25,460 --> 00:09:37,620

and I continue to scream in my heart, "I want to live!".. "I want to live!".. "I want to live!" and I am unwilling to accept this fate and was in a panic and great distress.

66

00:09:38,560 --> 00:10:05,120

Then I felt patting on my cheek and open my eyes, I am before the entrance of the Operating Room - and I see the doctor..."the angel" Dr Uvruchin, but now I see him differently.

67

00:10:05,600 --> 00:10:14,180

I see like a fog, yellow and white around him and he appeared just like an angel, lit up.

68

00:10:15,660 --> 00:10:33,220

This time when I opened my eyes, the panic I previously felt disappeared. There was nothing that scared me, to the contrary, I felt secure and that everything was going to be OK.

69

00:10:33,540 --> 00:10:43,840

I do not know if I will live or die- I have no idea what will be with me, but I feel that all will be well.

70

00:10:43,900 --> 00:11:00,780

In a rushed manner, the doctor tells me, "Listen, your life is in danger, you have lost almost all of the blood in your body- we are taking you into an emergency procedure to save you and if we must, take out internal organs.

71

00:11:00,880 --> 00:11:13,360

They could not perform the CT as my body was quivering and shaking and I was not in the condition and I was close to death.

72

00:11:13,620 --> 00:11:24,960

Please excuse me, this brings me back to that place.

73

00:11:25,020 --> 00:11:36,540

Just a moment.

74

00:11:37,200 --> 00:11:41,900

They were unable to identify to precise area that was bleeding.

75

00:11:42,160 --> 00:11:54,460

They knew then that to save me and repair the bleeding section- the previous surgery was simple with the goal of removing a small cyst

76

00:11:54,800 --> 00:12:07,080

but at that moment they had no indication and they understood that to save me they had to remove an organ.

77

00:12:07,080 --> 00:12:21,940

and then he said something like this: "We will do everything to save you to save you. but we are going to have to remove 2 organs and you may have to be hooked up to machines.

78

00:12:22,600 --> 00:12:31,720

The one thing I desire - I am not terrified at all of of this moment as my perspective changed

79

00:12:31,720 --> 00:12:39,200

I just wanted to tell them to call my mother so I could tell her that everything is going to be OK. Because my mom was with me

80

00:12:39,280 --> 00:12:58,200

I did not want her to fear because in that situation when I was going to have an operation, I did not want her to think that her daughter was going to die. And I wanted to tell her that I felt fine and felt that everything was going to be OK..

81

00:12:58,720 --> 00:13:12,520

I did not know what was going to be but I knew it would be OK. I tried telling him to call my mother, but I was unable speak..I was only able to articulate the E of "Ema\Mother".

82

00:13:12,760 --> 00:13:19,800

I kept trying and the entire word "EMA" came out, but he said, "there is no time!"

83

00:13:19,800 --> 00:13:30,680

and I shouted loudly "EMA" really loud..and he said, "quickly bring in her mother!"

84

00:13:31,900 --> 00:13:46,520

They bring my mother in- my mother comes to me and we are kissing all over the face, eyes- the entire face

85

00:13:46,540 --> 00:13:58,320

and I say to her, "Mom, everything will be OK, everything will be OK!" And she says to me, "it will be OK, it will be OK! and I say to her "Everything will be OK"

86

00:13:59,660 --> 00:14:09,460

During all this exchange she is says "please do not extract any organs", the doctor responds, "Do you want your daughter to live?"

87

00:14:09,920 --> 00:14:23,300

They had to rip us apart and at this point I begin to call out with the greatest of voices

88

00:14:23,300 --> 00:14:29,100

Shir HaMaalot- A song of ascension, I turn my eyes to hills, from whence will come my salvation?" to simply say this.

89

00:14:29,800 --> 00:14:52,800

The strange thing is that during the 24 hours I was in the hospital, I was unable to speak. Each time they came to check on me they would ask "Hila Baruch what is your Social Security #"? I could only recall the first 3 numbers.

90

00:14:53,180 --> 00:15:06,600

I could not recall my identity number and suddenly 24 hours later after I could not recall my ID number, and barely even my name, the entire Psalm 121 comes out of me.

91

00:15:06,600 --> 00:15:18,580

Nothing like this has ever happened to me: the words spoke through me- I did not feel as though I said them. The words simply spoke through me.

92

00:15:18,580 --> 00:15:31,340

I felt as if I were the pure meaning of the words - it was one of the most perfect and amazing experiences in my life

93

00:15:31,440 --> 00:15:39,320

because in my life I never felt the pure intent of words without effort.

94

00:15:39,540 --> 00:15:44,100

It was as if someone else was speaking and I was just the meaning.

95

00:15:44,540 --> 00:15:50,840

As they were bringing me into the Operating Room, I finished saying the Shir HaMaalot \ Psalm 121

96

00:15:50,840 --> 00:15:58,880

I reprimand the team of doctors who are all in chaos and say to them: "Say 'Amen'! Answer 'Amen'! "

97

00:15:59,340 --> 00:16:14,100

two or three joined in others were busy - as I looked around all I could think of was how chaotic it was.

98

00:16:14,100 --> 00:16:21,600

It was quite different from my first operation which was performed

99

00:16:21,980 --> 00:16:32,500

by a private doctor- it was all under my control, I checked his credentials

100

00:16:33,200 --> 00:16:41,580

Here I had no control at all! It is not like going into surgery and it being calm.

101

00:16:41,620 --> 00:16:43,800

Here it was tremendously chaotic

102

00:16:44,180 --> 00:16:48,700

everyone was certain I was going to die at any moment and they were nervous.

103

00:16:49,020 --> 00:16:54,740

and after I finished reciting Psalm 121 I said Shema Yisroel\ "Hear O Israel The Lord Our God The Lord Is One."

104

00:16:54,780 --> 00:17:11,620

After I finished Shema Yisroel, I opened my eyes after Shema Yisroel- All this time my body was shaking and jumping filled with internal pains.

105

00:17:11,820 --> 00:17:15,620

I was relaxed on all levels (sarcastic) The pain I experienced there

106

00:17:17,800 --> 00:17:32,620

I finish saying Shema Yisroel I open my eyes and see at the side of the bed, my grandmother who had passed away

107

00:17:32,620 --> 00:17:45,500

I actually see her inside a flame- like the flame of a candle and she is within the flame with her arms folded

108

00:17:45,580 --> 00:17:51,900

as if she was watching everything and I was so joyous

109

00:17:52,260 --> 00:18:07,660

that I was seeing her- she was not alone- two of my aunts were also there, one on the right and one on the left Aunt Nomi and Aunt Miriam. The three of them surrounded me

110

00:18:09,060 --> 00:18:17,280

I did not actually see the two of them as I did my grandmother, but I felt their presence.

111

00:18:18,480 --> 00:18:32,040

and this brought great joy to me and filled me up. What is strange is that it was not strange to see them. This is another aspect that in retrospect I have thought about. But it seemed so natural.

112

00:18:32,320 --> 00:18:37,800

I said to them, "wow, I am so happy that you are here with me"..but I did not use words

113

00:18:38,060 --> 00:18:42,420

This entire conversation was telepathic.

114

00:18:44,200 --> 00:18:59,120

The doctor arrives, Dr Uvruchin, "the angel" and caresses my head

115

00:18:59,340 --> 00:19:06,000

and says to me, "we will do everything to save you!"

116

00:19:06,260 --> 00:19:09,320

but when he is caressing my head

117

00:19:09,520 --> 00:19:15,320

I feel his hand penetrating my head.

118

00:19:15,540 --> 00:19:21,560

I do not feel his hand ON my head, I feel it inside my head.

119

00:19:21,720 --> 00:19:29,900

I thought to myself, "Wow,!" I felt the essence of a hand- and the essence of his hand inside my head.

120

00:19:30,040 --> 00:19:38,940

How he took such responsibility for me and was so concerned for me as if I was his own daughter.

121

00:19:39,080 --> 00:19:48,080

Just like his own daughter..and I felt all of the kindness and things he had done with his hand. I felt them in my head.

122

00:19:48,380 --> 00:19:57,340

And it was simply amazing- it was as if a book of memories of all the kindnesses done with this hand, inside my head.

123

00:19:57,500 --> 00:20:00,800

It seemed as though all of this happened in 1 second.

124

00:20:02,360 --> 00:20:11,040

And his face was very close to mine, so close that a slight movement of my head, would cause my nose to touch his.

125

00:20:11,500 --> 00:20:22,120

I thought to myself how strange it seemed how close he was to me since the bed was here and he was standing, so how is my face so close to his?

126

00:20:22,600 --> 00:20:38,160

In actuality, my body was laying on the operating table but I had arisen from the body and was closer to him.

127

00:20:38,640 --> 00:20:45,020

But, I did not yet know that I was above my body because I felt like I was simultaneously in my body and outside of it.

128

00:20:45,280 --> 00:20:55,060

What is interesting is that it seemed strange that his face was really close me but it was not strange that I felt his hand as this seemed natural.

129

00:20:55,340 --> 00:21:03,460

just to speak about this and explain because it is connected to our spiritual nature why one thing is strange and the other not.

130

00:21:03,720 --> 00:21:14,840

The visual was strange but experiencing his hand seemed natural I do not sense the distinction.

131

00:21:15,240 --> 00:21:21,540

At this point, I felt a tingling which went from the bottoms of my feet

132

00:21:21,780 --> 00:21:26,020

and preceded to rise upward through my entire body.

133

00:21:26,660 --> 00:21:33,780

These were sensations of love..for instance, just like when your foot falls asleep,

134

00:21:34,460 --> 00:21:50,420

Imagine the love of all the mothers in the world for their children- all of the mothers who ever were, all the mothers alive today and all those who will be

135

00:21:50,600 --> 00:21:57,480

and take all of the love they feel towards their children and compress it inside a bottle

136

00:21:58,140 --> 00:22:08,100

and distill the essence of all the world's love and inject it into the body- this is how I felt these sensations of love.

137

00:22:08,320 --> 00:22:32,600

and the sensations began rising and as it rose I felt warm and loving flows and it was so pleasant. As it rose, it removed the sensation of that which was beneath it. Slowly it removed the sensation in my lower body

138

00:22:32,600 --> 00:22:44,600

and then slowly it moved to my upper body, until it got to my head..and when it reached my head, I felt as though my head was the globe of the earth.

139

00:22:44,600 --> 00:22:50,120

that every cell in my head was sparkling and was alive

140

00:22:52,900 --> 00:22:59,060

my head was the globe and everything existed inside my head

141

00:22:59,060 --> 00:23:12,680

I felt the sky and the stars and the earth, the rocks and the vegetation, the ocean and humanity the entire globe was all inside my head. The entire world was inside my head.

142

00:23:12,820 --> 00:23:22,620

I experienced the entire world in my small head- it was simply amazing!

143

00:23:22,840 --> 00:23:34,200

I thought to myself, "Wow! It was like a child who visits an Amusement Park for the first time who exclaims, "Wow!", when they see something so amazing.

144

00:23:35,100 --> 00:23:38,680

I said, "WOW this is amazing! It is so great!

145

00:23:38,880 --> 00:23:44,940

First of all this is Tachtivi it is the most natural thing in the world.

146

00:23:45,920 --> 00:23:58,980

From this place I begin to experience something entirely different.

147

00:23:59,700 --> 00:24:05,600

What happens is that I can see everything going on around me, the doctors

148

00:24:06,660 --> 00:24:16,820

in a continuous manner. Like in movies, when one runs, and their image is continuous and "stretched" I was beginning to see everyone like this.

149

00:24:17,020 --> 00:24:28,040

It gave me great pain in my eyes to look and it sounded like a DJ was there playing with the sound

150

00:24:28,300 --> 00:24:47,220

at first the doctors voices were very loud but suddenly the voices turned almost robotic- it actually sounded like the voices of robots. But, it was harsh!

151

00:24:47,520 --> 00:24:59,820

And despite feeling so amazing with my head feeling like the

globe, the sound was so harsh!

152

00:25:00,040 --> 00:25:08,440

It was very difficult to deal with this. For instance, imagine hearing a buzzing sound of a fly

153

00:25:09,400 --> 00:25:19,880

but you place around you a million loudspeakers - you will hear this buzzing from within your own body.

154

00:25:20,060 --> 00:25:30,160

this noise was so jarring I could not tolerate it, within me I said, "Please make this stop! Please make this stop!"

155

00:25:30,740 --> 00:25:36,040

I don't say that this hurt but it was so jarring to the point of being painful..

156

00:25:36,340 --> 00:25:55,380

In retrospect I understand that it was the transition from being in the body to being out of the body...and these were the stages of exiting the body.

157

00:25:55,800 --> 00:26:04,680

After I requested that this noise stop, as I could not tolerate it!

158

00:26:05,040 --> 00:26:13,260

Suddenly I launched into flight- Literally!

159

00:26:13,800 --> 00:26:31,120

From the deepest recess of every cell in my body, I jumped up and lifted out of my body. It was like a balloon filled with Helium that you let go of and it flies upward.

160

00:26:31,120 --> 00:26:36,540

It was so natural, just like a baby.

161

00:26:37,680 --> 00:26:42,360

I settled up on the ceiling of the Operating Room.

162

00:26:42,760 --> 00:26:54,740

The first thing I felt was that I had come home, and it felt great! WOW! I have come home!

163

00:26:55,600 --> 00:27:00,200

I am finally home, this is so wonderful! This is great!

164

00:27:00,500 --> 00:27:06,460

Now, I can hear all of the thoughts of all the doctors in the room and all of them think I am about to die.

165

00:27:06,840 --> 00:27:16,400

and I want to tell them, but I am fine! Everything is fine and everything is going according to plan.

166

00:27:16,700 --> 00:27:22,440

Even though at first I thought the situation was chaotic, all of the sudden, everything appeared to working with absolute precision.

167

00:27:22,640 --> 00:27:26,760

That which they swapped my blood charts with another woman's- which prevented them from knowing I had an internal bleeding.

168

00:27:28,040 --> 00:27:37,160

The doctor who gave me the surgery on a private basis- who claimed it was the most simple surgery possible- which would NEVER lead to complications.

169

00:27:37,660 --> 00:27:45,820

I understood why all this happened. Why it happened through this doctor-why it happened to me-

170

00:27:46,140 --> 00:27:55,760

It's like I got a massive download, as if I was connected to the Internet and all of the information, all of the questions I had through out my life,

171

00:27:56,000 --> 00:28:00,440

they came down just like rain drops - I simply knew them.

172

00:28:01,440 --> 00:28:08,840

All I wanted to do was calm everyone and tell them that I was in a good place. I am fine and everything is fine!

173

00:28:08,920 --> 00:28:11,980

All of the sudden, I understood what "B'seder" - in order, actually meant.

174

00:28:12,200 --> 00:28:20,580

Everything is going according to the plan. Everything is in

order. Everything is in precise formation.

175

00:28:20,980 --> 00:28:32,660

The "Angel doctor" had greatly agitated thoughts and feelings- and I felt his more than anyone else there.

176

00:28:32,900 --> 00:28:43,100

He felt as though I was his daughter- he thought to himself, "it's not bad enough that the first doctor left an open blood vessel?" and he felt great anger towards him.

177

00:28:43,460 --> 00:28:58,240

The first doctor with who performed the private surgery was his supervisor and the "Angel doctor" took responsibility for this "screw up".

178

00:28:58,540 --> 00:29:06,620

The "Angel Doctor's thoughts continue- "as if this was not enough, she came to the hospital in critical condition and no one knew she had internal bleeding."

179

00:29:06,840 --> 00:29:13,160

There was such a major screw up and he was seriously mad that at the moment he thought about this other doctor

180

00:29:13,340 --> 00:29:23,440

I can't say that I "thought" or understood him because there really isn't thinking or understanding - but there is "knowing".

181

00:29:23,880 --> 00:29:32,920

At the moment he thought of him, I was projected to the motel

room in the North where the doctor who operated on me, was staying.

182

00:29:33,500 --> 00:29:45,740

The original doctor who had operated on me was in the North at a Motel with his wife - I could see him as if I were behind him, in back of his head and above.

183

00:29:46,080 --> 00:29:56,940

He takes his telephone which was upside down on the table, lifts and sees the calls he has had and the ones he had received from the hospital.

184

00:29:57,320 --> 00:30:03,940

Then, he closes the phone - so as to keep peace between he and his wife- everything was to perfection.

185

00:30:04,560 --> 00:30:11,800

Taking everything into account, he is a good doctor and I do not want to go into why he was involved - rather I wish to deal with the place I am in.

186

00:30:11,800 --> 00:30:16,140

But, there is a reason that he was involved.

187

00:30:16,420 --> 00:30:33,820

I was able to see the motel room and describe it and saw the structure from within- but what was the sequence of things? When did I see the room in the North and when did my mother come in to see me

188

00:30:34,140 --> 00:30:38,600

when I wanted to tell her, "Mom I am in a good place and I am fine!"

189

00:30:38,860 --> 00:30:58,500

At the moment I wished to-I was sent- so to say, because this desire sent me - I went through the walls - and I saw my mother sitting on a bench in the waiting room.

190

00:30:58,780 --> 00:31:08,120

and she was trying to read Psalms, but she could not. Suddenly, she closes the book and rubs her face because she can't believe - I hear everything that she is feeling.

191

00:31:08,400 --> 00:31:12,660

She cannot believe that they told her that her daughter is going to die. She cannot process this!

192

00:31:12,940 --> 00:31:16,920

Suddenly she

193

00:31:20,900 --> 00:31:31,640

I try to tell her, "Mom, I am OK, I am well- Really! Mom, I am in a good place!. But, she cannot hear.

194

00:31:37,400 --> 00:31:55,140

I return to the Operating Room and the entire time I feel, from the moment I left the body, I feel perfect peace, love and compassion.

195

00:31:55,580 --> 00:31:57,560

I feel as though

196

00:31:57,700 --> 00:32:11,160

That the moon, the stars and all of the galaxies - all that exists - and all that escapes my perception- all of it is embracing me in a mighty hug.

197

00:32:11,160 --> 00:32:26,420

Particles in the air love me - but they are not separate from me! They are me and I am everything and yet I am nothing - I am part of one whole -which breathes. Everything breathes as one.

198

00:32:27,020 --> 00:32:40,300

The machines in the Operating Room, the doctors who were there, the entire building, the stars - everything that exists

199

00:32:40,560 --> 00:32:52,280

breathes together breathing in and out - in and out. And, this breathing has a sound:

200

00:32:52,440 --> 00:33:01,400

as if one takes a balloon and breathes air in and lets it out and everything expands and contracts...expands and contracts.

201

00:33:01,980 --> 00:33:11,180

And, I feel as one part of the one unified whole which breathes and gives breath

202

00:33:11,500 --> 00:33:27,340

I am looking at my body and I have 360 degree perspective - I did not have any - how shall I say this? I had no interest in my body.

203

00:33:27,820 --> 00:33:34,900

this is to say, that from my perspective it was part of scenery, just like the equipment in the Operating Room.

204

00:33:35,160 --> 00:33:38,260

This body was not me!

205

00:33:38,740 --> 00:33:44,880

After 24 hours of terrible and unbearable pain

206

00:33:45,140 --> 00:33:54,300

I understand that the pain was imagined. All of the questions I have had during my life - why we suffer? Why do we live then die?

207

00:33:54,520 --> 00:33:59,560

What is the purpose here? Is there really a Creator of the world - or is this just what they taught me.

208

00:33:59,740 --> 00:34:09,540

All of the questions that had perplexed me , from an early age - at one instant were at a level of simple knowing. I simply knew the answers.

209

00:34:09,900 --> 00:34:17,360

The body simply did not interest me - from my perspective the pain- as I now understood- was imagined!

210

00:34:17,660 --> 00:34:28,600

The body laying there, from my perspective, was no more than a coat. Thank you for keeping me warm during the winter

211

00:34:28,760 --> 00:34:34,640

thank you for being here, but you are not me, I am here!

212

00:34:35,160 --> 00:34:54,800

I had no connection, I enjoyed so much...even "enjoyed" is not the proper word..it is very difficult to explain this, as the entire experience with words because there are really no words - I am just trying to describe an experience for which there are truly no words.

213

00:34:55,020 --> 00:35:11,840

But, I felt that I was love- I was love...it is not that I love, I am in essence love, I am part of the love, I am part of one unit and each part is connected to the next - all are interconnected!

214

00:35:13,200 --> 00:35:26,560

It is a sensation of unity and eternity- there is no time there - from my perspective, I was there for an eternal eternity.

215

00:35:26,980 --> 00:35:43,300

In reality, it was only a matter of a few minutes in earth time..but from my perspective it could have been 200 million years or a billion years- they are both the same thing because there is no time. There, I experienced eternity.

216

00:35:43,840 --> 00:36:05,280

I know that they are going to anesthetize me - You must understand how many specifics there were in this experience of complete oneness, mercy and a love like this... I felt as though I had come home.

217

00:36:05,940 --> 00:36:20,260

And I know that they are going to anesthetize me and my grandmother and 2 aunts they are there to accompany me from this world to the next and I am not afraid.

218

00:36:20,500 --> 00:36:30,220

I feel it will be good and I feel secure. I feel completely peaceful and feel love and that I am the love.

219

00:36:30,540 --> 00:36:33,540

And, there is no I. This is precisely the point: There was no I.

220

00:36:36,740 --> 00:36:54,440

I do not fear that I am going with them - it felt as though I was waiting at the train station for the train to arrive and I get on the train..with no fear.

221

00:36:56,520 --> 00:37:12,940

This is what happens at the moment they begin to anesthetize - part of me was entwined in the body and part of me out of the body - I was simultaneously both here and there - and I know that I am going to be completely out of the body and proceed upward.

222

00:37:13,800 --> 00:37:38,400

With regard to going upward, I only recall exiting the hospital and seeing it from above and continuing upward like lights - it is a such wonderful feeling.

223

00:37:38,680 --> 00:37:46,260

As I said before, like a baby being born - so is the feeling of leaving the body and returning home.

224

00:37:46,420 --> 00:37:48,820

It is a very good feeling!

225

00:37:49,160 --> 00:37:51,660

It is the most natural thing in the world!

226

00:37:53,820 --> 00:38:16,920

The next thing I recall, a side note, I am skipping over many details that are connected to the knowledge I obtained when I exited my body, because each small item is a subject unto itself

227

00:38:17,380 --> 00:38:25,940

which needs to be spoken about - we will deal with it later as now I wish to tell you about the experience itself.

228

00:38:26,780 --> 00:38:39,200

Later, perhaps we will delve into the other subjects such as all of the answers I received and how one applies them in real life.

229

00:38:41,320 --> 00:38:49,140

The next thing I recall is being in the world of darkness.

230

00:38:53,200 --> 00:39:13,920

I was alone in this world. I can say that I never experienced this kind of darkness in my life!

231

00:39:14,200 --> 00:39:22,620

It is a thick and dense darkness- like waves of darkness...like Cement!

232

00:39:22,940 --> 00:39:33,420

And I was hovering there in this void alone! It is all world unto itself. It is a world which has no beginning and no end.

233

00:39:34,820 --> 00:39:41,180

And I think to myself, "Am I going to remain here?"

234

00:39:42,000 --> 00:39:44,100

"What am I doing here?"

235

00:39:44,440 --> 00:39:55,380

From the experience of love and feeling unified and feeling mercy and that all creation hugging me - all of the sudden I experience absolute darkness!

236

00:39:55,860 --> 00:40:06,820

But, this darkness is not really frightening - because when we try to explain it using intellectual tools, it may sound frightening. But, our brains cannot accurately understand this.

237

00:40:07,220 --> 00:40:21,520

This world of darkness, which is an entire subject unto itself, which I will not breakdown now, I just want to assure you it was not frightening.

238

00:40:21,960 --> 00:40:31,000

It was the holy potential of my soul - so that it should not be wasted.

239

00:40:31,340 --> 00:40:41,060

I went to law school at a very early age and before you know it, at age 24-25 I was in court every Monday and Thursday.

240

00:40:41,300 --> 00:40:47,980

I directed all of the connections I received to incorrect places, I did not express my connections.

241

00:40:48,300 --> 00:41:02,460

I wanted to help people and use my skills of speech to assist people, but the possibility was not there - it was a place of warfare.

242

00:41:02,900 --> 00:41:18,760

It was not the proper expression of my soul - it was like a fetus in the womb - it exists but does yet know how to take action.

243

00:41:18,960 --> 00:41:30,380

I experienced the lack of substance of my soul - but the soul is unlimited, not as we experience here.

244

00:41:30,680 --> 00:41:38,560

I wish and may we merit - and we certainly can experience the eternity of our soul here, and not just to touch it.

245

00:41:38,780 --> 00:41:49,420

To be our soul and give it the opportunity in our lives for it to develop

246

00:41:49,660 --> 00:41:58,940

I essentially felt the potential of my soul so that it should not be wasted because I did not express it correctly - so I felt the decay.

247

00:41:59,000 --> 00:42:05,060

It is like a baby in the womb who feels its body, I felt the body.

248

00:42:05,280 --> 00:42:09,860

This place slapped me because I felt how much of my soul I did not express.

249

00:42:10,000 --> 00:42:26,300

And while I was there I hear from the world above, which is a Bet Din\Court, I hear them talking about me...and there was like a raging war!

250

00:42:29,500 --> 00:42:44,940

I am in parallel worlds; I see what is going on in the Operating Room and I see myself shaking and after they brought 7 units of blood they bring more blood.

251

00:42:45,280 --> 00:42:51,320

And I get that the situation is very critical in the earthly realm

252

00:42:51,860 --> 00:43:01,440

I so wanted to go up to the Bet Din\Court- I wanted to tell them, that if they are going to return me, they should do it in a timely manner- I want to be whole.

253

00:43:01,660 --> 00:43:04,960
to return to this body and that it be complete.

254
00:43:05,060 --> 00:43:15,860
and, I begin to cry out...it is not a vocal cry as we have
here..

255
00:43:16,060 --> 00:43:18,180
rather it is a SCREAM!

256
00:43:19,360 --> 00:43:25,920
With all voices that exist... It is the cry that shakes worlds.

257
00:43:26,460 --> 00:43:35,040
I cry out that I want to go up there- as it were...to speak.

258
00:43:35,480 --> 00:43:44,780
Parenthetically, when I was in the earthly courtroom, I had A
LOT to say!

259
00:43:45,620 --> 00:43:53,840
And here at this point, I thought that I would say something.
But no...I had nothing to say. Not one thing.

260
00:43:54,240 --> 00:44:07,100
When I was crying out, I see a point very far off, just like
when we look at stars

261
00:44:07,360 --> 00:44:16,800
just like a distant point, like a square. But this square had

emotions.

262

00:44:18,340 --> 00:44:25,280

At the moment I asked for help and wanted to get out of there - it began to come closer to me and I went towards it.

263

00:44:25,680 --> 00:44:29,180

And this small point was a world unto itself.

264

00:44:29,800 --> 00:44:38,220

I stated before that the world of darkness was a world unto itself which had no beginning and no end- the world of darkness was within the point of light.

265

00:44:39,980 --> 00:44:45,180

This is for a separate discussion to explain it more fully.

266

00:44:45,640 --> 00:44:51,680

And, I found myself in the Bet Din\Court in a hall.

267

00:44:52,300 --> 00:44:59,120

It is a made of transparent glass.. but, transparent with emotions.

268

00:44:59,580 --> 00:45:06,400

There are really no words to accurately describe this, but I will do my best:

269

00:45:06,660 --> 00:45:14,140

It is as if the hall itself had emotions of mercy. This is

exactly how it was!

270

00:45:14,360 --> 00:45:25,680

I am standing there and in front of me are 3 men,
Tzadikim\righteous individuals who were all like my
grandfather.

271

00:45:25,840 --> 00:45:36,140

They so loved me! All of them there loved me. In back of me
were thousand a upon thousands of souls, filled with souls!

272

00:45:36,320 --> 00:45:45,400

To the degree, when I drive my car and stopped at the crosswalk
and someone passed by - that soul was there!!

273

00:45:46,020 --> 00:45:55,840

All of the souls were there..the smallest thing that who thinks
it has any significance?

274

00:45:56,160 --> 00:46:00,840

Even if something was done unconsciously

275

00:46:01,580 --> 00:46:09,400

All of the souls were there! All of those souls in back of me
were like waves ..like tailwinds of waves

276

00:46:09,640 --> 00:46:18,620

and all were there together..but we can understand her..we can
understand her..we can understand her..

277

00:46:21,780 --> 00:46:28,340

I felt this love and those Tzadikim who were there

278

00:46:29,840 --> 00:46:34,560

when they looked at me, I could not handle the light

279

00:46:35,000 --> 00:46:43,280

I did not possess the vessel to handle the intensity of the light..I simply did not have any tools. I felt as though I was a worm...literally!

280

00:46:43,960 --> 00:46:58,860

In the past year I began to read Tehilim\Psalms, I suddenly began to relate to it more, I noticed a verse which states, "I am a worm and not a man."

281

00:46:59,500 --> 00:47:08,200

This amazed me because I felt like a worm I felt unable to accept the light because I was simply a worm.

282

00:47:09,080 --> 00:47:18,920

There was a curtain and on this curtain I saw all of my life - from the moment of my birth..literally!

283

00:47:19,220 --> 00:47:22,180

My birth

284

00:47:22,820 --> 00:47:28,140

the stages of my mom mother's birth pangs while giving birth to me.

285

00:47:28,620 --> 00:47:30,380
and all of my life.

286

00:47:30,640 --> 00:47:46,380
In this experience, I was the viewer, I was watching this movie
but all of the actors I see in this movie..

287

00:47:46,860 --> 00:47:58,860
if there was one who I harmed, I felt what I had done to harm
them. It was as if I had harmed myself.

288

00:47:59,840 --> 00:48:10,800
I judged myself! No one there really judged me..not the
Tzadikim who sat in front of me, not any of the souls who were
behind me

289

00:48:10,820 --> 00:48:16,660
I felt as though I was the only one judging

290

00:48:16,660 --> 00:48:23,640
In actuality, I studied Law, my plan was to eventually become
a Judge

291

00:48:24,360 --> 00:48:35,140
I always fought for justice but I channeled things to improper
places, because above justice there is shalom\peace

292

00:48:35,140 --> 00:48:45,420
and I lost my way. And when I saw the story-line of my life, I
felt I was being fooled.

293

00:48:45,720 --> 00:49:01,060

However, no one was fooling me, I fooled myself..because in the life I had lived, I felt that I was a very important woman, I am a lawyer I appear in court

294

00:49:01,320 --> 00:49:03,340

I was everyone's pillar of strength.

295

00:49:03,620 --> 00:49:08,020

I felt as though I was someone very important

296

00:49:08,440 --> 00:49:19,860

That was the story-line of the life I lived. The story-line they showed me was all of the times when I asked questions, specifically those times, very brief moments, when I was in front of the Creator

297

00:49:20,160 --> 00:49:29,560

trying to understand, is there a Creator? How was the world created? All of the internal questions

298

00:49:29,700 --> 00:49:36,440

or things regarding Chesed\kindness, for instance... all of these things were there.

299

00:49:36,780 --> 00:49:41,500

This is the true story-line of my life and not all of the other things I did.

300

00:49:41,680 --> 00:49:55,600

Moreover, even though they call this place Bet Din\Court - it was Bet HaRachamim - The house of mercy! I felt as though this place was the house of mercy.

301

00:49:55,820 --> 00:50:04,720

One of the interesting situations in my life examined there was that I was a practicing Attorney for 1.5 years

302

00:50:04,860 --> 00:50:08,660

I worked at a very successful office

303

00:50:09,060 --> 00:50:25,880

One of the female lawyers was having contractions and had to quickly leave the office. They said to me, "listen, there is a court appointment today and you must fill-in!"

304

00:50:25,960 --> 00:50:28,920

In an instant - without preparing without anything!

305

00:50:29,780 --> 00:50:35,100

I take the folder, go over it before we appear in front of the court. I arrive

306

00:50:35,100 --> 00:50:38,520

in the court. It was not even my department as this was the banking department and I never even dealt with these things.

307

00:50:38,620 --> 00:50:47,040

and I find myself in the courtroom, in front of man who is very old, over 80 years old.

308

00:50:47,300 --> 00:50:50,580

A man who endured the Shoah\Holocaust.

309

00:50:51,080 --> 00:51:00,540

He has vascular disease and receives money from Social Security
- as a benefit.

310

00:51:01,120 --> 00:51:07,640

I am the youngest one there that only a few days prior finished
law school, and I have to extract money from him.

311

00:51:07,640 --> 00:51:19,820

Not to go into the details of what transpired, but he signed to
be a guarantor and I am the one who is assigned to extract
money from him.

312

00:51:20,020 --> 00:51:29,120

I arrive at the courthouse and I see the age of this man and I
see how thin he is and I ask him,

313

00:51:29,360 --> 00:51:33,300

"How do you buy food?" "From what money do you buy food?"

314

00:51:33,760 --> 00:51:39,840

And he lifts his shirt and shows me how thin he is and he did
not even get angry at me,

315

00:51:40,120 --> 00:51:50,940

that I, the attorney, the young girl who was trying to extract
money from him...he did not even get angry at me for causing
him grief. I wanted him to be angry with me. I wanted this!

316

00:51:51,300 --> 00:52:00,740

He had no taste to life - he simply had no taste in life - This finished me! I said, "this is why I studied Law?"

317

00:52:01,060 --> 00:52:01,760

Not for this!

318

00:52:01,940 --> 00:52:12,160

I immediately felt like I was going to cry. I held his hand - I was supposed to extract money from him - I did not care for protocol and I did not care if my bosses would see this. I did not care!

319

00:52:12,320 --> 00:52:25,600

There was a judge who was merciful and kind but I was so tormented and kept holding myself back from crying - I wanted the earth to open up and swallow me.

320

00:52:25,800 --> 00:52:31,400

I cannot be here! I was intensely ashamed to be in this situation.

321

00:52:31,880 --> 00:52:37,880

After this court appearance, I did not come back to the office for two weeks. I was literally sick.

322

00:52:38,280 --> 00:52:49,380

Shabbat came in between, but this deeply affected me, I could not even eat and lost several kilos in these weeks. It hit me very hard and I was deeply embarrassed.

323

00:52:49,780 --> 00:53:10,940

My grandfathers were very close to me, this man was my grandfather's age and I asked myself, "How did I get into this situation to do such a thing?"

324

00:53:11,220 --> 00:53:19,440

I beat myself up for all of the years, this situation, although I returned after two weeks and wrote a letter of resignation

325

00:53:19,640 --> 00:53:31,340

throughout the course of these years I judged myself a lot. I was mortified by this and thought this was one of the worst things I had done in my life

326

00:53:31,540 --> 00:53:36,340

I could not come to terms that I was in that situation.

327

00:53:36,340 --> 00:53:52,180

And what happened when they showed me this incident - they showed that it was intended for me specifically, to be there. It was exactly planned that I was going to be in the courtroom that day.

328

00:53:52,180 --> 00:53:55,040

I was the one destined to help bring out the mercy for this man

329

00:53:55,040 --> 00:54:04,560

And, that which I judged myself throughout those years, beat myself up and was greatly embarrassed of this dark stain.

330

00:54:05,220 --> 00:54:12,760

Even if you thought I was a good person, I would have thought to myself, "yes but you don't know what I did in court in which situation I was in."

331

00:54:12,940 --> 00:54:18,780

I felt it sullied me. I was mortified and I judged myself.

332

00:54:18,940 --> 00:54:33,060

But, when they showed this to me, I will intentionally give you an extreme example, to demonstrate that it is all mercy\Rachamim and everything is perfectly planned for me to be there and I bring about mercy for this man.

333

00:54:33,080 --> 00:54:37,020

It is so exacting- that I should experience that which I desire.

334

00:54:37,540 --> 00:54:48,060

It was so exacting and no one there judged me when I was in the Bet Din. On the contrary, they viewed this with mercy; that it was perfectly planned that you should be there

335

00:54:48,280 --> 00:54:57,240

you were there to allow mercy to come to this man and the only person who judged, was me judging myself. No one judged me!

336

00:54:57,880 --> 00:55:07,660

And the true story-line of my life was not what I thought it was or what I planned, it wasn't even marginal.

337

00:55:07,660 --> 00:55:18,700

It was just scenery. Why did I feel so much like a worm;
because I felt so irrelevant.

338

00:55:18,700 --> 00:55:29,280

I identified so much with the fake identity, I felt the fake
identity was who I really was in that life.

339

00:55:29,460 --> 00:55:36,900

and this difference between who I knew myself to be now
compared to who I thought I was so great

340

00:55:37,140 --> 00:55:50,320

this caused embarrassment, this embarrassment tormented me. I
felt they were fooling me, but no one was fooling me, I was
fooling myself

341

00:55:54,500 --> 00:56:00,340

The experience expanded my entire life and renewed it.

342

00:56:01,320 --> 00:56:12,280

and to also understand the people who harmed me and be in their
shoes - those who I was harmed by -because there really is no
such thing

343

00:56:12,700 --> 00:56:18,180

to see where they are coming from, then all of my judgement
reversed.

344

00:56:18,580 --> 00:56:23,460

The laughter and this was my embarrassment

345

00:56:24,140 --> 00:56:30,900

The screen came down, actually it went up into the ceiling after they showed me my life

346

00:56:31,260 --> 00:56:37,540

and the Tzadik who sat on my left

347

00:56:38,660 --> 00:56:45,500

he looked at me and said, "what are you doing here? You don't need to be here!"

348

00:56:46,360 --> 00:56:51,820

Now, I am in the place that there is not a chance that I am returning,

349

00:56:52,220 --> 00:57:00,860

nope! It does not interest me at all - I am simply not returning under any circumstances!

350

00:57:01,340 --> 00:57:08,680

If I thought that I was going to go up and speak, I would have had nothing to say.

351

00:57:08,900 --> 00:57:18,120

All that I saw in the movie of my life the one thing I could say is that it is not me..and this would not have been a lie, it is the greatest truth.

352

00:57:18,320 --> 00:57:25,680

Because, here I am! This is who I am now, that is not me. It is like a suit I put on

353

00:57:25,880 --> 00:57:31,260

or a mask that I put and thought I was the mask, but it is not me.

354

00:57:35,100 --> 00:57:45,900

This Tzadik had great light in his eyes and this light bathed all of me like river.

355

00:57:46,360 --> 00:57:54,100

And as it bathed me, it was so warm. As it bathed me more I felt shriveled\shrunken

356

00:57:54,100 --> 00:58:00,900

I felt even more shrunken and like a worm because I was unable to to process this light.

357

00:58:01,080 --> 00:58:04,240

I went up there without any tools to be able to capture\process\absorb this light.

358

00:58:04,500 --> 00:58:09,980

He said to me, "You should not be here!"
All of this conversation was telepathic,

359

00:58:10,180 --> 00:58:16,260

not with words - simply telepathic.

360

00:58:16,780 --> 00:58:20,760

It is not like in this world where we must speak to express

ourselves.

361

00:58:21,160 --> 00:58:26,680

it is that we feel\sense from one another and there are no boundaries\limits.

362

00:58:28,240 --> 00:58:37,400

And, I only wanted to go upward, above from the Bet Din where there is eternity

363

00:58:38,080 --> 00:58:41,160

I do not want to return to here!

364

00:58:41,160 --> 00:58:51,460

I tell him that I want to go upward, I'm not returning! NO chance! From my standpoint, there is no option.

365

00:58:51,920 --> 00:59:03,780

So to say, I was awakened from the dream - so now you are going to return me to the dream state? What the heck?

366

00:59:03,940 --> 00:59:06,420

I am not returning! I have arrived home!

367

00:59:06,700 --> 00:59:13,420

This Tzadik explained to me that it was not my time. He was very much like my grandfather - there was a great love!

368

00:59:13,980 --> 00:59:22,160

He said, it is not your time, it is simply not your time". I

just did not want to return here

369

00:59:23,520 --> 00:59:39,240

they explained to me that I have not completed my job, the job of my soul. The other option available was that I would be in another word...hmm.. not certain how to categorize this

370

00:59:39,440 --> 00:59:46,920

it is like a passage way between worlds, where I would be for a period- even the term "period" is inaccurate as there is no time-

371

00:59:49,320 --> 00:59:56,820

and if I did not want to return , after "recovering" I would once again return to the earth plane and begin again in a new incarnation

372

00:59:57,140 --> 01:00:07,060

When I heard this as the only other option and that I wouldn't be going upward I chose to come back to this body as opposed to starting all over gain.

373

01:00:07,220 --> 01:00:11,820

But, I agreed to return, I did not wish to. I agreed to.

374

01:00:12,400 --> 01:00:23,720

There is a distinction between "agreeing" and "desiring". And, we must "desire" to live this life, not just "agree" to live this life. Not just "agree" because by default, we are here.

375

01:00:24,020 --> 01:00:28,580

But, the power of our choice, this is our choice to live.

376

01:00:28,740 --> 01:00:36,260

It is not clear to the soul to come and enter this earthly plane.

377

01:00:37,520 --> 01:00:46,660

Not that there is actually an earthly world - I am throwing in some other ideas, but not going off track, but, everything can be found within us

378

01:00:47,000 --> 01:00:57,960

the contraction that is necessary for us to here is unnatural for the soul - because it has no boundaries\unlimited

379

01:00:59,520 --> 01:01:12,160

I agree to return and I promise 3 things before I return. It is not as if they put terms on me if you do\if you don't etc

380

01:01:12,580 --> 01:01:27,480

I promise from a place - it all truth everything is known - known to all what I must promise, what I must do.

381

01:01:28,040 --> 01:01:49,580

I promise 3 things: 1) I will return and repent\teshuvah 2) was that I will use the talents G-d has given me for holy purposes. 3) That I will tell what happened to me.

382

01:01:49,980 --> 01:01:58,380

I will briefly speak about these 3 promises because each one is a topic unto itself.

383

01:01:59,000 --> 01:02:20,820

That I do teshuvah: The experience did not have religious or halachic bent, it was a matter of returning to myself - to my true identity. This in fact was the Teshuvah-

384

01:02:21,220 --> 01:02:29,360

To ask a question everyday and receive an answer and the soul will answer me and to return inward, to my true identity

385

01:02:30,000 --> 01:02:32,260

and to reveal my soul.

386

01:02:33,155 --> 01:02:35,805

To use my talents for holy purposes:

387

01:02:36,180 --> 01:02:43,900

The Creator has given me skills and I turned them into talents. No one other than me.

388

01:02:44,680 --> 01:02:50,340

It is not like this! They are skills but they are not mine. I received a loan, I received a tool

389

01:02:50,520 --> 01:02:55,240

You can enjoy it but it is not you. I made it into me.

390

01:02:56,020 --> 01:03:12,340

When I tell this story..now I know that when most who have these experiences, before they come back down, are told the same thing, to share the story with others.

391

01:03:12,340 --> 01:03:28,220

So, I promise these three things and that Tzadik looked at me, and he tilts his head as if to say, "Wow, you experienced a lot there"

392

01:03:28,220 --> 01:03:34,320

and with a flick of his hand, he changed Din\Judgment into Rachamim\Mercy

393

01:03:34,580 --> 01:03:49,260

and I remember felt so relieved. It was as if all of my life that was colored by Din\Judgement, reverted to Rachamim\Mercy just by the movement of his hand. This simple hand movement

394

01:03:49,460 --> 01:04:03,460

And he looked at me with so much love and smiled, as if with his eyes, said to me, "I am so happy for you!"..."I am so happy for you!"

395

01:04:04,600 --> 01:04:19,920

The curtain comes down to the floor, and I enter the curtain.

396

01:04:20,120 --> 01:04:35,620

Now I have to go down to this world. I enter the white curtain and at the moment I walk on it - not really walking because I have no body..but I enter it

397

01:04:35,800 --> 01:04:48,600

when I enter I am in a world that is the whitest of white- what a surprise! This is the world that was formerly black!

398

01:04:48,820 --> 01:04:54,280

This tells us that darkness cannot stand on its own-light holds the darkness within itself.

399

01:04:54,920 --> 01:05:00,920

I enter this world, a world unto itself which has no beginning and no end,

400

01:05:01,940 --> 01:05:04,860

and I feel marvelous and I do not know why.

401

01:05:05,140 --> 01:05:13,500

Accompanying me back to the earthly world is a soul, and there are three steps.

402

01:05:14,340 --> 01:05:28,260

Everything is white and the door is white. I ascend the three stairs and I know I have to open the door. Everything is straightforward.

403

01:05:28,800 --> 01:05:36,820

I open the door and when I do, I am in another world.

404

01:05:37,040 --> 01:05:45,620

It is a world we can call The Sky\Heaven. Everything was like the Shamayim\sky.

405

01:05:45,920 --> 01:05:48,840

And, I am on a cloud.

406

01:05:52,520 --> 01:05:57,820

From within this cloud, a rope ladder unfolded.

407

01:05:57,860 --> 01:06:11,480

But, before I go down on this ladder, the soul which was accompanying me asked, "Do you want to take off your shoes?" and I responded, "no".

408

01:06:11,680 --> 01:06:14,480

"I prefer to remain this way."

409

01:06:15,000 --> 01:06:21,900

But, I have no body! But when she asked me this, it was not really referring to "shoes".

410

01:06:22,760 --> 01:06:28,600

It referred to all of the limitations I placed upon myself and all of the habits I had.

411

01:06:29,080 --> 01:06:40,640

It seems I had the choice to return here without those habits, but my soul chose "no".

412

01:06:40,920 --> 01:06:47,980

It is because I want to be responsible for making the repairs- I want to do the work myself.

413

01:06:49,060 --> 01:07:00,580

Afterwards when I returned to my body, I asked myself "Why did I say that? I could have skipped that whole part!" But, that is body talking not the soul.

414

01:07:01,140 --> 01:07:14,440

The soul wants to come and take the journey; even if I wanted to go upward, there is a plan\purpose to all this life which we go through.

415

01:07:14,980 --> 01:07:29,860

I begin going down the ladder, and this experience was, well, all of it was amazing, every part of it was amazing, but it was amazing to see this world and all of the galaxies and stars

416

01:07:30,020 --> 01:07:34,360

and everything as I was descending the ladder.

417

01:07:34,880 --> 01:07:49,100

I gradually go down to planet earth. And as I slowly continue downward lower & lower to the ground- but really I was in the middle of the sea.

418

01:07:49,660 --> 01:07:58,700

I descended through three phases on the ladder and now I know I must jump into the water.

419

01:07:58,700 --> 01:08:19,520

It dawns on me that, OMG, I am here- I have actually returned here. Oh no! What I am going to do here? How am I going live here?

420

01:08:20,700 --> 01:08:28,220

Although I realize this, I am not prepared to accept it and I begin to try climbing upward.

421

01:08:28,340 --> 01:08:31,980

The soul accompanying me asks, "What are you doing?"

422

01:08:32,360 --> 01:08:41,200

I cry hysterically! I say, I do not want to return here! I cannot be here!

423

01:08:41,380 --> 01:08:47,400

She says to me, "Don't you remember that you promised? Don't you remember that you have more to travel?"

424

01:08:47,740 --> 01:08:52,220

But, I am unprepared to accept it. I said, "Yes, but I cannot be here!"

425

01:08:52,380 --> 01:08:59,820

The accompanying soul did not come from a place of condemnation - she understood me!

426

01:08:59,960 --> 01:09:05,440

She was within me and spoke within me, understood me and understood everything!

427

01:09:05,680 --> 01:09:13,940

She responded to and resolved all my protestations - she untied the knot and then I went down on the ladder.

428

01:09:14,320 --> 01:09:19,640

Another resolved protest..and further I went down the ladder. On the first rung I said, "I want to return to my family!"

429

01:09:20,960 --> 01:09:27,480

As if my family is here on Earth is not my family - they are just on loan and not really my family.

430

01:09:28,940 --> 01:09:38,060

She gives me an answer and with each answer she gives, I know it is the truth..

431

01:09:38,260 --> 01:09:46,420

And she resolves and unties the knot - the protestations..and I go down a step.

432

01:09:47,140 --> 01:09:57,160

The next protest -I am crying hysterically, I say I cannot do anything here, there is concealment - how can I be in this world?

433

01:09:57,360 --> 01:10:01,440

And she answers even this...and I go down another rung.

434

01:10:01,920 --> 01:10:10,000

I will speak expansively about this conversation because it is a chapter unto itself.

435

01:10:10,460 --> 01:10:20,960

The last thing I say to her, "I do not even know where I am going to go. In which direction do I swim?"

436

01:10:22,560 --> 01:10:35,460

She says to me, "jump in the water. You are a natural! swimmer"
I jump into the water and begin to swim and swim and swim.

437

01:10:35,800 --> 01:10:46,960

Until I am drained of energy and I think to myself, great I have no energy to swim, what am I going to do? I am still in the middle of the sea! How am I going to reach land?

438

01:10:47,200 --> 01:10:51,480

I do not even know if I am in the right direction - I have no idea what to do.

439

01:10:51,760 --> 01:10:56,960

I was not afraid of dying -it did not appear that way - I was just trying to figure out how to return home.

440

01:10:56,960 --> 01:11:06,240

Now, I did not want to drown - but I said, "The Creator has returned me here so that I should die in the sea?"

441

01:11:06,560 --> 01:11:21,620

I continued swimming..I tried continuing to swim until a certain point, I did the doggy paddle - and then I simply asked for help.

442

01:11:22,080 --> 01:11:30,020

and when I asked for assistance I began feeling bubbles like I was in a Jacuzzi that has that feeling...

443

01:11:30,420 --> 01:11:52,140

I looked and saw nothing but from the core of the sea, all of the sudden I see so many fish with spectacular colors - simply

spectacular - living colors! Authentic life - here we do not see or experience or colors like these properly.

444

01:11:52,620 --> 01:12:12,300

All of the fish in the sea arrived to accompany me - it was a massive school... and they gave me a push and created a pathway and the Leviathan arrived, I know this sounds imaginary but it is the truth and this is what I experienced.

445

01:12:13,080 --> 01:12:29,920

The Leviathan arrived - he was at my heal, I was half in and half out of the water and held me and gave me a push with all the others.

446

01:12:30,260 --> 01:12:37,260

I am there with all the fish in the sea, all of them accompanied me to land.

447

01:12:38,000 --> 01:12:53,480

I got to land and this massive transport got to land, it was spectacular - it was a feeling that the entire universe came to assist you...that you truly want something

448

01:12:54,020 --> 01:13:00,540

The Creator aligns everything so that you should do the right thing...if it is the right thing for your soul.

449

01:13:00,840 --> 01:13:11,280

I arrive to the beach head and there is a small boutique and there waiting for me inside the boutique is my grandfather

450

01:13:11,640 --> 01:13:13,100

May his memory be blessed

451

01:13:13,660 --> 01:13:27,020

I enter the boutique and my grandfather is on the right and to the side there is a table with a sefer Torah\Torah Scroll that is open and there is a hanging light

452

01:13:33,660 --> 01:13:41,540

behind the Torah on the table, there are 7 stairs going downward.

453

01:13:43,360 --> 01:13:58,480

I see my grandfather but I am crying hysterically, and I say, "Grandpa, what will I do here? what will I do in this world? How can I return here? How can I be here?" and I am in hysterics.

454

01:13:59,380 --> 01:14:07,480

My grandfather looked very worried, by the way, at that time he was alive.

455

01:14:07,720 --> 01:14:13,120

The one who received me here- he knew that I was very much between life & death.

456

01:14:13,440 --> 01:14:22,560

He gave me the same answer the accompanying soul gave me: Continue walking and you will eventually arrive. You are never alone and you are being accompanied.

457

01:14:22,740 --> 01:14:25,140

This not only me, it is everyone!

458

01:14:26,660 --> 01:14:34,500

Then he said he has to go, he has to exit, he must return.

459

01:14:35,100 --> 01:14:42,160

I have "holy anxiety" so understanding this and does not delay even for another moment...

460

01:14:42,220 --> 01:14:45,060

There was another discussion

461

01:14:51,160 --> 01:15:03,220

At the moment he tells me this I have "holy anxiety", I say "ok, ok" and I go out from the boutique and I close the door made of wood.

462

01:15:03,400 --> 01:15:09,760

The boutique disappears and I awaken in the recovery room.

463

01:15:10,740 --> 01:15:14,780

I open my eyes and my mom is on by my side.

464

01:15:16,600 --> 01:15:24,360

I look at her and hear her say, "you are complete" this is today, they did not take out any organs.

465

01:15:25,080 --> 01:15:31,140

Everything that happened to me was miracle upon miracle upon miracle.

466

01:15:32,360 --> 01:15:37,880

I am satisfied with where I am at, I have have a smile from one ear to the other

467

01:15:38,520 --> 01:15:50,420

And, I close my eyes and go back to sleep. I awake later, open my eyes and the first thing I say to my mother is,

468

01:15:50,600 --> 01:16:03,020

"Mom do you comprehend how many miracles? I am whole! For 24 hours I was without blood in my body and I remained alive!

469

01:16:03,180 --> 01:16:10,620

Do you get that I am whole and I went out of my body. My mother said, "wait a moment, how do you know you are complete?"

470

01:16:11,080 --> 01:16:15,640

I said, "you told me when I awoke!" My mom said, "No Hila, I did not!"

471

01:16:18,320 --> 01:16:25,180

from ear to ear - in really strange way and you went back to sleep. I said, "Right, what a story!"

472

01:16:25,400 --> 01:16:30,500

her lips did not move - I did not hear that from outside, rather I heard it from within.

473

01:16:31,260 --> 01:16:39,320

I received this knowledge from within, this message.

474

01:16:40,540 --> 01:16:50,480

I again went to rest as I was very tired and I am awoken by my father and mother are by my side.

475

01:16:51,340 --> 01:17:03,240

I begin to awaken with more strength and from then on I did not stop speaking.

476

01:17:04,180 --> 01:17:15,860

And I begin to tell them, "Mom, dad, do you get it? Do you get?" I thought grandma Chava did not love; because I was Jazz and Ballet Dancer

477

01:17:23,800 --> 01:17:31,360

I tell my mom, "Grandma loves me!" My mom says, "Hila, it is clear that she loves you!"

478

01:17:31,720 --> 01:17:37,660

My mom says to my father, "Aunt Miriam was there, do you get that Aunt Miriam was there? There is no death!"

479

01:17:38,040 --> 01:17:41,055

Death does not exist...there is no such thing as death!

480

01:17:41,060 --> 01:17:45,360

The main thing people fear they say, is death - but it is not death they fear, it is not being.

481

01:17:53,700 --> 01:18:00,260

And I begin to speak and attempt to explain and I try to explain to my parents what I experienced

482

01:18:00,440 --> 01:18:07,340

and I say to them, I was outside my body, I saw everything etc etc and I spoke with such excitement

483

01:18:07,700 --> 01:18:13,200

and I say to them, you don't understand, everything loved me, everything loved me - I was love...

484

01:18:13,220 --> 01:18:16,280

Mom, Dad -Do you hear? I am love! I am love!

485

01:18:16,460 --> 01:18:20,080

I came from love, we are love! Do you understand that it is within us?

486

01:18:20,880 --> 01:18:23,760

My parents looked at me

487

01:18:24,300 --> 01:18:27,880

they smile but seem concerned

488

01:18:28,540 --> 01:18:29,600

and continue smiling....

489

01:18:30,560 --> 01:18:38,120

but it seems to them that I am still in the midst of recovery pains or she's returned with a totally scrambled brain...

490

01:18:39,620 --> 01:18:44,020

I understand the situation

491

01:18:45,680 --> 01:18:51,660

I dawned on me to run to everyone, all the divisions and sections in the hospital

492

01:18:51,840 --> 01:19:00,000

and to tell them, everything here is love! There is so much life here...everything is alive! Everything breathes! Even the table...everything is alive and breathes! It is amazing!

493

01:19:00,400 --> 01:19:08,080

And they did not allow me to speak..I tried telling the doctors. NO one even asked, how do you know what you know?

494

01:19:08,520 --> 01:19:14,840

They bring the medical records and I tell them, "these are not all the documents- you ordered a lot more blood!"

495

01:19:15,040 --> 01:19:17,020

They bring me more medical records

496

01:19:18,660 --> 01:19:21,660

But not one of them asked me, "how do you know?"

497

01:19:21,960 --> 01:19:25,080

What does it mean that you left your body?

498

01:19:25,085 --> 01:19:27,915

It is as if they completely ignore this topic.

499

01:19:28,020 --> 01:19:30,860

The first doctor who operated on me came to visit me.

500

01:19:31,120 --> 01:19:36,320

And he also did not ask me. I said to him, Doctor, how was your trip to the North with your wife?"

501

01:19:37,100 --> 01:19:46,440

Suddenly, he lifts his head and looks at me and says "WOW! Ehm ehm..listen, I am uncomfortable and embarrassed, I simply..."

502

01:19:47,480 --> 01:19:50,420

I did not have a signal so I did not hear your call.

503

01:19:50,500 --> 01:19:55,740

At this point, I did not care - I saw he had a signal and saw the messages that were unanswered

504

01:19:56,100 --> 01:19:59,080

I was there but it did not interest me.

505

01:19:59,220 --> 01:20:05,340

I wanted to hug him and tell him that everything is OK - everything is good

506

01:20:05,780 --> 01:20:13,620

It was difficult for him to be with me- I understand that I was a living example of his major screw up of his surgical procedure.

507

01:20:14,060 --> 01:20:20,480

But, I was full of love and I thought to myself, "Wow, I did not know I was this way!

508

01:20:20,740 --> 01:20:30,520

I can live this life without eating! I don't even need to eat! I don't need to sleep, I don;t need anything, nothing is really needed!"

509

01:20:31,100 --> 01:20:39,380

I can live my entire life this way - I knew my entire life was going to change.

510

01:20:40,320 --> 01:20:53,740

This is important to relate; In the hospital many who have this experience, the doctors do not ascribe any importance to the matter of NDE's.

511

01:20:54,080 --> 01:21:00,320

people close up and keep all of their experience to themselves

512

01:21:01,480 --> 01:21:04,920

and it becomes very difficult for them to open up...this is what happened to me.

513

01:21:05,060 --> 01:21:09,240

When I tried speaking to the doctors, it seemed strange to

them.

514

01:21:09,440 --> 01:21:22,240

In that I was so joyous in the hospital they brought a sociologist who told me, "look, this is a problem! You are happy - this a Post-Traumatic event.

515

01:21:22,340 --> 01:21:25,520

It became apparent that I was not able to speak to everyone.

516

01:21:26,460 --> 01:21:30,840

But, I knew that everything was going to change. That my life was going to change.

517

01:21:31,580 --> 01:21:38,780

I did not know anything but I knew everything was going to change and I was not going back to that life.

518

01:21:40,960 --> 01:21:53,420

Some who after have this experience have lights accompany them for periods of time and diminish very slowly

519

01:21:53,640 --> 01:22:00,360

The Creator who is merciful, does not stop the light immediately and gives us time to adjust

520

01:22:00,480 --> 01:22:04,980

But to adjust back to here is extremely difficult.

521

01:22:05,640 --> 01:22:14,260

This is one of the reasons IANDS, International Association of Near Death Studies

522

01:22:15,140 --> 01:22:23,100

to which we have received membership in Israel from IANDS, to organize people who have had NDE's so they have someone they can speak to.

523

01:22:23,420 --> 01:22:34,820

Not only to spread the message outward - but people like me - and I am not the only one - can have people with whom they can speak

524

01:22:34,900 --> 01:22:41,900

So they will have support to process this experience. It can take between 7-10 years to process the experience.

525

01:22:43,340 --> 01:22:48,960

With the help of G-d when we will be able to organize this group

526

01:22:49,080 --> 01:22:53,440

We are right at the initial stages of creating the group.

527

01:22:53,840 --> 01:22:57,900

This is my experience, and yet

528

01:23:02,880 --> 01:23:06,980

I tried to tell it in the "flattest" way

529

01:23:07,260 --> 01:23:13,360

because we need to go into depth on many of the events and go subject by subject.

530

01:23:13,620 --> 01:23:19,020

To contextualize people's questions and with the help of G-d we will do this in the continuation.

531

01:23:19,600 --> 01:23:29,320

This is our goal; to upload everyone's testimonies , everyone as in all who have had an NDE

532

01:23:29,600 --> 01:23:34,960

and we will join together and bring these things outward

533

01:23:35,100 --> 01:23:38,640

This authentic news - that everything here is love

534

01:23:39,360 --> 01:23:51,960

and we all feel separated, but there really is no separation here! There are so many connections which connect us - we just do not see this.

535

01:23:52,240 --> 01:24:01,120

And, it is so beautiful! And all we have to do is connect to it and peer inward with the proper glasses.

536

01:24:01,900 --> 01:24:06,160

That is it for today

537

01:24:06,680 --> 01:24:14,640
I want to say, "Thank you very much!"
"Thank you, to you!"

538
01:24:14,640 --> 01:24:17,520
I look forward to doing future videos.

539
00:00:00,500 --> 00:00:03,140
Shalom Hila!

540
00:00:03,380 --> 00:00:05,760
Hi, Shalom Shalom

541
00:00:05,760 --> 00:00:12,660
There are approximately 50 million people who have had Near
Death Experiences (Clinical Death)

542
00:00:13,160 --> 00:00:19,100
and we would like to hear what you experienced.

543
00:00:20,020 --> 00:00:23,060
I am happy to share.

544
00:00:25,260 --> 00:00:31,540
I will give an introduction to what actually led to this.

545
00:00:32,200 --> 00:00:39,000
But I must say that by calling it an "experience" makes it
sound limited because "an experience" is momentary\temporary

546
00:00:39,105 --> 00:00:41,815
but what I experienced was eternal and not momentary.

547

00:00:41,815 --> 00:00:44,755

but what I experienced was eternal, not momentary.

548

00:00:44,755 --> 00:00:51,040

But because of how we use language, we use the term "experience".

549

00:00:51,800 --> 00:01:05,000

About 6 years ago I underwent an operation about which they said was something simple and small.

550

00:01:06,180 --> 00:01:09,120

But, they left an open a blood vessel

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00:01:09,540 --> 00:01:21,900

and what happened was that during the following two weeks while I was going through the pains recovering or at least I thought I was recovering

552

00:01:22,000 --> 00:01:25,380

I was losing A LOT of blood from my body.

553

00:01:26,480 --> 00:01:32,800

After two weeks I collapsed and they brought me to the hospital.

554

00:01:33,280 --> 00:01:41,840

But what? At the hospital they also got mixed up and they switched my blood tests with another woman's.

555

00:01:42,240 --> 00:01:52,440

And they left me like this for 24 hours, struggling to hold onto my life.

556

00:01:54,840 --> 00:01:58,880

I felt that something very bad was happening to me!

557

00:01:58,880 --> 00:02:02,040

I knew that I was in the hospital and something bad was happening to me

558

00:02:02,360 --> 00:02:05,800

because every 20 minutes I was losing consciousnesses.

559

00:02:06,180 --> 00:02:20,400

And even when I regained consciousnesses I was unable to respond, as it took me time after I passed out to regain the ability to respond to my surrounding and they thought I was still unconscious.

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00:02:20,640 --> 00:02:26,460

I felt something bad was happening! I felt I was actually going to die.

561

00:02:26,460 --> 00:02:31,100

But since I really did not believe I was really going to die

562

00:02:32,540 --> 00:02:39,400

The doctors at the hospital tried fusing the blood vessel

563

00:02:43,460 --> 00:02:53,840

After 24 hours during which they did NOT do a Cat Scan- a different doctor arrived , he was simply "an angel"!

564

00:02:53,840 --> 00:02:59,820

At the moment he entered the room, I knew everything was going to change.

565

00:03:00,120 --> 00:03:16,560

During those 24 hours I literally struggled to hold onto my life trying to grab the medical coats and the metal bars as if they are ropes to this world.

566

00:03:17,660 --> 00:03:24,140

I was simply doing all I could to hold myself here.

567

00:03:24,140 --> 00:03:27,360

And after these 24 hours , the doctor entered.

568

00:03:27,360 --> 00:03:41,400

The doctor did not even look at the medical records- he just looked at me- just as you see that I have a brown complexion- he saw that I was white- no red in my lips my eyes were dim EVERYTHING was white

569

00:03:41,880 --> 00:03:44,600

I was white as plaster

570

00:03:45,920 --> 00:03:59,840

He shouted, "this girl has lost blood" Immediately, chaos broke out - but from my standpoint it was the moment that I began getting help

571

00:04:00,280 --> 00:04:04,120

and they notice and see that I was on the threshold of death.

572

00:04:04,800 --> 00:04:23,280

They rushed me to get a CT. They put me in to the cavity of the machine. As my body entered the machine- the first time

573

00:04:24,480 --> 00:04:35,820

I was no longer able to hold myself in my body. I felt as though my body was fluttering and shaking and I had no control

574

00:04:36,120 --> 00:04:43,760

I could not hold onto anything- I was losing it!

575

00:04:43,760 --> 00:04:51,780

At that moment many doctors entered - a team of doctors and nurses

576

00:04:51,860 --> 00:04:58,700

and they pull me out of the scanner and there were shouts and bedlam- "this girl is about to die!"

577

00:04:58,700 --> 00:05:05,160

They thought I was unconscious, but in actuality, I heard everything.

578

00:05:05,460 --> 00:05:13,500

I heard all what the doctors were saying that I was about to die and that I had lost almost all of the blood in my body.

579

00:05:13,600 --> 00:05:26,120

I arrived at the hospital with my hemoglobin at level 3- after 24 hours it lowered and it is a miracle that I lasted all that time.

580

00:05:27,840 --> 00:05:34,100

At this moment something else happened. Although I was intermittently losing consciousness - but this time

581

00:05:34,180 --> 00:05:40,340

even though I lost consciousness and passed out, my thoughts continued.

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00:05:40,900 --> 00:05:51,620

In other words, just as someone who faints does not recall what happened when they were out.

583

00:05:51,620 --> 00:05:54,240

But here, when I lost consciousness, I continued to think.

584

00:05:54,580 --> 00:06:02,820

I heard the chaos and their saying that I was going to die and the doctor screaming "this girl is losing blood"

585

00:06:03,120 --> 00:06:11,900

But when I lost consciousness - my thought process continued.

586

00:06:12,500 --> 00:06:29,040

I panicked and I was in shock! I did not want to believe that I was about to die.

587

00:06:30,380 --> 00:06:40,340

And the only thing going through me was that there is NO WAY that I am going to die!

588

00:06:40,340 --> 00:06:49,720

I am 30 years old there has been no summary- to indicate this is my whole life...Yes I have lived - all these things are passing through my head-

589

00:06:50,140 --> 00:07:04,260

yes I have lived and done things in my life and I have experienced things, but that's it? That's all I have to live? And I was not prepared to accept that I was about to die..

590

00:07:04,520 --> 00:07:09,100

I shouted in my heart, "I want to live!" - "I want to live!" - "I want to live!"

591

00:07:09,500 --> 00:07:16,380

In my life, I never had such a focused and impassioned desire as I did on that day.

592

00:07:16,740 --> 00:07:29,140

At that moment I was not prepared to accept that - this was it! That this was my end. That my life was going to end this way at age 30.

593

00:07:29,360 --> 00:07:42,620

At the same time time I thought - indeed I have experienced and done things - but I have not yet married and had children-

and now my life is going to end? NO! I am not prepared - there is no chance this is happening!

594

00:07:42,620 --> 00:07:52,720

This is all happening while I was unconscious- my thought process continued this is to say, there was a continuation of my thought process.

595

00:07:52,720 --> 00:07:57,080

In contrast to what happened in the previous 24 hours

596

00:07:57,140 --> 00:08:06,360

when I passed out and came around, I did not recall what happened. But here, the thought process continued to run

597

00:08:06,640 --> 00:08:23,240

At some point I asked, "wait a minute, there is a perspective that what I was meant to do here, I completed and I really do need to leave now.

598

00:08:23,540 --> 00:08:30,560

And when I asked this question, I received an unequivocal answer, "No!"

599

00:08:30,720 --> 00:08:46,780

But when asked where I got this answer from - I have no way of explaining but it was an internal answer like an earthquake as if the entire world could see within me.

600

00:08:46,780 --> 00:08:57,240

This answer was so powerful that at the moment I received it although I was panicked beforehand, I became disappointed.

601

00:08:57,780 --> 00:09:15,720

I understood that I was about to die and felt it was because I was not going in the necessary direction. I still do not understand this or know on what to point my finger

602

00:09:15,720 --> 00:09:24,720

but it is apparent that my journey here was at an end because I was not going in the proper direction. I still do not comprehend the exact meaning

603

00:09:25,460 --> 00:09:37,620

and I continue to scream in my heart, "I want to live!".. "I want to live!".. "I want to live!" and I am unwilling to accept this fate and was in a panic and great distress.

604

00:09:38,560 --> 00:10:05,120

Then I felt patting on my cheek and open my eyes, I am before the entrance of the Operating Room - and I see the doctor..."the angel" Dr Uvruchin, but now I see him differently.

605

00:10:05,600 --> 00:10:14,180

I see like a fog, yellow and white around him and he appeared just like an angel, lit up.

606

00:10:15,660 --> 00:10:33,220

This time when I opened my eyes, the panic I previously felt disappeared. There was nothing that scared me, to the contrary, I felt secure and that everything was going to be OK.

607

00:10:33,540 --> 00:10:43,840

I do not know if I will live or die- I have no idea what will be with me, but I feel that all will be well.

608

00:10:43,900 --> 00:11:00,780

In a rushed manner, the doctor tells me, "Listen, your life is in danger, you have lost almost all of the blood in your body- we are taking you into an emergency procedure to save you and if we must, take out internal organs.

609

00:11:00,880 --> 00:11:13,360

They could not perform the CT as my body was quivering and shaking and I was not in the condition and I was close to

death.

610

00:11:13,620 --> 00:11:24,960

Please excuse me, this brings me back to that place.

611

00:11:25,020 --> 00:11:36,540

Just a moment.

612

00:11:37,200 --> 00:11:41,900

They were unable to identify to precise area that was bleeding.

613

00:11:42,160 --> 00:11:54,460

They knew then that to save me and repair the bleeding section-
the previous surgery was simple with the goal of removing a
small cyst

614

00:11:54,800 --> 00:12:07,080

but at that moment they had no indication and they understood
that to save me they had to remove an organ.

615

00:12:07,080 --> 00:12:21,940

and then he said something like this: "We will do everything to
save you to save you. but we are going to have to remove 2
organs and you may have to be hooked up to machines.

616

00:12:22,600 --> 00:12:31,720

The one thing I desire - I am not terrified at all of of this
moment as my perspective changed

617

00:12:31,720 --> 00:12:39,200

I just wanted to tell them to call my mother so I could tell
her that everything is going to be OK. Because my mom was with
me

618

00:12:39,280 --> 00:12:58,200

I did not want her to fear because in that situation when I was
going to have an operation, I did not want her to think that

her daughter was going to die. And I wanted to tell her that I felt fine and felt that everything was going to be OK..

619

00:12:58,720 --> 00:13:12,520

I did not know what was going to be but I knew it would be OK. I tried telling him to call my mother, but I was unable speak..I was only able to articulate the E of "Ema\Mother".

620

00:13:12,760 --> 00:13:19,800

I kept trying and the entire word "EMA" came out, but he said, "there is no time!"

621

00:13:19,800 --> 00:13:30,680

and I shouted loudly "EMA" really loud..and he said, "quickly bring in her mother!"

622

00:13:31,900 --> 00:13:46,520

They bring my mother in- my mother comes to me and we are kissing all over the face, eyes- the entire face

623

00:13:46,540 --> 00:13:58,320

and I say to her, "Mom, everything will be OK, everything will be OK!" And she says to me, "it will be OK, it will be OK! and I say to her "Everything will be OK"

624

00:13:59,660 --> 00:14:09,460

During all this exchange she is says "please do not extract any organs", the doctor responds, "Do you want your daughter to live?"

625

00:14:09,920 --> 00:14:23,300

They had to rip us apart and at this point I begin to call out with the greatest of voices

626

00:14:23,300 --> 00:14:29,100

Shir HaMaalot- A song of ascension, I turn my eyes to hills, from whence will come my salvation?" to simply say this.

627

00:14:29,800 --> 00:14:52,800

The strange thing is that during the 24 hours I was in the hospital, I was unable to speak. Each time they came to check on me they would ask "Hila Baruch what is your Social Security #"? I could only recall the first 3 numbers.

628

00:14:53,180 --> 00:15:06,600

I could not recall my identity number and suddenly 24 hours later after I could not recall my ID number, and barely even my name, the entire Psalm 121 comes out of me.

629

00:15:06,600 --> 00:15:18,580

Nothing like this has ever happened to me: the words spoke through me- I did not feel as though I said them. The words simply spoke through me.

630

00:15:18,580 --> 00:15:31,340

I felt as if I were the pure meaning of the words - it was one of the most perfect and amazing experiences in my life

631

00:15:31,440 --> 00:15:39,320

because in my life I never felt the pure intent of words without effort.

632

00:15:39,540 --> 00:15:44,100

It was as if someone else was speaking and I was just the meaning.

633

00:15:44,540 --> 00:15:50,840

As they were bringing me into the Operating Room, I finished saying the Shir HaMaalot \ Psalm 121

634

00:15:50,840 --> 00:15:58,880

I reprimand the team of doctors who are all in chaos and say to them: "Say 'Amen'! Answer 'Amen'! "

635

00:15:59,340 --> 00:16:14,100

two or three joined in others were busy - as I looked around all I could think of was how chaotic it was.

636

00:16:14,100 --> 00:16:21,600

It was quite different from my first operation which was performed

637

00:16:21,980 --> 00:16:32,500

by a private doctor- it was all under my control, I checked his credentials

638

00:16:33,200 --> 00:16:41,580

Here I had no control at all! It is not like going into surgery and it being calm.

639

00:16:41,620 --> 00:16:43,800

Here it was tremendously chaotic

640

00:16:44,180 --> 00:16:48,700

everyone was certain I was going to die at any moment and they were nervous.

641

00:16:49,020 --> 00:16:54,740

and after I finished reciting Psalm 121 I said Shema Yisroel\ "Hear O Israel The Lord Our God The Lord Is One."

642

00:16:54,780 --> 00:17:11,620

After I finished Shema Yisroel, I opened my eyes after Shema Yisroel- All this time my body was shaking and jumping filled with internal pains.

643

00:17:11,820 --> 00:17:15,620

I was relaxed on all levels (sarcastic) The pain I experienced there

644

00:17:17,800 --> 00:17:32,620

I finish saying Shema Yisroel I open my eyes and see at the

side of the bed, my grandmother who had passed away

645

00:17:32,620 --> 00:17:45,500

I actually see her inside a flame- like the flame of a candle and she is within the flame with her arms folded

646

00:17:45,580 --> 00:17:51,900

as if she was watching everything and I was so joyous

647

00:17:52,260 --> 00:18:07,660

that I was seeing her- she was not alone- two of my aunts were also there, one on the right and one on the left Aunt Nomi and Aunt Miriam. The three of them surrounded me

648

00:18:09,060 --> 00:18:17,280

I did not actually see the two of them as I did my grandmother, but I felt their presence.

649

00:18:18,480 --> 00:18:32,040

and this brought great joy to me and filled me up. What is strange is that it was not strange to see them. This is another aspect that in retrospect I have thought about. But it seemed so natural.

650

00:18:32,320 --> 00:18:37,800

I said to them, "wow, I am so happy that you are here with me"..but I did not use words

651

00:18:38,060 --> 00:18:42,420

This entire conversation was telepathic.

652

00:18:44,200 --> 00:18:59,120

The doctor arrives, Dr Uvruchin, "the angel" and caresses my head

653

00:18:59,340 --> 00:19:06,000

and says to me, "we will do everything to save you!"

654

00:19:06,260 --> 00:19:09,320

but when he is caressing my head

655

00:19:09,520 --> 00:19:15,320

I feel his hand penetrating my head.

656

00:19:15,540 --> 00:19:21,560

I do not feel his hand ON my head, I feel it inside my head.

657

00:19:21,720 --> 00:19:29,900

I thought to myself, "Wow,!" I felt the essence of a hand- and the essence of his hand inside my head.

658

00:19:30,040 --> 00:19:38,940

How he took such responsibility for me and was so concerned for me as if I was his own daughter.

659

00:19:39,080 --> 00:19:48,080

Just like his own daughter..and I felt all of the kindness and things he had done with his hand. I felt them in my head.

660

00:19:48,380 --> 00:19:57,340

And it was simply amazing- it was as if a book of memories of all the kindnesses done with this hand, inside my head.

661

00:19:57,500 --> 00:20:00,800

It seemed as though all of this happened in 1 second.

662

00:20:02,360 --> 00:20:11,040

And his face was very close to mine, so close that a slight movement of my head, would cause my nose to touch his.

663

00:20:11,500 --> 00:20:22,120

I thought to myself how strange it seemed how close he was to me since the bed was here and he was standing, so how is my

face so close to his?

664

00:20:22,600 --> 00:20:38,160

In actuality, my body was laying on the operating table but I had arisen from the body and was closer to him.

665

00:20:38,640 --> 00:20:45,020

But, I did not yet know that I was above my body because I felt like I was simultaneously in my body and outside of it.

666

00:20:45,280 --> 00:20:55,060

What is interesting is that it seemed strange that his face was really close me but it was not strange that I felt his hand as this seemed natural.

667

00:20:55,340 --> 00:21:03,460

just to speak about this and explain because it is connected to our spiritual nature why one thing is strange and the other not.

668

00:21:03,720 --> 00:21:14,840

The visual was strange but experiencing his hand seemed natural I do not sense the distinction.

669

00:21:15,240 --> 00:21:21,540

At this point, I felt a tingling which went from the bottoms of my feet

670

00:21:21,780 --> 00:21:26,020

and preceded to rise upward through my entire body.

671

00:21:26,660 --> 00:21:33,780

These were sensations of love..for instance, just like when your foot falls asleep,

672

00:21:34,460 --> 00:21:50,420

Imagine the love of all the mothers in the world for their

children- all of the mothers who ever were, all the mothers
alive today and all those who will be

673

00:21:50,600 --> 00:21:57,480

and take all of the love they feel towards their children and
compress it inside a bottle

674

00:21:58,140 --> 00:22:08,100

and distill the essence of all the world's love and inject it
into the body- this is how I felt these sensations of love.

675

00:22:08,320 --> 00:22:32,600

and the sensations began rising and as it rose I felt warm and
loving flows and it was so pleasant. As it rose, it removed the
sensation of that which was beneath it. Slowly it removed the
sensation in my lower body

676

00:22:32,600 --> 00:22:44,600

and then slowly it moved to my upper body, until it got to my
head..and when it reached my head, I felt as though my head was
the globe of the earth.

677

00:22:44,600 --> 00:22:50,120

that every cell in my head was sparkling and was alive

678

00:22:52,900 --> 00:22:59,060

my head was the globe and everything existed inside my head

679

00:22:59,060 --> 00:23:12,680

I felt the sky and the stars and the earth, the rocks and the
vegetation, the ocean and humanity the entire globe was all
inside my head. The entire world was inside my head.

680

00:23:12,820 --> 00:23:22,620

I experienced the entire world in my small head- it was simply
amazing!

681

00:23:22,840 --> 00:23:34,200

I thought to myself, "Wow! It was like a child who visits an Amusement Park for the first time who exclaims, "Wow!", when they see something so amazing.

682

00:23:35,100 --> 00:23:38,680

I said, "WOW this is amazing! It is so great!

683

00:23:38,880 --> 00:23:44,940

First of all this is Tachtivi it is the most natural thing in the world.

684

00:23:45,920 --> 00:23:58,980

From this place I begin to experience something entirely different.

685

00:23:59,700 --> 00:24:05,600

What happens is that I can see everything going on around me, the doctors

686

00:24:06,660 --> 00:24:16,820

in a continuous manner. Like in movies, when one runs, and their image is continuous and "stretched" I was beginning to see everyone like this.

687

00:24:17,020 --> 00:24:28,040

It gave me great pain in my eyes to look and it sounded like a DJ was there playing with the sound

688

00:24:28,300 --> 00:24:47,220

at first the doctors voices were very loud but suddenly the voices turned almost robotic- it actually sounded like the voices of robots. But, it was harsh!

689

00:24:47,520 --> 00:24:59,820

And despite feeling so amazing with my head feeling like the globe, the sound was so harsh!

690

00:25:00,040 --> 00:25:08,440

It was very difficult to deal with this. For instance, imagine hearing a buzzing sound of a fly

691

00:25:09,400 --> 00:25:19,880

but you place around you a million loudspeakers - you will hear this buzzing from within your own body.

692

00:25:20,060 --> 00:25:30,160

this noise was so jarring I could not tolerate it, within me I said, "Please make this stop! Please make this stop!"

693

00:25:30,740 --> 00:25:36,040

I don't say that this hurt but it was so jarring to the point of being painful..

694

00:25:36,340 --> 00:25:55,380

In retrospect I understand that it was the transition from being in the body to being out of the body...and these were the stages of exiting the body.

695

00:25:55,800 --> 00:26:04,680

After I requested that this noise stop, as I could not tolerate it!

696

00:26:05,040 --> 00:26:13,260

Suddenly I launched into flight- Literally!

697

00:26:13,800 --> 00:26:31,120

From the deepest recess of every cell in my body, I jumped up and lifted out of my body. It was like a balloon filled with Helium that you let go of and it flies upward.

698

00:26:31,120 --> 00:26:36,540

It was so natural, just like a baby.

699

00:26:37,680 --> 00:26:42,360

I settled up on the ceiling of the Operating Room.

700

00:26:42,760 --> 00:26:54,740

The first thing I felt was that I had come home, and it felt great! WOW! I have come home!

701

00:26:55,600 --> 00:27:00,200

I am finally home, this is so wonderful! This is great!

702

00:27:00,500 --> 00:27:06,460

Now, I can hear all of the thoughts of all the doctors in the room and all of them think I am about to die.

703

00:27:06,840 --> 00:27:16,400

and I want to tell them, but I am fine! Everything is fine and everything is going according to plan.

704

00:27:16,700 --> 00:27:22,440

Even though at first I thought the situation was chaotic, all of the sudden, everything appeared to working with absolute precision.

705

00:27:22,640 --> 00:27:26,760

That which they swapped my blood charts with another woman's- which prevented them from knowing I had an internal bleeding.

706

00:27:28,040 --> 00:27:37,160

The doctor who gave me the surgery on a private basis- who claimed it was the most simple surgery possible- which would NEVER lead to complications.

707

00:27:37,660 --> 00:27:45,820

I understood why all this happened. Why it happened through this doctor-why it happened to me-

708

00:27:46,140 --> 00:27:55,760

It's like I got a massive download, as if I was connected to the Internet and all of the information, all of the questions I had through out my life,

709

00:27:56,000 --> 00:28:00,440

they came down just like rain drops - I simply knew them.

710

00:28:01,440 --> 00:28:08,840

All I wanted to do was calm everyone and tell them that I was in a good place. I am fine and everything is fine!

711

00:28:08,920 --> 00:28:11,980

All of the sudden, I understood what "B'seder" - in order, actually meant.

712

00:28:12,200 --> 00:28:20,580

Everything is going according to the plan. Everything is in order. Everything is in precise formation.

713

00:28:20,980 --> 00:28:32,660

The "Angel doctor" had greatly agitated thoughts and feelings- and I felt his more than anyone else there.

714

00:28:32,900 --> 00:28:43,100

He felt as though I was his daughter- he thought to himself, "it's not bad enough that the first doctor left an open blood vessel?" and he felt great anger towards him.

715

00:28:43,460 --> 00:28:58,240

The first doctor with who performed the private surgery was his supervisor and the "Angel doctor" took responsibility for this "screw up".

716

00:28:58,540 --> 00:29:06,620

The "Angel Doctor's thoughts continue- "as if this was not enough, she came to the hospital in critical condition and no one knew she had internal bleeding."

717

00:29:06,840 --> 00:29:13,160

There was such a major screw up and he was seriously mad that at the moment he thought about this other doctor

718

00:29:13,340 --> 00:29:23,440

I can't say that I "thought" or understood him because there really isn't thinking or understanding - but there is "knowing".

719

00:29:23,880 --> 00:29:32,920

At the moment he thought of him, I was projected to the motel room in the North where the doctor who operated on me, was staying.

720

00:29:33,500 --> 00:29:45,740

The original doctor who had operated on me was in the North at a Motel with his wife - I could see him as if I were behind him, in back of his head and above.

721

00:29:46,080 --> 00:29:56,940

He takes his telephone which was upside down on the table, lifts and sees the calls he has had and the ones he had received from the hospital.

722

00:29:57,320 --> 00:30:03,940

Then, he closes the phone - so as to keep peace between he and his wife- everything was to perfection.

723

00:30:04,560 --> 00:30:11,800

Taking everything into account, he is a good doctor and I do not want to go into why he was involved - rather I wish to deal with the place I am in.

724

00:30:11,800 --> 00:30:16,140

But, there is a reason that he was involved.

725

00:30:16,420 --> 00:30:33,820

I was able to see the motel room and describe it and saw the structure from within- but what was the sequence of things? When did I see the room in the North and when did my mother come in to see me

726

00:30:34,140 --> 00:30:38,600

when I wanted to tell her, "Mom I am in a good place and I am fine!"

727

00:30:38,860 --> 00:30:58,500

At the moment I wished to-I was sent- so to say, because this desire sent me - I went through the walls - and I saw my mother sitting on a bench in the waiting room.

728

00:30:58,780 --> 00:31:08,120

and she was trying to read Psalms, but she could not. Suddenly, she closes the book and rubs her face because she can't believe - I hear everything that she is feeling.

729

00:31:08,400 --> 00:31:12,660

She cannot believe that they told her that her daughter is going to die. She cannot process this!

730

00:31:12,940 --> 00:31:16,920

Suddenly she

731

00:31:20,900 --> 00:31:31,640

I try to tell her, "Mom, I am OK, I am well- Really! Mom, I am in a good place!. But, she cannot hear.

732

00:31:37,400 --> 00:31:55,140

I return to the Operating Room and the entire time I feel, from the moment I left the body, I feel perfect peace, love and compassion.

733

00:31:55,580 --> 00:31:57,560

I feel as though

734

00:31:57,700 --> 00:32:11,160

That the moon, the stars and all of the galaxies - all that exists - and all that escapes my perception- all of it is embracing me in a mighty hug.

735

00:32:11,160 --> 00:32:26,420

Particles in the air love me - but they are not separate from me! They are me and I am everything and yet I am nothing - I am part of one whole -which breathes. Everything breathes as one.

736

00:32:27,020 --> 00:32:40,300

The machines in the Operating Room, the doctors who were there, the entire building, the stars - everything that exists

737

00:32:40,560 --> 00:32:52,280

breathes together breathing in and out - in and out. And, this breathing has a sound:

738

00:32:52,440 --> 00:33:01,400

as if one takes a balloon and breathes air in and lets it out and everything expands and contracts...expands and contracts.

739

00:33:01,980 --> 00:33:11,180

And, I feel as one part of the one unified whole which breathes and gives breath

740

00:33:11,500 --> 00:33:27,340

I am looking at my body and I have 360 degree perspective - I did not have any - how shall I say this? I had no interest in my body.

741

00:33:27,820 --> 00:33:34,900

this is to say, that from my perspective it was part of scenery, just like the equipment in the Operating Room.

742

00:33:35,160 --> 00:33:38,260

This body was not me!

743

00:33:38,740 --> 00:33:44,880

After 24 hours of terrible and unbearable pain

744

00:33:45,140 --> 00:33:54,300

I understand that the pain was imagined. All of the questions I have had during my life - why we suffer? Why do we live then die?

745

00:33:54,520 --> 00:33:59,560

What is the purpose here? Is there really a Creator of the world - or is this just what they taught me.

746

00:33:59,740 --> 00:34:09,540

All of the questions that had perplexed me , from an early age - at one instant were at a level of simple knowing. I simply knew the answers.

747

00:34:09,900 --> 00:34:17,360

The body simply did not interest me - from my perspective the pain- as I now understood- was imagined!

748

00:34:17,660 --> 00:34:28,600

The body laying there, from my perspective, was no more than a coat. Thank you for keeping me warm during the winter

749

00:34:28,760 --> 00:34:34,640

thank you for being here, but you are not me, I am here!

750

00:34:35,160 --> 00:34:54,800

I had no connection, I enjoyed so much...even "enjoyed" is not the proper word..it is very difficult to explain this, as the entire experience with words because there are really no words - I am just trying to describe an experience for which there are truly no words.

751

00:34:55,020 --> 00:35:11,840

But, I felt that I was love- I was love...it is not that I love, I am in essence love, I am part of the love, I am part of one unit and each part is connected to the next - all are interconnected!

752

00:35:13,200 --> 00:35:26,560

It is a sensation of unity and eternity- there is no time there - from my perspective, I was there for an eternal eternity.

753

00:35:26,980 --> 00:35:43,300

In reality, it was only a matter of a few minutes in earth time..but from my perspective it could have been 200 million years or a billion years- they are both the same thing because there is no time. There, I experienced eternity.

754

00:35:43,840 --> 00:36:05,280

I know that they are going to anesthetize me - You must understand how many specifics there were in this experience of complete oneness, mercy and a love like this... I felt as though I had come home.

755

00:36:05,940 --> 00:36:20,260

And I know that they are going to anesthetize me and my grandmother and 2 aunts they are there to accompany me from this world to the next and I am not afraid.

756

00:36:20,500 --> 00:36:30,220

I feel it will be good and I feel secure. I feel completely peaceful and feel love and that I am the love.

757

00:36:30,540 --> 00:36:33,540

And, there is no I. This is precisely the point: There was no I.

758

00:36:36,740 --> 00:36:54,440

I do not fear that I am going with them - it felt as though I was waiting at the train station for the train to arrive and I get on the train..with no fear.

759

00:36:56,520 --> 00:37:12,940

This is what happens at the moment they begin to anesthetize - part of me was entwined in the body and part of me out of the body - I was simultaneously both here and there - and I know that I am going to be completely out of the body and proceed upward.

760

00:37:13,800 --> 00:37:38,400

With regard to going upward, I only recall exiting the hospital and seeing it from above and continuing upward like lights - it is a such wonderful feeling.

761

00:37:38,680 --> 00:37:46,260

As I said before, like a baby being born - so is the feeling of leaving the body and returning home.

762

00:37:46,420 --> 00:37:48,820

It is a very good feeling!

763

00:37:49,160 --> 00:37:51,660

It is the most natural thing in the world!

764

00:37:53,820 --> 00:38:16,920

The next thing I recall, a side note, I am skipping over many details that are connected to the knowledge I obtained when I exited my body, because each small item is a subject unto itself

765

00:38:17,380 --> 00:38:25,940

which needs to be spoken about - we will deal with it later as now I wish to tell you about the experience itself.

766

00:38:26,780 --> 00:38:39,200

Later, perhaps we will delve into the other subjects such as all of the answers I received and how one applies them in real life.

767

00:38:41,320 --> 00:38:49,140

The next thing I recall is being in the world of darkness.

768

00:38:53,200 --> 00:39:13,920

I was alone in this world. I can say that I never experienced this kind of darkness in my life!

769

00:39:14,200 --> 00:39:22,620

It is a thick and dense darkness- like waves of darkness...like Cement!

770

00:39:22,940 --> 00:39:33,420

And I was hovering there in this void alone! It is all world unto itself. It is a world which has no beginning and no end.

771

00:39:34,820 --> 00:39:41,180

And I think to myself, "Am I going to remain here?"

772

00:39:42,000 --> 00:39:44,100

"What am I doing here?"

773

00:39:44,440 --> 00:39:55,380

From the experience of love and feeling unified and feeling mercy and that all creation hugging me - all of the sudden I experience absolute darkness!

774

00:39:55,860 --> 00:40:06,820

But, this darkness is not really frightening - because when we try to explain it using intellectual tools, it may sound frightening. But, our brains cannot accurately understand this.

775

00:40:07,220 --> 00:40:21,520

This world of darkness, which is an entire subject unto itself, which I will not breakdown now, I just want to assure you it was not frightening.

776

00:40:21,960 --> 00:40:31,000

It was the holy potential of my soul - so that it should not be wasted.

777

00:40:31,340 --> 00:40:41,060

I went to law school at a very early age and before you know it, at age 24-25 I was in court every Monday and Thursday.

778

00:40:41,300 --> 00:40:47,980

I directed all of the connections I received to incorrect places, I did not express my connections.

779

00:40:48,300 --> 00:41:02,460

I wanted to help people and use my skills of speech to assist people, but the possibility was not there - it was a place of warfare.

780

00:41:02,900 --> 00:41:18,760

It was not the proper expression of my soul - it was like a fetus in the womb - it exists but does yet know how to take action.

781

00:41:18,960 --> 00:41:30,380

I experienced the lack of substance of my soul - but the soul is unlimited , not as we experience here.

782

00:41:30,680 --> 00:41:38,560

I wish and may we merit - and we certainly can experience the eternity of our soul here, and not just to touch it.

783

00:41:38,780 --> 00:41:49,420

To be our soul and give it the opportunity in our lives for it to develop

784

00:41:49,660 --> 00:41:58,940

I essentially felt the potential of my soul so that it should not be wasted because I did not express it correctly - so I felt the decay.

785

00:41:59,000 --> 00:42:05,060

It is like a baby in the womb who feels its body, I felt the body.

786

00:42:05,280 --> 00:42:09,860

This place slapped me because I felt how much of my soul I did not express.

787

00:42:10,000 --> 00:42:26,300

And while I was there I hear from the world above, which is a Bet Din\Court, I hear them talking about me...and there was like a raging war!

788

00:42:29,500 --> 00:42:44,940

I am in parallel worlds; I see what is going on in the Operating Room and I see myself shaking and after they brought 7 units of blood they bring more blood.

789

00:42:45,280 --> 00:42:51,320

And I get that the situation is very critical in the earthly realm

790

00:42:51,860 --> 00:43:01,440

I so wanted to go up to the Bet Din\Court- I wanted to tell them, that if they are going to return me, they should do it in a timely manner- I want to be whole.

791

00:43:01,660 --> 00:43:04,960

to return to this body and that it be complete.

792

00:43:05,060 --> 00:43:15,860

and, I begin to cry out...it is not a vocal cry as we have here..

793

00:43:16,060 --> 00:43:18,180

rather it is a SCREAM!

794

00:43:19,360 --> 00:43:25,920

With all voices that exist... It is the cry that shakes worlds.

795

00:43:26,460 --> 00:43:35,040

I cry out that I want to go up there- as it were...to speak.

796

00:43:35,480 --> 00:43:44,780

Parenthetically, when I was in the earthly courtroom, I had A LOT to say!

797

00:43:45,620 --> 00:43:53,840

And here at this point, I thought that I would say something. But no...I had nothing to say. Not one thing.

798

00:43:54,240 --> 00:44:07,100

When I was crying out, I see a point very far off, just like when we look at stars

799

00:44:07,360 --> 00:44:16,800

just like a distant point, like a square. But this square had emotions.

800

00:44:18,340 --> 00:44:25,280

At the moment I asked for help and wanted to get out of there - it began to come closer to me and I went towards it.

801

00:44:25,680 --> 00:44:29,180

And this small point was a world unto itself.

802

00:44:29,800 --> 00:44:38,220

I stated before that the world of darkness was a world unto itself which had no beginning and no end- the world of darkness was within the point of light.

803

00:44:39,980 --> 00:44:45,180

This is for a separate discussion to explain it more fully.

804

00:44:45,640 --> 00:44:51,680

And, I found myself in the Bet Din\Court in a hall.

805

00:44:52,300 --> 00:44:59,120

It is a made of transparent glass.. but, transparent with emotions.

806

00:44:59,580 --> 00:45:06,400

There are really no words to accurately describe this, but I will do my best:

807

00:45:06,660 --> 00:45:14,140

It is as if the hall itself had emotions of mercy. This is exactly how it was!

808

00:45:14,360 --> 00:45:25,680

I am standing there and in front of me are 3 men, Tzadikim\righteous individuals who were all like my grandfather.

809

00:45:25,840 --> 00:45:36,140

They so loved me! All of them there loved me. In back of me were thousand a upon thousands of souls, filled with souls!

810

00:45:36,320 --> 00:45:45,400

To the degree, when I drive my car and stopped at the crosswalk and someone passed by - that soul was there!!

811

00:45:46,020 --> 00:45:55,840

All of the souls were there..the smallest thing that who thinks it has any significance?

812

00:45:56,160 --> 00:46:00,840

Even if something was done unconsciously

813

00:46:01,580 --> 00:46:09,400

All of the souls were there! All of those souls in back of me were like waves ..like tailwinds of waves

814

00:46:09,640 --> 00:46:18,620

and all were there together..but we can understand her..we can understand her..we can understand her..

815

00:46:21,780 --> 00:46:28,340

I felt this love and those Tzadikim who were there

816

00:46:29,840 --> 00:46:34,560

when they looked at me, I could not handle the light

817

00:46:35,000 --> 00:46:43,280

I did not possess the vessel to handle the intensity of the light..I simply did not have any tools. I felt as though I was a worm...literally!

818

00:46:43,960 --> 00:46:58,860

In the past year I began to read Tehilim\Psalms, I suddenly began to relate to it more, I noticed a verse which states, "I am a worm and not a man."

819

00:46:59,500 --> 00:47:08,200

This amazed me because I felt like a worm I felt unable to accept the light because I was simply a worm.

820

00:47:09,080 --> 00:47:18,920

There was a curtain and on this curtain I saw all of my life - from the moment of my birth..literally!

821

00:47:19,220 --> 00:47:22,180

My birth

822

00:47:22,820 --> 00:47:28,140

the stages of my mom mother's birth pangs while giving birth to

me.

823

00:47:28,620 --> 00:47:30,380

and all of my life.

824

00:47:30,640 --> 00:47:46,380

In this experience, I was the viewer, I was watching this movie but all of the actors I see in this movie..

825

00:47:46,860 --> 00:47:58,860

if there was one who I harmed, I felt what I had done to harm them. It was as if I had harmed myself.

826

00:47:59,840 --> 00:48:10,800

I judged myself! No one there really judged me..not the Tzadikim who sat in front of me, not any of the souls who were behind me

827

00:48:10,820 --> 00:48:16,660

I felt as though I was the only one judging

828

00:48:16,660 --> 00:48:23,640

In actuality, I studied Law, my plan was to eventually become a Judge

829

00:48:24,360 --> 00:48:35,140

I always fought for justice but I channeled things to improper places, because above justice there is shalom\peace

830

00:48:35,140 --> 00:48:45,420

and I lost my way. And when I saw the story-line of my life, I felt I was being fooled.

831

00:48:45,720 --> 00:49:01,060

However, no one was fooling me, I fooled myself..because in the life I had lived, I felt that I was a very important woman, I am a lawyer I appear in court

832

00:49:01,320 --> 00:49:03,340

I was everyone's pillar of strength.

833

00:49:03,620 --> 00:49:08,020

I felt as though I was someone very important

834

00:49:08,440 --> 00:49:19,860

That was the story-line of the life I lived. The story-line they showed me was all of the times when I asked questions, specifically those times, very brief moments, when I was in front of the Creator

835

00:49:20,160 --> 00:49:29,560

trying to understand, is there a Creator? How was the world created? All of the internal questions

836

00:49:29,700 --> 00:49:36,440

or things regarding Chesed\kindness, for instance... all of these things were there.

837

00:49:36,780 --> 00:49:41,500

This is the true story-line of my life and not all of the other things I did.

838

00:49:41,680 --> 00:49:55,600

Moreover, even though they call this place Bet Din\Court - it was Bet HaRachamim - The house of mercy! I felt as though this place was the house of mercy.

839

00:49:55,820 --> 00:50:04,720

One of the interesting situations in my life examined there was that I was a practicing Attorney for 1.5 years

840

00:50:04,860 --> 00:50:08,660

I worked at a very successful office

841

00:50:09,060 --> 00:50:25,880

One of the female lawyers was having contractions and had to quickly leave the office. They said to me, "listen, there is a court appointment today and you must fill-in!"

842

00:50:25,960 --> 00:50:28,920

In an instant - without preparing without anything!

843

00:50:29,780 --> 00:50:35,100

I take the folder, go over it before we appear in front of the court. I arrive

844

00:50:35,100 --> 00:50:38,520

in the court. It was not even my department as this was the banking department and I never even dealt with these things.

845

00:50:38,620 --> 00:50:47,040

and I find myself in the courtroom, in front of man who is very old, over 80 years old.

846

00:50:47,300 --> 00:50:50,580

A man who endured the Shoah\Holocaust.

847

00:50:51,080 --> 00:51:00,540

He has vascular disease and receives money from Social Security - as a benefit.

848

00:51:01,120 --> 00:51:07,640

I am the youngest one there that only a few days prior finished law school, and I have to extract money from him.

849

00:51:07,640 --> 00:51:19,820

Not to go into the details of what transpired, but he signed to be a guarantor and I am the one who is assigned to extract money from him.

850

00:51:20,020 --> 00:51:29,120

I arrive at the courthouse and I see the age of this man and I see how thin he is and I ask him,

851

00:51:29,360 --> 00:51:33,300

"How do you buy food?" "From what money do you buy food?"

852

00:51:33,760 --> 00:51:39,840

And he lifts his shirt and shows me how thin he is and he did not even get angry at me,

853

00:51:40,120 --> 00:51:50,940

that I, the attorney, the young girl who was trying to extract money from him...he did not even get angry at me for causing him grief. I wanted him to be angry with me. I wanted this!

854

00:51:51,300 --> 00:52:00,740

He had no taste to life - he simply had no taste in life - This finished me! I said, "this is why I studied Law?"

855

00:52:01,060 --> 00:52:01,760

Not for this!

856

00:52:01,940 --> 00:52:12,160

I immediately felt like I was going to cry. I held his hand - I was supposed to extract money from him - I did not care for protocol and I did not care if my bosses would see this. I did not care!

857

00:52:12,320 --> 00:52:25,600

There was a judge who was merciful and kind but I was so tormented and kept holding myself back from crying - I wanted the earth to open up and swallow me.

858

00:52:25,800 --> 00:52:31,400

I cannot be here! I was intensely ashamed to be in this situation.

859

00:52:31,880 --> 00:52:37,880

After this court appearance, I did not come back to the office for two weeks. I was literally sick.

860

00:52:38,280 --> 00:52:49,380

Shabbat came in between, but this deeply affected me, I could not even eat and lost several kilos in these weeks. It hit me very hard and I was deeply embarrassed.

861

00:52:49,780 --> 00:53:10,940

My grandfathers were very close to me, this man was my grandfather's age and I asked myself, "How did I get into this situation to do such a thing?"

862

00:53:11,220 --> 00:53:19,440

I beat myself up for all of the years, this situation, although I returned after two weeks and wrote a letter of resignation

863

00:53:19,640 --> 00:53:31,340

throughout the course of these years I judged myself a lot. I was mortified by this and thought this was one of the worst things I had done in my life

864

00:53:31,540 --> 00:53:36,340

I could not come to terms that I was in that situation.

865

00:53:36,340 --> 00:53:52,180

And what happened when they showed me this incident - they showed that it was intended for me specifically, to be there. It was exactly planned that I was going to be in the courtroom that day.

866

00:53:52,180 --> 00:53:55,040

I was the one destined to help bring out the mercy for this man

867

00:53:55,040 --> 00:54:04,560

And, that which I judged myself throughout those years, beat

myself up and was greatly embarrassed of this dark stain.

868

00:54:05,220 --> 00:54:12,760

Even if you thought I was a good person, I would have thought to myself, "yes but you don't know what I did in court in which situation I was in."

869

00:54:12,940 --> 00:54:18,780

I felt it sullied me. I was mortified and I judged myself.

870

00:54:18,940 --> 00:54:33,060

But, when they showed this to me, I will intentionally give you an extreme example, to demonstrate that it is all mercy\Rachamim and everything is perfectly planned for me to be there and I bring about mercy for this man.

871

00:54:33,080 --> 00:54:37,020

It is so exacting- that I should experience that which I desire.

872

00:54:37,540 --> 00:54:48,060

It was so exacting and no one there judged me when I was in the Bet Din. On the contrary, they viewed this with mercy; that it was perfectly planned that you should be there

873

00:54:48,280 --> 00:54:57,240

you were there to allow mercy to come to this man and the only person who judged, was me judging myself. No one judged me!

874

00:54:57,880 --> 00:55:07,660

And the true story-line of my life was not what I thought it was or what I planned, it wasn't even marginal.

875

00:55:07,660 --> 00:55:18,700

It was just scenery. Why did I feel so much like a worm; because I felt so irrelevant.

876

00:55:18,700 --> 00:55:29,280

I identified so much with the fake identity, I felt the fake identity was who I really was in that life.

877

00:55:29,460 --> 00:55:36,900

and this difference between who I knew myself to be now compared to who I thought I was so great

878

00:55:37,140 --> 00:55:50,320

this caused embarrassment, this embarrassment tormented me. I felt they were fooling me, but no one was fooling me, I was fooling myself

879

00:55:54,500 --> 00:56:00,340

The experience expanded my entire life and renewed it.

880

00:56:01,320 --> 00:56:12,280

and to also understand the people who harmed me and be in their shoes - those who I was harmed by -because there really is no such thing

881

00:56:12,700 --> 00:56:18,180

to see where they are coming from, then all of my judgement reversed.

882

00:56:18,580 --> 00:56:23,460

The laughter and this was my embarrassment

883

00:56:24,140 --> 00:56:30,900

The screen came down, actually it went up into the ceiling after they showed me my life

884

00:56:31,260 --> 00:56:37,540

and the Tzadik who sat on my left

885

00:56:38,660 --> 00:56:45,500

he looked at me and said, "what are you doing here? You don't

need to be here!"

886

00:56:46,360 --> 00:56:51,820

Now, I am in the place that there is not a chance that I am returning,

887

00:56:52,220 --> 00:57:00,860

nope! It does not interest me at all - I am simply not returning under any circumstances!

888

00:57:01,340 --> 00:57:08,680

If I thought that I was going to go up and speak, I would have had nothing to say.

889

00:57:08,900 --> 00:57:18,120

All that I saw in the movie of my life the one thing I could say is that it is not me..and this would not have been a lie, it is the greatest truth.

890

00:57:18,320 --> 00:57:25,680

Because, here I am! This is who I am now, that is not me. It is like a suit I put on

891

00:57:25,880 --> 00:57:31,260

or a mask that I put and thought I was the mask, but it is not me.

892

00:57:35,100 --> 00:57:45,900

This Tzadik had great light in his eyes and this light bathed all of me like river.

893

00:57:46,360 --> 00:57:54,100

And as it bathed me, it was so warm. As it bathed me more I felt shriveled\shrunken

894

00:57:54,100 --> 00:58:00,900

I felt even more shrunken and like a worm because I was unable

to to process this light.

895

00:58:01,080 --> 00:58:04,240

I went up there without any tools to be able to capture\process\absorb this light.

896

00:58:04,500 --> 00:58:09,980

He said to me, "You should not be here!"
All of this conversation was telepathic,

897

00:58:10,180 --> 00:58:16,260

not with words - simply telepathic.

898

00:58:16,780 --> 00:58:20,760

It is not like in this world where we must speak to express ourselves.

899

00:58:21,160 --> 00:58:26,680

it is that we feel\sense from one another and there are no boundaries\limits.

900

00:58:28,240 --> 00:58:37,400

And, I only wanted to go upward, above from the Bet Din where there is eternity

901

00:58:38,080 --> 00:58:41,160

I do not want to return to here!

902

00:58:41,160 --> 00:58:51,460

I tell him that I want to go upward, I'm not returning! NO chance! From my standpoint, there is no option.

903

00:58:51,920 --> 00:59:03,780

So to say, I was awakened from the dream - so now you are going to return me to the dream state? What the heck?

904

00:59:03,940 --> 00:59:06,420

I am not returning! I have arrived home!

905

00:59:06,700 --> 00:59:13,420

This Tzadik explained to me that it was not my time. He was very much like my grandfather - there was a great love!

906

00:59:13,980 --> 00:59:22,160

He said, it is not your time, it is simply not your time". I just did not want to return here

907

00:59:23,520 --> 00:59:39,240

they explained to me that I have not completed my job, the job of my soul. The other option available was that I would be in another word...hmm.. not certain how to categorize this

908

00:59:39,440 --> 00:59:46,920

it is like a passage way between worlds, where I would be for a period- even the term "period" is inaccurate as there is no time-

909

00:59:49,320 --> 00:59:56,820

and if I did not want to return , after "recovering" I would once again return to the earth plane and begin again in a new incarnation

910

00:59:57,140 --> 01:00:07,060

When I heard this as the only other option and that I wouldn't be going upward I chose to come back to this body as opposed to starting all over gain.

911

01:00:07,220 --> 01:00:11,820

But, I agreed to return, I did not wish to. I agreed to.

912

01:00:12,400 --> 01:00:23,720

There is a distinction between "agreeing" and "desiring". And, we must "desire" to live this life, not just "agree" to live this life. Not just "agree" because by default, we are here.

913

01:00:24,020 --> 01:00:28,580

But, the power of our choice, this is our choice to live.

914

01:00:28,740 --> 01:00:36,260

It is not clear to the soul to come and enter this earthly plane.

915

01:00:37,520 --> 01:00:46,660

Not that there is actually an earthly world - I am throwing in some other ideas, but not going off track, but, everything can be found within us

916

01:00:47,000 --> 01:00:57,960

the contraction that is necessary for us to here is unnatural for the soul - because it has no boundaries\unlimited

917

01:00:59,520 --> 01:01:12,160

I agree to return and I promise 3 things before I return. It is not as if they put terms on me if you do\if you don't etc

918

01:01:12,580 --> 01:01:27,480

I promise from a place - it all truth everything is known - known to all what I must promise, what I must do.

919

01:01:28,040 --> 01:01:49,580

I promise 3 things: 1) I will return and repent\teshuvah 2) was that I will use the talents G-d has given me for holy purposes. 3) That I will tell what happened to me.

920

01:01:49,980 --> 01:01:58,380

I will briefly speak about these 3 promises because each one is a topic unto itself.

921

01:01:59,000 --> 01:02:20,820

That I do teshuvah: The experience did not have religious or halachic bent, it was a matter of returning to myself - to my

true identity. This in fact was the Teshuvah-

922

01:02:21,220 --> 01:02:29,360

To ask a question everyday and receive an answer and the soul will answer me and to return inward, to my true identity

923

01:02:30,000 --> 01:02:32,260

and to reveal my soul.

924

01:02:33,155 --> 01:02:35,805

To use my talents for holy purposes:

925

01:02:36,180 --> 01:02:43,900

The Creator has given me skills and I turned them into talents. No one other than me.

926

01:02:44,680 --> 01:02:50,340

It is not like this! They are skills but they are not mine. I received a loan, I received a tool

927

01:02:50,520 --> 01:02:55,240

You can enjoy it but it is not you. I made it into me.

928

01:02:56,020 --> 01:03:12,340

When I tell this story..now I know that when most who have these experiences, before they come back down, are told the same thing, to share the story with others.

929

01:03:12,340 --> 01:03:28,220

So, I promise these three things and that Tzadik looked at me, and he tilts his head as if to say, "Wow, you experienced a lot there"

930

01:03:28,220 --> 01:03:34,320

and with a flick of his hand, he changed Din\Judgment into Rachamim\Mercy

931

01:03:34,580 --> 01:03:49,260

and I remember felt so relieved. It was as if all of my life that was colored by Din\Judgement, reverted to Rachamim\Mercy just by the movement of his hand. This simple hand movement

932

01:03:49,460 --> 01:04:03,460

And he looked at me with so much love and smiled, as if with his eyes, said to me, "I am so happy for you!"..."I am so happy for you!"

933

01:04:04,600 --> 01:04:19,920

The curtain comes down to the floor, and I enter the curtain.

934

01:04:20,120 --> 01:04:35,620

Now I have to go down to this world. I enter the white curtain and at the moment I walk on it - not really walking because I have no body..but I enter it

935

01:04:35,800 --> 01:04:48,600

when I enter I am in a world that is the whitest of white- what a surprise! This is the world that was formerly black!

936

01:04:48,820 --> 01:04:54,280

This tells us that darkness cannot stand on its own-light holds the darkness within itself.

937

01:04:54,920 --> 01:05:00,920

I enter this world, a world unto itself which has no beginning and no end,

938

01:05:01,940 --> 01:05:04,860

and I feel marvelous and I do not know why.

939

01:05:05,140 --> 01:05:13,500

Accompanying me back to the earthly world is a soul, and there are three steps.

940

01:05:14,340 --> 01:05:28,260

Everything is white and the door is white. I ascend the three stairs and I know I have to open the door. Everything is straightforward.

941

01:05:28,800 --> 01:05:36,820

I open the door and when I do, I am in another world.

942

01:05:37,040 --> 01:05:45,620

It is a world we can call The Sky\Heaven. Everything was like the Shamayim\sky.

943

01:05:45,920 --> 01:05:48,840

And, I am on a cloud.

944

01:05:52,520 --> 01:05:57,820

From within this cloud, a rope ladder unfolded.

945

01:05:57,860 --> 01:06:11,480

But, before I go down on this ladder, the soul which was accompanying me asked, "Do you want to take off your shoes?" and I responded, "no".

946

01:06:11,680 --> 01:06:14,480

"I prefer to remain this way."

947

01:06:15,000 --> 01:06:21,900

But, I have no body! But when she asked me this, it was not really referring to "shoes".

948

01:06:22,760 --> 01:06:28,600

It referred to all of the limitations I placed upon myself and all of the habits I had.

949

01:06:29,080 --> 01:06:40,640

It seems I had the choice to return here without those habits,

but my soul chose "no".

950

01:06:40,920 --> 01:06:47,980

It is because I want to be responsible for making the repairs-
I want to do the work myself.

951

01:06:49,060 --> 01:07:00,580

Afterwards when I returned to my body, I asked myself "Why did I say that? I could have skipped that whole part!" But, that is body talking not the soul.

952

01:07:01,140 --> 01:07:14,440

The soul wants to come and take the journey; even if I wanted to go upward, there is a plan\purpose to all this life which we go through.

953

01:07:14,980 --> 01:07:29,860

I begin going down the ladder, and this experience was, well, all of it was amazing, every part of it was amazing, but it was amazing to see this world and all of the galaxies and stars

954

01:07:30,020 --> 01:07:34,360

and everything as I was descending the ladder.

955

01:07:34,880 --> 01:07:49,100

I gradually go down to planet earth. And as I slowly continue downward lower & lower to the ground- but really I was in the middle of the sea.

956

01:07:49,660 --> 01:07:58,700

I descended through three phases on the ladder and now I know I must jump into the water.

957

01:07:58,700 --> 01:08:19,520

It dawns on me that, OMG, I am here- I have actually returned here. Oh no! What I am going to do here? How am I going live here?

958

01:08:20,700 --> 01:08:28,220

Although I realize this, I am not prepared to accept it and I begin to try climbing upward.

959

01:08:28,340 --> 01:08:31,980

The soul accompanying me asks, "What are you doing?"

960

01:08:32,360 --> 01:08:41,200

I cry hysterically! I say, I do not want to return here! I cannot be here!

961

01:08:41,380 --> 01:08:47,400

She says to me, "Don't you remember that you promised? Don't you remember that you have more to travel?"

962

01:08:47,740 --> 01:08:52,220

But, I am unprepared to accept it. I said, "Yes, but I cannot be here!"

963

01:08:52,380 --> 01:08:59,820

The accompanying soul did not come from a place of condemnation - she understood me!

964

01:08:59,960 --> 01:09:05,440

She was within me and spoke within me, understood me and understood everything!

965

01:09:05,680 --> 01:09:13,940

She responded to and resolved all my protestations - she untied the knot and then I went down on the ladder.

966

01:09:14,320 --> 01:09:19,640

Another resolved protest..and further I went down the ladder. On the first rung I said, "I want to return to my family!"

967

01:09:20,960 --> 01:09:27,480

As if my family is here on Earth is not my family - they are just on loan and not really my family.

968

01:09:28,940 --> 01:09:38,060

She gives me an answer and with each answer she gives, I know it is the truth..

969

01:09:38,260 --> 01:09:46,420

And she resolves and unties the knot - the protestations..and I go down a step.

970

01:09:47,140 --> 01:09:57,160

The next protest -I am crying hysterically, I say I cannot do anything here, there is concealment - how can I be in this world?

971

01:09:57,360 --> 01:10:01,440

And she answers even this...and I go down another rung.

972

01:10:01,920 --> 01:10:10,000

I will speak expansively about this conversation because it is a chapter unto itself.

973

01:10:10,460 --> 01:10:20,960

The last thing I say to her, "I do not even know where I am going to go. In which direction do I swim?"

974

01:10:22,560 --> 01:10:35,460

She says to me, "jump in the water. You are a natural! swimmer"
I jump into the water and begin to swim and swim and swim.

975

01:10:35,800 --> 01:10:46,960

Until I am drained of energy and I think to myself, great I have no energy to swim, what am I going to do? I am still in the middle of the sea! How am I going to reach land?

976

01:10:47,200 --> 01:10:51,480

I do not even know if I am in the right direction - I have no idea what to do.

977

01:10:51,760 --> 01:10:56,960

I was not afraid of dying -it did not appear that way - I was just trying to figure out how to return home.

978

01:10:56,960 --> 01:11:06,240

Now, I did not want to drown - but I said, "The Creator has returned me here so that I should die in the sea?"

979

01:11:06,560 --> 01:11:21,620

I continued swimming..I tried continuing to swim until a certain point, I did the doggy paddle - and then I simply asked for help.

980

01:11:22,080 --> 01:11:30,020

and when I asked for assistance I began feeling bubbles like I was in a Jacuzzi that has that feeling...

981

01:11:30,420 --> 01:11:52,140

I looked and saw nothing but from the core of the sea, all of the sudden I see so many fish with spectacular colors - simply spectacular - living colors! Authentic life - here we do not see or experience or colors like these properly.

982

01:11:52,620 --> 01:12:12,300

All of the fish in the sea arrived to accompany me - it was a massive school... and they gave me a push and created a pathway and the Leviathan arrived, I know this sounds imaginary but it is the truth and this is what I experienced.

983

01:12:13,080 --> 01:12:29,920

The Leviathan arrived - he was at my heal, I was half in and half out of the water and held me and gave me a push with all the others.

984

01:12:30,260 --> 01:12:37,260

I am there with all the fish in the sea, all of them accompanied me to land.

985

01:12:38,000 --> 01:12:53,480

I got to land and this massive transport got to land, it was spectacular - it was a feeling that the entire universe came to assist you...that you truly want something

986

01:12:54,020 --> 01:13:00,540

The Creator aligns everything so that you should do the right thing...if it is the right thing for your soul.

987

01:13:00,840 --> 01:13:11,280

I arrive to the beach head and there is a small boutique and there waiting for me inside the boutique is my grandfather

988

01:13:11,640 --> 01:13:13,100

May his memory be blessed

989

01:13:13,660 --> 01:13:27,020

I enter the boutique and my grandfather is on the right and to the side there is a table with a sefer Torah\Torah Scroll that is open and there is a hanging light

990

01:13:33,660 --> 01:13:41,540

behind the Torah on the table, there are 7 stairs going downward.

991

01:13:43,360 --> 01:13:58,480

I see my grandfather but I am crying hysterically, and I say, "Grandpa, what will I do here? what will I do in this world? How can I return here? How can I be here?" and I am in hysterics.

992

01:13:59,380 --> 01:14:07,480

My grandfather looked very worried, by the way, at that time he was alive.

993

01:14:07,720 --> 01:14:13,120

The one who received me here- he knew that I was very much between life & death.

994

01:14:13,440 --> 01:14:22,560

He gave me the same answer the accompanying soul gave me: Continue walking and you will eventually arrive. You are never alone and you are being accompanied.

995

01:14:22,740 --> 01:14:25,140

This not only me, it is everyone!

996

01:14:26,660 --> 01:14:34,500

Then he said he has to go, he has to exit, he must return.

997

01:14:35,100 --> 01:14:42,160

I have "holy anxiety" so understanding this and does not delay even for another moment...

998

01:14:42,220 --> 01:14:45,060

There was another discussion

999

01:14:51,160 --> 01:15:03,220

At the moment he tells me this I have "holy anxiety", I say "ok, ok" and I go out from the boutique and I close the door made of wood.

1000

01:15:03,400 --> 01:15:09,760

The boutique disappears and I awaken in the recovery room.

1001

01:15:10,740 --> 01:15:14,780

I open my eyes and my mom is on by my side.

1002

01:15:16,600 --> 01:15:24,360

I look at her and hear her say, "you are complete" this is tosay, they did not take out any organs.

1003

01:15:25,080 --> 01:15:31,140

Everything that happened to me was miracle upon miracle upon miracle.

1004

01:15:32,360 --> 01:15:37,880

I am satisfied with where I am at, I have have a smile from one ear to the other

1005

01:15:38,520 --> 01:15:50,420

And, I close my eyes and go back to sleep. I awake later, open my eyes and the first thing I say to my mother is,

1006

01:15:50,600 --> 01:16:03,020

"Mom do you comprehend how many miracles? I am whole! For 24 hours I was without blood in my body and I remained alive!

1007

01:16:03,180 --> 01:16:10,620

Do you get that I am whole and I went out of my body. My mother said, "wait a moment, how do you know you are complete?"

1008

01:16:11,080 --> 01:16:15,640

I said, "you told me when I awoke!" My mom said, "No Hila, I did not!"

1009

01:16:18,320 --> 01:16:25,180

from ear to ear - in really strange way and you went back to sleep. I said, "Right, what a story!"

1010

01:16:25,400 --> 01:16:30,500

her lips did not move - I did not hear that from outside, rather I heard it from within.

1011

01:16:31,260 --> 01:16:39,320

I received this knowledge from within, this message.

1012

01:16:40,540 --> 01:16:50,480

I again went to rest as I was very tired and I am awoken by my father and mother are by my side.

1013

01:16:51,340 --> 01:17:03,240

I begin to awaken with more strength and from then on I did not stop speaking.

1014

01:17:04,180 --> 01:17:15,860

And I begin to tell them, "Mom, dad, do you get it? Do you get?" I thought grandma Chava did not love; because I was Jazz and Ballet Dancer

1015

01:17:23,800 --> 01:17:31,360

I tell my mom, "Grandma loves me!" My mom says, "Hila, it is clear that she loves you!"

1016

01:17:31,720 --> 01:17:37,660

My mom says to my father, "Aunt Miriam was there, do you get that Aunt Miriam was there? There is no death!"

1017

01:17:38,040 --> 01:17:41,055

Death does not exit...there is no such thing as death!

1018

01:17:41,060 --> 01:17:45,360

The main thing people fear they say, is death - but it is not death they fear, it is not being.

1019

01:17:53,700 --> 01:18:00,260

And I begin to speak and attempt to explain and I try to explain to my parents what I experienced

1020

01:18:00,440 --> 01:18:07,340

and I say to them, I was outside my body, I saw everything etc etc and I spoke with such excitement

1021

01:18:07,700 --> 01:18:13,200

and I say to them, you don't understand, everything loved me,
everything loved me - I was love...

1022

01:18:13,220 --> 01:18:16,280

Mom, Dad -Do you hear? I am love! I am love!

1023

01:18:16,460 --> 01:18:20,080

I came from love, we are love! Do you understand that it is
within us?

1024

01:18:20,880 --> 01:18:23,760

My parents looked at me

1025

01:18:24,300 --> 01:18:27,880

they smile but seem concerned

1026

01:18:28,540 --> 01:18:29,600

and continue smiling....

1027

01:18:30,560 --> 01:18:38,120

but it seems to them that I am still in the midst of recovery
pains or she's returned with a totally scrambled brain...

1028

01:18:39,620 --> 01:18:44,020

I understand the situation

1029

01:18:45,680 --> 01:18:51,660

I dawned on me to run to everyone, all the divisions and
sections in the hospital

1030

01:18:51,840 --> 01:19:00,000

and to tell them, everything here is love! There is so much
life here...everything is alive! Everything breathes! Even the
table...everything is alive and breathes! It is amazing!

1031

01:19:00,400 --> 01:19:08,080

And they did not allow me to speak..I tried telling the doctors. NO one even asked, how do you know what you know?

1032

01:19:08,520 --> 01:19:14,840

They bring the medical records and I tell them, "these are not all the documents- you ordered a lot more blood!"

1033

01:19:15,040 --> 01:19:17,020

They bring me more medical records

1034

01:19:18,660 --> 01:19:21,660

But not one of them asked me, "how do you know?"

1035

01:19:21,960 --> 01:19:25,080

What does it mean that you left your body?

1036

01:19:25,085 --> 01:19:27,915

It is as if they completely ignore this topic.

1037

01:19:28,020 --> 01:19:30,860

The first doctor who operated on me came to visit me.

1038

01:19:31,120 --> 01:19:36,320

And he also did not ask me. I said to him, Doctor, how was your trip to the North with your wife?"

1039

01:19:37,100 --> 01:19:46,440

Suddenly, he lifts his head and looks at me and says "WOW! Ehm ehm..listen, I am uncomfortable and embarrassed, I simply..."

1040

01:19:47,480 --> 01:19:50,420

I did not have a signal so I did not hear your call.

1041

01:19:50,500 --> 01:19:55,740

At this point, I did not care - I saw he had a signal and saw the messages that were unanswered

1042

01:19:56,100 --> 01:19:59,080

I was there but it did not interest me.

1043

01:19:59,220 --> 01:20:05,340

I wanted to hug him and tell him that everything is OK -
everything is good

1044

01:20:05,780 --> 01:20:13,620

It was difficult for him to be with me- I understand that I was
a living example of his major screw up of his surgical
procedure.

1045

01:20:14,060 --> 01:20:20,480

But, I was full of love and I thought to myself, "Wow, I did
not know I was this way!"

1046

01:20:20,740 --> 01:20:30,520

I can live this life without eating! I don't even need to eat!
I don't need to sleep, I don;t need anything, nothing is really
needed!"

1047

01:20:31,100 --> 01:20:39,380

I can live my entire life this way - I knew my entire life was
going to change.

1048

01:20:40,320 --> 01:20:53,740

This is important to relate; In the hospital many who have this
experience, the doctors do not ascribe any importance to the
matter of NDE's.

1049

01:20:54,080 --> 01:21:00,320

people close up and keep all of their experience to themselves

1050

01:21:01,480 --> 01:21:04,920

and it becomes very difficult for them to open up...this is
what happened to me.

1051

01:21:05,060 --> 01:21:09,240

When I tried speaking to the doctors, it seemed strange to them.

1052

01:21:09,440 --> 01:21:22,240

In that I was so joyous in the hospital they brought a sociologist who told me, "look, this is a problem! You are happy - this a Post-Traumatic event.

1053

01:21:22,340 --> 01:21:25,520

It became apparent that I was not able to speak to everyone.

1054

01:21:26,460 --> 01:21:30,840

But, I knew that everything was going to change. That my life was going to change.

1055

01:21:31,580 --> 01:21:38,780

I did not know anything but I knew everything was going to change and I was not going back to that life.

1056

01:21:40,960 --> 01:21:53,420

Some who after have this experience have lights accompany them for periods of time and diminish very slowly

1057

01:21:53,640 --> 01:22:00,360

The Creator who is merciful, does not stop the light immediately and gives us time to adjust

1058

01:22:00,480 --> 01:22:04,980

But to adjust back to here is extremely difficult.

1059

01:22:05,640 --> 01:22:14,260

This is one of the reasons IANDS, International Association of Near Death Studies

1060

01:22:15,140 --> 01:22:23,100

to which we have received membership in Israel from IANDS, to organize people who have had NDE's so they have someone they can speak to.

1061

01:22:23,420 --> 01:22:34,820

Not only to spread the message outward - but people like me - and I am not the only one - can have people with whom they can speak

1062

01:22:34,900 --> 01:22:41,900

So they will have support to process this experience. It can take between 7-10 years to process the experience.

1063

01:22:43,340 --> 01:22:48,960

With the help of G-d when we will be able to organize this group

1064

01:22:49,080 --> 01:22:53,440

We are right at the initial stages of creating the group.

1065

01:22:53,840 --> 01:22:57,900

This is my experience, and yet

1066

01:23:02,880 --> 01:23:06,980

I tried to tell it in the "flattest" way

1067

01:23:07,260 --> 01:23:13,360

because we need to go into depth on many of the events and go subject by subject.

1068

01:23:13,620 --> 01:23:19,020

To contextualize people's questions and with the help of G-d we will do this in the continuation.

1069

01:23:19,600 --> 01:23:29,320

This is our goal; to upload everyone's testimonies , everyone

as in all who have had an NDE

1070

01:23:29,600 --> 01:23:34,960

and we will join together and bring these things outward

1071

01:23:35,100 --> 01:23:38,640

This authentic news - that everything here is love

1072

01:23:39,360 --> 01:23:51,960

and we all feel separated, but there really is no separation here! There are so many connections which connect us - we just do not see this.

1073

01:23:52,240 --> 01:24:01,120

And, it is so beautiful! And all we have to do is connect to it and peer inward with the proper glasses.

1074

01:24:01,900 --> 01:24:06,160

That is it for today

1075

01:24:06,680 --> 01:24:14,640

I want to say, "Thank you very much!"

"Thank you, to you!"

1076

01:24:14,640 --> 01:24:17,520

I look forward to doing future videos.