

them.

All of the sudden I looked up and my dead Grandma, Aunt, and Cousin are all there with me. They spoke to me but I heard them in my mind. They told me to not worry about the body on the table and refocused me to

as they are violently trying to intubate me. I felt sad for the body on the table, but it didn't feel like it was me anymore.

The last thing I remember is being told to take a couple of deep breaths of the oxygen before they knocked me out. The next thing I know, I was floating above my body

MY NDE

That is when I realize on the left side of the room there was a HUGE old door. I was very interested in the door, but my grandma told me that it was not for me, and I could not go through the door.

All of the sudden, we were pulled up more and I realized there were many people around me, watching the surgery as if it was the latest theater piece. It looked like an old operating room theater to me. I was so happy to see my family, it felt like the most splendid homecoming, like that is where I belong. Nothing hurt anymore. I felt one with the universe, and everything was perfect, beautiful, serene.

In October 2018 I had a liver resection that ended up in a Necrotizing Fasciitis infection. Long story short, I also got severe sepsis with acute organ dysfunction and needed 17 surgeries to clean out the dead tissue in my abdomen, and continued wound care. It was very touch and go the entire time. There was a period of 10 days where I had 8 surgeries in a row. It was during this time, and we aren't really sure what day specifically, that I had my NDE on the operating room table.

My Story

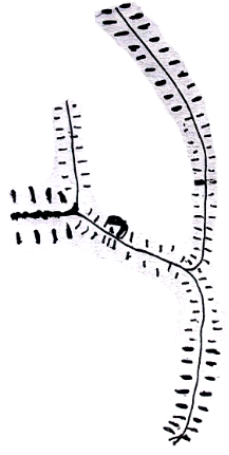
What is a NDE?

Near Death Experiences are when someone has a lucid out of body episode usually tied to actual or imminent death, or in situations of extreme physical or emotional danger.

My goal is to de-stigmatize, and normalize NDEs. Some studies suggest as many as 4-15% of the population have had an NDE. This data is limited, and is not well documented in the global majority.

MY NEAR DEATH EXPERIENCE

It's ok! You get popcorn when you die.



KIT GILDERSLEEVE

I saw multiple people enter and leave the room through this door, but I decided to focus on my family. After discussing many things in length, they told me it was my time to go back to my body. I asked to stay, but was not allowed to. I was told I had more important things on Earth to do. After saying our goodbyes, my grandmother looked at my cousin and asked, "Do you think she'll get it?". They all laughed. Then I realized that everyone in the room was eating popcorn. Like at the movies. Suddenly I was awake in the recovery room. I told my parents I saw my Grandma and they replied, "Great..."

[International Association for Near-Death Studies] is a great resource to read and submit NDE stories.

Shame is a big part of why people, like myself, don't share their NDE, either at all, or until years later. There is nothing to be ashamed of. The NDE forum on Reddit has been part of normalizing my experience and opening up to others about mine. LANDS

FOLLOWING A NDE:

People can experience a diverse range of feelings or experiences following a NDE. This can include: depression, PTSD, depersonalization, derealization, spiritual crisis, relationship challenges, and even Trauma-related illnesses.

I tell my story because for 2 years I felt so incredibly alone and depressed. PTSD played a big role in my feelings, but NDEs can cause distress upon re-entry into the world. Of course my NDE story is paired down severely to fit in a zine, but I hope it helps at least one person feel less alone or scared about their own, or a loved ones experience. You are not alone. The artwork on the cover is what my abdomen looks like now, after having 18 total surgeries. **Make sure you look inside the zine for some interactive activities!!** Find me on Instagram: @ThatAllThereIsHDC

Welcome to the Back Page!

For an interactive piece, I've decided to include some journal prompts as well as a sketch prompt!



Who would greet you when you die?



What are things you want/need to do before you die?



What do you imagine your door looks like? Draw it below!