

## Endorsement by P.M.H. Atwater

“Ingrid Honkala died before age three. Drowning. Immediately she was different, and not just because she had a near-death experience. Those who have an NDE between birth and age five ARE NOT LIKE ANY OTHER AGE OF EXPERIENCER! They have little or no “before,” no way to understand differences between where they now are and where they once were. Most are smarter than average (even geniuses), abstract before the first grade, and display some form of synesthesia (multiple sensing). Seldom do they fit their family of origin, find school exceptionally boring, and possess future knowing. Amazingly, the majority are drawn into the sciences, invention, musical and healing arts, and the natural world. Ingrid could easily be a “poster-child” about this. Her book, *A Brightly Guided Life: How a Scientist Learned to Hear Her Inner Wisdom*, is a treasure trove of what the very young can “grow” through as they come to make sense of a very different life. Highly recommended!!!”



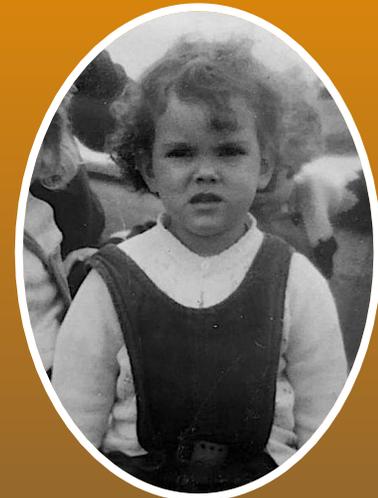
-P. M. H. Atwater, L.H.D.  
World-renowned author  
& the original researcher  
in NDE studies. Her  
latest book is  
*The Forever Angels*



## Resources:

- American Center for the Integration of Spiritually Transformative Experiences, ACISTE.org.
- Diane Corcoran, RN, Ph.D., corcoranconsulting-nde.com
- Lee Witting, D. Min. Chaplain, NDEradio.org
- Near-Death Experience Research Foundation, NDERF.org.
- P.M.H. Atwater, L.H.D., pmhatwater.com
- Spiritual Warrior Ministries, Rev. Bill McDonald, Child NDEr, <https://revbillmcdonald.com>
- The International Association for Near-Death Studies, IANDS.org

## Childhood Near-Death Experiences



Dr. Honkala after NDE at age 3

## The Need to Close the Medical & Spiritual Gap of Care

## Ingrid Honkala, Ph.D.

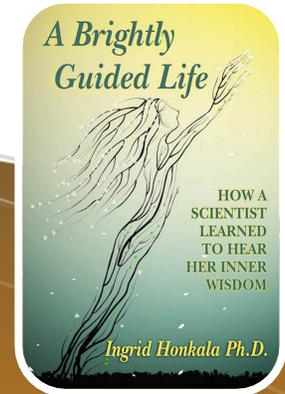
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## Ingrid Honkala Ph.D.

Marine Biologist, Oceanographer, NASA and Navy Scientist, Researcher, Minister, Author, International Lecturer, Childhood Near-Death and Spiritual Transformative Experienter



At age 2, I died and had a near-death experience (NDE) after drowning in a tank of water in Bogota, Colombia in 1973. After the initial terror of not being able to breathe, I became filled with a sense of well-being, seeing light-filled bubbles and flowers that carried me to a realm that felt like home. I saw my mother at her bus stop, and sensing something was terribly wrong, she raced home. She found my body in the tank and resuscitated me with CPR. After my NDE I became sicker than ever. I would pull my hair crying aloud, "I should not be here. Ingrid is not my name!" My sense of awareness heightened. I no longer viewed my parents as parents, but as my equal, nor did I relate to other children. I could now read, write, solve mathematical problems and complex puzzles. Following my NDE, I experienced numerous lifelong aftereffects that deeply impacted me. My parents were supportive, but struggled dealing with the *new* me, while others just thought I was being a difficult child. My ability to process and integrate my NDE was hampered because no one knew about NDEs. I received no validation, education or support; not from teachers, clergy or medical professionals. At 4, I began communicating with Beings of Light whose guidance helped me cope. After years of struggling, an inner healing began at 40, when I visited a psychologist who openly listened, assisting me in processing and understanding my NDE.



## What Medical Professionals and Clergy Need to Know

It is imperative for the medical community and clergy to be educated on near-death, shared-death, out-of-body and spiritual transformative experiences because they are being reported more often throughout the world. These experiences have been validated through decades of research as real events. They are not produced by hypoxia, hallucinations, post-traumatic stress or adverse reactions to anesthesia or medications.

After such life-changing events, experiencers are confused and many have lifelong adverse aftereffects, which are often difficult for them and

their families to understand. This is especially true for childhood experiencers as presented in my autobiography, *A Brightly Guided Life: How a Scientist Learned to Hear Her Inner Wisdom*.

Training medical professionals and clergy is crucial in assisting experiencers to process and integrate their event. Training should include NDE characteristics and aftereffects, as well as, provide guidelines to help support those who have had these experiences. In addition, experiencers require a safe, open and trusting environment to begin

processing and integrating through validation, education, and support. Experiencers who are able to share their story freely undergo less mental anguish and return to a balanced life sooner.

***These experiences are real to the experiencer and must be validated as such.***



INGRID HONKALA PH.D.  
AUTHOR, SCIENTIST, LIGHT WORKER