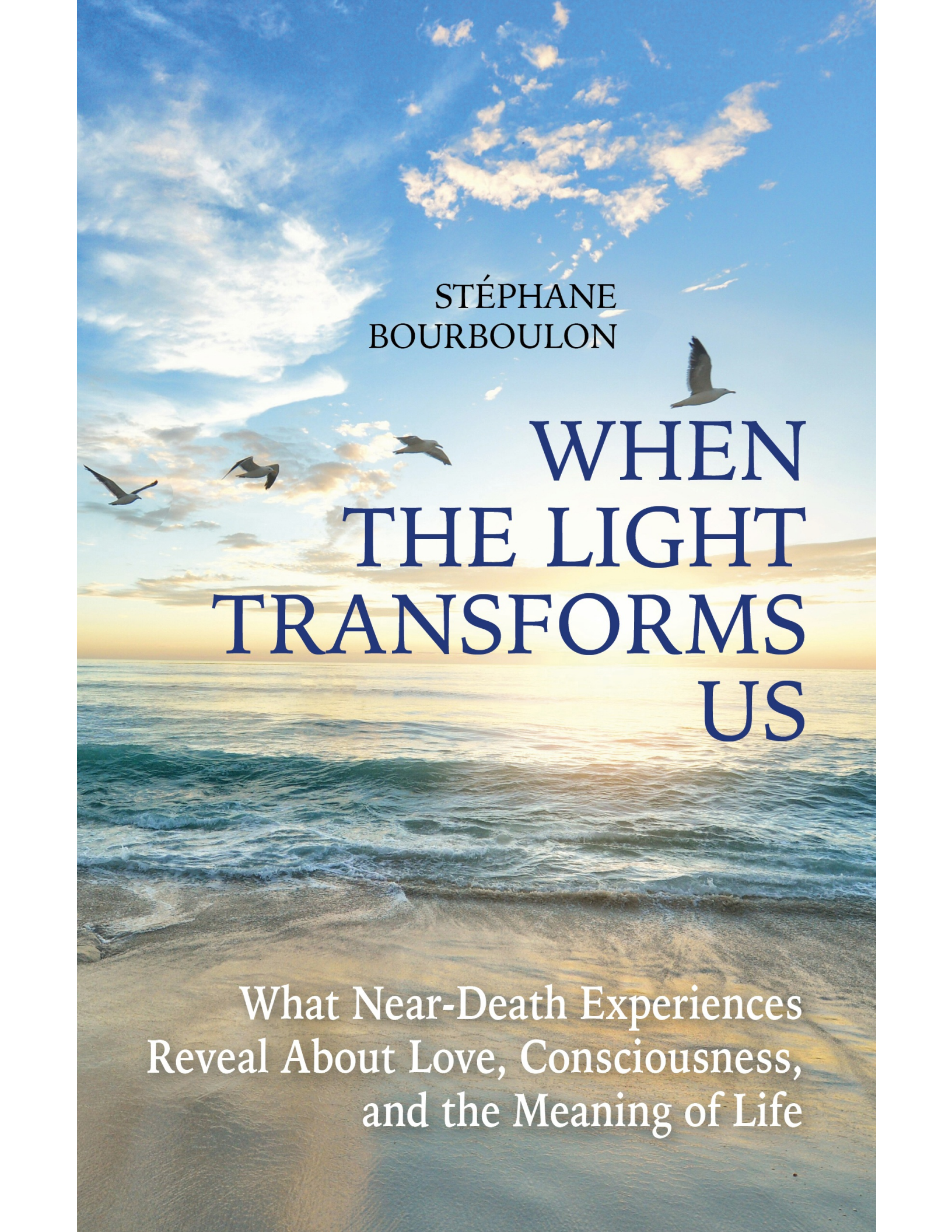




STÉPHANE
BOURBOULON

WHEN THE LIGHT TRANSFORMS US

What Near-Death Experiences
Reveal About Love, Consciousness,
and the Meaning of Life

Stéphane Bourboulon

When The Light Transforms Us

*What Near-Death Experiences Reveal About Love, Consciousness,
and the Meaning of Life*

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Introduction: Returning to the Source

‘The near-death experience is gradually becoming part of the spiritual landscape as a coherent and modern revelation of the true power of love and forgiveness...’

—P.M.H. Atwater¹

The Search for Meaning

Countless people – perhaps you – are searching for the deeper meaning of life. Many feel that a connection to something greater, a Source of love or divine energy, holds the key to lasting happiness. Yet despite this inner longing, they don’t know how to find that connection or nourish it.

Religious or spiritual traditions they’ve tried may not have spoken to their hearts. The joy of communion with something infinite—something deeply loving—remains just out of reach. And so, many feel lost, without clear guidance, unsure of where to turn.

A New Spiritual Landscape

For much of human history, our spiritual paths were chosen for us. We inherited the religion of our parents, our culture, and our country. To question it – or leave it – was unthinkable.

Today, things are different. We are free to explore. Never have we had access to such a rich diversity of spiritual traditions, philosophies, and practices. Books, podcasts, films, and teachings from every corner of the world are just a click away.

Yet this freedom brings its own challenge: how do we choose? The sheer number of paths can feel overwhelming. What works for one person may not resonate with another. I often wonder if each of us has a path as unique as our own fingerprint – even though love, I believe, is the common thread that unites them all.

A Light in the Dark

So, how do you find your way back to the Source?

For me, the answer came – gently, but unmistakably – through the message of Near-Death Experiences (NDEs). These accounts, shared by people who have touched the edge of death and returned, point to something astonishing: a realm of profound love, light, and unity. They reveal both the purpose of life and the way to live it.

Two truths stand out:

- Our purpose is to live in joyful communion with the infinite love that NDErs encounter beyond this world.
- The path is to open our hearts to love and embody it in our daily lives – starting now.

This framework is simple, yet powerful. It doesn't tie you to any religion or dogma. It invites you to seek your own path, guided by your inner compass and your personal connection to the Source.

My Own Journey

I haven't always seen things this way. I was raised with an image of God that felt more judgmental than loving – a distant authority who required obedience and humility, and who punished failure. I did my best to follow the rules: to repent, to obey, to be kind. But this God felt more like a burden than a blessing.

Over time, I realized this vision didn't reflect the loving energy I sensed deep inside. It was like walking away from a toxic relationship. Even after stepping back, its shadows lingered. The process of unlearning was slow, and for a while, I wandered without a spiritual home.

Though I longed for something more, I kept my spiritual life on the margins. It felt like a 'nice extra', not something central. But my soul kept calling. Ignoring it led me to burnout – a painful but necessary wake-up call. Only by stopping everything and returning to the essentials did I begin to hear what my heart had been whispering all along: I needed to honor my spiritual path. It wasn't optional. It was vital.

Encountering the NDE Message Changed Everything

It was around this time that I discovered stories of Near-Death Experiences. They filled me with joy and opened a door I didn't know existed. I began

reading, listening, and absorbing these accounts – and something in me began to heal and awaken.

Their message became a guide, a source of comfort, and a spark of inspiration. These stories helped me reconnect with what matters most. Joy became my compass – and I followed it.

Over time, I let myself be transformed by this love I encountered in the words of NDErs. Slowly, then more clearly, it reshaped my priorities, my actions, and my view of life. I began to feel aligned, inside and out. I stopped trying to fit into beliefs that no longer served me and instead lived from the truth I could feel in my bones.

Love Is Our Nature

One truth cries out through every NDE account I've come across: we are made of love. We belong to a greater Consciousness, a vast and vibrant energy of love that animates everything. We are not separate from it – we *are* it.

That's why we only truly thrive when we give and receive love. It is our oxygen. Without it, we suffer. With it, we blossom. Like sunlight to a plant, love is what makes us grow.

This discovery brings me immense joy – and it's this joy I hope to share with you through these pages. I hope it touches your heart, as it has touched mine. And if some ideas appear more than once in this book, it's because they matter deeply. Like light through a prism, the truth can be seen more clearly when viewed from different angles.

A Note on Traditions

My own journey has been shaped by Christian and Hindu traditions, and I'll draw on both throughout the book. But I don't claim these are superior or exclusive. The little I know of Buddhism, Islam, Judaism, shamanism, and even secular humanism tells me that the Source speaks through all paths, and sometimes beyond them.

I'm not here to promote a specific tradition. I'm simply sharing what I know firsthand. Beliefs, rituals, and practices only matter if they help us love ourselves and others more fully. Love is the path. Love is the destination.

May This Book Be Your Companion

I believe the Source will guide you – if you invite Her, however you imagine Her. Be curious. Trust your intuition. Let joy point the way. You may take a winding road, with detours and pauses, but every step will teach you something essential.

This book is offered as a companion on your journey. I hope it brings encouragement, clarity, and joy as you find your own way back to the Source.²

NDEs – A Glimpse Beyond Death

‘I looked at my body, which I knew so well, and I was surprised by my detachment. I felt the same gratitude for my body as I did for my old winter coat when I put it away in the spring. It had served me well, but I no longer needed it. I wasn’t attached to it at all. Everything that made up the “me” I knew no longer existed. My essence, consciousness, memories, and personality were outside, not inside, this prison of flesh.’

—Kimberly Clark Sharp

Death is certain – So what?

We all live with a certainty: one day, we will die. And yet, this truth frightens most of us more than anything else. Across cultures and centuries, death has remained the ultimate unknown—a doorway shrouded in mystery, feared because we imagine it to be the end of all we are.

This fear is deeply human. We are wired to survive. The instinct to stay alive can push us to endure unimaginable hardship. It’s what allowed Henri Guillaumet, a pioneering aviator, to walk for days across the snowbound Andes after his plane crashed. He survived with no food, in freezing cold, climbing mountains that almost no animal could have crossed. When rescued, he told his friend Antoine de Saint-Exupéry: *‘What I did, no beast could have done.’*

This drive to live is powerful. It defines us as humans. So, it’s no surprise that the idea of death – of not existing – feels unbearable.

But what if death is not the end of our story?

Much of our fear comes from a simple confusion: we mistake the body for the self. The body will die – that’s undeniable. But what if our consciousness, the deepest part of who we are, is not tied to the body? What if it continues?

This is exactly what NDEs reveal. They offer extraordinary insight: not only does our consciousness survive death—it expands. As Ram Dass beautifully said, *‘Dying is a relief, liberation. It’s like taking off shoes that are too tight.’*

NDEs are not fantasies or vague dreams. For thousands of people around the

world, they have been vivid, coherent, life-changing experiences. And while every NDE is unique, they often follow strikingly similar patterns. They give us a powerful glimpse into another world—one where love, light, and complete acceptance of who we are await us.

Our True Home

Many who return from an NDE say the same thing: they felt like they were *coming home*.

Not a metaphorical home, but a real one – more real, in fact, than the life they left behind. They describe a realm of light and understanding, where every part of their being was known and loved. And when they came back, their sense of reality had shifted. What we think of as ‘the real world’ suddenly seemed like a dim reflection of something far greater and more real.

French journalist Stéphane Allix, who has had experiences beyond ordinary consciousness, puts it this way:

‘Our world gives the impression of being real and dense, but where I come from, even if there is no matter, it is even more real. It’s a true reality that I enter every time I free myself from the activity of my brain. When the brain stops, you wake up. Our terrestrial world is an illusion of matter.’

What if the world we know is only a brief stop in an infinitely larger existence?

What if we have simply forgotten where we came from?

These are not just poetic questions. For many NDErs, they are lived truths. And they change everything – not just how we think about death, but how we live our lives.

What Near-Death Experiences Reveal

‘Light, that enormous bright light, is one of the most common aspects of NDEs. Most people say that this light is more colorful than 10,000 suns. This light has something incredible: it knows your name and everything about you, and it can converse with and talk to you. It’s a living, intelligent light. Whatever you call it, this light is extraordinary.’

—Heather Dominguez³

While every Near-Death Experience is unique, researchers have identified many shared features. Some people go through what feels like a full journey; others experience only fragments. Yet the core elements often echo one another, forming a kind of spiritual language that transcends culture, age, and belief systems.

Let’s explore these common experiences.

1. Leaving the Body

One of the first moments in an NDE is the sensation of leaving the physical body. Many describe floating above themselves, seeing their body from outside, often with complete detachment and clarity. They may witness medical efforts to revive them or hear conversations in the room – sometimes even far away.

They are free from pain. The physical body’s limitations no longer apply. Those who were blind can see. The deaf can hear. There’s often a feeling of incredible lightness and liberation.

2. The Journey Toward the Light

Many speak of being drawn rapidly through a tunnel or space, often accompanied by a strong sense of acceleration. At the end of this journey is a Light – brighter than anything imaginable, yet never painful to the eyes.

This Light is not just bright – it’s *alive*. It knows everything about the person. It communicates, welcomes, and embraces with love beyond words. Many say that in the Light’s presence, they felt completely accepted, cherished, and seen.

3. Coming Home