

FOREWORD BY BRUCE GREYSON, MD  
BESTSELLING AUTHOR OF *AFTER*

KENNETH RING, PHD  
AND EVELYN ELSAESSER

# LESSONS FROM THE LIGHT

What Near-Death Experiences Teach Us  
about Living in the Here and Now

"A beautiful melding of research and compassionate, intuitive analysis, filled with both spiritual insight and practical information to help us realize our own personal power."

— **Caroline Myss, PhD**, author of *Anatomy of the Spirit*

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*“The capstone of Kenneth Ring’s career, this book is the distillation of all that death can teach the living. Ring’s loving voice turns harrowing and resplendent never-before-published near-death stories into a practical guide that motivates through its sheer heart-gripping beauty. No reader will ever be able to think of life in the same way again after reading this book.”*

—*Jenny Wade, PhD, author of Changes of Mind*

*“This is unquestionably the most important book on the subject of near-death experiences since Moody’s Life After Life.”*

—*Ian Wilson, author of The After Death Experience*

*“Lessons from the Light opens the last door each of us will face in our lifetime. With clarity, wit, and crisp prose, it brings us to the cutting edge of what promises to be the most important discovery ever made in psychobiology: what truly happens after death.”*

—*Fred Alan Wolf, PhD, national book award-winning author of Taking the Quantum Leap and The Spiritual Universe*

## Book Details

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## Authors

- [Evelyn Elsaesser](#)
- [Kenneth Ring](#)

**Kenneth Ring, PhD**, is professor emeritus of psychology at the University of Connecticut and cofounder and past president of the International Association for Near Death Studies (IANDS). Regarded by many as the “Dean of NDE Researchers,” he is the founding editor of the *Journal of Near-Death Studies* and the author of several books, including his bestselling *Life at Death*, *Heading toward Omega*, and *The Omega Project*. He lives in Kentfield, California.

**Evelyn Elsaesser** is an independent researcher and author in the field of death-related experiences, notably NDEs and after-death communications (ADCs). She has written numerous books and articles on these subjects, including *Lessons from the Light*, coauthored with Kenneth Ring. She is the leader of the research project “Investigation of the Phenomenology and Impact of Spontaneous After-Death Communications (ADCs)” and founding member and member of the Scientific Committee of Swiss IANDS. She lives in Switzerland.

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## Reviews

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“*Lessons from the Light* is the culmination of Kenneth Ring’s rich and extensive career as the foremost researcher of the NDE. One of the very best books on the subject to date, it is a must read for anyone interested in life’s possibilities.”

—**Sukie Miller, PhD, author of *After Death* and director of The Institute for the Study of the Afterdeath.**

“A magnificent achievement! Ring’s new book is the best book on NDEs! For while he is indeed one of the leading scholars in the field, he now brings in his heart and shows those of us who haven’t had an NDE how to use the inspiration of NDEs to change our lives.”

—**Charles T. Tart, PhD, professor emeritus of psychology, University of California, Davis; author of *Altered States of Consciousness* and *Living the Mindful Life*.**

“Arguably, the best book yet on the near-death experience.”

—**Michael Grosso, PhD, author of *The Millenium Myth* and *Soulmaking***

“*Lessons from the Light* is the best and most complete book on the near-death experience I’ve ever read, and I believe it will help you overcome your fears of dying.”

—**Seymour Boorstein, MD, associate clinical professor of psychiatry, University of California, San Francisco School of Medicine and author of *Clinical Studies in Transpersonal Psychotherapy***