

Stéphane Bourboulon

# LOVE IS THE ONLY THING THAT MATTERS

**Near-Death Experiences:  
A Joyful Message For This Life.  
And The Next.**



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To my two children  
And to all the other Lights of the world

Translated from French by Martha Myers

# Introduction

One winter's day in 1986, during a moment of prayer, I felt a presence, an "entity" within me — I couldn't precisely define. This "being" radiated a love that was absolute and without reservation.

This love felt totally "free" and unconditional. It had nothing to do with what I did with my life. I was loved just as I was, exactly as I was. Nothing was asked of me ; everything was given to me.

I've never experienced anything like it. No words can convey the immensity and infinite purity of the love I felt. It pierced my heart to its most profound, most intimate core. I cried my eyes out, overwhelmed by this absolute gift.

Suddenly, I felt and saw a beam of light, like a laser, entering the back of my skull and touching a very specific area of my brain. Instantly, I stopped crying and felt soothed.

This experience reoriented my entire life. I wanted to know this love better, immerse myself in it, live with it, and never let it go. What followed showed me that this is easier said than done... It was only little by little, year after year that I learned to trust this source of love, to open up to it, and let it guide and transform me.

In the months that followed this "love at first sight," I had several similar experiences of varying intensity. Each time, I discovered a different aspect of this energy of infinite, unconditional love. Unlike the first time, this love wasn't directed specifically at me ; it was universal.

These were not Near-Death Experiences (NDE), which I detail at length in this book, as my body was neither injured nor ill, and I wasn't in danger. Nor did I feel I was facing a passageway to death.

Specialists call what I experienced an "STE" : Spiritually Transformative Experience. Yet the effects were identical to those of an NDE. In the months and years that followed, my life changed as I became increasingly confident of three

things :

- There is another universe beyond the physical world. When our bodies die, our souls return to the world from which they came.
- This universe is made up of unlimited loving energy, infinite intelligence, and creativity.
- We are a part of this energy of love, and we can live fully right now by expressing and manifesting it.

Like many people who have these experiences, I avoided talking about it for a long time because I was afraid people would think I was delusional. In fact, I hardly spoke about it for almost 40 years.

Especially as in "real" life, I work as a magistrate — Stéphane Bourboulon is my pen name — and I have no desire to be labeled as "enlightened."

However, when I realized that accounts of NDEs often described experiences very similar to my own, it gave me the confidence to share my story.

It also gave me a strong desire to share the message of these experiences and show how they align with great spiritual traditions : Love is all that matters, and true happiness comes from living in Love.

Let me make it clear from the outset that this is not to distract you from the very concrete realities of your daily life. I don't see NDEs or spirituality as an escape from reality. On the contrary, they invite us to live our daily lives more intensely since our thoughts, words, and actions have a much more significant impact than we think.

For me, the message of the NDE is an invitation to build a better, more harmonious world. A world in which love, connection, and joy are the essential values.

It also reminds us that our life is precious and that we shouldn't waste a single second of it. Indeed, experiencers tell us that our life has a dual purpose :

- To help us grow in love and wisdom
- To help each other build a world of peace and harmony

This is what I'm trying to convey in the pages that follow. You might notice some repetition from one chapter to the next. This is intentional, as the same subject can be approached differently. Additionally, you don't have to read this book linearly. You can start with the most appealing chapters since each can be read independently.

The first chapter provides an overview. If you were to read only one, which would be a shame, read this one. The other chapters clarify certain aspects or broaden the view, particularly on the possible implications of NDEs for our daily lives.

Between two chapters, I've included testimonials to invite you to stop and fully feel their message.

Like all those who have begun to tell others that they are interested in NDEs, I am very impressed by the number of people who reply : "I too have experienced one" or "Someone I know personally has had an NDE." This reinforces the position of researchers who maintain that this phenomenon is much more widespread than we think.

I'd be delighted to hear from you. You can contact me via my website "*la-vie-et-apres.fr*". I was happy to write this book to share the message of NDE. I hope you enjoy reading it.

## A message of Love and Joy

The testimonies of people who have experienced NDEs<sup>1</sup> give a magnificent and soothing vision of the universe, human beings, the meaning of our current lives, and the afterlife. For them, Love is the source and very nature of the universe. In a few words, these testimonies tell us that :

- There is a universe beyond the physical world
- This other universe is an unlimited field of unconditional love.
- We are spiritual beings, and death only concerns our physical bodies.
- We are one with this energy of love and with all that exists.

In this other world, the only question that arises concerning our life on earth is : how did we love and become wiser ? This experience removes all fear of death and gives new meaning to life.

Let's now go into the details of what experiencers report.

1. **The physical world is not the only one that exists** ; it is surrounded by and included in an infinitely larger world made up of energy<sup>2</sup> .

"Our world feels real and dense, but where I come from, even if there's no matter, it's even more real. It's an objective reality I enter whenever I free myself from my brain's activity. When the brain stops, you wake up. Our physical world is an illusion of matter. Science is beginning to realize this, and I've experienced it for myself".<sup>3</sup>

2. **We're not just our bodies and personalities** — that is all the thoughts, emotions, stories, and labels that make up our lives. We are also spiritual beings. This spiritual being lives on when the body dies in this universe. It then regains its proper dimension, which is much more significant as the constraints of our physical world no longer limit it.

*"We are not human beings living a spiritual experience, but spiritual beings living a human experience"* (Jesuit Pierre Teilhard de Chardin).

We will be profoundly transformed if we take this sentence seriously and lead our lives accordingly.

*"I became pure energy and understood that "I" still existed, even though I was no longer a person in a physical body. Instead, I merged to become one with a higher consciousness filled with light. The question of my body no longer made sense because I had fused with this highly charged and incredibly powerful energy field. I was enveloped in waves of crystalline light. There was a feeling of love and happiness that went on forever."*<sup>4</sup>

*"Death doesn't exist. In reality, it's the peak of life. You discover peace, relief, and freedom. You know that you exist outside your physical body. It's like changing an old garment for a new one."*<sup>5</sup>

Knowing that we are, in our deepest essence, spiritual beings implies, of course, that we don't really die, at least not entirely. This spiritual being continues its life after the death of the body.

American spiritual teacher Ram Dass explains : "If you identify with your soul and not your body, death is child's play. It doesn't have to be treated as an enemy to enjoy life. Keep death in your mind as an incredible transformation. Death is not a mistake or a failure ; it's a relief. It's like taking off shoes that are too tight."<sup>6</sup>

Stéphane Allix adds : "Death upsets our certainties about what we think we are : a stable individual with well-defined characteristics, distinct from all others. Death reveals that this individual was no more than a set of ephemeral masks".

And Bruce Greyson agrees : "The total erasure of our ego, our identity, does not lead to the disappearance of consciousness. (...) We are no longer limited to a 'self,' but become once again an infinitely expansive consciousness, interwoven with other consciousnesses, without the illusion of separation".<sup>7</sup>

**3. This other world — and our own — are filled with an energy of absolute, unconditional, and infinite Love,** which for some manifests itself in a "visible" or at least perceptible form.

There are many, many stories of encounters with this energy of love. Here are just a few examples :

*"The Love I encountered is completely different from any I have experienced on this earth. It's not about physical desire ; it's not possessive. It is infinitely deep, filled with boundless compassion, and free of judgment."*

*"I found myself enveloped in a brilliant, vast, infinite, pure white light. The light wasn't blinding ; it was unbelievably beautiful and radiated love above all. It was a sanctuary of love and peace."*

Love fills the universe. It is the source and essence of all reality. All we have to do is receive it and let it flow through us to touch others.

*"I then saw an entity of Light, filled with kindness, affection, and benevolence. I had never felt love as intense as this. I felt so full of love for this Being. It is impossible to describe fully ; you must experience it to understand. Even the greatest love on Earth seems inadequate compared to this. We're here to learn to love on this level."*

*"Attracted by the Light, I headed towards it and found myself carried to a place imbued with indescribable love and peace."*

*"I felt profound peace. I knew I was completely loved, just as I am. It was the purest, most absolute love possible. Nothing on Earth can compare"*.

*"I realized that a luminous presence enveloped me with its clarity. Everything was wonderful, radiating vibrant, luminous energy. Completely immersed, I felt a pure, unconditional love, true to its core".*

*"The Light filled me with love, cleansing every part of my heart, dispelling all hurt and fear, filling me with joy. I knew that this Light was the source of the universe. I suppose you could call it "God."*

"This extraordinary encounter is experienced as the purest, most ultimate expression of what the word 'love' can mean. Whatever this being of light is, one thing is certain : this encounter leaves an indelible imprint on the hearts of those who experience it. It is a seal of ineffable love that heals all, calms their fears, and erases their doubts about their intrinsic dignity and worth".<sup>8</sup>

The name given to this Being of love is unimportant : "Of all the people I interviewed who had encountered what they described as a divine being, one-third gave it a name in line with their religious beliefs, while two-thirds said they