

MEDIA KIT

INGRID HONKALA, PhD

SCIENTIST • AUTHOR
INTERNATIONAL SPEAKER
FORMER NASA OCEANOGRAPHER

The Scientist of the Soul®

TWO BOOKS,
ONE MESSAGE:
THE LIGHT
ALWAYS GUIDES
US HOME.

— ♥ —
Bridging science, consciousness,
near-death experiences, and
practical spirituality through
lived experience.



NASA
SCIENTIST



NAVY
OCEANOGRAPHER



PROFESSOR &
EDUCATOR



INTERNATIONAL
SPEAKER



BESTSELLING
AUTHOR



NDE
EXPERIENCER



ABOUT *The Author*

INGRID HONKALA, PhD



SCIENTIST. AUTHOR. SPEAKER. TEACHER.

*Bridging science and spirituality
through lived experience.*



Ingrid Honkala, PhD, is a former NASA scientist, Navy oceanographer, and professor whose life changed forever after experiencing four near-death experiences—one at age two that shaped the trajectory of her life.

Today, she is an international speaker, award-winning author, and mindfulness teacher who helps people awaken to the truth that we are eternal beings connected to a loving intelligence that guides us home—always.

A LIFE DEDICATED TO DISCOVERING TRUTH



- ✦ Four Near-Death Experiences
- ✦ Former NASA and Navy Scientist and Oceanographer
- ✦ PhD in Biological Oceanography
- ✦ Professor in Grief, Consciousness and Mindfulness Programs
- ✦ Mindfulness Teacher trained by Jack Kornfield & Tara Brach
- ✦ Author of Two Inspiring Memoirs and a Children's Book Series
- ✦ International Speaker Across the Globe

A UNIQUE BLEND OF SCIENCE & SPIRITUALITY



NASA
SCIENTIST



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OCEANOGRAPHER



PROFESSOR &
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INTERNATIONAL
SPEAKER



BESTSELLING
AUTHOR



NDE
EXPERIENCER



“ Science gave me the tools to explore the outer world.
My experiences showed me *the truth of the inner one.*
Now, my mission is to help others reconnect with
the Light that exists within and around us. ”

TWO BOOKS, ONE MESSAGE:
THE LIGHT ALWAYS GUIDES US HOME.

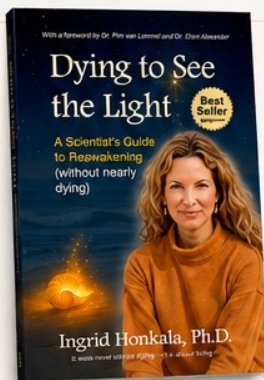


BOOKS

by Ingrid Honkala, PhD



From near-death experiences to everyday awakening, Ingrid's books inspire readers of all ages to remember who they are, trust the guidance within, and live a brightly guided life.



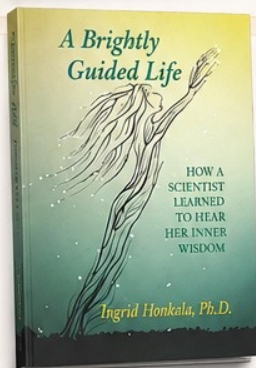
1 DYING TO SEE THE LIGHT

A Scientist's Guide to Reawakening (Without Nearly Dying)

After four near-death experiences and a lifetime of extraordinary inner experiences, former NASA oceanographer Ingrid Honkala offers a practical, deeply inspiring, and experience-based guide to awakening.

Blending science, spirituality, and lived experience, she reveals how we can expand consciousness, heal deeply, and reconnect with the Light within—without having to nearly die to do it.

CONSCIOUSNESS ✨ HEALING ✨ AWAKENING ✨ PRACTICAL SPIRITUALITY



2 A BRIGHTLY GUIDED LIFE

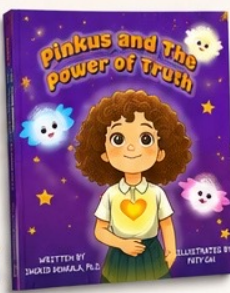
A True Story

In this deeply personal memoir, Ingrid Honkala shares her extraordinary journey from a childhood near-death experience to a life guided by profound inner knowing, resilience, and awakening.

Through challenges, mystical experiences, scientific exploration, and encounters with what she describes as Beings of Light, she invites readers to look beyond personal stories and rediscover their true nature.

More than a memoir, this book is an invitation to ask life's deepest question: *Who am I?*

TRUE STORY ✨ INNER WISDOM ✨ AWAKENING ✨ RESILIENCE ✨ SELF-DISCOVERY



3 THE PINKUS COLLECTION

Children's Book Series

The Pinkus Collection is a heart-centered children's series designed to help young readers remember their inner wisdom, trust their hearts, and discover the magic that already lives within them.

Through playful adventures, imagination, and meaningful life lessons, Pinkus and friends explore themes such as courage, truth, kindness, self-worth, and connection.

Created to inspire both children and families, these stories nurture curiosity, emotional growth, and the Light within.

FAITH ✨ COURAGE ✨ KINDNESS ✨ IMAGINATION ✨ HEART

INSPIRING
YOUNG HEARTS.
IGNITING
BIG DREAMS.

“ Science helps me explore the outer world.
My experiences revealed the truth of the inner one.
Together, they help us remember the Light within. ”



TOPICS

INGRID SPEAKS ABOUT

Ingrid inspires audiences with a unique blend of science, lived experience, and spiritual wisdom. Her talks are uplifting, grounded, and deeply transformative.



NEAR-DEATH EXPERIENCES

What near-death experiences reveal about consciousness, purpose, and the nature of reality.



CONSCIOUSNESS & SCIENCE

Bridging cutting-edge science and timeless wisdom to expand our understanding of who we truly are.



AWAKENING WITHOUT CRISIS

Practical ways to awaken, heal, and evolve—without needing a near-death experience.



MINDFULNESS & INNER WISDOM

Tools to quiet the mind, open the heart, and trust the inner guidance we all possess.



LIFE BEYOND DEATH

Exploring what happens after we die and the continuity of love, awareness, and connection.



HEALING THROUGH PRESENCE

How presence, love, and awareness become powerful pathways to heal emotional pain and past trauma.



PURPOSE & SOUL GUIDANCE

Discovering your soul's purpose and learning to live a brightly guided life aligned with truth and joy.



BRIDGING SCIENCE AND SPIRITUALITY

Finding harmony between the rational mind and the sacred heart to create a more compassionate world.

PERFECT FOR AUDIENCES SEEKING:

- ✓ Deeper meaning and connection
- ✓ Hope after loss or life-changing experiences
- ✓ Tools for personal growth and healing
- ✓ Understanding of consciousness and the soul
- ✓ Practical spirituality that works in everyday life
- ✓ Inspiration to live with purpose and love

“ When we remember who we are, we live with more love, less fear, and an unshakable knowing that the Light always guides us home. ”



INTERVIEW

Questions

Ingrid's story bridges science and spirituality, the seen and unseen, and the deepest questions of life and death.

These are some of the most requested questions from hosts.



- 1 What happened during your first near-death experience at age two? How did such an early experience shape your life and your path?
- 2 How did a NASA oceanographer come to believe that consciousness extends beyond the brain? What was the turning point that shifted your understanding?
- 3 You've had four near-death experiences. What were the most profound lessons you received? Were the messages similar or different each time?
- 4 Can awakening and spiritual growth happen without a near-death experience or trauma? What practical steps can anyone take to reconnect with their inner wisdom and the Light within?

- 5 What do near-death experiences teach us about death, life, and what happens after? How do they change the way we live?
- 6 You talk about the Light as a loving intelligence. What is the Light, and how can we connect with it? Is it a force, a presence, or something beyond words?
- 7 Why do you say that fear disappears when we remember who we are? How can we return to that truth in everyday life?
- 8 How has science shaped your spiritual understanding—and how has spirituality deepened your scientific perspective? How do you bridge both worlds?
- 9 What tools or practices do you recommend for people who feel lost, overwhelmed, or disconnected? What truly helps people heal and awaken?



MORE POSSIBLE CONVERSATIONS

- ✓ Childhood spirituality and intuitive gifts
- ✓ The hidden 4th near-death experience
- ✓ Signs from loved ones and guidance
- ✓ Purpose, soul contracts, and life missions
- ✓ Grief, loss, and love that never dies
- ✓ Mindfulness and presence as spiritual practice
- ✓ Living a brightly guided life
- ✓ Hope for humanity and our awakening future

“ Every conversation is an opportunity to remind people that the Light is real, love is eternal, and we are never alone. ”

POWERFUL EXCERPTS

Three transformative moments and teachings drawn from Ingrid's journey through near-death experiences, awakening, and the rediscovery of the Light within.



1 Excerpt 1: Childhood NDE — Remembering Home

“ I was almost three years old.
One moment, I was sinking beneath frigid water.
The next, I was floating above my tiny body.
The cold disappeared.
The fear disappeared.
I entered a Light so loving, so familiar,
that it felt more like home than Earth.
For the first time, I understood something
I was too young to explain:
I was not my body.
I was awareness.
I was Light. ”



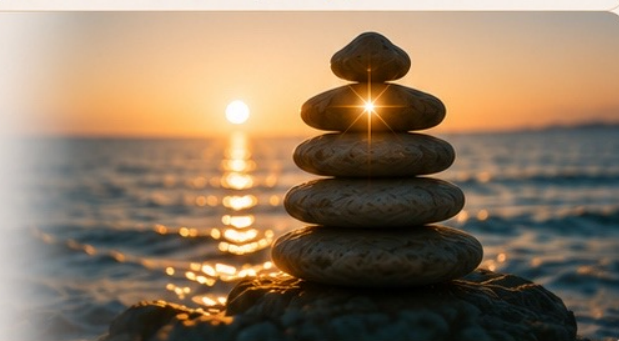
2 Excerpt 2: It Was Never About Death — It Was About Life

“ My near-death experiences were never trying to take me away.
They were trying to wake me up.
I learned that every challenge,
every heartbreak,
every detour,
can become part of our awakening.
The message became clear:
Go back. Live fully. Love deeply.
Help others remember who they are. ”



3 Excerpt 3: Practical Awakening

“ Awakening is not a destination.
It is a daily remembering.
Pause. Breathe. Return to this moment.
Listen to your inner wisdom.
Choose love over fear — again and again.
The Light is rarely absent.
Most of the time,
we are simply too distracted to notice it. ”



“ These moments transformed my life.
My hope is not that you believe my experiences.
It is that they inspire you to *remember your own Light*,
trust your inner knowing,
and discover that what you seek has always been *within you*. ”



RECOGNITION & IMPACT

A voice that bridges science and spirituality,
awakening hearts, minds, and souls
around the world.



MEDIA & TELEVISION

- Featured on national television
- Interviews on radio & podcasts
- Documentary appearances reaching over **6 MILLION VIEWS**
- Seen in audiences across the globe



GLOBAL SPEAKER

- International speaker in Europe, India, North America, Central and South America
- Conferences, retreats, universities, and spiritual centers worldwide
- Bringing science, hope, and guidance to diverse cultures and communities



NDE ORGANIZATIONS

- Featured speaker for leading near-death experience organizations
- Workshops and panels on consciousness, healing, and the Light
- Supporting NDE research and education worldwide



SCIENCE & RESEARCH

- Former NASA oceanographer
- U.S. Navy scientist
- Scientific publications & technical reports
- Academic teaching & research career
- Bringing rigor, curiosity, and integrity to the exploration of consciousness

From laboratories to the soul, Ingrid's work inspires transformation.

WHAT READERS & COLLEAGUES SAY

“

“Ingrid's story gave me hope when I had none. Her words feel like a warm hand guiding you back to the Light.”

– Reader

“

“She has a rare gift—bringing scientific clarity together with deep spiritual wisdom.”

– Dr. Pim van Lommel, MD
NDE Researcher

“

“Ingrid speaks to the heart and the mind. Her message is universal, compassionate, and profoundly needed.”

– NDE Conference Organizer

“

“Her books have helped thousands remember that love never dies and we are never alone.”

– Reader

BY THE NUMBERS



4

NEAR-DEATH
EXPERIENCES

Lifetime of
inner exploration



6M+

DOCUMENTARY
VIEWS

Reaching millions
around the world



5

CONTINENTS
SPOKEN IN

Dozens of countries
and cultures



100+

CONFERENCES
& EVENTS

Universities, retreats
& spiritual centers



15+

SCIENTIFIC
PUBLICATIONS

Research, reports &
academic work



THOUSANDS

OF READERS
WORLDWIDE

Finding hope, healing &
transformation

“ My mission is simple: to help you remember who you are,
trust the Light within, and live a *brightly guided life*. ”

CONNECT & Collaborate

Ingrid is available for interviews, speaking engagements, podcasts, documentaries, retreats, conferences, and collaborations that inspire awakening, healing, and a more conscious world.

Let's share the Light—together. ♥



★ STAY CONNECTED ★



WEBSITE

Explore Ingrid's books, events, resources, and speaking.

www.ingridhonkala.com



INSTAGRAM

Daily inspiration, behind-the-scenes, and soul-nourishing content.

[@ingridhonkalaphd](https://www.instagram.com/ingridhonkalaphd)



X (TWITTER)

Thoughts, insights, and updates on science, consciousness, and life beyond.

[@Ingrid_Honkala](https://twitter.com/Ingrid_Honkala)



YOUTUBE CHANNELS

Watch interviews, talks, and inspiring content on Ingrid's official channels.

- Ingrid Honkala, PhD – The Scientist of the Soul
- In Dying I Began to Live with Ana, Francisco & Ingrid



FACEBOOK

Join the community, events, live sessions, and updates.

facebook.com/ingridhonkalaphd



AMAZON AUTHOR PAGE

Find Ingrid's books, audiobooks, and author updates.

amazon.com/author/ingridhonkala

FOR MEDIA & BOOKING INQUIRIES

Contact Ingrid's representative:

Faby ♥



contact@ingridhonkala.com

Media bookings, interviews, speaking engagements, and event inquiries.

“ The world is ready for a new story—one of love, truth, and the infinite potential that lives within us all. ”

THANK YOU

For being part of this mission.

Together, we can create a brighter, more conscious world.



WORDS TO REMEMBER

Reflections from the Light

Selected reflections inspired by Ingrid Honkala's books, teachings, near-death experiences, and lifelong exploration of consciousness.



“

*You are not here to become the Light.
You are here to remember that you already are.*

”

*“Near-death experiences did not
teach me about dying.
They taught me how to live.”*

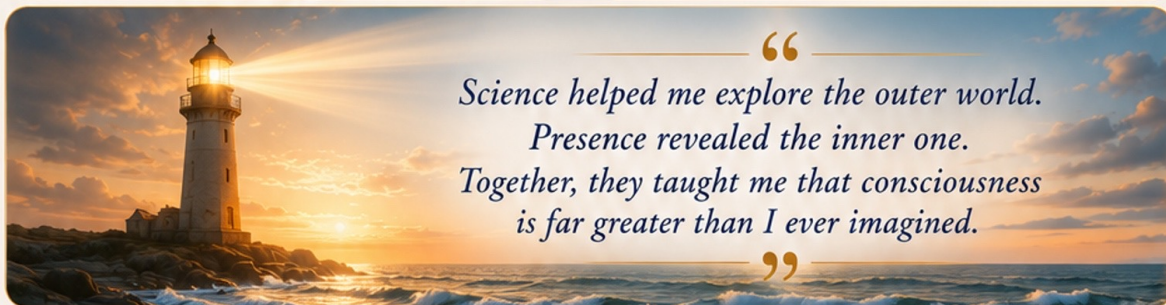
*“The Light we search for outside
has always been waiting within.”*

*“The purpose of suffering is
not punishment.
It is awakening.”*

*“When we stop fighting life,
we discover that life has been
guiding us all along.”*

*“Awakening is not becoming
someone new.
It is remembering who you
have always been.”*

*“Every challenge carries an invitation:
to choose fear—or choose love.”*



*“Science helped me explore the outer world.
Presence revealed the inner one.
Together, they taught me that consciousness
is far greater than I ever imagined.”*

“

*No matter how dark the journey becomes,
the Light never leaves us.*

Sometimes we simply forget where to look.

The Light always guides us home. ”



Inspired by:

Dying to See the Light • A Brightly Guided Life • The Pinkus Collection