



Jose was an electrical engineer, a self-described atheist and closed minded skeptic when, at age 46, after a minor accident at work, he was administered medication in the ER that he was severely allergic to. That mundane mistake changed Jose's life completely as the damage to his lungs from the reaction to the medication became severe and he was brought back to the ER where he flat lined for a total of 5 minutes. There, he experienced a journey that shattered every belief in 'science' he had held dear.

Jose's life changed dramatically as a result of this near-death experience. He endured a long and gruelling physical and emotional recovery, spending years in counselling trying to reconcile what had happened to him. He was introduced to IANDS and finally embraced his experience and new life path. He began creating art as a way to share his experience and as a form of meditation.

Jose developed the breakthrough mindfulness practice, Inner Immersion, which is engineered to help others shed the layers which keep them from connecting with their true selves, without words or dogma. To date, Jose has worked with over a thousand people with the Inner Immersion Modality and has had success working with addiction, PTSD, releasing blocks and trauma as well as in the personal development and transformational fields.

Jose's transformational 'ascension' art has exhibited in galleries across the US and Canada. His work hangs in private and corporate collections worldwide and in permanent installations in the prestigious Cleveland Clinic collection, the Nicklaus Children's Dan Marino Outpatient Centre in Florida, and other healing centres across the US and Canada. His limited edition book, *Ethereal*, is



collaboration with Canada's celebrated printer and book designer, Robert Reid. Ethereal offers the reader a glimpse, through the art and his wife, Anastasia's poetry, into the ineffable world beyond the veil.

Jose has co-founded Immersive Arts, a collaborative of art and design professionals to offer centering, calming experiences in institutional and corporate settings, while providing the platform for deeper quantitative research into the art's impact on health and wellbeing outcomes. Jose is also a co-founder of Consciousness Café, a space to explore consciousness and some of the BIG questions, find resources and like minded community.



Jose is a member of the Association of Transformational Leaders. He lives in British Columbia with his wife, Anastasia, and their youngest daughter, Gabrielle. He travels regularly to speak on his near death experience and on the effect of art on healing and wellness. A profile of Jose's experience and work is featured in the Netflix Docu-series, *Surviving Death*,

scheduled for release worldwide Jan 6th, 2021.

You can learn more about Jose and the work he is doing at:

<https://innerimmersion.org> at <https://www.josehernandezfineart.com/gallery> or <https://consciousness-cafe.com/consciousness-cafe-home/transformational-art-to-heal-your-heart/>