



NEAR-DEATH STUDIES

What is a near death experience?

A near-Death Experience (NDE) is a lucid period where one perceives consciousness separate from their physical body occurring at the time of actual or threatened imminent death or severe psychological stress. It is an experience that has transcendental properties and dramatically alters a person's life and beliefs. For many it represents a spiritual dimension to the dying process.

Dr. Raymond Moody, a renowned psychiatrist and philosopher brought NDE's to the attention of the medical community in 1975 with his book "Life after Life"

What are triggers for NDE?

A NDE can occur in a person who is clinically dead, near death or death is likely or expected. These include serious illness or injury, such as a motor vehicle crash, drowning, childbirth, and attempted suicide. In addition people in profound grief, deep meditation have also described NDE – like experiences. Fighter pilots have also reported the phenomenon during training while under intense G-forces in aerial combat maneuvering.

12 – 15 million people in the U.S. had experienced a near death.

11-18% of people who have a cardiac arrest have a near death.

More and more people report NDE due to patients being more likely to survive critical illnesses. Also recreational drug use and meditation.



What are the core elements of an NDE?

The core experiences seem to be similar across cultures, but specific details vary; how a person interprets the experience varies as well. The most difficult struggle experiencers have is finding a word to describe this event. They commonly say it is the most profound experience of their lives and unlike a dream, "It was more real than real or dream." They also possess accurate recall for decades afterwards.

Out of body experience.

Tunnel

Meeting friends and family

Being of light

Boundary or Barrier

Life review

Returning not always a choice

Nearing Death Awareness

Nearing death awareness (NDA) involves a dying person who describes a dimension that seems to be beyond the world as we know it, often in symbolic terms. The dying person may appear to be talking to dead relatives or friends speak of getting ready to travel or prepare for a big occasion, and describe an unearthly realm. Unfortunately if the caregiver is not listening carefully, these discussions are interpreted as hallucinations by the dying person. NDA's are associated with a sense of peace and joy for the dying person and many consider it a gift to those left behind.



AFTER DEATH COMMUNICATIONS

Extraordinary experiences of their bereaved, also referred to as an after-death communications or post-death visitation, is an experience where a person feels a friend or family member who has died spontaneously and directly contacts them without the use of a medium or psychic. For the grieving person, these spiritual experiences offer hope and comfort.

- Sense of presence
- Hear a voice
- Feel a touch
- Smell a fragrance
- Visual experience
- Twilight experience
- Sleep-state
- Physical phenomena
- Symbolic ADCs

These extraordinary experiences of the bereaved offer hope and comfort to those grieving the loss of a close family member or friend. They offer a measure of comfort not typically obtained through traditional means such as therapy or medications. There is a clear message from the deceased person “LOVE HAS NO BOUNDARIES”.