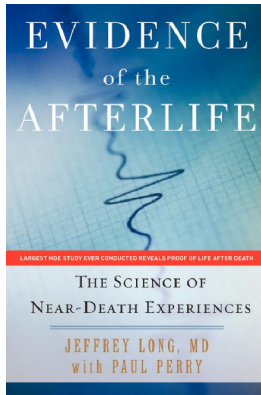


The Twelve Elements Of NDEs

From "Evidence of the Afterlife" by Dr. Jeffrey Long, MD



"The core NDE experience is the same all over the world. Whether it's a near-death experience of a Hindu in India, a Muslim in Egypt, or a Christian in the United States, the same core elements are present in all, including out-of-body experience, tunnel experience, feelings of peace, beings of light, a life review, reluctance to return, and transformation after the NDE. In short, the experience of dying appears similar among all humans, no matter where they live."

"The results of the Near-Death Experience Research Foundation (NDERF) study... finds that what people discovered during their near-death experience about God, love, afterlife, reason for our earthly existence, earthly hardships, forgiveness, and many other concepts is strikingly consistent across cultures, races, and creeds. Also, these discoveries are generally not what would have been expected from preexisting societal beliefs, religious teachings, or any other source of earthly knowledge."

According to "Evidence of the Afterlife", no two near-death experiences are identical. When, however, many near-death experiences are studied, a common pattern of elements emerges, that usually occurs in consistent order. Here is a list of the twelve main NDE elements that have been identified:

1. Out-of-body experience (OBE): Separation of consciousness from the physical body - 75.4 percent
2. Heightened senses - 74.4 percent
3. Intense and generally positive emotions or feelings - 76.2 percent
4. Passing into or through a tunnel - 33.8 percent
5. Encountering a mystical or brilliant light - 64.6 percent
6. Encountering other beings, either mystical beings or deceased relatives or friends - 57.3 percent
7. A sense of alteration of time and space - 60.5 percent
8. Life review - 22.2 percent
9. Encountering unworldly ("heavenly") realms - 40.6 percent
10. Encountering or learning special knowledge - 56 percent (31.5 percent answered that they felt they understood everything "about the universe"; 31.3 percent felt they understood everything "about myself and others")
11. Encountering a boundary or barrier - 31 percent
12. Return to the body, either voluntary or involuntary - 58.5 percent

Nine Lines Of Evidence

From "Evidence of the Afterlife" by Dr. Jeffrey Long, MD

"Many NDErs say that the life review, of all the elements of the NDE, was by far the greatest catalyst for change. A life review allows NDErs to relive their own lives, mistakes and all. It also gives them a chance to evaluate themselves on their life performance.

Many things that seemed insignificant at the time -- a small kindness, for instance -- turn out to be significant in their own or another person's life. People realize they became angry over things that were not important or that they placed too much significance on unimportant things."

"Knowledge and love are two elements that we take with us when we die. As a result, life reviews are often one of the most transformative elements of the NDE. Those who have powerful life reviews tend to revere both knowledge and love after their NDE."



Based on his extensive research, Dr. Long developed "nine lines of reasoning" that he believes PROVE the existence of life after death. Here are Long's nine lines, with an additional item added by me (David Sunfellow):

1. The level of consciousness and alertness during NDEs is usually greater than they experience during their everyday life even though NDEs generally occur while unconscious or clinically dead. The elements in NDEs generally follow a consistent and logical and order.
 2. What NDErs see and hear in the out-of-body state during their NDEs is generally realistic, and often verified later by the NDErs or others as real.
 3. Normal or super-normal vision occurs in NDEs among those with significantly impaired vision or even legal blindness. Several NDErs who were blind from birth have reported highly visual NDEs.
 4. Typical NDEs occur under general anesthesia at a time when conscious experience should be impossible.
 5. Life reviews in NDEs include real events that took place in the NDEr's lives, even if the events had been forgotten.
 6. When NDErs encounter beings they knew from their earthly life, they are virtually always deceased, and usually deceased relatives.
 7. The NDEs of children, including very young children, are strikingly similar to the NDEs of older children and adults.
 8. NDEs appear strikingly consistent around the world. Many NDEs from non-Western countries are very similar to typical Western NDEs.
 9. Changes in the lives of NDErs after their experiences, the NDE aftereffects, are common. Aftereffects are often powerful, lasting, and the changes follow a consistent pattern.
- A line of evidence that I believe should have been included, but wasn't:*
10. Remarkably clear, accurate, long-term memories of NDEs.

NDE Aftereffects

*From "Evidence of the Afterlife"
By Dr. Jeffrey Long*



- Decreased fear of death
- Increased belief in the afterlife
- A stronger sense of spirituality
- A sense of God's presence
- An awareness of the meaning and purpose of life
- A belief in the sacredness of life
- A greater appreciation of life
- A reduced interest in material gain or status
- Seek out helping or healing professions
- 45 percent reported psychic, paranormal, or other special gifts
- People with very serious illnesses, both physical and mental, believe they were healed
- Increasingly loving and accepting of themselves
- More self confidence
- Increased awareness of the needs of others and a willingness to reach out to them
- May end negative and unloving relationships, and seek out positive and loving relationships
- Increasing capacities for love and compassion can result in stronger marriages and relationships
- Increased intelligence (at least in children)