THE FOUR TYPES OF NEAR-DEATH EXPERIENCES

- <u>Initial Experience</u> sometimes referred to as the "non-experience" (an awakening). Involves only one...maybe two or three...elements, such as a loving nothingness, the living dark, a friendly voice, a brief out-of-body experience, or a manifestation of some type. Usually experienced by those who seem to need the least amount of evidence for proof of survival, or who need the least amount of shakeup in their lives at that point in time. Often, this becomes a "seed" experience or an introduction to other ways of perceiving and recognizing reality. Rarely is any other element present. Incident rate: 76% with child experiencers 20% with adult experiencers
- <u>Unpleasant and/or Hell-Like Experience</u> sometimes referred to as "distressing" (inner cleansing and self-confrontational). Encounter with a threatening void, stark limbo, or hellish purgatory, or scenes of a startling and unexpected indifference (like being shunned), even "hauntings" from one's own past. Scenarios usually experienced by those who seem to have deeply suppressed or repressed guilt, fear, and anger, and/or those who expect some kind of punishment or discomfort after death. Life reviews common. Some have life previews.

Incident rate:

3% with child experiencers 15% with adult experiencers

- 3. <u>Pleasant and/or Heaven-Like Experience</u> sometimes referred to as radiant" (reassurance and self-validation). Heaven-like scenarios of loving family reunions with those who have died previously, reassuring religious figures or light beings, validation that life counts, affirmative and inspiring dialogue. Scenarios usually experienced by those who most need to know how loved they are and how important life is and how every effort has a purpose in the overall scheme of things. Life reviews common. Some have life previews. Incident rate: 19% with child experiencers 47% with adult experiencers
- 4. <u>Transcendent Experience</u> sometimes referred to as "collective universality" (expansive revelations, alternate realities). Exposure to otherworldly dimensions and scenes beyond the individual's frame of reference; sometimes includes revelations of greater truths. Seldom personal in content. Scenarios usually experienced by those who are ready for a "mind stretching" challenge and/or individuals who are more apt to use (to whatever degree) the truths that are revealed to them. Life reviews rare. Collective previews common (the world's future, evolutionary changes, etc.).

Incident rate: 2% with child experiencers 18% with adult experiencers