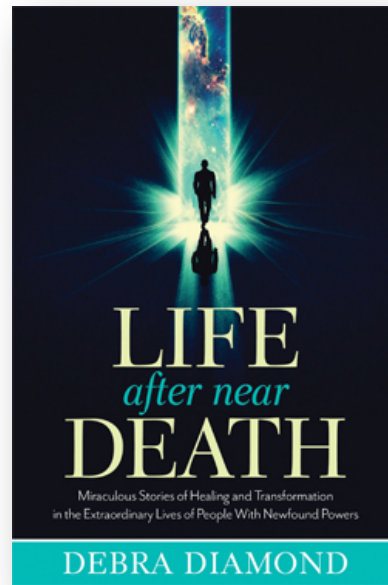


ARTICLE

What's a Near-death Experience?

By Debra Diamond
(600 words)



What's a near-death experience? A delusion? A neurochemical imbalance? Or the result of a dying brain? Or is it something else—something ineffable, a journey to an indescribable realm that can transform and forever alter the experiencer?

The term “near-death experience” was coined in the groundbreaking book *Life After Life* in 1975 in which nine elements of the NDE, including a life review, an out-of-body experience, encounters with deceased loved ones and a decision to return to one's body were outlined. Since then, the list has been expanded to encompass 16 elements, including a sudden insight, experiencing scenes from the future and coming to a point of no return.

NDEs are not uncommon. According to a 1992 Gallup poll, approximately 13 million Americans report have experienced an NDE. The number could be even higher, since many decline to discuss the experience out of fear of ridicule and embarrassment.

NDE after-effects. What are they?

NDE after-effects—the lingering behavior that remains once the NDE is over—are permanent transformations which are even less well understood than the NDE itself. These after-effects have not been widely researched and in our nomenclature, are often viewed as modern day miracles.

NDE after-effects can be disturbing and disruptive. Not every experiencer has the same after-effects. Just as each NDE is unique, each version of after-effects is also unique.

Some experiencers return to life with traits completely foreign to them, supernatural gifts, such as enhanced cognition and unconventional sensory abilities. Some of these are expressed

as compulsions. Many after-effects have no outlet for expression on earth, such as enhanced chemical sensitivity or the ability to know what complete strangers are thinking or feeling. NDE after-effects have consequences in many realms, from cognitive and physiological to social and psychological.

Cognitive and physiological NDE after-effects

Cognitive and physiological near death after-effects not only manifest as unusual talents and abilities. They may become obsessions which completely take over an experiencer's life. To be clear, what I am referring to is not a simple matter of banging out a few keys on a piano or occasionally picking up a paint brush to dash off a watercolor. Experiencers with these after-effects become totally focused on their newfound abilities, often to the exclusion of everything and everyone else. Experiencers cannot turn off their flow of inspiration. It interferes with their lives and their day-to-day existence. They are unable to live in the same way they did prior to their experience. A greater force—the power beyond the physical—has taken over. It can be exhausting and unrelenting and very disruptive to their lives.

Cognitive after-effects may include a newfound aptitude for poetry, musical and artistic talents, mathematical abilities and knowledge of Sacred Geometry. Experiencers are transformed into artists, writers, musicians and mathematicians following their NDEs.

Physiological after-effects are even more bizarre. Enhanced hearing, improved vision, burgeoning IQ, robust athletic ability, spontaneous healing. Some after-effects are truly frightening and can be dangerous, such as increased electrical sensitivity. These after-effects should not to be regarded as a panacea or the long sought after answer for a stalled life. Know this: *NDE after-effects come with a hefty price tag.*

NDE after-effects are mostly an interference, an intrusion that may require a complete re-ordering of one's life. They may require old habits, jobs, and lifestyles to be jettisoned in favor of unbidden abilities which are not always adaptable into practical, everyday living.

Think you might want an NDE? You might want to reconsider. Because although you can return from an NDE, you will never return to your former life.



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