

## Fifteen Common Elements Dr. Moody Found in Accounts of Near-Death Experiences

<b>Ineffability:</b>	difficulty expressing the experience; having no words to convey what they want to say;
<b>Hearing the News:</b>	hearing a doctor or bystander pronounce them dead;
<b>Feelings of Peace and Quiet:</b>	pain vanishing and having extremely pleasant feelings;
<b>The Noise:</b>	Hearing various unusual auditory sensations--a buzzing noise, or a loud ringing, a click, a banging, bells tingling, or a whistling sound like the wind;
<b>The Dark Tunnel:</b>	sensation of being pulled rapidly through a dark space, such as a cave, a well, a tunnel, a vacuum, a void, a valley, or a cylinder;
<b>Out of the Body:</b>	surprised to find themselves looking down on their own body and watching doctors working to save them; having anxiety/confusion; some report no feelings for their physical body; finding themselves in a spiritual body difficult to describe;
<b>Meeting Others</b>	aware of other spiritual beings nearby, some persons they know who have died; sometimes meeting "guardian spirits;"
<b>The Being of Light</b>	seeing an indescribably bright light that emanates unconditional love and warmth and is identified as a spiritual being from their religion such as Christ;
<b>The Review</b>	experiencing a panoramic review of their life for reflection
<b>The Border or Limit</b>	reaching a point beyond which they cannot go;
<b>Coming Back</b>	most don't want to come back to their bodies but decide to for family or other reasons;
<b>Telling Others</b>	most resolve to keep quiet about their experience except to close relatives;
<b>Effects on Lives</b>	lives are changed, broadened; seek knowledge, want more meaning, feel life is more precious, want to be more loving and spiritual;
<b>New Views of Death</b>	profound effect on view of death; no longer afraid;
<b>Corroboration</b>	what they see when out of body is corroborated by doctors and family who are baffled that the person saw and heard things that happened;