

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

Ineffability:	difficulty expressing the experience; having no words to convey what they want to say;
Hearing the News:	hearing a doctor or bystander pronounce them dead;
Feelings of Peace and Quiet:	pain vanishing and having extremely pleasant feelings;
The Noise:	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;
The Dark Tunnel:	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;
Out of the Body:	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;
Meeting Others	aware of other spiritual beings nearby, some persons they know who have died; sometimes meeting "guardian spirits;"
The Being of Light	seeing an indescribably bright light that emanates unconditional love and warmth and is identified as a spiritual being from their religion such as Christ;
The Review	experiencing a panoramic review of their life for reflection
The Border or Limit	reaching a point beyond which they cannot go;
Coming Back	most don't want to come back to their bodies but decide to for family or other reasons;
Telling Others	most resolve to keep quiet about their experience except to close relatives;
Effects on Lives	lives are changed, broadened; seek knowledge, want more meaning, feel life is more precious, want to be more loving and spiritual;
New Views of Death	profound effect on view of death; no longer afraid;
Corroboration	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;