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## **PHYSIOLOGICAL AFTEREFFECTS OF NEAR-DEATH STATES:**

**Most Common (between 80 to 95%)** – more sensitive to light, especially sunlight, and to sound (tastes in music change); look younger/act younger/more playful (with adults) – look older/act and seem more mature (with children); substantial change in energy levels (can have energy surges); changes in thought processing (switch from sequential/selective thinking to clustered/abstracting, with an acceptance of ambiguity); insatiable curiosity; lower blood pressure; bright skin and eyes; reversal of brain hemisphere dominance commonplace; heal quicker.

**Quite Common (50 to 79%)** – reversal of body clock, electrical sensitivity, heightened intelligence, metabolic changes (doesn't take as long to process food, bowel movements can increase); assimilate substances into bloodstream quicker (takes less of something for full effect); loss of pharmaceutical tolerance (many turn to alternative/complementary healing modalities); heightened response to taste/touch/texture/smell/pressure; more creative and inventive; synesthesia (multiple sensing); increased allergies; preference for more vegetables, less meat (with adults) – more meat, less vegetables (with children); latent talents surface; indications of brain structure/function changes (also to nervous and digestive systems, skin sensitivity).

## **PSYCHOLOGICAL AFTEREFFECTS OF NEAR-DEATH STATES:**

**Most Common (between 80 to 99%)** – loss of the fear of death; become more spiritual/less religious; more generous and charitable; handle stress easier; philosophical; more open and accepting of the new and different; disregard for time and schedules; regard things as new even when they're not (boredom levels decrease); form expansive concepts of love while at the same time challenged to initiate and maintain satisfying relationships; become psychic/intuitive; know things (closer connection to Deity/God, prayerful); deal with bouts of depression; less competitive.

**Quite Common (50 to 79%)** – displays of psychic phenomena; vivid dreams and visions; "inner child" issues exaggerate; convinced of life purpose/mission; rejection of previous limitations/norms; episodes of future knowing common; more detached and objective (dissociation); "merge" easily (absorption); hunger for knowledge; difficulty communicating and with language; can go through deep periods of depression and feelings of alienation from others; synchronicity commonplace; more or less sexual; less desire for possessions and money; service oriented; healing ability; attract animals (good with plants); aware of invisible energy fields/auras; preference for open doors and open windows/shades; drawn to crystals; laugh more; adults lighter afterwards – children wiser, more serious, bonding to parents lessens.

***Figures based on sessions with 3,000 plus adult and 277 child experiencers***