

POSITIVE EFFECTS OF NEAR-DEATH EXPERIENCES

Loss of fear of death

Strengthened belief in life after death

Feeling specially favored by God

A new sense of purpose or mission

Heightened self-esteem

Increased compassion and love for others

Lessened concern for material gain, recognition, or status

Greater desire to serve others

Increased ability to express feelings

Greater appreciation of, and zest for, life

Increased focus on the present

Deeper religious faith or heightened spirituality

Search for knowledge

Greater appreciation for nature