Just for any who may not get to read books like Pim Van Lommel’s Consciousness Beyond Life, here are the list of basic features of the Near Death Experience (NDE)

1. Ineffable- cannot be expressed in words, beyond anything we know of love, beauty, peace, exhilaration, etc.
2. Feeling of peace and calm, no pain
3. Awareness of being dead
4. Out of body- people see their own body left behind
5. In a dark space- experienced by only a few as frightening, sometimes a tunnel where people are drawn toward a light
6. Perception of dazzling landscape with beautiful colors, flowers, also music. Plants and grass and all things emit light, not just reflected light, but a light from inside. They glow with brilliant color.
7. Meeting deceased relatives or friends
8. Seeing a brilliant light, experiencing complete acceptance, and unconditional love, and gaining access to knowledge of all things
9. Life review but no judgment, more of a self-evaluation of one’s life. There is no threat of punishment or anger from the Being of Light but only a sense of unconditional love no matter what one has done in life.
10. Preview or view of future
11. Perception of a border
12. Return to body with a sense of having some purpose to fulfill yet in life, usually to take care of family

Regarding the few negative experiences, some have explained that people’s beliefs are not suddenly changed at death, but if they expect to see something negative they will, as if they create their own perception. But even these negative ones eventually turn positive and these people experience unconditional love also. This seems to be the most central element of these experiences, the sense of being overwhelmed by unconditional love and that the purpose of life is to learn to love others.