

The Nine Lines of Evidence

Research areas, as presented in the book *Evidence of the Afterlife: The Science of Near-Death Experiences*, by Jeffrey Long, MD. These nine lines of evidence support the reality of near-death experiences and their consistent message that there is an afterlife.

1. Crystal-Clear Consciousness

The level of consciousness and alertness during near-death experiences (NDEs) is usually even greater than that experienced in everyday life even though NDEs generally occur when a person is unconscious or clinically dead. This high level of consciousness while physically unconscious is medically inexplicable. Additionally, the elements in NDEs generally follow the same consistent and logical order in all age groups and around the world, which refutes the possibility that NDEs have any relation to dreams or hallucinations.

2. Realistic Out-of-Body Experiences

Out-of-body experiences (OBEs) are one of the most common elements of NDEs. What NDErs see and hear of earthly events in the out-of-body state is almost always realistic. When the NDEr or others later seek to verify what was observed or heard during the NDE, the OBE observations are almost always confirmed as completely accurate. Even if the OBE observations during the NDE included events far from the physical body, and far from any possible sensory awareness of the NDEr, the OBE observations are still almost always confirmed as completely accurate. This fact alone rules out the possibility that near-death experiences are related to any known brain functioning or sensory awareness. This also refutes the possibility that NDEs are unrealistic fragments of memory from the brain.

3. Heightened Senses

Not only are heightened senses reported by most who have experienced NDEs, normal or supernormal vision has occurred in those with significantly impaired vision, and even legal blindness. Several people who have been totally blind since birth have reported highly visual near-death experiences. This is medically inexplicable.

4. Consciousness During Anesthesia

Many NDEs occur while under general anesthesia – at a time when any conscious experience should be impossible. While some skeptics claim that these NDEs may be the result of too little anesthesia, this ignores the fact that some NDEs result from anesthesia overdose. Additionally, the description of an NDE differs greatly from that of one who experiences “anesthetic awareness.” The content of NDEs that occur under general anesthesia is essentially indistinguishable from NDEs that did not occur under general anesthesia. This is further strong evidence that NDEs are occurring completely independently from the functioning of the physical brain.

The Nine Lines of Evidence, cont.

5. Perfect Playback

Life reviews in near-death experiences include real events that previously took place in the lives of those having the experience, even if the events were forgotten or happened before they were old enough to remember.

6. Family Reunions

During an NDE, the people encountered are virtually always deceased, and are usually relatives of the person having the experience – sometimes they are even relatives who died before the NDEr was born. Were the NDE only a product of memory fragments, they would almost certainly include far more living people, including those with whom they had more recently interacted.

7. Children's Experiences

The near-death experiences of children, including very young children who are too young to have developed concepts of death, religion, or near-death experiences, are essentially identical to those of older children and adults. This refutes the possibility that the content of NDEs is produced by preexisting beliefs or cultural conditioning.

8. Worldwide Consistency

Near-death experiences appear remarkably consistent around the world, and across many different religions and cultures. NDEs from non-Western countries are incredibly similar to those that occur in people in Western countries.

9. Aftereffects

It is common for people to experience major life changes after having near-death experiences. These aftereffects are often powerful, lasting, life-enhancing, and the changes generally follow a consistent pattern. As the NDEr themselves almost always believe – near-death experiences are, in a word, real.