

#NDELessons

10 COMMON LESSONS FROM NDEs

01 We do not “die”!

02 Love is all that matters and is the source of all that exists.

03 Everything and everyone is connected.

04 Loving ourselves and others is the most important thing we can do.

05 We are more than our physical body and brain.

06 We are never alone.

07 We are not judged.

08 Our true selves are perfect, and we are loved more than we can fathom.

09 We will see loved ones and others when we return “home.”

10 During a life review, we learn how everything we said, did and thought during our physical life impacted ourselves, others, and the world.