

P. M. H. Atwater, L.H.D., Ph.D. (Hon.)
P. O. Box 7691
Charlottesville, VA 22906-7691
<http://www.pmhatwater.com>

c P. M. H. Atwater, L.H.D. 1999

INTEGRATION PHASES NEAR-DEATH EXPERIENCERS "GROW" THROUGH:

- Phase One First 3 years –
Impersonal, detached from ego identity/personality traits. Caught up in desire to express unconditional love and oneness with all life. Fearless, knowing, vivid psychic displays, substantially more or less energy, more or less sexual, spontaneous surges of energy, a hunger to learn more and do more. Child-like mannerisms with adults/adult-like behaviors with children, a heightened sense of curiosity and wonder, IQ enhancements, much confusion, challenged with communication. REBIRTHING.
- Phase Two* Next 4 years –
Rediscovery of and concerned with relationships, family, and community. Service and healing oriented. Interested in projects development and work environment. Tend to realign or alter life roles; seek to reconnect with one's fellows, especially in a moral or spiritual way. Unusually more or less active/contemplative. Can resume former lifestyle, but more desirous of carrying out "mission." RETRAINING.
- Phase Three After the 7th year –
More practical and discerning, often back-to-work but with a broader worldview and a confident attitude. Aware of self-worth and of "real" identity (soul). Tend toward self-governance and self-responsibility. Spiritual development an ongoing priority, along with sharing one's story and its meaning. Dedicated. Strong sense of spiritual values. REBORN.
- Phase Four** Around 15th year (with some 12th or 20th year) –
Immense fluctuations in mood and hormonal levels. Often discouraged or depressed while go through a period of "grieving" – reassessing gains and losses from the experience, while fearful that effects are fading. Many problems with relationships, money, and debts. A crisis of "self." If can negotiate "the darkness light can bring," a depth of spiritual maturity and confidence emerges that is unique to the long-term effects of a transformation of consciousness. BORN AGAIN.

NOTE: * Child experiencers in my study who turned to alcohol for solace (1/3), began drinking during this phase.
 ** Child experiencers who attempted suicide (21%), did so in this phase.
