From Near-Death Experience to Conscious Evolution:
Integrating Expanded Consciousness, Spiritual Intelligence, and Emotional Intelligence

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MY CONSCIOUS COACHING GROUP

Conscious People. Compassionate World.

TSC 2026 TOWARD A MORE CONSCIOUS WORLD

Science · Experience Transformation

ABSTRACT

Background: Spiritual transformative experiences (STEs)—including Near-Death Experiences (NDEs), Shared Death Experiences (SDEs), Out-of-Body Experiences (OBEs), and After-Death Communications (ADCs)—can profoundly shift identity, values, and purpose.

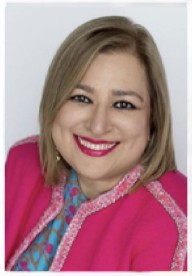
Purpose: To explore how a Near-Death Experience and related STEs can be integrated through conscious coaching and the five intelligences (PIERS) to support personal transformation, conscious leadership, and collective evolution.

Approach: A conceptual and integrative framework drawing from lived NDE phenomenology, coaching practice, spirituality research, and consciousness science.

Results/Insights: Integrating STEs through spiritual and emotional intelligence fosters greater self-awareness, compassion, resilience, and purpose, and supports more conscious leadership and service in society.

Conclusion: Conscious coaching can bridge extraordinary experiences with everyday life, contributing to a more compassionate, cohesive, and conscious world.

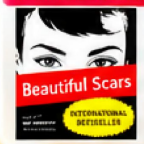
AUTHOR & BACKGROUND



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- Physician | Certified Emotional Intelligence & Spiritual Intelligence Coach
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AUTOBIOGRAPHICAL CONTEXT



My Near-Death Experience transformed profound trauma into growth, meaning, and a lifelong commitment to healing, integration, and service—through conscious coaching, education, and leadership.

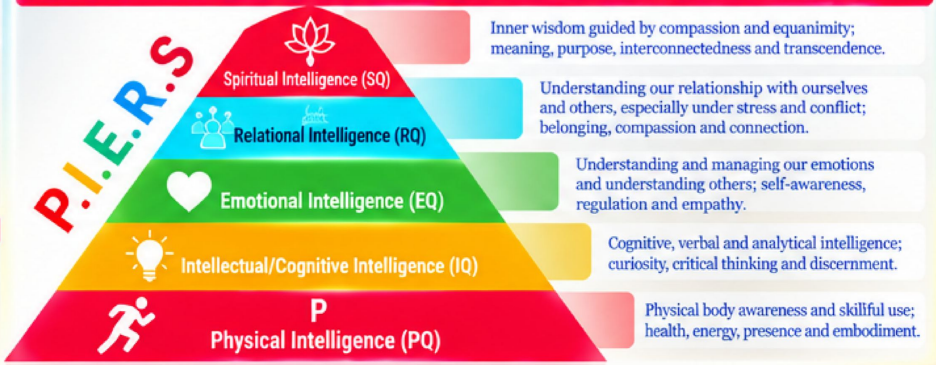
My Conscious Coaching Podcast

YouTube

MY NEAR-DEATH EXPERIENCE: A JOURNEY BEYOND THE BODY, A RETURN WITH PURPOSE



PIERS MODEL: FIVE INTELLIGENCES FOR INTEGRATION AND TRANSFORMATION



KEY CONCEPTS

Expanded Consciousness
Nonlocal awareness beyond the physical brain.

Spiritual Transformative Experiences (STEs)
NDE, SDE, OBE, ADC—profound experiences that expand consciousness and redefine meaning.

Collective Intelligence
Emergent, interconnected wisdom through individual transformation and shared humanity.

Conscious Coaching
A trauma-informed, spiritually integrated approach to support healing, integration, and purpose-driven leadership.

INTEGRATION PATHWAY: FROM EXPERIENCE TO COLLECTIVE EVOLUTION

1. **Experience** (STEs: NDE, SDE, OBE, ADC) — A profound shift in perception, identity, and understanding of life, death, and consciousness.
2. **Meaning-Making** (Reflection & Integration) — Processing the experience through reflection, conscious coaching, and spiritual inquiry.
3. **PIERS** (Five Intelligences) — Integrating insights through spiritual, relational, emotional, intellectual, and physical intelligences.
4. **Embodiment** (Individual Transformation) — Living the insights through greater self-awareness, resilience, compassion, and purpose.
5. **Conscious Leadership** (Collective Evolution) — Contributing to a more conscious, compassionate, and interconnected world.

IMPLICATIONS

- Greater self-awareness, resilience, and well-being
- Increased compassion, meaning, and purpose
- Enhanced leadership capacity and service orientation
- Ripple effects on teams, organizations, and communities

DISCUSSION

- Research on NDE **aftereffects** documents enduring changes in values, meaning, spirituality, compassion, life priorities, and fear of death.
- We propose that conscious coaching and the PIERS framework may provide a structured pathway for meaning-making, integration, and embodiment of these transformative experiences.

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CONCLUSION

Conscious coaching that integrates spiritual transformative experiences can contribute to a more conscious, compassionate, and interconnected world.

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