



N.E.A.R.-H.E.L.P.

Near-Death Experience After-Effects Recovery
Holistic Empowerment Learning Plan

NEAR-HELP.com

Providing Support, Care & HELP

info@near-help.com

Below finds a copy of the model designed to help and support you with your personal situation.

Feel free to share your story at whatever level you feel comfortable with that can be used by the Recovery Team Member assigned to work with you on your path.

This journey is about YOU.... And how to help YOU. What will help us to better serve YOU is to share YOU... your story. We build on what you share with us.

Best wishes on your journey

Mary Jo Bulbrook, Yvonne Sneedden, Roy Hill

Goals:

To serve experiencers, families, friends, health professionals and organizations offering support, care and HELP for after-effects recovery for Near Death and Spiritual Transformative Experiences as illustrated by this N.E.A.R.-H.E.L.P dynamic interactive Model.



NEAR-HELP.com

© 2017 Yvonne Sneedden, Mary Jo Bulbrook, Roy Hill. All Rights Reserved.

Part 3	<ul style="list-style-type: none"> • Growth • Integration
Part 2	<ul style="list-style-type: none"> • After Effects • Lessons
Part 1	<ul style="list-style-type: none"> • Your Story • Impact

A. Beginning Assessment

Let's start by you telling your story....

Near-Death Experiences Stories:

Your Name (Use full name or abbreviated or made up name. Do whatever suits your situation)

Today's Date

Contact Details Phone # and or eMail (One or both)

Date of Your Event

Location of the Event

(Write as long or short as you want... remember this is about helping YOU. It is not intended to be a burden, an obligation or duty. Ask for spiritual guidance to write what is best for you and then proceed.)



NEAR-HELP.com

© 2017 Yvonne Sneedden, Mary Jo Bulbrook, Roy Hill. All Rights Reserved.



N.E.A.R.-H.E.L.P.

Near-Death Experience After-Effects Recovery
Holistic Empowerment Learning Plan

NEAR-HELP.com

B. MY STORY

1. This is what happened to me... (include date & location & what was going on)
2. At the time, the event occurred I felt... Now I feel...
3. My thoughts at the time were... And now I think...
4. My heart was... And now my heart is...
5. When the event happened, I wanted to say... Now I want to say...
6. My future was... Now I see my future is...
7. Spiritually at the time I was... Now I am spiritually...

Please use the back of this sheet or write on a separate piece of paper that you can send to us or record on line in the designated spot on our web site near-help.com for this activity.

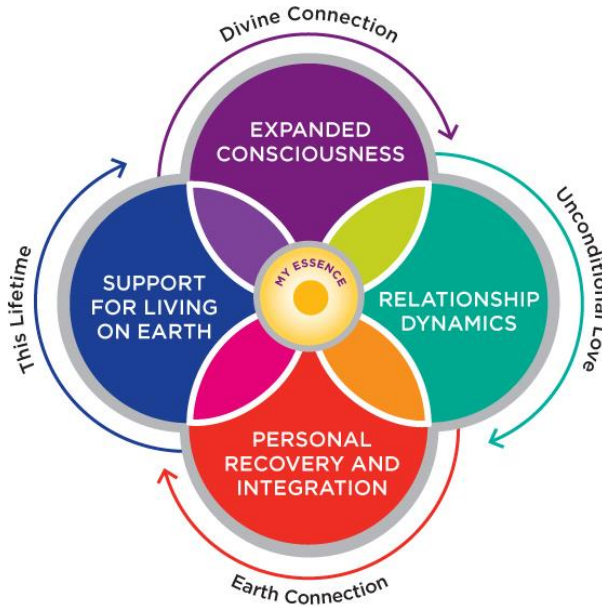
After reviewing what you wrote, what would you identify are the AFTER EFFECTS of what happened? List the most important first or you may have to write all the AFTER EFFECTS and then evaluate what you think is the most important for you to discuss with our recovery team.

C. MY AFTER EFFECTS LIST AND DESCRIPTION (Feel free to add as many or few AFTER EFFECTS that you can think of. Also note you may want to come back to this page and redo it over time as you change over time. You can use the four categories on the NEAR-HELP Model to help you identify what is important to you)

Number of Importance	AFTER EFFECTS	COMMENTS



N.E.A.R.–H.E.L.P.
NEAR-HELP.com



**Near-Death Experience
After-Effects Recovery**
Support, Care, HELP

H.E.L.P.

Holistic Empowerment Learning Plan
Interactive Dynamics

- **Personal Recovery and Integration**
Physical, Emotional, Mental, Spiritual
- **Relationship Dynamics**
Spouse/Partner, Children, Birth Family,
Work Colleagues, Community, Culture
- **Expanded Consciousness**
Higher Sense Perception, Multiple
Locations, Gestalt and Time Awareness
- **Support for Living on Earth**
My Journey, Mission, Calling
- **My Essence – Divine Radiance**
- **Potential Barriers**
 - Relationship Conflict
 - Conflicting Values
 - Religious Beliefs
 - Shunning by Others
 - Lack of Boundaries
 - Overwhelm
 - Energetic Misalignment
 - Fear
 - Interfering Energies
 - Addiction
 - Fragmented Energies
 - Anger
 - Spirit Attachment
 - Trauma
 - Not Fully in the Body

NEAR-HELP.com
info@near-help.com

Mary Jo Bulbrook Yvonne Sneedan
919-923-2409 919-961-3270

© 2017 Yvonne Sneedan, Mary Jo Bulbrook, Roy Hill. All rights reserved.

D. REVIEWING MY LIFE & OBSTACLES:

(You can use this list to organize your thinking. Feel free to add to this list what suits your situation best.)

1. Personal (Body, Emotions, Mind, Spirit)
2. Relationship Dynamics (Immediate Relationships, Family Situation, Others, Culture)
- 3 Expanded Consciousness (Higher Sense Perception, Different Time Dimensions & Simultaneous Locations)
4. Support for Living on Earth (My Journey, My Mission, My Calling)

E. WHERE I AM HEADING (Essence & Excellence for ME)



NEAR-HELP.com

© 2017 Yvonne Sneedan, Mary Jo Bulbrook, Roy Hill. All Rights Reserved.