More Than Meets the Eye

True stories about Death, Dying and Afterlife

By Yvonne Perry

More Than Meets the Eye
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Yvonne Perry
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Acknowledgements

When my college instructor, Gary Kuhn, first encouraged me to write about transitioning to the Afterlife I laughed it off thinking I was unqualified to write about the topic. When I mentioned to a friend that I was ghostwriting a book for someone else, he asked me, "Why don't you write a book of your own?" My response was, "What would I write about?" I thought no more about it until Linda Woods said, "Yvonne, you ought to write a book about spirit guides—you are always in touch with someone from the Other Side!" The light bulb went on, I connected the dots, and the inspiration to write this book began in earnest.

I thank the wonderful people who shared their experiences with me. I have gained much insight by looking at death and afterlife through your eyes. Thank you to those souls in the non-physical realm, for allowing me to tell your story. You have taught me so much!

Blessings to K'lynn Ragsdale, Wanda Snell, Randy Perry, Terry Emge, Juliet Nightingale and my own dear mother, Doris Mauldin, who diligently proofread this book. A special thanks to Linda Woods, who edited and edited and edited, and kept me encouraged with her enthusiasm. Because of you, the readers will have a much easier time understanding what I meant to write! My appreciation goes to Juliet Nightingale for writing such an eloquent foreword.

I would also like to thank my husband, Randy Perry, for his patience, encouragement and support during the many hours I have spent at the computer while writing this book.

About The Author

Yvonne Perry is a freelance writer and public speaker, who has also authored and self-published *Email Episodes: A Hilarious Look at Life*, and five children's books. She is a graduate of American Institute of Holistic Theology where she earned a Bachelor of Science in Metaphysics. She enjoys researching and writing about science, healing and spirituality. Yvonne is married to Randy Perry and is the mother of two children, stepmother of three, and grandmother of six.

Yvonne is available as a keynote speaker to present the subject of any of her books at your event. For more information please see *www.yvonneperry.net* or call 615-415-9861.

> A person starts to live when he can live outside himself. Few are those who see with their own eyes and feel with their own hearts.
>
> — Albert Einstein

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Preface

I wrote this book to help people prepare for a peaceful and successful transition, to alleviate the fear associated with the dying process and to remind us to make the most of our very precious lives.

Although I have had a few "close calls" with death, I do not a consider myself to be an expert in the field of dying or afterlife research. However, I have always been intrigued by the mystery of crossing over to the Other Side. As a child it was common for my parents to take me with them to Lownde's Funeral Home when someone from our church died. The experience did not upset me. In fact, I actually enjoyed trying to read the cursive writing on those tiny cards tucked between the mums and roses! I felt peaceful with the soft music and floral-scented atmosphere as I pretended to be Goldilocks trying out all the different chairs in the parlor. I can remember sitting in church and listening to the preacher talk about Heaven. *If Heaven is so wonderful*, I reasoned in my young mind, *why are people so sad when someone dies and goes there?* As a young adult, I watched my family deal with our own critically ill loved ones, and was again puzzled by their hesitancy to let them go. As an adult, I enjoy strolling through old cemeteries and reading the headstones of the dearly departed. I daydream about what each person was like while living and wonder what they are doing in the Afterlife or if

they have returned for another stint on Earth. These experiences and my desire to help others overcome their fear of death have been a catalyst for writing this book. *More Than Meets the Eye* is not an authority on death and afterlife. It is simply a collection of stories people have shared with me, as well as a few of my own observations, opinions and experiences thrown in for good measure.

Some who read this book may soon be preparing for a transition to the Afterlife. Others may be caregivers, friends or family of a critically ill patient who is near the end of this life, or has recently passed. Others may have experienced a close brush with death and then lived to tell about it. I am indeed grateful to the people who shared their experience with me during the writing of this book. I trust that the stories will offer hope and yes, even excitement, when you help a loved one pass, or when you face your own transition.

Oh death where is thy sting.
Oh, grave where is thy victory?

Foreword

When we were in Chicago at our IANDS *(International Association for Near-Death Studies)* annual conference in June 2004, I was speaking with PMH Atwater—a noted author, researcher and speaker on the near-death phenomenon—who told me that it was God's will for me to be back in Nashville—that I had very special work to do centered on the near-death experience (NDE) that would reach people far and wide. I had recently returned to Nashville, but was uncertain as to why I was called back—having left Nashville to return to the northeast to be with my daughter, so that we could be closer to each other. I'd thought that my time in Nashville was complete—that my mission had been accomplished and that I'd not return. I've since given it the analogy that returning to Nashville was like having an NDE; I had to come back to fulfill a special mission…

I started a local Friends of IANDS (FOI) discussion/support group in Nashville in 2002, but it was a very small group. That being the case, I didn't think that I would be needed again in Nashville, once I had left—especially since there appeared to be little interest in the NDE or any real need for support at the time, or so I had thought. At this point my whole life had become a vocation centered on the NDE and similar experiences, death, dying, the Afterlife and the immortality of the soul. One of the main reasons I was sent back from the Other Side, time and time

again, was to proclaim the truth that, indeed, we live forever! This was no longer a theory for me; it was *fact*, because I've *been* there, as have countless others.

Upon returning to Nashville I did re-establish the FOI and found, to my delight, that more and more people were showing interest and attending the meetings! At our meeting on 14 June, 2004, WSMV Channel 4 News appeared and put us on the news that very night! This happened after having only been back in Nashville for two months!

More and more people started attending our FOIs and what a treasure trove of individuals they've been indeed! People who'd had near-death, out-of-body and other spiritually transformative experiences were present—very talented people, including Yvonne Perry, who were currently working on, or who have written books or produced films, art and music—all inspired by NDEs, OBEs & STEs! Look at all of these extraordinary people!—I thought. I've since come to find out that Nashville is *loaded* with experiencers—experiencers from all walks of life and backgrounds—all sitting here together and openly sharing from their hearts. We've shared stories of our experiences, questions, insights, laughter and tears … and I was so moved I could hardly contain myself. The 'Love vibe' was everywhere! I felt gratitude in the deepest respect. Something special was, indeed, unfolding right before my very eyes and I've never failed to be in total awe.

While back in the northeast, I became the Membership Chair for IANDS and was very busy encouraging NDErs and other interested individuals to join IANDS—the premier global organization for experiencers, researchers, health care providers, etc. that provides support, resources and amity with kindred spirits. As one who'd been silent about my NDEs for so many years, I was utterly elated to find out about such an organization being in existence and that I could now connect with other experiencers all over the world and gain access to resources that would help me in ways I never could have imagined! Being a member of IANDS, and particularly facilitating a support group, has afforded me the opportunity to compare notes with other experiencers and for all of us to be reassured that, indeed, we are *not* crazy! We've had experiences that, undeniably, change and transform our lives forever—experiences that, in many cases, have enabled us to tap into and remember who we *really* are! We've also been able to experience direct communion with the Light Source, or All That Is—as well as other spirit beings—and to know, firsthand, what *unconditional love* is. Now what, pray tell me, can be "crazy" about that? Personally, I cannot think of anything more liberating or validating! This, to me, is the real meaning of being "born again"—a term so misconstrued by Christian fundamentalists!

For so many years, experiencers have been "in the closet" about their having had an NDE or similar experience for fear of being misunderstood,

judged, ridiculed or even persecuted. Some experiencers have ended up in a mental ward or put on drugs … and some child experiencers being slapped and shouted at and silenced by a parent or other relative, because of the prevailing ignorance surrounding the NDE! It was rare to see anything featured in mainstream media about NDEs—least of all in broadcast media. People just didn't talk about it. In fact, I didn't even know about IANDS until 1997 nor was I even aware of Dr. Raymond Moody, who coined the term 'near-death experience'. Yet IANDS has been in existence since the early 1980s! So one can see why so many of us have remained hidden—more for the sake of self preservation—and trying to lead as normal a life as possible. Therefore, in order to avoid persecution or being "excommunicated", as it were, we fell into silence…

Now, the NDE is not only being openly talked about, it's receiving widespread media interest—in both print and broadcast media—everywhere across the globe. You'll see NDE-related material all over the place and it's even become a household term! In recent years, even I have been featured in various print media as well as having been on radio and now TV! There's nowadays a wealth of material, resources, support and individuals right within reach—including right here in Nashville! On a daily basis, I receive emails from around the world—all from individuals who are interested in or who have had an NDE (or what I prefer to call an *Eternal Life Experience, ELE*).

Not only that, but the whole issue of death had remained such a stigma—something you just didn't talk or even hardly think about—something that was utterly taboo! There are countless individuals in our world who are still terrified of death. Why? Because they think that that's the *end*---end of the story. Poof! That's it! You're gone forever! Nothing could be further from the truth and that's why so many of us have been sent back from the Other Side—to *affirm* that *life is eternal* and that we *do* carry on … as conscious, living, thriving beings with incredible power and love!

With a subject that had been silent and hidden for so long—now emerging into the light of day, imagine, then, the joy that I felt when I was approached by Yvonne Perry, who was writing a book on death, dying and the Afterlife. I was only too pleased to work with her—the FOI also proving to be a magnificent source for material and support from other NDErs in this special project. It is time for the taboo to be broken. It is time for all of the lies and fear about death to be abolished once and for all! And it is individuals like Yvonne Perry who are truly helping to accomplish this great task. Yvonne has done such a splendid job in bringing forth such vital and pertinent information that covers all facets of death, dying and the Afterlife—a subject that must be faced squarely in order to free us of the illusions and fear that have plagued us throughout human history.

Returning to Nashville and being a conduit for generating support for and a community of people who've had near-death and similar experiences has proved invaluable, indeed. This is a special time that we've just entered into. It's time for our *coming out*—coming "out of the closet" as NDErs … because it is safe now to do so. It is time that we, as experiencers, are no longer an invisible, silent minority. Alas, for every NDEr who's come forth and spoken out about his or her NDE, there are the same number—if not more—who have yet to boldly come forth and declare , "I, too, have had an NDE!"

There is a Bulgarian proverb that states: *"At birth we cry. At death we understand why".* The book that you are about to read will provide loving and clear insight into the meaning of this profound statement. As you read these pages, you will begin to experience a sense of what it is like to be truly liberated and free—as a bird that's suddenly freed of its cage and allowed to fly. This book is a real page-turner that is so lovingly conveyed in a language that's easy to understand. It is empowering and uplifting material that will leave you no longer in a state of doubt or fear. Outside of having an NDE or similar experience yourself, these pages will bring forth wisdom, hope and a profound peace of mind.

Rev. Juliet Nightingale

Introduction

There are many commonly held views regarding death and the existence of an afterlife. Some Westernized Americans view death as a fearful tragedy, the end of a life, a sad finality. Most view it as a separation between the physical and non-physical realms. In contrast, the Ancients grieved when a baby was born and rejoiced when someone died. Regardless of our religion or culture, most of us are curious about where we came from, and what our existence after death might hold.

Our physical body is not who we are. It is only the container or vehicle for our soul. When we see someone riding a bus we know that they still exist even when they get off. It's the same with us. We exist regardless of whether we have a physical body or not. Like photosensitive eyeglasses that turn dark in the sun or transparent in the dark, a soul may choose to alter its expression or change its appearance in order to better suit its needs. Removing the limitations of a gravity-bound human body allows the soul to travel in spirit form and complete tasks in another dimension. Be assured that if your loved one has passed on, they are in spirit form and they have work to do in other worlds and realms. They are likely to be near you even though you may be unaware of their presence.

I was raised in a Southern Baptist home and continued in a fundamental religion until I was forty years old. You may be wondering how someone who was raised in such a dogmatic environment ever came to believe in reincarnation. I have to admit I was adamantly opposed to the idea when a friend of mine first mentioned it. She recommended a book by Elizabeth Clare Prophet entitled *Reincarnation: The missing Link in Christianity*. After reading the book, I saw with new eyes, the many references to reincarnation throughout the Bible and became even more curious. I began researching and found more information that seems to indicate that we are eternal souls with ongoing missions; that time exists only on earth; and that everything is happening simultaneously. It dawned on me that being in human form is only one way we progress spiritually on our path back to our Creator.

As most people do, I've always believed in angels. As a child, I interacted with what is often believed to be "imaginary playmates" and thought nothing strange of it. As a teenager, I continued to be a spiritual seeker, but as I became an adult, my curiosity and openness to the spirit world caused me to feel like a misfit. Questioning the dogma and legalistic practices dictated by the clergy, I was cast out of several churches that adhered to a rigid, traditional belief system. I finally realized that I was never going to fit into a mainstream denomination. Against my first husband's approval, and in spite of his fearful warnings about

what I might be getting into, I began attending churches that were more accepting of spiritual phenomenon. A few years after being "baptized in the Holy Spirit" in a Pentecostal church, my ability to sense the presence of an angel or spirit increased. At times, I was afraid of what I was experiencing and thought that maybe these were the "demons" my religious instruction had warned me about—or perhaps I was going crazy! The church I was attending taught spiritual warfare tactics, so I began doing battle with these entities, using Bible scripture and commanding them to leave me or other people alone! All the while, day visions and night dreams were becoming more conversational and involved more loving beings who had no intent to harm me. I started listening more and battling less.

In 1988, my grandfather died. He began coming to me in my dreams and sharing his experience in the Afterlife. He even gave me helpful advice regarding a problem I was having with my daughter. I followed his advice and the problem was quickly solved. In 2000, my life fell apart and I began to challenge the belief system I had held. I began researching church history and other religions. I explored other spiritual paths to see what they had to say about spirits, angels and afterlife. Slowly, I learned to trust my inner guidance and as a result, I embraced a more compassionate approach to dealing with the deceased spirits who kept finding their way to me. Many were afraid and confused souls. Now I know

they wanted help in finding the Light of God and crossing over to the Other Side.

After I read Sylvia Browne's book, *Past Lives, Future Healing*, I knew reincarnation was not only possible, but that the theory of cellular memory was very credible. After having a past-life regression with a *Karma Releasing* audio tape by Doreen Virtue, I was convinced that I had lived many times on earth. Today, I never doubt it. Memory of my past lives actually helped me resolve some unfinished business and clarify my present journey.

The point of this book is not to persuade you that one way is correct or incorrect, or to create a new doctrine, but rather to offer information and insight that may assist you in creating your own beliefs about this mysterious process of transitioning back to God/Source. Many people refuse to consider any explanation that doesn't match the viewpoints they already own. If you are convinced ahead of time (like I was years ago) that something is or isn't true, you will be tempted to find data that substantiates your belief. Therefore, I encourage you to keep an open mind and consider the ideas presented in this book as if you were in your car, curiously trying out a new road to see where it might lead. You may find that it brings you to a new or better understanding of death and afterlife. You may discover a road less traveled, and realize it was running parallel to your

familiar route all along. Perhaps you, too, will see more than meets the eye.

Crossover

Silence fills the room,
Except for the soft turbulent sound of fluid filling tubes,

There is life in the room,
But it is not the life given by
Machines and pumps,

It is life given by the Life-Giver
By the spirit within which reaches out in response
to love words spoken to comfort,
To calm the fear that stalks relentlessly about.

It is Life at it's finest,
Conquering the last enemy
Spirit joined to Spirit
Completing the circle.

— Mary Anne Womack

Chapter One: Fear of the Unknown

Screaming, moaning, groaning, and sorrowful sobs could be heard from the medical intensive care unit of Vanderbilt University Medical Center all the way down the corridor on the seventh floor. The ventilator had just been turned off for a young woman who was dying of AIDS. The woman never took a breath once the support was removed. She passed immediately and without a struggle. However, the family completely fell apart emotionally and were not prepared to accept the passing of their loved one with any amount of understanding or peace. In contrast, Terry Emge shares her story:

Upon arrival, I found Mother in her chair. Her respirations were agonal, her pupils were fixed and dilated and she had a strong steady pulse. I asked my grandmother, who was ninety-one, what had happened and she said, "Virginia grabbed the back of her head and said, 'Get Terry.' Those were the last words she spoke.

Despite my efforts at resuscitation and my medical background (I am an RN, CRNFA for a busy cardiac surgical practice), I knew in my heart that she had come to the end of her life on earth.

A definitive diagnosis was made by CT scan. She had suffered a massive hemorrhagic stroke. Our options were to temporarily monitor her in ICU on a ventilator or make a decision to withdraw life support. Her chances of survival were minimal at best.

After a discussion with her physicians and caregivers, it was decided to withdraw life support. During all of this, my mother's condition remained unchanged—fixed, dilated pupils, strong pulse, and normal

blood pressure. Her ventilator was disconnected and her pulse and blood pressure remained stable.

The hospital chaplain student that was with me, my husband and best friend, Diane said to me, "Sometimes you have to tell them it's okay to go." As I was holding my mother's hand, I kissed her, told her that I loved her and that I would take care of Mom-Mom and for her to go to the Light. Within five minutes, her pulse and blood pressure slowed and her spirit went to be with God.

My mother had had a near-death experience earlier in her life. When my brother was born in 1952, she had a post-partum hemorrhage. She relayed to me that she had walked through a misty grey valley and was aware of relatives that had died when she was a child. She was drawn to the Light, the brightest and most pure she had ever seen and she had a sense of "utter peace". Her only thought was of how beautiful it was there and how she longed to remain, but she knew she had two small children to care for. Suddenly a voice like thunder said, "Ye shall live." She awoke in her hospital

bed and began to realize what she had experienced. From that moment in her life she was not afraid to die.

As I stood beside her stretcher in the ER, knowing there was no chance for her survival, but not yet wanting her to leave me or those who loved her here on earth, I felt a sense of peace. Mother was not afraid to die—she had reassured me of that "beautiful, wondrous place" and I knew she was finally in heaven.

Some families are able to let go and even assist their loved one in transitioning. Why do some families or cultures process death so differently than others? Perhaps the fear of the unknown is what makes death so intimidating. If only we knew what was on the Other Side. Is there an afterlife or not? Do our deceased loved ones live in another dimension or reality? Are they near us? Can they see or hear us? Knowing for sure what lies ahead might make a difference in how we handle death.

Much of what we believe about death and dying is taught to us by religious doctrine. Our main attitudes about death and afterlife are deeply connected with our religious beliefs which may either confuse or comfort us. For example, if someone believes in a legalistic or angry God that

punishes for sin, then death for that person may be frightening. If someone believes that we all go to a better place after death, regardless of our earthly behavior, that person may not have as many concerns about dying.

> FEAR is the chariot in which man rides to death; And when he finds himself within the chamber of the dead, he learns that he has been deceived ~ his chariot was a myth, and death a fancy child.
>
> — Levi / Aquarian Gospel

There is a huge difference between Eastern and Western cultural views on death; specifically about beliefs in salvation, reincarnation, and the afterlife. Buddhism, Hinduism and other Eastern religions believe in a progression of the soul after death. These philosophies teach that an accumulation of bad or good karma affects rebirth into either a favorable or unfavorable situation. Western religions tend to look at the present life as a one-and-only chance to "get it right" with the end result being an eternity in either Heaven or Hell. Most Catholics believe in an interim state called Purgatory where those who are borderline between deserving Heaven or Hell work their way up. Jewish beliefs most often do not include the

typical Christian idea of an eternal hell. Jewish people see hell as a separation from God rather than an actual place of fire and brimstone. Therefore, Heaven may be considered as a reuniting with God's light or spirit and not necessarily as a physical place with streets of gold as many Christians believe. The Aramaic word for death is interpreted “not here, present elsewhere” and shows a belief in an afterlife. Modern day scientific studies show that there is a consciousness of mind after death and that the mind and the brain are not one in the same.

Many of our fears are rooted in delusions or distorted ways of looking at life and the world around us. Generally, our fear of death is an unrealistic fear. We tend to either ignore the subject altogether or become morbidly obsessed by it. Perhaps the best way to overcome the fear of death is to remember that our present physical life had a beginning. There was a time when we were not on Earth in these physical bodies, and there will be a time when we shall return to a non-physical state of being. The rational mind has difficulty believing that any reality other than the third dimensional world of time and space, in which we currently live, could possibly exist. We have been trained since birth to thrive in it. We know ourselves to be who we are by our external experiences; however, looking inwardly may give us a different perspective.

The sorrow, grief and sense of loss are real, but our fear about death is only an illusion. You've faced many things in life that are more frightening and unknown than death. For example, public speaking is said to be the greatest fear a person can face. So, if you've ever spoken in public then you have faced a fear said to be worse than the fear of dying. The famous comedian Jerry Seinfeld once said, "If you're at a funeral, you're better off in the casket than doing the eulogy!"

Death should be feared no more than birth, for there is no real separation between the physical and non-physical realms. The separation seems real because there is a very thin veil (i.e.: our skin and physical body) between the two realms that dims our ability to interact with those in other dimensions. But more than the physical sense of separation, we limit ourselves with the false belief that we have only five senses with which to explore and experience life. This belief hinders us from accepting what our inner knowing tells us is true. We are multi-sensory spiritual creatures able to sense the presence and energy of non-physical beings. Those who do interact with the non-physical realm are sometimes considered insane or in need of psychiatric help. Many are shunned and ridiculed. Some children are even punished for talking about seeing angels and spirits.

The Earth plane is simply another facet of our experience as souls. We are spirit beings having a human earthly experience. We all come from the same Source regardless of what we call it—God/Goddess, Spirit, Energy, Creator or whatever vocabulary term one wishes to use. Even though we manifest in individual bodies and have the illusion of separateness, there is no real division in our spirit. An ethereal mist or cloud of spirit exists where every soul is united with God and with one another. From this cloud extends a line of energy or Spirit to the Earth plane where it manifests as a suit of human flesh.

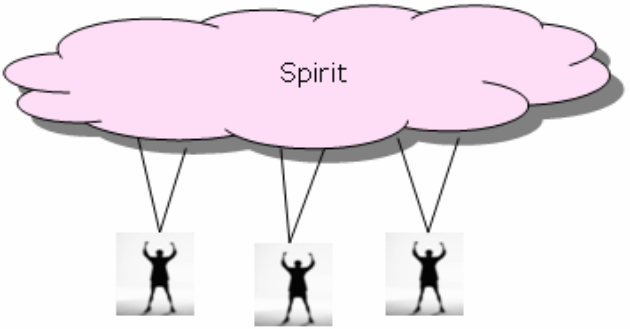

Illustration 1

Who we really are is only a small portion of what we see in each other. It is like poking your fingertip through a hole in a bed sheet draped over your body. What is hidden behind the sheet is so

much greater than the fingertip—so much greater than the small portion that meets the eye!

After its mission is accomplished in the earthly realm, the soul essence simply returns to the spirit cloud to continue its work or to wait for another opportunity to manifest into human form. This return to Source may occur as a result of the body's deterioration and inability to support the soul as a vehicle and thus death of the physical body occurs. Because the soul craves authenticity, living an incongruent life may cause us to subconsciously create disease, physical deterioration, or ultimately death as a means to leave the physical body.

According to the Old Testament, humans originally had the ability to live forever. The book of Genesis teaches that death occurred for mankind as a punishment for the sin committed by Adam and Eve. Still, some Biblical characters were noted to have lived for almost a thousand years. What happened that caused our lifespan to be so shortened? In light of the technological and medical advances, it would seem that the opposite should be true. Some, like Elijah mentioned in the Bible, didn't die. Jesus took his resurrected body with him when he ascended as a light body. Living a long, healthy life requires us to live in integrity with our inner truth. It requires unplugging from belief systems that prevent us from living life to the fullest.

What we do with our life is our choice. Even dying is a choice we make! It is my belief that God does not infringe upon our free will or tell us what to do with our life. Instead, God very gently leads us to learn at our own pace, and never forces us to do anything we do not wish to. Life is the picture we paint by the decisions we make. Since a soul has choice (free will) it may simply choose to return to Source. I believe this is why we have SIDS (Sudden Infant Death Syndrome) and other unexplainable departures from a body that is otherwise healthy. The soul changes its mind about being in the physical body, or has another idea about what might best assist it on its spiritual journey. While any death causes grief for the remaining family, it is ultimately the soul's choice to move on. Free will is something we have not been taught to accept, appreciate or consciously exercise. In order to understand and accept death as a natural part of the soul's evolution, we must be able to allow people to choose for themselves on all levels. It is normal to feel anger towards God when our loved one leaves his or her physical body, but it is not God's choice. God does not take a soul against its will. The soul chooses to leave in the best interest of its evolution. We may have difficulty accepting that our loved one's death could have been a part of a greater plan—especially when it doesn't fit our expectation.

What is death? What is dying like? The best way to obtain information about death is from those who have had a first-hand experience with death; those who have died and returned to tell about it. These are referred to as near-death experiences (NDEs). P.M.H. Atwater is one of the original researchers in the field of near-death studies. In her book, *The Complete Idiot's Guide to Near-Death Experiences*, an NDE is loosely defined as an intense awareness, sense or experience of "otherworldliness", whether pleasant or unpleasant, that happens to people who are at the edge of death. It occurs for people regardless of age, education, culture or religious background. Atwater began her work in 1978 and comes from the vantage point of being a near-death experiencer—not just a mere researcher. She believes there is a step-up of energy at the moment of death, an increase in speed as if you are suddenly vibrating faster than before. Using radio as an analogy, this speed-up is comparable to having lived all your life at a certain radio frequency and then someone or something comes along and flips the dial. That flip of the dial shifts you to another, higher wavelength. The original frequency is still there as it was before. Only you changed. You sped up to allow entry into the next radio frequency. As is true with all radios and radio stations, there can be bleed-over or distortion of transmission signals due to interference patterns. These can allow or force frequencies to coexist or

commingle for indefinite periods of time. Normally, most shifts on the dial are fast and efficient, but occasionally, one can run into interference, perhaps from a strong emotion, a sense of duty, or a need to fulfill a vow or keep a promise. This interference could allow coexistence of frequencies for a few seconds, days, or even years (perhaps explaining hauntings); but eventually every given vibrational frequency will seek out or be nudged to where it belongs. You fit your particular spot on the dial by your speed of vibration. You cannot coexist forever where you do not belong. Who can say how many spots are on the dial or how many frequencies there are to inhabit? No one knows. You shift frequencies in dying. You switch over to life on another wavelength. You are still a spot on the dial but you move up a notch or two. You don't cease to exist when you die. You shift your consciousness and speed of vibration. That's all death is…a shift.

Those who are not afraid of death may actually look forward to it. Such is the case of Carolyn Smith. She is a neat, very attractive, woman, about 80 years old, who has been a widow for a number of years. She was diagnosed with lung cancer recently and the doctor estimated she would have about 1-3 years to live. Carolyn had a great attitude about her coming demise so she started making her plans and preparing for her departure as if it was a trip to Disneyland. She

cleaned out all her old stuff and decided to sell her home and build a house with her daughter - a house that would be a great place where her daughter could live after she was gone. Then her doctor told her about a wonderful new treatment that would take care of her lung cancer. She was actually disgusted to find out that she may continue to live! How dare they find a cure after she put forth so much effort getting ready to die? She said to her doctor, "So, am I going to die, or did I go to all this trouble for nothing?" Carolyn plans to have the treatment, but she is disappointed to have to wait a while longer for her ride home. Carolyn's attitude about dying is better than her attitude about living! Oh, that we all would have such an expectancy about our transition.

> If you are dealing with fears and insecurities from old head programs, have compassion for yourself. Just love your insecurities, fears and resentments. Release and forgive them as they come up. Judging, beating or repressing insecurities just gives them power. Then you have a pattern that never gets resolved. Recognize that your real security is built from your relationship with your own heart.
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> — Sara Paddison, The Hidden Power of the Heart