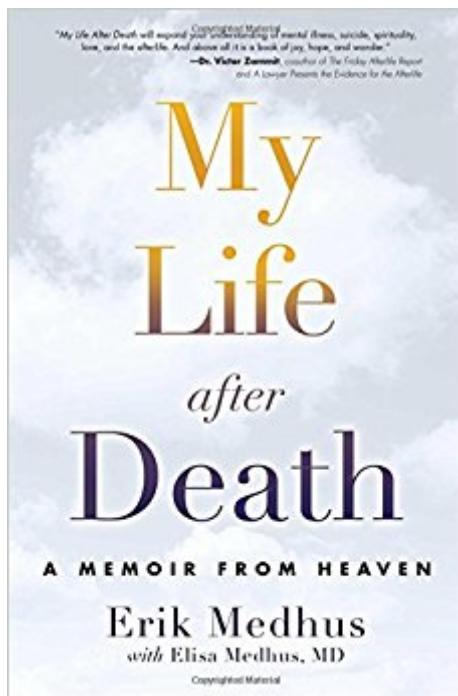


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# My Life After Death: A Memoir From Heaven



## Synopsis

In the follow-up to Elisa Medhusâ™s *My Son and the Afterlife*âœa heartfelt, deeply moving storyâ• (Eben Alexander, *New York Times* bestselling author of *Proof of Heaven*)âœher son Erik tells his astounding story directly from the afterlife, describing in detail his death, transition, and spiritual renewal. *My Life After Death* begins on the tragic day when Erik Medhus took his own life. What follows is a moment-by-moment account of the spiritual life he discovers on the other sideâœtold for the very first time in his own words as channeled by medium Jamie Butler and then transcribed by his mother Elisa. Overflowing with his signature honesty and candor, Erik describes more than just a visit to the afterlife. He personally walks us through the experience of dying, transitioning into spirit form, and reveals a detailed look at the life awaiting us on the other side. In this intimate and provocative memoir, crucial questions will finally be answered, including: What does it feel like to die? What is it like to become a spirit? Why and how do spirits communicate with the living? Is there a heaven? Ultimately, Erikâ™s story provides the answers that will help readers find solace and remove the fears surrounding death, showing that love has no boundaries and life does not truly end.

## Book Information

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## Customer Reviews

"Dr. Elisa Medhus offers a heartfelt, deeply moving story that invites readers to question their own beliefs of love, loss, and the afterlife." (Eben Alexander, MD, author of the *NY Times* bestseller *Proof of Heaven* (Praise for *My Son and the Afterlife*)) "My Life After Death takes us on an extraordinary journey filled with inspiration, love, and hope. Well worth reading and celebrating.

Thank you, Dr. Medhus and Erik." (Gary E. Schwartz, PhD, author of *The Sacred Promise* and *The Afterlife Experiments*) "From the graphic description of finding himself looking at his own dead body and seeing all the commotion and heartache that his suicide caused, Erik Medhus provides us with a totally new perspective on what it's like to die. His voice is clear, direct and intimate as if talking to a close friend in the language of young people today. His insights are poignant and profound. Eric tells it like it is "no punches pulled." *My Life After Death* will expand your understanding of mental illness, suicide, spirituality, love, and the afterlife. And above all it is a book of joy, hope, and wonder." • (Dr. Victor Zammit, co-author of *A Lawyer Presents the Evidence for the Afterlife* and *The Friday Afterlife Report*) "Communicating through a medium, Erik Medhus draws us into experiencing his world and his life in the afterlife. We experience his senses, emotions, thoughts, amazement, discoveries, and surprises as he has lived them since his passing. *My Life After Death* is an absorbing journey through the afterlife that I recommend to anyone who wants to understand the realm we will all eventually inhabit by experiencing it through the engrossing accounts of this young man living there now." • (R. Craig Hogan, PhD, author of *Your Eternal Self*) "Many books suggest that consciousness and personality continue after death, supported by evidence from spiritual mediums who convey accurate messages related to specific deceased persons. This book is unique in that it describes what existence is like for Erik Medhus after his physical death. It is interesting to envision Erik's mode of communication with "living" loved ones "and to contemplate the various realms and experiences described as he becomes aware of his true nature. But I most appreciate his fresh take on the value of Earth life, reflected by these words: "Hold hands, man. Hug everybody. Have a hugfest." • (Mark Ireland, author of *Soul Shift* and *Messages from the Afterlife*)

Erik Medhus is an eternal twenty-year-old young man who passed away on October 6, 2009. From his new place in Heaven, Erik's main occupation is as a spirit guide who helps those who struggle with their human experience, and he is the inspiration and contributor to the *Channeling Erik* blog and community. With candor, sincerity, and humor, Erik shares his own experiences and explorations of what happens after death in the first book of the series *My Son and the Afterlife* (October 2013) by his mother Elisa Medhus, MD. Now Erik's full story, a memoir from heaven, is brought to the forefront in the follow-up title, *My Life After Death*. Elisa Medhus, MD, is a physician and mother of five who has practiced internal medicine for over thirty years. She is the author of three award-winning parenting books, including *Raising Children Who Think for Themselves* and *Hearing Is Believing*, and has lectured on parenting for schools, parent groups, and corporations.

After the death of her twenty-year-old son Erik, Dr. Medhus began journaling her grief in her blog ChannelingErik.com and wrote the successful book My Son and the Afterlife. She lives in Houston, Texas.

Thank you, Erik!For over 40 years I have devoured every imaginable book about the After Life. My library rivals that of a My 40 + year journey has ended. public library in that aspect - from Anthony Borgia to an 1800 era channeled Judge - you name it -IÃ¢Â™ve read it, beginning with the famous Ruth Montgomery whom I met, decades ago. IÃ¢Â™ve even done Voice Narration for one of the largest Talking Book Centers in the World and many voice narrations were in the metaphysical category.But, I never thought my search for the truth would satisfactorily end with a 20 year old Erik Medhus interspersing salty language with his blow by blow description of life in the after life. Was I taken back by the salty language? Absolutely. But, it is what it is.Reading this fascinating book - and then re-reading it again - has me more prepared for the process we will go through when our brief journey has ended here and we move on to another dimension.ErikÃ¢Â™s story is basically confirmed in my many hundreds of other readings, but never - ever - to the extent Erik has vividly described. Erik took it over the top with the help of his amazing translator.For those paranormal novices reading this book, either you love it, hate it, or are mind boggled. But, believe me, when I say once again, this one young manÃ¢Â™s book is a complete compilation of my decades of research.It all comes together! That says a lot. No. It says more than a lot for me.Further your own religious upbringing will also determine how you view this book. Cast your "earthly" philosophies and beliefs aside. Years ago, I threw off all the man made rules of my Catholic upbringing. Common sense dictated to me that centuries ago, religions were in political power hungry struggles. But, IÃ¢Â™m not here to discuss religion. IÃ¢Â™m saying that just to be a decent, compassionate human being is all thatÃ¢Â™s required. Pretty darn simple stuff.We know ErikÃ¢Â™s mother was an atheist due to the fact her parents were atheists. Erik was quite young, however. But it seems she had her own searching to do. I have the feeling that young Erik didnÃ¢Â™t have too much entrenched formulation in that direction one way or another. He went as an open book.My unquenchable thirst these many years has now been fulfilled completely. I was always looking for another piece of the after life puzzle. Always searching. Never fully complete. Always had yet another question. No more.Thank you, Erik. When my time comes for me to check out the "other side", I will also seek you out to thank you in spirit. And, I also practice what you said, Erik, when you said you missed hugging your mother and loved ones; the act of touching we mere mortals take for granted. I hug more than I ever had before - taking those

memories with me as well.

Let me start off by saying "My Life after Death: A Memoir From Heaven" has been the only book I have ever sat down and spent an entire day reading, start to finish. In under 9 hours I have laughed, cried, smiled, shook my head with disbelief, and pondered life more than ever before. Through Elisa's loving description of Erik, and Erik's vivid recounting of his experiences in Heaven, I have gained unmeasurable amounts of comfort and wonder about what comes next. I spent most of my life fearing death, but always running towards it because of my depression, anxiety and PTSD, but after Erik's description of his own struggles, and how it can get better for us here and now, I finally see a light at the end of the tunnel - no pun intended! I finally feel like I've come home after a long, dark journey with crashing waves, and blinding lightning at Sea. I feel like I've walked for years through a desert only to find the most beautiful stream. Thanks to Elisa and Erik, I feel like I'm finally home. I would recommend this book to anyone that has ever felt sad, lonely, hurt, misunderstood, or abandoned. To anyone that has ever wondered, "what comes next?", if there is a God, or "where has my loved one gone? Are they okay?". This book will bring you love, peace, and all the answers you could ask for, and more, in vivid detail. So please, take a moment to read the first chapter, just the first one, and I promise that you won't want to put it down! Erik has literally saved my life, and I welcome you to let his love, and his message do the same for you.

I hate it when an author spends half the pages trying to convince me of something. This book doesn't waste ink with that. It dives right into the subject and delivers insights on every page. If you don't at least have some curiosity about life after life, you won't appreciate this book. No fluff. Unique and profound, yet not really contradictory to most other spiritual and religious thinking. I've read it twice because I was too engrossed the first time to slow down and properly assimilate the information. It isn't a book to read superficially, like a novel. No doubt, it will become an international best-seller, at which point, people with rigid beliefs will show up to trash it. Then, as an ultimate sign of widespread success, someone with way too much time on their hands will write a book to debunk this book. :-)(I'm a prolific reader - hundreds of books each year on widely varied topics - with a lifelong interest in the metaphysical. This second book by Erik and Elisa Medhus is well-written (I'm picky about that), and for such a heavy subject, lighthearted. For those who share my lack of fortitude for graphic violence, I was able to read the parts about Erik's suicide without being traumatized. It's now on my very short list of must-read, life-changing books. It's on my Kindle, so I can't loan it even if I wanted to, so

I've been buying copies for trusted friends and family. If you love it and want more, find their blog, Channeling Eric. You might also appreciate The Nature of Personal Reality (my personal favorite of the Seth books), The Afterlife of Billy Fingers, and anything by Abraham-Hicks (which is the original material from which The Secret was written, but not credited). None of these are books to skim like a novel. It could take a lifetime to absorb the information. They're all channeled. My husband is reading it now, and having a very different experience than I did. Okay, he's forcing himself to read it solely because of my enthusiasm, which is one of the things I love about him. For one thing, he questions why Eric keeps his 20 year-old voice and persona, hence, doesn't fit the stereotype (ha ha) of a spirit guide or wise teacher. I know from the blog that Erik says "in character" for several reasons, not the least of which is so his mother doesn't lose him all over again. It's worth sticking with this book and there is wisdom galore, especially in the middle third of the writing. To me, every page was compelling.

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