



My Life After Death: A Memoir from Heaven

By Erik Medhus, Elisa Medhus M.D. M.D.



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In the follow-up to Elisa Medhus's *My Son and the Afterlife*—"a heartfelt, deeply moving story" (Eben Alexander, *New York Times* bestselling author of *Proof of Heaven*)—her 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 side—told 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, Erik'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.

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Editorial Review

Review

"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*)

About the Author

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.

Users Review

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