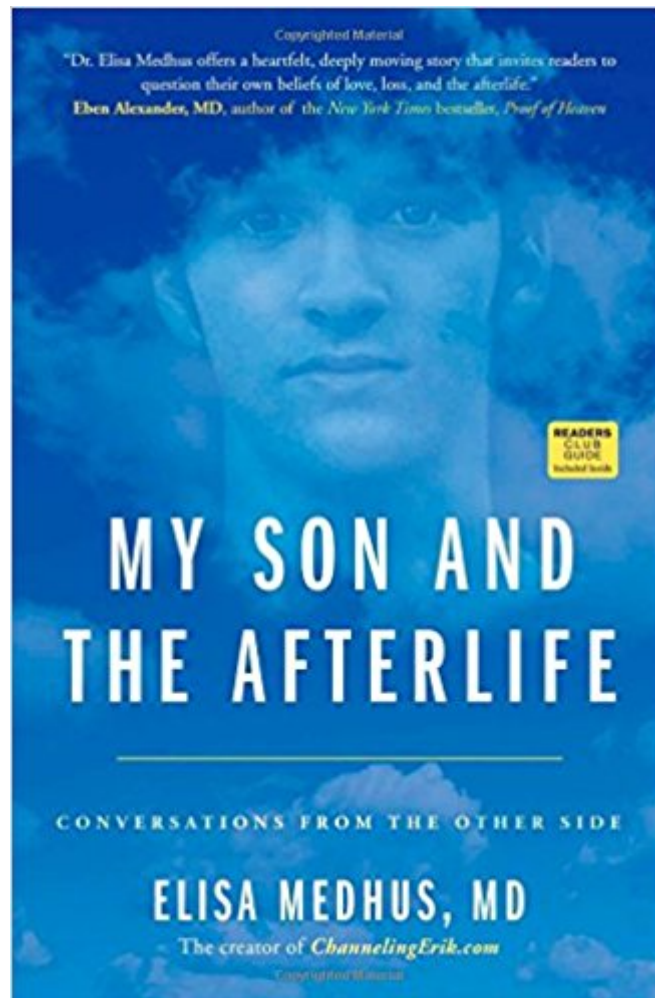




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# My Son And The Afterlife: Conversations From The Other Side



## Synopsis

An emotional journey through grief to healing and skepticism to belief—discover the answers that will change your life forever.> Dr. Elisa Medhus never believed in life after death. As an accomplished physician, she placed her faith in science. All of that changed after her son Erik took his own life and then reached out from the other side. Intimate, heartbreaking, and illuminating, go on an incredible journey from grief and skepticism to healing and belief. Based on Medhus's wildly popular blog, Channeling Erik, > provides answers to the most universal questions of being human. At once tragic and uplifting, Erik speaks from the other side with candor, wisdom, and depth as he describes his own experiences and provides new answers about the nature of souls, death, and the afterlife—answers that have the potential to change our lives forever.

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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)“Elisa's journey has been amazing and she is well-qualified to share her knowledge with both the medical community and the grief community. She has the credentials to bridge the gap that often exists between these two groups, and by doing so, she is breaking new ground and leading the way for many of us working in the field of bereavement, hospice care, and consciousness.” (Terri Daniel, author, educator, end-of-life advisor, interfaith chaplaincy,

and founder/director of the Afterlife Education Foundation and the Annual Afterlife Awareness Conference) “My Son and the Afterlife contains the clearest, most informative answers to questions about what happens after a person passes into the afterlife that I have read in one book. The topics explored a range from very human, personal issues such as who greets the person after their passing to insightful descriptions of the nature of consciousness and reality.” (R. Craig Hogan, PhD, author of *Your Eternal Self*) “Erik’s messages are poignant, profound, informative, and entertaining, and above all give us that assurance that we all long for that there is life beyond death, and that all is well there. Erik’s words help our minds to understand, but most of all he helps our hearts to heal and our joy to soar. Thank you, Erik.”

(Christine Elder, author of *Broken Blessings*) “My Son and the Afterlife by Elisa Medhus, MD is a book that will tug at your heart strings, make you laugh, cry, and more importantly, consider possibilities that you had probably never thought about before. This book, a record of the author’s conversations with her recently deceased son, Erik, is as real, authentic, and straightforward as it gets. Dr. Medhus and her son Erik, are both in a state of flux struggling to make sense of new perspectives that were thrust upon them as a result of Erik’s suicide. Both are determined to fully explore and share their newfound awareness as they provide much needed healing for each other, find new meaning and significance in the love that binds them, and invite you to come along on their poignant journey to the other side of death.” (Thomas Campbell, physicist and author of *My Big TOE (Theory of Everything)*) “Raised by atheist parents, Elisa Medhus, MD. believed only in a material reality until her mind was jarred open by the excruciating loss of her son, Erik. Following his death she began to receive anomalous communications matching with Erik’s distinctive personality. Always direct and sometimes crude, the insightful messages forever changed Elisa’s worldview. I was touched by the continuing dialog between mother and son, finding it both comforting and enlightening.

Don’t be surprised if Elisa’s story alters your ideas about the nature of reality too.” (Mark Ireland, author of *Soul Shift*) “The hide-bound reductionist materialism of 19th and early 20th century science is crumbling under new discoveries and their relevance to what sensitive people through the ages have known all along. Dr. Medhus meticulously guides us through her own epiphany as she, a medical doctor, an exploring mind, and suddenly a re-focused mother finds the intensely personal strength to understand her son’s suicide and its larger meaning in the nature of which we are all part, and the courageous professional strength to bring her realizations to us. While this book is obviously an invaluable resource for theologians and physicists, and ethicists and counselors, it is truly a touchstone for all of us who feel and who seek

to understand the transcendental nature of the human condition.~• (Marco M. Pardi, MA, DPS, anthropologist and thanatologist)~•“Dr. Elisa Medhus has approached her conversations with her son Erik in a courageous and systematic way, using all the analytical skills of a trained scientist. She asks Erik the hard questions that any parent who has lost a child would want answers to, and more. Erik answers all these questions with his own characteristic laid-back directness in a no-nonsense way that brings our understanding of the afterlife into the twenty-first century. This is a remarkable book written by remarkable people, which will bring hope and comfort to the bereaved and change many lives for the better.~• (Dr. Victor Zammit, author of A Lawyer Presents the Evidence for the Afterlife)

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.

This is a story of unconditional love. Dr. Medhus courageously shares her journey of having to make sense of why bad things happen to good people. She rebuilds her life by helping others. There are two stories here, Dr. Medhus' journey to her new normal and the wonder of Erik's insight into human suffering. I read it with wonder and gratitude.

I am reading Dr. Medhus' book about her son Erik. I have been following the blog for quite some time now. It always has such interesting information for those searching to know more about life after we make our transition out of this reality. The book is presenting more information than has been delivered in the blogs. I feel this book will help those in grief because of the loss of loved ones. I love the stories and the relevancy to my life.

-Several interesting things I've learned (that I thought may have been the case) that will change your life and likely the way you feel about what the afterlife may hold. Most importantly, is that "god" or the source of all light is in EVERY living thing- Animals, humans, insects, plant life. All living things have a "SOUL." Animals, like humans all have memories, emotions, knowledge, language (of their own) and personalities. People who don't believe other living things have those things are simply

uninformed. / If you've lost someone you'll want to read this as it really gives a great idea of the other side (and there are no "streets of gold" or any of that which you'll find in some religions). In fact, a person's religious beliefs here on Earth often prevent them from reaching higher levels of perfection on the other side. Makes sense. If people are so fixed in a belief, they shut themselves off from learning. Often times on Earth, that's exactly what happens to the religious fanatics - they can't see beyond their beliefs to see reality.\*\*\*ONE IMPORTANT THING- If you DON'T have an open mind, and if you think that your particular religion knows what the other side is, don't read this. No religion really knows about the other side. It's people who died and communicate with the living that know what lies there. As someone who has received messages from people and animals that have passed, I recommend this book. The book has really amazing dialogue between Erik (the son who passed) and his mom, Dr. Medhus. You'll WANT to read it.

This book is jam-packed with information. I had been on the fence between being a skeptic and a believer, but when I read answers to questions such as: What is consciousness? How is the soul connected to the body? What is reality? space? time? Why do we live in a linear world on earth? What is God? Why do people suffer? then I understood better the concepts. I'm over 50 and these questions have been milling around in my brain since childhood. The older I got the more I started wondering and the more questions began piling up. This is the first book I read that provided clear, insightful answers. Love or fear and the damage or constructive building that come of these feelings, well now it all makes sense. It's easy to understand why strong emotions can be traced back to "cause." And once you get the point of acceptance and understanding, then the information given in this book helps to put the puzzle pieces in place. This book has answers that come from what seems like an improbable situation (i.e., from a beloved son in the afterlife), but when you digest the whys, hows, and whats in life, you realize how this information fits in perfectly with life's plan, heck with one's own personal journey! I'm sure you've heard the phrase, "energy can neither be created nor destroyed." Well, this book explains, using the concepts of quantum theory, why this is so. Quantum theory comes into a lot of the discussion, and like I mentioned earlier, it all makes sense. It's plausible and probable. Parts of the transcriptions are heart-wrenching, and a lot of it is downright funny and clever. Most of it is informative. You'll see it's not just the writings of a wishful mother wanting to connect to her son, but thoughtful discourse on being human, life after being human, and

the nature of the All. YouÃfÂçÃ â ÑÃ â,,çll need an open mind, but then youÃfÂçÃ â ÑÃ â,,çll need an open mind if youÃfÂçÃ â ÑÃ â,,çre interested in evolving spiritually.

As a person that has studied metaphysics for the last twenty or so years, I found this book to be the best account of life after death that I have ever read - and I've read a lot! I been around many people who experienced NDEs, been to numerous lectures, and I have given lectures and classes regarding life after death. I highly recommend everyone read this. It will enlighten you, make you laugh, you may even shed a tear or two as I did - it's a must read. My hats off to Eriks' mom. Thank you for bringing his story and yours to the world!

I have been curious about spirit, the afterlife, psychics/mediums etc. all of my adult life. Started reading Shirley McClain's (sp) books way back when. This curiosity increased as my family members started to die off...my father, my grandmother, my mother, and most recently and only two months apart my sister and my brother. I always felt that we were reincarnated, even as a child, but didn't know what to do with that"thought".I was raised Christian but church was not a huge priority growing up.Elisa Medhus's book has helped me "connect the dots" about the afterlife. The information has comforted and reassured me about my family members who have crossed over and given me some tools for my own life and future. This book and Erik's insights have helped me to understand about the struggles we all have in life and he does it with profound insight and (my favorite)hilariously appropriate "cussing"! So, if you are very sensitive to profanity you might want to....ahh heck read it anyway!!! highly recommend this book. I am giving it to my friends/family for Christmas (if they want it or not).

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