



My Life after Death: A Memoir from Heaven

Erik Medhus

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Mom and son each break through to the other side of death and find comfort.

Erik Medhus's suicide at the age of twenty left his family and friends devastated. But they were soon to learn that Erik, though no longer among them physically, was anything but gone. In her second book, Erik's mother, Elisa Medhus, learns what her son's life "on the other side" is really like as mother and son communicate through gifted medium Jamie Butler.

"Meeting Erik for the first time was a shock," confesses Jamie. Confronted with the young man's candid and raw description of his suicide, she wept. Jamie recounts how, with Erik's mother on the phone, he'd told her exactly what he had felt as he'd held the gun in his hand, and of his calmness as the shot rang out. "I don't normally cry in sessions," she says, "but there are times when a spirit like Erik is able to transport you and reenact the scene. ... Without the power to do anything but observe, I felt incredibly helpless."

Erik described his struggle with bipolar disorder, and knew both his mother's grief and her forgiveness. As their conversations continued over time, Elisa found answers to her questions about the well-being of her beloved son, and about the afterlife and its inhabitants. These conversations proved a solid help to many when they were made public through her blog, ChannelingErik.com, and in her first book, *My Son and the Afterlife* (2013).

My Life After Death: A Memoir from Heaven continues Erik's story as the irrepressible, prank-loving, and compassionate "dead guy" takes up his new role as a spirit guide to those he loves.

Erik describes how reviewing his life brought him new understanding of the role he had played on earth and his connection to the other living beings with whom he had shared his life. He saw how each choice he'd made had affected others, learned the importance of being true to himself, and discovered the value of gratitude. "Be grateful for everything in your life that's valuable, and everything is," Erik advises.

Most importantly, he learned that there is no condemnation, even for those who commit suicide. As for his mother, Erik affirms that she came to know that the world beyond the one she is currently experiencing is real and tangible, and that her beloved son will always be with her. Moreover, she now believes that when she leaves this world, she will also be "embraced and loved unconditionally."

In sharing the heartfelt, honest, and often even funny communications between them, Erik, Elisa, and Jamie offer a glimpse into the afterlife that will comfort, entertain, and astound. Their affirmation that the passage we call death is not the end, but a new beginning that offers its own opportunities for learning, growth, and love offers solace for those who grieve, and awakens a bright expectation for what lies beyond.

KRISTINE MORRIS (August 6, 2015)

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