



Everyone Deserves A Graceful End-Of-Life Experience!

with William Peters - Episode 108

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Hello, it's Lisa Jones and today I have with me William Peters. He and I met at an IMS conference a couple of years ago. He started the shared crossing project, which is a research team looking into shared death experiences and I was thrilled to meet him. As you know, if you've listened to my podcast before, I had a shared death experience the night that my husband died back on February 22nd, 2004 where I left my body and was taken to heaven and basically shown his welcome home party, which absolutely changed my life and really changed everything about my belief systems. So I'm excited today to be talking to William and he's got a great big exciting announcement that he's going to share and also be sure to stay tuned until the very end of this podcast as I will pull some cards for you and I so appreciate you listening. Have a wonderful time listening to William

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Come to the exploring death podcast on Lisa Jones, your host. And today I have with me William PetersPeters'. William is a family therapist and founder of the shared crossing project. He directs its research initiative that studies extraordinary end of life experiences. William conducts workshops and presents nationally on his research, his two near death experiences and various shared death experiences inform his work in conscious end of life preparation. Welcome William. Thank you for having me. Yeah, I am so excited. I've actually, I was just looking through my notes and we actually had you booked a year ago to be on and you know, your whole study of shared death experiences and end of life phenomenon has just kept expanding and expanding and you've literally didn't have time to do this interview until just now. So I'm thrilled to catch you at this moment and I know you have some exciting news to share.

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Oh, I know what you're, I know you're on. Thanks. Yes. So we we have signed a contract with Simon and Schuster to create write books for a popular audience, large audience, and it will be to make our research findings about the shared death experience available to the world essentially. And we feel great that Simon Schuster sees the need for this because as they said to us, there's a lot of information about end of life, a lot of great people doing great things. But a lot of it is kind of the same and Lackey the real positive optimistic perspective on death and dying that our research reveals through the study of the shared death experiences.

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Wow. And that's what I love about your research is that it really helped me come to terms with what I experienced, which was my shared death experience the night that my husband died. And I didn't even know that there was a grouping or I guess I had heard the name shared death experience, but when I met you at an IMS conference, I think it was two years ago, you explained to me that you'd been doing this research and you've interviewed many people about shared death experiences?

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Well, we've, we've interviewed well over 200. And then in terms of the accounts that we have, we have, we have over 200 real solid accounts. And, and for research of this nature nature, when you're talking about in depth interviews with each of our research candidates and assessing and analyzing each of these cases for the phenomena, for the benefit all of that takes a great deal of time. And it's at this point we have gone, you know, we have satisfied the scholarly criterion for a robust study. Certainly we have more questions now than we had before. But we've, we've really addressed a lot of our primary questions. The main one being do these exist, and they do exist and we don't know how common they are, but we suspect that they're with, because of the ease in which we were able to collect these over 200 accounts we suspect they're far more ubiquitous than previously thought.

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Because I can tell you when we, when we present our research at other chais, the researchers at conferences and what have you, their question is always, how did you find this many people? We have, you know, kind of we've heard about these experiences but they're rather disparate in certain ways and you know, it's hard to get a large collection that would satisfy the requirements of research study. And I'm mystified by that because I started my research eight years ago and I have never had trouble finding them. If I give a talk at a, at a conference, I normally have at least a dozen people coming up to me saying, I had this. I never knew it was something. I can't believe you're talking about it. And I love to share my story. Similar to you actually.

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Yeah, that's exactly how we met. I was like, Oh my gosh, I've got to talk to you. And I shared a few details and then you're like, Oh my goodness, we need to, you know, have a conversation. And because I've had multiple, not only with my husband but then with my dad and my mom and also corroboration with my brother who had a similar experience the night that my mom

died. So it is just so fascinating to me how this information is, you know, that you're putting it together and sharing it with people. Because I think when people start really learning about

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It, I'm going to be shocked if there isn't a tidal wave of people calling your office and saying, this happened to me too. I just think it's not known, you know? Yeah. It's, it's interesting how people find us just the tidal wave would be good for the field. Maybe not so good for our little shared crossing project, but, but it's interesting because today we just, today we received an email from a woman from Sweden and she shared an experience when her mother died and it was just, you know, what we call a full blown shared death experience. She was at, you know, near her mother when she died. And she felt like she was pulled into this space where her mother was during her transition and she saw, you know, the room, everything changed shape, and your light was like she has never seen before.

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And her mother assured her that everything was okay and that she was dying and that she loved her and that she'd seen her again. And there were other family members that appeared that she recognized. And this person said that, Oh, I just knew my mother was, was transitioning, dying, but yet she really wasn't dying. She was just going to another dimension. And she found that incredibly affirming. And I think one of the things we find when we do our research is that people when they find us, they're very relieved to know that this is actually now a researched and known phenomena that occurs in healthy people. So the fears that so many people share, if they're in it, especially if they're in a medicalized setting that they may be perceived as having some sort of, you know, hallucination or, you know, mental, temporary, mental illness of some site.

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No, our research and the research of others is now really validating these experiences. As an, in fact, we're finding that to the extent that you have more consciousness, an openness to, to death and dying and a, and, and mindfulness practice. On top of that, we find that these are facilitators of these experiences. And that's been a really pleasant finding for those of us who value you know, our, our spiritual practices, if you will, to know that in addition to helping us, you know, in our, in our lives every day, they can really help us at this most difficult moment too. And in some ways, as we see reported all the time, I felt like I went into the initial stages of the afterlife with my departing loved ones. And it was, you know, beyond anything I'd ever imagined possible. That's, that's

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Amazing. And I feel like for me, I'm also a hospice volunteer, which I know that you've done that work as well. And sitting with my patients, especially the ones that are individual, which you know, means that they're pretty, pretty much 24 to 48 hours, you know, they're showing all the signs of death and I've had multiple experiences of the light changing in the room I've made. I literally had to blink my eyes a few times. I'm like, Oh my gosh, it's Emerald green in here right now. What is happening? Of course, I mean, I know what's happening, but it's still shocking what it does happen

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Then you actually are what we would consider an adept. In other words, you're able to have these experiences more easily than the average bear. So, and the re, we don't know why that is, but we do know that people who have near death experiences and people that have extraordinary spiritual experiences, a variety of types tend to be, tend to be able to have these. That's one of the factors. It's not exclusive for sure. But when I say that you're an adept, it seems like now that you've been birthed into this capacity of having an SDE, you can now seem to have the capacity to have them more easily and frequently than other people. And there this is a whole other area of discussion about like, well, what's actually happening that allows you to have these experiences. I'm similar to you am I had two near death experiences that you alluded to in the introduction and then you know, now over a dozen shared death experiences both at the bedside and remote, like not at bedside when people are dying.

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So what is it about us that can have and I think this is going to be a, an ongoing another level of research, which is fascinating because to the extent that we can learn more about these experiences and, and why people have though is the extent to which we can actually train people to have these if they want to. And we know that there's such a positive experience for caregivers, loved ones that people will naturally want to have them. And you know, we do that training already, the shared crossing project and find that we have a good deal of success of training people to have them. But once again, we're not exactly sure what it is and our training that is enabling these people to have these experiences. So,

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Wow, that's fascinating. And I'd like to talk about recently rom Doss passed away and wow. Again, I had this tremendous experience. I had taken a nap on Sunday, the 22nd of December, which is the day he passed. And I knew that he was nearing the end, but I didn't, you know, I didn't know when or anything. I'd, last time I'd seen him was on stage at the Mac theater here in Maui. Rum or Krishna DAS was here doing a Cureton. And so they wheeled rom Doss out and he looked very just like, Oh my gosh, is he even alive? He was very slumped over and not animated whatsoever. And I think there was almost an audible gasp from the 900 people sitting there because, you know, he really looked at the very end, but then it was just so sweet because as they wheeled him out, he lifted his head and did a little wave like this.

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And it just was like this moment of, you know, I felt like he was saying goodbye to everybody. So then fast forward 20 days later I had taken this nap, woke up, and it almost felt like it was almost like a drive by or something. I just felt his energy come into from my right side. And it was almost like it just bounced right into me and then swerved off and I was like, Whoa, Rob DAS, what is going on? You know? And I thought, I wonder when I'll see him again or I just definitely thought of him at that moment. And then it was two hours later I got the text that he had actually died right at that time, of this experience. And I've got shit, my whole body is chilling right now as I share this. So it's,

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Yeah, so that experience that you had so I should say something that previous research on the shared death experience was done by Raymond Moody and he tracked what we call bedside shared death experiences. So that means you know, a caregiver or loved one at the bedside of someone dying and they have this experience where they feel like they shared in this transition and you know, the words we hear is, I felt like I saw the initial stages of the afterlife with my departing loved one. So we have found in our research that there are even more remote non bedside experiences. Our data's cracking up to be, at least at this stage, about 60% are remote. And then of that 60%, there's a percentage. Yeah, we have a, we probably have like 20 of these, that is just what you described. We call it a fly box.

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It feels exactly like what it was a fly by we call

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It. It's as if the person transitioning is coming by to let you know that they're leaving and they're dying and, and the feelings that the person have are very energetic. They seem to get your attention. The fact that you were sleeping actually makes you more available because we found that sleep States or meditation States or States of or can even be driving, really avail ourselves to these experiences. So your sleep state, your nap was, you know, quite fortuitous. Not to say that if you were awake you wouldn't have had an experience because we have a lot of those as well. But so this is this experience typically, you know, your interpretation, but since with the others that we've had in a restructure do something like I felt, you know, him go by, it was energetic. It was, it was an acknowledgement that he was going, I got it.

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And it was almost like a thank you. I love you. We'll see each other again. Something like that. There's a lot of information in there, but people Stonehouse without any verbal communication. How knowing that that is the message. Wow. I'm just, it's, it just blows me away. Again, I love to hear that there's other corroborating evidence because once again, as a former set certified public accountants, you know, I tend to be very skeptical and I'm always like, really? Did this really happen? Or, you know, and I'm always like, that was weird, but I want, I'd like to take that vocabulary out of my mind and my, you know, talking about it and just saying how amazing, how wonderful, how, you know, extraordinary that these wonderful things happen. And, and so I love that you're doing the research to help give us all that credibility behind it rather than us feeling like we're insane or something, you know?

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Like it's just some weird thought or some weird feeling or experience. Yeah. And I think I know when people share with us, especially the remote experiences, they'll say, well, yeah, I kind of had this sense and there'll be downplaying it and also tell us more about it. And then they tell us that they had a, it was a rather big feeling. They knew it was the person who was dying. They had this sense of heart opening, a sense of appreciation, gratitude, love and they knew everything was okay. They got a sense that this person was dying and that it was all okay. And so any sense of anxiety or fear was basically what it is. I'm so excited as William talks about,

one of my experiences I had with my mom, which was an early shared death experience. So it's exciting to hear him talk about all the different experiences I've had with my loved ones. I'm curious too, I know I think this is covered in your research with my mom. I had an overwhelming, she had just, I just gotten a call, she'd had a stroke earlier in the day so I immediately packed my bag. She was in Hawaii, I was flying from Connecticut and I laid down, cause I just had a couple of hours again I think I do in the sleep state

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Now that I'm thinking about it. Because I also had mine with my husband and that's in a sleep state. So wow. Just put that moment together. Anyway, when I was laying there, she came to me just again talking about tsunami. Her energy was just so bright and clear and loving and heart opening. And she said, I, you told me we'd be able to communicate when I went to the other side. And, and it was so vivid and just, Oh my goodness. But she was not passed yet. I flew to Hawaii. I didn't even want to know. I'm like, if she died, I don't want to know. I just want to be there and then I'll figure out what's next. But I walked into the room and she sat up, looked at me in the, in the eyes and lay down. And that was the last you know, experience she had of being awake. She was then basically in a coma for the next two or three days and then died. Once we decided we were going to put her in hospice, it's like she made the immediate decision like, okay, you guys are good with this. I'm out. But is it, have you heard of that where they're still, you know, alive for several days after this amazing connection?

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Yes. So we call this an early or delayed shared death experience, which means that somebody, a caregiver or a loved one, a family member in your case can have a shared death experience. Hours, days, typically not more than a week, but usually it's about five days. Yeah, that's, well within our research, what we've seen and you can have all of the phenomenon phenomenon with full blown shared death experience, but it's just not at that specific, you know, medical time of death, you know, the station of brain functioning or cessation of breathing. So what do we make of this, and this is also borne out by the great research of dr Peter Fenich and his wife Elizabeth Fenich in great Britain, they did a five year study on would they call them careERs, but people who care for the dying and they found that death rather than being a moment in time is a process that takes place over, you know, hours, days, sometimes.

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So if I were to hypothesize based on dr Fenix research and ours, your mother was probably going in and out of her body whatever that aspect of consciousness is, soul, spirit, what have you. She was doing that. And in one of those States, she somehow reached out to you and the word she gave to you was, you said this was possible. So, you know, we don't understand all that, but we have a number of cases that happened early that are very similar to yours or would it have been later? It's it's just it's just a sense of they're, they're fully out typically and they're coming back to say, Hey, you know, I'm okay and you know, and then they often will reveal to their remaining loved ones that they're with a greeting party of sorts. Maybe there's other family members that have already died that are there with them and got the experience or will be able to see all this. So yes, the time space continuum is wider around these than just the moment of you know, Western medicine, physical death,

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Right. Oh my goodness. How fascinating. And the other thing is in a park or you know, another part to this is that she also visited my brother at that same time because I called him on the way to the airport saying, Oh my God, mom came to visit me. And he said she came to visit me too. And so that again was just this amazing, like the fact that she visited both of us and had very specific details of what she was sharing with each of us was just,

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Wow. Yeah, that's, so we call that a multiple person shared death experience, those two occur. And we probably have 20 of those as well. And you know, we know of a lot more. One of the, one of the drawbacks for collecting that type of data is that you have to have the fab multiple family members willing to share that story. And oftentimes families will have them at the bedside and it'll be two or three or four people. And then maybe even some other family members remote. We'll have one as well. Maybe not even the same time, maybe, you know, a few hours later or something. But we know they happen. And, but like I said, one of the research challenges is getting everyone to okay. Sharing the experience because you know, most families people with different perspectives about these experiences or in some cases they feel like their family's name or professional career could be endangered if you share one of these, you know, woo wee stories. So you know, so like that there's, there's a downfall, there's kind of the drawback for our research really pointing these out. I am reasonably sure that they happen for families, you know, multiple members much more frequently and more frequently.

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I remember specifically when I was still in Connecticut and I was in the realm, my, my husband who passed away worked for general electric and one of the top people, one of the top execs kind of cornered me one time at a party that we were at. And he said, you know, my dad came to visit me and I don't know what to do with this. You know, and again, it just was such an interesting moment because I feel

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Like this does happen to so many people. And people really don't know who to talk to or especially if they've got a really high, you know, career situation going on where they don't want to be seen as crazy or weird or whatever. So it was interesting that he approached me. Yeah. And that makes perfect sense. We hear that as well. In fact, there's some interesting, there was a banker in town who's really, you know, he does very well in town and but she heard me talk one time and she came up to me, she says, and she was all excited. She goes, you know, I had this when a family member was dying and then a cousin had, you know, she shared three or four people that had it at the same time, that death of this Valley member. And then I said, Oh, I'd love to learn more about it.

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And then she got cold feet. Because, you know even with confidentiality that we give all our research participants, there's just that fear that the, there's been some ability to write the story with the person. So anyway, it's natural. And we do hope that our research via this book in

particular and the ongoing you know, media that we do, like this interview right here will really affirm people that these experiences happen. They're more common than we know and that they happen. They happen in health and the healthy minds of people. So that's right.

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Stay tuned as William talks about one of his favorite stories of his research project, is there a particular story that just leaps forward that you'd like to share or, gosh, there's so many of them tell their story. I am particularly moved by one aspect of this, which is the greeting party. So, you know, the, so here's here's one of our cases. So this woman was at the hospital woman. Her father was dying and he actually coded while he was in the hospital. And so she was removed from the room. So she's sitting, they sent her down the hall to the waiting area while the medical personnel worked on her father while she was in the waiting room of sorts. She went into this state where she and her father were walking down a beautiful country road. And then there was a she looked at as she was walking with her, with her father and there was a gate to a beautiful gate.

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It was off to the right. And she heard these people talking and as she heard them talking, she heard them saying this person's childhood name, saying that this person's childhood name was coming that, that he was now coming. And she said, that's really interesting. I had not heard this name for my father used in decades, but I know this is what his siblings and cousins called him when he was a child. And so she was walking towards the gate and then all of a sudden she realized that she, she was not able to go to this party, but that her father was, and when they received him, she felt this real sense of he was home. He was with his, you know, beloved, you know, deceased family and friends and that he was okay. Everything was perfectly fine. And then she popped out of this state.

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When the medical personnel came into, the doctor came into the waiting room and said ma'am, I want to, I need to tell you something. And she woke up and she says, I know my father just died. And he said, yeah, how did you know? And he, she said, well, and she started to share this story about what she saw. And the doctor really wasn't able to make much of that and walked out of the room. But she was very affirmed that she knew that he had a good death and transition and was, you know, as she said, home in his spirit hall. So that's a case that always sits out. And one of the reasons it sits out in my mind was because in the early period of our research, this was one of the first, you know, does, and within the first 20 or so I should say we were wondering whether you could have this experience remotely, like whether you could be apart from the person.

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In this case, she's not in the, in the same room. She doesn't even know he's dying. She knows his health is in peril but doesn't know he's dying. And yet she has such a profound and affirming experience. So this one was an early case that was like, Oh wow, we were really on to something here. So that is so beautiful. And what, yeah, what a gift for her to experience that. I

mean, to me, that's what I feel like both, well, all of the experiences I've had with my loved ones, you know, at the time of their death is just, I mean, it really woke me up to life to realize

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That, Oh wow, there is a continuation and you know, it's, it's not an ending. It's just a beginning for them. And you know, in a new beginning for life on earth without their physical body being here, but they're still here. I mean, my, my husband who died 15 years ago, he's still here and he told me he was going to help Clemson when the national football game last year. And I just kind of was like, okay, whatever. And then sure enough they beat Alabama 44 to 16, which is hilarious. My husband was 44 when he died and he died on two 22, which again is times two is 44 and they were not expected to win. So it was like a huge blowout. And I'm like, did he really do something? I mean it just, it just made me laugh. And again, Clemson's back in the national championship again this year. So who knows.

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Coming up next, William talks about synchronicities and coincidences. Is it really happening or is it not?

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Well, there are amazing synchronicities. We find in our research as well, if people are quite drawn to these synchronicities, you just share these numeric you know, either coincidences or synchronicities re I should say, you know, my research team here in particular, Dr. Michael Consella were very hesitant to embrace these synchronicities because, you know, it's, it's looked at as pretty soft science if you will. But I will tell you that we have been blown away by the frequency of these synchronicities. And we can say, you know, applying their scholarly methods that these fall well beyond the typical matrix for coincidence or chance. You know, they're like, well beyond that. So we know something's happening here. Once again, we don't know how we do it from people like yourself that you're like saying, well God, you know how I share this with most people? They think I'm a little crazy for thinking that, you know, my husband could have anything to do with winning a Clemson game and all those numbers, but they're seeing there could be or could be something there. And I mean, we say that there's, there seems to be something there. Yeah.

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Stay tuned as I pull some cards for William. Well listen, I want to pull a few cards if you're okay with that. I do this in, in every in every interview and just kind of see what, what comes up. So the first card is always the blockage card and it's freedom. And what I'm getting about that is I feel like our whole society with death is, you know, it's like, we just feel like there is no freedom about it. It's like, it's it, you know, it's so secretive and like behind closed doors and people don't want to talk about it and there's just, you know, it's like the furthest thing from freedom and yeah, that's exactly what happens when someone is the total freedom. Right? So the action card is gratitude and I think that's for me, one of the things about having these shared death experiences, it's really, I spend so much time in gratitude whether I'm sitting with a hospice patient or when I was with my mom who was dying or my husband who was dying and just

really being grateful for my time with them and my experiences with them and my love for them instead of focusing on, you know, the death part and like the end of that.

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So I feel like, you know, Spirit guiding us to be much more, have much more gratitude about the time that we do have with people. And then the outcome card is leadership. And I feel like that's part of what, you know, your role here is, I mean, the fact that that a big publishing company has picked up your book and that it's going to be really taken out to the masses I think is just such a great win for the whole end of life conversations. And it's super exciting that you're leading this, you know, this force of information for people because I think it's really helpful, and helps people get out of their deep dark grief. Like you know, cause what I've found is by embracing these moments, I don't feel nearly as alone or apart from my loved ones as just feeling like, Oh, they're gone and, you know, never having to do anything with them again. So,

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Yeah, I want to thank you for bringing up the impact that these experiences have on people, particularly around grief. You know, we always miss deeply our loved ones when they, when they die. But there's something about this experience, the shared death experience that creates a larger context that allows us to be with the loss in a different way. Most people in our research, you know report that they feel like they'll see their loved one again, that their loved ones in a good place, that everything's just out how it needs to be. They'll say things like, I know that this whole design of the human life and death and what lies beyond is all a loving kind design. So all this is part of the experience and it's, it's something that the experiencer can take real practical solace and they really feel like, yeah, I miss my loved one, but I don't have that protracted grief that has me asking all these questions about, you know, where is he or she or why did this happen? There was a context that holds our grief differently and a more peaceful way. The loss takes on a deeper, more compassionate meaning.

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Yes, I agree. I, it's it, to me it completely shifted. I didn't really have that much familiarity with grief before my husband died. I still had three living grandparents when he died and I was 37 and they, they all lived into their hundreds. So it was kind of new, but I was so afraid of it and I, I literally, I was, I was conditioned to believe he was going to hell. And so the fact that I got to see him in one of those welcome parties you know, was just extraordinary for me and it just, it shifted my whole foundation of what my beliefs are. And now I just know that, you know, Hey, this is exciting. I'm looking forward to crossing over when it comes to my time. Meanwhile, I'm going to enjoy my life to the fullest now because I'm not afraid of death.

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Absolutely. Yeah. You've got the message.

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That's right. Let's go. Well, how can people get ahold of you, William?

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Well, you know, we have a website, a shared crossing.com and you know, you can email me william@sharedcrossing.com and you know, we have a whole staff here. So we are really focused on writing a book, but if people have certain questions and things like that, we'll often be able to get back to you and you know, give us a little bit of time because like I said, small staff and focused on writing. But we are interested, particularly if people have stories shared death experience stories. We will if you write them out for us that helps us immensely. If you go to our website, there is actually on the content, on the contact page you'll see what we call a share crossing testimonial project guy. So we'll tell you how to fill out a report, give us an account and then we'll definitely get back to you if you give us an account.

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Because we were all, we were still collecting them, you know, and I should say this, that we are going to be launching a database so that people can read more of these accounts and also they can post their own accounts so that we want this to be a source for the world. Like, we're going to have it in different languages. And so people are, you know, people should know that these accounts will be shared and, you know, anonymously we changed the names, do what people want us to do for that. And we don't put anything up that that site is not up yet, but it will be, you know, within a year. So so yeah. So yeah, we, we love to hear people's accounts. Yeah. On our website too, people find a lot of you'll, you'll see how we break down a whole series of end of life experiences.

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We've created a share crossing a project spectrum of end of life experiences so people can see like maybe they didn't have a shared death experience, but they'll see that, Oh, I had a, a, a post-death visitation or a pre death, a premonition or, you know, post-death vision or something like that. So there's a lot of information there. Fantastic. That's wonderful. Well, thank you so much for your time. I'm super excited. This of course is one of my passions in life is talking about shared death as I've experienced it so many times. So I love to be able to promote it as often as possible. Well, thank you for, you know, reaching out and being patient with with my schedule. So I be, and, and I've, I've, you know, like I said, I'm glad you're doing the work you are for your audience because we need more experienced voices speaking, you know, really wisely about these, these experiences because like I said, they are real human experiences and we need to have permission to have.

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Fantastic. Well again, thanks William and for you listening and be sure to stay tuned as I'll be pulling up cards for you next.

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Okay.

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What a wonderful conversation I just had with William. I'm now going to pull some cards and see what else spirit would like to share with us about these shared death experiences. Okay. The

first card, which is the blockage card is gratitude. And as I mentioned earlier with William, because this card came up with him as well, is that for so many of us, and that's why it's the blockage card, is that we do not share our gratitude about death. We don't express you know, we're afraid of death, we're terrified of death. And so there's no gratitude shown. And so that's one of the things that keeps us separate from, from really embracing and being able to connect with people during a shared death experience. And that's what this card reading is. I'm being told right now that that's what this is about is how you can have a shared death experience.

40:31

First and foremost, you must have gratitude for the experience of death and that you're not afraid of it and that you're not pushing it away. So the second card, which is the action card is voyage, which I love because it indicates the whole idea of a shared death experience is going on, a voyage is going with them. And so that is what you need to do and you have to open yourself up to be able to do this. If you're skeptical or again, you have too much fear around it, then this, you're not going to be able to have a shared death experience because it's going to block you from that. So you really have to open yourself up to have the voyage and the outcome card is focus. And so once again, it's all about really focusing and allowing yourself to experience this phenomena which is having a shared death experience.

41:24

And as I was mentioning that when I sit with hospice patients, it's about just sitting in the moment and being open to whatever happens and, and allowing it to come forward. And so that's what the idea of the focus is, is that the more you're able to allow yourself to go on the voyage and focus in on the experience, the more it easily it will come to you. So I hope this is helpful and also I just want to see what the beings of love and light have to say about a shared death experience. So let me open my channel for that. Yes, hello and welcome and thank you for listening to today's episode of exploring death. We want you to know that a shared death experience is a phenomenon that is open and available to anyone that is experiencing somebody who is dying as well as even people that you don't know that are dying.

42:21

Because when a person transitions from this earth plane into the next plane, their energy will go wherever it is most easily to allow them to flow. And so that's why people that are open to the idea and have gratitude about the idea of death are much more willing and able to connect and receive this energy that is floating around and that is coming to everybody. It's just a matter of tuning into it. Once again, the energy that people emit is very much like radio waves or television waves and that the way you connect as you must be open to receiving and fine tuning your awareness to be able to receive it and be open to it. Nothing new. It's something that has been around since the beginning of time. And it's exciting to think that there is now more and more information coming out to help validate so that people are not afraid and scared of the whole idea of death.

43:16

And to know that this is all an illusion. The whole idea of a personal being is that of a person in a vibrant Tory state of wholeness, and that once the person passes, that vibratory state ceases to

exist within the physical body and moves to the next realm, into the energy field. And we also went to let you know that your energy field is always working. Even now when you are alive, when your physical body is here on this earth and alive, you can think of others and you can connect with them and telepathically talk to them. But this is something that most people aren't open to or have not been willing to look into to see how it works. But it is all available. And it's so exciting to know that by you listening to this podcast that you are opening yourself to more and more of these amazing experiences that will be coming your way.

44:13

We hope that you have a wonderful rest of your day with loving kindness and blessings on your journey. Okay, well that was a message from my beings of love and light and it's always fun to hear from them. So I hope you've enjoyed today's podcast. Be sure to share it with your friends and family. Leave me a review and also be sure to subscribe if you have not, if you have any questions and you'd like to reach out to me, you can email me at lisa@exploringdeath.com and I look forward to hearing from you. Have a wonderful day. And until next time, Aloha!

45:02

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Lisa Jones