



The Death Dialogues Project

with Becky Aud-Jennison - Episode 111

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On today's episode I talk with Becky Aud-Jennison. We actually have a very Frank and sweet conversation about death and how having lost both her brother and her mother really opened her heart to wanting to share these conversations with people and helping people healed by hearing death conversations from others. So she decided to start her own podcast called the death dialogues project and she interviews people everyday people, not experts, just everyday people about their death experience. They are beautiful. I've listened to a couple of them and they are so moving and I certainly invite you to check them out if you're interested in hearing about real people's conversations about the end of life. We also go into the supernatural, which I absolutely love as you know, and she has some wonderful stories about connecting with her passed away loved ones and it's a just very moving and wonderful exchange of conversation that we have today. So enjoy this podcast.

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Hello and welcome to the exploring death podcast. I'm Lisa Jones, your host, and today I have with me Becky Aud-Jennison. She has identified herself as a death talker, a therapist gone rogue, a fire was lit in Becky to create the death dialogues project after intimately walking her brother and mother home in 2017 and expansive thinker, even as a child, it was her dad's visits after his death that validated that indeed energy does not die. A believer that our stories are the greatest teachers about all things death. Her mission is to help bring conversations surrounding death, dying and the aftermath out of the closet. Welcome Becky. Hi, I'm so glad to be with you today. Oh my gosh, I am so glad to be. Have you here? I feel like we are such kindred spirits and that we both have this real desire to talk about death and bring it out of the closet and really help people embrace it to help them live more fully.

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So tell me about these visits from your father. How old were you when your father died? I was 22 when my father died. And I think for just a little background story, it's kind of interesting. So

he wasn't a subtle man. He wasn't a great father. He had obviously had a very abusive childhood himself with a lot of abandonment. And so I as a child, I was the youngest of four with a 15 year old span between me and my oldest brother. And then I had three older brothers and the youngest brother, my brother max was seven

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Years older than me. So one of the things that I enjoy doing was tagging along with my father. My father was one of these people that had just this wonderful, charismatic, hopeful, funny sense of humor with everybody else. But in our home life was a rageaholic and you know, could get violent. And so I realized as you know, with time as we do that that was a really safe place for me, was to follow him along on these journeys outside of the house. And one thing that he was really adamant about doing was visiting people in the hospitals. So I was at many a deathbed and then going to the visitations in the States as it is. It is, you know, with the visiting before the funeral and sometimes the funerals many times with people I didn't know at all. And so this was a foundation and you know, this was just really some recent exploration as I've been talking with other people thinking yeah, that was embedded in me deeply.

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Even then. And so with my father, my father had a brain aneurysm and right when I started nursing school in 1981 he had, or 80 80 in 1980 it had leaked some. And so we knew it was coming. He, he was aphasia. It was really bad then. But if the blood absorbed, he could be okay if he decided to do an operation. It was handling so much brain tissue that it can be a great risk. So he decided not to. We thought he became very sweet during that time. And there was a period of time I was out of the house by then, I would check in with my mom. So his dad, you know, still not raging and it didn't take much time at all for him to fall back in that pattern. But he was very aware of his death, impending death, and would talk about it openly and they told him when it hits the next time it will be sudden.

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And it was, and my mother regrets, she called an ambulance, but she did. And they took him to the hospital and virtually discovered that he was brain dead. So we have that ritual of our family being around him and the staff and a neuro ICU in st Louis, Missouri. And having to witness him coming off the life support. And it was just an interesting dynamic for me. Then by then I was a nurse and so I was in the medical realm, but also just watching how my family morphed into the fear of this man to the compassion, I think is the best word for it. And so, you know, everybody was deeply moved, but you know, again, as we know, as life goes on lots of processing is happening then with your childhoods, et cetera. So I say all that to preface that I think my dad actually, you know, as much as he could, there was love there.

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Right. So the first thing that happened was we spent that night, my oldest brother who lived not far away, my dad died about 4:00 PM and then my mother and one of my other brothers, the second oldest and myself, we went and we stayed at their house the following night. And I actually had this recorded on my podcast as an episode. It's, I think it's called ghost story, if anybody wants to listen to it there. But basically what happened was I slept with my mom. I

didn't want to go into, you know, the bed was all in disarray from where the ambulance had come and picked my father up. And yeah, it just didn't set like, yeah, no, I'll, I'll, I'll be with mom. And then my brother was in the back bedroom and about 5:00 AM my mom and I both woke up, we heard this noise, this tink, tink, tink noise and my brother comes running in and he has this music box in his hand.

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Okay. If we look at this, let me just unpack that a little bit. So my dad used to always get up Brighton early at 5:00 AM. My dad was an incessant shopper of the blue light special at Kmart and at one point had brought me back home this music box that never worked and it didn't have the little ballerina in it. It was just quite like ah, you know, kind of symbolizes my childhood in some ways like Oh it looks good, but there's really not anything going on inside. And the one thing that we all found pretty irritating is, especially on Sunday mornings before church, he would go banging the doors, seeming that at the top of his lungs. Oh, what a beautiful morning from Oklahoma right from that musical. We happened to be from Oklahoma. We were in Illinois at the time. And the thing that we didn't like about that is the line, I've got a wonderful feeling, everything's going my way because that's kind of the way it went.

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And so my brother comes in here, tink, tink, tink, and it's 5:00 AM at the time my father would have usually gotten up, we have a music box that's never worked. It's, it's closed. And guess what song is playing? I want to be home with my brothers dancing and you make it, stop, make it stop. I mean, older brother, you know, this is no child. And my mom, we just all looked at each other and we just said, it's dad. It has to be dad letting us know whatever he's there. And yet the day before when I got home, just the cheeriest person, I've always been and the lover of people's stories and connection, I had dove into his drawers and you know, there's his pants heating up with the change and his keys still in his pocket. So I had had those big shifts in my mind, although I'd always been an open thinker about it, but it was just this conclusive thought that energy does not die.

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He was not here one minute and this expansive form of personality and love or whatever, compassion and then gone the next moment. I just knew that in my heart. And then I felt like that was so validating of that. So what happened was my mom told my brother, go put it in dad's room, and he went and put it on his dresser and it turned off then what a story. That's amazing. Yeah. Thank you. It was, it felt amazing to us. And my mom and dad were very fundamentalist Christian people. So, you know, it's not like this was their second language, although my mom had always been pretty open, stay tuned as Becky talks about getting a hug from her father and how real it was. And I, and I, I wasn't fluent in how visitations might happen or anything like that, but I had a dream one night that I was living where I was in a trailer and I was in my bed and there was a knock on my trailer door.

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And I go and I opened the trailer and there's my dad and his typical gardening garb. And he doesn't say a word he'd. And he looks gentle and he walks in and he holds me and I can feel it.

And there was this communication on, on a nonverbal level. And I just knew that that was, I'm sorry, I love you overwhelming sense of that and woke up immediately saying, I felt that, you know, telling myself I felt that that felt so rural. Real. So those are the first two things. And then, you know, part of the reason my project was born, although I've always been a champion and professionally trying to increase conversations surrounding death and dying and I've worked a lot with people whose lives were dwindling and really tried to get health professionals to kind of look at having more conversations and less denial around death.

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So that was, that's always been a part of me, but after my mother and my brother died in 2017 and they were really kind of my soul pillar people, the people that had known me, you know, knew everything about me, were always there for me. And then I just have a whole list of little hellos from them since they've been gone too. So I, I do say and, and I, I know I've talked to a couple of mediums who, who validate that it doesn't matter how much of a believer or how much, you know, that happens, you still miss the person's physical form when they go and, and then there can be a little doubter in me to the point where I've said to a few people, you know, I think until my brother comes and sit down, sits down and has a cup of coffee with me, I don't know if I'll be 100% satisfied, but I really am working at that Lisa to, you know, enhance that connection and that openness and turn the thinking brain off and connect in a love space. I love that. I really appreciate you saying that because I, I find that I'm my own biggest skeptic at times about things happening and yet it logically doesn't make sense what's happening and yet my brain wants to make it all logically, you know, fit together. And like you said, like, yeah, if, if my husband is really talking to me, I want him to come in so I can see him and you know, have this experience rather than just kind

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Of these eutheric connections and you know, and kind of coincidental situations that happen. And yet that does give me such great solace to, to feel like, wow, that didn't happen. You know? And also what you said about missing the person because even though I can connect or you connect with your loved ones, we still miss them deeply. When my mother died now almost six years ago, she was truly my, she was my person that she believed in me 100%. I mean, talk about unconditional love. I mean it was probably the closest thing I've ever felt on this earth to unconditional love. And when she died, it just really, it took me out even, I mean, definitely even more so than when my husband died. It's grief is real. I mean, I don't want to negate the fact that just because we know that, that we don't die, that it's still very good.

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[Inaudible] And I think it's interesting your point about, you know, your mother even being you know, having a stronger grief connection. And I think that was the, the bet that for me it's like, yeah, these are, these were our life partners literally, you know, and sometimes we don't think about that, you know, we think, Oh, of course the, the romantic life partner will be the one that would be the biggest loss. But, but you know, these people are, they take our stories with them, they take memories with them that, you know, that's what I'm finding and seeing as like, yeah, really nobody else really ever knows my full story like they did. And yeah. And that's just our restructuring that happens with us. You know, we become different people.

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Absolutely. Yeah. Because after both my mom and dad died and my husband, you know, it was like suddenly I'm like, Oh my gosh, I'm like an orphan. You know? It's funny to take these words that, I mean, an orphan is typically a child that loses their rights, but it does feel a little that way when you're left with really nobody that has those life stories. You know, in your life. I mean, I have a dear brother and thank God he's still here, but I, I can't even imagine once he's gone like, Oh my gosh, I'm really all alone. So, yeah. So yeah,

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Good that you have a little you know, that's part of this sharing of stories that's so important. There's no way you can explain these things. There's no way you can hear one story, read one book, we'd one chapter on something and really, really get it. It's by your experience, you know, you know a little bit about, okay, if my brother goes before me, I have a little sense of what this is going to do. But before these other things happened before your other losses that might not have even made sense to you so much.

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Right, right.

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So interesting. [inaudible] Becky talks about losing her brother who was truly one of her best friends on this earth. And how much he was a deep feeler and communicator and how it's actually continued even in the afterlife.

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What are some of the stories that come to mind that you'd like to share? So with

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My brother and I were super close, he was like, I'm the good father figure, progressive thinker, like everything good about being a human. I learned compassion from him. And then we morphed into best friends as young adults and he, I was younger than him obviously, but he kind of plucked me out of a really difficult situation that my parents had put me into right after high school graduation. It was just like, you're coming with me, you are going to go to college. My parents had just yanked university right out from under me and I was left down in Texas with an a situation that wasn't very stable. When, when my kids get that age, it's like, Oh my goodness, you know, one of those relevant revelations. Like how could they have done that? But he saw that and at some point was just like, this is enough of the, and so we had been close, he would have been more as a mentor and a teacher as a child.

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But then we became processors together. We processed our childhood. He, I think one of the biggest gifts he got, he gave me, he was a deep feeler and a beautiful speaker and communicator and in fact spoke at many a funeral himself and, and was asked to give talks a lot, just be, and he just had a way with words that he was, he was full of compassion. And so he

had thankfully gotten over here to spend some time with me in New Zealand. And we had a beautiful kind of like full circle as adults coming back around. Both of our wives are doing very well. Our families for doing well, our spouses, you know, he would just say, how lucky did we get with our background that we've got the spouses? We do, you know, gentle souls cancels. And then when he got back six months later he called me, we did a lot of talking on the phone and I'm talking like two hour phone calls.

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So he called me the January 2nd on in 2016 saying back, I just need to process with you. I'm getting a little concerned. I forgot my password to my computer. And he and his wife had moved up to Michigan where her family was not that long before that. And you know, I kinda did my little mini assessments as we're talking about many mental assessments and at that point, right then, that was primarily the main thing. So I kind of gave him, given, gave him the feedback, the, you know, look at everything you've been through and you've switched offices and places to live. Well, long story short, six months later, there was a conclusive diagnosis of primary CMS lymphoma, which is a form of brain cancer. The six months prior to that, he was being treated for [inaudible] a form of autoimmune encephalitis, but he, that was the last Lusa phone call I had with him was on that January 2nd.

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And we had a beautiful, beautiful connection. I went and stayed and took care of them, you know, or helps to take care of them a lot of the time. The, and I was with them when he, when he did crossover and had been with them the month before that just to have some more time in. That was a very meaningful time for me because I knew just because I knew him like I did. And the same with my mom. My mom had triaged, you know, more natural death stories to us. She was not a fan of the funeral industry and what it had turned into. And so we ended up you know, taking care of him at home during that last week of life is when I got there. And then keeping them home for three days for vigil. And we contacted a funeral home.

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I'd ask the social worker, hospice had just gotten on board once. Once he took that turn, that final turn, it went very, very quickly. And had asked her, give me the name of a place that you think would be more open because, and you know, we just made this connection. We both are aware of Zenith Karagoz's work. I had just seen her movie or the documentary based on hers and the art of dying and that really empowered me to watch that just a couple of weeks before his death. And so I told his wife before I got there, he said, just know if something happens before I get there that you don't have to rush to call anybody, you know, take that time. That can be some of the most important times. And in a way, I guess that planted a little seed with her because then she was just very open to letting the process flow and we lucked out getting a funeral director saying, I know this trend is coming.

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We've never had it happen before. That if you don't want to embalm this, these are steps to take while you have him home and you can have him home as long as you want. He said, we will come at the drop of a hat, give a, we will be there within an hour when you call and just couldn't

have been kinder, couldn't have had the bet, a better response. And we just had the most beautiful family vigil family time. I told her, you know, this right here, this is worth three years of therapy right here with his younger kids, kind of a high schoolers and a bit of a quieter disposition. And I would hear his wife Barb walk up to them and say, are you ready for dad to go yet? Nope. Nope. And so we had him until the funeral was going to be the next day.

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And at that time with everything, the singing, the story sharing, you know, people in the next room doing food and looking through pictures and writing notes and putting them in in his pockets. And you know, everything imaginable. We ended up being beautiful music always going. But we have musicians in the, and a friend musician that came and played. And I mean we were wrenched obviously, but there were, there could be agonizing tears. And then, you know, laughter, meet, co-mingling and we could hold his hand and touch his body and it felt real, you know, and I had taken care of people in, in my nursing career so I was comfortable with taking care of his body afterwards. And my whole family participated in that. And my oldest brother, I heard him telling the story later cause he stayed at the head of my brother behind his head when I said we're not going to call hospice for a bit, we're going to take care of him first.

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And well, you know, Barb, you guys pick out some clothes and we'll bathe him and anoint him with oil. And he said, when he heard me say that, he thought, what in the heck is going on here? And then as we started the process, his wife said, I'm helping, I'm helping. And that's one of the most moving things to me is that these people, that, that was not in their realm of thinking at all. He said, that's probably one of the most moving things, or if not the most moving thing he witnessed in his life, especially when his wife came and joined in and it was, it was just precious. And I think what it is, Lisa, when that happens, if, you know, and not everybody can do that, obviously not every company can welcome that kind of space into their home or walk on that. And again, I had had experience, you know, my thing was by God, I've done this with strangers. I can do it with my own family and this person who's my soulmate that I love. But I, I think, you know, you just have a sense when you're in that space that, yeah, this is what the way it was. This was before any industry got involved. You know, this is the human to human connection about death

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Eight. Yeah. Which to me is so moving. When I did the do death doula program here in Maui two years ago and Zenith was here. And Bodie B who I've interviewed on my show before and being taught the, the method of being able to take care of the body in washing their hair and anointed them with oil and you know, keeping the, the ice packs and things like that to keep their body fresh. I mean, I look back at witnessing the death of my husband and both my mother and my father and I so wish that I had had that extra time with them and that, that precious, like you said, there's something, it's just the way it used to be and it's been taken from us. And I feel like we're, it's such a, such a precious time to spend with a body and, and to be able to say our goodbyes. And I actually, my niece in Ireland, she passed away suddenly at age 16 and they have a much more at home policy. And so she was laying in her bed and so we could go down and spend time. And that was my first time ever

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Spending it, you know, with the, with the body. And it was so precious. And I just thought how amazing that, that culture is so much more open. And I'd so like to see our culture here in the United States gravitate back toward that.

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Yeah. And I think, I, I think quite you're saying that what's coming to me too is that us, you know American white folk, you know, so much of our roots have been, they've just disseminated, you know, many of us don't really know our culture. It's really come to fore for me. You know, being here in New Zealand where it's relatively relatively a much newer country and this strong indigenous population or the MALDI and then even the Europeans that came over, you know, they pretty much know, you know, the generations and where they came from. And, and I feel like for me it was a deep coming home of roots of just in my DNA, you know? And, and you know, I think about that, you know, to the, to the wise women, some called witches in other countries and areas to, you know, that that was the kind of work that we did as women, you know, that was our work to be attending and to not be afraid of it and to step into that liminal space and, and to, and that's where it feels like as interestingly, as much as I'd worked with death in the past, in one way or another, I remember looking at my sister-in-law at one point and saying, because I'd worked with birth a lot as well, saying I'm feeling like a birth doula in this process.

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And I later just, I thought, well for giggles, you know, Google death doula and that was three years ago and you know, it was really starting and there's been a bigger wave, you know, that's just been gathering since then. So it's like, yep, that makes sense. And you know, I mean, I know this isn't, this isn't my area of saying I figured this out. I mean, you hear for people that really, really, really are present with death, it's always compared to birth if they'd been present to birth in the past as well. Those thresholds.

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Yes, yes, absolutely. And even for me, my out of body experience, when my husband died and I left my body and went to another realm, which I call heaven because it looked very much like what I had been told having would look like and the welcome party that he received, it was much, he didn't come through you know, a vaginal canal coming into that. It came through a giant door that was opening and everybody just started sharing and welcoming him home. And, and so for me, it's, it's so much birthing them into the next realm. And, and the, for me, the you know, the unconditional love that they go back to and going back home and all of that, I mean it's just one of the best experiences of my life and certainly transformative because it completely disintegrated my entire foundation. What I was taught

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To believe growing up as a Lutheran and you know, you must be baptized to go to heaven and she wasn't. So I thought it was going to hell. And you know, all of these, I started, I've read your book part of your book and I thought, Oh sister, we, we have a lot in common. Yes, yes. I relate

to that. Just before Becky's mom died, she had a tour of hell. So listen to what Becky has to say about that. Well, if I can share a little bit more because it totally relates to what you just said with my mom. Yes, please. Oh. So my mom lived with me here in New Zealand and she, you know, it was so going through the process with max and just, you know, having to keep her up to date. And there were six months of not really knowing what was going on.

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I mean it was, it took a toll on her, a visual toll on her. And she was in her nineties. She was 95 when she died and after max his death and January of 2017 I could just, and she would talk openly about it. We were very, very open and she would talk about, you know, she never, she'd always said, you know as most parents do, a parents should never are challenged, never go before a parent. But then, you know, she just kind of mindfully started dwindling and and we would, I would record stories and she would tell me stories and you'd better talk, ask me now about these things. And I mean, there was a sense of almost a little badge of honor that she could be, cause she is extremely coherent and, and well-equipped for her age. And so, you know, there was almost this, I'm taking you on this journey with me, enjoy it kind of feeling.

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And so she started she, she had to get blood once a month and after a while her levels weren't going down so low, but she was continuing to diminish as far as weakness and appetite. And actually, you know, if you look at a textbook, what are signs of the death process? You know, she started that about three or four months out and I had already, we have an ashram up up North that has some beautiful offerings and I was going to go to a few day silent retreat and had canceled one time cause she had a bad cold and you just didn't know at that age, right? Like is this, you know, could this lead into something? And so I, it was coming back around in October and I knew she was diminishing. I ran it by my, my sister in law and my daughter, you know, should I go, everybody seems to go.

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My husband is saying to go, mom's saying to go and they're like, yeah, go. She looks great. She looks fine. We were just talking to her. So I went and I stepped, stopped up at one of those places that carries all kinds of medical supplies. And the woman I talked to, I told her what I was doing just in case my husband needed it for those few days I was away. So we had gotten a commode already, but you know, maybe some bed mats and those kinds of things. And I told her what was happening and she said, I just assisted my best friend crossing over and she said, you talk to her team every day, throw out and tell her team, please take care of her. Please guide her over gently. So I did listen to them, you know, mom really, really wanted me to go and I took off and I went to the st up in the sticks, no internet.

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You know, they, my husband had a number to call and he was to call me if she took some dramatic, dramatic turn and didn't get a phone call in between, but I call him on the way back and he does tell me, yeah, you know, there's a difference. You're going to see a difference. Well, every night I would go out and the stars here are just magnificent. And I would say, max, please gather the team please. It was actually breaking my heart, you know, I did not want to

see my sweet little mother suffer. She had suffered during her life. She was a depressed baby who picked cotton till her hands blood when she was three years old and then she'd gone into this marriage that, you know, she's very vocal about it at this age. Like I hope I don't run into him and happen.

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I mean that vocal about it. Plus I just wanted there to be grace and, and honestly, I just didn't want selfishly to see her suffer or to have my heart just pulled out and you know, please let this be a gentle process. And that I just put out there every night and I had an alarm these ways. I'm having little signs for max. You know, we can do a whole series on our, a whole episode just on my little signs from both of them, but I'm having little signs for max that, okay. You know, he's tuned in anyway, so I get home and I kid you not, I walk, I go into her room and she's sitting on the edge of the bed and I'm like, mom, you look good. Look at you. You're, you're up. You're sitting here. And she looked up at me and she said, I'm not going to have another night.

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Like I had last night. She was a Methodist before that. His child Baptist, a very fundamentalist band, broadened her horizons through lots of conversation and Oprah Winfrey, thank you very much. You know, all sorts of things. She had, you know, she was broadened, she wasn't so rigid about having to go a certain way. And she said, Becky, I had a dream last night that I was in hell and I can't have another line like that. And I said, what do you mean? And she said, well, I wasn't burning in hell, but it was like I was having a tour of hell. And she said it was horrible. It was hellacious. I cannot have that. I can't go through that again. And I said, well mom, you know, Colleen in my old school, you know, mom, that just had to be God showing you what you're not going to, to experience.

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And you know, there was a, a visceral exhale. So she said, it's happening now. I'm going to die now. And I said, okay. And she starts going into the speech saying all of her goodbyes to different people, like naming names. And I said, mom, do you want me to pause? And again, you know, she's weary. This is a woman that's sitting up at her bedside saying, I'm ready to die now. You know, she's weary. And so I actually have a seven minute video of her going through names and telling them how much she loves them and that their love means everything to her. That's what she lived for, apologizing for what she put her children through. And indeed, it's the most precious ending with three kisses and a bye-bye. So I was able to send that to my kin next to Ken and say, this is, you know, we've done a few practice runs.

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This appears to be the real one. And within 24 hours she had died. Wow. The moment of death. So we talked about it. She was seeing her mother and calling out mama. We'd talked about that. She said, I wonder if somebody's gonna come help me. And she never said the words before with her Christian upbringing crossover, the whole entire death process. Her words were about that crossover and other side, which I'd never heard her use those terms before. Well, I had gone to a death cafe and a man that was there said, you know, the Tibetan Buddhist monks say when the Spirit's leaving, the body is when the tongue goes to the roof of the mouth, which I had

never heard before and I had never witnessed it during the death time. And it's like, okay. And I might have mentioned that to mom. I know, I mentioned it to my husband and I'm sure I did with her because again, we talked off and stuff.

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So probably for the last six hours of those 24 hours she wasn't coherent anymore and I would crawl up in bed with, you know, I was just doing all the comfort, you know, stroking and you know, wash cloth, a cool washcloth and talking to her and music and her minister person here at calm and saying to her and read some scripture. And so, so this wasn't anything that could have remotely been, well I don't think could have been considered conscious at that time, although I'm very sure she was probably hearing a lot of what was going on. So I see a little bit of a shift in her and since I'm just not leaving her bedside at all during this period, I just said to my husband just to get the blood pressure cuff, just out of curiosity and, and so I can't get her blood pressure.

35:02

And I'm like, you know, my 15 year old then would've been 13 or 12 you know, come in. It's probably time to say goodbye to grandma and my husband, a doctor is going, Oh, no, no, no, I don't think so. And I said, I think so. And what ended up happening to be fair is her death experience was a different version. I don't quite know how to explain it. Men very much mimic my brother's death trajectory. Even to the point of like really when you're that close to death, you're still scratching your nose, you know, or, or there, you know, it's, it's like, Oh, that's the max was doing that. And so her breath changes a little bit and my husband's in there and she takes a big breath in, big breath out and the biggest full face, exactly what you're describing. Like I've walked in and there is everybody smiling.

36:04

Even her eyes as if she was seeing it. I mean, that is so comforting to me. It just came over her whole face, her whole being. I mean, I wanted to take a picture to show my relatives, but it's like, okay, I've just got to be in this moment. My husband calls my son in. He sees her like that, and then, you know, as those breasts can be very, very far apart at the very end, we think that's it. She takes another big deep breath in and her, her chin juts out and her tongue goes up to the roof of her mouth. It was startling looking, but I went back to that hole. The Tibetan Buddhist monks say when that happens is when their spirits release a big exhale. And that was a, that was the final breath. So I don't know if I can communicate it as a magical is that was for me, that just was

37:00

Just so what you just said about magical, because I think for me, all three of the deaths that I've attended have been magical. And I think that to me is one of the biggest secrets that people don't realize about death. I mean, there's so much fear wrapped around it that they miss out how magical the experience can be. Again, I understand that's not always the way it is, but I think if you've done the work and you're, you're open to the experience, it can be very magical.

Becky: 37:31 Yeah. Yeah. And I think your point is very, very important because we can get wrapped up in the magic of these things. You know, my brothers weren't, you know, the

experience afterwards was magical, but he, you know, was in a different space because he, you know, wasn't talking to me right up to the end and that type of thing. So it was a, it was a different experience. Yeah. But we know, you know, be it a long extended dying period or be it something that happens very quickly and as a, you know, horrible tragedy. We can't predict what's going to happen. And again, that's where I'm a believer that just these stories can expand us and help us be a little bit more prepared when that time comes in, whatever fashion that comes.

38:21

Next, I pull some cards for Becky. Well, I would love to pull a few cards on that note. Sure. And see what spirit has to share with us. And just one quick thing. I loved you said about your mom with the video and, and waiting and kissing, you know, the, the three kisses and waves. I was recently attending a, it was a set song for rom Doss, but this was on December 2nd. You were there. I was there. And he, they wield, they actually wheeled him out because he was still alive on December 2nd and they will, yeah, he looked very you know, nearing the end. He was kind of hunched over, his head was down, but then right at the very end as they started backing him off, he lifted his head with a big smile and he gave like a little air kiss with his hand and then a wave goodbye. And I felt like all 900 people that were staring at him all thought, wow, that's his final goodbye. And then sure enough, 20 days later his when he actually did take his final exit, but it was just so startling to see him so hunched over and kind of internal and then to have this big bright smile and waves and kisses. So,

39:33

Oh, thank you so much for sharing that. He's been a really important figure for me and with his work surrounding death and his beautiful book. And I had an amazing dream about him that night and I'm not one that can conjure dreams, you know, like please come to me in a dream. And it happened. But it did and it was, it was just like wow. It was almost like a lucid dreaming because it was like in the moment I knew this was just amazing. And he was in his white and he was sitting and on the floor, not in a wheelchair and he was not maybe as old as he is now and he was holding beads and that it was a very heavenly feel to it, a very esoteric feel to it. And not as if I was the only person there and it was just like, Hmm, a big exhale. And you know, like, yeah, just a beautiful, beautiful feeling. He's just affected so many people. I was listening to us to him this morning actually. Just beautiful.

40:35

Thank you for sharing that, about that experience with him. So many people have had that. And I just love hearing, you know, the connection and how much love that he's just spreading to so many people all around the world. So let's see the first, so this is a reading. So the first card is enthusiasm and it's always the, it's actually the blockage card. And I feel like for both you and I, most people don't have so much enthusiasm around death as you and I do. People are like death. Oh my gosh, run, don't want to talk about it. And but I love that you and I are, you know, this is, this is our life path. It's our life work. I mean, I can't not do this. This is literally just, you know, I feel so compelled as I think you do as well.

41:18

And the action card is the beginning. And I think again, when I'm getting from this is we're beginning to see a shift and this opening and this embracing of, of the way it used to be, you know, it's coming full circle. And, and the more that we can get these stories out people and to embrace what the experience is, you know, the more you know, just the more people will be able to have a good death and be able to, like you said, skip three years of therapy really by being able to really fully embrace it and talk about it in the time. And that's the outcome is then Radiant's is that, you know, people are able not only the people that experienced the death of their loved one, but also their loved one can go on and be in this radiant place and share their joy and not have people question that, you know, there, is that a sign, is that a sign? Yes. It's a sign. Yeah. Yeah. Yeah.

42:14

It's interesting. You know, as soon as he said radiants I think not just because it sounds similar, but the Randazzo experience and everything about him. Right. It's just exudes radiance. I would like to, you know, your readers, his beautiful book, I'm walking each other home is highly recommended that it's a beautiful, beautiful book. Absolutely.

42:34

Well, wonderful. I've so enjoyed chatting with you. So how can people find you?

42:38

So probably the quickest way is just to go to our website and I say our meaning to me and all of the storytellers who share their stories. I just feel like it's a collective. I'm sure you feel much the same way. It's just filled with the energy of all of these beautiful, beautiful stories. And that's www.deathdialogues.net and there you can find some writing and you can find the podcast platforms and information about the podcast. The most recent episode is always in there under the podcast link and yeah, and find your way to our Instagram page that dialogues project and Facebook page. And that's how people get in touch with me. Yeah,

43:24

Fantastic. And of course I will have all those links also on my website so people can easily find you there. But thank you so much Becky. It's such a joy and I just love all your stories. Thank you for sharing them with us.

43:35

Well, thank you for having me. I really appreciate it.

43:38

And for you listening and be sure to stay tuned as I will be pulling cards for you up next. [inaudible] I so enjoyed having a conversation with Becky about losing her family members as it's so poignant and so beautiful. And I do feel that talking about death, regardless of whether you know the person or not, it just helps really open our hearts to that almost surprise gift that awaits us at the time of death. And so many people are afraid of it and are fearful of death because we've really unnecessary [inaudible] people about the idea of death. And yet the more

you embrace it, I feel the more our hearts just burst open because we know it's just a transition from this physical world into the afterlife, whatever that may be or may mean for you. However, I do love talking about the confirmation we get from the other side.

44:34

So let me pull some cards and see what spirit has to say about this transition and these conversations about death and you know what they do for us. So the first card is simple and that's the blockage card. The first card I pull and I love it because I do feel like we tend to make death really complicated. You know, there's not only complicated, but we just try to step away from it because it's too scary. There's too much emotion wrapped around it. There's too much unknown wrapped around it. There's too much you know, even in the religious dogma or doctrine that's out there, there's so many things that we're told to believe or don't believe or you know, all of this like mediums are bad or it's not safe to talk to the afterlife or you know, spirits and things like that. So simplicity is not what we generally see.

45:31

We see all this complication around death and that's why we find it so difficult to connect with and to really open ourselves up to. So the action card is enthusiasm. I love it because as you know, listening to my podcast, I'm very enthusiastic about death and not to say that it also doesn't come to my door and bring me to my knees when in fact it does come to my doorstep. Recently, I think I mentioned, or you might have heard me say, my son lost a very dear friend suddenly in a car accident. And to hear my son's an angst and sadness and tears over losing his friend on the phone of course brought me to my knees and I just wanted to comfort him and make him feel better. And, and, and what do you do? I mean that's, that's what it is to be here on this earth and to lose a loved one to lose the physical presence of somebody in our life is devastating.

46:29

So I'm not wanting to say, you know, be enthusiastic about someone dying, but I do like the idea of being enthusiastic about learning more about death and diving deep into it. And what does it mean to you and what are you open to and what is your fear around death? Because the more that you can walk into those areas in your life and explore them like I do here on this podcast, the more open you are and willing to accept it when somebody does transition. And not to say it's going to make it easier, but I do think it helps give you a little more padding for when that kind of thing happens and it just a little bit more, you know, love and, and understanding around your own feelings about it. So I love the idea of enthusiasm around it. And then the outcome card is opening because the more enthusiastic you are about following this path of talking about death or looking into it or even becoming a hospice volunteer or, or just even connecting with people and asking them about what their plans are and what are your plans.

47:33

Look into your plans. Have you done your estate planning? Have you done the five wishes that talk about what you want at the end of your life? You know, do you want somebody putting lotion on your hands? Do you want certain music? If you're on your deathbed, you know, all of these things can be thought about ahead of time and should be thought about ahead of time

because it helps your loved ones know what you want rather than just, you know, finding yourself suddenly at your deathbed and people not knowing what you run, what you want. So anyway, I love these cards. I just do feel like it's so important to have these conversations and I so enjoyed speaking with Becky and, and just talking about the actual process of somebody dying or you know, their experience. It was beautiful. I hope you've enjoyed this podcast and please, if you have not already subscribed and tell your friends and family, leave a review on your podcast platform that you like to listen to, it helps people find me.

48:34

And of course, if you or anyone you know has had any kind of experience with death, whether it's a near death experience or hospice workers or just even a spiritually transformative experience, by all means, reach out to me. You can send me an email to lisa@exploringdeath.com I love to get your messages. I hear wonderful things from you, which I so enjoy hearing. So if something's moved, you by all means send me an email. I love hearing from you, and I almost always respond. If I don't, please know sometimes, you know, emails just go missing. And then months later I suddenly find emails that I didn't see before. So I don't know what's going on. Sometimes I think there's so much energy around this topic that you know, little gremlins get into my computer or something, but please don't be dismayed if you don't hear back from me, send me another one. Maybe that will help get it through. So have a wonderful rest of your day and until next time, I love him.

49:39

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