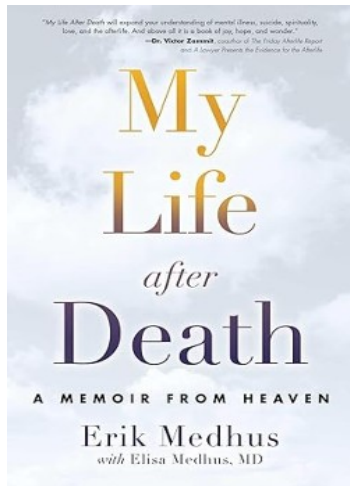


# My Life After Death: A Memoir from Heaven

by Erik Medhus



In this amazingly candid and personal follow-up to Elisa Medhus's novel, *My Son and the Afterlife*, Elisa's son Erik Medhus tells his astonishing story directly from the afterlife, describing in detail his death, transition, and spiritual renewal. Erik Rune Medhus is a vibrant twenty-year-old who transitioned to the afterlife on October 6, 2009. From his heavenly realm, he serves as a spirit guide, offering support to those navigating the challenges of human existence.

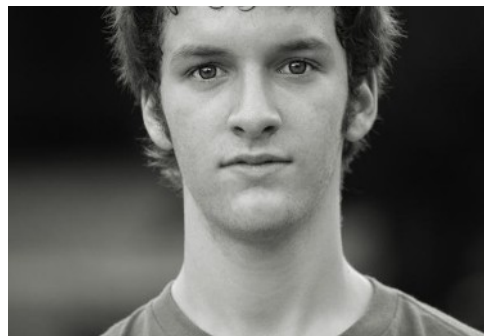
*My Life After Death* begins on the tragic day when Erik Medhus took his own life. What follows is a moment-by-moment account of the spiritual life he discovers on the other side—told in his own words as channeled by medium Jamie Butler and then transcribed by his mother, Dr. Elisa Medhus. I must say that Jamie Butler is an amazingly brave medium to have taken on this project! She relates her own internal and very emotional experience in a later

chapter as she relates how it felt to merge her consciousness with Erik's and to have to experience everything he was going through as if it were her committing suicide!

Overflowing with his signature directness and honesty, Erik describes more than just a visit to the afterlife. He personally walks us through the experience of dying, the trauma and regret of committing suicide, transitioning into spirit form—revealing a detailed look at the life awaiting us on the other side.

In this intimate, unique, and provocative memoir, crucial questions about the afterlife will finally be answered, including: What does it feel like to die? What is it like to become a spirit? Why and how do spirits communicate with the living? Is there a heaven? Ultimately, Erik's story sheds light on his mental illness while also providing the answers that will help readers find solace and remove the fears surrounding death, showing that love has no boundaries and life truly does go on.

The book opens with vivid immediacy. Erik recounts the moment he ended his life, depicted in such detail and emotional truth that the medium was moved to tears, followed by a detailed "life review"—an



examination of his earthly choices, their ripple effects, and his understanding of authenticity, regret, and gratitude.



In Chapter 2, Erik reflects on the emotional good-byes he experienced with his family and friends following his death. He expresses regret for not allowing his loved ones to say farewell, yet he highlights how he managed to connect with them in a profound way as a spirit. Free from the emotional distance he maintained in life, Erik discovers a heightened capability to sense the feelings and thoughts of those he cared about.

Next Erik describes his feelings as he observes his family in the days leading up to his funeral. He grapples with his new existence and the reality of his death, feeling detached from his experiences. Amidst the mourning, he notes moments of humor as his family gathers to make funeral arrangements. Erik watches as they choose a casket adorned with music notes, reflecting his love for music, while he experiences a sense of dissonance about being represented by his body.

Erik then depicts his experience of crossing over after his death. After saying his goodbyes and processing his emotions, he focuses on returning to his house but unexpectedly feels himself moving which is unlike anything he has felt on Earth; it is a sensation of weightlessness and airiness, accompanied by warmth and a comforting white light. As he moves, he senses a shift from a human dimension to a parallel one.

Erik describes his experience of undergoing a life review. The review is immersive, showing Erik's entire life—the good, the bad, and the ugly—simultaneously from his perspective and the perspectives of others affected by his actions. He experiences the emotions of those around him, gaining insight into how his choices impacted their lives.

Erik next paints a picture of an all-consuming blackness that surrounds Erik after their life review. This blackness has a distinctive smell, reminiscent of crisp morning air. Out of this darkness, vibrant colors begin to emerge, similar to bioluminescent creatures in deep-sea environments, creating a sense of beauty akin to a spiritual car wash.

Erik describes the experience of exploring his new energetic body. Initially, he panics about the absence of traditional body parts, which reflects the social and physiological wiring of males. Instead of limbs and physical form, he perceives a swirling collection of energy that shapes itself based on his desires, signifying his true essence. The chapter emphasizes that basic human functions and desires—like breathing and cravings—no longer appear necessary, marking a significant shift away from his former

human existence. Ultimately, he begins to shed his human qualities, feeling more aligned with his energetic self.

Erik states, “In the afterlife, my senses have transformed significantly. Unlike my human experience, I can create and experience senses based on memories, but they also exist independently of those memories. My sense of taste has adapted; I can connect with the energy of someone eating pizza and experience their taste. My smell is also different, as everything here feels clean and fresh, and I can merge with energy fields to experience scents, like that of a flower.”

Erik encounters a group of spirits distinct from those present during his life review. He is guided to a white room where he meets Cawli, the main communicator. Cawli then begins to help Erik understand his new existence as a spirit. Cawli emphasizes how Erik's struggles with bipolar disorder shaped his experiences and relationships. She conveys that emotional honesty is crucial for growth, and Erik learns that he was responsible for how he navigated his human existence.

In Chapter 10 Erik states, “Since undergoing my life review and therapy, I have experienced a profound shift in my perspective. Previously, my focus was egocentric, centered entirely on myself. Now, I feel a connection where my awareness encompasses everything around me. Being geocentric does not mean losing one's identity; instead, it acknowledges that the space and entities around you hold equal significance. Another significant shift has been the transition from "head consciousness" to "heart consciousness.”

Erik evolves from a newly arrived spirit to an active guide. He reflects on communicating with the living—especially his mother—through electricity, orbs, scents, and playful signs meant to break the barrier of skepticism. He wants to help his living loved ones find purpose, healing, and hope.

A central message is that death is not the end but a transition enabling deeper understanding, love, and growth. Erik underscores that love extends beyond physical loss; there's no condemnation—even in suicide—and life continues in a richer, more rewarding form. For grieving individuals, the implications are profound: solace, connection, and renewed purpose.

“My Life After Death” stands as a unique fusion of memoir and spiritual testimony. It offers a heartfelt journey of transformation—Erik’s own journey, his mother’s healing, and a window for readers into the unknown realm of life after death. Whether you seek reassurance, insight, or simply compelling writing from beyond, Erik’s voice resonates with humor, love, and an unshakeable hope. Content warning: Please note that there is some explicit language present in this book. Get it on [Amazon](#) or wherever great books are sold.