

# **God Took My Clothes**

2<sup>nd</sup> Edition (2019)

**(Selected Text for Preview)**

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# INTRODUCTION

## **My Journey**

12 years ago I was facing a crisis. I had completely lost faith in God and was sure that if he even existed, he wasn't interested in me because I wasn't a good person. That crisis ended when I heard the testimony of an atheist who died, was led towards a hellish place, but was rescued when he called out to Jesus for help.<sup>1</sup> For reasons that I only later came to understand, he actually ended up in the afterlife completely naked, although nobody seemed to notice or even care about his nudity. His amazing story started me on an 10-year learning experience during which time I heard the testimonies of over 700 people who died in various ways, were revived, and told their stories of what they saw on the other side. Most went to Heaven, some went to Hell, but all their experiences were incredible, shocking, and life changing.

I no longer have “faith” in God because that implies a belief in something unknown or unproven. I now know as a basic fact of life that God and Heaven exist. The testimonies changed my entire life—my relationship with my friends and family, my attitude towards others, my political views, my career, and my attitude towards nature and the environment. The testimonies also gave me a wonderful knowledge of human immortality. This book is a summary of what I learned from those who have died, seen the afterlife, and returned.

## **A Non-Denominational Book**

Although this book does occasionally mention Jesus and contains a few Bible quotations, this is definitely not a Christian book. The hundreds of testimonies that I have heard paint a clear picture of who God is and the meaning of our lives here on Earth. The testimonies indicate that God does not discriminate based on religion or spiritual beliefs. The people who have gone to Heaven include Christians, Muslims, Hindus, Jews, Buddhists, Catholics, Baptists, agnostics, atheists and every other spiritual belief system you can imagine. God loves everyone regardless of their particular beliefs, and does not punish people or send them to Hell because they happen to have been born in a culture where they were taught the "wrong" religion or an inaccurate representation of God. No matter what you believe about God, even if you believe he does not exist, you are still loved just as much. God has no judgments about our judgments.

## **Disclaimer**

I have done my best in this book to summarize the spiritual knowledge that I learned from near-death experiencers. Some insights are very clear and I have no doubt as to their accuracy, such as *The Main Point* described in the following pages. However, many things I discuss are not entirely clear from the testimonies, and I have made educated guesses based on partial information. I certainly do not want to discredit any religion by the ideas I present in this book, because all religions are doing the same thing that I am doing, which is speculating about God and spirituality. Within the existence of the physical realm, anything beyond speculation is nearly

impossible. Religions may think they have all the answers, but they do not. Any talk about God, spirituality, and the afterlife is all guesswork. I have no doubt that I am mistaken about many concepts, so please do your best as you read this book to make your own judgments based on your own knowledge and experience, and listen to what your instinct tells you. Your heart is far more knowledgeable than any person's intellect, so listen to what rings true for you. Nobody really needs to worry too much about details. God is not going to punish anybody for getting spiritual details wrong. He is actually a very tenderhearted and gentle benevolent source of all life, and completely understands and expects that humans will make many mistakes along the way, as all of us here on Earth do on a regular basis.

### **The Main Point**

The first near-death experience I ever heard profoundly changed the course of my life. The following is an excerpt from that testimony, which summarizes the most important concept the near-death experiencers bring us:

We began to converse, and he [Jesus] was talking with me and telling me things, and he brought over some angels. And we went over my life from beginning to end. And what they wanted to show me in my life is what I had done right and what I had done wrong. And without going through my whole life story, it was real simple. When I had been a loving, kind person, considerate of other people, it made the angels happy, it made Jesus happy, and they let me know that it made God happy. And when I had been selfish and manipulative, it made the angels unhappy, it made Jesus

unhappy, and they let me know that it made God unhappy. What they were trying to convey to me in a nutshell was, the whole purpose of my existence had been to love God and love my neighbor as myself. That's why I had been created. That's what I was in this world to do and to learn.<sup>2</sup>

If you read this book no further than this paragraph, you know the most important thing near-death experiencers teach us—**IT'S ALL ABOUT LOVE.**

### **About the Book**

“The sheer volume of evidence for survival after death is so immense, that to ignore it is like standing at the foot of Mount Everest, and insisting that you cannot see the mountain.”

— *Colin Wilson*

This book focuses on the dying experience, the life review, the environments of both Heaven and Hell, and the many spiritual insights that near-death experiencers bring back with them. It will not focus on the complete stories of individual experiences, as there are already hundreds of books written that detail their testimonies. Nor will this book address, in depth, the validity of these near-death experiences. Any person with an open mind who listens to the testimonies of those who have seen the other side would have difficulty dismissing them as hallucinations or a trick of the dying brain. You can read the words on these pages attentively enough, but what they cannot convey are the expressions of sincerity on the faces of near-death experiencers as they recount their

stories. A book cannot show the tears in the eyes of people as they describe the beauty and blissful joy of Heaven. Nor do printed words convey the frustration people have while trying to describe an experience that is completely ineffable to people who presently perceive life from the perspective of the physical realm. The experiences cannot be described in terms of human language and common experience.

### **Are the Experiences Real?**

"There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation."

— *Herbert Spencer*

Many people find it difficult to believe the stories that near-death experiencers tell, because the stories include ideas and concepts that are contrary to the ideology of their particular religion. It is far more emotionally comfortable to rationalize why the experiences must be false, rather than to face the possibility that what was taught by religion or culture might be wrong. I can tell you from personal experience that to challenge your most deeply held beliefs is downright terrifying. But had I not done so, I would never have found the greater truth about God and the corresponding peace and joy it has brought to my life.

Many people argue that near-death experiences are nothing more than hallucinations, but I have never met a

single individual whose life was so profoundly changed by a mere hallucination. Near-death experiencers return to this Earth as entirely different people. They are more loving, less materialistic, and more focused on meaningful relationships and serving humanity. Some return with enhanced empathic or psychic abilities. There has been more than one occasion where a person I interviewed told me secrets about myself I have never revealed to anybody.

As my investigations became more in depth, the evidence became irrefutable. Near-death experiencers recount conversations in other parts of the hospital that occurred while they were clinically dead. People blind from birth describe seeing for the first time and can describe the colors of the hospital rooms and workers' clothing. Young children meet great grandparents in Heaven, and then later identify them, but only from pictures of when their great grandparents were young. Old age seems non-existent in Heaven. Some people meet a brother or sister in Heaven they never knew they had. Upon returning to Earth and questioning their parents, they find that either their parents had a child that died at birth or that their mother had a miscarriage.

The very notion that these hallucinations are a trick of the dying brain is nonsensical. Nevertheless, many people will not believe in their own immortality. As it is with many of mankind's greatest discoveries, when an incredible theory is first proposed, it is typically not met with open-minded consideration, but with profound skepticism and ridicule. Five hundred years ago, everyone—from the most educated scholars to the poorest peasants, was aware of one fundamental truth: The Earth



was the center of the universe, and the sun and stars revolved around us. Then Nicolaus Copernicus, in his book "*On the Revolution of the Celestial Spheres*," suggested the absurd. The Earth was not the center of the universe, but instead was traveling through space around the sun at 67,000 miles per hour. This notion was so preposterous and offensive to the populace at large that the Catholic Church condemned his book as heresy. Copernicus was forced to delay the publishing of his book until after his death to avoid the political and social firestorm it would have created. Although the idea seems somewhat unbelievable today, mankind will someday soon realize that many people on this planet have visited Heaven, there is an all powerful and loving creator, and we, his children, are all immortal.

# Chapter 1

## DYING

“I think death is an illusion... I don’t see any truth in the word death at all.”<sup>3</sup>

— *Pam Reynolds, brain aneurysm*

### Waking Up

They died in various ways—car accidents, surgeries gone wrong, heart attacks, etc. There were the occasional less common deaths including shootings, plane crashes, suicides, stabbings, drug overdoses, drownings, and even a few who were struck by lightning.

Death is not the end; it is only walking out of the physical form and into a freer life in the spirit realm, which is our true home. When we die and our spirit leaves our body and we find ourselves in our spiritual body in the spiritual world, we are the exact opposite of a ghost. People report feeling more alive and more real than they ever did in the physical realm. It is almost like waking up from a dream. When you are dreaming, you believe that your dream world is real. It is only when you wake up that you realize how unreal your dream was. If you can imagine going

from a dream state to a waking state, and what kind of change in reality level that represents, just imagine taking one step further towards a higher level of consciousness and awareness. The physical world, this life, is the paper mache world that has no real substance in comparison to the spirit world.

"What it felt like was waking up, as if this existence here on this Earth was just a dream that I had. And I was waking up, and I was more alive and alert than I had ever been in my life."

— *Kelli, pain medication overdose*

Even with such a difference in perception, many people do not immediately realize they are dead. They often see themselves lying in a hospital bed or at the scene of an accident, and some people fail to recognize their own body. Many of them say that all throughout life we see ourselves in only two dimensions, such as in a mirror, a photograph, or on a TV screen. For this reason, people often fail to recognize themselves when they see their own body for the first time from a three-dimensional perspective.

Other people seem to be very aware of the moment their spirit leaves their body, especially in cases of a slow death from prolonged illness. They report their spirit coming out of their body through their head or chest area, often reporting a feeling in their limbs of a bone-chilling cold more intense than any cold they have ever experienced. The cold usually begins at their feet and creeps up through their upper body. Those who were physically suffering are very relieved to rid themselves of their ailing

bodies. They find themselves instantaneously pain free, and are overjoyed to be young and healthy again. Others describe the sensation of leaving their physical bodies as a liberating feeling, like taking off an old, heavy, restrictive winter coat.

In some cases that would otherwise cause severe trauma, such as dying in a horrible accident or burning to death in a fire, the spirit leaves or is removed from the body just prior to the moment of death. In these cases, it is common that the person reports an angel or spiritual entity being the instrument of early removal from the body.

One "near-death experience" did not even involve a death. A little girl described a woman or guardian angel who came to her and removed her spirit from her body just before she was raped. The little girl was given a tour of Heaven and then returned to her body after the incident was over, thus being spared the psychological trauma that the event would have otherwise caused.

Some people try communicating with those in the physical world, wanting to reassure their loved ones they are alive and well and not to worry. But they soon discover that no one can hear or see them. This is not because they lack substance, but rather that we in the physical world have a veil that prevents us from seeing into the spiritual world. Near-death experiencers also report having super senses. They can see through walls, hear the thoughts and feel the emotions of people around them, and they can pass through solid objects and float through the air with ease.

It is quite common for people who die during surgery to be able to look down at their own body and observe the operation in progress. As they hear the thoughts and feel the emotions of the surgeons and nurses who are usually in a state of panic and stress, the near-death experiencer is typically calm and often does not understand why everyone is so upset.

### **The Tunnel and the Light**

But I felt something, and I heard some noise in the back, and I turned around to see what it was. There was a light. There was this little white light out there, and I was going towards it, or it was coming towards me, I don't know which. But we were getting closer. I could hear people singing, and this light kept getting closer, and it was warm. I don't know how to describe it [Tom begins to cry at this point]. But it's a warmth that just engulfs you. It's a light of such peace and such love. And as you get closer, it just wraps all the way around you. It just felt like somebody's arms were around me just holding me. Everything about it was just so perfect.

— *Tom, cancer surgery*

Each near-death experience is uniquely different because Heaven creates an environment to make the individual feel comfortable. For example, a person who is unusually fond of nature might be brought into one of Heaven's amazingly beautiful gardens. Others are greeted or guided by loved ones who died before them.

Angels have been known to appear to people in the form of a classic angel with wings and a halo, such as you

would see in a religious painting, but they do this only for our benefit to make the person feel comfortable. To others who have no preconception of what angels look like, they often appear in their natural form as beautiful radiant beings of light and love. There are even cases where angels appeared in their natural form, and then asked the individual if they would feel more comfortable with a different appearance. The incredible lengths that those in Heaven go through just to make us feel at ease are heartwarming and touching. But even with the variety of atmospheres and scenarios that those in Heaven create for us, many near-death experiences have common elements.

The length of each experience can vary considerably, with the shortest ones consisting of a person coming out of their body, observing themselves from above, and then being drawn back into their body as they are revived. Other near-death experiences involve extensive visits to Heaven or awful experiences in Hell that seem to last for an eternity. Several people were taken on tours of the universe, and one woman was even taken back to the beginning of time before the universe was created. For those who go to Heaven, the experience can begin in a dark and peaceful place, and at some point they notice a light, usually just a pinpoint at first. Some people are alone, while others are met by a loved one or spiritual being to travel with them through the dark tunnel towards the light. The person is drawn towards the light like a magnet and moves very fast, many describing their speed as “faster than light.” When they arrive in the light, they describe the light as being 10,000 times brighter than the sun, but not at all painful or harmful to the eyes as it would be on Earth.

Being in this light, they report a feeling of love so powerful and so profound that even the word love is completely inadequate to describe it. One person said, "Imagine the 100 happiest moments of your life, put them all into one instant, and you still don't come close." Another person said, "Think of the most powerful love you have ever experienced on Earth, and multiply it by 500 times, and that is about what it feels like." When near-death experiencers recount being in God's light and feeling the profound ecstasy of his love, many begin to cry—even battle-hardened soldiers. God's beautiful presence is best described by the words of those who have experienced it:

I'm standing in the very presence of almighty God. Instantly I knew I would never die for eternity. I was more alive than anybody can imagine. This was the height of the experience of life, filled up with life. And somehow I knew that this being was going to take care of me for eternity. It's the most joyful, most blissful experience you could ever have.

— *Mickey, plane crash*

The light is so warm and so glowing and so forgiving. The light had no judgment. There was no condemnation. There was no blaming, no shame. There was nothing but love and acceptance. The light knew everything I ever thought, did, and will do. The light knew me and called me by my name... The light said to me, "Andy, we love you." In back of the light were billions and billions of other lights, and they all knew me. And they all said in a giant

chorus, “Welcome home Andy.” And I said out loud, “I’m home. At last I’m home.”

— *Andy, drowning*

And as the light approached, I realized that this was God. I didn't have to be told because it was like the universe reverberated his name. And then he said, “You can't take your life [through suicide]. It's not yours to take. Life is supposed to be hard. You have to pass through these difficulties.” As he spoke to me I was filled with understanding about the purpose of life and what we were doing here, and how important it is to think about how you treat other people. I could feel an incredible love and peace and compassion coming from him, and pain as well. I knew this was for what I had done.

— *Angie, pill overdose and wrists slashed*

And there before me was the living presence of the being of light. This being was all-knowing. It knew everything that was going to happen, and will happen, and the reasons behind them. There was a perfect justice. It contained all things that ever were, are, or will be, and it was loving me. It was pouring out this unconditional love at me. I figured this had to be God, because this was just beyond words and perfect in every possible sense.

— *Beverly, motorcycle accident*

This light surrounded me and took care of me, and I have never felt so good and so safe in all my life.

— *Charles, heart attack*



I came into this place of the most bright, beautiful, brilliant light conceivable. This light was so brilliant that it became a part of me and I became a part of it. And I knew that I was safe.

— *Dannion, struck by lightning*

They took me down this exceptionally beautiful path, and it was brilliant. And they were taking me toward this great area that was not only exploding with beauty and color, but it was exploding with this absolute love of God that was beyond anything that I could ever describe or ever truly explain. I could hardly wait. I was absolutely overwhelmed by this sensation of being home, of being where I belonged.

— *Mary, drowning*

I suddenly became aware of the feeling of absolute love and absolute peace. It was like falling into a river of pure positive energy. There is nothing that I have ever experienced in this world that is even close to that. And I felt this absolute love, which was the most amazing experience I've ever had in my life.

— *Tony, struck by lightning*

There is more love than you can imagine. The feeling of how much love there is was incredible. The peace you have is a perfect peace. The only thing I can relate it to is when I was young, I would crawl on my mother's lap and she would cradle me and hold me and rock me. And that was the most peaceful, safe and loving place. And you could multiply that feeling by 1000, and you still wouldn't come

close to what it really feels like when you are there.

— *Fred, heart attack*

Quietly but steadily, a white light got closer and closer until I was surrounded and almost wrapped up, like going into a hot bath tub after being chilled to the bone in the cold. I was in a loving presence; a white light that just filled me with a sense of peace and a kind of safe loving presence that is impossible to describe, but so wonderful that I can't stop trying to find words for it.

— *Anonymous, car accident*

The very first thing that came over me was this absolutely profound sensation of love. It was so unconditional, like the love of a child or the love of a mother for her child—the two of those interacting. And that love was so totally unconditional that it was overwhelming to me. It was beautiful and wonderfully accepting. And as I proceeded into this sense of very profound love, it was followed by a sense of purposefulness, that whatever is happening has a point to it. When I came back, my heart was filled with a sensation of being on fire with love.

— *Gordon, severe pneumonia*

The feeling that I had when I got there was that of warmth and comfort and peace. It was as if I had been an Eskimo all my life in the bone chilling cold and had never been warm, but occasionally got flashes of heat by standing next to an open fire. And all of a sudden I was

transported to a tropical island where it was nice and warm.

— *Anonymous, heart failure*

I moved into this tunnel of light. When I got out to the other side, it was only what I can describe as pure love—absolute pure peace. I wasn't even bothered about what I left behind, and eventually I met the only thing I can describe as pure perfection. I cannot describe it in any other way. And at that point I thought, I don't think I should be here, because I didn't really think that I was worthy to be in front of what was pure perfection.

— *Heather, pregnancy complications*

And at the end of this tube was the most beautiful set of lights... I was going to this light, and I just wanted desperately to go to this light because it was wonderful. It was peaceful. It was serene. It was everything you wanted life to be.

— *Janet, blood clots in lungs after surgery*

I watched as a wave of radiance came up. As this wave of light came off the source, it touched me, and I felt warmth and comfort. All the fear and darkness just seemed to go out of me, and I felt a living light flow through me. Shafts of radiance came out from the central core—it was like a white fire. There was phenomenal radiance in the central core. From that I watched this brilliant light piercing out, and I thought, even the stars in the universe, even the constellations must find their energy source from this focal point. A voice spoke to

me from the center of the light. And he said to me, “Ian, do you wish to return? If you wish to return, you must see in a new light.” I watched a wave of radiance come off him. It moved through me and all I got was love. The love was causing me to literally blubber. I was bawling my eyes out. And then, I could feel an acceptance coming.

— *Ian, jellyfish stings*

Everything became brilliant white light. This brilliant white light was not just light, it was also love. I began to feel very blissful, very exalted. It was an incredible feeling of having being loved in a way that I didn't even know love could be; just cradled and totally safe. I knew there wasn't anything that could ever harm me. I just knew that all was well, and everything was wonderful. I immediately knew that there was a perfect plan. I didn't have to worry about anything. All the things that we don't understand; it's all right, we don't have to. I remember the phrase, “The plan is perfect, and it is working itself out in its perfection.” And after that, I just existed in this tremendous state of joy and ecstasy. And the ecstasy just built and built until it reached an ecstatic peak, and I thought to myself, how much more of this can I take before I shatter?

— *Jayne, death during childbirth*

Then I was surrounded by light so intense I could feel it. It just sort of permeated me. I felt this enormous love and well-being—peace, if you will. I had some sense of omniscience, or knowing everything. I felt that everything was right as it should be. There was a purpose to

everything. I felt knowledge and glimpsed godhood... There was absolute understanding, absolute love, and absolute peace.

— *Anonymous, car accident*

It is the most important, stunningly exquisite event in my life. Basking in the light, experiencing our creator's love, power, and majesty are beyond description. Divine ecstasy and intoxication is about as close as I can begin to translate this into human words.<sup>4</sup>

— *Book "Crossing Over and Coming Home"*

I saw a very bright light and I was flooded by light. I felt so comfortable and I didn't want to leave. And I asked for a reason why I should go back. Why do I have to go back there? Then this being, this thing became very forceful and told me, showed me, that I still have a task to do, that I can't come home now.

— *Robert, electrocution*

Up there, there is a feeling of unbelievable mutual love. I have never experienced this feeling since, but I still long for it. If you made me choose, even if my life here [on Earth] was really good and I had everything I could wish for, I would still without hesitation choose the other side just for that feeling again.

— *Evet, heart attack*

I was immediately in this beautiful bright white light. It was a total immersion in light, brightness, warmth, peace, and security. It's difficult to describe. As a matter of fact, it's impossible to describe. Verbally it cannot be

expressed. It is so intense that it is something that becomes you and you become it. I was peace. I was love. I was brightness. It was a part of me. Everything is a part of you, and it is just so beautiful.

— *Joe, internal hemorrhaging after surgery*

The only way I could describe my immediate feeling was, if you could see or feel a smile or complete contentment or happiness, that was it. It was the most wonderful time in my life. It was peaceful, quiet, and magnificent. It's hard to explain because it wasn't exactly worldly, so how can I use worldly words to explain it to you? All I can say is that it was a fantastic experience.

— *Geraldine, pneumonia*

Before me was this magnificent beautiful bright white light. I was confronted by true, pure love. This was perfection.

— *Anonymous, car accident*

As I got closer to the light, I had this very strong sense of “at last I'm home.” I just dove right into it, into perfect love, peace, joy, and bliss—an amazing feeling!

— *Rebecca, heart attack*

I was in this place, but it wasn't a place like here on Earth. It was an environment or an atmosphere, and it was love. It was amazing. It was total bliss, total joy, total love, total acceptance, and a complete feeling that everything is fine, and always will be, and always has been. It felt like home. It felt like

that is where I belonged, and that is the way it is supposed to feel all the time.

— *Anonymous, car accident*

And then there was light. And I was part of the light. And everyone that I had talked to, and been with during that time, was part of the light. And it was beautiful and full of joy, and there was no judgment. All there was, was love—beautiful, magnificent, all encompassing love.

— *Sonia, car accident*

A gleaming bright light will shine white from the heart of God with such power that you hardly dare to look into it and still won't be able to stare your eyes away from it.

— *The Tibetan Book of the Dead,*  
*written over 1200 years ago.*

## **Cleaning Up**

Fear, with all of its negative emotional manifestations, does not exist in Heaven. It is created by the human brain and ego. As a result, there are no negative emotions in Heaven nor malice of any kind. Every person you meet in Heaven is far more trustworthy than your best friend or most trusted family member here on Earth. But here on this planet, there are financial scams, robberies, stabbings, shootings, murders, and a whole host of bad people that you need to protect yourself against. In order to survive in this somewhat dangerous world, you have to learn to mistrust certain people and avoid being victimized. Some souls can become “darkened” by Earth’s harsh environment, and for reasons that I do not fully

understand, before a person is sent back to Earth, Heaven decides to put some people through a cleansing process that erases all the negativity and mistrust you learned during your earthly experiences. The process is simple. You stand in God's radiant presence, and tangible waves of his love, peace, wisdom, and compassion cleanse you. Hatred, strife, jealousy, anger, resentment, mistrust, racism, pain, pride, lust, envy, greed, competitiveness, and fear are all washed away—gone. Earth has no sorrow that Heaven cannot heal.

### **The Life Review**

One of the first things that happens when you arrive in Heaven, and this is the only part of the experience that can be exceedingly unpleasant or even intolerable for some, is the life review. In the presence of God, Jesus, angels, and spiritual beings or any combination thereof, the floodlights are turned on. They have a record of everything you ever thought, said, did, and felt during your lifetime on Earth. There is absolutely no real privacy at all. There never has been since the beginning of time.

During this life review, they take you through your whole life from beginning to end, and you relive every significant moment. You re-experience things you thought, said, felt, and did, but with one important difference: In your earthly existence, you only experience life from the perspective of one person—you. But in your life review, you experience your life not only from your own perspective, but also simultaneously from the perspective of the people around you as if you were actually those people. You literally become every person that you have ever encountered, and you get to experience



the direct result of your interactions with those people. And for better or worse, you experience whatever joy, happiness, peace, pleasure, pain, strife, frustration, humiliation, anxiety, fear or any other emotion the people around you felt in reaction to what you did. The purpose of this life review is a learning experience. During the life review, you gain a great deal of knowledge and insight of how your behavior affected others and how they felt in reaction to the person you decided to be. This knowledge is a tremendous benefit in helping you to learn about loving others unconditionally and using your interactions to encourage and uplift your fellow man. It is an incredibly useful learning tool.

It is important to mention here that this is not like having to live an entire 80 years of your life over again. There is no time in Heaven or Hell, and near-death experiencers report the entire process as happening "very fast." Others describe it as having a panoramic review of their lives in three dimensions, where everything happens simultaneously. There is little focus at all on intention during this life review. For example, if you gave someone a compliment, but they misinterpreted it as an insult, you would still experience all the emotional pain they suffered as a result of their misinterpretation of what you said. If, while driving, you hesitate at a four-way stop to read a text message on your cell phone and another driver thinks you are being kind to let him go first, you will still experience the good feelings and gratitude toward the kindness he mistakenly believed you were showing him.

Some people also experience *The Ripple Effect*. Not only do you experience the effect you had on those directly around you, but you also feel how the change in their

lives affected other people. For example, a man who bombs a city during a war could experience the pain and suffering of all the individuals who died in the explosions. He could feel the pain, anguish and desperation that each wife feels when an army official knocks on the door and delivers the news that her husband was killed. He could experience the grief and sadness of each child who has lost their father and the negative effects it will have on the child's life.

One near-death experiencer who had been a bully during his lifetime relived an incident when he was driving his car and got into an altercation with a pedestrian who illegally crossed the street in front of him. He ended up in a fistfight with the pedestrian, beating the man up, and leaving him unconscious in the street. In his life review, he found himself right there in the same street again raining blows down upon his victim, but at the same time he experienced it from his victim's perspective. He felt every one of the 34 blows. He felt his nose break and his teeth breaking. He remembered waking up later, injured and filled with pain. He even experienced the embarrassment that his victim had about being beaten up in a fight.

Another man during his life review relived an incident when he was in grade school and made fun of an unpopular girl who was overweight and unattractive. He experienced how his insults affected her and made her a more reclusive person afterwards. He felt all the emotional pain he caused her. He remembered (as if he were her) going home to her parents and not wanting to talk about the incident, and just crying alone in her bed. He felt the distress of the parents and their feeling of

helplessness—not knowing why their precious daughter was so sad and emotionally withdrawn.

You will also experience many things that you thought nothing of during your lifetime. One woman, during her life review, experienced an incident she had forgotten about where she was rushing to work one morning and stopped to give a stranded motorist a jump-start. She didn't even wait to be thanked, and hurried off on her way to work. But during her life review, she experienced it from the perspective of the person who was stranded and beginning to feel desperate that no one was stopping to help her.

During their life reviews, many people experience the joy that just a small act of kindness can make in the life of another person. If you give a few dollars to a homeless man thinking nothing of it, you may discover in your life review that the man had not eaten for several days, and you will get to experience all the pleasure that the man felt in finally eating a good meal after being so desperately hungry.

One man who worked as a hospice employee helping terminally ill patients, was pleasantly surprised to experience the joy of each elderly person he was kind to during his career. He said that part of his life review felt like "emotional fireworks".

The life review extends to animals as well. During her life review, one woman who had lived on a farm when she was a child, experienced a time when she was washing a horse, but under the hot summer sun she got sleepy and left the horse covered in suds while she went off to take a

nap. As the soap dried on the horse's skin, it became intolerably itchy. The woman experienced how miserable and angry the horse was at being left tied to a tree with no way to alleviate the itching and physical suffering.

Another person while going through his life review, was surprised to discover that one of the crowning achievements of his life was when he rescued a homeless cat that was on the brink of starvation. He took the cat into his home, nursed it back to health, and treated it as an adopted member of his family. It made such a difference in the cat's life! And yes, animals absolutely do have emotions. During this life review, there is no judgment or anger from God or angels or any of the spiritual beings that are watching. Usually the harshest judge is the person themselves, often feeling very guilty about the way they mistreated others. At some parts the life review can become so unbearable that it has to be stopped, and tangible feelings of love and acceptance are shined upon the person, until he or she calms down enough to continue the review.

As they take you through this review, when you cause another human being suffering, it is embarrassing to you and grieves those who are watching. You have to understand that when you are in the presence of God, Jesus, or angelic beings, they make you feel as if you are the most important person in the whole world, and it's as if the entire universe was designed and functions just to make you the best possible expression of creation that you can be. They have such high hopes for us, so during the times in our lives when we are selfish or cruel to our fellow human beings, they are often disappointed, something like a very loving father would be upon

watching his own son drop out of college and become a homeless drug addict. There is no anger or judgment, just sadness that the human did not chose the path of love.

Here are just a few of the lessons I learned from listening to people's life reviews:

1. Revenge is impossible. Whatever devious punishment or revenge I am planning for my intended victim, no matter how morally justified my revenge may be, I am going to have to suffer and feel that revenge myself someday. There are no winners with revenge. Everyone loses.

2. Always be kind and generous to others. It is quite impossible to help another human being without helping myself. Any kindness I show to others comes back to me.

3. Make good investments. \$20 less money may not make much of a difference in my life, but it makes a huge difference in the life of a child in a third world country. I may never directly meet the child I help, but I will experience all the good that my financial support will make in his life.

4. Be conscious and considerate of others. It is quite easy to annoy or anger another person without even realizing it. I can't tell you how many times I found myself accidentally blocking somebody's path in the grocery store, or accidentally cutting off another driver I didn't see. I now realize I'm going to experience any frustration or anger I cause another person, even if it was unintentional. So now I try to be much more aware of the people around me.

5. When there is a problem, be calm and kind. I almost always get better results approaching a problem with kindness rather than anger. Keeping calm during a conflict is not only easier for the people I interact with, but it is also a lot easier for me.

6. Practice small random acts of kindness on a daily basis. There are many small things I can do as I go through my day that don't cost me any time or money. These include things like saying "please" and "thank you," holding a door open for others, smiling at a child, or giving somebody a genuine compliment. It may feel awkward at first to say to a complete stranger, "That's a really sharp-looking suit" or "You have beautiful eyes." But in all the compliments I've given to strangers, I have never once received a negative reaction. And the beauty about giving compliments to strangers is that the awkwardness quickly fades and it soon becomes second nature.

7. I try to cut others and myself lots of slack. I often remind myself of the words of a well-known cardiologist when he was interviewed and asked what can we do to take better care of our hearts. He said there are two principle rules. First, don't sweat the little things. Second, there are no big things. It is very easy for me, as a human being, to get frustrated with others and with myself when mistakes are made. But that's all part of being human. If I never made any mistakes, I'd have call myself "God" instead of by my given name. If I can learn to laugh at my own mistakes and be patient with the mistakes of others, it makes life a lot easier for everyone, especially me.

## **Just an Average Guy**

An average guy? Well, there really is no such thing. Every person you meet is an amazing and powerful spiritual being temporarily inhabiting a human body. The young man who serves you coffee, your family members, your friends, your boss, the plumber who fixes your leaky faucet, the leader of your country, and the homeless guy asking you for spare change, all have one thing in common. They are ALL immortal. Not a single human being will ever die. Once a love-light being is created, that's it. It's permanent. It will always exist. YOU will always exist. But there is, however, a fate that seems worse than death.

## Chapter 2

### HELL

“Now there are people who talk about a light. There are people who talk about floating above. There are people who talk about a feeling of warmth and love. I didn't feel any of that. I felt NONE of that... I felt untold terror.”<sup>5</sup>

— *Dr. Donald Whitaker,  
acute pancreatitis*

If you are reading this book, it is highly unlikely you will ever end up in Hell. This is not to say that this book has any salvation value, but anyone who is seeking God will always receive a response from God in the form of tremendous help and guidance. The biblical principle of "seek and you shall find; knock and the door shall be opened" is a universal truth that is not limited to Christianity or people who believe in Jesus. Even the mere thought of wanting to become a better person starts an avalanche of assistance and guidance from those on the

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# Chapter 3

## HEAVEN

“Everyone who sees Heaven, even for one second, wants to stay forever, no matter how nice their life might be here on Earth.”<sup>8</sup>

— *Marvin J. Besteman,*  
*pancreatic tumor*

### Arriving in Heaven

It is quite common for people to be greeted in Heaven by friends or relatives who passed on before them, or sometimes even by large groups of people that include distant relatives they had never met while on Earth.

The place that I was in had no ceiling. It was just blue sky up above. There were about 150 to 200 people there, and they were beautiful. They were SO thrilled to see me. Nobody has ever been that thrilled to see me. They were all applauding and many of them were crying. Every one of them had to hug me, some two or

\*\*\*\*\* end of book preview \*\*\*\*\*

The book **God Took My Clothes** by David Suich is available in paperback and e-book at Amazon, Barnes & Noble, Books-a-Million, and other major online book stores