

YOU ARE DEATHLESS

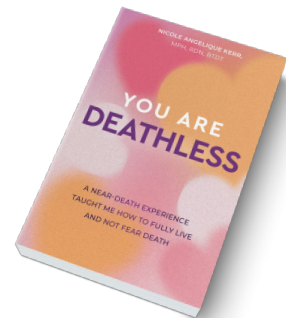
A Note From Nicole Angelique Kerr

Death is a very heavy topic for most people. The 10 Common Lessons from NDEs are the main takeaways from this book regarding resolving your fears around death. Notice they are ALL positive! Based on my NDE experience, I am now on the journey to help, as Dr. William Bloom states, “to magic away death’s gloom and doom. I want everyone at every age to understand the cosmic context. Please understand me. There is still suffering, grief, pain, loss, and poignancy that we must carefully and compassionately hold and heal. But the cosmic context is benevolent and extraordinary. Knowing the true context enables us to live a happier life, prepare for our graceful passing, and support others as they approach their transition.”

Also, I cannot say enough about emotional healing. We all have emotions we have pushed or stuffed down during our lives. When we feel, we heal. The word heal has a common origin with the words whole and holy, pointing to the relationship between body and spirit.

Enjoy your discussion!

Nicole



Discussion Questions

- How was the emotional experience of reading this book for you? How are you feeling about what Nicole experienced? (Note: If those questions do not resonate with you, how can you interact with your emotions and body to get them free and flowing?)
- Do you believe “we are deathless – we do not ‘die’”? Did this book help change your mind in any way on this point?
- Nicole goes into some length about how ascribed identities can cause us to “die.” Her biggest one was being a people-pleaser. What identities do you define yourself by that are harming you now? *(Internalized versions of God are a good place for people to look for built-in identities, where they have been trapped in a physiological response to things. This is a big area where the unconscious mind is functioning.)*

YOU ARE DEATHLESS

- What is your concept of God? How is this playing into your fear of death? Consider just a few ways your image of your father may have affected your perception of God, which in turn affects your self-image. If your father was distant, impersonal, and uncaring, and he wouldn't intervene for you, you may see God as having the same characteristics. As a result, you may feel unworthy of God's intervention in your life. You find it difficult to draw close to God because you see Him as disinterested in your needs and wants. If your father was like a drill sergeant, demanding more and more from you with no expression of satisfaction or burning with anger with no tolerance for mistakes, you might have cast God in his image. You would likely feel that God will not accept you unless you meet His demands, which seem unattainable. This perception may have driven you to become a perfectionist.
- Do you believe you are never alone? Why or why not? (Note: There is a difference between alone and lonely.) Are you at peace dying without any physical person around you? Why or why not?
- If you believed we are not judged by God/Source, how would you live your life differently?
- Trauma (especially given the COVID pandemic) is endemic in the world. If you choose to heal your trauma wounds, it is not a linear nor easy task. However, the reward of finally coming to love ourselves and others is the most important thing we can do. Do you have trauma wounds you have not addressed? If so, what can you do to begin on a path toward healing?
- What do you imagine will happen at death? Does knowing that you will see loved ones and others when we return "home" bring you peace?
- Do you believe in angels/guides? If so, do you ask them for help? Why not if you believe in them and do not ask for help?
- How can you start changing how you act and words around death to be more positive and enlightening?
- Finally, If anyone in the group has experienced an NDE and feels like sharing their experience, please do.

Thank you for reading *You Are Deathless*. I am happy to offer your Book Club a complimentary 30-minute call for a question and answer exchange after you all are done reading the book.

Visit www.NicoleKerr.com to book the call.

YOU ARE DEATHLESS

What fears do you experience when you think about your own death?

Check all that apply to you.

- I worry what will happen to me after death.
- I am anxious about the way I will die.
- I wonder whether I will die with dignity.
- I fear the physical pain of dying.
- I don't want to leave my family alone.
- I worry I haven't fulfilled my life's purpose.
- I worry about my lack of control over how and when I will die.
- I fear ceasing to exist.
- I worry about not having a legacy.
- I worry about all the things I'll miss after I die.
- I dream a lot about dying.
- I suffer from past unresolved trauma. (i.e. Parent or child dying)
- I fear dying alone.
- Other fears?



NICOLE
ANGELIQUE KERR