

# Your Greatest Fear!

Too many people are afraid of this issue. Many will not acknowledge this fear and will not allow themselves even to think about it. Our culture fails to address this issue. Our doctors and hospitals often try to protect patients from this experience using extreme remedies. When this happening occurs, the real words to describe this event often are avoided. People are described as “resting in peace.” By now you know that I am describing the “D” word which everyone avoids. Really this is ridiculous in the extreme. Since this event is an inevitable part of life, why not learn about it and plan for your future as carefully as you plan for your vacations.

Okay, you know what I’m talking about. Maybe we could look ahead to this event, death, as well as we plan for other parts of our lives. Some readers can now be heard mumbling about that crazy Dr. Phillips. Others are quickly closing the paper or urgently turning to read other pages. We do carefully plan vacations and other important parts of our lives. Why not plan for this inevitable part of our existence? So I’m here to assist you in future visioning by describing a great new tour guide: “What To Do When You Are Dead” (Sterling Publishing 2010) written by Craig Hamilton-Parker, an esteemed international medium who has written 15 books about spirituality issues including extensive research into the afterlife. I’m bringing his work to you to help you abandon your fear and increase your excitement as you learn about this critical part of your eternal life. You may have read about these topics elsewhere—but so far this book is the best source! You can buy it on Amazon and I’d recommend the paper copy, not the Kindle, because this book is important for you to keep and underline. And the really exciting part starts on page 67 “Your Transition to the Afterlife.” At this point I found myself underlining most of the book’s pages until the last 200!

I’ve been looking into these issues since the time I began helping my elderly father with his transition. (If you want additional information about that issue, you could find it on my website article written in 2007.) Before that I was busy with life issues for myself and my clients, but suddenly I began to realize there is much more to life than I had understood. If you know me you know I am an avid reader. And ever since that time I’ve had my focus exploring this fantastic topic: how to live after your life! It is true! Any pragmatist will see the value of extreme preparation. This world likes to operate as if daily life issues are the most important and the only life outcome is “resting in peace” in the family plot. Now I know the family isn’t there in the plot. Your family is alive in their spiritual bodies in a very exciting part of the universe. This book provides many of the best, if not the very best, views into this afterlife existence.

As the author explains, “One of the greatest joys you will experience as you enter the afterlife is the realization that body suffering has come to an end” Yeah! You’ll learn that you experience “a feeling of exhilaration as the spirit initially leaves the body... It’s like being in the prime of your life, but better!” Hamilton-Parker provides us with the information about

## Advice Line

By Dr. Betty Phillips



the most important parts of your afterlife. Of course I cannot tell you all about this, as you’ll really really want to read the book. You may need to. “Your level of spiritual attainment achieved on earth will determine your experience of the afterlife.”

You will find that “God knows everything there is to know about you.” EVERYTHING! Your Guardian Angel will help you with your life review. “You will have total recall and you will feel all the emotions and feelings of your life experiences.” Don’t be afraid of this review as your Guardian Angel will be there with you. “You will judge yourself according to your capacity to love!... If a person’s heart is filled with sincere love it can build a bridge of love to the next world.”

Pay close attention to the statement above. The quality of your eternal life depends on the love you practice during your earth life. Love includes others as well as self; the Golden Rule tells us that we must show love to others equally as to ourselves. “Others” includes kindness to everyone, not just our friends and families. This book as well as similar books do not count as equally important hours reading religious tracts or bibles. There are many ways we can achieve and practice love in our hearts. No religious practices or creeds are required or needed to attain this quality of love. “In the afterlife, falsehood fails, truth triumphs and virtue reigns.” When you settle down into your spiritual life you will first retain some of your earth habits until you become aware of the existence of higher planes and greater spiritual realities in the multifaceted afterlife. “All good and bad deeds done on earth” determine the outcomes of the life review in heaven. For most of us, as you enter the afterlife, “you will simultaneously feel the presence of God yet also you will know that your loved ones surround you. Yes it’s still you. This realization will fill you with joy.

Be warned! “People who have been scoundrels in life may find themselves alone or greeted by other dark souls... pulled like morbid heavy weights... into places where they will be forced to confront the consequences of their deeds. They may “feel every drop of pain that was inflicted upon their victims.” “Lies, greed, cheating and cruelty to others hang upon them like morbid, heavy weights.” They will have to stay in their personal hells... “dark lower plains filled with the darkness of hate until their hearts and eyes are opened.” We are told that there can be a happy ending although “for some, this may take the work of many earthly lives and extended periods spent in study and contemplation.”

Yes you will have your Judgment Day and you will have your Life review... all of it, total recall and knowledge of the purpose of your life. This will also be the time for you to plan your further spiritual development with

young man and I hope they are very proud of him. I look forward to seeing what the future holds for “Jay”!

Jeremiah is passionate about the program being a positive experience for youth to learn, grow, and develop and is always seeking out new, creative ways to build relationships with new partner Work Sites and volunteer Site Supervisors. Currently, there is a need for more volunteer Site Supervisors in the northern part of Chatham County. Mahatma Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” We invite you to become a part of Chatham County’s youth finding themselves.

For more information on any aspect of the Community Service & Restitution Program, including how to become an approved partner Work Site, or how to become a volunteer Site Supervisor, please contact Jeremiah McCaffity at: [jmccaffity@cisatham.org](mailto:jmccaffity@cisatham.org) or 919.663.0116 ext.406

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your guardian angel who has been with you your entire life. There you will actually have a “feeling of being more alive than we are.” Hamilton-Parker helps move us through these stages in more detail and with a greater sense of purpose than many of the end of life books, stressing the critical point that you will “judge yourself according to your capacity to love.” He makes the important point that your loved ones on earth realize that you have transitioned to this place of love and do not try to draw you back to earth people or places.

You will be fascinated by Hamilton-Parker’s descriptions of all parts of the afterlife. He provides much more information than most books but also his reports are consistent with other descriptions especially those of Anthony Borgia and other influential writers. (You can reference other books and descriptions of parts of heaven in many articles on my website.) And hopefully you will evaluate your current life experiences with respect for the eternal life you will return to when your current life ends.

You will find yourself, as I did, underlining all the important information in the book about the spiritual parts of your prospective new existence. Just let me mention one fascinating aspect of the afterlife which many authors do not reference: the colors...“exquisite colors that are not seen on earth and become more incredible as you ascend to the higher levels”... the “incredible colors” which express “love, truth and beauty” all which you will find when you spent time in the afterlife planes.”

Hopefully this beautiful book will inspire you to follow the type of earthly life which will lead you to the joy of eternal life as described in this book. It’s not too late to make sure you follow the path of the Golden Rule which will lead you to the incredible joy and beauty of eternal life!

*Need Advice? Send questions to [BettyPhillips@BellSouth.net](mailto:BettyPhillips@BellSouth.net) or 466 Eagle Point Road, Pittsboro 27312. Questions can be anonymous. [www.bettyphillipspsychology.com](http://www.bettyphillipspsychology.com)*

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## JUSTICE

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Elementary School (VCE) where he helped distribute food bags to families in need. Site Supervisor/Student Support Specialist Jazmin Mendoza said, “I am very happy with “John.” He did an amazing job and teachers love him. He came to VCE, and he is remembered by teachers as a great student.”

The youth aren’t the only ones who gain from the Community Service & Restitution partnerships. Courtney Goldston is the Human Resources Analyst at the Chatham County Manager’s Office. She is the volunteer Site Supervisor for Chatham County’s Health & Wellness Committee’s shared garden. One of our youth recently completed community service hours at the garden, and Ms. Goldston had only positive things to say about him and his work. She said, “It was such a pleasure working with and getting to know “Jay.” I could not have asked for a more perfect garden companion! He was knowledgeable and very helpful to our novice gardeners. Our youth can teach us so many things about life, ourselves and others. His grandparents have raised an exceptional