



ANGELA ROSE HARRIS

Exploring the luminous thread of who we are, what connects us, and what survives.

Spiritual Experience Integration Journal

**A Companion for
Will I Still Be Me?
15 Questions About Death
by Angela Rose Harris**

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Welcome and Preparation

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First and foremost, you are not alone. We are spiritual by nature and having spiritual experiences is normal. Tens of thousands of people have publicly acknowledged their experiences, and more and more do so as well every month. It can be very difficult to live life after one of these experiences, though. This journal is designed to do just that. It is designed to help you make small steps toward living a life that embodies what you know from your experience.

This journal is a companion resource for *Will I Still Be Me? 15 Questions About Death* by Angela Rose Harris. It is designed for anyone who has had a spiritual experience that they are trying to understand. The purpose is to help experiencers integrate the lessons and ideas of the experience into their daily lives.

This workbook is intended for personal reflection, education, and supportive discussion. It is not medical care, mental health treatment, crisis care, or a substitute for professional advice. Using this journal means you agree to the Terms of Use available at angelaroseharris.com. If at any time the user feels distressed, then the user needs to seek help from a professional. Resources are provided within the journal and on the website.

Readers may write directly in their own copy and may print as many copies as they wish. No part of this publication may be reproduced or distributed for commercial use without written permission from the author.

The experiences and reflections in this workbook are personal. Readers are invited to examine their own experiences without pressure to accept any one religious, spiritual, psychological, or scientific explanation.

A Place to Integrate What Changed

A spiritual experience can last a moment and rearrange a life. The experience may be beautiful, frightening, healing, confusing, or impossible to fit into the beliefs and relationships that came before it.

I created this journal for the part that happens afterward. It follows the fifteen questions in *Will I Still Be Me*, but you can use it with many kinds of spiritually transformative experiences, including near-death experiences, out-of-body experiences, after-death communications, mystical experiences, spontaneous awakenings, unusual encounters, and moments of profound oneness. Download it and use it multiple times if it helps you.

The goal is not to decide whether every detail was literal, symbolic, neurological, spiritual, or some combination we do not yet understand. The goal is to remember carefully, notice what changed, remain grounded in ordinary life, and choose what you will do with what you experienced.

Leaving my body did not erase Angela. Integration did not require me to erase her either. It required me to let a larger understanding enter a very human life, slowly enough that my relationships, body, responsibilities, and sense of self could come with me.

Use only the prompts that help. Skip anything that feels intrusive, premature, or irrelevant. A blank page is not a failure. Sometimes it is a boundary.

Suggestion: Print out the entire journal for easy reference and to be able to use it without having distractions such as phones, emails, etcetera. Hole-punch it and place it in a three-ring binder. Include additional blank pages that you can insert into the journal as needed.

HOW TO USE THIS JOURNAL

Work at the Pace of Your Nervous System

Read the related book chapter first or begin with the question that feels most alive for you.

Use a short writing period. Ten to twenty minutes is enough for many people.

- Describe before interpreting. Record what you perceived, then what you think it means.
- Date your entries. Integration changes, and an earlier answer may still be honest even when a later answer is different.
- End each session by returning attention to your body and surroundings.
- Share selectively. You decide which parts are public, trusted, professional, or private.

A Simple Rhythm

Step	Purpose
Arrive	Notice your present level of steadiness.
Remember	Describe the experience without rushing to explain it.
Discern	Separate direct perception, evidence, interpretation and uncertainty.
Integrate	Choose one practice or action that belongs in daily life.
Close	Return to the room, the body, and the next ordinary task.

When to Pause and Seek Support

Spiritual meaning and clinical care do not cancel each other. Sleep loss, medication effects, neurological conditions, trauma responses, grief, substance use, and mental health conditions can affect perception and functioning. A medical or mental health evaluation can protect you while you continue to explore spiritual meaning. A list of mental health providers who are trained to support those who have had spiritual experiences can be found at [How to Find a Professional Mental Health Provider](#) at iands.org.

Pause This Workbook When

- you feel more disoriented as you write
- you cannot return attention to the present
- you are losing sleep or becoming unable to eat, work, drive, parent, or manage ordinary tasks—seek help from a mental health care professional here: [How to Find a Professional Mental Health Provider](#)
- you feel pressured by a person or group to accept an explanation that frightens or controls you
- you feel unsafe or may harm yourself or someone else

If you are in immediate danger, contact local emergency services. In the United States and its territories, call or **text 988 or use the chat at 988lifeline.org for free**, confidential crisis support. People do not have to be suicidal to contact 988.

This workbook includes questions about trauma and returning from an NDE. You may skip those pages. A trauma-informed clinician, spiritual director, chaplain, integration coach, or trained peer-support facilitator can help you decide what kind of support fits your needs.

People Places and Practices That Help Me Return

A person who listens without trying to define my experience

A health professional I can contact

A spiritually informed support person or group

A place where my body settles

A practice that reliably brings me back to the present

My Signs That I Need More Help

Changes in sleep, appetite, energy, concentration or daily functioning that I will take seriously

Thoughts, behaviors, or sensations that mean I should stop writing and contact someone

The first person or service I will contact

Emergency number _____ Crisis support _____ Trusted person

STARTING POINT

My Experience in Plain Language

Write a short account for yourself. Describe what happened without trying to include every detail or persuade anyone.

What was happening before the experience

What I experienced

What Changed Afterward

Area	What changed	What I need now
Body and senses		
Beliefs and worldview		
Relationships and belonging		
Work, purpose and priorities		
Grief, fear and thoughts about death		
Spiritual practices or abilities		

STARTING POINT

My Baseline Today

Rate each area from 0 to 10, where 0 means not at all and 10 means very much. These numbers are a snapshot, not a diagnosis. Use the *Will I Still Be Me?* 30Day Integration Calendar for a quick way to assess yourself each day.

I feel present in my body 0 1 2 3 4 5 6 7 8 9 10

I am sleeping adequately 0 1 2 3 4 5 6 7 8 9 10

I can manage ordinary responsibilities 0 1 2 3 4 5 6 7 8 9 10

I have at least one safe person to talk with 0 1 2 3 4 5 6 7 8 9 10

I can hold uncertainty without panic 0 1 2 3 4 5 6 7 8 9 10

My spiritual practices support rather than overwhelm me 0 1 2 3 4 5 6 7 8 9 10

I feel connected to reasons for living 0 1 2 3 4 5 6 7 8 9 10

The area that most needs care before I go further

STARTING POINT

Grounding Techniques

You will be asked to settle (ground) yourself into as calm a state as you can manage before beginning each journaling session. You will also most likely want to ground yourself after journaling. Techniques that you may choose to use are listed below.

A grounded step should be specific, realistic, and small enough to complete within seven days. It should help you live with the experience rather than chase, recreate, or prove it.

Body

- Schedule a medical or therapy appointment.
- Return to a regular bedtime for three nights.
- Eat one nourishing meal and drink enough water today.
- Take a ten-minute walk or sit outdoors.
- Reduce stimulation for one evening.
- Record changes in sleep, energy, pain, or sensory sensitivity.
- Practice feeling your feet on the floor for one minute.
- Complete one ordinary task that helps you feel present.

Inner Life

- Write about one manageable part of the experience for ten minutes.
- Separate what you experienced from what you believe it means.
- Name the strongest emotion present today.
- List what you know, what you believe, and what remains unknown.
- Give yourself permission to leave one question unanswered.
- Create a short grounding statement to use when you feel overwhelmed.
- Take one day away from spiritual media or research.
- Make an appointment with a trauma-informed counselor.

Relationships

- Tell one trusted person what kind of listening you need.
- Share a brief version of the experience without trying to persuade anyone.
- Ask someone to check in with you later in the week.
- Set a boundary with someone who dismisses or defines your experience.
- Spend time with a person who helps you feel ordinary and connected.
- Write a letter containing something you have been afraid to say.
- Attend an experiential or peer-support group.
- Decide which parts of your story will remain private for now.

Spiritual Life

- Return to one practice that feels calming rather than activating.
- Spend ten quiet minutes in prayer, meditation, or nature.
- Speak with a spiritual director, chaplain, or trusted faith leader.
- Write down one spiritual insight you can practice in daily life.
- Take a break from teachers or communities that pressure you toward certainty.
- Explore one credible resource about spiritual-experience integration.
- Notice whether a spiritual practice leaves you more grounded afterward.
- Create a simple ritual of gratitude or remembrance.

Work and Service

- Complete one necessary task before taking on a new spiritual project.
- Reduce or postpone one nonessential commitment.
- Write down what has changed about your sense of purpose.
- Identify one boundary that could prevent exhaustion.
- Offer one small act of service without overcommitting.
- Talk with a supervisor or family member about a needed adjustment.
- Take one practical step toward meaningful work.
- Allow yourself to integrate before making a major life decision.

Support and Safety

- Add trusted contacts to your phone.
- Write down the signs that mean you need additional support.
- Create a plan for difficult nights or periods of intense longing.
- Ask someone to accompany you to an appointment or group.
- Locate a spiritually informed mental health professional.
- Contact crisis support if you feel unsafe or unable to remain connected to life.

The most useful guiding question is:

What is one action that would help me feel five percent more supported, steady, or connected this week?

The answer does not need to be profound. Sometimes the most spiritual next step is eating lunch, resting, calling a friend, or keeping the appointment already on the calendar.

Questions and Practices

Section	Theme	Coverage
Part One	Will I Still Exist	Chapters 1 through 6
Part Two	Will I Suffer	Chapters 7 through 12
Part Three	Does Love Survive Death	Chapters 13 through 15
Integration	Bringing the Experience Home	Virtual Reflection Circle, Will I Still Be Me? 30-Day Calendar, Spiritual Integration Compass, and resources at angelaroseharris.com .

The Fifteen Questions

1. Will I Remain Aware When My Body Stops Functioning?
2. Will I Remember My Life and the People I Love?
3. Is Death Just Darkness and Nothingness?
4. What Is the Light?
5. What Is It Like to Reunite After Death?
6. Is My Existence Limited to This Body and This Lifetime?
7. Will I Have to Relive the Suffering of My Life?
8. What Happens to the Harm and Evil We Experience?
9. Will I Be Judged or Punished?
10. Is the Deepest Fear of Death Really the Fear of Separation?
11. Can Returning to Life Be More Painful Than Dying?
12. What Helps Us Heal After an Experience Others Cannot Understand?
13. Why Do We Forget Where We Came From?
14. If Love Survives Death How Should That Change the Way We Live?
15. Does Love Survive Death?

This is a guided journal. Prompts are provided to help you think deeply about your experience(s). Please write as much or as little as feels right to you.

PART 1

Will I Still Exist

Explore awareness, memory, darkness, the Light, reunion and the possibility that identity is larger than one body or lifetime.

Begin only when you have enough time to close the reflection gently.

Will I Remain Aware When My Body Stops Functioning?

Awareness during an extraordinary event may include seeing, hearing, sensing, knowing, or receiving information all at once. Describe the quality of awareness before deciding what category it belongs in.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
☐	☐	☐	☐

Today I have enough steadiness to continue ☐ Yes
☐ Maybe with care
☐ No, I will pause

Remember

How was awareness during the experience similar to ordinary waking awareness?

How was it different?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

CHAPTER 1

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I saw or sensed visually

What I heard or understood

What I knew without being told

What changed when ordinary awareness returned

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Choose one moment and describe it without using spiritual labels. Include position, movement, sound, light, emotional tone, and the way information arrived. Then add the label you currently use, if any.

Notice what the label clarifies and what it leaves out.

One Grounded Action

Give yourself ten quiet minutes with no demand to reproduce the experience. Notice present-moment awareness as it is today.

Close

The quality of awareness I most want to remember is ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
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Will I Remember My Life and the People I Love?

Extraordinary memories can be vivid, partial, symbolic, delayed, or difficult to translate. Integration grows when you honor what you remember and remain honest about what is incomplete.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Which memories were present immediately afterward?

Which details returned later?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

Clear and stable memories

Memories that returned later

Details confirmed by another source

Details whose meaning remains uncertain

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

On the previous Separate the Layers page create a simple memory key in the margin: C for clear, L for later, V for verified, and U for uncertain. Apply the key to one page of your account. More than one letter can belong beside the same memory.

One Grounded Action

Preserve one memory in a form that feels natural: a paragraph, voice recording, sketch, timeline, or private letter.

Close

The memory I want to protect without forcing it to explain everything is ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
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Is Death Just Darkness and Nothingness?

Darkness does not always mean absence. Some people experience a void as frightening, while others experience stillness, safety, fullness, or a place of transition. Your own language matters more than inherited assumptions.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

What did darkness, emptiness, the Light, or silence feel like in my experience?

Did the absence of visible form feel empty, full, neutral, or alive?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

Sensory qualities of the space

Emotional qualities of the space

Beliefs I brought into it

Meaning I give it now

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write five sentences beginning with 'The darkness was.' Or, substitute the Light, silence, or other aspect of your experience. Use a different concrete description each time. Avoid explaining it. Afterward, underline the sentence that comes closest to the experience.

One Grounded Action

Choose a form of quiet that feels safe today: dim light, a familiar room, soft music, or a few minutes outdoors. Stop if stillness increases distress.

Close

What I now understand about darkness (or your substitution) is ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
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What Is the Light?

Light maybe perceived as radiance, intelligence, presence, love, knowledge, or something beyond description. You do not have to force it into a doctrine or reduce it to a metaphor.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

How did the Light appear or make itself known?

Did it seem personal, impersonal, relational, intelligent, or something else?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

CHAPTER 4

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I perceived

What I felt

What I understood

How my description has changed over time

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

List the qualities of the Light without naming its source. Then list the religious, spiritual, scientific, or cultural names you have considered. Draw a line between qualities and names only where the connection feels honest to you.

One Grounded Action

Choose one quality associated with the Light and express it in an ordinary action today.

Close

The quality of the Light I can embody today is ...

After writing I feel

- 1. more settled
- 2. about the same
- 3. activated
- 4. need support

What Is It Like to Reunite After Death?

An encounter with someone who has died can bring comfort, grief, confusion, or all three. Integration makes room for the relationship without requiring anyone else to agree with your interpretation.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Whom did I encounter, sense, or recognize?

How did recognition occur?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

The encounter as I experienced it

What I knew about this person before

Any information learned or confirmed later

What I choose to hold privately

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write a letter to the person or being you encountered. Describe what the meeting gave you and what remains unresolved. You do not need to imagine a reply unless one comes naturally.

One Grounded Action

Create one grounded act of remembrance: tell a story, prepare a favorite meal, visit a meaningful place, or place a photograph where it brings comfort.

Close

The bond I continue to carry is ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
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Is My Existence Limited to This Body and This Lifetime?

Expanded identity can include a larger self, past or parallel lives, nonhuman forms, or a sense of oneness. Such memories may be deeply real to the experiencer and difficult to fit into daily life. Humility and grounding can protect both the mystery and the person living it.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Did I experience myself as larger than my familiar identity? What forms did I experience?

Which aspects of my human personality remained present?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I directly experienced

Names or frameworks I learned later

What feels personally meaningful

What I am not prepared to claim as fact

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Complete both sentences several times: 'I am my everyday self when' and 'I experience a larger identity when.' Look for ways these identities can coexist without asking either one to disappear.

One Grounded Action

Do one ordinary task with full attention. Let expanded awareness include the dishes, the appointment, the pet, the email, or the person beside you.

Close

My larger identity does not erase my human life because ...

After writing I feel	1. more settled
	2. about the same
	3. activated
	4. need support

What I Understand About Existence

Look across the chapters in this part. You do not need a final answer. Record the understanding you can live with now.

What remained recognizably me during the experience

What became larger than my ordinary identity

The memory or perception I trust most

What I Will Carry Forward

The interpretation I hold most lightly

What I now believe may continue

How this understanding changes the way I inhabit my body today

A Sentence for This Season

PART 2

Will I Suffer?

Meet difficult memories, judgment, fear, separation, reentry and disbelief with honesty boundaries and enough support.

Begin only when you have enough time to close the reflection gently.

Will I Have to Relive the Suffering of My Life?

A life review or vivid return to painful memories can be meaningful and overwhelming. You are allowed to work in small pieces. You do not have to reopen every wound to prove that you are integrating.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Did I revisit events from my life?

Did I experience them from my own perspective, another person's perspective, or both?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

A memory I can approach safely

What I felt then

What I understand now

What needs professional or relational support before I revisit it

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Set a timer for ten minutes. Write only about a memory that feels manageable. When the timer ends, look around the room and name five things you see, four things you feel, and three things you hear. Do not continue simply because there is more to say. Continue for just ten minutes on subsequent days if you feel called to do so.

One Grounded Action

Name one person or resource you can contact if reflection brings up more than you can hold alone. There are care providers listed here: [How to Find a Professional Mental Health Provider](#) at iands.org or [Integrative Mental Health University | Spiritual Care](#)

Close

Today I can honor my limits by ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
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What Happens to the Harm and Evil We Experience

Understanding the history or pain behind harmful behavior does not excuse the harm. Compassion and accountability can share the same page. Survivors do not owe access, reconciliation, forgiveness, or a spiritual explanation to anyone who hurt them.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

What did the experience show me about harm, choice, or consequence?

Where do I need a clearer boundary?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

The harm that occurred

Context that may help me understand it

What context does not excuse

The boundary or support I need now

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Draw two columns titled 'Understanding' and 'Excusing.' Place each belief or pressure in the column where it belongs. If a statement minimizes harm, move it out of your integration story.

One Grounded Action

Choose one protective action that supports your safety or dignity. It may be private, relational, legal, therapeutic, or practical.

Close

Compassion will not require me to surrender ...

After writing I feel

- 1. more settled
- 2. about the same
- 3. activated
- 4. need support

Will I Be Judged or Punished?

Some experiences contain judgment; others contain review without condemnation. Many people return with a harsher inner judge than anything they encountered beyond the body. Integration can turn honest remorse toward repair instead of endless punishment.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Did I feel judged by another presence, by myself, or not at all?

What is the difference between responsibility and shame in my life?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What happened

The impact of my actions

What repair is possible

What I am ready to release

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write one regret in a single sentence. Beneath it, write the impact you understand, the repair available now, and the boundary of your responsibility. End with one sentence you would offer a loved person who had acted with the same limitations.

One Grounded Action

Take one proportionate step toward repair or self-forgiveness. Do not use spiritual language to demand contact from someone who needs distance.

Close

Accountability can become love in action when I ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
-----------------------------	---

Is the Deepest Fear of Death Really the Fear of Separation?

Fear of death often carries the fear of leaving, being left, grieving, or no longer being known. Naming the relationship beneath the fear can make the fear more specific and more workable.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Whom am I most afraid of losing or leaving when I die?

What do I fear they will experience without me?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

The person or bond at the center of the fear

What I imagine separation would mean

What can be expressed or prepared now

What remains outside my control

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write a one-page letter beginning, 'What I most want you to know is.' You may share it, revise it into an advance-care letter, or keep it private.

One Grounded Action

Complete one small act that reduces unfinished business: make a call, record a story, organize a document, offer an apology, or say 'I love you.'

Close

The love beneath my fear is asking me to ...

After writing I feel

- 1. more settled
- 2. about the same
- 3. activated
- 4. need support

Can Returning to Life Be More Painful Than Dying?

Returning can bring physical pain, grief for the place or state left behind, sensory overload, depression, or difficulty wanting to remain. Longing for Home deserves compassionate attention. It should never be treated as permission to end a life.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

What was physically or emotionally difficult about returning?

What do I miss most?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What my body needs

What my grief needs

Who helps me remain connected

What I will do if I feel unsafe

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Create a stay plan. List three people, three places, and three actions that help you remain connected to life. Put emergency and crisis contacts where you can reach them easily. If you may act on thoughts of self-harm, seek immediate help rather than continuing this exercise. [988 Lifeline - If you need emotional support, reach out to the national mental health hotline: 988.](#) [International Suicide Hotlines](#)

One Grounded Action

Tell one trustworthy person what returning has been like, using direct language about any risk or despair.

Close

For today, I am willing to stay connected to ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
-----------------------------	---

What Helps Us Heal After an Experience Others Cannot Understand?

The experience may be difficult to explain, and disbelief can deepen isolation. You can choose different levels of disclosure for different people. Privacy is not dishonesty, and discernment is not shame.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

Who has responded with curiosity and care?

Who has tried to explain, dismiss, diagnose, or claim the experience for me?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I can share publicly

What I share only with trusted people

What belongs in professional support

What I am keeping private for now

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write three versions of one sentence about your experience: a brief public version, a version for a trusted person, and a version for a spiritual or mental health professional. Notice how choice changes your sense of safety.

One Grounded Action

Identify one community where questions are welcomed without pressure to adopt a single interpretation.

Close

A safe listener helps me feel ...

After writing I feel	1. more settled 2. about the same 3. activated 4. need support
-----------------------------	---

What I Understand About Suffering

Look across the chapters in this part. You do not need a final answer. Record the understanding you can live with now.

The difference between pain and punishment in my experience

What accountability means without shame

A wound that needs support rather than a spiritual explanation

What I Will Carry Forward

A boundary that protects healing

The people and practices that help me remain connected to life

What I am ready to release and what still needs care

A Sentence for This Season

PART 3

Does Love Survive Death?

Let remembrance become relationship and let insight become an ordinary practice of love.

Begin only when you have enough time to close the reflection gently.

Why Do We Forget Where We Came From?

Many experiencers describe a veil, fading memory, or the return of ordinary consciousness. Forgetting can feel like loss. It can also allow attention to return to the human life that still needs to be lived.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Maybe with care
 No, I will pause

Remember

What knowledge felt complete during the experience but became difficult to retrieve?

Which fragments remain available?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I remember clearly

What I remember only as a feeling

What I sense but cannot explain

What I am willing to leave unknown

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write the sentence 'I do not have to remember everything to live what I remember.' Then name one truth from the experience that can be practiced without recovering any additional detail.

One Grounded Action

Choose a simple reminder that returns you to that truth: a phrase, object, calendar note, breath practice, or daily act.

Close

Even when the details fade, I can remember ...

After writing I feel	1. more settled
	2. about the same
	3. activated
	4. need support

If Love Survives Death How Should That Change the Way We Live?

A spiritual insight becomes integrated when it changes ordinary choices. The measure is not constant serenity. It is the next conversation, boundary, repair, decision, and small act of care.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
☐	☐	☐	☐

Today I have enough steadiness to continue Yes
 Remember Maybe with care
 No, I will pause

Which value became clearer after the experience?

Where is my daily life aligned with that value?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I now believe about love

A behavior that expresses it

A boundary that protects it

A habit that would help it become consistent

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Choose one value from your experience and turn it into a behavior small enough to repeat. Replace 'be more loving' with an observable action such as listening without interrupting, resting before resentment builds, or making one needed repair.

One Grounded Action

Practice the chosen behavior three times this week and record what actually happened.

Close

Love becomes visible in my life when I ...

After writing I feel

- 1. more settled
- 2. about the same
- 3. activated
- 4. need support

Does Love Survive Death?

The final question gathers the others. Whether love is understood as relationship, presence, consciousness, memory, or the ground of existence, integration asks how the answer changes the life still in front of you.

Arrive Before You Write

Date _____ Time _____ Place _____

Notice your body before entering the memory. Mark the closest description.

Settled	Present	Activated	Overwhelmed
[]	[]	[]	[]

Today I have enough steadiness to continue Yes
 Remember Maybe with care
 No, I will pause

What did my experience show me about love?

Which bond or moment made that understanding personal?

Pause before turning the page. Feel the support beneath your body and take one unforced breath.

Separate the Layers

Use each space for one kind of knowing. You may repeat a detail if it belongs in more than one place.

What I experienced

What I believe

What I cannot prove

How I choose to live

A careful account can include experience, interpretation, evidence, and uncertainty without collapsing them into one claim.

Bring the Insight into Life

Integration Practice

Write your present answer to the question 'Does love survive death?' Keep it to one page. Include experience, belief, uncertainty, and choice. Leave room to date and revise the answer in the future.

One Grounded Action

Choose one person, community, animal, place, or cause through which you will practice enduring love this month.

Close

The answer I am living now is ...

After writing I feel

- 1. more settled
- 2. about the same
- 3. activated
- 4. need support

What I Understand About Love

Look across the chapters in this part. You do not need a final answer. Record the understanding you can live with now.

How love appeared or made itself known

The bond that most changed my understanding

What love asks of me in a difficult relationship

What I Will Carry Forward

What love does not require me to tolerate

One way I will embody love this month

The words I want the people I love to hear while I am here

A Sentence for This Season

INTEGRATION

My Integration Compass

A powerful experience can pull attention toward one part of life while another is neglected. Use these pages to notice balance rather than demand perfection.

Domain	What is supporting me	What needs attention
Body sleep food movement medical care sensory regulation		
Inner life emotion thought memory meaning uncertainty		
Relationships family friends boundaries disclosure belonging		
Spiritual life practice community discernment awe humility		
Work and service purpose limits responsibility contribution		

The Meaning I Can Live Without Certainty

What I know from direct experience

What I believe may be true

What I do not know

How I choose to live while these categories remain different

Week One Stabilize

The first week centers the body and daily rhythm. Choose consistency over intensity.

A realistic sleep and waking rhythm

One nourishing meal or hydration habit

One form of movement or physical care

One daily grounding practice under ten minutes

One person I will check in with

At the end of the week I noticed

Week Two Tell the Story Safely

This week focuses on language and selective sharing. The purpose is clarity and connection, not persuasion.

The part of the story I am ready to tell

The person or group I trust with it

What I want from the listener

What I am not ready to discuss

After sharing I noticed

Week Three Test the Meaning

Let meaning become observable. Choose one belief from the experience and notice what happens when you practice it in ordinary life.

The belief or insight I am exploring

A small behavior that expresses it

What would tell me this interpretation is helpful

What would tell me to revise or release it

What actually happened

Week Four Embody the Change

Choose what you want to continue after the month ends. An integrated practice should support life rather than consume it.

One practice I will continue

One relationship I will tend

One boundary I will keep

One question I will allow to remain open

My next thirty days will be guided by

Talking with Someone I Love

A clear request can help a loved one listen without feeling responsible for explaining the experience. Use this exercise to imagine and prepare for the conversation.

A Possible Opening for Conversation

"Something happened that changed how I understand myself and the world. I am not asking you to decide what it was. I would like you to listen and ask questions before offering an explanation."

What I most want this person to understand

The kind of response that would help

A boundary I may need if the conversation becomes dismissive or overwhelming

Talking with a Health Professional

You can describe spiritual meaning and functional concerns in the same conversation. Concrete information helps a clinician assess safety without requiring you to surrender your interpretation.

- Describe what happened and when it began.
- Report changes in sleep, appetite, energy, concentration, perception and daily functioning.
- List medications, substances, medical events and recent stressors.
- Explain what feels spiritually meaningful to you.
- Ask how the clinician distinguishes an experience from a condition that needs treatment. •

Ask whether support can protect functioning while respecting spiritual meaning.

The facts and changes I need to report

The question I most need answered

RESOURCES

Support for Spiritual Experience Integration

Web addresses and services were checked in September 2026. Availability and contact details can change.

International Association for Near Death Studies

Education, research, support materials and sharing groups for experiencers and those who support them.

<https://iands.org/support/>

IANDS Sharing Groups

Supportive opportunities to share and connect with others familiar with near-death and related experiences. <https://iands.org/support/iands-sharing-groups-building-connection-support-understanding/>

American Center for the Integration of Spiritually Transformative Experiences

Information, support directories and community resources for many forms of spiritually transformative experience.

<https://aciste.org/>

ACISTE Support Directory

Listings for spiritually informed support resources and discussion groups. <https://aciste.org/support-directory/>

Integrative Mental Health University

Support for individuals navigating spiritually transformative experiences. Spiritual Emergence Coaches, family and peer support groups, support meetings, and individual courses.

<https://www.imhu.org/>

Crisis and Trauma Support in the United States

988 Suicide and Crisis Lifeline

Call or text 988 or visit <https://988lifeline.org/> for free confidential support at any time. People may contact 988 for emotional distress even when they are not suicidal.

Emergency Services

If you or someone else is in immediate danger, contact local emergency services. In the United States call 911.

RAINN National Sexual Assault Hotline

Call 800-656-HOPE (4673), text HOPE to 64673, or use chat and other contact options at <https://rainn.org/hotline> for confidential support.

Outside the United States

Use the emergency and crisis services available in your country or region. A local hospital, licensed health professional, or government health service can help identify current options.

A peer group or spiritual community can offer belonging, but it cannot replace emergency care, medical evaluation, or licensed mental health treatment when those are needed.

What I Am Bringing Back into My Life

The experience changed my understanding of who I am by

The suffering I am learning to hold differently is

The love I want to practice is

The question I am still willing to live is

CLOSING REFLECTION

My Present Answer

Write without trying to sound certain or complete. Date the page so you can return later and see what has changed.

Will I still exist

Will I suffer

Does love survive death

Date _____

Sources and Further Reading

About This Journal

This journal is an original reflective companion to *Will I Still Be Me?* by Angela Rose Harris. Its questions and practices are informed by the author's lived experience, established near-death-experience literature, trauma-informed principles, and resources for integrating spiritually transformative experiences.

Near-death experiences are deeply personal. This journal does not ask readers to adopt any particular spiritual, religious, psychological, or scientific interpretation. Readers are encouraged to move gently, retain their own discernment, and seek appropriate support when needed.

This journal is educational and reflective. It is not a substitute for medical care, psychotherapy, crisis intervention, or individualized advice from a licensed professional.

Primary Source

Harris, Angela Rose. *Will I Still Be Me? 15 Questions About Death* Forthcoming.

The author's lived experience, personal reflections, interviews, and work supporting people who have had near-death and spiritually transformative experiences provide the journal's primary narrative and thematic foundation.

Near-Death Experience Research and Clinical Understanding

Greyson, Bruce. *After: A Doctor Explores What Near-Death Experiences Reveal About Life and Beyond*. St. Martin's Essentials, 2021. [Publisher information](#)

Holden, Janice Miner, Bruce Greyson, and Debbie James, editors. *The Handbook of Near-Death Experiences: Thirty Years of Investigation*. Praeger, 2009. [Publisher information](#)

Perera, Mahendra, Karuppiiah Jagadheesan, and Anthony Peake, editors. *Making Sense of Near-Death Experiences: A Handbook for Clinicians*. Jessica Kingsley Publishers, 2012. [Publisher information](#)

van Lommel, Pim, Ruud van Wees, Vincent Meyers, and Ingrid Elfferich. "Near-Death Experience in Survivors of Cardiac Arrest: A Prospective Study in the Netherlands." *The Lancet*, vol. 358, no. 9298, 2001, pp. 2039–2045.

Bush, Nancy Evans, and Bruce Greyson. "Distressing Near-Death Experiences: The Basics." *Missouri Medicine*, vol. 111, 2014, pp. 372–376. [Read through PubMed Central](#)

Research Organizations and Publications

University of Virginia Division of Perceptual Studies

Academic research concerning near-death experiences, consciousness, reincarnation, and related phenomena.

med.virginia.edu/perceptual-studies

Journal of Near-Death Studies

A scholarly, peer-reviewed journal devoted to near-death experiences and related phenomena.

[Journal information and archives](#)

Integration, Community, and Professional Support

International Association for Near-Death Studies

The International Association for Near-Death Studies, or IANDS, offers educational resources, conferences, publications, online and local sharing groups, and support for experiencers and their families.

- [IANDS support resources](#)
- [IANDS Sharing Groups](#)
- [Life After a Near-Death Experience](#)
- [Aftereffects of Near-Death Experiences](#)

IANDS Mental Health Provider Listing

IANDS maintains a state-by-state listing of licensed counselors, marriage and family therapists, psychiatrists, psychologists, and social workers who report being prepared to work with people who have had NDEs or related transpersonal experiences.

[Find a Professional Mental Health Provider through IANDS](#)

IANDS verifies licensure through public records and considers each provider's professional preparation, but it does not guarantee the quality or outcome of services. Readers should confirm a provider's current license, location or telehealth eligibility, fees, insurance participation, experience, and personal fit.

Integrative Mental Health University

Integrative Mental Health University, or IMHU, provides education and support related to spiritual emergence, spiritual emergency, non-ordinary states of consciousness, and spiritually transformative experiences, including near-death experiences. Its resources are designed to support integration without automatically dismissing spiritual experiences or treating every unusual experience as pathology.

- [Integrative Mental Health University](#)
- [Spiritual Emergence Coach Directory](#)

The IMHU directory includes coaches, peer-support providers, spiritual-care practitioners, and some licensed mental health professionals. Credentials and scopes of practice vary. Readers should verify whether a provider is licensed to offer psychotherapy or other clinical services in their location. Coaching, spiritual care, and peer support can complement, but should not replace, medical or mental health care when clinical treatment is needed.

American Center for the Integration of Spiritually Transformative Experiences

ACISTE provides education, professional training, and resources for people integrating near-death experiences and other spiritually transformative experiences.

- [ACISTE](#)

- [Integration of a Spiritually Transformative Experience](#)
- [ACISTE Support Directory](#)

Because online directories change, readers should verify all credentials and contact information before arranging services. Directory information reviewed September 17, 2026.

Grief After Returning and Longing for “Home”

Returning from a near-death experience can bring profound gratitude, but it can also bring grief. Some experiencers grieve the love, peace, belonging, clarity, freedom from pain, or connection they experienced. Others grieve the people or presence they encountered. Ordinary life may initially feel dense, confusing, painful, noisy, or disconnected by comparison.

This grief deserves to be acknowledged. A person can be grateful to be alive and still mourn what was left behind.

Longing for “Home” does not automatically mean that someone intends to die. It may express spiritual homesickness, loss, disorientation, depression, physical suffering, or several of these at once. However, the longing must never be treated as a spiritual instruction to hasten death.

Ways to Process the Longing

Name what “Home” means.

Rather than judging the longing, describe it precisely. Is “Home” a feeling of unconditional love, complete belonging, freedom from pain, connection with someone who died, spiritual clarity, or a sense of being fully known?

Let the grief be real.

Do not force gratitude, purpose, or a positive interpretation before grief has been heard. Writing, crying, creating art, spending time in nature, prayer, meditation, or speaking with a compassionate listener may give the grief a safe place to move.

Bring one quality of “Home” into this life.

Choose a small, embodied expression of what is most deeply missed. Love might become a phone call or act of kindness. Peace might become ten quiet minutes outdoors. Belonging might become attending an experiencer group. Purpose might become one manageable act of service.

Care for the returning body.

Physical recovery and nervous-system regulation are part of integration. Attend to sleep, nourishment, medication, medical appointments, movement, sensory grounding, and relief from pain. Spiritual meaning and physical care can belong together.

Tell someone directly.

Consider saying: “I am grateful to be alive, but I am grieving what I experienced and sometimes I long to return. I need someone who can listen without judging or romanticizing that longing.”

Find experiencer-aware support.

An IANDS sharing group, an NDE-informed licensed mental health professional, an ACISTE resource, or a properly trained spiritual-emergence provider may help reduce isolation. Peer or spiritual support should

be added to clinical care, not used in place of it, when depression, trauma symptoms, impaired functioning, or safety concerns are present.

Create a stay plan.

Write down three people you can contact, three places where you feel safer or more connected, and three actions that help you remain present in your life. Keep the plan somewhere easy to reach.

Reflection Questions

- What does "Home" mean to me?
- What quality of the experience am I grieving most?
- Where do I feel this grief in my body?
- What would it mean to honor the experience without trying to recreate or return to it?
- How could I bring one expression of its love, peace, truth, or belonging into today?
- Who can listen to me without dismissing the experience or encouraging me to leave this life?
- What people, places, responsibilities, relationships, or acts of love help me choose to remain?
- What will I do if longing becomes an urge to end my life?

When Longing Becomes a Safety Concern

Ask gently and directly:

Am I longing for the qualities of "Home," or am I thinking about ending my life in order to return?

If the answer includes thoughts of suicide, preparing to die, feeling unable to stay safe, or uncertainty about what you might do, stop the journaling exercise and seek immediate human support. Do not remain alone with the crisis.

In the United States, call or text **988**, or use the chat service at 988lifeline.org. The 988 Suicide & Crisis Lifeline provides free, confidential support at any hour. If there is immediate danger, call emergency services or go to the nearest emergency department. Outside the United States, contact the emergency or crisis service available in your country.

A longing for "Home" can be spoken aloud and compassionately witnessed. Asking for help does not diminish the spiritual meaning of an experience. It protects the life that is here now.

Trauma-Informed Guidance

Trauma-informed care emphasizes safety, trust, collaboration, personal choice, peer support, and respect for cultural and spiritual meaning. Readers may pause, skip a prompt, return later, or complete this journal with the support of a trusted professional.

Additional Crisis and Trauma Support

988 Suicide & Crisis Lifeline

Call or text **988** in the United States.

988lifeline.org

RAINN National Sexual Assault Hotline

Call **800-656-HOPE (4673)** or access confidential online support.

rainn.org/hotline

If there is an immediate danger to life or safety, contact local emergency services.

A Final Note on Discernment

A resource may be valuable without being the right resource for every person. Readers are encouraged to evaluate authors, organizations, groups, coaches, spiritual-care providers, and clinicians thoughtfully. Ask about training, licensure, confidentiality, professional boundaries, costs, and experience supporting near-death or spiritually transformative experiences.

Healthy support should respect the meaning of the experience while remaining grounded in consent, safety, humility, and care for the whole person.

