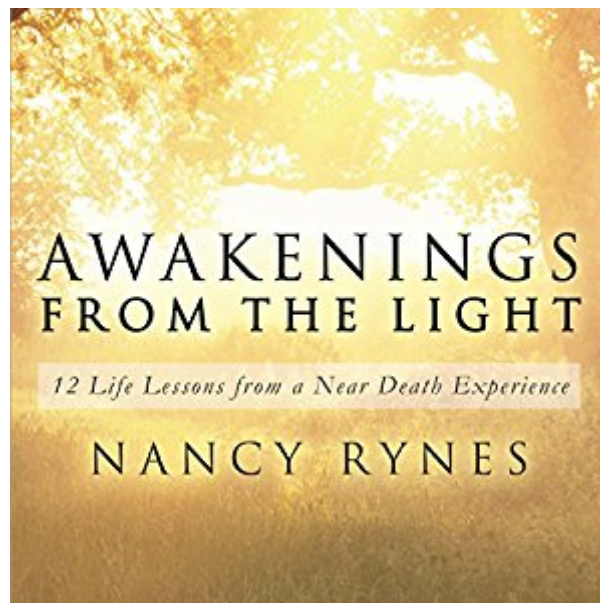




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# Awakenings From The Light: 12 Life Lessons From A Near Death Experience



## Synopsis

Nancy Rynes was riding her bicycle when a large SUV approached. The vehicle's driver, absorbed in texting while driving, plowed right into Rynes. Suffering from severe spinal and head injuries, Rynes knew she was dying. At that moment, she underwent the first of two life-changing near-death experiences - her consciousness split between her frightened, injured self lying on the road, and an impartial, peaceful observer-consciousness who watched as first responders fought to keep her alive. Her second, more lengthy near-death experience came days later, during the surgery that attempted to repair her traumatized spine. Rynes, a scientist and confirmed skeptic, was shown the wonders of heaven, experiencing joy, love, and beauty on such a grand scale that she wept at its magnitude. She then met and spoke with a being who gave her insights into life, love, and the wonders of spirit. After her tour of heaven, she was returned to her body to begin the long, slow process of recovering from injuries her surgeon affirms should have killed her. In *Awakenings from the Light*, Rynes recounts the amazing sights of heaven, and explains the remarkable insights into life she returned with to share with others. She was gifted with a second chance - a precious opportunity to bring a little bit of heaven into her life on Earth. The wisdom she passes on could well change your life as well.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 30 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Nancy Rynes

Audible.com Release Date: November 7, 2016

Language: English

ASIN: B01M3Y6VUA

Best Sellers Rank: #227 in Books > Religion & Spirituality > Occult & Paranormal >

Parapsychology > Near-Death Experiences #1448 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

Wonderful insights and principles to be used for life on Earth. See also, "Dying to Be Me" by Anita Moorjani and "Dying to Fit In" by Erica McKenzie. It's incredible to see the common thread in all their messages from their NDEs that humans may apply to live life to the fullest. A great Non-NDE book

related to these books is "Self-Compassion" by Kristin Neff, Ph.D. Dr. Neff elaborates the principle and practice of self-compassion (loving yourself unconditionally).

I do like this book, as I find that I already am doing much of what it recommends, in order to live a happier life. Some things are common sense, like eating healthy, getting enough sleep. Other things, like treating myself with kindness, being gentle towards myself, are things I have consciously chosen to do to/for myself; not out of arrogance, but I simply find it's necessary. Simply put: I matter too! Some parts of the book I have mixed feelings on. For example, one of the chapters talks about "letting go", removing expectation, and allowing Spirit to help us. Over the years, I feel like I've tried that, but "letting go" resulted in "nothing happening". For me, I find it is important to set some reasonable goals and work diligently to obtain them. Expectation is part of that process. For example, if I turn on the light switch, I simply expect it will work... and it does. For more "complex" things, I find the expectation of a particular results helps keep me going; however, I also feel frustration when results do not match my expectations. I have simply learned to accept the frustration and I "let go" because I don't want to lose myself to regret, anger, or some other misery. I suppose, then, that "letting go", for me, is done out of self-preservation, rather some higher, loftier purpose. As a human being, I can have a respectful appreciation for Nancy's joyous feelings of being in pre-heaven, and how love (there) is as materially important (and experienced) as gravity is for us on earth. But I wish the book had more communication from Nancy's guide, since I have not felt or experienced what the author did. That's why I enjoy books that have more of a two-way communication (i.e. between God/Spirit/Angels/Guides and the near-death experiencer). What I wonder most, though, is what we are capable of creating in this life. For example, over the years, I have read books that describe how we can heal others, change the weather, and create things out of thin air. These things sound wonderful, but I have had to "temper" these grand desires with the realization that I have no idea HOW to accomplish them. I have tried several things, including prayer; focusing my intention and attention on a desired result; believed "as if" the desired goal were already achieved, and seeking to develop a relationship with my Higher Self (aka my hyper-spatial counterpart, my greater soul). All I can say is that while I tried these with real intent, I have no results to show for it. And I think that this is one of the problems I (perhaps "we") have with spirituality is that it so often seems that what I believe/hope to be true (or possible) seems to have little-to-no influence on observable reality. At least that has been my experience. Yet, there is something in me that pushes on.

This book was well written. I have read several near death experience book, and i always enjoy the different perspectives. I liked how the author had thoughts of each lesson she learned. A couple of the chapters I especially liked because they hit home for me in dealing letting go. Anyone who reads and agrees with NDEs should read this book.

I have read literally dozens of NDE books since Raymond Moody's came out in the 70's. Rynes is a writer and I expected "more of a story." Instead, this book is more "Lectures on Faith and Love". Not bad. Good advice. Important things, to be sure. But, just not much new in her experience. I don't mean to disparage the author's story, or her efforts. What her spirit guide/s gave her was for her benefit, and by writing she's fulfilling their admonitions to her. If I hadn't read so many other books, I'd be less "picky". I'll read and ponder the wisdom of her book, for it does have much to say that's important about living our lives. I would recommend, to a "seeking person," or a recently bereaved person who is looking for comfort, to look for different books. I'll list a couple of my favorites, even though it may not be 100% fair to this author. I first discovered NDEs and the comfort they can give to me, even second-hand, because of the deaths of two of my own children while they were babies...I wanted to know "Where did they go?"=="To Heaven and Back" by Mary C. Neale Great experience, good wisdom to pass on. She's an M.D. in Jackson Hole, WY.=="Proof of Heaven" by Eben Alexander Kind of a "new age" style heavenly experience, from a neurosurgeon...very extensive.==John Lerma, (hospice physician in Texas, has published two books on bedside visions of the dying that could be helpful) "Into the Light" and "Learning from the Light".==Crystal McVea "Waking Up in Heaven: A True Story of Brokenness, Heaven and Life Again"...esp recommended to anyone who's had an abortion in their past, or experienced childhood sexual abuse.==Jeff Olsen He has 2 books, 2 years apart. Especially strong on marriage bonds and seeing his dead child in heaven.==One more(for the Christian diehards! You'll know who you are.) Howard Storm's "Descent Into Death" in which he experiences hell, redemption, Jesus, and angels. It's all there!All these books: believe or don't believe, but I don't see the sense of arguing w/anyone's stated experience, as I've seen some authors try to do, when they write a so-called "rebuttal".To the author: please know that your book is full of good things! I've read it and will continue to read it. Your story is amazing...and you really, logically, "should not be alive." I'm glad that you are, and for your message. Thank you.

I have read other books on near death experiences but what I really liked about this one was it not only told of the lessons learned from a spirit guide but also gave specific examples of how to apply

those lessons to our lives here and now. I highly recommend this book!

This is a remarkable near death experience book .Especially twelve lessons from the other side.I read ,meditated and examined on myself ,and I see the truth come out from these lessons.I ordered 4 copies, 3 for my children and one for my friend. I hope the reading of this book will help them change their lives to the better. I will recommend this book to everybody who wish to have a peaceful life right now on this world. Thank you , Nancy Rynes. I hope many people will read this book, practice these lessons and make this world a better place to live.

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