

Praise for *We Don't Die*

“Change the way you look at death and as a result you will change the way you choose to live. Sandra gives you the tools to lead an incredible life. No longer live in fear, no longer will you have to be stuck in grief. Imagine the joy of feeling free to have extraordinary relationships and produce amazing results.” —Dov Baron, Author, Leading Authority on Authentic Leadership, Host & Executive Producer of *The Accidental Guru Show*

“Thank you, Sandra, for having the courage to publish your discovery. It’s also comforting to know that your declaration is substantiated in the Bible (I Corinthians 15:26) with ‘The last enemy that shall be destroyed is death.’ Your research is sound and the time is NOW for us to collectively explore this subject.” —Jessie Barth, Author of *B: A Capital Tale*

“Physical and mental training as well as practice is necessary to win. *We Don't Die* provides you with the strategies you need to achieve great victories in your life.” —David Brabham, International Sports Car Racing Champion

“The journey of discovery is always a challenge, as long-held beliefs do not easily surrender to new understanding. Sandra makes perhaps your most important journey of discovery easy with *We Don't Die*. Sandra’s story and her homework for you are designed to make that journey as enjoyable and fruitful as possible.” —Tom and Lisa Butler, Authors of *There is No Death and There Are No Dead*, Directors of Association TransCommunication

“As an investigator and expert on detecting deception, the evidence in this book is clear. I’ve also witnessed suffering and pain my entire career. This book is a must read for those who wish to visualize how to handle grief before they experience it.” —Michael A. Coller, Private Investigator and Author of *Seven Signs of Lying*

“Have you ever wondered how you fit into the cosmos—what life holds in store for you? *We Don't Die* provides an entertaining and thought-provoking glimpse into where we come from and how we can make our stay in this lifetime as fulfilling as it can be.” —Jacques Dallaire, PhD. Author of *Performance Thinking*

“*We Don’t Die* gives you the gift of discovery, hope and healing. This beautifully written book will bring you so much peace. You are never alone and always deeply loved.” —Tamara Green LCSW, Love Mentor,[®] Relationship Coach, Speaker

“Sandra offers immense freedom, joy and possibility for the future of your life and those you love. She has created a gift for millions of people that will impact one of life’s most dire circumstances, the death of a loved one.” —Greg Hartmann, Cultural Architect, and Author of *Do Due Diligence*

“As a skeptic, I resisted reading this book. However, *We Don’t Die* took me on an incredible journey that opened my eyes and heart to the possibility of reconnecting with the love of my life, my mother. Thank you, Sandra.”
—Travis Lane Jenkins, Renegade Millionaire, Business & Marketing Coach

“Sandra has written a most extraordinary book, one that gently removes the veil between what we’ve been taught about not only death, but life as well. It is an amazing story that shows the reader just how incredible our existence is, and how to make it even more amazing.” —Jim Morack, Speaker, Coach, and Author of *Learning from Life*

“Sandra has managed to tackle some of the most difficult issues of death . . . and life. Page after page offers insight, wisdom, and hope.” —Dr. Karen Sherman, Psychologist, Speaker, and Author of *Mindfulness and The Art of Choice*

“There is no need to go into the waters of sorrow alone; take Ms. Champlain’s hand, and she will guide you through to the other side, a better, happier person.” —Ellen Snortland, Actor, Activist, and Author of *Beauty Bites Beast*

“The continuum of consciousness has implications for all once it is truly understood. *We Don’t Die* is a foundational piece to bringing the continuum principal to the fore.” —K. Paul Stoller, MD, Author of *Oxytocin: The Hormone of Healing and Hope*, Founder of GriefSOS.com

“We all have a voice in our head that either makes us successful or leads us to failure. *We Don’t Die* brings you in alignment with that voice and allows you to change from the inside out.” —Woody Woodward, Filmmaker, Author, and Success Strategist

We Don't Die

A SKEPTIC'S DISCOVERY
OF
LIFE AFTER DEATH

SANDRA CHAMPLAIN



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Foreword

Bernie Siegel, MD

First of all, I would like to say that I agree with Sandra when she says we don't die, but I think it is important to define what we is that doesn't die. We consist of more than one thing. We are mind, body, and spirit. I compare us to a satellite dish, remote control, and television or computer screen. There are many channels of consciousness available to us and our mind, like a remote control selects the channel to tune into that then defines how we act and demonstrates which program and what Lord we are tuned into. So components may die or become nonfunctioning but the source remains alive and vital and still sends out messages to all living things.

I know from personal experience that consciousness never ends. It does not require the physical body to exist. Blind people see when they have a near-death experience and I learned the same lesson as a four-year-old when I left my body while choking on a toy I had aspirated. I was able to think and see while never wondering how I could accomplish that if I were no longer in my body. When the child on the bed had a seizure and vomited, dislodging the toy parts, I felt sucked back into his body as if by a vacuum. Consciousness never ends, and time does not exist when we leave our bodies. Those were hard things for me to accept and understand, but my experience has opened my mind to the truth.

I have also learned that when a loved one dies that grief can be appropriate but it must not take over your life and be all that you think about. What taught me that lesson was the experience I had with the Angel of Death. After one of my young patients died following surgery, I couldn't accept what had happened and how God could make a world where children died of cancer. The Angel took me to Heaven to see the parade of all the children who had died that week. They were all looking beautiful, wearing white robes and carrying a glowing white candle. When I noticed a child coming, carrying a dark candle, the Angel told me to go and light it. As I approached the child I could see it was my patient, Tony. I asked him why no one had lit his candle. He answered, "They keep lighting it, but your tears keep putting it out." I now understand that we are here to live and learn and that by learning we create a better future for all those who will follow us as we are creating a more enlightened consciousness for them to exist in. So, when our bodies can no longer function and demonstrate the message of our life, then it is time to leave and become perfect again, and either enter a new body with which to demonstrate what the school of life has taught us or communicate via consciousness until that event occurs.

I hear voices and know when they are coming from the collective consciousness. The Voice has helped me to experience a much more meaningful life. I have written about some of the events. Messages that helped my father to die laughing and helped me to adopt a dog named Buddy after writing my book, *Buddy's Candle*. I have also had mystics bring me messages from my dead patients and family members and they mentioned their names and spoke with words as that person had. One quickie: When my parents died, my mystic friend, who does not know them, called me and said my parents were together again and were being shown around by someone who likes cigarettes and chocolate. Before I could answer she said, "Oh, it's Elisabeth Kübler-Ross." Yes, Elisabeth was a close friend and mentor of mine. No coincidence.

I also had another unexpected experience when a friend, while

talking to me on the phone, heard how busy I was and said, “Why are you living this life?” She wanted me to slow down and do less but I went into a trance and had a past-life experience. I will share that I realized I had become a surgeon because I had killed with a sword in my past life due to a lack of faith in my Lord, like being tuned into the wrong channel and voice, and I now wanted to heal and cure with a knife. I also learned that *wordswordswords* can become *swordsword-swords* and kill or cure also. I want people to understand that to me, a past life experience does not mean I literally lived the experience but that I am impregnated with the consciousness of someone whose life preceded mine. I think this also accounts for the talent we sometimes see in children that we can’t explain. So the body dies but *we* do not.

I also have had experiences with animal communication and, when animal intuitive Amelia Kinkade, while sitting in Los Angeles, told me where to find a missing cat in Connecticut in incredible detail while seeing through the cat’s eyes, I became a believer and have since communicated with our pets. The key to this and all consciousness communication is the quiet mind. Similar to the symbolism of the still pond, which then allows us to see the truth reflected back to us. When your life is filled with turbulence, you cannot experience what we are sharing with you.

We have to be open to our potential and not close our minds based upon beliefs, but learn to accept based upon our experience. As Ernest Holmes shared in *Science of Mind*, what if Jesus was the only normal person who ever lived? My definition of God is loving, intelligent, conscious energy. Therefore we are immortal through our love and consciousness and capable of altering the physical world through our consciousness and energy by creating the future we desire. When we choose what is life enhancing for every living thing, we make miracles possible. Our bodies are the tools we use, but cannot last forever as our love, energy, and consciousness can and do.

I can think of so many stories in which messages from the dead have been shared with me by their loved ones. In one case, a murdered

young woman loved birds and at her sister's outdoor wedding, a bird interrupted the wedding by making so much noise that everyone's reaction was that it was her sister. As the mother was telling this story, a bird flew in the open window of the room where we were meeting. Never had that ever happened in all the years we met there.

Your son loved seagulls and one winter's day a seagull lands on the highway. In your mind, you hear him say, "Mom slow down." You do and as you drive around the bend you see a pile up of cars caused by a sheet of ice on the road, which you avoid. Your son loved butterflies and after his death, a butterfly follows you while out walking in Connecticut. When his dad got home he looked up the butterfly in his son's book and it was a species only found in South America.

I have photographs of a butterfly that stayed with my wife and me for a day and a half, after my wife rescued it from a store by offering it her hand, as we did an outdoor workshop on the Hawaiian island of Kauai where my patient had died. When we were ready to go to sleep, my wife went out and brushed the butterfly off her shoulder and it came back into our apartment sitting on her other shoulder. It finally flew off when the workshop ended.

Remember, we can be thrown off the Earth when our bodies die but we are still riding the horse of life. When we are ready to leave our bodies and are free of conflict, we can decide to leave with no difficulties. As my father put it in giving his advice to seniors, "Tell them to just fall up." The night he was tired of his body, he told us no dinner or vitamins, and fell up that evening at age 97.

I have worked with people who have been brain dead for years but where legal issues prevent the family from ending their tube feedings. I simply shared with one woman who had been in that state for two years, because we can hear while in coma, under anesthesia, and asleep, that her love would stay with us and if she needed to go, it was alright. She died within fifteen minutes of my speaking to her. I have also had people respond, "I'm not going anywhere."

I had a man “die” during emergency surgery for a perforated intestine and the anesthesiologist was leaving the room to get help to transport the body. I figured, due to my exposure to Kübler-Ross, I had little to lose if his spirit was still around, so I said his name and, “It’s not your time yet. Come on back.” His heart started beating and he recovered. The anesthesiologist was quite impressed.

So accept your life as an experience, and know that the only thing of permanence is our love and expressing it through our consciousness, as we live and learn through our experience.

THE GREAT TEACHER

*Death what a great teacher you are
 Yet few of us elect to take your class
 And learn about life
 That is the essence of death’s teaching
 Death is not an elective
 We must all take the class
 The wise students audit the class in their early years
 And find enlightenment
 They are prepared when graduation day comes
 It is your commencement*

FROM A DISTANCE

*They sang, “God is watching us from a distance”
 I don’t agree
 I know God and it is a short trip to God
 If you’d like me to introduce you
 To yourself someday let me know
 When I was a child
 I thought God was way up there
 A long way off
 Now I know God is here*

*Those who understand know
That if you can't see God
It's because you can't stoop low enough
Or think you have to be tall enough to see in a mirror
Be still, bend forward, and get close to yourself
And water will reflect your Godliness too*

INTRODUCTION

Don't be dismayed at goodbyes, a farewell is necessary before you can meet again and meeting again, after moments or lifetimes, is certain for those who are friends.

~ Richard Bach, writer, b. 1936

Saturday, October 22, 2005, Omega Institute, Rhinebeck, NY

Heavy raindrops fall on the roof of my cabin, tucked amongst the trees behind the retreat center. The air is cold and damp, my hair and clothes are wet from the walk in the rain and my only warmth is coming from a small heater in the corner of my room. I put on my pajamas and crawl under the covers. The roommate that the retreat center has assigned to me is still out to dinner with her friends.

I sit on my bed and question if I am completely crazy. I clearly feel that I have been led on a path to figure out if life after death is real. The cab driver who brought me here could not believe the class I was here to take even existed. I told him I was taking a course called *Electronic Voice Phenomena*, which promised that it was possible to hear messages from our deceased friends and family, by using tape recorders. Although the cab driver thought I was a little weird, he gave me his email address and made me promise to tell him what happened.

On one hand, I want it to be real, but on another, I think the idea is insane. Is it possible that our deceased loved ones are still nearby and that they talk to us by putting their voices on a tape recorder? The course instructors, Tom and Lisa Butler, have been doing these recordings for 17 years. Why would people waste their time if this weren't possible?

I put all of those thoughts out of my mind and pull out my Sony digital recorder, which had been recommended by people effective at getting *EVPs*. I am always a good student who does her homework and I want to get this recording done before my roommate comes back. When we met yesterday, I lied to her and told her that I was in a writers' workshop, as I didn't want her to know that I was really trying to communicate with the dead. I didn't even tell my family what I was doing this weekend. Only the cab driver knows the real reason I am at the retreat center.

Cuddled under the covers holding my tape recorder, I close my eyes and try to imagine myself sitting in the center of a high-energy field, as our energy is supposedly used by the *other side* to put these voices on the recorder. I imagine my grandmother, grandfather, aunt, and uncle standing around the foot of my bed and press the *record* button. I begin to talk. "Alright, my dear friends, I'm going to do one more recording. Try to speak as loud as you can. If I am supposed to help people believe in life after death, I have to hear you, so please try to talk loud. I will be quiet for about a minute and then I'll say goodnight and I won't bug you anymore." (Earlier in the day I had been talking to the same four *imaginary* people, unsuccessfully trying to hear any voices.)

I stop talking to allow the recording of the raindrops on the roof of the cabin. The dead must manipulate *white noise* so I figured the sound of the rain might be okay. I wait, and after about a minute I say "Goodnight" to my imaginary or invisible friends and press the *stop* button. I put on my earphones, press the *rewind* button and begin to listen.

Not expecting this time to be any different from the other attempts that I have made to listen to the deceased, I press the *play* button on my digital voice recorder. Convinced that I will hear nothing, I wait and listen.

Then, I hear something. A sharp chill runs through my body and my skin is covered with goosebumps. I press *rewind* to hear it again and again and again. My mind is in a state of shock because I should not be hearing the words that I am hearing; I should only be hearing raindrops.

Loudly and clearly, I hear a man saying, “Goodnight Sandra,” in what sounds like a computer-generated voice. Then, two faint women’s voices say, “Goodnight, goodnight,” followed by another male voice saying, “Goodnight.”

I am suddenly stunned and afraid. I don’t know what to think and I feel sick to my stomach. What I am experiencing is unreal, like nothing I could have ever imagined. “Are these people really here with me? Are people *always* with me?” I become upset with myself for even coming to this retreat center. I find myself wanting to talk to someone human, but it is too late at night and there is no one around. I replay the recording over and over and over. Finally, I am mentally exhausted and just before I fall asleep I have visions of my grandparents and aunt and uncle hovering over me. “Are you really here?” I think to myself and go to sleep very certain that my life will *never* be the same again.

Dear Reader,

Thank you for opening this book today. The story I just shared with you is true. I have spent many years with this information and many more incredible stories, as you will soon discover.

I want to apologize to you for not sharing this information with you sooner. You might have thought that I should have *shouted from the rooftops*, “I, Sandra Champlain, have proven there is life after death.” You may have told me back in 2005 that I had enough credible

evidence between the EVPs and the other studies I had done to make a profound difference in the lives of people who had lost someone close to them. However, my own fear of being called crazy, weird, being laughed at, or people not wanting to be involved with me stopped me from sharing this information with you until now.

My wonderful grandmother died, followed by my dad's death from cancer, and, just weeks later, we had to put to sleep our beloved cat, Ozzie. My grief during that time was the most painful thing I have ever experienced. It opened my eyes to a suffering that I could not have previously imagined.

Writing this today, I don't care what people think. If they think I'm crazy or weird or choose to laugh at me . . . that is fine. If they choose not to be associated with me, that is okay too.

You see, my friend, I must share my journey with you now. I have the answers that will offer you comfort that there is, in fact, life after death. I will give you evidence that your loved ones have gone on to a great place, and you and I will go there too. I will teach you how you may communicate with them and realize that you are never alone. You will begin to look at who you *really* are, apart from the skin and bones you are made of. I intend for you to be excited about your life, knowing that living on Earth is just a short part of your overall existence. I plan on you having a new, powerful relationship with fear, so that you may realize some of your long forgotten dreams and have new access to results you cannot imagine right now.

How is your life going for you right now? Would the information in this book make a difference in how you would live your life? My guess is that you may be a lot like me; you are someone who works hard, does the best you can, but in the back of your mind you wonder, "Is this all there is? Is there a reason I am here and a purpose to my life?"

Life can be fantastic, but it can really suck sometimes, can't it? We can all think back to good times, when we were very, very happy. Then there are other times of pain and struggle, and frustrations and failure.

There are also those times that life just is neutral: nothing bad, nothing good, we simply just exist.

No matter where you are, I do believe that part of being human is to experience a full range of emotions. You may have realized that life can be very tough and not easy whatsoever. Guess what? I believe life is not meant to be easy.

You may be in one of the following places right now:

You have suffered a terrible loss and miss someone dearly.

You may have been told that you or someone close to you may be dying.

You may have a fear of dying.

You may be looking for meaning in your life.

You may be in a depressed state and not know where to turn.

You may desire access to new, incredible results.

You may be intrigued by the title of this book and simply be curious.

Whichever place you are in, or in a place I haven't listed, I promise that *We Don't Die* will make a difference for you. It contains necessary information to guide you through life, help you through the pain of grief, and ultimately get you living your life with incredible joy. You, my friend, deserve it.

Where are you in your life now? If you had to tell me on a scale of 1 to 10 (1 being a lousy, sad, depressed existence, and 10 being fabulous, you couldn't be happier) how would you rate your life? You might want to grab a pen and write your answer next to this paragraph.

I am committed, by the way, that your life become much, much better by the time you are finished reading *We Don't Die*. No, forget that, how about your life is much better by the time you finish reading a few chapters? By the time you get to the end of this book, I promise you will be much happier than when you started reading. Months from

now you may glance back at this page and realize you are happier than you could have ever imagined yourself to be. Do you want to play that game with me? I hope so.

You may not believe this is possible and I understand. You may be experiencing tremendous loss and pain. I will help you understand why you are feeling the pain, give you some tools to help release it, and get you back into life.

You may be a person who is curious about this book. Your life is absolutely fine and you have no problems, life seems to be wonderful. While that sounds good and you feel good right now, you probably cannot imagine what I am about to say. *Your life can be even better.*

This is not a book to read only. It is a book that will require you to go on a journey of looking at yourself, your beliefs, your relationships, your wants, and your dreams. There will be no test at the end and I will not be calling you to see if you followed the instructions. You are old enough to know that you will only get results if you take action.

Certainly, you will hear about my journey and you will learn some incredible facts. You will hear some opinions from me and other teachers. You will be asked to look at your own opinions. I have had an interesting life and there are parts of this book that will certainly entertain you, and that's okay. Books are also meant for entertainment.

However, my real goal in writing *We Don't Die* is for you to have a great life. For you to learn who you *really* are. For you to understand that there is nothing wrong with you, that you are perfectly fine just the way you are. For you to realize that those things you really want in your life are not only possible, but I want to give you the tools to make those things happen. By the way, in case you haven't heard this lately, *you are special, there is no one like you, and you deserve to have it all.*

There are some very specific things I expect you to get by the time you are finished reading, *We Don't Die: A Skeptic's Discovery of Life After Death*. Of course, I will give you every bit of the supporting facts, figures, and information, so that this information is real to you:

1. *You* survive physical death. Your body disappears but *you* will still exist.
2. Your friends and relatives that have died are still around and you can connect with them.
3. You will feel that you are not alone, ever. You have love around you even if you cannot see it.
4. You will understand *grief*, what it is, why we must feel it, and how to lessen your pain.
5. You will experience *remote viewing*, an extra sensory perception technique that may leave you speechless and understanding that you are much more than the physical body you know yourself to be.
6. You will no longer fear death, and will instead know that death is a natural progression to something better.
7. You will no longer fear life, and will realize that you can accomplish incredible results for yourself.
8. You will have a new relationship with *fear*, have better relationships, and be able to achieve your dreams, realizing that you can never fail.

*There is more to life than meets the eye,
and there is more to you than you know.*

If you are ready to have the results that I listed above, I invite you to continue reading. Again, I won't be looking over your shoulder to make sure you do the homework.

What I am interested in is just that one thing: I am interested in you having a great life.

What does a great life look like to you? What is it that you want? Only you will be able to answer those questions. I put some blank pages in the back of the book or grab a notebook to write down your dream life now. Take a few minutes and answer the following question:

*If you woke up tomorrow and were living your dream life,
what would it look like?*

I will wait right here while you answer this question. If you don't choose to answer and figure you'll do it another time, you are only cheating yourself. Even if you don't write it down, take a minute and put down the book long enough to envision your dream life.

This book will show you the direction to get there. If you were to go on a long journey, you would need to know where you were going, right? You'd have to put the address of your destination into your GPS, or at least have a map with you and have planned your route from point A to point B. By having you clarify your dreams, we are simply doing that now, identifying your destination. As *We Don't Die* unfolds, everything you learn will lead you closer and closer to your dream destination.

Let me ask you again, "If you woke up tomorrow and were living the life of your dreams, what would it look like? What would it feel like?"

Make sure you write down everything you can imagine about your dream life, including where you live, who you live with, the level of health you have, the relationships you have, your level of success, perhaps your job, and even what your home looks like and what cars or pets you may have.

Now take it one step further. "If you have all of those things you just listed, and all those dreams were fulfilled, how would your life feel to you? What words would express the joy of living your dream life?"

Write down those answers. Write them down in detail. Only you know the words of what you want your life to be like. For me, things like "Excited to wake up every day, life is an adventure, experiencing a ton of fun, laughter, being with the people I love, doing what I love" are on my list. What is on your list? Can you imagine what it would be like to experience those things?

Those are just some of the results for you to get out of not just

reading, but fully participating in, *We Don't Die: A Skeptic's Discovery of Life After Death*.

Let's now get to the most important subject, *you*. What if *you* could never die? Now, I know that our bodies die, that is not what I am talking about. I am talking about *you*, the personality, the mind, the soul. The *you* who dreams, who loves, who creates, who loves to laugh. What if that *you* never died? What if, at the moment your heart stops beating, you simply open your eyes and find yourself in another place?

Have you ever awakened from a dream that seemed so real? But, when you woke up, you realized it was just a dream. That reminds me of a nursery rhyme from the 1800s that many of us know:

*Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.*

“Life is but a dream . . .” Could this be? What if, when your body dies, the new place in which you find yourself is so incredibly real that it makes your life on Earth seem like just a dream? What if you looked back on your life (your boat) and got to see how well you rowed down the stream? Did you row gently and merrily, or did you go against the current and try to fight your way upstream?

Be forewarned, *We Don't Die* contains some startling new information that may shake you up a little. You may find yourself saying, “No way is that possible,” or, “She has to be making this up.” I assure you, all of this information is shared simply for one purpose: for you to realize that you are not who you think you are. You are really a being capable of a whole lot more than what you have experienced so far in your life, and I will share with you some things that will prove that.

I have a question for you: at the end of reading this book, if you got all the proof you needed to believe that *you* could never die and

that your deceased loved ones are still near, how would you live your life? Would you take more chances? Would you go after your dreams? Would you say things to people that you normally wouldn't say? Would you have more courage in your life? Would you have better results? Would you love more fully? Would you have an incredible life and be able to look back on it with pride? Would you be able to open your eyes in that other dimension and powerfully say, "Yes, I went merrily down the stream!"

Welcome to a brand new opportunity. Peace, joy, love, success, courage, abundance, and happiness are just some of the results that you can have by reading this book. I do realize that because we are human, things cannot always be merry, and so we will begin that discussion in the very first chapter.

If you are someone who is currently experiencing the pain of grief, I want you to know there will be a lot of comfort and advice for you within these pages. I have experienced that it is possible for you to transform grief into something so much more. As much as I hated the pain associated with grief from my dad's death, I am also grateful for experiencing it. Had the events in my life been different, *We Don't Die* would not have been created. My goal for you is that you find *that thing* that gives you life, that thing that makes you want to jump out of bed each morning with enthusiasm.

Today, I will begin to share my journey with you and give you all the *proof* that I have uncovered that *We Don't Die*. You will read stories about some of the greatest minds in history and why they believed in life after death. You will learn about the many men and woman who are currently communicating with the deceased by using audio and visual tools, as well as those using mental abilities. You will discover how blind people can accurately *see* using the power of their minds. You will learn about a man who wrote a *fictional* novel about the *Titan*, a ship that hit an iceberg on its maiden voyage, fourteen years before the *Titanic* sank. You will learn some

amazing things about the world and its inhabitants that may leave you in disbelief, but they are so very real.

The best part about all of this is that you don't have to believe me! You will, however, believe yourself when you have experiences that you cannot explain logically. I have some great, simple exercises for you to do later in *We Don't Die* that will leave you in awe. You will be left wondering, "How did I do that, did that really happen?" I believe that when you can have such profound experiences, you will not only have *faith* but you will have a *belief* of who you *really* are and what you are really capable of. That, my friend, is the main ingredient for you to have a powerful life.

Skeptics, pessimists, disbelievers, and those intrigued, buckle up! Imagine you just sat down on a roller coaster. *We Don't Die* is like a roller coaster: you may feel that it is going in an easy direction and that you already know some of this material. Some of the information might not seem to make any sense, and you may question why the material is necessary. The material is necessary for support, just like the coaster needs solid ground and lots of strength beneath it to keep you safe. There will be some scary parts of this book, similar to climbing steep hills on the roller coaster. Before you know it, you may be happy and smiling as the roller coaster gives you a thrill. There may even be a loop or two that will leave you exhilarated. My intention is that you leave this ride with a big smile on your face.

What is the one rule you must always abide by while riding a roller coaster? *Keep your seatbelt fastened* so you can stay on the ride until the end. If you do, I promise that your life will never be the same and, by the end of this ride, you will realize that *you can never die*.

Sandra Champlain

Chapter 1

Choosing to Visit Planet Earth

Adventure is not outside man; it is within.

~ George Eliot, English Victorian novelist, b. 1856

guide·book, *noun*

A handbook of directions, advice, and information, especially for travelers or tourists.

What would it be like to know who you really are and what purpose your life is serving? What if you knew what lessons you were here to learn and that there is a very special reason you are here on Earth? What if you had a guidebook to refer to, to remind you of who you really are, what you are capable of, and whether you are on track or not? I would like you to do a little imagining with me right now. Are you open to trying something?

Let us imagine what it would be like to be living in a place called *Heaven*. Even if you do not believe in such an idea, I ask you to play along with me. Imagine a place full of clouds, full of joy, full of love, full of angels and lovely music, full of beauty, wisdom, and

all good things. Imagine you are a spirit or a soul, with a transparent body, simply floating around from cloud to cloud, enjoying this wonderful existence.

Imagine being perched on your fluffy, soft, white, cozy cloud, and you are awakening to another perfect day. Perfect in just every way. You are supremely wise, and only experience pure joy. Your daily activities consist of floating around the universe to visit the nicest places. You regularly share conversations with the nicest souls. Every wish is granted, all you have to do is think a thought and, *voila*, your thought immediately takes form. It is simple: you wish for a hot fudge sundae, or a waterfall. or a rainbow, or living in a mansion, and it appears instantly before your eyes! Life is good, there is no exercising to be done, no calories to count, nothing to be responsible for, nothing to do but enjoy the peace, love, and tranquility.

Sounds great, doesn't it? However, when you are honest with yourself, you realize that you've been floating in these clouds as long as you can remember, and all of these nice things have become extremely *boring*. Everything so good and wonderful all of the time is boring. You begin your daily activity of hovering around the tops of the clouds, searching for something unique, something special, something different, something new, something to spice up your existence somehow. You have been on this search before, day after day, and know, deep down, that you will *never* find anything new, but yet you still keep on searching.

However, today, you see something unusual. You notice that off in the distance a big, long line is forming. Almost like the line that forms for a popular ride at an amusement park. There is a big flashing sign overhead that says, "This Way to Planet Earth." You slowly approach, having no idea what this *Planet Earth* is all about.

You make your way to the end of the line and see a man, standing alone, patiently waiting. Casually, you ask, "Excuse me, sir, what is this line for?" This guy can barely get the words out, he is so excited. "Oh my goodness, don't you know? Didn't anybody tell you? Everybody is

doing it! It's Earth, Planet Earth! There is excitement to be had, adventures to go on, emotions to feel. Right now all we do is read about those things, but we cannot feel any of them. On Earth we can *feel*, with things called *senses*. Apparently, we each get five of them!

When we get to Earth we will get *to touch, to taste, to hear, to smell, and to see*. Here we only get ideas of those senses; we can imagine those things, but all we get to experience is joy and love. They say on Earth we also get a full range of *emotions*; apparently there are many of them we get to have. I cannot wait to get there, because there is no limit to the experiences we can have. Isn't that exciting? Come on, join me in line, its going to be fabulous!"

Intrigued, but not certain, you join the end of the line. Hundreds and hundreds of souls flock to get in line behind you. Now, although uncertain, you really want to find out what Planet Earth is all about, plus, you certainly are ready to experience something new.

You can see the boarding area of the ride, far off in the distance. Suddenly, a woman shows up and hands you a book. She explains that this is your personal guidebook and warns that you will only have a short amount of time to memorize it, because you cannot bring it with you to Planet Earth. "How difficult can it be?" you think, and skim through the guidebook, not reading, just glancing at the pictures.

The first chapter is called *Why Visit Planet Earth* and discusses the importance of feeling emotions. Apparently, Earth is the only place in all the universe where you can feel a wide range of these emotions. "Cool," you think, happy to believe that this new place won't be boring.

You are given a pencil and must circle the top three emotions that you want to experience the most on Earth. Being such a wise soul that you are, you circle: *Love* (of course, that's a given), *Generosity* (because it feels good to help others), and *Independence* (who wouldn't want that?) Of course, you don't read the fine print that tells you that you will not be *given* these emotions, but you will be given situations in which you will be able to *experience* these emotions.

The next chapter deals with picking your parents and the area where you would like to live. “Hmmm . . .” you think. “I like the idea of an area where the temperature changes and the landscape and beauty will change depending on the time of year. Yes, I think my eyes will really enjoy that,” and put a check mark on an area in the northeastern part of North America.

“Parents, what does that matter?” You like the looks of an Air Force fighter pilot and his dynamic young bride. You love to fly in the clouds and think you’ll get along great with this guy. You read that this woman’s mother had recently been killed in car accident. “I’ll start that love and generosity right away,” you think. “The moment she takes one look at me, I’m certain she’ll be happy again.” You are so excited about this adventure that you neglect to read the description of the family life you will experience. What you miss is that this man, now an airline pilot, travels quite a bit and is rarely home. You also miss reading that two other souls had just arrived before your arrival; they are called *twins*.

Being nosy, you glance at the woman to your left. She has put a check mark in the middle of Europe with the words joy, disappointment, and envy circled. “No thanks,” you mumble under your breath. The man put his check mark in the western part of Africa, with the words suffering, sadness, and neglect circled. You are curious and ask this man why he would pick such emotions to experience. “Well,” he says, “this is not my first time to Planet Earth. I have been there many, many times before. The first time I picked the greatest sounding emotions—love, happiness, and abundance. Each time you go there, you have to pick something new. The whole purpose of visiting Planet Earth is to get smarter. The more times you go, the smarter you get and eventually you get the opportunity to become a Supreme Being of Magnificent Radiance, which I hear is absolutely incredible! That is my real goal, so I have been to Earth many, many times. I have chosen all the other emotions before. Suffering, sadness, and neglect are the last three that I have not experienced, so that is why I

picked them. In addition, every time I am on Earth, I seem to end up somewhere cold! Apparently, Africa is warm, with the sun shining. Boy, am I ever ready for that!”

There are some big, bold words written on the bottom of the page with the picture of a stop sign. However, you are so busy meeting your fellow passengers that you fail to read a most important part:

Warning: once you arrive on Planet Earth, you will forget all about this place. You will forget that you chose these emotions to experience and these parents. You will forget that you were given a guidebook; that is why it is critical that you memorize it now. We need you to forget this place so you may experience the fullest range of emotions possible for your soul to grow.

To help you believe that you are a person of Earth, not the eternal soul that you really are, we are giving you a companion for your journey. This companion will be with you at all times. He or she will remember your past experiences and remind you of them. This companion will be a voice that will talk to you inside your mind all the days while you are on Earth.

During your stay, there will be some guides who will appear on your journey, to help you along the way. It is essential to listen to each person you meet, because they might be one of your guides. In case of an emergency, there will be only one way to get help. You will be able to access this guidebook through your thoughts. To achieve this, you must stop the voice inside your mind and quiet your senses. We have put reminders around the Earth in the form of stop signs. These signs will be a reminder to you, to stop The Voice and quiet your mind. Then, you must have the intention of getting an answer to your question, and the answer will come in that stillness.

Of course, you miss reading all of that!

The line moves very quickly and soon you are being instructed to step into an area with five other travelers. You see the tram approaching, and discreetly squeeze past the others, your objective being to get the very best seat on the tram, next to the window. As the gate opens, you slide past the others and take the window seat. "Victory!" you think. A seat belt automatically fastens around you and you hear, "*Five seconds until departure, five . . . four . . . three . . . two . . . one . . . blast off!*" The tram takes off at lighting speed and you travel through the magnificent, vast universe. "This is better than any roller coaster," you think, as you travel past many suns and moons and stars. You see colors you have never seen and galaxies you could never have dreamed of. However, your tram is rapidly heading into a very dark area, something you believe to be a black hole. . . .

Your eyes open, things seem very blurry. Your face is wet from tears. There is also an uncomfortable wetness at the other end of you. You feel a strange ache in your body and a void that needs to be filled. You are not quite sure of who you are or where you are. You remember nothing about your previous existence.

You try to make a sound with your mouth, but the only thing that comes out is a loud a cry. You wait; nothing seems to happen. You decide to scream a little louder along with your cries. This discomfort feels so awful to you. As you squint, you see a change in the light and a figure coming close. You get picked up and held and think, "Ah, this feels incredible." Your tears are quickly dried, your wet cloth is exchanged for a dry one, and a rubber end of a bottle is forced between your lips. Your body does feel better, and the person holding you makes you feel loved and she smells so good. You realize that there is nothing to fear with this person around, until you hear other screams not too far away from you. Quickly, you are placed back in your bed and this warm, loving being is gone, and you feel sad. You see in the distance that there are two others in

need of food and comforting as well. However, these two seem bigger than you.

As time goes by, things don't really change. You now know that these others are called your *brother* and your *sister*. You don't bother to cry too much because you know that, when you do, it is the others that seem to get more of Mom's attention. You feel sorry for Mom, and worry that she never gets any rest. You choose to not be a problem and decide to play quietly alone and entertain yourself. "These two need her much more than I do," you think.

Time continues and your body begins to grow bigger. Your brother and sister are growing, too. Mom and Dad are very loving, and always seem to have great adventures to take you on. Your family arrives at a place called Disneyland. Your young eyes are drawn to all the amazing colors. There are giant balloons and flowers everywhere. A friendly giant mouse and a yellow bear named Pooh stop by to say hello. It is a place of pure fun and magic!

Before long you reach up to hold Mom's hand only to find Mom is not there. You look everywhere but realize there is no Mom or Dad, no brother or sister. Filled with a new emotion called *fear*, you begin to cry. Your soul gets the first experience of being alone and it hurts really bad. It is not long before your parents find you and you are happy again; however, you are unaware that something is beginning to develop in you called *The Voice*. You won't realize it until many years later, but in that first horrible experience, *The Voice* began talking inside your head. It started telling you that you are not loved as much as your brother or sister. Sometimes, *The Voice* tells you that you are not really loved at all. Being *unlovable* may not be the truth, however *The Voice* tells you it is. So you will eventually grow up being independent, on your own, but deep down, longing to be loved.

Although you are not aware of it, *The Voice* continues to grow along with you. It makes decisions about every event that happens and tells you what you need to do to protect yourself in the future.

On one occasion you visit a doctor for a check up, only to hear him tell your mom, “She is too big, if she can stay this weight as she grows another few inches taller, she will be just fine.” “Something is wrong with you,” *The Voice* says, but it sounds like your voice and you believe it. When you get home from the doctor, you ask for a snack. Your brother and sister each receive a cupcake and you get an apple. “Life is not fair,” *The Voice* tells you, “you are different from others, you are certainly not loved and you cannot have any of the good stuff.”

The Voice gets louder and louder and becomes a constant companion talking to you in your mind forever more. With every opportunity, it shares how unlovable and different you are. It reminds you that you are not supposed to have any of the good stuff. *The Voice* now convinces you that you deserve anything you want and, when no one is watching, you can sneak some candy out of the cupboard or some ice cream out of the freezer.

As you continue to grow older you find yourself playing the game *kickball* with a group of other kids. Not knowing that your vision is bad, you cannot kick the ball no matter how hard you try. The kids make fun of you and laugh at you.

The Voice is quick to tell you, “Sports are not for you. You are clumsy, you are different, and nobody wants you on their team.” Eventually, your parents figure out that you have a vision problem and you get your first pair of glasses. Unfortunately, the message about how different and unwanted you are gets ingrained in your mind and *The Voice* continually reminds you of that truth.

The other kids now make even more fun of you and start calling you names. “Four eyes . . . Sandra . . . dandruff.” I guess dandruff was the best word that they thought rhymed with Sandra. It hurts so bad that the other kids don't like you, but you want to be liked so you start bringing candy and goodies for the other kids to eat. It doesn't take long for *The Voice* to convince you, “The only way to get people to like you is to give them things and do things for them.”

Dear reader, you are probably aware by now that the soul waiting in heaven and the person it became was me, Sandra Champlain. Can you look at your own life and see how your story could have been created?

Do I believe this story is the truth and is exactly what happened to me? Am I the way I am today because of my past and my experiences? Am I really that different from other people? Am I unlovable, and cannot have the *good stuff* that other people get in life? I am going to answer that by simply saying, “*Maybe*.”

As much as I wish to entertain you with my story, the real point of this book is to empower you in the life you are now living. We all want results, we all want success, we all want love, we all want abundance.

One of the ways I can give this to you is by asking you to *try on* some of these ideas like they are the truth. Imagine yourself in a clothing store. You want to buy yourself a new jacket. You try on many jackets to see which one looks the best on you, which one fits correctly, and which one you feel most comfortable in. After trying many jackets on, hopefully you find one that fits, and you walk out of the store feeling great and looking great. However, if you don't find one you like, you simply take off the jacket and return it to the rack.

This book is meant to be read just like trying on a jacket. I ask that you give it a chance, move around in it, see how you feel in it. After the final chapter, if it's not a *good fit* simply return it to the rack, no harm done. However, if it is a fit, you will have the most stylish, magical jacket that money can buy. You will not only look and feel good, but the jacket will empower you to live a life you could not have previously imagined. Are you ready to step into the fitting room?

There is no doubt in my mind that our past plays a role in who we are today, and you probably agree with that statement. As a kid I grew up feeling very different, separate from my brother and sisters, alone, not good enough, and that there was something very wrong with me. To make matters worse, I have had a constant companion talking to me, every moment of my life. I call it *The Voice*. People call it all kinds

of different things: the ego, the identity, the inner voice, the inner critic. We all have one and, if you don't think that you do, just stop reading for a moment. Go ahead and put the book down. Most likely *The Voice* in your head has been talking to you since you picked up this book and chose to read it. It may have said, "Should I buy this? The title is weird. How can anyone make a claim that we don't die? Of course we do," and now it is saying, "Why is she asking me to put down this book? What if I want to keep reading? What is the point of this?"

The Voice never stops talking. One of the classic flaws of all human beings is this: we think *The Voice* is our voice! No, it is not ours. *The Voice* is a complex survival mechanism that takes the information it received in our past and uses it to shape our future so *it* survives. Did you hear me? I said, *it* survives. Most of the time *The Voice* wants you to survive, but not always. I have not been in the mind of a person who is contemplating or succeeds in committing suicide, but I can imagine *The Voice* does a great job at convincing the person that ending his life is the only option he has.

Imagine this: it is late, you have already gone to bed, but your mind is awake. You feel a little hungry and remember that there is a chocolate birthday cake in your refrigerator. Only a few pieces had been eaten and it sits alone in the fridge. You remember the fudge-like frosting and the moist center.

Your tongue begins to salivate as you picture cutting a slice for yourself and sinking your fork into it. That memory, that image, that part of you that really wants that cake is *The Voice*, reminding you just how good you will feel when you take a bite of it. However, another voice chimes in, "You have been good for two days now, you have only eaten lean meats and fruits and veggies, you haven't had any sugar. You've been to the gym twice and your muscles are getting stronger." That is also *The Voice*, reminding you of how good you will look continuing on the path you are on. Then, the first voice comes back with a compromise, "Just one piece of cake won't harm you. You will feel

better and will get a good night's sleep. Just do an extra 20 minutes on the treadmill tomorrow.”

You know how this story ends, right? You end up consuming more cake than you've ever eaten in one sitting! *The Voice* starts yelling at you about what a failure you are, how you will never lose weight or get in shape. If you are single, *The Voice* might mention how no one will ever love you or find you attractive because you have no self-control. Eventually, you simply eat more cake and it may be months before you step foot in the gym again.

Dr. Richard Schwartz, who earned his PhD in Marriage and Family Therapy from Purdue University, and is coauthor of *Family Therapy: Concepts and Methods*, the most widely used family therapy text in the United States, created *IFS Training*. IFS stands for Internal Family Systems, also known as the *The Voices* inside our heads. His worldwide therapists help patients realize that we all have these voices in our heads, separate from the *Higher Self* that we really are. By using *IFS*, people have had amazing success breaking free of habits, compulsions, negative memories, and addictive behaviors. (See *SelfLeadership.org* for more information.)

From this point forward, I will use the term *The Voice* when I talk about the little voice that we all have, the one that says the negative words to ourselves. I am also going to introduce you to your *Soul Self*. The *Soul Self* is that part of you that is wise, all-knowing, loving, and compassionate, and the part of you that can listen to *The Voice*. You will notice, when you pay attention, that *The Voice* mostly speaks negative words to you, it convinces you to be afraid and, ultimately, it prevents you from having the results you want in your life. If you listen to *The Voice* right now, what is it saying? I want you to understand that you cannot be *The Voice* if you can listen to *The Voice*. That part of you that is listening is your *Soul Self*, your higher self.

Back to the chocolate cake. Have you had the experience of listening to bad advice coming from inside your own head? Oh, I know it can

be frustrating. I want to give you another example and then we'll look at ways to have the results you want, despite what *The Voice* tells you!

I once trained to run a marathon. Unfortunately, I was not in good enough shape to run an entire marathon and canceled my trip to Jacksonville, Florida. However, my *Soul Self* told me I could still succeed and, on a cold winter's day, I headed north out of my driveway and I *walked* 26.2 miles. I had no supportive friends, no one cheering me on, nothing. It was just me on a country road in the middle of winter, with a vision of accomplishing a goal.

I used every mind game I could think of to keep myself motivated: I imagined small gnomes at the side of the road cheering me on. Hearing a familiar siren, I saw Santa Claus drive by on top of a fire truck. (There was a local campaign to collect toys for underprivileged children and Santa was advertising that.) Each time the truck went by and Santa waved, I pretended that he was cheering me on as I walked my marathon. I tried to keep my mind clear, and focused my attention on the sounds of the birds, the look of the road, the shape of the trees. It was a very peaceful walk.

Eventually, I made it back to my house nearly eight hours later. It had already gotten dark outside and my entire body was sore and exhausted. I collapsed on my couch and do you know what *The Voice* said? "Sandra, you are a failure. Everybody knows that you cannot walk a marathon, only run a marathon. Don't bother telling people that you walked or they will just laugh at you." It was in that very moment that I saw how *The Voice* (my ego, the inner critic), that nasty voice, *was not me!* My *Soul Self* lovingly told me that completing 26.2 miles on foot was something that less than 1% of the world's population has done. I began to cry and realized that I have believed *The Voice* my entire life, that what it said was the *truth*. In that moment I was free. In that moment I had *power*.

The development of *The Voice* comes to us in all different ways, as we are different people. You can look back on your own life and

see how some of the major events have shaped you into who you are today. There is nothing wrong with having *The Voice*, because it is part of being human, just like having a head or a mouth. Don't waste your time trying to make it wrong or trying to get rid of it; the best thing we can do is to identify and understand it so that you have power to get the results you want in your life.

Unfortunately, *The Voice* helped you create all the qualities you don't like about yourself. Like me, *The Voice* may have been telling you for years now that there is something wrong with you, that you don't matter, that people don't understand you, that you are different, that no matter how hard you try, you will always be a failure.

The good news is that *The Voice* also helped you create all the good things you like about yourself. *The Voice* has told me that I am unlovable, that I am different from others, that I cannot have the good stuff. Out of that, my good qualities were developed: I am generous, loving, and independent. Out of those qualities I have had success in my life.

Let's back up a second. I don't want you to miss this. Did you notice anything about the three words I used a couple of sentences ago? Remember the story about our young soul in Heaven who picked the three emotions to learn in this life? The three emotions picked were *Generosity*, *Love*, and *Independence*. However, without ever knowing that *The Voice* is at play, it is easy for all of us to not acknowledge our accomplishments and simply focus on the negative. By taking a step back, you can see that you have made incredible advancements in your own life.

HOMEWORK ASSIGNMENT

Go to the Notes section at the back of this book or to your notebook and *try on* the idea that you were once a soul who chose to come down to Earth to learn three main things.

Assignment #1: Write down the negative messages that *The Voice* tells you about yourself. No one has to see this besides you. My voice knows these answers well, because it is quick to remind me of them over and over. “You are ugly, you need to lose weight, you are different from other people, you have no willpower, you are stupid, you are a failure, you don't matter to people, and no one will ever love you.” Now, it's your turn. Be real with yourself, what does *The Voice* say about you?

Assignment #2: Ask the people in your life what they think your best qualities are. Those who care deeply for you, ask them what they love about you.

If *The Voice* isn't allowing you to do this exercise, I've got some news for you. *The Voice* isn't interested in you trying new things. It feels safe doing things it knows from the past that don't allow you to take a risk into the unknown. Have your *Soul Self* tell the *The Voice* that this exercise is fun and will feel good!

The more people you talk to, the more you will start hearing some similar words. You might hear things like, “You are so smart,” or “You have the best sense of humor,” or “You are such a good listener.” There may also be words like loving, fun, generous, creative, outgoing, clever, etc. Write down every word people say. If you cannot talk to someone, simply imagine the things you know they would say about you and write those down. As a gift to the other person, tell that person what their best qualities are and what you love about them too!

You'll soon start seeing the same few words repeating themselves; those very well could be the three things your soul circled while waiting in line to visit Planet Earth!

There does seem to be a problem here, have you noticed? How is it possible that you see yourself one way and other people see you another way? *Who are you, really?*

The Voice is not going to like this answer and it is going to fight me on this, just watch what happens. Who you *really* are is *who other*

people think you are. If you don't believe me, it's a simple mathematical equation. How many people did you ask? Two, five, twelve, twenty? There is only one person with your view and there may be a dozen people with this fabulous perspective of you. Believe it or not, *they are right.* You are the wonderful person that they described, not the you that *The Voice* defines.

Hmmm. Is the person that your friends and family described worth having their dreams fulfilled? This is a simple *yes* or *no* answer, my friend. If you say *no*, realize that it was *The Voice* that was speaking, not your *Soul Self*. Go back and do the exercise again until you get a *yes*.

*You are a perfect human being and
you deserve to have the life of your dreams.*

Bonus Assignment: Do you like movies? Albert Brooks did an excellent job dealing with *The Voice* in his head in the movie titled *Defending Your Life*. It is a comedy with Meryl Streep, and you will surely be able to identify with the battle going on in his mind. It is a very funny movie about a soul who was on Earth. Go on and rent it. A little laughter will do you good right about now.

ABOUT THE AUTHOR

Sandra Champlain is a top graduate of the Culinary Institute of America. She owns The Kent Coffee and Chocolate Company in Connecticut and travels with world-class race car teams providing hospitality in the American Le Mans and Grand-Am series.

Her fear of dying and skepticism led her on a 15-year journey to discover the undeniable proof of life after death. She is the author of *The Law of Chocolate* and *How to Survive Grief*.

Sandra is a highly respected speaker, author, and entrepreneur committed to making a difference in the lives of others. She lives in Byfield, Massachusetts, with her aunt, Donna, and her kitty, Millie.

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