

Deep Mountain Valleys, Frightening Shadows And Our Ever-Present Shepherd.

“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me....” Psalms 23:4a
I have dealt with death, dying, funerals and grief counseling for over fifty years. Yet, I readily admit that there are many questions for which I have no answers. For instance, what is it like to die?

In order to bring fresh insight to the subject of death and dying, I have invited my brother, Eugene Albright, to share insights he gained from his Near-Death-Experience (NDE) that revolutionized his life. He gained a totally new concept of life and death. He explored his own life mentally, physically and spiritually and developed classes that have helped hundreds of people to gain health and live life more fully.

He has used his NDE to teach many terminally ill people to make the transition through the dying process in a peaceful and dignified manner.

I asked Gene to briefly share his NDE. I also asked what, if anything, those whom he has assisted in their dying moments saw, felt or experienced as they died. Gene’s response follows:

“I must be most careful in my answer. For the most part, in my experience, people were met by someone they loved, if there was such a person in their life. In any case, there is a point in death in which the body is flooded with natural morphine-like substances and the pain is gone in them...they seem to be getting better. They become peaceful as with any drug. I think death is part of life and life has made it something not to be afraid of. Taught beliefs seem to be what creates the fear and makes dying so painful for some people.

“I have found that those who talk the loudest about NDE experiences have no personal experience with the process, and cannot speak with authority. I found that the most important thing is that of living. I did not want to die. I wanted to live. I saw that this life is the “place” and the “how” to fully develop the human part of each of us.

“I was in the death state at first, but did not know that it was a death state. I moved to a different state, (of mind?) with full awareness of my identity and consciousness. It is much like dreaming a very vivid and realistic dream.

“The thing about dying is the fact that you and I will be leaving everyone we love. Sometimes that is sad. But we all must do that sometime.

“The ones I have helped to die, by going across with them, have had no fear. They understood what was happening and let it happen naturally and peacefully. By my having gone there myself, I can help someone else when it is time.

“So it is not natural to “FEAR” dying, but the programs we have been taught create this fear. However, not wanting to die is natural. That is different than fearing it.”

I agree with Gene that death is a natural part of the life cycle and is not to be feared. Perhaps this will encourage all of us to use our living-time to prepare for our dying-time.

The Psalmist says he will fear no evil, which includes death.

I hope that those who fear death will seek to make peace within themselves. Examining, and facing, the things we fear, often takes the fear away.

Bringing our fears to the Good Shepherd while we are living will bring peace now, and more peace when we die.

All The Way My Savior Leads Me

All the way my savior leads me, Oh, the fullness of his love!

Perfect rest to me is promised in my Father’s house above.

When my spirit, clothed immortal, wings its flight to realms of day,

This my song thro’ endless ages: Jesus led me all the way.