You're not really thinking of your body.

I can't tell you how I looked. I felt.

I was on the ceiling looking down at me.

I saw my body. I saw my legs. I saw the bottom of my feet.

There's the future over here being shown.

It looked like an opening, it was round.

The miscarriage sent me into the NDE.*

I went to the emergency - there I went.

They said they had to do an emergency D&C.**

I had a bleed out.

A major bleed out.

They gave me the progesterone.

I was getting very lightheaded, I didn't feel anything.

They gave me shots. Doctors all around.

My blood, all on the floor.

Then I saw, from up there, looking down. I left:

I meet the boys upstairs.

Next thing, I'm walking into a room, there's a boomerang-shaped table.

Oh it was so light. So beautiful.

They all had long beards and white, and everything.

They were all standing and clapping.

I'm standing in the center, and I'm smiling.

Like - what did I do?

I didn't do anything.

It really gave me confidence cause no one had ever really given me praise.

I've never felt enough. I never knew why I didn't feel enough.

They made me feel very secure.

They don't tell you anything. They're not using words. It's telepathy, you just know.

A smiling heart

- that's the message I got.

They showed me a gold chain.

They showed me the link.

The chain is nothing - without you there is no link.

There's no time there. It's not linear.

They showed me the future.

Another child. I decided to go back.

I had a choice.

I died. They know when your heart stops.

*Near Death Experience

**Dilation & Curettage (D&C) is a procedure to remove tissue from inside your uterus. Health care providers perform dilation and curettage to diagnose and treat certain uterine conditions — such as heavy bleeding — or to clear the uterine lining after a miscarriage or abortion. (Mayo Clinic)