

Making Sense of Personal Crises

Thousands of people have been declared clinically dead only to miraculously recover and tell a remarkably similar story. Dr. Raymond Moody was one of the first to research and document these near-death experiences in his book, *Life After Life*. Two of the most detailed accounts are in Dannion Brinkley's book, *Saved by the Light*, and Betty Eadie's book, *Embraced By the Light*.

As part of the "near death experience" it is common to be told by a spiritual being of light that life serves the purpose of learning to love. During Betty Eadie's time "in the light," as she questioned the purpose of life on earth, she was shown a scene from earth of a drunken man. It was explained to her that this "drunken bum" was actually a great spiritual being who "came to earth as a teacher to help a friend that he had spiritually bonded with." This friend was a prominent attorney who had an office a few blocks from where the drunk was lying on a street corner. The drunken man chose this life and experience as a reminder to the attorney of the needs of others. It was explained that the attorney would recognize the drunken man at a spiritual level "and be moved to do much good."

If we could think of this man's situation as good or bad, we would be hard-pressed normally to find the value or benefit of this "drunken bum" lying on the street corner. Like the question I posed last week about autism, is being a drunken bum good or bad?

People's spiritual beliefs are very personal and very meaningful generally. I would not presume to suggest what you should believe spiritually. My experience, however, is that if you can make sense of your personal tragedies and crises, they will go more smoothly than if you view them as meaningless and serving no purpose.

Excerpt from *Doctor's Orders: Go Fishing* by Dean Shrock, Ph.D.