# Brianna Lafferty reveals how near-death experience transformed her view on death and life



Brianna Lafferty's experience of being declared dead for eight minutes offers a profound insight into the nature of existence and the personal transformation that can arise from confronting mortality. During this critical juncture, Lafferty claims to have observed a separation from her physical body, which led her to a place beyond the limitations of time and conventional reality. Emerging from this profound state, she articulated a belief that death is an illusion, stating, “Our consciousness remains alive. And our very essence simply transforms.”

Having battled a rare and debilitating neurological condition known as myoclonus dystonia, Lafferty faced an arduous journey filled with intense suffering and insomnia that spanned several days, leading her to believe her time was nearly up. Her clinical death marked a significant turning point, and upon returning to a physical state, she found herself imbued with clarity and a new understanding of life's challenges. Reflecting on her experience, she expressed that life's difficulties can lead to wisdom and understanding, allowing for a greater appreciation of even the toughest moments.

Lafferty’s narrative extends beyond mere personal revelation; it connects with broader themes surrounding mortality and the meaning of life. Her belief that thoughts can shape reality in the afterlife underscores a prevalent idea in spiritual discussions that our perceptions and feelings have powerful implications. She noted the importance of cultivating positivity and gratitude, identifying these as essential tools for navigating both life’s tribulations and its joyous moments.

The impact of her near-death experience extended into her professional life as well, prompting a shift that led her to become an author and a spiritual doula. Through her work, Lafferty now helps others traverse difficult transitions, be it in life or death. In doing so, she is part of a growing movement that seeks to reframe the dialogue around death and dying, advocating for a view that embraces rather than fears the end of life.

In various media appearances, including podcasts and interviews, she describes the sense of unity and higher intelligence she encountered during her out-of-body experience, a sentiment echoed by many who have undergone similar journeys. It is this connection with a greater consciousness that she claims assures us of unconditional love and guidance, shifting how individuals perceive both their lives and their inevitable deaths.

As more people share their profound experiences with death, it becomes evident that such stories resonate with a societal yearning for understanding and comfort concerning mortality. Lafferty has become a beacon of hope for many, sharing that her challenges no longer hold power over her and asserting that with acceptance, life can be embraced fully, revealing the beauty inherent in both our struggles and triumphs.

In essence, Brianna Lafferty's journey illuminates a potent message: death is not to be feared but rather understood as part of a larger, intricate tapestry of existence. Her experiences challenge long-held beliefs and prompt a reconsideration of what it truly means to live, die, and find meaning in the span between the two.

## Reference Map:

* Paragraph 1 – [[1]](https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife), [[3]](https://www.listennotes.com/podcasts/magic-is-real/bri-had-a-near-death-wLHq2UDVuKI/)
* Paragraph 2 – [[1]](https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife), [[2]](https://www.bri0nicllc.com/interviews), [[6]](https://www.gofundme.com/f/aid-briannas-path-to-recovery)
* Paragraph 3 – [[4]](https://www.listennotes.com/podcasts/explore-the/bri-lafferty-we-live-in-a-dYle-k84Tjn/), [[5]](https://www.ourparanormalafterlife.com/)
* Paragraph 4 – [[2]](https://www.bri0nicllc.com/interviews), [[7]](https://www.listennotes.com/podcasts/wtf-just-happened-afterlife-evidence-paranormal-sp/)
* Paragraph 5 – [[1]](https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife), [[3]](https://www.listennotes.com/podcasts/magic-is-real/bri-had-a-near-death-wLHq2UDVuKI/), [[4]](https://www.listennotes.com/podcasts/explore-the/bri-lafferty-we-live-in-a-dYle-k84Tjn/)

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## Bibliography

1. <https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife> - Please view link - unable to able to access data
2. <https://www.bri0nicllc.com/interviews> - This page features interviews with Brianna Lafferty, an award-winning author and spiritual doula. In these discussions, she shares insights from her near-death experience in 2017, detailing how it reshaped her understanding of life, death, and manifestation. Brianna now helps others navigate spiritual transitions and healing, offering guidance through transformative journeys and end-of-life challenges.
3. <https://www.listennotes.com/podcasts/magic-is-real/bri-had-a-near-death-wLHq2UDVuKI/> - In this episode of the 'Magic Is Real' podcast, Brianna Lafferty discusses her near-death experience in 2017, which led her to become an award-winning author, international speaker, and passionate Death & Spiritual Doula. She shares how this transformative event helped her heal from an incurable medical condition and how she now assists others in healing, grieving, and transitioning out of life with grace and peace.
4. <https://www.listennotes.com/podcasts/explore-the/bri-lafferty-we-live-in-a-dYle-k84Tjn/> - In this episode of 'Explore The Extraordinary,' Brianna Lafferty discusses her near-death experience in 2017, which led her to become an award-winning author, international speaker, and passionate Death Doula. She shares how this transformative event reshaped her understanding of life, death, and manifestation, and how she now helps others navigate spiritual transitions and healing.
5. <https://www.ourparanormalafterlife.com/> - This podcast explores compelling evidence of life after death, including near-death experiences, reincarnation, and mediumship. In the May 8, 2025 episode, Brianna Lafferty shares her near-death experience and how it cured her incurable disorder, providing insights into her transformative journey and the evidence she presents for life after death.
6. <https://www.gofundme.com/f/aid-briannas-path-to-recovery> - This GoFundMe campaign supports Brianna Lafferty, a Death & Spiritual Doula, author, and speaker, who has dedicated her life to helping individuals and families through profound transitions. After facing significant health challenges, including a concussion leading to ongoing symptoms, this fundraiser aims to provide financial support during her recovery, allowing her to continue her mission of service.
7. <https://www.listennotes.com/podcasts/wtf-just-happened-afterlife-evidence-paranormal-sp/> - In this episode of 'WTF Just Happened?!: All about the afterlife. No woo.', Brianna Lafferty, a near-death experiencer, author, and death doula, discusses her transformative journey. She shares insights into her near-death experience, the concept of downloading code from the other side, and how these experiences have reshaped her understanding of reality and the nature of consciousness.