# Brianna Lafferty’s near-death experience sparks unexpected healing and new mission as spiritual doula



Brianna Lafferty’s story is a testament to the extraordinary nature of near-death experiences, merging profound personal transformation with insights into the nature of consciousness. Pronounced dead for eight minutes due to severe complications from myoclonus dystonia, a rare and debilitating neurological condition, Brianna’s journey into the afterlife and back has reshaped her worldview and ignited her passion for guiding others through life's transitions.

During her brief encounter with what she describes as the afterlife, Brianna felt herself detached from her physical form. “I was completely still, yet I felt fully alive, aware and more myself than ever before,” she revealed. She articulated a sense of peace, clarity, and connection to a higher intelligence that seemed to envelop her in unconditional love. This experience underscored her belief that death is an illusion, and that our consciousness continues beyond physical existence.

Brianna's assertions are profound: “Our thoughts shape reality there – it just takes time,” she stated, expressing that the lessons gained from hardship allow for a deeper appreciation of life. Having endured severe insomnia and debilitating symptoms from her condition, her confrontation with mortality has afforded her a renewed perspective on the significance of life's challenges. She now sees her struggles as purposeful, drawing wisdom from her experiences that have led her to believe that “everything happens for a reason.”

After her recovery, which was marked by an unexpected healing of her previously incurable condition, Brianna transformed her life path, becoming a Death and Spiritual Doula. In this role, she passionately guides others navigating their end-of-life journey, helping them embrace the mysteries of death and the insights gained from her experience. “I came back with a sense of mission and deep reverence for both life and death,” she explained, indicating that her near-death experience has become the cornerstone of her professional and personal philosophy.

The narrative of her experience aligns with growing discussions in spiritual and philosophical circles about the meaning of life after death. Similar to others who have undergone comparable near-death experiences, Brianna suggests a reality where time is irrelevant and the essence of being transcends physical existence. This perspective resonates with anecdotes shared by others who have ventured beyond the physical realm, highlighting an interconnectedness of human souls and a shared journey through the cosmos.

Brianna’s story is not merely an isolated account; it taps into a broader tapestry of human experience where individuals share transformations prompted by near-death encounters. These narratives often emphasise themes of love, connection, and the collective intelligence that pervades the universe. As she shares her story in various podcasts and interviews, Brianna continues to inspire and inform others, pushing the boundaries of what is considered possible in understanding life and death.

In a world increasingly filled with uncertainty, Brianna Lafferty’s transformative experience brings a beacon of hope. Her story encourages a deeper exploration of consciousness and the potential for healing that can arise from facing the ultimate mystery of death. Through her work, she offers a perspective that not only challenges prevailing notions of mortality but also fosters a sense of peace and acceptance in the face of life’s inevitable transitions.

## Reference Map:

* Paragraph 1 – [[1]](https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife), [[2]](https://www.bri0nicllc.com/interviews)
* Paragraph 2 – [[1]](https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife), [[3]](https://www.iheart.com/podcast/256-our-paranormal-afterlife-f-31048308/), [[4]](https://medium.com/the-neville-goddard-manifestation-club/the-woman-has-a-near-death-experience-and-downloads-her-pre-birth-plan-for-17-years-of-suffering-b7d6098a0c4e)
* Paragraph 3 – [[5]](https://www.listennotes.com/podcasts/explore-the/bri-lafferty-we-live-in-a-dYle-k84Tjn/), [[6]](https://www.listennotes.com/podcasts/magic-is-real/bri-had-a-near-death-wLHq2UDVuKI/)
* Paragraph 4 – [[3]](https://www.iheart.com/podcast/256-our-paranormal-afterlife-f-31048308/), [[7]](https://www.wtfjusthappened.net/podcast-afterlife-evidence-grief-episodes/downloading-code-from-the-other-side-with-near-death-experiencer-brianna-lafferty-episode-93)
* Paragraph 5 – [[1]](https://www.express.co.uk/news/us/2059687/woman-death-experience-afterlife), [[4]](https://medium.com/the-neville-goddard-manifestation-club/the-woman-has-a-near-death-experience-and-downloads-her-pre-birth-plan-for-17-years-of-suffering-b7d6098a0c4e)

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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> - In this interview, Brianna Lafferty discusses her near-death experience in 2017, where her heart stopped for eight minutes. She shares how this event transformed her understanding of life, death, and the soul, leading her to become a Death and Spiritual Doula. Brianna now guides others through their own transitions with compassion and wisdom, offering insights into her journey and the lessons she learned from her experience.
3. <https://www.iheart.com/podcast/256-our-paranormal-afterlife-f-31048308/> - This podcast episode features Brianna Lafferty as she recounts her near-death experience and its profound impact on her life. She discusses the insights gained during her time beyond the physical world, including her understanding of consciousness and the afterlife. Brianna also shares her journey from chronic illness to healing, emphasizing the transformative power of her experience and how it reshaped her worldview.
4. <https://medium.com/the-neville-goddard-manifestation-club/the-woman-has-a-near-death-experience-and-downloads-her-pre-birth-plan-for-17-years-of-suffering-b7d6098a0c4e> - This article delves into Brianna Lafferty's near-death experience, highlighting her journey through a realm where time ceased to exist. It explores her realization that death is an illusion and that our consciousness remains alive, transforming her understanding of reality. The piece also touches upon her pre-birth plan and how her 17 years of suffering led to profound spiritual insights and healing.
5. <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 and the insights she gained about the nature of reality. She shares her perspective on living in a simulation and how her experience has influenced her work as a Death and Spiritual Doula. Brianna also talks about her journey from chronic illness to healing and the lessons learned from her transformative experience.
6. <https://www.listennotes.com/podcasts/magic-is-real/bri-had-a-near-death-wLHq2UDVuKI/> - This podcast episode features Brianna Lafferty discussing her near-death experience and how it led to the healing of her previously incurable medical condition. She shares her journey from chronic illness to wellness, emphasizing the transformative power of her experience. Brianna also talks about her work as a Death and Spiritual Doula, guiding others through their own transitions with compassion and wisdom.
7. <https://www.wtfjusthappened.net/podcast-afterlife-evidence-grief-episodes/downloading-code-from-the-other-side-with-near-death-experiencer-brianna-lafferty-episode-93> - In this episode of 'WTF Just Happened?!', Brianna Lafferty shares her near-death experience and the insights she gained about the afterlife. She discusses her journey beyond the physical world, including encounters with other beings and the understanding that our consciousness continues after death. Brianna also talks about her work as a Death and Spiritual Doula, helping others navigate their own experiences with death and the afterlife.