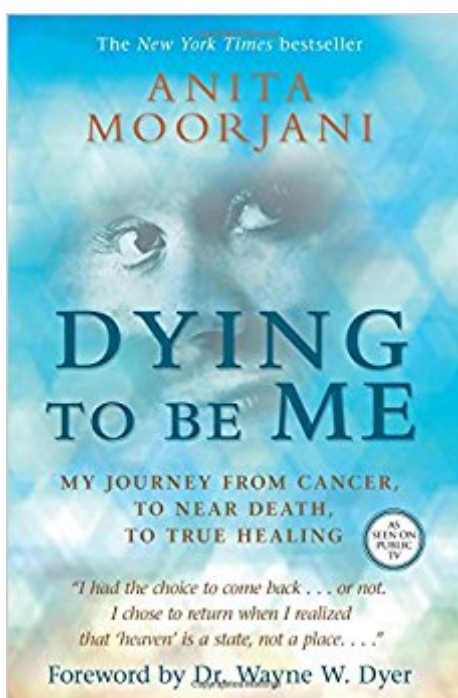


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# Dying To Be Me: My Journey From Cancer, To Near Death, To True Healing



## Synopsis

In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down; overwhelmed by the malignant cells spreading throughout her system. As her organs failed, she entered into an extraordinary near-death experience where she realized her inherent worth . . . and the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeks; without a trace of cancer in her body! Within these pages, Anita recounts stories of her childhood in Hong Kong, her challenge to establish her career and find true love, as well as how she eventually ended up in that hospital bed where she defied all medical knowledge. As part of a traditional Hindu family residing in a largely Chinese and British society, Anita had been pushed and pulled by cultural and religious customs since she was a little girl. After years of struggling to forge her own path while trying to meet everyone else's expectations, she had the realization, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that she'd never even imagined. In *Dying to Be Me*, Anita freely shares all she has learned about illness, healing, fear, being love, and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One!

## Book Information

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## Customer Reviews

"I have been deeply and profoundly touched by the contents of this book, and even more so by my

personal relationship with Anita Moorjani, who came into my life through a series of Divinely orchestrated coincidences." ~ Dr. Wayne W. Dyer

Describing her ensuing near-death experience as a realm of clarity and expansiveness, "a state of being," Moorjani made the choice to return, and her rapid and remarkable recovery defies all medical understanding. Her psychospiritual healing, which continues to this day, was self-realization: of her own magnificence, of oneness with universal energy and with a universe comprising. This candid memoir is a cathartic testimony to the magnificence and healing capacity of every human being. (Mar. 1)- Publishers Weekly

"This book is very thought provoking. Can we take the learnings, and make the changes, from someone else's Near Death Experience? Can I create for myself the same level of faith and knowing just by reading this book? Honestly, I don't think I can. But what I can do is open my mind that little bit more, take this book as another brick in building that wall of strength, and take her learnings with me on my own journey. I recommend that you do that same." - Rachel Bell

"I had the pleasure of reading Anita's book after hearing her speak in Sydney, Australia at the end of January. Her NDE experience is profound. The wisdom she shares is life changing." -Cheryl Richardson

"This book reminded me how important it is to live life from a place of passion rather than from a place of fear. No matter what challenge life gives us, it's really important to look for the gift in it. This book is truly amazing." - Vibrant Living with Celine

Afterword Before I close, I'd like to leave you with a few final words. Always remember not to surrender your power--instead, get in touch with your own magnificence. When it comes to finding the right path, there's a different answer for each person. The only universal solution I have is to love yourself unconditionally and be yourself fearlessly! This is the most important lesson I learned from my NDE, and I honestly feel that if I'd always known this, I never would have gotten cancer in the first place. When we're true to ourselves, we become instruments of truth for the planet. Because we're all connected, we touch the lives of everyone around us, who then affect others. Our only obligation is to be the love we are and allow our answers to come from within in the way that's most appropriate for us. Finally, I can't stress enough how important it is to enjoy yourself and not take yourself or life too seriously. One of the biggest flaws with many traditional spiritual systems is that they give you such a somber outlook. Although you know that I abhor creating doctrines, if I ever had to create a set of tenets for a spiritual path to healing, number one on my list would be to make sure to laugh as often as possible throughout every single day--and preferably laugh at myself. This would be hands down over and above any form of prayer, meditation, chanting, or diet reform. Day-to-day problems never seem as big when viewed through a veil of humor and love. In

this age of information technology, we're bombarded with news seemingly at the speed of light. We're living in an age of high stress and fear, and in the midst of trying to protect ourselves from everything we think is "out there," we've forgotten to enjoy ourselves and to take care of what's inside. Our life is our prayer. It's our gift to this universe, and the memories we leave behind when we someday exit this world will be our legacy to our loved ones. We owe it to ourselves and to everyone around us to be happy and to spread that joy around. If we can go through life armed with humor and the realization that we are love, we'll already be ahead of the game. Add a box of good chocolates into the mix, and we've really got a winning formula! I wish you joy as you realize your magnificence and express yourself fearlessly in the world. Namaste!

Up and coming author Anita Moorjani's debut book *Dying To Be Me* is undoubtedly one of the most important books of 2012. It is one of the most inspiring memoirs I have ever read. In these pages Anita shares in the most touching and heart felt of ways her personal history, growing up different, the tension cultural expectations created within her and the events leading up to her getting cancer and experiencing the most magnificent of near death experiences at the time her organs began to shut down in the final hours of advanced stage Hodgkin's Lymphoma. During her NDE Anita awakened to a heightened state of awareness which allowed her to understand why she had cancer (among many other things) and accessed a state of unconditional loving energy that allowed her to gain full recovery of her health. I need not elaborate on Anita's story any further, as it can be read in her NDE account at the Near Death Experience Research Foundation website, and there are also many different interviews available online for those who are unfamiliar with her story. However, if you are looking for a cliché NDE book with tunnels, white lights, angels and God you will be disappointed. This NDE transcends all cultures and all religions. I would like to emphasize that despite being a book about a near death experience, it has a much broader appeal than most other NDE books and is in my opinion multi-disciplinary. It is of huge value to anyone interested in the areas of near death experiences, death, dying and bereavement, cancer, spontaneous remission, the mind-body relationship, mind-body and energy medicine, reincarnation, or to anyone who simply wishes to examine how the universe and life works in general. It even makes a compelling case for the skeptics of spiritual phenomena, as her spontaneous remission so close to death is one of a kind and medically documented and verified. In addition to Anita's wonderful message, I would hope that her views on cancer provide food for thought for oncologists around the world, and change the way the world and in particular the medical profession thinks about, views and treats cancer. What impresses me most about this book and about Anita's message is that her NDE pertains much more

to life and living than it does to death and what we can expect in the afterlife (although this topic is also covered in the book). It helps us eliminate the clutter in our lives and to focus more on what makes us happy and brings us joy in life, as well as eliminating any existential phobias we may have stemming from the relatively unknown realm of death. Often spiritual books can create more existential fears and tensions rather than alleviate them with mention of concepts of sin, karma, pre-life planning of car accidents and illnesses, "soul lessons", soul levels, hell, punishment etc. These books usually have some sort of agenda to push, but luckily this is not the case with Anita Moorjani, she is a breath of fresh air, something I am eternally grateful for. Anita doesn't claim to be a spiritual guru, she doesn't peddle any sort of agenda as many other spiritual authors do. She has no dogma to force onto the reader. Instead she has an amazing story to tell (which she does with amazing dexterity in the English language), and shares from her NDE the many insights she gained into her own life, her own cancer and life and living in general, insights that anyone can benefit from. For me Anita's NDE and the insight she gained from it tremendously helped me overcome much cognitive dissonance which came from reading various New Age spiritual, self help type books, and put life into a much clearer and more logical perspective. At the same time Anita offers an outlook on life that is relatively easy to implement-DO WHAT FEELS RIGHT FOR YOU, DON'T DO WHAT DOESN'T FEEL RIGHT FOR YOU, everything else in life is secondary. If you are embarking on a quest for spiritual knowledge or if you have been on one for many years, don't buy 30 New Age books on soul mates, twin flames, soul lessons, law of attraction, indigo children, soul progression, karma etc, such books have little to do with the greater cosmic reality and in my opinion, for the most part, the concepts discussed in them are misconceptions at best, in other cases just plain lies. Such books can create quite a destructive and toxic belief system and can make living life more difficult and complicated than it needs to be. Instead, just buy this book. It will help you remove the clutter from your mind, your way of thinking and from your life as well. The biggest myth that *Dying To Be Me* dismisses is that being spiritual or living life needs to be hard work, that we need to work hard for a favoured position in the afterlife, that we need to suffer and make sacrifices for spiritual advancement, enlightenment and perfection (such beliefs are the foundation of all religions and New Age thought). In the absence of such ideas Anita provides us with a much lighter and fulfilling perspective on life, allowing us to become more effective at being ourselves. In Anita's own words "If you think you need to work hard at being spiritual then you haven't got it yet." *Dying To Be Me* is undoubtedly a ten star book, a book with universal appeal and with a message that will never lose its relevance to spirituality and to living a happy and fulfilled life.

Dying to Be Me is Anita Moorjani's candid memoir. It would have been a normal memoir of an Indian immigrant growing up in Hong Kong, if it wasn't because Anita has a remarkable Near Death Experience (NDE). Although there are many books and documentaries on NDE, Anita's story is unique because, unlike most NDEs, it involves a medically checked healing from a terminal cancer (lymphoma stage 4B), which occurred immediately after her return from "the other realm". Anita's memoir takes us from her childhood dreams, her young self, her cultural and gender issues, and her personal life, and the years that precede her four years of deteriorating lymphatic cancer until she was hospitalised when her organs started to shut down, her family was told that she'd live just a few hours, and entered a comma. Anita shares with us what she experienced during her NDE (a state of pure consciousness and love, a state of oneness and bent time, in which the Universe is one and many at the same time). She shares with us, in a very intimate way, how her view of the world, life and afterlife dramatically changed, the set of synchronicity events that lead to the publication of this book, and why she thinks she got sick and healed. The book has a final chapter with some questions and answers from people that are rather interesting. What I like the most about the book is that this is a very fresh, warm and intimate narration of Anita's personal experience, and that Anita does not preach anything, does not try to convince anybody of anything, and that she does not present herself as a victim or a warrior. She tells us her personal view of the world and of what her beliefs are, and does not pretend to be a guru or have the key to "the truth", she just wants to share her personal story with the world. Anita's narration of her NDE is beautifully evocative and clear to understand, something remarkable as her experience is nothing that can be easily put into words as it is quite abstract in a way. Her heaven is not a heaven that we know. I also love her comments on how she experienced life differently after her healing, and what her beliefs after the afterlife, past lives, reincarnation, organised religion, sickness, medicine, healing and human relationships among other subjects are. I also like the fact that she does not linger on the description of her sickness beyond what it is strictly necessary. Although I don't agree with some of the things Anita says or some of her beliefs, I have a deep respect for people like her, who do not pretend to be anything and do not preach any religion or try to convert anybody, and, most importantly walk the talk. I think the reader gets an unadulterated version of Anita from this book. At times, the book reads more like a transcription of a speech and the writing is unpolished and repetitive. In cases like this I blame the editor, especially when Hay House is the editorial house and they have the resources to edit a book properly. Also, I think it would have been wise including references (even if just links) to the the two doctor's medical investigation and verification of her medical records (oncologists Dr Jeffrey Long and Dr Peter Ko). Otherwise, anybody can say that this is a made-up story. Her website has a

testimonial of the two doctors, but, personally, if a medical report is mentioned, I want it referenced in a footnote. Now something important. Anita says: "Even criminals are victims of their own limitations, fear, and pain. If they had true self-awareness to begin with, they never would have caused any harm. A different mind-set—for example, a complete state of trust instead of fright—can turn around even the most depraved person, the same way" (p. 149) She also adds: "We still judge perpetrators of crime as exactly that—criminals who deserve to be condemned, not only in this life but in the afterlife as well! We're still unable to see them as victims of fear, creations of a reality that we, as a whole, have built." (p. 152). I agree that many people become criminals because of their specific circumstances, childhood abuse, poverty, drugs, hanging out with the wrong people, mental problems and so on. I agree that rehabilitation is possible in some cases. Yet, there are many people in those very circumstances who have never hurt anybody or done any damage to anybody. Even more, there are people who did have a good upbringing, good childhood, grew up in affluent environments, were loved by their parents and turned out to be evil. Like psychopaths, like sociopaths, like malignant narcissists, among others. These people do NOT have a soul to me, these people do not have empathy, goodwill, or remorse. Even if the heaven Anita describes exists and it is the way she says, she experienced it the way you expect a decent human being should experience it. So she is giving us her experience of decent human being, not the experience of an evil person. We do not know if people without a soul would experience the same. I hope they don't. I don't want to be One with women's beaters, children rapists and killers, psychopaths, genocides, or serial murderers who live jail rehabilitated to kill clear-headedly the first person they come across in the street but were declared rehabilitated. Dying to be Me is food for thought, and food for the soul even if you don't think you have a soul. Even if you are an atheist or agnostic, or even if you think that story is made-up, there is an undeniable wisdom in the book that we all need to remind ourselves of regularly, and may pearls of wisdom that resonate with me.

This book has been a blessing to me and I'm sure it has touched many others, as well. It has made me realize to simply love myself, have joy and life will completely change for you! Laughter is so good for the soul. Those are the important messages I have received from this wonderful memoir. My daily outlook has changed and I want to bring joy into my life and others around me. It may be a struggle at times, but I'm now always mindful of Anita's words to have a life of abundance and joy, which resonates within me. I will continually read her passages again & again, because they are so inspiring.

I am recommending this read to everyone; encouraging life changing thinking and believing; always hopeful and positive as we go through this life. Getting this book for others I love and care for in hopes they too will be impacted by what messages are stated throughout, as I did.

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