

# Purnima Sinha Interview

**Karen Wyatt:**

Today I'm very happy to welcome my special guest, Purnima Sinha. Purnima has certificates in lifestyle medicine and meditation and psychotherapy from the Harvard School of Medicine in Boston. She has been trained in ultra transcendental meditation and has been researching consciousness studies for over three decades.

Purnima has had mystical experiences all her life, such as a near-death experience, after-death communication, and shared death experiences, and she has helped many patients during their transition. Purnima has presented at the IANDS conference and has been published in Eckhart Tolle's newsletter. Her motto is self-care equals self-love, and I'm really honored and happy to have Purnima here as a guest, so welcome and thanks for joining me.

**Purnima Sinha:** Thank you, Karen. First of all, thank you. I'm grateful for this opportunity, for this space. Everything I'm going to share [00:02:00] today, I just want everybody to know that I'm not here to convince anybody. It's my experience. And m- because of the meditation practice, I have been doing over 50 years, whatever comes to me as a guidance, I follow my guidance.

I never question it because it's very, clear for me which is a guidance and when your ego is talking. It's two different energy field.

So that's what I'm going to share today.

**Karen Wyatt:** I'm happy for you to share this story. I think it's really important. A lot of people who listen to this podcast are people who work with dying patients through hospice or as death doulas, and I think it's important for all of us to have an awareness of the types of experiences that you have had because oftentimes when we're with people at the very end of their lives on their deathbed, we see- we recognize they're having a vision, they're [00:03:00] hearing voices, they're having an experience that we need to be able to validate and appreciate and, recognize as real and not somehow try to explain it away.

And so it's, really important for all of us to hear stories like yours.

**Purnima Sinha:** Yeah, that's absolutely true. And again, I had no idea, I had no language before I found out about IANDS, which is International Association

for Near-Death Study, which I found it in 2012 or '13 by Bill Guggenheim. I accidentally watched a video, Hello from Heaven, because I was, grieving about my mom's death.

But everything is connected through this whole journey, especially when my mom passed away, this whole journey of the other side, it started. Even though from the childhood I was very aware of something, but I did not have the language. [00:04:00]

So if I remember correctly, it was probably between age six and eight, I remember sitting, in my family room and doing my homework, and I just knew that I will not staying here.

That time I didn't have the language, but I knew I'm going to go very far.

So it was the... I still can, see it when I talk about this.

**Karen Wyatt:** Yeah, that's so interesting, that awareness that can come at such an early age in childhood when we can't explain it. We can't even tell an adult what, we just experienced.

Like you said, there are no words for it.

**Purnima Sinha:** Exactly. That's why human mind, again, we- we can speak in the language, but the human mind, I don't think so is capable of understanding. And thanks to all the NDE people who are coming back with, the do- documentation of death, like [00:05:00] they, the doctor knew that they passed away.

And my mom told me all this thing, the whole ions talk about, when I was probably late teenagers year, between- 14 and, 18. But I don't know why she told me, and I remember that, this mo- this, life is a movie theater. Everybody's here to teach a lesson. And she and my father always taught us to do karma, because your karma is your action, and your action is always in your hand.

A result is never in your hand.

Which is, from the Bhagavad Gita also. Lord Krishna is talking to Arjuna about the same thing. Karm is always in your hand. Result is not in your hand.

So my mother always taught us, we, we grew up in a very spiritual background. They were meditators, and my grand- great, grandparents were meditators.

So it was ingrained in our brain [00:06:00] that you have to do seva, which is how to serve people, and, not everything is about you. And any times when the struggle comes, always remember the word. The word we use in, our, spiritual practice is Radha Soami. It's like a five, word of the sound. But again, I had no idea till I lost my mom, and then seven month later I lost my dad.

Oh, gosh. So the grief was so strong, I cannot explain in word. It took me many years to comprehend, but whole thing started to come back to me what she told me, and then finding ions. And, through forgiveness to my mom because, I had some issue, unfinished emotional business with her. I used to complain that you never loved me because I was a third child, so [00:07:00] it was just she favored my brother all the time.

So every, little things adds up and she came here, they came here in 1997, and I sat down with her and told her all my complaints. I was probably 35, 36 year old. And she listened very nicely, did not interrupted me, and when she listened, when I was done, she said, "It is not true."

When she said, "It is not true," I got more mad.

Because that time, now I realize this was all about my ego Because the ego wants to be correct all the time. They don't understand the other person's point of view. It's only my point of view is right. So I was... A- again, it was a young age, so that was being also necessary in order to crack the ego.

So age 40, something major happened. Twen- year 2000, some comment somebody [00:08:00] made, and it literally cracked my ego.

Literally. Because now I realize that time I did not have self-love for me.

I was a people pleaser. Even though I don't want to do something, I will say yes. So I think the universe give you plenty of chance to get on the track, but when we do not listen, when I, I did not listen, it was giving me hint few years prior, but then something happened in year 2000 which literally cracked my ego.

**Karen Wyatt:** That's so interesting. As you were saying, the ego desires to be the center of the universe in a way and want- Absolutely ... and wants to control the narrative just from its own narrow perspective, and yet oftentimes it isn't... it's that the ego has low self-esteem. The ego doesn't really believe that it's good enough.

It's just trying to find that kind of validation [00:09:00] elsewhere. It's all an, illusion that has to fall apart at some point.

**Purnima Sinha:** Yeah. Yeah. Any, time you feel superior or inferior, that is ego.

And ego always want to correct, and ego always want to compare, and ego always pla- to blame because then you don't have the responsibility.

Ex-

**Karen Wyatt:** exactly.

**Purnima Sinha:** so that took me many years to figure it out, and when I read, uh, Eckhart Tolle book, Power of Now: A New Earth, during that grieving period, then I realized everything is like together. Everything is connected. So any single experience I had never got wasted. So when I had this, experience in 2000, that emotional pain was so strong, and at that time I was working full-time as a graphic designer, taking care of kids, going to the soccer practice, the library, school, pick them up.

So I was close to driving 100 [00:10:00] mile every day. So, I was doing, in my opinion, everything right.

But when I was told certain thing which, cracked my ego, then literally, I had to say that, "What else can I do now?" So emotional pain was so strong. I couldn't talk to people because, I was young.

my parents were alive that time. So that particular date happened, it was a award ceremony for my son, so it was very special because it was, finishing up the high school, graduation thing. So I came back home because I was very tired because, again, being in the emotional pain. So I came back home, and I was just crying, weeping and praying.

Because my father always said, "Any time anything happen, struggle-wise, it's happening [00:11:00] for you, it's not to you." So I'm thinking about my dad, and I'm arguing with God or... And the, for div- for the definition for me, God is G-O-D is goal of divine.

So I'm literally talking and d- going through the meditation process because I love to do meditation all the time, as much as I can, and I'm praying to make me disappear.

I was in so much- emotional pain, I said I cannot deal with anymore. And I still... When I'm talking about that, I, can still remember point by point. So what happened? So I was perfectly fine. I was not sick or anything. So during meditation, I went somewhere, and IANDS released some kind of picture about the tunnel with the angels, I think few months ago.

Last year, I believe, in, after the conference, September or October. [00:12:00] That's the only picture I can relate to. So I never heard about NDE. I never heard about tunnel. Nothing at that, point. And I am, I'm seeing myself and, as a guided, energy that I am there, and I see the light at the end. It's a tunnel, and I see the light.

And I- I'm in the, in my, my, in my meditative state. And it was shown to me that if I cross that threshold, I cannot come back. And that day was my son's awards ceremony day. So that made me realize that if I go there, it's, I cannot able to come back, this is going to be big disaster for everybody.

So I could not put that burden on my children. And again, it was many things were shown [00:13:00] to me that my purpose wasn't done. I had to do, now n- now I can s- say the language that I've be- I've been teaching meditation and this kind of thing in the hospital in our county for last 13, 15 years.

So many other things were downloaded. It was showing to me, it was guiding me, but it took me many, years, at least I think seven to 10 years, to process what it meant.

And now looking back, I can put things together that this happened. So when I come back, I knew I was there somewhere, but I don't know where I was.

**Karen Wyatt:** And then my life

**Purnima Sinha:** started to change ...

**Karen Wyatt:** that's so interesting how I think many parts of our lives are like that. In, in the moment while we're experiencing it, it doesn't make any sense.

We can't understand it at all, and it often takes years before... It's like a jigsaw puzzle that starts to [00:14:00] come together, and you can start to see how things were connected. But, we wish we could see it in the moment, but it o- it does take a long time before it all comes together.

**Purnima Sinha:** Yeah. I think sometimes be- because for, since 2000, I'm paying attention, I think, more, lot of things is showing to me in the, like a download they call it here, but lot of times I remember, so I write in my journal, like 25 years I have my journal, but lot of times what happen, as soon as I wake up, everything is wiped out.

So I think that's, you are, I'm not or you are not supposed to be remembering, then you cannot do the work.

**Karen Wyatt:** So true.

**Purnima Sinha:** If I know everything, then there is no challenge how to, navigate. So I think it's for our own, benefit this happened.

**Karen Wyatt:** You're right. If you had all the answers to begin with- then [00:15:00] you wouldn't struggle and learn- and, and, grow ... learn, the main thing is the learning the lesson.

Yes. Yes. Exactly.

**Purnima Sinha:** let me talk about, uh, after death communication with my mom.

**Karen Wyatt:** Yes. But

**Purnima Sinha:** before it happened, let me just background, some back story. For my mother, being a doctor in the family was extremely important. I don't know why, because I think I told her I'm being... I'm going to be a doctor, but I did not pass the test, so I did not become a doctor.

So she was very disappointed. So my son was very smart and he became a doctor. So she knew that, he will become a doctor, but before he went to the medical school, she got sick.

**Karen Wyatt:** A

**Purnima Sinha:** year before. He was in the guaranteed medicine program. So when she got sick, she was losing, memory. So when I talked to her last in 2002, [00:16:00] May or June, she was sick.

And when I s- found her, when I found out that she cannot remember, I, literally lost it.

So I went to India with my husband because I was emotionally very drained. And I went there and I told her that, "Please just stay one more year because your son, your grandson will be going to medical school, and I know it's so important for you to do that."

And she has no strength at all. She was weak. There was... My mother was 83 and my father was 84 when they passed. So doctor said it's because of the old age, the dry, uh, veins and everything, we cannot do anything, so take her home. So she was in hospital for maybe, four or five days. So brought home, I told her that, and I was, crying and weeping so hard because my father was getting, sick because my mother was sick.

But nothing wrong with his, him [00:17:00] physically.

But they were married for 57 years, so they were, like, literally, feel each other's pain. So I'm talking to her and she just, put some kind of gestures that she already know he will become a doctor. And I'm crying that, to the God and praying that please take both of them away, because I cannot bear to see either of them in that situation.

Because I couldn't do anything. Doctor said we cannot do anything. So she had pipe, we are feeding her. My father is getting upset. She could not talk. She open her eyes and she looks at me, and I, am crying so hard my father told one of the family member to remove me from the room.

He said, "Because of her, she cannot die."

So when I heard, when he said, "Move Purnima from here, she cannot die because of her," I was so shocked. And I [00:18:00] was sad. I said, "What did I do?" I just I saw... It was, like, unbelievable what my father said. And something came to me and I remember immediately when I was probably between 15 to 18, that teenage year, she told me all about the soul purpose.

When soul wants to leave, go back home, it's already planned. Soul come , when they want, and soul leaves when they want. So she said, "When I'm leaving, do not make fuss and do not cry and don't scream because, soul wants to go home peacefully." And I was doing the opposite.

And she told me that time also that, "Pray for me and pray with me." So I was doing satsang, all kind of path. Immediately I went to that mode. It's like a flipping a switch, turn on and off. Completely I was calm down. I was praying, did everything. I was telling her that, "I forgive you. I'm fine. I know you loved me.

[00:19:00] You loved me, I loved you." And I put my right hand on her, chest, left on her head, and I said, "Please go peacefully. I'm going to be fine. And please show me some kind with your gesture that you can hear me." So she put her hand very gently. Together she could hear me. And my father asked, "What day is today?"

And I said it was Thursday. And he paused and he said, "She will be gone by Sunday."

Wow. And she, did die on Sunday. When I was giving milk to my dad, breakfast, I peeked beside him because they were on the same bed, and my father said she already left.

**Karen Wyatt:** Wow. S-

**Purnima Sinha:** so when doctor came to declares the body, I'm right there, I'm standing, and in my mind I know this is my mother, and I felt something energetically coming to me.[00:20:00]

I can still feel it. I have... It's like a ball of energy or something. something came to me and I could not understand that, what happened. At the same I'm looking at her body and I'm asking, "You are my mother, so you better tell me what happened when you die," because she was very afraid of death- even though she was very spiritual. That's, interesting.

**Karen Wyatt:** So

**Purnima Sinha:** I think now, by helping her during the transition, I'm helping, many other patients. And she started communicating with me right away, literally that night. And again, I had no idea about after death communication at all, but I could feel her presence.

I could feel her guidance. I could feel her smell, the, smell on the clothes. And, [00:21:00] I was getting so sick because my father never got up from the bed-

when she died So before I go further, do you have any question, Karen?

**Karen Wyatt:** I was just curious about the after death communication with your mother.

It sounds like you had a felt sense that she was in you or present with you. Did you hear... were you able to hear her voice, or it was more of a knowing of what she was communicating?

**Purnima Sinha:** It was a knowing.

**Karen Wyatt:** Yeah.

**Purnima Sinha:** Yeah. It- I'm getting goosebump. It was a knowing, and the presence, you can just feel it.

**Karen Wyatt:** Yes. Yes.

**Purnima Sinha:** If somebody's behind you staring, even though you are not looking, you know somebody's behind you.

**Karen Wyatt:** Yes.

**Purnima Sinha:** So you can f- you can feel the presence. and since I was in so much pain, and I had issue with her, I think after her body was gone, the density is gone. [00:22:00] So I think the energy is much easier to come.

**Karen Wyatt:** Yes. I think that, that makes total sense.

**Purnima Sinha:** Yeah. So I was- But you could just feel her- Getting- ...

**Karen Wyatt:** pure essence, her pure

**Purnima Sinha:** spirit ... ex- exact- And, yeah ... yeah, because we are all pure... In essence, we are all pure energy S- so what happened, I was getting sick, because I could not sleep for 15 days, and my flight was coming back here by myself because my husband left after, her passing, after four days because my younger son was going to high school, so we had to do all this stuff for him here.

And my father is sad because he knows that I'm leaving after 15 days. So he said... I'm sad. I'm grieving. He's grieving. Everybody's grieving, and I'm having lot of anxiety how I'm going to go back to US, because from Ranchi to Delhi,

that was a monsoon, month, August, so it's like rain and [00:23:00] thunder every day, and only one flight from Delhi to Ranchi.

So every day the d- flights were getting canceled. So people were saying, "I don't think so you can be able to go because s- the weather is so bad, you will not be able to fly." And I'm literally talking to my mom that, "I came here for you. You have to take me back home- "... because I have to take care of my younger son."

So my flight was from Ranchi to Delhi, that day particular, i- in the morning it was raining, but by late, i- it, sun came up and I was perfectly fine taking the flight coming to Delhi.

And then from Delhi to USA, it was a Swiss Airlines, it has, 10-hour, waiting period in the Switzerland. And I am having so much anxiety,... I could not be able to think how I'm going to travel. And again, I'm crying and praying that, "You have to help me [00:24:00] to go... let me go back home because I have a responsibility."

So whole period of time in, on my, on the flight, Delhi to Switzerland so here, I felt her presence right here on my shoulder.

I had a shawl. So I had a shawl and felt like that, "I'm here with you." And when I came home, she was here in my kitchen and living room, area. At least three to six months I felt her presence.

And I was never afraid. I was very calm and because I was, full-time working and kids and ev- the whole thing. I didn't have time to sit and even grieve. But she helped me so much through the guidance that I'm going to be... I think it, it was all connected, and I hold that experience of 22 years-

**Karen Wyatt:** Wow

**Purnima Sinha:** I never shared.

**Karen Wyatt:** Wow.

**Purnima Sinha:** Till I was [00:25:00] forced to share, that, "You have to share. This is not for you."

**Karen Wyatt:** It sounds like, even though you were saying you didn't have the words for it, it wasn't something that you necessarily understood, but you knew that it was real.

**Purnima Sinha:** Yeah. Oh, yeah, definitely.

**Karen Wyatt:** Yes. And it's interesting to me because, sometimes I meet people who have had a loved one die, and they l- want to have the experience you have had with your mother.

They long for it so much, but they are not able... They aren't able to feel the presence of their loved one, and they don't understand why. And I don't, know what to tell them. It seems like it isn't really s- something we have any control over. Yeah.

**Purnima Sinha:** Yeah, absolutely. Absolutely what you said. The o- only thing I can say for me, when I'm... when you are not afraid, then they come to you. Because when I have a fear mode, is the frequency of the energy of the body [00:26:00] is totally different. They cannot come that low. That's what I read some- someplace about the consciousness study.

That's why everybody says, "Raise your vibration."

and the only way raise your vibration, when we are in the love mode, love energy, meaning no judgment, no blaming, no blame game. It's just the pure essence of love. So I think I was talking to her just like I'm talking to you, and I was open, And I meant to have this experience. I don't know, because she told me, which I totally ignored in teenage year. So I think it's a lot of things included, but the one thing, if I am fearful, they can- you cannot hear it.

**Karen Wyatt:** You can't hear it. And then I think you mentioned being open. So I think being open-minded, because maybe some people are actually having experiences, but they doubt it.

they ignore it because it... their mind can't [00:27:00] believe that could be real, so they just brush it off, and they don't appreciate what's really happening.

**Purnima Sinha:** Absolutely. Absolutely, because the, if I'm, living here all the time in my mind, there is no way you can have the experience.

Experience is through your heart.

**Karen Wyatt:** Through... That's a good

**Purnima Sinha:** point. Mind has to analyze and has to be linear in order to live in the physical world. But in order to listen to your heart, your emotion, your

guidance, intuitive guidance has no logic behind it. There is logic and the whisper comes like a whoosh.

The guidance come has no emotion behind it. It just give you the information and leave. So it's up to me, I'm going to follow it or I'm not going to follow it. So I always was guided by my intuition. That's how I was raised, to trust the guidance, trust life. [00:28:00]

**Karen Wyatt:** That's such a good point you make. First, for one thing, the mind can interfere with hearing what the guidance that's coming through the heart, and then earlier you mentioned the ego as well, which is so desperate to be in charge of everything that I'm...

That if, if you're only seeing life through the ego, then you're likely not able to perceive what's happening in your heart, your intuition.

**Purnima Sinha:** Exactly, yeah. Because ego just wants to be right all the time. It does not listen to the heart because ego does not want to lose. If you are arguing, having a fight, if ego said, "I'm lose," then there is no identity.

reading that book about Eckhart Tolle, A New Earth, it talks about how our pain body, the- the pain we have in our body, in the cellular level, how to feel it and how to let go. So when I [00:29:00] lost my mom and I was crying in the grieving process, and when I read that book and, read many times the same book, and then realized then my father told me when, uh, she had me, she was going through maybe postpartum, something happened after my delivery.

So she went through something. My s- older sister and my father was taking care of me.

So even though I was a infant, I sensed it, So I had no childhood memory with my mother, so that's why age 35, 36, it started to come forcefully when I try to talk with my mother that, "I have no childhood memory with you."

**Karen Wyatt:** Wow. That's-

**Purnima Sinha:** So- ... that's really

**Karen Wyatt:** interesting ...

**Purnima Sinha:** that is really interesting because that how the whole thing is started. We were very close when we got older. I was older. So when I lost her, I felt so much [00:30:00] emptiness in my belly. My mom is gone.

Then I realized that moment that how she felt when she was probably, 38, 39 when , she had me, and something happened to her life.

And that's why she could not take care of me. And I was 42 years old when I lost my mother, and my kids were grown, like in high school and college.

That made me realize her pain. And when I realized her pain, I had compassion and total forgiveness

And then the universe started, the floodgate literally opened, and I was getting so many experiences which I had no... I cannot take any credit

**Karen Wyatt:** Wow. that's just so fascinating how that you crossed a hurdle in a sense, with forgiveness.

You removed a huge [00:31:00] obstacle- Yeah ... and then suddenly maybe this awareness which had been part of you for your whole life but you hadn't perceived it as well, suddenly it was available to you.

**Purnima Sinha:** Yeah. And I was meeting people, like famous people. I was dealing with... when we are getting the, in 40s, we getting lot of changes in our body.

So I was reading lot of books,, for my health. So Dr. Wayne Dyer, Dr. Christian Northup, Marianne Williamson. Lot of books I was reading, so I... That was helping me. So all those people I started to meet.

So in the hospital, when I started working as a volunteer, that is another story. When my parents were getting old, especially my mom, she used to tell that, nobody come and talk to us.

So I made a promise to myself that when I get chance, I'm going to talk to old people, and the old people I know I [00:32:00] can find in the hospital. So when my mom and dad passed away, and my son became a doctor, , yeah, 2007 he became a doctor. The day he became a doctor, I knew my job is done from the...

as a graphic designer. I said, "I don't want to work here anymore. I want to work in the hospital."

And people were saying, "Why do you want to work in hospital? You have no degree, nothing." And I said, "No, I have to." And literally after a month later I was laid off. So when I put the application for the volunteer work in the hospital, my younger son was with me, and he is a witness, that I told him that one day I want to teach meditation here.

That time meditation wasn't popular in the hospital. And then they j- created a job for me in the hospital, and so my son who became a doctor, provided me all the [00:33:00] medical journals to, , start a program for the cancer patients. And, I taught there, for over 10, 12 years.

**Karen Wyatt:** Oh, wow.

**Purnima Sinha:** And that was, I think it was a dream job for me

**Karen Wyatt:** Yeah, how interesting how that all unfolded and it all came about in a, perfect way, and yet through lots of pain and struggles and uncertainty along the way, I'm sure..

**Purnima Sinha:** and the story I would love to tell, , I did not know this patient had cancer. So I was going to this person's room, and she's very young, 35 year old. Then she told me she's dealing with bone cancer.

So later on she told me that, doctor gave her only six months to live, but she end up living, I believe, year and a half.

So she got little close to me, and then she said, "Purnima, I would love to see my dad before I die." She had never seen her [00:34:00] father because, her mother had an affair with married man. So she had seen the picture but never met him.

**Karen Wyatt:** Mm.

**Purnima Sinha:** So that was her last wish. She said, "I would love to do that." he was a , well-known person, so she found his picture on the internet and phone number on the internet, and she gave it to me and, her father's, picture with the sky blue shirt and the yellow tie on the, screen saver.

She will look it every day. And whenever I meet her in the hospital or home sometime, she will show me that, "I'm, praying that I... Before I die, I just want to see him one time." So I called him, her father, three times. Left a message, but I did not get any, phone call back.

So I told her that I left three times, so I'm going to just let it go and see what happens.

She said okay.

. so that day she called me.

She said, "Purnima, you will never believe what happened." I said, "What [00:35:00] happened?" She said, "My father came to see me after the visiting hour were over."

**Karen Wyatt:** Wow.

**Purnima Sinha:** And when he came to see her, guess what he was wearing? Light blue shirt and yellow tie, exact same one what she had it on the screen saver.

**Karen Wyatt:** Wow.

**Purnima Sinha:** I'm getting goosebump all over. She showed me the picture because she took the picture. And I said, that's how universe work." There is no way we can orchestrate that area. And she wanted him to be the, in the funeral. And her mother and herself was fighting till the day she died.

So she was telling me that, "Please come to me when I'm dying.

You come here." She t- did not want her mother in the room.

So when nurse called me, 3:15 in the morning one day, that, "Please come [00:36:00] here, she is..." I think nurses know when the organs are failing, right?

**Karen Wyatt:** Yes.

**Purnima Sinha:** So I was there holding her hand. I watched her last breath, and I literally I was telling her...

She did not wanted to die, and I was just telling her that, you have all over your body of bone cancer." I, I was telling her to visualize, "You will get a new body, you will get new thing. This will be... you will be done with this." And, sh- she, was telling me that, "You are helping me during the transition."

And, said, "Just follow light, just follow divine God, whatever." And during when she was passing, she was on morphine, and I... Still nobody knows. She literally got up like a perfect person. On the bed, literally. I, witnessed it. And she said, "Purnima, I see light. I see God. Let me go. Let me go."

**Karen Wyatt:** Wow. That's incredible.[00:37:00]

**Purnima Sinha:** So I watched her last breath.

And same thing with this person who when she was dying, the day she was dying, I was in the room. A chaplain was doing the prayer, and she could not... I think she was in coma. So I was talking to the chaplain and the priest, and I think she heard me and sh- she...

I could see how much effort she's making to move her head. So I put my hand on her and I said, "Thank you.

So I witnessed, and I... As soon as I left the room, the nurse called that she passed.

**Karen Wyatt:** Wow.

**Purnima Sinha:** So I truly know.

I have more story, but these, how this incidents divine intervention, because of that, the job, they started a paying job year and half later, which I loved doing, and I did my volunteer, plus I did the, this paying job for the cancer patients.

**Karen Wyatt:** [00:38:00] Wow. Tha- those are just beautiful stories. I know. And, I love that in many ways you were an innocent bystander who were listening to whatever guidance you were receiving and doing what you were told, but with with no idea how that would end up or what might happen because of it.

**Purnima Sinha:** Exactly. I think that's why, when I did the conference, last year, after death communication, panel with IANDS... We, are always being guided. Always. So a thank to my mom and dad who taught us, ingrained, I think, in our brain that trust divine, trust life.

When your intuition is talking to you, listen.

**Karen Wyatt:** That was such valuable training they gave you at such a young age. Yes. So important. Very

**Purnima Sinha:** grateful. Yes, very grateful for that.

**Karen Wyatt:** Oh, that's a beautiful lesson, I think, for all of us to remember because I think, [00:39:00] personally, I believe all of us are receiving guidance through our intuition, and I, I am aware that many people just don't recognize it or don't quite believe it.

Yeah. And so they just ignore little signs or- little nudges that come to them.

**Purnima Sinha:** Yeah. Yeah, a lot of my family member even... And this thing, after death communicate, you cannot make up this thing. It comes to you. You don't make it, that come to me. It comes to you. So when you are or I am in that, vibration, that's the only I can say, in that frequency, because frequency catches frequency.

When I'm in the anger mode or judgment mode that cannot just happen. But sometimes people say, "How do you know it's ego or intuition?" It's very simple. Ego has agenda behind it, always, always, no matter what.

Intuition has no [00:40:00] agenda. It gives you the information. It has no emotional attachment. It just give you in a sentence, like I heard, "Shake hand with this person. Help this person." And it's no emotion behind it. Either I listen or not listen is up to me.

**Karen Wyatt:** That's a really good reminder. If there's an agenda, if there's baggage being dragged along behind it, it's probably-

it's the ego. Yeah. Yeah. And maybe also the intuition isn't necessarily going to make sense to your rational mind, s- so-

**Purnima Sinha:** It ne- never makes, rational.

**Karen Wyatt:** Yeah.

**Purnima Sinha:** It has no logic behind it. That's why meditation is so important, because when you do meditation, it's physical and non-physical, and we all know that, so many things we cannot see with these five senses.

We all experience that. We all experience blissfulness. We all experience God's love [00:41:00] through our children or whoever we love. Yeah, our pets. So nothing is going to be all the time physical. So when I'm doing meditation, your mind is quiet down enough- you can hear it, what the divine is telling you So you can listen.

So prayer is when I'm talking to God. Meditation, when I'm listening to God.

**Karen Wyatt:** And that makes so much sense. Because of your long-term meditation practice, you were able to quiet down the mind and the thoughts that keep swirling around through our mind so they weren't distracting you or overpowering the intuition that was coming.

**Purnima Sinha:** It is lot of practice, and I pra- practice in a sense that, sitting in the stillness And gratitude, I think, makes a huge difference. If I'm, when I'm starting my day with gratitude, that I'm grateful I'm breathing. I'm grateful , this body's working 24/7 [00:42:00] supporting me.

So when we start our energy, every morning and every night with gratitude, I think that's the key for life for me.

**Karen Wyatt:** And you, when you were talking before about frequency and the frequencies of different emotions, at least as far as I know, gratitude has a pretty high frequency versus when we're stuck in bitterness or resentment or blaming someone or just unhappy in general.

So you're right, that practice of gratitude plus meditation, that's really powerful.

**Purnima Sinha:** Yeah. I think that's, the whole... If nobody, our podcast, if you cannot take anything away from this, just remember just being grateful, that's all you need. Yeah. Because imagine if you hold your nose for 10, 15 second and you cannot exhale, how does it feel?

So we take our breath for granted. So being this body supporting me [00:43:00] 24/7. So when I'm breathing, when I'm supporting b- by this body, I have no problem, literally, but you have to li- in this order to live in this world, we have to do the work.

**Karen Wyatt:** Yes.

**Purnima Sinha:** So when we doing the, starting your day with meditation and gratitude, the higher intelligence take over to guide us.

**Karen Wyatt:** And just to smooth the path a little bit-

**Purnima Sinha:** Much better ...

**Karen Wyatt:** or not necess- we still wind up in all sorts of predicaments and situations that, that we have to deal with and struggle with. It isn't like suddenly life becomes problem-free, but you have more tools maybe for coping with what happens.

**Purnima Sinha:** Exactly, yeah. Yeah, people say, in, people think when you have meditation, this everything is a la, land. No, it's not. Because every time when I pray, I want joy, peace, harmony, and love. Universe say, "Okay, I will bring it to you," and it will bring it to you through people. Then if you're not [00:44:00] aware of it, that's how we practice.

If we don't have people to practice, there is no way we can evolve.

Ego will never evolve That's why every time we are in the grief situation, when people break you down, then because then the ego has, like losing the control. You said, "What do I do now because I'm, I'm losing it here?" And that's h-how, these tool are so important: meditation, gratitude, prayer.

Whatever name we can say it does not matter. Just, yeah, we just have to say, "Help me."

And we, a- always have to ask for help. That's another thing I can emphasize. If I do not ask for help, I will not get help Because just imagine if you're going to the store and you are checking everybody who's looking, where parkit- in the parking lot, I can ask everybody, "Can I help you?"

Can I [00:45:00] help you? Can I...?" They will say, "This is a crazy lady." They've called the police, right? Yeah. But if somebody ask for help, then you go and help.

**Karen Wyatt:** Yes. S-

**Purnima Sinha:** so asking help is very important, and ego don't like it. I was- Lot of time ego does not like. Even say, "Oh, I'm not weak." It is not a weakness.

**Karen Wyatt:** Yeah, I was just gonna say that because I think, here in our country in particular, I think we pride ourselves in being individualistic and independent.

We can take care of ourselves. We do things for ourselves. But that is, again, how the ego prefers it. Oh, yes. And, so there's a humbling we have... that takes place, and we have to become a little vulnerable in order to ask for help.

**Purnima Sinha:** Yeah. Yeah. Again, you said a perfect word, humble. We need to be humble enough to receive the help.

You cannot... You have... The ego always wants to be, like, in control all the time, put [00:46:00] everybody else down, making superior or inferior. Until we humble down and ask for help to receive help and say thank you, the whole life, it changes. It takes time. But again, the awareness come, and then it's much easier to navigate, because when we fight, it's, hard when to navigate.

When we surrender, means I'm surrendering to the higher intelligence, please take over and help me, because right now I cannot think properly. So that's why I think the ADC was so important, and I held it for 22 years. I never wanted to share because I said, I don't know who I'm going to tell."

And then IANDS comes and Bill Guggenheim, when I watched his video Hello From Heaven, if somebody's dealing with grief, that's a great interview he had. And when I read, his book, chapter one through 12 chapter, one through 10 chapter I have experience a- about [00:47:00] ADC.

**Karen Wyatt:** So

**Purnima Sinha:** I wrote him a email, and he was...

He just passed away I think a few years ago. He was so gracious enough, he send me a copy, signed copy, and then he called me on the phone, and I was so shocked that author can call you. And he said, "Purnima, this experience is just for you, so don't try to convince anybody." Because I told my kids, but I didn't tell anybody else, because sometimes, people get afraid when you say you feel presence.

And especially the word after death communication, I think people are so scared of that word death they pull back. They don't want to hear it.

**Karen Wyatt:** Yeah, that's very true. Very true.

**Purnima Sinha:** So 2010- '13 when I met him and he told me that, "Come to the conference. It's happening in your hometown." And I said, "Where?"

He said, "Arlington," which is 45 minutes away from here. And I end up meeting so many wonderful people, [00:48:00] and that's how the IANDS journey, my starting- which my mother told me, all this is stuff they talk about.

**Karen Wyatt:** Yes. Yes, and I w- I was gonna say, we should probably mention, so it's International Association of Near-Death Studies?

**Purnima Sinha:** Yeah. Is that correct? Yeah, I-A-N-D-S- N-D-S ... International Association for Near-Death Study. It has been doing research, this organization. UVA started medical school. Raymond Moody started with other, Bruce Grayson and all the other, wonderful people. I think there is a Netflix in the series, Surviving Death.

They have I think first series and the fourth series is from the UVA DOPS, Division of Perceptual Study. They have been doing research, and ADC is a new research field.

**Karen Wyatt:** Yeah. They have, a great website where people can find- Yes ... resources. But the conference is also s- it's every year, isn't it, the conference?

Every year, yeah. Yeah, so- This

**Purnima Sinha:** year happening in Seattle.

**Karen Wyatt:** Yeah, it moves around the [00:49:00] country and it's something... Just listeners, if you feel interested in this or you're looking for a place to share your story, I think, do they also have Zoom calls and meetings online- Yes, they

**Purnima Sinha:** do. Yeah ...

**Karen Wyatt:** in, in between? So it is a place- Right

people who have, like you, who've had a story they've been holding for a long time 'cause they don't know who would ever listen to this, who would ever believe this- that's a place you can go and talk about these experiences.

**Purnima Sinha:** Yeah. In this, about the ADC, the reason I did not share in the group before, because I wanted to share in the correct platform, like in the conference.

I don't know why. I just wanted to make sure, is it the correct platform?

Not in the social group, because I wasn't sure, how this work out. Till I went to the conference, I saw. Then it, that, sometimes it's [00:50:00] like a trust issue because you don't know, because these are so sacred things, and lot of other, experience I have so mystical and sacred I cannot share in the public because you don't know where that person is coming from.

**Karen Wyatt:** It's so true. And as a sacred experience, you don't wanna, as you said, don't wanna share it in the wrong place where it could be misinterpreted or- misused in some way. Yeah. You want it to have the highest purpose to- Exactly ... to help other people- Exactly ... and inspire other people.

Yeah. Yeah.

**Purnima Sinha:** Yeah. Because if it, if it's help somebody, I am all in it, but if somebody's, making to brag something or, put somebody down or make fun or whatever, I don't want to participate because that's why I'm very careful in the social media. I- because these days you cannot trust who is genuine, who is not.[00:51:00]

we have to be very careful.

**Karen Wyatt:** Yes. So very true. Very true. this has just been wonderful. I'm just so delighted to get to hear your story and just resonate with you and feel your energy and, also to share it with other people, 'cause it, it is my desire that, people who listen to my podcast get used to hearing this kind of talk a little bit because there may be many who can't relate, who think, "I've never had anything like that.

I can't imagine it." But, it's real and it's there. And so just to help people open their own eyes a little bit and maybe start paying attention in a different way to things ha- that are happening to them.

**Purnima Sinha:** Yeah. Because I teach in the county, so I see, class in the, three or four classes I have.

So I see close to, 50 people every week, and I... Lot of people are asking me about the stuff, and I give, the [00:52:00] podcast name. I'm going to give you also because I want to make sure, they are going in the right podcast to listen because so many people are having question and having experience, but they don't know how to deal with it.

I know personally one person is, from India and they, he started telling h- his experience to the parents and parents is literally disowned him. Oh. They said, "We don't want to talk to you."

**Karen Wyatt:** Oh,

**Purnima Sinha:** that's very sad. And this guy is like a well-educated professor. So I always tell about IANDS that go and check it out, certain website, go and check it out because when it is happening to you, you don't know, if you are, this is, you are going crazy or something bigger is happening.

So always listen to your guidance. Always listen to your guidance.

**Karen Wyatt:** Yes. Yes.

**Purnima Sinha:** And thank you for being a doctor doing this, because we need more doctors to be open-minded, [00:53:00] to see this is not, oxy- oxygen deprivation they call it, and hallucination is, I think, happening so many people, but they don't want to, accept it.

**Karen Wyatt:** Yes. Yes. So very true. I want to thank you for reaching out to me to ask if I'd be interested in interviewing you because I did listen. I listened to my guidance that said, "Yes, you need to interview her," and I'm so glad. So, glad that I- Thank you for doing

**Purnima Sinha:** that ... that

**Karen Wyatt:** I-

**Purnima Sinha:** I really, appreciate that.

**Karen Wyatt:** Yes. And I'm so glad that we're connected now. Yes. And I hope we will s- we will stay in communication with each other. Yes,

**Purnima Sinha:** definitely. Yeah.