



MEDIA KIT

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2026

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create
your own
afterlife

Take Control of
Life After Death

Published by Llewellyn Worldwide

Release Date: April 8, 2026

Website: <https://www.createyourownafterlife.com/>

Preorder: <https://www.llewellyn.com/product.php?ean=9780738781815>

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A Conversation About Mortality — Without Fear

Create Your Own Afterlife, Take Control of Life After Death, invites readers to approach death not as a forbidden subject, but as a deeply personal and imaginative inquiry. Rather than prescribing doctrine or fixed beliefs, the book offers a gentle framework for designing an afterlife vision aligned with one's values, longings, and spiritual intuition.

By exploring mortality consciously, readers often discover something unexpected: greater peace in the present. Planning one's afterlife becomes less about escaping death and more about living with clarity, agency, and reduced fear.

Free from dogma yet respectful of all beliefs, *Create Your Own Afterlife* features exercises to release religious guilt, define your spiritual truth, and create a detailed afterlife blueprint. This hands-on book will profoundly shift your perspective, leading to reduced death anxiety, heightened present-moment awareness, and newfound spiritual autonomy. Planning your afterlife may just be the most liberating act of self-love you'll ever experience.

Short Bio

Samantha Corfield is a spiritual counselor and author of *Create Your Own Afterlife, Take Control of Life After Death*, published by Llewellyn Worldwide. For decades, she has worked with individuals seeking clarity, resilience, and spiritual autonomy. Her book offers a gentle yet empowering approach to mortality, inviting readers to examine fear, claim control of their afterlife, and live more fully in the present.

Extended Bio



Samantha Corfield is a spiritual counselor, educator, and founder of Spellmaker, a metaphysical business she has operated since 1995. Over the years, she has worked closely with hundreds of individuals navigating uncertainty, grief, spiritual doubt, fear of death, and life transitions.

Her book, *Create Your Own Afterlife*, encourages readers to examine mortality with curiosity rather than avoidance. Free from dogma yet respectful of diverse beliefs, the book provides reflective exercises designed to help readers release inherited fears, define their spiritual truth, and craft a meaningful afterlife vision rooted in personal authenticity.

While completing the final edits of the manuscript, Samantha experienced the sudden loss of her grandson, Preston. In the midst of profound grief, she found herself returning to the very framework she had created. The exercises became grounding tools — helping her reconnect with love, memory, and present-moment awareness.

That lived experience strengthened her conviction that imagining one's afterlife can be stabilizing rather than escapist. Samantha's work blends psychological insight, spiritual imagination, and practical reflection. She believes that facing mortality honestly can reduce anxiety, restore agency, and help people live more fully — and that planning one's afterlife may be one of the most liberating acts of self-awareness a person can undertake.

Samantha lives with her husband of 20 years, Matt, and their dog, Rosie. She also makes a mean gumbo.

About the Book

What This Book Explores

- How inherited religious narratives may shape fear of death
- The psychological and physical impact of death anxiety
- The power of imagination in emotional resilience

- Reuniting with loved ones in meaningful ways
- Designing a personalized afterlife “blueprint”
- Living more intentionally through conscious reflection
- Stop worrying about death and live life to its fullest

Who It’s For

- Readers experiencing death anxiety
- Those navigating grief
- Individuals questioning inherited beliefs
- People with no afterlife beliefs
- People who want to take control of their own life after death
- Spiritual seekers across traditions
- Thoughtful skeptics open to symbolic exploration
- Individuals navigating serious illness or end-of-life reflection
- Caregivers, hospice workers, end-of-life professionals

Why It Matters Now

Anxiety surrounding death is rising, yet conversations about mortality often remain culturally restrained. Many people feel caught between rigid doctrine and secular silence. *Create Your Own Afterlife* offers a third path — one rooted in personal agency, reflection, and creative inquiry.

By reframing death as something that can be explored rather than feared, readers often find renewed presence, gratitude, and spiritual autonomy.

Possible Conversation Pathways

(Samantha is open to any and all questions beyond these. Questions below are merely suggestions.)

For General Audiences

- Why do so many otherwise rational people still feel uneasy about death?
- Can extreme fear of death be overcome with this book?
- Is fear of death something we inherit culturally? Religiously? Other?
- What happens when we treat the afterlife as a creative thought experiment instead of a fixed doctrine?
- Can imagining eternity actually make us more present in daily life?
- Why do we avoid talking about death — even though everyone thinks about it?
- Is designing an afterlife an exercise in fantasy, psychology, or spiritual exploration?

For Grief & Healing Audiences

- Can imagining an afterlife provide comfort without denying pain?
- Can structuring an afterlife where you see your loved one's again lighten grief?
- What changed for you after using your own framework during personal loss?
- How does spiritual autonomy reduce death anxiety?

For Spiritual or Mystical Audiences

- Is the afterlife literal, symbolic, or participatory?
- How do personal belief systems shape post-death imagination?
- Can imagination itself be spiritually transformative?

For LGBTQ+ & Identity-Centered Audiences

- What happens when inherited religious narratives exclude us?
- With growing constraints on autonomy, how can this book help?
- Is planning an afterlife offering spiritual autonomy for all?

- How can designing an afterlife restore dignity and belonging?
- Is spiritual autonomy a form of healing?

For Psychology & Philosophy Podcasts

- Is fear of death culturally amplified?
- Does designing an afterlife reduce existential anxiety?
- What role does imagination play in resilience?
- Is day-to-day life improved with knowledge of spiritual autonomy?

For Those Facing Terminal or Serious Illness

- How can imagining an afterlife provide comfort without denying medical reality?
- Can designing an afterlife vision restore a sense of control when the body feels out of control?
- What role does imagination play in reducing fear at the end of life?
- How can families engage in these conversations together?
- Is planning an afterlife an act of hope, acceptance, or both?
- How does creative reflection shift the emotional experience of serious diagnosis?

Thank you for your interest in discussing *Create Your Own Afterlife*.

Samantha (she,her,hers) looks forward to speaking with you.

