

LIFE AND DEATH WHAT ARE THE FACTS?

From a long list of questions I decided to take ten of the most common questions to answer and explore. Why? Because such questions provide a foundation for us to begin a tangible, real life exploration of how subtle energy or our soul connection operates in our life right now. My answers to these questions have enabled many thousands of people to take what to most was a confusing subject and make it real in their everyday life. I trust that you will do the same and create the self same benefits in your life right now as those in the past have done so.

Let's begin with the most commonly asked question

‘when does the soul leave the body?’

Well at the exact moment of death. Based on my many years of experience in terminal care I can say how everyone present at the moment of a person's death is aware of that precise moment when the soul leaves the body. For most people this recognition is not at a conscious level but instead at a preconscious level. Friends relatives, even nursing staff, report to me how whilst the body looked the same after the death they could feel someone of the essence of the person they had known leave that very moment of their last breath.

However, over the last few days of the person's life the soul leaves the body for periods of time before the final separation we understand as death. As though making a final preparation for an all-important journey into the next life. To make connections with those people who have gone before who will carry us through the transition. Many dying people spend times of reverie not sleep and reported to me how they saw and talked with those who were close to them in life but who were now dead. Naturally this process occurs at the end of a long disease or days after a serious accident before the person finally dies.

Death like our birth is a natural process which we all, deep down, know how to approach and deal with. We didn't need to be instructed on how to be born and, likewise, if we are supported in the right way then our death, the separation of the subtle energetic self or soul from the physical body which housed the soul as we travelled through life is just as easy.

We are viewing death from a very different perspective than the commonly accepted understanding about the subject when I talk to you about their being a powerful tangible but subtle energetic unseen body which is the real you. This subtle body or for some people what they will term ‘soul connection’ is what mediums, faith healers and now many complimentary practitioners both see and focus on in their work. Imagine the benefit to you as an individual if, instead of needing others, to help you to work with this subtle energy connection that, through an ever growing awareness, you can work with this powerful and important aspect of your **real** self.

Strangely enough by understanding more about what happens in preparation and for the moment of our death your able to understand more about your life and living it to the full when you are more clearly aware of what death really is: the final separation of the real you from the physical world you experience through your body. One of the first things we notice when someone is preparing for their death is that they become far more sensitive to this subtle energy world than at any other time in their life save for periods of intense crisis which

can for most temporarily make them aware of if you like sudden insights or gut reactions. You may have experienced this yourself or heard from others experience of being with dying relatives how the person reports seeing friends in the room who have themselves died.

When teaching doctors and nurses to work in terminal care I encouraged them to explore making a connection with their own intuition, inner guidance, to help them to work openly with dying patients. Why? Because as I have already said the dying person accesses other levels of sensitivity and can detect your thoughts, feelings, apprehension by using a level of understanding far removed from words alone. One thirty one year old married lady who was in the last stage of her life after a long illness involving cancer was able to accurately report seeing her cousin in a hospital room crying and receiving comfort from her husband. As I sat there with her at her bedside unknown to the two of us what she was reporting to me as a dream had actually happened elsewhere in the hospital only a few minutes before. My patient was able to describe the room in considerable detail although she herself had never seen this room. A few minutes later this ladies husband opened the door and looked across at me. He looked grey and physically drained and asked if I would step out and into the corridor. Peter told me how Jane's cousin had flown from Ireland to visit but, on hearing of Jane's condition, and the ravages which the final stages of cancer had created she had broken down emotionally and finally the two of them had decided that it was better she did not see Jane. Jane had watched this in her mind's eye and reported it to me in spectacular detail.

Another question that is quite high up on the checklist of importance for many people is the question

‘what happens as we die?’

Guess what. Well you have probably already realised no one suddenly dies. It might appear to those around them that in cases of sudden death such as heart attack or car accident that this has to be the case but at a subtle energy level this is far from the truth. Sadly to many people the nature of the direction of their life remained a mystery to them so, it stands to reason, that when they encounter death it could take on the self same mysterious form.

When you realise more about the nature of subtle energy or the existence of the soul then the whole picture becomes far clearer. Even in an apparent sudden death the soul or subtle energy part of you knew that this was going to happen. I've heard, from people attending my workshops, how relatives of theirs who died suddenly, say a heart attack in the street, had days, sometimes even weeks before, started to act strangely. After the event these relatives replayed conversations in their mind, which pointed to the fact that the person knew that something was going to happen. What is comforting is that the person who died had talked in a way, which reflected how they were making sense of their life and how they were now ready to go. That these people knew that there was another place for them somewhere else and that this place was a good place.

As a person approaches their death it is important they are given the right conditions to make them ready. This is where we have seen tremendous advances in the area I used to work in – terminal care and the hospice movement. We, my colleagues and I, educated doctors and nurses to not only use their practical skills in medicine to benefit patients, particularly in pain control, but also to help relatives to help create the right attitude of mind so the dying person could talk openly, make peace with their friends and family and move towards letting go of

this world gracefully and with complete dignity, to retain their personality right up until their end. Given the right conditions the person has no fear for himself or herself. No their worries are often for those they will leave behind and wish to be assured that they will be OK.

When does our soul connect as a baby?

As with the process of dying our growing as a baby in our Mother's womb is not composed of a constant energy connection between our soul and the physical body. Even during our life from birth throughout adulthood through to old age our subtle energy body or soul moves out of the body during periods of sleep as this is essential for balance and well being.

As our new body is growing in our Mothers womb we literally construct from the physical mass of cells the body we wish to create for our earthly life. The soul connects with the body at critical times to orchestrate the development of foetus to fully grown baby. At the moment before the actual birth our soul connects and remains connected in order experience the physical process of birth. Then, shortly afterwards, our soul leaves the body during periods of sleep.

Over the months the soul stays in the body for increasingly longer periods of time until we reach a point where we are completely or fully connected to our body. We no longer sleep for such long period, which signifies our soul connection and willingness to experience the physical world using all five senses during our waking time. It is interesting to note that when we reach old age we revert to the process, which was a part of early life as a baby, and return to sleeping for longer periods of time. We demonstrate, at a subtle energy level, the full cycle of our earthly life and the time we have spent here.

Following on in the incarnatory process of our soul connecting with our body when we are there as a sawmill growing baby in our Mothers womb another commonly asked question is

Why do babies and children die?

In working with parents of children both as when those children were dying as well as after those children had died I am sure that you can imagine how this is one of the most demanding life experiences any adult can go through. The parents, they all told me how they never fully recovered from the death of a child, but rather learned to manage the remaining years of life without them.

It takes time for parents to move through the long process of grieving before they can begin explore the wider ramifications of their child's death. Many years ago when I was a student and preparing to work in terminal care I came across a short book written by a journalist. In her book entitled 'Will My Son', she eloquently told the story of her son who was soon discovered to have Down's Syndrome.

At five years of age and with a very weak heart the surgeons operated but her son died on the operating table. In her book his mother tells of her and her family's feelings on the sadness at his birth, that he would not be a normal child, but in each succeeding chapter details how he taught her much and how she grew to love him more and more each day for being different and thereby so special. Even though Will wasn't like other little boys he gave her something

very special and in his short life taught her and her family far more than if he had lived to adulthood.

Here we have a clue from psychology about what the energetic expression is all about in the death of a small baby or child. So what happens in terms of the actual soul expression? Let's look to ancient teachings to explain what we see as a modern issue. Those people we meet in our life from a variety of settings but who impact in our life in a powerful way are part of a soul journey which each of us chose, yes consciously chose, before our incarnation into the physical plane of life. The pattern's of subtle energy expression we both give out and receive through contact with these people in our lives is far too complex for our conscious mind to comprehend let alone to fully understand. Such is the situation when a baby or child dies.

Ancient wisdom simply says from a subtle energy or soul development it involves two souls – that of the parent and that of the baby or child. And they are giving something very important to each other at a subtle energy or soul expansion level. This giving is a very, very powerful experience. For the baby its soul needed, for a whole host of different reasons perhaps, to incarnate but then leave the earth plane. For the parents after their grieving process is complete then the death of that child will have changed their lives and their view of life forever.

What of the unhappy situation where the parents cannot appear to cope with the death of the child and such an experience appears to only lead to more and more misery? Whilst we may see that the remainder of their lives is full of torment the understanding of this process I described will come to them even if that happens to them after their death.

This is one the reasons why I and my colleagues who work with subtle energy and soul connections are tirelessly presenting materials to people all around the world to help them to understand, to recognise this element operating in their lives. To provide people with an opportunity to become consciously aware of the subtle often preconscious aspect of subtle energy connection operating in their lives RIGHT now.

For example in my work in bereavement when people had gone through such experiences as the loss of a baby, death of a child or been involved in aborting a baby I was able to help them to slowly understand how there was another powerful dimension to this experience. To dispel the myths that viewing their experience from the superficial conscious aspect in order to work towards a broader richer understanding involving the subtle energy of soul connection in terms of what had really happened.

How can we connect with people on the other side?

Well let me begin by telling you how, at a subtle energy level, you do this all the time. Yes, at many times during your life, but to varying degrees. Death never separates us from those we truly love because the love we felt for them in life and continue to feel and express to them in death is a strong bond, which makes it possible for us to continue on our connection with them. It is just that we have to realise that the nature of this connection is no longer in the form of words. Instead it will be in the language of pictures. Images, feelings which flash into our minds at times of both difficulty or distress AS WELL as during times of extreme happiness or accomplishment.

One lady who had been bereaved for many years told me that when her first granddaughter was born how she on both hearing the news as well as seeing this little baby for the first time could feel and hear and then literally see her dead husband along with experiencing words and emotions. She literally felt not imagined his presence with her at this time. It is interesting to note how once she and I had talked about this experience in considerable detail this lady made contact with me over a year later and reported how she was able to connect with him at carefully chosen times in her life and converse with him now that she had become clear about both the existence as well as way of using this new form of communication.

Should we continue to communicate with the dead?

As I have answered elsewhere we do at a certain level carry this out all of the time. This level is a natural flow based on, importantly, a balance. Soon after a person dies many people are prompted to visit a spiritualist church or arrange a one-to-one consultation with a medium. It is often wise for a period of time to have elapsed since the death before we do this except in certain circumstances. The reason to wait is so the subtle energy or soul of the recently departed person can adapt to its new life on another plane. Every person who has died returns on the day of their funeral and can recall later to a medium the exact details of that day. They return because as people gather for their funeral there is an outpouring of love to which now the disincarnate soul immediately responds.

Communicating with those we love who are deceased either through a medium or through our own concentrated thoughts is natural as long as it does not reach a level or continued communication where it disrupts our earthly lives. During times of great happiness or sometimes stress those we have loved are called back to communicate with us through the bond of love which we knew in our earthly lives, shared with them as well as loves continued connection beyond death. To live our lives powerfully connected to those who are dead is obviously not healthy for us as it can and often does distort the way in which we live out the remaining years of our earthly life ahead of us.

Another common questions that is asked at seminars, by individuals and readily discussed in various textbooks is

‘Can you explain Karma to me?’

Karma is an easy, simple energy expression but has, unfortunately, been made very complicated in western people’s minds because the conscious mind through the ego always looks for opposites such as right or wrong or black or white in creating our view of the world and the life we lead.

To help you to create a clearer picture to which you can return in your mind’s eye about the expression of karma in your life lets create a far simpler, realistic picture.

Take a few seconds and either draw a bicycle wheel in your mind’s eye or, if you prefer, take a pencil and paper and draw a circle to represent the wheel and in the centre a hub with many equally distant thin metal spokes radiating out from this hub to equal points around the wheel. Now you have this picture clearly in front of you lets all understand what karma really is. *Karma is a flow of energy, in this case, your energy flowing in a bigger sea of energy.* You

can attract and absorb this energy around you, which as you progress through the wheel of energy helps you to grow and expand. I would like to ask you to draw a horizontal line through the hub of your imaginary wheel.

Now half of the wheel lies above the hub in the centre with spokes equally in place and the other half of the wheel with equally spaced spokes lays below this line. The half of the wheel beneath this line is life, as we know it now. This houses our subtle energy for most of our daily life in our body where we use our senses of touch smell taste and hearing to receive and express. Where we use our conscious mind to make decisions and then use our physical body to take action in our physical world. To talk and communicate or to take physical action and show others and ourselves what we can achieve. At death we are no longer connected to this physical body, which makes speaking as communication and without a body taking action in this physical world impossible.

At death we simply shift our real self the soul or subtle energy to another position on this wheel. A position, which is above the line, we drew earlier. We are still energetically in flow and moving to each position on the wheel. It is just that we have two forms of both expressing and experiencing this flow of energy. Below the line in a dense energy and above the line in a pure free form of energy experience. Elsewhere on this CD I answer the question of what happens to us after death in more detail but discussion of karma as a wheel with many positions helps us to understand the whole picture of the flow and expression of the subtle energy which is the essential us. But, for the moment, as you focus on this picture of a wheel you can begin to answer your own questions about life and death. You are eternal in a positive sense in that the essential you, that part of you that feels love, that can feel passion, that can be a part of what is real, that part of you which is real far more than just your body is immortal and all knowing flowing around the wheel we term karma. Each spoke is an experience within the continuing circle of energy shown by the circle of the wheel.

After death you continue to exist in another way, in another form, with the same subtle energy or soul that knew and experienced that part of the wheel which we now call life. Within that period called life each spoke is a phase of life containing many experiences, which enrich your soul. Likewise after death you continue on around the wheel with each spoke again providing experiences of a different kind but of equal importance to enable you to grow and expand energetically. You are really like a bright star moving slowly across a midnight blue sky and your brilliance is quite unique. In other CDs in the series I go into the subject in considerably more detail telling you about your guides who are above the wheel who by working with you whilst you are in the physical plane below the line are themselves moving and growing energetically.

It's very important that you digest in your own minds eye this whole idea of karma.

If you prefer let's take a break and return to this material later after a few minutes. Or, if you prefer, just continue on reading.

Let's take a look at another question.

'Where do our deceased relatives and friends exist now?'

Elsewhere I have provided a brief outline in answer to the question regarding what karma is. That section of this CD will help you to understand practically where those who die actually are, where they exist. When someone we love dies they return to a place from which we all came. Another place which is a part of the wheel of energy and where we continue to live but without the restrictions of a physical body.

Before our birth we chose to take on a physical earthly life rather like someone who choose to take on the challenge of climbing a mountain or sailing single handed across the Atlantic ocean for the experience, to test ourselves, to learn from the reality of the experience rather than imagining what it would be like from that other side to be a human being. In that experience we are surprised at our strength, our ability to love, our ability to communicate. The list goes on and includes all of the experiences that you can count on in your life.

We all reach a point in our earthly lives where we have experienced what we chose to experience. To make the achievements, to experience the disappointments and the resulting successes. To have loved and to have overcome the loss of that physical love. The many important and sometimes personally demanding experiences of life, which enriches the subtle energy expression of our soul.

The soul knows the life it has chosen to live but you are not consciously aware except at certain times in your life how that life is going to be experienced. The soul doesn't know all of the experiences because of the rich tapestry woven by life and the people we will encounter during our earthly life. When we have had all the experiences we needed been connected with our subtle energy to take as much from those experiences as possible we are ready to move out of this life to the next and for many who believe in reincarnation to return to this physical world time and time again to benefit from more and more experiences. When someone close to us physically dies they have not left us completely. Our connection with them continues on at a different level and explained on the CD there are many ways which we reconnect with them during the remainder of our physical life here on earth if only consciously enable ourselves to be open enough to recognise and respond to such a connection. Regardless of whether we are aware of them or not there are times when they are aware of us in the afterlife.

There are times when they have their own progression at a subtle energy level to focus on and there is work, if you like, for them to do as well as experiences to go through themselves in this new plane. As they no longer possess the physical restrictions which we chose to take on when we create the mantle of a physical body their non physical life is very different from our own. With no emotion other than love the experience of energy is quite, quite different to the general conditions here on earth. Although there are times when heaven does manifest itself here in our lives, primarily when we fall in love with another person. When we hear and are totally absorbed in a piece of music which lifts our hearts connects us with our passion and enables us to experience a time of perfect love. It is at these times that you have experienced what those who have died experience all of the time before they choose to consciously incarnate into this world again through taking on the mantle of another physical body.

The next is a very, very popular question.

‘What are ghosts and hauntings and do they really exist?’

As I say I am often asked this question and I bet if you go to a party or meet with a group of people the topics of ghosts and experiences of seeing them or for that matter disbelieving in them all together often comes up. Bottom line is that to believe in ghosts you have to have seen one. However, when I am asked about ghosts I turn the question around and say to the person ‘how do you know you haven’t seen a ghost?’ naturally their reply goes something like this ‘well I would have known if I had have seen on as they would appear like a ghost’. Wrong!

Since the 1920’s Hollywood has fed us a variety of wrong images based upon sensationalising the subject to draw people to the box office and to make both film stars as well as lots of money. The whole area of ghosts, hauntings and psychic matters has been, up until recently, completely misrepresented by the film industry. About fifteen years ago Hollywood did well a turn around after receiving some well written scripts by a whole new generation of writers. These writers had done their research well. Talking to mediums and psychics as well as others who work directly with subtle energy. Society was bored with the old ghost stories and was hungry for something new so, the studio bosses put up the money to enable such films to be made.

About fifteen years ago appeared the film ‘Ghost’ at the box office starring Demi Moore and Patrick Swayze. This was the first of a number of films that accurately presented what ghosts and *some* aspects of the afterlife can really be like. More recently we saw the release a couple of years ago of the film ‘Sixth Sense’

So, let’s get this clear 90% of all adults by the age of thirty will have either seen a ghost or felt their subtle energy connection. Fact! It is just that you are all thinking that a ghost is going to look like those you saw on the television or in films many, many years ago. Such images leave you waiting for quaint but equally sensational howling noises in preparation for the appearance of a faint grey apparition. Sorry these stories we made up centuries ago by creating fear to make little children do what the adults wanted rather than bearing any resemblance to what a ghost really looks and behaves like.

So what is a ghost then? A ghost is a tangible energy connection with a soul or subtle energy. There can be a number of reasons why you or someone you know makes this temporary connection. Let’s explore what some of these may be. Certain places have a powerful energy focus for a variety of reasons that I don’t have time to go into here. When we visit such a place then we enter an energy vortex making the thin veil between this life and the next easier to move across.

A medium sees and talks with those who are no longer incarnate. Over time the medium becomes relaxed with such an experience especially when they have been trained to work with subtle energy connections. Mediums, by the way, are not made they are born and have a special energy configuration which makes this process easy for them to carry out. They will have had experiences from early childhood which when, as an adult, will over time be taken by them and worked with in a positive, conscious way. When I go to an old house I experience and see lots of ghosts or feel their presence but I respond as I would in taking a train and being surrounded by lots of rush hour commuters. I don’t make a fuss and take it in

my stride. However for those of you who are not mediums I can imagine that when you have this experience for the first time then you can be consciously quite shocked, confused and more than a little frightened.

When I first visited Africa and met the nomadic tribe folk who rarely saw a white man I got used to them wanting to touch my white skin imagining that the white paint would rub off in the palm of their hand to reveal my black skin underneath. Secondly you may see a ghost or the appearance of someone you knew who is dead during times of extreme crisis or even danger in your life. This is because your subtle energy is so strong at such a time that you literally draw your relative or friend from the spirit world to be with you. Such is the magnitude of your energy that they are able to appear to you physically, manifesting in front of you at such a time. This is a commonly reported experience in many adults.

Then there are those who have near death experiences which I go into in more detail in another CD and book in this series, where it is commonly reported by many during such an experience that they meet with and see in what is apparently physical form someone who has died many years before. The key to understanding ghosts is that they are not going to harm you in any way whatsoever. No, only humans can do that as they have an ego that can drive them towards expressing emotions other than love. When you walk around your neighbourhood how do you know the person in front of you, to the side of you is real or a ghost? An interesting thought to ponder isn't it?

We are coming to the last two questions, which I am commonly asked, and wish to include in this CD book. How about the question about the fact that

‘Some people can see auras and other people don't appear to be able to?’

As a child we all saw auras and to a basic degree we are able or aware of subtle energy forms around us. At one seminar recently for businessmen, yes, businessmen are now interested in learning more about subtle energy at long last, I gave a practical example. If you are thinking about going into partnership with a person or creating an important merger then invite the key person or people to your home for dinner. The businessman at my seminar who asked the question had a young daughter aged four. I suggested that for a few minutes early in that evening he invite his daughter to meet his dinner guest or guests. See how she reacts assuming that she is a balanced happy child for then her response would tell him much about the nature of the person he was dealing with but, more importantly, if they are reacting favourably to him and his business plans.

You see children and especially those who are preschool, are pure in the way they relate to the world around them and still hang on to a subtle energy connection with the other plane for which they have in time only recently left. They will sense a person at many levels by literally seeing the individual's energy. By not paying attention to the words but the feelings we can as adult begin to learn to re-operate at this level which was literally second nature to us in childhood. As we grow older, are educated, have to make a living, act only on our conscious minds instructions we shift our focus away from working with this all so important subtle energy connection in our lives.

Many modern day problems are, as a direct result, of this in the western culture. I have travelled to many countries in the world in lecturing career and it is startling the difference

between those people and the way they live their lives in contrast to how we do here in the west. Here in the west we appear so cut off from our lives at many levels buying new toys to compensate for what is really an inner lack.

When we reconnect with this subtle energy, which is our soul or our true self, our life changes literally overnight. The circumstances may partially remain the same for a short time until this energy connection I am talking about is really running in our lives. We can note this from the way in which we perceive from our inner world outwards. Many courses on subtle energy train people to open up to energy or an awareness of it operating in our lives. The DC effect which I created last year as a result of my twenty-five years clinical experience is designed to do precisely this. However the key is that it is only once we become consciously aware then use this awareness to gain conscious focus do you begin to reap the benefits.

And now to our final question

‘Why do some people have good experiences in life and others have lots of problems?’

There are two key aspects to answering this question that I bear in mind. We are not, if you like, consciously aware of who we really are in terms of our subtle energy or soul and subsequently carry out actions which are the complete opposite of what we should really be doing, saying or expressing in other ways. When we listen to those inner promptings, gut reactions, intuitive flashes of insight then our life begins to flow more easily in many, many directions. When we honestly communicate with our true self, that subtle energy body or soul, then our communications with others are heard or received by them more clearly. The clarity of our expression results in them accepting that we mean what we say.

The second point in responding to this question can relate to directly to our lives and how we have effectively lost the way on the path. This happened to me a number of years ago and resulted in my being literally forced to stop and take stock of not only the situation but my true feelings. I intuitively felt that I had to the next step in both my professional and personal life, leading to another level. I put my house on the market which sold within four hours to the first person who viewed the property for the asking price. Friends asked me ‘where was I going?’ and I replied at the time that I had no idea. Within three weeks of moving I had been approached to begin an international lecture circuit by a person I had never met before. For the remaining four years I travelled to every country in the world lecturing to over 300 thousand people and during such time met some of the international authorities in their specialist fields as we lectured together at conferences and seminars.

Friends were impressed by such good luck. I simply explained, to those who would listen, that I had gone within, followed my inner knowing and trusted enough to take chances which at the time required faith rather than the logical mind to make them happen and become a tangible reality. What of when we are in so much difficulty in our life that we no longer believe that there can be any tangible solution? Rather than responding to the fear that this generates by rushing around and doing more try to find certain times where you can resist the adrenalin rush and instead quieten the mind.

At first this takes a certain degree of courage based on faith. In such time where you are able to make what is essentially your soul connection or bridge between your conscious minds

constant attempts at solution finding and your own inner soul guidance the answers will not always come to you in the way that you imagine. Your conscious mind only uses language. Images feelings and gut reactions a whole host of ingredients will bubble up from your inner being when you create a chance for this to finally happen. Be prepared and simply accept. Take time to become consciously aware of these thoughts and images. Begin to test some of the communications from your inner being in a small way. Gradually as your faith and trust in their accuracy grows you then have a foundation from which you can confidently begin to make the changes necessary.

To change a problem ridden life into a life you see others leading. One which is in flow. When problems occur see them as chances for your growth in this life. A chance to show off if you like how powerful you can be in this world. If you wish to learn more of how to practically approach life from this angle then check out the other CDs and written materials by myself and my colleagues.

To summarise when we make this inner connection of combining the conscious mind and intuitive connection to subtle energy or soul guidance to the next level problems appear in a remarkably different light. Let me briefly explain why. A problem as you have often heard can be an opportunity. The Chinese symbol for crisis means opportunity as well as challenge for example. We create a problem as a form of challenge in order for the soul to overcome and experience help, guidance from others or some other form of insight so the soul energy gains more energy and expands. A problem solved results in some form of achievement and often at many, many different levels.

Think of those occasions in your life where you have surmounted some problem and now on reflection realise that it taught you much. Not just about yourself but perhaps also the people around you who were there to help. Now shift your awareness to a deeper level of understanding and see how these particular problems solutions enabled your soul to expand. When we feel alone or isolated from those we love who have died by carrying out the same inner connection process you can literally build a tangible bridge between this life and the next.

Realise that life moves forwards and not backwards according to the image of the wheel I provided earlier when discussing karma. Do not spend all of your life communicating with the dead. Connect with them as you would a good friend to ask for help as well as to share your achievements. Our friends on the other side continue on as so do ours and bear this in mind throughout your exploration of making inner connections to your subtle energy or soul connections in this life.