

## Death Explained

“There is no way out of the desert except through it.” ~Ancient African Proverb

Grief is the most intense, heartbreaking and enduring emotion that we experience. I know that there is no quick fix or short cut. Each of us find our own way and travel at our own unique speed using tools provided by our culture, experience and faith.

I needed answers in order to make sense of my pain, I sought answers from every direction and finally stopped searching when I found spiritualism.... it all resonated with me and I started enhancing and fine tuning my ability so that I could see the truth for myself, and years later be able to offer help to others.

This is what I have learned and although this knowledge will not take away your pain, hopefully it will help to alleviate the fear that is associated with death.

This is how my Spirit Guide has explained death

to me.

There is no pain at the moment of death.

Only peaceful silence, all is calm and very still.

It is easier, and more comfortable, not to breathe than to breathe. The biggest surprise in dying is to realize that dying does not end life. To realize you are still you. You can still think, you can still remember, you can still see, hear, move, reason, wonder, feel, question, and tell jokes.

You are still very much alive. In fact, you are more alive after death than at any time since you were last born. You have so much more energy. It's a little weird at first because you no longer have a body. Everybody thinks you have to have a body to live. When you die you lose your body, but nothing else is lost.

At the moment when you die, there is an increase of energy and a feeling of speed as you are suddenly vibrating faster than before. That flip shifts you to another, higher wavelength. The original frequency where you once existed is still there. It did not change. Everything is still just the same as it was. Only you changed, only you

speeded up your vibration to allow entry into the next world.

You don't die when you die. You shift your consciousness and speed of vibration. Death is just a shift.

The following verses were sent to me by clients and I feel that they compliment my own knowledge perfectly.

Do not stand at my grave and weep,  
I am not there I do not sleep,  
I am a thousand winds that blow,  
I am the diamond glints on snow  
I am the sunlight on ripened grain  
I am the gentle Autumn rain,  
When you awaken in the morning hush  
I am the swift uplifting rush  
Of quiet birds in circled flight  
I am the soft start that shine at night  
Do not stand at my grave and cry  
I am not there I did not die

Death is nothing at all  
I have only slipped away into the next room

I am I and you are you  
Whatever we were to each other  
That we are still  
Call me by my old familiar name  
Speak to me in the easy way you always used  
Put no difference into your tone  
Wear no forced air of solemnity or sorrow  
Laugh as we always laughed  
At the little jokes we always enjoyed together  
Play, smile, think of me, pray for me  
Let my name be ever the household word that it  
always was  
Let it be spoken without effort  
Without the ghost of a shadow in it

Life means all that it ever meant  
It is the same as it ever was  
There is absolute unbroken continuity  
What is death but a negligible accident?  
Why should I be out of mind  
Because I am out of sight?  
I am waiting for you for an interval  
Somewhere very near  
Just around the corner

All is well.

Nothing is past; nothing is lost  
One brief moment and all will be as it was before  
How we shall laugh at the trouble of parting when  
we meet again!