

## 9. Grief, Guilt and What it's Like To Die

"Of course I didn't die ... *nobody* dies."

*Danny*

Before I share what Danny's told me about illness, death and grief, I must first share a quick story that illustrates how we are led by unseen forces to exactly where we're supposed to be.

When I moved to Oregon I was in a state of chaos, having just experienced Danny's death and the end of a marriage. I was eager to start my life over, and, miraculously, some opportunities arose that provided me with new friends and an affordable, beautiful place to live. These things just fell into my lap, and the whole plan came together quite conveniently. This was the reason I chose Central Oregon.

Or so I thought.

### THE ANAMCARA PROJECT

One of the first things I did when I arrived here was to sign up as a hospice volunteer. Ever since Danny's death and our subsequent communication through the IPS, I'd become interested in working with people who are dying. Via a referral from the local hospice, I was introduced to a program called "The Anamcara Project." I'd never heard this strange word before, but learned that it's a Gaelic term referring to someone who acts as a "soul friend to the dying." In ancient Celtic traditions, helping to guide people's souls into the next world was equal to being a midwife who guides new babies into *this* world. Interestingly, Elishevaa had used the word "midwife" when helping me prepare for Danny's death. It makes perfect sense, because death is not the opposite of life. It's the opposite of birth.

The Anamcara Project is run by a remarkable couple named Richard and Mary Groves. Richard is a former Catholic priest and a brilliant religious scholar who travels the world with Mary studying death traditions and practices from different cultures and religions. Their work is supported by an advisory board of world-famous spiritual teachers, religious leaders, social scientists and metaphysicians. The two-year Anamcara training program teaches students how to work with the souls of dying people to help heal any issues that may be keeping them from having a peaceful death. It incorporates teachings, music, prayer and ritual from many different faith traditions, including Buddhist, Christian, Hebrew, Islam, Shamanistic and Celtic.

When I realized that Richard and Mary's group was based right here in Central Oregon and that the training sessions were held at a location *five minutes from my house*, I knew at once that this was the real reason I came here. I was divinely directed, and everything clicked into place when I realized this. I'm now enrolled in the Anamcara project and it's become more important to me than I can possibly describe. And to my

surprise and delight, it turns out that my buddy Carolyn Myss is involved with the group. The signs are loud and clear.

One of the Anamcara training sessions included a presentation by a woman named Gail Coon, a harpist and hospice volunteer who visits people during the last days of their lives and plays soothing music for them. In this presentation she talked about how *hearing* is the last sense to disappear as the body shuts down, and she played beautiful melodies to illustrate how the various musical modes correspond to the chakras and how important it is for the dying to hear peaceful sounds.

This crushed me. I wasn't prepared for how acutely her presentation would touch on the deep guilt I feel about the sounds that were in Danny's environment during his final days. The day before he died, while he lay on the couch struggling to breathe, I went to check his temperature and give him his medicine. Jack suddenly flew into a rage and began screaming at me about "fussing over Danny too much." He ranted for 20 minutes while Nicole and I sobbed and pleaded with him to stop acting like that in front of Danny. But he didn't stop, and in fact got louder and meaner by the minute, until Nicole and I actually left the house, thinking it was the best way to get him to stop. This was by far the worst moment of my entire life, and even though Danny has reassured me about it a hundred times since he died, I can't imagine ever being able to get over the guilt I feel about that day.

I got so upset during Gail's presentation that I had to leave the room. I couldn't stop crying and had a sudden onset of stomach cramps and diarrhea, which gave me a good excuse to spend the next 15 minutes in the bathroom where I'd have some privacy to cry my heart out. I had a very hard time gaining my composure and realized that I wasn't going to be able to get through this alone. I waited until Gail's presentation was over and then reached out to a woman I'd met earlier who was a grief counselor (most of the people in the program are hospice nurses, chaplains or therapists). She lovingly listened to me and helped me work through my feelings, assuring me that lots of people fall apart like this during Anamcara trainings because learning to deal with our own grief and guilt is part of the process. How else would we be able to help others who are grieving?

When I got home that evening and was sitting on my deck watching the sun set over the river, I asked Danny, "What kind of Anamcara can I be if I didn't do right by my own son? How can I help people when my own guilt is so crippling?" And he said:

"This is exactly what you're supposed to be working on right now, and it is part of your Anamcara training. If you hadn't experienced this guilt you would not be able to help others when they experience it. In many ways the guilt can be seen as a gift. You needed it in order to work effectively with dying people and their families. By way of my death, I handed you a sacred scepter to carry forward. You learned something from my death that you can now take to another's.

We all live the same life and die the same death and breathe the same breath. It never stops or starts, begins or ends, it's one breath, one movement, one organism. As the Course in Miracles says, 'there's only one of us here.' Your work is my work. There's no difference

between us. The two of us are one pulsing light in terms of this work. We're doing it *together*, and the pain is a required part of the experience and was part of an agreement we made long ago. You would not have the depth and the soul for working with the dying if you weren't in pain right now.

You acted as a midwife for my death, helping me move into my new life in Heaven, and I'm now midwifing *you* into *your* new life. The pain you're feeling now is humbling you, it's making you wake up, making you feel and making you write about guilt in this book. The pain is doing its job perfectly. I came to you as a child with a life-threatening illness and you took care of me. Now I take care of you, and through that, you will take care of others through writing, teaching and working in the Anamcara tradition. We pass the energy around. We're all one, working together to create growth. There are no tragedies, no coincidences and no accidents."

Danny and I have had several dialogs about what happens when we die, how to deal with grief, and other aspects of illness, disability and death. In this chapter I've taken the information he's given me and categorized it by topics. At times some of it may seem random and unrelated, but it's all quite astonishing any way you look at it.

## THE 11<sup>TH</sup> HOUR

The hours immediately before Danny died were the most profound hours I've ever experienced in my life, and were my motivation for becoming a hospice volunteer and studying Anamcara. Those hours were a *prayer*, a shining spark of sacred purity and honor. I had never felt so connected to spirit as I did that morning, five hours before he died, when I watched him lying there with his eyes open, looking up at the ceiling. He was looking up, but his eyes were focused a few inches behind his head rather than straight up above him (I have since learned that this is a common look for people at this stage of the dying process). He was beginning to separate from his body, and, as I learned later, this was the period in which he was floating up through the crack in the egg, as he described in Chapter 1. In my meditations I often lie down in that exact position, with my eyes focused that same way, and when I do, I experience a flood of energy and emotion. It's as if I'm looking through my third eye, and at times it seems I can feel something very close to what Danny must have been feeling during those hallowed hours. Naturally, I asked him to tell me more about this, and this was our conversation:

DAN: I was already out of my body at that time, and I was quite busy, interacting with all kinds of people who'd come to help me. Scientists and doctors like to say that people are 'hallucinating' at this stage, and it makes one wonder, what exactly *are* hallucinations if not messages from other realms? I knew that I was ready to lose my physical body so I just willed myself to detach from it, and I felt no pain at all. It's true that my eyes were drying up from dehydration and it was difficult to see, but it didn't matter, because there was nothing in the physical world that I needed to see. What I saw instead was internal, in my soul. I saw the bonds to which we are all connected. Please tell this to everyone.

ME: Grandpa had that same look on his face when he was dying. Was he out of his body at that time? Do people leave their bodies before they actually die?

DAN: At a certain point the pull from Heaven is so strong and so irresistible that the soul is drawn to it and the pleasure of being pulled in that direction is beyond description. The love of the guides and angels is so powerful that the soul can feast on the beauty of Heaven while the body still breathes. Even while the body still has physical life force running through it, the soul is slowly finding its way home. There is still some intention holding the body, because the time for a body to actually physically die depends on many things. One of these things is the soul agreements of the people around the dying person, such as agreements about who will be present for the last breath, what the dynamics were between family members at that moment and how those dynamics were handled. The experience of the loved ones in that moment has an impact on how they'll feel and what they'll work on for the rest of their lives. For example, you feel guilty about not playing beautiful music for me as I was dying and not being with me at the moment my body died. But you're learning that it's that same guilt which is propelling you toward a higher level of spiritual study and service. It was our agreement that the details surrounding my last 24 hours on earth would be exactly as they were.

The soul stays connected to earth only closely enough to fulfill the agreements about the circumstances surrounding the moment of physical death. This is why one can never control or choose when another dies and why there should be no guilt or remorse about the so-called "hastening" of someone's death with the drugs used in hospice care. It is not possible to hasten *anything*. It's only possible to listen to the person's soul and follow its intention. Everybody is following this, though most are not aware of it.

The drugs help the soul to separate, because they slow the body down so much that it doesn't require much input from the soul anymore and the body stays alive—just barely—on its own while the soul begins its travels. Just like you can raise or lower the frequency of your energy and consciousness through meditation and breath control, so can the body's frequency be adjusted so that it doesn't require much to stay alive. It no longer requires any of its senses and it barely requires air. The drugs used in hospice care are nothing new. Natural forms of these drugs have been used by ancient people for thousands of years to assist people with their dying.

ME: What about when somebody dies suddenly or violently? Do they leave the body before the body is technically dead?

DAN: Yes, even if there's only a fraction of a second in which it can happen. The death, regardless of how it is brought about, whether one dies in a plane crash or drowns in the bathtub, is part of that person's life plan. Some spiritual teachers believe that the soul knows several days in advance of the body dying, and in many cases this is true. But it is ALWAYS true that the soul knows *moments* before the body dies, because it is the soul's intention that keeps a body alive.

When the intention changes, the soul chooses to be drawn toward Heaven and leaves the body to fend on its own for varying periods of time. My body—and grandpa's too—was on autopilot for several hours before it shut down completely. Our souls were already gone.

This is why stories about out-of-body experiences are so validating and so important for research. Some of those experiences happen while the body is still barely alive, and others happen after the body is technically dead. Either way, it's the soul's intention that determines what happens.

ME: Dan, medically speaking, your body starved to death, and there's a lot political, religious and social controversy about life support, feeding tubes and such. I always felt bad that you might be hungry, even though your body wasn't able to process food. I made the decision against a feeding tube on my own because you couldn't talk, and I never really knew what *you* would have wanted. Did I "hasten" your death? Were you in pain at all toward the end? The autopsy report said your body weighed 54 pounds when you died. It breaks my heart to think of you like that.

DAN: Silly mom! You know you have no control over when another person dies, as I just explained. And you DO know what I wanted. You knew about my soul's intention on the day I got diagnosed with MLD. But I'm glad you asked me this question. No, starvation doesn't hurt for a person who's ill and ready to die. It actually brings one to higher consciousness. I didn't feel any pain at all, but my body felt very heavy, like lead. I couldn't lift my leg or turn my head the way I wanted to. My body was like the steering wheel on a car with the control cable disconnected. It was an odd sensation, but it didn't hurt.

ME: What does it feel like to incarnate? Is it attractive to a soul? If life on earth is hard work and misery compared to life in Heaven, what would motivate a soul to come here?

DAN: In the sense of what you understand 'attractive' to mean, no it is not. But try to understand that these decisions are not based on judgments such as, '*this experience is good,*' or '*that experience is bad.*' From a perspective in Heaven, the most exciting, attractive and important thing is the work that will be done in a particular incarnation. The form this work takes on earth—incarnating in a sick body, or in poverty or with abusive parents—doesn't feel 'good' or 'bad' to us from our perspective here. It's only viewed in terms of what it will accomplish and how it will serve our evolution, because souls are naturally motivated to growth. We are perpetual growth machines, we're creations of creations of creations, and that's what we're made to do. Growth and creation is our only intent and our only interest.

The more efficient the form in terms of the work getting done, the better. So a life starving in India as a sick child with no legs looks like a very good idea because it gets a lot done in one incarnation and it serves that particular soul's intention. We in Heaven are aware of how insignificant the body is in the bigger picture, so we think, '*oh, a body with no legs, that would work well.*' One body is not superior or inferior to another. They're just tools, and it's about choosing the right tool for the right job.

Once we get to earth and are subject to human emotions and egos, it all changes. Suddenly a life with no legs doesn't seem like such a good idea anymore. We've lost the elevated perspective from Heaven, and suddenly there is judgment, pain, fear ... the whole human experience, which is exactly why we incarnated in the first place, so we could be motivated by that experience to expand and grow.

Once on earth we begin to forget about Heaven after 3, 4 or 5 years old, and this is actually a good thing, because if we remembered, we'd be completely dysfunctional as humans. We'd be depressed and miserable and want to go back there all the time (many people who are diagnosed as mentally ill are experiencing this syndrome).

## THE BREATH MIRROR

On one of my hikes up Cline Butte Danny began talking to me about the "Breath Mirror." This concept knocked my socks off:

"During the last days of my physical life, the days that caused you so much guilt and sadness, I was aware of the emotional chaos around me but was mostly already in Heaven and surrounded by healing. I could see light and peace and healing, as the world of emotions faded into the background. All the sadness I'd felt for you over the years was replaced by a knowledge that was somehow inserted into my consciousness, an awareness of how it feels to release attachment to those dramas and to love all the players equally and unconditionally.

I felt great love for Jack even as he was hurting you and Nicole. I could see the beauty of every human thought and action, and I felt a sadness for all the beauty and love that humans on earth aren't aware of. I was being counseled by angels to breathe into my passing, and with each "breath" I could let go with love.

You once asked me about why people have fewer respirations as they die, and this is a good time to explain that. As my body was dying and my breaths were fading and infrequent, there was a mirror image of each breath in Heaven, breathing in *new* life, in much the same way a baby takes its first breath outside of the womb. With each weakening, struggling breath on earth, a mirror image breath occurs on the other side, getting stronger as each earth breath gets weaker, until the final breath closes one door and opens the other. I was knowing this during the last 24 hours of my physical life, and it required focus and a sort of labor to do that work. I've told you before about the sacredness of breath. This is a good way for people to understand it, as a breath mirror."

I immediately thought about how people sometimes hold a mirror up to the mouth of a dying person to see if they're still breathing, to see if there is breath coming out of the mouth and causing fog on the mirror. Danny went on to say:

"It's exactly that, a mirror. The whole universe works this way. Heaven is a mirror of life on earth, especially during the early stages of arrival. Breath on earth is sacred, and humans who ignore its importance by living in stressful, toxic environments without spiritual practices, physical exercise or meditation, are taking their breath for granted. In Heaven it's exactly the opposite of that, because during transition from physical life to Heavenly life, it is the breath that carries us through. In Heaven, that same breath is transformed into light and it is our life force here. We don't actually breathe of course because we don't have physical bodies, but what was breath on earth becomes light in Heaven, and we use that light to heal, create and study.

Imagine a reflecting pond. On one side there is breath, on the other side there is light. It is the same thing. In earth life we can learn to use our breath to connect to the light of Heaven and become more empowered in our lives, and this is what the spiritual teachers know and teach.

This is why you've found that by doing simple breathing exercises you can hear me and your guides quite easily. And this is also why strong emotion is a barrier to channeling, because emotion squashes and chokes up the breath, clogging up the passageways, as if you're trying to breath through a stuffy nose. You will find that when you are trying to channel and can't because of emotion, breathing deeply and intentionally will help, but not always. First the work has to be done to heal whatever is happening emotionally, so when you are drowning in emotional upheaval (and what happens to breath when you're drowning?), simply say a prayer of gratitude and ask for insight, exactly as you have been doing. You have seen that this always works, 100 percent of the time. It is the only way to healing."

Danny is absolutely correct about how emotions create a barrier to communication with Spirit. When I'm extremely emotional I can't do anything but fret, even when I can feel Danny trying to get my attention. Feeling him hovering around me and being unable to let him in makes me even more upset, and the whole thing spirals into a big ugly pile of angst. Then, to make it even uglier, I feel guilty for not stopping and listening to him, so I throw some guilt into the pile and it pulls me down into even more negative emotion. The only thing that works is prayer, breathing and disciplining myself to sit down and work on this book. Danny comes through easily when I'm writing, perhaps because writing grounds and focuses me so well.

## VISITATIONS

Within a year of Danny's passing, Marty, my mother's husband of 30 years and the grandpa referred to earlier, died peacefully in a hospice facility. The family was gathered around him, and during the hours prior to his death I wandered into the little chapel hoping to seek some communion with Danny. He came to me easily, looking tall, strong and beautiful, and he was happily walking in front of a column of hundreds of people, as if he were leading an army. He told me that these people were Marty's friends and loved ones, members of his soul family from many incarnations, and they were all coming to greet him and lead him home. Danny said that Marty was loved by many, many people, and in past lives he had been a beloved leader. A few months earlier when Marty's body had begun to fail, Danny told me that Marty's mother was hovering close by. During these transmissions I never knew what his mother's name was, but I kept hearing it as "Anna" or "Alma." Months later, when I asked my mother about this, she told me Marty's mother's name was "Ida." I assured my mom that Ida was with Marty, as were many others who love him.

During my visit with Danny in the hospice chapel, he told me that Paula was among the people who'd come to guide Marty. Her purpose there was part of Danny's education in helping people cross over. She was helping Marty, just as she'd helped Danny during his own transition, but in this case she was using Marty to teach Danny about his own role in helping to guide people through.

I asked Danny if Marty could see these people, and he said:

"Yes, he has seen them, but he was afraid of them. It's sad because something in his past gave him a strong fear of death, some negative images and fearful ideas, as many people on earth have. His angel helpers are having a hard time reaching past his fear, but they are present and solid. All you can do from earth is to pray for him to open up to the love of Heaven. He is being met with thousands of loving arms, and passed hand-to-hand from one person to another, like a much-welcomed new baby being handed between one adoring family member and the next. He'll cry with joy when he realizes this great love, and he'll want everyone on earth to know how different it is than what he expected."

## SUICIDE

Several months earlier I'd read a book called "Stephen Lives" by Anne Puryear, a woman whose son killed himself at age 15. Shortly after the incident he began communicating with her in much the same way Danny communicates with me, and Danny has brought Stephen into our conversations a time or two, particularly when we're talking about guilt and grief. In one such conversation, I asked them both about suicide, because everything I'd ever read implies that it carries a tremendous karmic weight and negative impact on soul growth. Some even teach that suicide costs extra incarnations and keeps you away from your loved ones on the other side.

I've always struggled with this idea because if we plan our lifetimes to serve specific growth plans, then wouldn't suicide also be part of that plan? If we always have free will and can change our plans whenever we choose, then if suicide wasn't in the original plan, it obviously is part of a change of plans, and in that sense, how could it be "wrong?"

Danny and Stephen came together to answer this question for me on more than one occasion. They told me that, for example, Stephen's case was different because he put into his plan that he would die this way as a means of bringing his teachings to the world. Most people don't have that kind of intention tied to their suicides, but Stephen's intention was very high, though it was not realized or expressed until after his death. In fact, the quote on the back of his book says, "*My decision to take my life was wrong Mom, but out of that wrong choice, I have been blessed with a chance to work with you and others, and we have a chance to help others together, from your side and from mine.*"

Stephen's book has helped thousands of people, including me, and I'm quite comfortable with the idea of his suicide being part of a soul contract. Danny and Stephen explained it to me as follows:

“Stephen's mother's intense guilt is a vital part of her work on earth. Her process of releasing guilt substantiates the message that every being has its own plan and that nobody can cause another's death. She did not cause or contribute to her son's suicide in any way, but without walking through the fire of guilt she would not have learned this lesson, which was written into *her* soul's plan. How could one person's plan to be affected by the suicide of a loved one not also involve the loved one's plan to provide the suicide?

Stephen's death had a very high purpose for all involved, and for the thousands of people who've read his book. The reason many teachers think so badly of it—and you won't hear this very often—is that they don't want people to use the idea of teaching and soul contracts as an *excuse* for suicide. It is NEVER the answer to problems or a good way to deal with intense pain. For some people, like Stephen, it serves a higher purpose, while for others it is an act based in fear and perhaps even an aggressive act intended to hurt others. Opportunity to heal the fearful, negative beliefs that motivate a suicide are always offered in Heaven, as healing, never punishment. Part of this healing is the choice to create great learning and teaching from this act by helping others, as Stephen has done. God does not judge or punish. God only guides and heals.”

In another book written by a mother who communicates with her son from the other side (“Matthew , Tell me About Heaven” by Suzanne Ward), Matthew says that people who come to Heaven via suicide are given the same loving reception and healing energy as any other person, but they enter through a special “treatment station” along with other traumatized souls who need special healing. Matthew says, *“It isn't fair or reasonable to lump all suicides into one category with one exacting judgment for all to face up to ... whatever their reason, people who commit suicide review their Akashic records with the same self-assessment and next lifetime planning process as any other soul. It's true that they incur an accumulated lesson by having to repeat all the lessons they chose but didn't complete, but there is no punishment or heavy karma levied due to self-inflicted death. Intent or motive is the basis for all determinations of self-judgment, and those people need not judge themselves any more severely than any others in this realm.”*

Because suicide is so traumatic for the soul and for the loved ones left behind, and because most religions position it as a punishable sin, I was fascinated by the fact that Stephen, Matthew and Danny have a different view that many other spiritual teachers do. I asked Rebecca to present this question to Elishevaa , and found that unlike the others, they view suicide as a dark act that cannot be part of a soul's plan because it's based on the person's belief that he or she is alone and disconnected from divine love. To present a balanced view, I include Elishevaa's comments here:

*“So often suicide is bound up with enormous dark energy, and most often, instant regret. The soul cries ‘what have I done?’ and rather than being in a place of peace and seeking the light, feels lost and estranged from God. So often it causes great emotional setback for the soul. This is where prayer is of great assistance, and we do recommend always that ones do pray for those who have taken their*

*own lives, until they feel a sense of peace, a sense of having 'broken through.' Also, there are angels and guides whose sole work is that of trying to connect with those who are lost, but often their help is rejected for that one feels unworthy of the light. The only exceptions of course are when a suicide takes place by one who is mentally ill, and even that can be difficult from the non-physical. It is a great darkness, this act, and is difficult to describe. Suicide is an act of completely succumbing to illusion. Despair is the active emotion of suicide, and suicide is never an answer, for it causes MORE tangled knots than any problem the one had to begin with. However, we do not want this to be confused with ones who choose to stop medical care, or are making end-of-life decisions, for that is a completely different subject."*

## GRIEF

There are aspects of Danny's death that I think about non-stop, as if they are happening over and over again on a tape loop. The image of the mortuary people wheeling his body out of the house and of me kissing his head and blessing his brain is etched deeply into my memory.

Everything about this image and hundreds like it rip my heart to pieces, and interestingly, the full weight of that pain didn't really hit me until several months after he died. In my journal there's an entry from April 9th, seven months after Danny's death, where I talk about sitting in my little cabin crying and wailing in response to a movie I'd just watched in which a woman's body was carried out of her house by the mortuary people. I must have cried for a full hour, nearly hysterical, and I thought that I was finally beginning to truly deal with my grief, at last. Looking back on this, I realized that I'd managed to put my grief on hold, postponing it until I'd handled moving, getting divorced and establishing a new life. On a hunch, I checked my files and noted that my divorce was final on March 30th. It was as if I'd held my deepest feelings in abeyance until my connection with Jack was symbolically severed and I felt safe enough to express my feelings again.

This is a remarkable lesson in soul contracts and forgiveness. One of the spiritual gifts Jack gave me was that the crazy dance between us and the stifling energy in our home caused me to shut down emotionally, and this was actually a blessing. If my heart and mind had continued to be susceptible to his disordered energy, I would not have been able to manage Danny's daily care, nor would I have survived two strokes unscathed. My shutting down and withdrawing from Jack was a gift, and now that I'm free and Danny is holding my heart in his hands, it's safe to start feeling again.

At the same time, even in the midst of unbearable grief, I don't actually miss Danny. This probably sounds heartless, because for most people dealing with a death, the greatest pain is in the glaring absence of the person they were so close to. But to me, he is not absent at all. He's closer to me now that he was in physical life, and this proves to me over and over again that we humans exist on many levels beyond just the physical, and that love is a life force which vibrates through us all as

a connecting fiber, regardless of whether or not we have bodies. Love truly never dies.

Here's what Danny has to say about that:

"The reason it feels like you don't miss me is because you and I are a part of each other without boundaries or obstructions. I'm completely IN you, and we are not separated, the same way that God's children are not separated from God. We are un-separated. What you feel with me is a lack of duality. Just like I can't forgive you because I never judged you, you can't miss me because we were never apart. You felt more ripped apart from me when you left me with a babysitter than you do now when I'm in Heaven. All that I am is with you NOW. I am infusing you with love and with information.

As an example, when you think of the idea of 'missing' someone, you often think about what it feels like to miss Jack. But in that scenario, it was the drama, familiarity and the deeply ingrained habits that you would actually miss. This chaos shielded you from your divine self. It was very comfortable, and in truth, it was the chaos that you'd really be missing, not Jack himself. The part of you that helped create that chaos, the part of you that created the unhealthy attachment *died* in the process of separating from him. By contrast with me there's nothing to miss, because you still have the part of you that created our inter-dimensional relationship, and it doesn't have to die. It's from the light."

This all makes sense, but I still wonder at times why I don't feel as sad, distraught and dysfunctional and I think I'm supposed to feel. I read the websites about grief and what so many other parents describe, and it just isn't the same for me. Sometimes I think I'm just making all this up, and that my communication with Danny is just a strategically contrived fantasy to help me avoid the true pain of his loss. But even as I write those words, I know they aren't true. Elishevaa said that grieving would be different for me than it is for most people, and now I understand why.

The only thing that really plagues me is the fear that my communication with Danny might end at some point and I'd have to experience "losing" him all over again.

The moment I had that thought, Danny appeared and said:

"Please don't let thoughts like that cause you to falter. Whenever I feel you doubting this experience I will gently urge you forward, so don't worry. You won't lose me. Your grief is exactly as you've been describing it. You experience me in the form of my essence instead of my body, and it's a thousand times more fulfilling than a body-based relationship. You know intellectually and in your soul that I am closer than ever, because this is a level at which all beings are able to communicate.

The moments of grief you feel are very real; the little stabs of loss and feeling, the waves of emotion that come up and then recede, are pressure releases and very healthy for you. Feel them, seek them out if you have to by looking at pictures or listening to music that makes you cry, whatever it takes. Grief is a gateway to Heaven because it holds your heart open, especially if you recognize the loss as your own creation and part of a magnificent plan for your growth.

However, when people are grieving for a loved one, and that grief is tied up with blame, guilt, unworthiness, shame, fear and other emotions

that are not based in divine love, it tugs on us here in Heaven, and we reach out to help. We have infinite patience and love of course, but at the same time, their pain summons us to be in the pain with them. We want to help and console them, but we can't reach them through all that negative emotion. It's important to talk about this in the book because if people on earth understand this, it might serve as a motivation for them to work on releasing those emotions and help them move forward more readily. You will be a great teacher of this truth, through the book and through your hospice work. This experience is purifying you more than you can imagine.