

Why does connecting to our lost ones help heal our grief?

By Laurie Boggs

HYPERLINK <http://www.laurieboggs.com>

After our loved ones pass, they transcend to another realm and continue to live their life without their bodies. They are fully aware and totally conscious of what has happened to them. They can see us; we just cannot see them because we're looking through the wrong set of eyes. It is as if there is a glass ceiling and they're looking down upon us jumping up and down trying to get our attention. Instead of giving them attention, we think it is our imagination and that their spiritual presence is not with us.

What I have learned to do is see with my heart by feeling my son's presence. When we open our heart by thinking of them and sending them love, they will appear. They want to help heal the pain that we are in.

Most of us are afraid that they will not come if we ask. Be persistent and don't feel let down. If we try and they do not show up, there could be a number of reasons why. One is when we have too much noise in our minds we cannot hear them. It is like being at a mall and your child is lost; they are calling and crying out to you but because of the external noise you can't hear them. They are like God, very softly echoing in your mind.

A second reason we can't hear them could be the programmed beliefs that we have developed. I have learned that some people feel that contacting their lost ones could be inviting the dark spirits in. Because of our free will and when we have a clear intention, the Holy Spirit will protect us if we ask. The Holy Spirit is not in a box. The Holy Spirit works through everything to help us heal. After all, we are God's beautiful children. God does not want us to suffer. He wants us to be open to unlimited amounts of love on this side or the other side.

Additionally, we may not hear our loved ones because of our fear of rejection. If we have had rejection in the past (which we all have had at one time or another), it can be painful and we don't want to put ourselves in that position again if we don't have to. This is called the comfort zone. We don't heal or grow spiritually when we sit in our comfort zone. Outside the comfort zone is the place that helps us heal and trust ourselves and God. When we're too afraid and we allow fear to control us, this stops the love by replacing it with separation, then the darkness has completed its task. On this side, it is very painful.

Don't give up. Ask your loved one to show you a physical sign if you cannot hear them. You can ask for smiles from a child, a penny on the ground, a tickle on your face like a butterfly kiss or even a smell. Use all of your senses to speak with them; they're waiting to connect with us.

The benefit of connecting with our loved ones is having communication that helps to heal feelings of shame, guilt, anger, hate, non-forgiveness and fear. These dark energies keep you stuck and trapped; unable to move on. Our spirits are meant to be free, connected and no longer living in darkness.

Our loved ones are in a high vibration and our hearts are meant to unite with theirs. I know with my father I had a hard time forgiving him. It took a few years....and he came to me out of the blue while I was in deep meditation and said, "I cannot move on until you forgive me." He gave me an image of a ball and chain. I was the ball and chain filled with anger. Once I forgave him, he was free to move to a higher place and help more spirits. I saw his spirit fly higher with grace and happiness. We are connected more than the human eyes allow us to see. God has given us the opportunity to trust his wisdom and to be obedient children hearing the footsteps in the sand.

If you are having problems, please email me (see email address on website) and we'll set up a free session to help you connect with your lost loved one.

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