



Assisting the Dead

Working with those who have crossed over has and will continue to be the favorite part of my spiritual coaching practice. As I've said before, I meet the nicest people - they just happen to be dead. Most of the time I do not call myself a medium as I often joke that I am merely a ventriloquist for the other side. It is such an honor to partake in the bigger picture of life and death. There is such a feeling of wholeness that is created when I can assist the living and the dead with information that puts both sides at peace. The living gains satisfaction in knowing their loved ones are okay and those who have crossed find clarity in how to stay connected.

The mere fact that those who have crossed over need just as much support as those left behind is intriguing. There is a different level of support that is required by those who have passed. We (the living) need the emotional connection; we long for our departed and miss the human contact. But our loved ones have just left their human form and are challenged because they must find another way to connect with us. If they had departed knowing telepathy was going to be their form of connection, then perhaps we would have more obviously identifiable interaction. Thus, trying to connect to the human life without the density of human form becomes trying. It is not easy to transition from a lifetime of experience in body to a life now being lived in spirit. Being dead and wanting to stay connected can take some getting used to, but a whole new discovery awaits the supposed invisible. Although we all feel as though we no longer hold a connection, we learn differently once we begin to connect the dots.

For those of us who are still living, we look for signs from our loved ones and often become disappointed when we are unable to receive them. We feel as though we have been left behind, that our loved ones have abandoned us or that we have done something wrong and that is why we can not feel them. This is not true. From my experiences with those who have crossed, they too become just as disappointed when we do not experience their presence.

In a recent session, I was working with a client whose friend had passed away. The deceased woman described her life and death transition to me as occurring in a matter of a second. One second she was standing, reaching for something she needed, then the next she was staring at her body. Her next comment made me smile, for she said as she stared at her now limp body, not only could she not call for help but she couldn't even "tap dance her way back into her body." In that moment she had to face the fact that she was dead and this next aspect of her life was her new life. Although she wasn't able to say goodbye, she was open to learning how to stay connected. One would think that the dead

would receive a guide book entitled “How to Stay Connected to Your Last Life”. But ironically, it is us, the living, who can offer our loved ones the information and knowledge regarding how to stay in touch. Through various sessions with people who have died, I have learned it is the living that holds and pulls the dead into connecting, not the reverse.

Often after a session the people who have crossed will be just as grateful for the knowledge, understanding and direction. The more they have me speaking for them, the more comfortable and confident they are to access a part of their former life that passed them by. The gratitude comes in lending a voice for them and extending the connection to their loved ones.

It would be easier for most to believe we are here, and then we are gone. Yet, through personal study I believe the advancement of the soul is transformed through the connection that extends itself to us from beyond. We have many moments of life while we are living. Why wouldn't it be that we are just ready to move ourselves on? Is it the living that keeps us connected or the fact that we are unwilling to let go? I believe neither. There is a contract that extends beyond the human experience whereby the soul is allowed to remain connected to others even after death. I have watched dead people grow stronger the more they are connected to their loved ones. The material world no longer limits them to the true understanding of life. Our connection is strengthened through an energetic transformation between body and soul. So why do the dead stay connected after death? I believe the answer is that they have the willingness to evolve through unconditional love and want to be connected to those who have meant much more than what the sum of their life generated for them. The human heart may be gone but the soul is truly the heart connection of the body.

A client's father passed away a few years ago. He would be the first to admit (with his strong Italian personality) that he would have been the last to believe in such a thing as life after death. While he was alive his daughter meant the world to him. After he passed he showed up immediately - stubborn, strong and demanding. If he hadn't been strong in personality, I don't know if anyone would have believed it was him. During one of our first meetings he thanked me just for having the willingness to “put up with him”. Being part Italian myself, I embraced his honesty and truth. To this day, he will still come into a session to visit his daughter, sharing he now knows more about life dead than he ever could have been alive.

So many have left this earth unfinished and want only to stay connected to the ones they have loved. Until the day when we can meet again, those souls will linger to guide, love and support. Through their attachments they find their soul's evolution. Keeping their connection to us and ours to them continues the process of life through and after death.

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