



Not Quite Farewell

I have often said I meet the nicest people – they just happen to be dead. As a spiritual coach and clairvoyant, I am faced with situations that warrant me using my medium abilities to assist clients. There are many who will book an appointment with the intent to connect with a loved one who has passed to find connection or unanswered questions. However, there are times when I am working with a person and as they are going through a life changing experience, someone who has touched their life that has died will present themselves to lend conformation and support. Though we all have varying beliefs – from God, to angels, the universe, spirit guides, animal totems, or ghosts – there is not a more confirming experience than sitting with someone you have once loved, knowing they have shown up for you after they have left this earth. The peace and solace is, as they say, priceless.

Through pain and suffering, many clients are unable to put the missing pieces together at the time of their loved one's departure. From accidents, suicide and other tragedies, they have lost someone they loved and they can't seem to put the feeling of loss behind them or get a grasp on the "whys". No matter the version of tragedy, the one thread that links them together is the brokenness of their hearts.

Although I do speak for those that have died, it's more about listening to what they are saying. I have learned the art of discernment. There are some things I am allowed to share and then there are other things that need to remain with those who have died, often at their own request. Sometimes it is the simple respect for the life that was once lived and the ending of their life that is a lesson all unto their own. Other situations call for information to be withheld because it was not intended for the person living and if shared, might impede on that person's individual journey. Simply stated, the truth of what happened or what was is not ours. That cross needs to be carried to the other side. After all, it was that person's life and how it impacted ours is what we are left to place our focus upon, not the questions surrounding their death.

I have also learned that there is a certain honorable protocol to listening and speaking for the dead that lends itself to the selfless idea that although tragedy has taken our loved ones, there is an underlying gift for the dead that is entwined in the loss. Some have stated they have just as much purpose, if not more, now that they have died. Being on the

other side and staying close to their family has allowed them to see things they would have never seen if they had remained alive.

I experienced this first hand on the day of my father's funeral. As one of my brothers and I drove to his grave site, I was repeating my father's words to my brother. When my dad paused, I heard myself repeat his words to me "Gee, Kris, you really are a gifted woman". I felt myself pause and digest just what he said. I looked in the back seat as if he was sitting back there and said out loud "Dad, that's something you would not know unless you had died". There was something all together ironic yet confirming when the man you spent your whole life trying to understand finally understood you in the moment of his death.

Many come to me to gain clarity with the exact moment of their loved one's death. Sometimes I am able to provide the answers to a question that has left a client perplexed over the out of character behavior or decisions made during the time of a person's death. I met with a woman not too long ago who couldn't come to peace with her grandmother's passing. Her grandmother was a woman driven by her routine. Every day she would eat her lunch at the same time. She would take the same roads back and forth to work. She would never waver from her daily routine. What left the family oddly perplexed and grieving over the loss of her was on the day of her death, she took a different road. She ended up in an accident that took her life. By bringing forth her grandmother's personality and sense of humor, I was able to share with my client the missing piece of the puzzle. Her grandmother shared that on that day, her grandfather had sat in the front seat of the car with her and told her to take a particular road. Knowing the closeness of her grandmother and grandfather combined with what her grandmother had jokingly remarked her entire life ("he's going to drive me to death"), my client was able to recognize the truth of what I relayed. Therefore allowing the granddaughter a sense of peace and validation that her grandmother was with her grandfather and content.

Many carry their secrets to the grave because the secret must be left with them. I have worked with a few clients who have been in illegitimate relationships because one or both were married and thus they could not be openly together. Then, their loved one dies, and they must secretly stand and mourn alone. When people who are faced with this situation come into my office, usually they are embarrassed to speak of their loss so the person who is passed will present themselves first. They will present only as a man or a woman who is in relationship with my client. It is not until I provide my client with more detail about the person that I see based on their personality, does the client feel comfortable to expose their secret. I have learned it is not for me to judge, only to give the information to the person sitting in front of me. Providing a voice for those loved ones passed seems to give the seeker validation for the love lost.

There are others who will come to see me wanting relief from their pain due to the loss of their loved one but because of their beliefs, religion or philosophies, have a hard time believing someone can connect to a person who has died. I have often found it is my ability to pull through the personality, either connecting to the dead person's way of speaking or their unique mannerisms, combined with pointing out key events of their life,

that allows the client to connect with the truth that it *is* their loved one that is present. I remember a woman who came in wanting resolve around her son's death. He had been in an accident that questioned the involvement of other drivers near the accident. The information I gave her was there was no one else to blame for her son's demise. Even though her son had given me explicit information around the scene of the accident and those in the area which I shared with her, she still was in disbelief with the information I was giving her. A few minutes before the session ended, the son was frantic to get his mother to listen to him. I sat forward in my chair and provided her with a full detailed description of how her son had died, right to the point of how he snapped his neck on impact. Sadly, it was in that moment that she believed I was truly speaking for him.

Death is such a powerful part of our lives since it is the one aspect in the cycle of life that no one person can escape. We fear it even though we should naturally embrace it. One should simply be reminded death is part of the evolution of a soul. Often we are thrown by it through loss. However, we can find peace with the passing of another who has gone to a place that seems to the naked eye, unavailable. We can connect to them by our thoughts and memories. Our loved ones are very near to us even when we can't see or feel them. It is a lifting of the veil, a connection to the mind and a memory of the person that keeps them alive and with us.

Kris White is a Spiritual Coach and Holistic Minister. In private practice since 1995, she combines her natural clairvoyant abilities and holistic ministry skills to guide others to think "outside the box". Many find her work helps them to transform their lives. For more information about Kris or to schedule a personal coaching session, please visit www.mysticaltherapies.com or contact her at (978) 372-5300.