

Living in the Light

(posted July 8, 2013)

Our sense of self and the world around us is limited by our three dimensional life experience. In truth, we are infinite beings of light who transcend this seemingly solid world. Many of us have caught glimpses of this essence of light that we are. Sadly, with time and the stresses of everyday life, these insights into our nature tend to fade away from us.

I share with you here two conversations that I had with friends who have transitioned to spirit. I feel very fortunate to have had near death experiences (NDE) as they awakened me to the knowing of ourselves as light. When my friends transitioned to spirit, I discovered that I could communicate with them and have recorded many of these conversations. I also have conversations with others in spirit who want to share their experience upon passing as a way to support us.

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(Amy is a child who transitioned at the age of nine. I met Amy through this conversation. She is not someone I knew before. I begin with her insights on being because they are so poignant).

Amy

This is Amy, and thank you for having me here. I was young in age when I transitioned, but I was very aware of everything that was going on in my life, even for being 9 years old. I died of a brain tumor. This means that I was sick for a long time (a couple of years actually). I had gone through very aggressive treatment, so my body was very weak when I passed. It took me great effort just to stay intact – body and spirit – in the last days of my life on earth. I tell you this because transitioning for me was a big liberation. I didn't want to be in that body any more, and I didn't have the power anyway to stay in it. My experience of dying was total liberation. I was a free child and I was flying when I came to the world of spirit.

I came to the spiritual world looking for Heaven. Everyone had spoken to me of heaven and I looked for this beautiful place that was filled with angelic beings and fluffy clouds. It wasn't quite like that.

The experience of passing was so profound that I don't think anyone in the physical world is capable of imagining it. I think that the concept of angels and Heaven that was presented to me was the closest that anyone could get to describing the spiritual world. But passing to this world of light is indescribable in human terms. It is more than what is here. The experience cannot be described.

I became pure light and as light does, I blended with the light of other beings whether they were angels or people. And so I was embraced by intense light and love and a sense of being home. I came home.

What is the most profound lesson I have learned since I passed? What can I offer those in the physical realm as a way to help them? This is the moment I have waited for.....to share this with you.

The idea that we are “born” into the world is not totally accurate. I think we wake up to the physical world when we are born as babies, but we have always “been”. I realized when I transitioned that I had always been living as this light and I had this brief time on earth as this child, Amy. Even as this child, I still was light, but the physical world and my physical body were so strong, that they clouded my sense of self as light. It was when I no longer had my body that I could once again express myself fully as this light.

We were never meant to lose our sense of light.....even on the earth. Heaven is not separate from the physical realm, only in the minds of people. Heaven is meant to be experienced in the physical realm. This is what I want to share with others. This is my message.....Let your Light shine!

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(T is a friend of mine who transitioned several years ago after a long illness. I had this conversation with her within a day after she died).

Hi Beatriz, this is T. I have made it to the other side. Isn't this so amazing? I feel that I have this window open for me to make a connection with you and with my family, but at the same time, I feel that this window will close somehow, that soon I will move into another space that is not so accessible to the physical realm. I guess what I am saying is that I am still very connected to everyone on the earth, so I want to say my “good-byes”.

T, it is good to get in touch with you and to feel your presence. How was your passing? Were you in pain at the end? Did you expect that you would pass this soon? How are you doing now?

I would describe my passing as a “drifting” out of consciousness, out of this sense of solidness in the body to one of being free to move without its cumbersome restraints. You have to know that my body had become a great burden to me as it quickly was deteriorating. It was a surprise to me to realize how my body was leaving me. But at the same time, I went through periods recently when I was filled with exhilarating joy. I sensed that my transition was coming, mostly because of these experiences and also a sense of peace that would overtake me that is difficult to describe. Now I find myself in this space where I am surrounded only by peace, stillness.....a quietness that must only be felt on this side.....the I AM Beatriz. This is the I AM.

I feel that I am so big, so knowing, so loving.....it just must be God, I am so overwhelmed by this experience. If I could I would package it and send it immediately to (my children) that they can know the love that is there for them. How we have tried to express this love as parents to our children, and how we have fallen short of it....only because we ourselves could not access it. Do you know what I mean Beatriz? (My children) are my pride and joy. I am so grateful that I could birth them. Even my love was so lacking, they thrived on whatever they got. And I am grateful to (my husband) who made this experience of motherhood a dream come true for me. I was older when I had my children, and my health was not good. But there they were.....these beautiful healthy children! I am sad to leave this physical realm, because I feel the unbearable pain of being separated from my children physically. I want them to know that I am always by their side. My hope is that they will know it as an experience. We are all moving into uncharted waters here and our relationship will need to be re-calibrated, you could say.

Well, there are no “pearly gates” that I have encountered yet. I am here, still here in my home. I want to be here to greet my friends as they come to see us. I want to share some of this peace that I feel with my friends. I am present here for them. Beatriz, I always so wished that I could offer something to others, to facilitate God to them. Now here I am. You want to experience God, come to my home. Bring flowers from your garden. I will be so delighted that my home is filled with such love and beauty. I want to lift you into this space of love and peace as my way of saying “good-bye”.

To answer your question, I was not in pain when I passed. I was lifted from my body long before I breathed my last breath on earth. I think that at a certain point, the body just cannot contain the spirit and so I lifted out of it. There was no fear.....just surrender. I surrendered my life to God. And that is what triggered a most beautiful experience of passing into a new life. This is where I am now. As I said, I feel that I will soon move on, but right now, I am still here close to the earth and to everyone. It’s an amazing experience. It makes me even a little shy that everyone is so focused on me. But this is how it is.

Beatriz, I will say good bye to you now. I love you my dear sister. You touched me deeply so many times. Even as I reflect on my experience in the moment, I honor you, as I know that I could be here because you gave me so much. My “Aha!” moment came that day at the retreat at C’s when I realized we are the “I AM”. That was several years ago, and I have to say, that was a major turning point in my life. It is as if I was going in one direction, and then suddenly I was turned around and literally moving in the opposite direction. I was reborn through this realization of the meaning of I AM.

T, I am glad to know that I could share something of value to you in your course in life. You are a precious woman, mother and sister. I am sure that (your husband) would say you are a precious wife. We honor you and bid you farewell on this day of your Ascension.

Wait Beatriz, don’t go yet. Let me say good-bye to the B family who so lovingly took me in and cared for me. I am so deeply moved by their love, their depth of caring. Let me give a big embrace to the whole family. This was so healing for me. I feel that God gave me this

experience in their home to comfort me, to show me the depth of the human heart. I needed this experience somehow before I could pass to this side. It healed me. I love them so much.

Thank you Beatriz for taking this time with me. I am so grateful to share this time with you. And please feel free to share this with my family and friends. It is me, T.

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