

Living in the Light: Conversations with G and J

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The following two conversations involve people who have transitioned to spirit. One is G who died recently of abdominal cancer. She shares about self-hostility and its impact on her physical body. The other is J who is a personal friend and transitioned to spirit a few years ago. His insights shed light on the need to be true to ourselves and others.

Conversation with G:

Listen to me Beatriz for I feel that my words are coming as a whisper. I need to project myself into the realm that already seems to be moving away from me at such a pace. I am learning to navigate through this transition still. I am not quite in this world of spirit, but no longer in the physical realm.

I first wish to extend my love and heart to my children and my husband. I love them so much and want them to know this. My love for them did not die with my body. We live on, and in truth can love from a deeper space within. It's difficult to put into words, but so felt. To my friend who lives far away, I want her to know that now there are no miles separating us.

Do you have a question for me?

Yes. G my question is about your transition experience and also about cancer and any insights that you might have, now that you have transitioned, that relate with the expression of this disease in your physical body.

I will express what I understand so far. Let me tell you first about my transition experience. There was no pain. Maybe there is pain upon passing but immediately upon dying to the physical world, one is embraced by so much light and love which fills the spiritual senses, that the physical experience is almost erased from memory. It is but a faint image that has no bearing on the moment. What I do remember is all the love that surrounded me in the last weeks and months before my passing, the care of those who attended to me and the angels who frequently surrounded me, although I tried to push them away. I was resisting my passing to the end. I felt that to embrace my dying was to betray my husband and children and so I didn't allow myself to stay in this light that frequently covered me with comfort and hope.

I wish that I had a grasp of what happened in my physical life and where I missed the point. I am coming to grips with this now through the help of my spiritual guides, but it is still something that eludes me. It has to do with hostility toward self and others. This is one hurdle that proved to be more than I could overcome: self-

hostility. I had anger about what unfolded in my life from childhood, but that anger would have been benign had I not turned it against myself. One does this when anger is toward a parent. I love my mother and did not want to direct this anger at her. It was so confusing really. It is the dilemma of the child who grows up with abusive parents. There is the natural desire to express filial piety mixed with pain and anger. I held that anger within me for too long.....and it became like a dagger into my heart. I did it to myself although at the time I could not see it. Now I am working through this. Why it's difficult to put into words is that, as you can see, this is something I am just awakening to.

Even if someone hinted that I brought this illness upon myself, I would deny it and push it away. But here it is, and I am laying it out to you as clearly as I understand it right now.....even just as I become aware of it.

I would like to say more, but the light beings signal me that I am reaching the limit of my abilities to communicate. They will talk to you.

Thank you, Beatriz, for listening to me.

Beatriz, these are the Light Beings. We greet you with joy and love this morning. We see that you are feeling tightness in your back. Your friend, G has carried a big burden through this lifetime and still has not totally released it. And so you feel the tension of this hold that she still has to her physical life which is no more.

She is moving through necessary stages of awareness. She can take only small bits of what is there for her to digest, but there is no hurry. She is in good spirits and still flying high on the love and support she continues to receive from her family and friends. She needs that right now more than ever. And we are here to help her also.

We are glad to greet you Beatriz and to bring to you this fine person, G.

Love,

The Light Beings

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Conversation with J

Hi Beatriz, this is J. My transition to spirit was sudden and unexpected. My family has taken it all well and I am not here because I feel a need to connect with them. I come because I wish to share with you what is in my heart. I find this opportunity to speak through this avenue very special.

J, I did not sense you as I knew you in life and so am surprised to realize this is you. Why do you appear so different to me?

On earth, my life was not truly me. Yes, it was the “me” I lived out as J. But now you are seeing who I truly am. Since I was young, I learned to express myself in a very external way. I grew up in a very strict environment. Although glimpses of me came through, I never grew into my true self really. And for this I have regrets. But it is not something I dwell on. I just feel now that I robbed myself of a meaningful life, and I denied the world the experience of the true “me”.

Now that I have transitioned, I see my life with clarity. I look at my friends and family and realize what a limited life we all have lived. It doesn't have to be this way. This is the first realization I had which I wish to share. The second is I realized that I am not alone. I always felt alone in the world. I never felt that people knew or appreciated me. This sounds strange, even as I say it now. But it is the truth. At the time, I didn't understand why I felt this way. Now I can see that it is because I was living out a person who was not me. Everyone thought they were relating with J, but I knew deep inside that was not me. And yet, I saw no way of stepping into the true me. I was caught in the current of life as that J and it was like being in a train that never stops. It just goes on and on in this endless track. No station stops.....until one day it just runs out of steam. That was the death of J.

It is not that this J that lived in the world died when I transitioned. No. I came to this space in spirit where everything was a void. To be perfectly honest with you, I was scared. Everything that I had expected upon passing was not there. Yes, I was greeted and given support upon transitioning. But it is like being born all over again. We must make sense of the life we lived, the world around us now and our place in this world of spirit. So here I was, trying to impose my perceptions and expectations onto this world. I was so blind to the purity and warmth that was before me. I insisted that my expectations of the spirit world manifest before me.....just as I had imagined them and believed they would be. And so, this is the world that unfolded before me. I stepped into this and for a while I felt relieved and comforted. It was familiar to me. I soon realized that I had to work hard to maintain this world. I had to keep feeding it with my imagination or it would begin to fade away from me. What is more, I started to become increasingly aware of how my wild imaginations instantly transformed this world even to the point of threatening me.

I was in my own, self-created 'hell', so to say. And I was very unhappy. What is more, I was unsettled and terrified. If what I had believed in was not totally true, then what was true? And how could I move into that truth?

When I asked these questions, the façade that I had created vanished instantly. That consciousness that created and supported it was gone. And that was the beginning of my life. This is when the true J began to emerge. I was pure light, and I became aware of the most beautiful world of spirit. Words cannot describe this world of light! How blessed I am to be in this most glorious place.

I am so impressed that I can express myself through this communication that you have opened. I feel grateful to have this opportunity to share my insights and experiences upon transitioning. It is not something that anyone can be too proud of, but it is worth sharing with those in the physical world. It may give people an opportunity to align themselves with their true nature and to broaden their perspective of life before making this amazing journey into spirit.

I want people to know that they can experience this life that I have discovered in spirit, even while they are in the physical realm.

Thanks Beatriz for listening to me.

love,

J

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