

## Living in the Light

This page is a compilation of conversations with people who have transitioned to spirit. Some are my personal friends, but many are caring souls who wish to share their insights and lessons learned through their transition experience. Most of my friends are people like you and me who lived simple lives on earth.

I introduce to you my friend U. She transitioned to spirit just seven months ago after a long illness. U is a gentle soul who deeply cares about others, and naturally gives of herself to anyone in need. Her life on earth was not an easy one, but she always had a smile to give. Even in the last few weeks of her life, I tried hard to contain my shock about her situation, but she remained calm and reassuring. I spoke with her ten days after she transitioned. I share with you these excerpts of our conversation.

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*This is U. I am here in the spiritual world now. I took a breath in while in the physical realm and then my out breath was already on this side. How quickly it all went.....just a smooth transition. I have to say that I am very relieved to have made this transition. I was ready for it even though I didn't realize it quite like that. I was afraid that I had not fulfilled my purpose in this lifetime on earth, and that I would be judged before the court of God.*

*It's funny because there is no court here and not one person had anything to say against me. I am so embarrassed by my small thinking.*

*What happened is that I was immediately embraced by these big loving arms of my Father, God. I was held in His arms for a long time and I cried. These are my Father's arms, for I recognize them clearly. And this healed me.*

*At the end of my life on earth, it was not just that my body was wasting away, but that I could no longer see or feel the meaning of my life. I could not remember what I might have done to make a difference in the world. And this was a source of my fear upon dying. But here, I was only loved. I was shown my heart and my tenderness. I could see that I extended my love to others in ways I never quite knew. I was just putting myself down always, never feeling worthy. But that was just little me in my little story. The real me lived on and this is all God saw. This is all God saw.*

*Upon my transition, I came here and immediately I was ready for the next step. I am so eager to learn and to move ahead on my journey. The most striking thing for me has to be the feeling of “oneness”. We all speak of it and we know it intellectually, but the feeling of being one with everyone and everything is so expansive.....I feel so big and infinite. This I love and it moves me to tears every day.*

*How could I ever miss anyone if we are all one? I feel so connected in love with my daughter and her family, my husband and all my friends even though you are all in the physical realm. It is as if the moment I died to the physical realm, I “popped” out of a very limited consciousness into a very beautiful world. Sometimes, we look at a lovely painting and we long to just be inside of it, to be in that environment. Now, here I am, totally in this world of my dreams. It is so beautiful!*

*But what is most beautiful is my experience with God, my Father. I am so in love with God. Maybe after a while I will come down from this cloud of love. But for now, this is where you have found me!*

U.

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