



BETH

Shared June, 2025

The day after Beth passed, Craig and I were driving back to her apartment to take care of things, emptying out her belongings etc.. Well Craig was driving a rental car and we were both shaken up from her passing. Craig was driving OK a 6 - not his usual 9 to 10. We stopped to pick up a few things. I asked him to please slow down or look carefully because he was in a bit of a rush. He snapped at me and I snapped back and said I was only trying to help because I didn't want him to hit the car backing out, etc .Just then the emergency lights on the rental car came on.

I said calmly, Craig what does that mean? He stopped we both calmed down. Neither one of us could figure out how to turn off the warning lights in the rental car. We drove back to her apartment with the emergency warning lights on. Beth was saying it's safe -just slow down and we drove carefully.

Next time I strongly connected with Beth was about 3 years later. Her older brother Liam was going through a tough time. He recently had health issues, and he had a heart attack and stroke. He actually died briefly before being revived by CPR. After this incident he really couldn't perform at his current job, his marriage soon fell apart. He needed to make some big changes so he started traveling, taking a break to visit his friends...and he came to visit us.

After staying with us for a few days Liam revealed he was going to move to an island far away and help children start school and become part of a new community. What?? - Whoa!!- that's huge change from the life he was living here. He also said he didn't want us to tell his kids, or his wife, it was a secret.

Craig and I were shocked. Where was this all coming from??? His wife was the one who called 911 and helped him recuperate. We told him we didn't feel comfortable being in the middle of all of this. We have no control over your decisions, but don't ask us to play a role in all of this secrecy and deception. It's your life you and your wife need to talk this through!!

After Liam left I just kind of blew up at Craig and ranted about something wasn't right and he wasn't physically or mentally well. Well Craig just had had enough-of the entire situation and went to bed. I couldn't sleep and went into the kitchen for some water.

A voice said.....Just get a paper and start writing. So I did. Beth was explaining to me the entire situation in a loving and caring way - no confusion - no blame. No what if's. This is not our journey- let it go. I showed my husband Craig the next day and he said something like - yes very insightful. When I told him this was

from Beth he said no that was you. It definitely was Beth, just the way she went through each member of her family and explained everything soooo clearly. I wasn't even really fully awake, but as if in a dream state. But it all came through sooo clearly. Thank you, Beth. It again brought peace to our lives.

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Beth was a writer. She started college hoping to become an author especially interested in children's literature. I think because she was brought up on it and the stories (that she read) were deeply true and beautiful. She would read and reread a single book hundreds of times. I would say let's go to the library or a bookstore and get you some new books? She would say I'm not ready yet. And say to me ***"if you can't read a book over and over again (and keep learning new stuff) then it's just not that great of a book"***. Truth. This was at the age if about 12.

I have been "nesting" or redoing parts of our house. And talking to you now, I know why. Beth never was able to travel here but we always wanted her here, and she promised she would visit. Well she has and it's wonderful and she of course is always welcome, I still feel someday, that I want her to be free and do what she wants, now I feel she is doing everything she wants.

She is also helping me to slow down and focus on what's important to Craig and me.

She is a brilliant and the kindhearted person. I am learning to open up, and to let go of many things....emotions, beliefs, habits.... it's all good just moving very fast!