

world until the moment when I take my last breath and join them myself. Getting accurate messages through to people here is something I take very seriously; it is a massive responsibility and not something that should be undertaken lightly. There are some excellent mediums, but unfortunately also people out there giving messages that are more from themselves than from a contact in the spirit world. For the most part they do not set out to mislead people, but accurate interpretation is everything.

So, what makes me I think I have the right to do this? Despite the potential risk of inaccuracies, I believe that everyone has a right to more information. However, that information must pass through their own personal filter. Does it feel right to you? Does this information enable you to move forward in a more positive way? Will it help to enable you to come to terms with what is an inevitable part of life?

As any student will tell you, my training as an academic means that I would normally write 'academically', using numerous citations to back up every statement and include an extensive reference list. By taking dictation, as described above, it has not been possible to do this and I have resisted the urge to try to cross-reference the information with current scientific thinking. Mostly that would not have been possible anyway but, as I investigated further, there is research that could support what I have been told but owing to my lack of specialist knowledge, I have taken the decision not to do that. If I misinterpreted what I consider to be academic support for one of the concepts given to me, then it might have detracted from the overall message.

It is in my nature to question everything I am doing and to try and improve. So, questions as to the authenticity of what is presented here have been on my mind, too. In the end I had to just 'get out of the way' and let the process unfold. As a seeker of truth, I am hoping that the questions that make me wonder will be of interest to others. Most of all, I just hope to do a really good job!

CHAPTER 1 FIRST MEETING

WEDNESDAY 25 OCTOBER 2017

Prior to the morning of 25 October, I had been asked, 'What do people in the spirit world do all day when they are not waiting around to talk to mediums like you?'. This seemed a very reasonable question to ask and I honestly did not have a clear answer. The question started me thinking about death and made me realise that despite all the spiritual work that I had done, I knew very little.

I believe that it was this question and my subsequent wonderings which prompted this book. Someone somewhere heard my thoughts and decided to give me some answers. When I sat down at the computer on that first morning, I had a fair idea that death would be the topic of the communication.

It must seem strange to many people to be able to 'hear' spirits and the reason that word is highlighted is because many mediums do not hear words with their ears. Occasionally you can, but often the communication makes use of several senses and interpreting messages can sometimes be likened to a game of charades. This communication, however, was quite clear. The person I was talking to might as well have been present in physical form in the same room. Although on that first morning I could not clairvoyantly see them clearly, the words in my head were very clear.

To help with understanding, my words are in italics and indented. The spirit communication is aligned against the left-hand margin and is in slightly bolder type.

And so it begins.

So, you want to know about death? Why?

Because it happens to everyone at some point in their life and it is happening to people every day in many ways.

Has it ever occurred to you that you might not like what you find out?

Could there be a very good reason why it is behind the veil?

The people who come back to talk to mediums don't usually appear to be terribly unhappy. They seem to possess a certain clarity that they may not have had on earth. They never say what they have been up to, though, and that is the bit that I am very unclear about. What do they do all day? You can't be hanging around waiting for some random medium to put in a call – what do you do?

Life 'here' (notice I am not saying 'up here') is not too unlike life on earth. It mirrors it.

But, how can it? You leave everything you ever knew.

Well this is one of the concepts we need to explore. You say 'leave' and yet in fact we don't leave at all. We are still here. There is no 'up here' ... just 'here'.

So, what can you see?

We can see you, but so much more. Our perception is expanded from the view on earth. We see (a part of) everything that ever was and ever will be, BUT not all of us and not all at the same time.

Gosh! This is confusing – genuinely.

If you go on holiday somewhere new, your view of it is dependent on the journey getting there, what you were hoping to get out of the holiday, where you choose to stay, who goes with you and what you do while you are there. Not everyone chooses to climb up the tallest mountain for a bird's-eye view. Some people have no interest in doing that and are more than happy to sit or sleep on the beach, go to the bar and dance the night away. It is a bit like that here.

We have a free will, just as you do where you are.

Some people see greater possibilities. Everyone does in the end (and time has a different meaning here, but that is another story). People who were interested in the spirit world whilst on earth are much more likely to take an interest in communicating from this side. If it was something that didn't cross your radar when you were alive, why would you be interested in it now?

It can be true of people who have had a long illness or a difficult life. When they arrive, they just want to rest up and clear their head (yes, I do appreciate the irony of that comment, but it is important to use words that you can relate to – there will be ample time to go into mind, body and spirit, as you like to call it, later).

Everyone is equal. This is an equal opportunity venue! But when people have free will, they decide to use it in different ways. How many times do you see people who (you may think, from your viewpoint) are not making the most of the opportunities presented to them? You might be critical of how they choose to spend their money, or indeed the fact that they do not spend their money to see more of the world, or help others. That is their choice. Whether you agree with their choices or not is of no consequence. They are their choices and they have every right to exercise them. It is the same here.

So, are there are beaches for them to sit on and nightclubs to frequent?

If that is what they want and they choose to spend their time that way, then yes. If that was your idea of heaven (when on earth) then to a large extent that is what you will create when you get a chance to do so. You experience your deepest expectation.

Is that where the concept of hell came from?

This is not the moment to talk about that concept – we can do that later, but suffice to say, if you feel guilty about something and believe that you will be punished then you are in fact creating your own punishment. Rather than finding a beach to sit on, you may create a version of your

deepest fears, if you believe that you deserve to be punished and that is what is waiting for you.

On the other hand, there are people who commit terrible crimes on earth and who do not have a Hell Experience; purely because they do not have the capacity to feel guilty. This may be due to many things, but mainly an inability to experience empathy and compassion. These are the people whom we take under our wing (angelic reference – did you notice that?) and initially curb their free will so that they cannot hurt themselves.

Hurt themselves?

There is no ‘physical’ here, so they cannot hurt others. Lack of love can only hurt them. To a large extent it is the same on earth, but this is a much bigger concept and one that is even too big for this book; later, maybe.

So how do we create the beach or the nightclub or the beautiful garden to sit in?

People tend to create houses first – that is what you are mostly used to. Somewhere to live.

Do we need somewhere to live?

Not in the sense of shielding you from the elements, but where we live is often an extension of our personality in some way. People often perceive their own value based on where they live. So when given the chance, they tend to stick to what they know. Many people create the same home as the one they have just left, but then later (there is that time issue again, which we need to discuss) they come to the decision that what they had on earth is not right for them and they create something else.

How does this ‘creation process’ manifest itself?

If someone was a builder, electrician or plumber here, does it mean that is what awaits them there?

The actual creation process does not require any physical effort. Let’s get that clear. There is no physical, so how could it?

However, a builder, electrician, plumber or carpenter might decide, for a while at least, that they want to carry on doing that for a while. They might have enjoyed it when on earth, enjoy creating the sensation of physical work, but in fact they are not actually producing anything physical at all. When they realise that, they tend to choose something different.

So, what is required to ‘create’? Merely intention?

Yes, that is it. It is a transmutation of the energy field, based on a soul’s intention.

How long does it take?

Exactly as long as you expect or intend it to! Although it can happen instantaneously, of course.

Is this how healing works? I often think that when I am doing reiki, or crystal healing as I might call it, all I am in fact doing is using tools that focus my mind and that intention is the key to the process.

Yes, there are certainly simultaneous similarities. Let me explain. The healing is already there. Whether you or the next person or the patient have the intention to create it is by the by. The healing exists in energetic form. The intention opens a pathway (puts the road in, if you like) for it to reach its subject. They could do this themselves, but not knowing what is possible, they feel unable to do it.

Once people have crossed over, this process becomes much clearer as they can see it happening. When in the non-physical, you are more aware of the non-physical energies that surround you. Having said that, some people choose not to look right away. The energies are hidden in plain sight, but that does not mean that everyone sees them if they are not looking.

Doesn’t that create some sort of inequality?

Absolutely not! Like I said, this is an equal opportunities venue! When given free will it is just that. You do not have to take an option that

someone else thinks is right for you – the decision is entirely yours and influenced by your soul’s journey. You may choose not to look for whatever reason – it is very similar on earth.

I think when people you love die, besides the obvious loss and knowledge that life will never be the same – you want to know that they are alright. That they are in a better place and free from pain and worry. Is there anything you can say that will assure me of that?

To make YOU feel better?

Yes, I suppose so. Especially when children die, or a much-loved partner – you need comfort.

And that is exactly why you are asking me that question. It is for you and not for them.

I disagree. You want them to be happy and if that means you are unhappy, in order for them to be happy, then that is a trade-off. Probably an acceptable one for many people.

So, someone dies and you wish to create a particular misery for yourself so that they can enjoy an afterlife that is full of sunshine and roses?

Well, when you put it like that it seems a bit of an odd thing to say, but I suppose so.

So, you are saying that your free will should impact on theirs?

In a way I suppose I am.

That if you make a trade-off and become a martyr for the cause then they will somehow get some special treatment when they arrive?

Not special treatment – no.

Then what difference would it make whether you are happy or sad?

The ties of love are like strings that attach you to your loved one and remain after death. They don’t die with the person; they transmute into a different energy form, but they are very much there. Now imagine that in this equal opportunities venue you see your loved one on earth prostrating themselves on the floor every day, refusing all invitations

and generally being miserable in the misapprehension that something they do on earth will impact the type of experience for their loved one in heaven (we will use this word for convenience for now, but will look at the concept later). How will that person feel?

They cannot communicate with you (not readily, anyway). They feel the emotion of your pain through the energy strings that hold you together and the worst thing about it is ... it doesn’t make any difference at all.

Whether you are happy or sad affects them in the same way as if it had happened on earth. If they loved you then they would not have wanted to see you suffer (although they know that a process must pass) and if they didn’t give a fig when they were alive, why would they necessarily give a fig now?

Where there is no physical there can be no physical pain. So be certain that is the case. Where there was emotional pain (a suicide for example) – some of that may come with them, but they are helped through it. They are not suffering in the traditional sense. They are enlightened. Suicide requires much more discussion, but let’s say that emotional pain on earth can often result in physical pain. When the latter is removed, the emotional pain can be lessened and finally transmuted.

Remember that time has a different meaning here, so the time-lag between passing and transmuting the energy that was present when someone took their own life is very short here, but in your terms it might be interpreted differently. For the subject concerned, this happens in the blink of an eye.

So, what you are saying is that they will always be ‘alright’?

Yes, in the traditional sense that you are asking that question. It is true to say that people who pass often still have some very strong ties to earth. A grandparent or parent who loved you when they were alive will still love you after they die. The same can be said of a long-term much-loved

partner, of course. They still go on loving and caring.

Consequently, when they see that you are unhappy about their passing, they want to try and get a message back to reassure you that they are doing OK. They will often provide some evidence to demonstrate that they know what you have been doing since their death, just to show that they still care and have been attending family events.

Now I know that this idea can freak people out! The idea that your dead husband is watching you making love to another man will make people feel uncomfortable, or that your mum is watching you in bed with your partner. And let's not even get on to the fact that people worry someone is watching them on toilet!

What about that?

Free will comes in here again, I am afraid. People, whilst living, could potentially snoop on other people in their most private moments. With advances in technology, many more people can set up cameras in their homes and spy on people while they are away. The majority of people choose not to do that. They would deem it inappropriate and not like the way it would make them feel.

On the other hand, social media is making it very easy to share moments with everyone and people have no problem with posting pictures of themselves on the Web. There is a whole different argument about whether these pictures represent real life and their impact on others, but the fact is, people have their private and public moments.

This changes very little when you pass. You know your family and loved ones have their private and public moments. It is OK to share a few of their private moments, when they might be crying, or seeing a baby smile for the first time, but most people would feel uncomfortable watching someone on the toilet.

Everyone makes a judgement call about what is and is not appropriate.

The other point is, given the chance, how much of your time would

you spend following someone else around? Would you not want to do your own thing, especially when you can create whatever you want?

That is where I am leaving things today. We will pick this up again tomorrow.

Thank you.

I am still not sure what to call you – I keep thinking of the name Patrick, but it doesn't feel completely right.

That will do for now.