

***Yes my dear,
we can talk to the dead...***

By Diane Marie Ford
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This month marks the 13th anniversary of my mother, Leah's, passing. Can that be possible? Have I really managed to continue living without her nurturing hugs and unconditional love? I never would have thought so 11 or 12 years ago. But, life goes on and time does have a way of healing broken hearts. Time and love. To quote one of my favorite American composers, lyricist, singer and pianist, Laura Nyro; "Nothing cures like time and love".

I, have, however found a complementary cure: communication with the spirit of the deceased. *Yes my dear, we can talk to the dead*, and through that communication my mother has been teaching me to approach each anniversary with a light heart by celebrating throughout the year, how she lived rather than how she died.

We marked the first anniversary of her passing by hanging a wreath at the site of her accident and attending a Catholic Mass. Mind you, I muddled through the first couple of years in a state of shock and blur. As the fog lifted I began to realize that we were gathering to remember her on her date of death! I further realized as I began communicating with her, that I was making life affirming, not death affirming connections with her.

Over the years, I have come to learn through more in-depth and diverse communication with my mother and others that they *wish* us to remember them by how they lived. During my sessions, I find spirits prefer to have you celebrate and remember them with joy rather than dwell on the sadness or the unfortunate situation of their passing.

Through the work of communicating with your loved ones, we are able to cultivate a day by day relationship, each party offering the other the possibility of growing and healing. You continue to honor me by allowing me to provide this service. Thank you.

Diane Marie Ford, CHHC, Nourishment Counselor, and founder of Whole Soul Nutrition™ at Listen To Thyself, integrates mediumship into her holistic health and lifestyle practice.

Join Diane on selected Tuesday evenings from 7:00 – 9:00 PM as she hosts group spirit readings ~ *Calling All Souls* ~ for \$30 per person.

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