

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

By Diane Marie Ford  
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*When the heart grieves what is lost, the spirit rejoices over what is left.* This time honored Sufi epigram is music to my ears.

Many of you who contact me for a reading are grieving the loss of your loved one and your heart is broken. I find it amazing to witness the gentle nature of spirit as it soothes and heals that broken heart. Spirit truly does rejoice and in the rejoicing, miracles occur.

I wonder if there is a type of universal healing balm, a “crazy glue” of sorts used to mend broken pieces and make our hearts whole again? In the case of my mother, Leah’s, abrupt passing; a piece of my heart went with her when she died. For months following her death I felt like I had been splintered into a gazillion pieces and was unable to pull myself together. Sure, I was going through the day-to-day motions, but I wasn’t 100% whole. I couldn’t, however, figure out why?

Two years later I found myself on a soul retrieval in which the Shaman guided me directly to my mother. During that journey my mother told me that she *had* taken a piece of my heart and *had* attempted to return it a few days after her death, but was unable to connect with me. I was so grateful we connected that day and grateful I was open to receive the missing piece of my heart. My heart was made whole again.

In retrospect, I know, prior to that journey, I had not been open to receive her visit. I had never given much thought to communicating with the ‘dead’. After connecting with my mother that day, I began to think differently. My beliefs have since changed.

The month of February brings to mind the color red, love and hearts. Hearts are plentiful during the month of February. If your heart is less than whole, or is in need of mending, please reach out and give me a call. I can help you. I am at your service.

Love is in the air, can you feel it? Spirit is rejoicing, can you sense it?

**Diane Marie Ford**, CHHC, AADP, Nourishment Counselor, founder of Whole Soul Nutrition™ is at your service and is honored to help you connect with those to whom you matter most.

Diane offers private readings and hosts group spirit readings ~ *Calling All Souls* ~ on the first and third Tuesday evening from 7:00 – 9:00 PM. Call 508.947.5348 or visit her website [ListenToThyself.com](http://ListenToThyself.com).

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