

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

By Diane Marie Ford  
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Adopt healthier eating habits, exercise more, quit drinking, smoking, (fill in the blank) remove excess weight... these are among the top resolutions made at the beginning of each year. But did you know that spending more time with family and friends is also at the top of the list?

Recent studies shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Why not make this vow and include spending time with family and friends who are on the other side?

If you are wondering how in this world you would spend more time with your deceased friends and relatives, I offer you the opportunity to serve as your medium. The word medium dates back to 1593. Its etymology is Latin, *medius* middle – mid (.2: occupying a middle position) and one meaning of the word, medium, is an individual held to be a channel of communication between the earthly world and a world of spirits.

There are several methods used to communicate within the world of spirit and, we all possess the ability to communicate on some level. I connect and communicate primarily by feeling and sensing the presence or essence of energies. On occasions I have been moved to tears and laughter! This particular method of communication is known as being '*clairsentient*'.

When I first began to hear voices, music and singing, I would question my own sanity. Now that I know I am '*clairaudient*', I accept and have come to love this mode of receiving information. Occasionally, I find myself delivering a message by way of singing a song.

Spirits also share their presence by way of showing me a picture or a 'video'. During a reading I am often shown (in my mind's eye) a complete viewing of an event or celebration. I find this '*clairvoyant*' way of communicating to be most fascinating!

When thinking about the New Year Resolutions you intend to make in 2009, I encourage each of you to give some thought to investing more time with your family and friends on the other side. Resolve to connect and work through unresolved issues, gain closure or simply spend quality time in each other's company. I am amazed by the healing taking place and resolutions being reached simply by making a connection. I am honored to serve as your 'middlewoman'.

**Ring in the New Year with a Reading and Nourish your Life and your Soul in the process!**

**Diane Marie Ford**, CHHC, AADP, Nourishment Counselor, 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 selected Tuesday evenings from 7:00 – 9:00 PM. Call 508.947.5348 or visit her website [ListenToThyself.com](http://ListenToThyself.com).

Listen To Thyself at 48 Pearl Street Middleborough, MA 02346... serving Middleborough and surrounding communities for the past five years.