

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

By Diane Marie Ford  
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Independence is something we all relish. I am always in awe over how independent in nature spirits appear to be. During my readings I often experience spirits coming through loud and clear with feelings of freedom – be it free from pain, grief, judgment, etc., Their energy is light, they are full of love and possess a willingness to reach out and help.

Intelligent in nature, they always seem to know when to “break through” and make their presence known. Their timing is impeccable. I always get a chuckle, during a session, when my client is in need of a little reassurance, love or an answer to a question and low and behold, who appears but a spirit or guide of significant importance, to deliver exactly what my client needs at the moment! How do they do that? How do the spirits know? Angels, spirits, guides, they are at our beck and call. We do not need to look for them – we just need to see them. We need to feel them. We need to be still and listen for them.

Our kitten, Seven of Nine, taught me a lesson not too long ago. We had lost him suddenly at a very young age. Those of you who know “kitten energy” can relate to what it feels like to share your life with a mischievous little kitten that darts about the house and is always into something. We sorely missed his playful behavior after he was gone. I would come home and walk into the kitchen “looking for Seven” and become overwhelmed with grief because he was not there. One day, as I looked around (knowing full well he was not there) I heard a voice, yes a voice, which said “stop looking for me – just see me – I am everywhere!” This message carried quite an impact and has forever solidified my view.

If you are grieving the loss of someone special, person or animal, stop for a moment, sit in your favorite chair, take a deep breath, exhale and feel their presence all around you. They are with you... always.

**Diane Marie Ford**, CHHC, Health, Wellness & Spiritual Counselor of Whole Soul Nutrition™ at Listen To Thyself, integrates mediumship into her holistic health and lifestyle practice.

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