

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

By Diane Marie Ford
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Spirits delight in the healing process! Their spirits soar along with their loved ones. In the process of connecting and coming together much peace is found, lessons imparted and learned.

I was in session with a client discussing her struggles with self-care, particularly around her food choices. She was devouring any and all types of sugar; mostly in the form of cakes, cookies and candy... you get the picture. While in the process of deconstructing this craving I felt the energy of her mother coming through. Her mother, who unselfishly raised her children, knew little of putting herself first. However, on this day, having come to understand the importance of putting oneself first, she touched down onto the scene bearing wisdom from above. Her intention was to help teach her daughter what she was unable to do while she was on the earth plane. I see this taking place in sessions everyday and it makes my heart glad!

Can you imagine how magnificent the ripple effect may be? The person being touched touches another and the healing is paid forward. I am of the belief we truly are connected by six degrees of separation, which, for me, reinforces the notion that we are all one.

Coming together as one, especially within a community setting, is extremely powerful on many levels. Women have been coming together for centuries, making significant positive impacts not only in their own little corner of the world, but beyond, as the ripple effect gently flows. I have personally experienced remarkable breakthroughs, healing and growth within sacred circles. With that in mind, I have been moved to create an environment in which we will come together with spirit to *Listen, Learn and Connect*.

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.

Join Diane and other like-minded women, connect with your spiritual guides and experience profound insights through spirit wisdom and Diane's gentle, yet powerful counseling. Whole Soul Nutrition™ introduces a new series of events *Listen, Learn and Connect*, designed for pure nourishment. The first event is scheduled for Tuesday, May 13th from 7:00 ~ 8:30 PM. Your investment is \$30. Call Diane now at 508.947.5348. Visit www.ListenToThyself.com for details.