

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

By Diane Marie Ford  
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*We all need to be fed*, lyrics from one of my favorite songs, rang true to their words during our ‘Calling All Souls’ group circle spirit reading the other evening. Spirits do rise to the occasion if summoned with an open heart and a willingness to believe.

I put out a call to all souls, be they walking this earth plane or crossed over, to gather with the intention of connecting and I was amazed by the response I received! “They” want to connect as much and as deeply as we do. This highly satisfying form of connection nourishes our souls. The level on which it feeds us is indescribable, and extremely satiating. It touches us to the core of our being and, as me dear olde Dad would say, “It warms the cockles of our hearts”.

I am moved by the number of souls desiring connection. We all long to hear the words “I love you”, “I am okay” and “I am always with you”. We are spiritual beings having a human experience and I admit it is not always easy to *feel* the spiritual energy which invisibly connects us, 24/7. Being in circle provides us with an opportunity to create a sacred, safe space in which we hold the possibility of connection and we hold it for the highest and best good of all.

Not only do we all need to be fed, we are naturally inclined to seek balance or a state of homeostasis. To achieve that we require nourishment from not only secondary foods or foods found on a plate which fuel our physical body, but from primary foods which include our spiritual connections. We are not alone in our quest for nourishment and balance. We are all in this together and we help one another to feed and be fed.

**Diane Marie Ford**, CHHC, Health, Wellness & Spiritual Counselor and founder of Whole Soul Nutrition™ at Listen To Thyself, integrates mediumship into her holistic health and lifestyle practice. Care to learn how you can sharpen your self-empowerment skills and nourish yourself on all levels? Call Diane and schedule a consultation today!

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

Visit [www.ListenToThyself.com](http://www.ListenToThyself.com) for details. Listen To Thyself at 48 Pearl Street Middleborough, MA 02346... serving Middleborough and surrounding communities for the past five years.

If there is someone with whom you have been wanting to connect, call Diane for a private reading or to reserve your space for Tuesday evening. 508.947.5348.