

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

By Diane Marie Ford
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There is an Old Irish Blessing which is pulling at my heart strings as I write this month's column. It goes like this: May the road rise up to meet you. May the wind always be at your back, May the sun shine warm upon your face, and rains fall soft upon your fields and until we meet again, May God hold you in the palm of His hand.

I am reminded of my paternal grandmother, Mary, a proud Irish immigrant and a fine woman, who passed on when I was a very young girl. I can still remember her round, smiling face, hair pulled back, neatly in a bun. I think about the many grandparents who come through during readings for clients, with words of encouragement, wisdom and hope. As far as I can tell, my Nana has yet to visit me from the other side.

What makes spirits tick? What inspires some to come through on a regular basis, others visit once in a blue moon and others, next to never? Do we actually have anything to do with that? Maybe we do. During our group spirit reading support circle, *Calling All Souls*, we literally call forth the souls of our dearly departed.

By simply calling out their name(s) or holding the thought of them in our mind, they seem to receive and accept the energetic invitation. It almost never fails. This type of reading works very well. Spirits want to connect. They want to help. They want us to help them. It really is a two way street, a give and take, a perfect blending of yin and yang energy.

I believe we, as mortals, need to reach out more often to those with whom we want to connect and invite them to continue to share our lives. We need to listen more and question less. Trust those signs, messages and 'coincidences'. We all have the capability to speaking directly to our loved ones. We may do so through prayer, meditation, as we're cruising in our car, or gardening in our yard. I think I will contact my Nana. March is a perfect month to call upon a leprechaun.

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.

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