



Realms of Light

*Clairvoyant Experiences
of Life After Death*

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APPENDIX

Other Realms
Frequently Asked Questions





FAQ INTRODUCTION

In this section I have tried to list and answer the most frequently asked questions I have received over the years. As I have stated elsewhere in this book, I am not a theologian, nor do I possess all the answers to the universe. I am a poet, a musician and a clairvoyant. Most of these questions I have tried to answer in my stories or in the interviews. However, certain questions from others have been persistent and probing over the years, and in this section I have done my very best to answer them. Some of my responses are actual e-mail answers I have sent to people, others I have rewritten or created for this volume.

In this section I am often coming from the framework I am most familiar with, that of the Catholic Church. However, I deeply respect all religions, and urge you to apply the ethics and teachings and prayers of your own religion or personal path if my words fall short of your own inner beliefs.

This section of the book is not meant to be read through, page by page. Rather it is set up by topic, so that you can read my thoughts on specific questions you might have. And I sincerely hope that my thoughts, perceptions and suggestions are of some value to you. – LC



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Questions About Clairvoyance

As a clairvoyant, do you actually go to other realms, or do you just see into other realms?

This question has a complicated answer, but I will try to answer it as simply as I can. Philosophically, it would be difficult to say whether I go to other realms or if souls come to visit me in this realm – one could say that all the realms overlap. Philosophically speaking, all the realms exist in Mind; therefore, there is no “here” or “there.” It is all within the Soul. However, as a human being, I perceive the experiences in many different ways. Sometimes I will visit another realm, and at other times souls will visit me in this realm. Sometimes I will merely see into another realm, as an observer.

As a result of my clairvoyance most generally, and continually, I live in at least two realms simultaneously. Sometimes more than two. For instance, I stand in my living room and see the beautiful Steinway grand piano, the old brick fireplace, the coal stove and piles of firewood – and also see any beings from other realms that have come to visit that evening. At times there will be beings and events from several different realms appearing simultaneously in my living room. And I will watch them all, and try to help where I am allowed. This sort of clairvoyance is, in my case, constant.

I might also add that I am only allowed to see what God and my particular sort of clairvoyance allow me to see. Another clairvoyant might walk into my living room and see an entirely different clairvoyant reality, one more tuned to his or her soul abilities. In my experience, sometimes clairvoyants will see the same beings and sometimes they will not. This is difficult for a non-clairvoyant to understand. But clairvoyance is using a different set of eyes, eyes of the mind and Heart, or the eyes of the soul – not the physical eyes. Therefore, each set of “eyes” is very personally tuned to that individual’s mind and Heart. Abilities differ, and there are many levels of ability, ranging from the purely psychic to the advanced mystical sight. More than this I cannot verbally explain. In addition, from my readings of the saints, beings from other realms are not always allowed to show themselves to you. They must have permission from God.

When I say that sometimes I am in more than two realms at once, sometimes while standing in my living room, I will also be given yet another scene presented to my mind. This scene will hang in my mind, a window of sorts, and show me some event happening on earth or in another realm. At these times, I am fully aware of my living room and also any beings from other realms standing in it. Sometimes, if I wish, I can step into this scene in my mind, until it briefly becomes my entire world. I call this stepping into the little movie in my head. At these times, I will not be aware of my living room. I will know where I am on Earth, but I will not see or hear my physical surroundings. If my mind is presented with a powerful image, sometimes I mentally go to another realm or another place on our Earth without choosing to – it just happens that suddenly I am there, standing in the movie in my head. In this case, again I will know where I am on Earth, but I am no longer aware of my physical surroundings. This can happen to me even while I am walking down the street, riding in a car, or engaged in any one of life's many activities.

Also, in dream state or in waking state, I can go wherever I wish on earth, to help earthquake victims or those who are missing or injured in accidents – or to other realms, if it is allowed. This ability to visit other places on Earth while in waking state consciousness is weaker since my car accident. I rarely will do this now, except to help others in this or other realms, or to visit churches or cathedrals in other towns and cities across the Earth. I also believe that all creatures on Earth have this ability. In me it is a conscious ability, in most other humans it is not. I strongly believe that we are all in a continual state of connecting to other beings and hurting or helping other beings across our globe called Earth, every minute of every day. We are never, ever alone – nor are we ever inactive in this sense.

I have also had the experience, more than once, of clairvoyantly seeing the most radiant and self-luminous Divine Light, the substratum of our physical universe, with the forms of our conventional world floating in that Divine Light as a part of that Divine Light. In other words, I saw the fireplace, the trees, the flowers in the gardens, the kitchen table, all floating in this Divine Light and also made of the Divine Light. This is the highest clairvoyance and also a mystical experience. You could say that I have seen God everywhere, just as we are told that God is everywhere. Since those mystical experiences, I can see through conventional reality and its

forms to the Divine Light whenever I wish, the fireplace, the walls, the objects in a room. I cannot do this as literally as I was able to during those earlier mystical experiences – but I know the Light is there. I know our conventional, material reality is not as solid as it seems. This “knowing” and this inner sight, this way of seeing through our material reality, is difficult to describe. In any case, I am deeply grateful for this sort of clairvoyance.

Our Bodies in Other Realms

What do people look like in other realms?

Will we recognize them?

What do you clairvoyantly see?

Yes, we can recognize them. Maureen’s three-year old son told her that he saw a man sitting on his bed, and described his grandfather perfectly – even though he had never met him, nor seen a photograph of his grandfather. In all my clairvoyant experiences, our loved ones in the higher soul realms look and sound the same as they did on Earth. We easily recognize them. However, they are in their prime, young and vibrant, glowing with Health, infinitely joyful – and emit a transparency, a Radiance and Peace not found on Earth. They are surrounded with, and also emanate, a brilliant Light, and seem to be composed of this Light. It is not the sort of Light that we have here on Earth – this Light is more radiant, more brilliant, and of a different timbre and luminosity. Louise’s sister Jude said that her ex-husband was “healthy and robust – and beautiful too, with an aura of peace.” Jude also said that her sister was “smiling and younger, beautiful, radiant.” MG said that her friend Rick “looked exactly the same, as though he had just walked in the door.”

The souls in the various levels of the mid-realms, the Purgatory realms that I have visited, are also recognizable, they look as they did on Earth. Only they are not glowing as the souls in the higher realms. Nor are they surrounded by, or radiating the same radiant Light one sees in the higher realms. These souls often look sad or are lost in some other negative emotion; they do not exude the same joy as those in the higher realms.

I have never clearly seen the souls in the lowest realms. I have only seen their Darkness and felt their pain.

What sort of bodies do beings in other realms have?

They have bodies that we would recognize – my friends and relatives look the same as they did while on Earth – but their bodies are not as “material” as they are on Earth. The bodies they are using in those realms are more “subtle” bodies, and are more transparent, more like the bodies we use in dream state. You could say that they are more energy, more Light than matter. This makes them infinitely more beautiful in the higher realms, for the Divine Light shines through them in a most amazing way.

Can we feel each other?

When we meet souls in another realm, whether in waking or in dream state – yes, we can tangibly feel each other. When I was with Daniel under the bridge, in my clairvoyant meeting with him – we both had bodies. When we hugged, I could tangibly feel him – we did not pass through each other, as though made of air. We stood solidly on the ground below us. I felt the trees as I ran past them, as I brushed against them. The entire scene felt real and material. However, it is easier to move when we are in the subtle body, more effortless – Daniel and I did not get tired as we ran and played in the forest under the bridge. It is the same for us in our dreams. The tree feels hard in our dream, yet is not “physical,” made of the same “matter” we experience in waking state consciousness here on Earth. In dreams we can sometimes run like the wind, or be suddenly capable of unheard-of physical feats of strength, because we are unencumbered by the gross physical body. Just as here on Earth, in other realms we are Consciousness, we are the Soul.

Even in this waking state reality, the felt presence of a visitor from another realm can be very strong and “physical.” My friend Louise, for example, when I feel her taking my arm as we walk down the street. Or her little grandchild Elisabeth, who often felt Louise in bed next to her, as solid as “the couch” we were sitting on. Inger reached out to touch her husband, and Eileen and her daughter hugged each other; Eileen writes of the “warmth and firmness” of her daughter’s body in that experience. We can also feel held by the strong presence of their love, as Carolyn has felt with her mother, or Ilse with her husband Peter. Some people feel a continual Presence of Love from those they love in other realms.

What do we do in other realms?

I have tried to answer this question throughout this volume, through my own experiences and in the interviews.

My friend Alyssa was learning musical instruments. Inger said her husband was studying sacred writings. My father was mowing the lawn and then resting in a comfortable armchair. Since writing the previous chapters of this book, someone close to me passed on to other realms. When I clairvoyantly checked in on her, she was a young novice in a convent.

We also have writings from saints and other religious figures. I remember reading an account written by a priest. He was closing up the church late one night, and he saw that the church was filled with people. He asked: "Who are you and why are you here?" One of the people kneeling before the altar answered him: "We are here because while we were on Earth we did not pay close enough attention during Mass."

Padre Pio,³⁶ who is now a saint in the Catholic Church, gives us numerous glimpses into other realms. Many souls in Purgatory came to visit him each evening, asking for his prayers. We also learn of a youngster whose assignment in Purgatory was to be Padre Pio's altar boy. The saint also speaks of his guardian angel, whom he sometimes chided for his lack of courage and protection when he needed the angel's aid. (In one account, St. Pio was being attacked by devils, and his guardian angel, instead of fighting them, merely flew in circles around him, singing hymns.) Saint Pio had enormous Gifts and a deep prayer life. He gives us many insightful and enchanting stories about beings and events in other realms, which can be found in the many books written about him.

³⁶ *Padre Pio (1887-1968) was an Italian Capuchin monk who had the stigmata, the wounds of Christ, and the powers of clairvoyance, healing, bilocation and levitation. He was canonized as a Catholic saint by Pope John Paul II in 2002.*

Contact with Other Realms

How can we have personal contact where there is no doubt that the contact is real?

More than one person interviewed said that they knew it had been a true experience, that they had actually seen or met their loved one. Louise's sister Jude wrote: "If it is a true experience, you feel it, you know it." Eileen wrote: "It was such a real experience that whenever I speak of it, it is as if I am experiencing it again, and I can feel the happiness leaping up in my heart, just as it did then... To this day, I'm not sure which dimension we were in, but I KNOW Susie made her way back to me." In Eileen's case, other family members, either in dream or waking state, also saw Susan at different times, always dressed in white. Maureen said that she went to a psychic who told her that her mother was standing next to her; she said, "And I could feel that. I knew that." When I asked Cynthia, "How do you know this was not just an ordinary dream?" She answered: "Because my whole life changed." Inger said that after her dream about her husband Bernie, "I was just filled with his love. I woke up a different person." Then there are prophetic dreams, such as Maureen's dreams about her parents, or Mabel's dreams, where the foretold events later came true.

Other people have said these special dreams seemed so very real, so very vivid. When I asked Inger why she thought her dream about Bernie was not just an ordinary, psychological dream she answered, "Because the dream was in full technicolor." Maureen said: "The dream was very, very real. You wake up and you think that it has really happened, that you were there." Many people I interviewed said that they could remember these special dreams perfectly, many years later, word for word. My friend Cindy said: "You just know they're different from ordinary dreams." Gail said, "It was a very vivid experience and it feels like it happened yesterday. And I am retelling this at least twenty years later."

My answer to those who need "without a doubt" proof is: there will never be "without a doubt" proof for any mystical experience. And it is meant to be that way. There is another step beyond thinking and physical proof, and that step is Faith. The faith that the soul is eternal and that communication between realms is possible, if allowed by God. If the virtues were easy to attain, they would not

be called virtues. To truly attain them is perhaps more difficult than we can easily imagine, for the depth to each virtue is infinite, and in some sense contains all the other virtues within it.

We are not supposed to have all the information and proofs while we walk this Earth. And we could not fully develop the virtues without a certain belief in the reality of the world around us and in our own personalities, our egos. Without this belief we could not attain true courage, compassion, discernment, hope, faith, selflessness. We would have nothing to sacrifice, nothing to give. If we train ourselves to develop the virtues while we still believe this world to be ultimately true, and while we still have strong desires and fears – we will eventually step into a new inner world that no longer tests us. That inner world brings a strength and protection greater than any other. The virtues now help us more than any effort or sacrifice that was paid to achieve them.

Am I perfect? Of course not. Nor have I truly developed any one of the virtues; they are infinite and deeper than the universe itself. I will probably never more than scratch the surface of any of them.

But in the effort, great graces have been given to me.

In terms of the cardinal virtue of Faith, clairvoyants are, in a way, at a disadvantage. Clairvoyants do not have to develop a certain aspect to the virtue of Faith. We see into other realms, we are given certain “proofs” of the mystical that other souls perhaps do not have. When “doubting Thomas” reached out and touched Jesus after His Resurrection, to verify that Jesus had risen from the dead, Jesus told Him: “Blessed are those that do not see and yet believe.”

I can think of nothing further to add to His sacred sentence.

*How do we increase the chances of contact
with our loved ones who have died?*

First of all, your loved ones haven’t “died,” they are still quite alive. In fact they are probably looking over your shoulder right now, reading this book.

If we allow ourselves to become overcome with grief, or filled with

doubts or guilt – we can block the communication between realms. The best way to increase the chances of contact or communication with someone in another realm is to keep your Heart and Eyes and Ears open. Clear your mind and heart of negative emotions, the thoughts and feelings that can block our communication. Look for small signs from those you love, not just the spectacular ones – such as the note Linda’s father left about making a new front door key. Or Gail’s cardinal. Keep your thoughts and heart filled with love and trust.

Signs We Can Miss

What are signs that we miss or rationalize away?

There are many signs that we can miss or rationalize away. For instance, special, more mystical “dreams,” which are actual meetings with our loved ones in other realms. We easily mistake them for ordinary, psychological dreams. In my experience, most non-clairvoyant people will meet their departed loved ones in dreams, i.e. while in dream state.

In waking state, sometimes we will suddenly feel a loving presence, an encompassing warmth and a sense of peace surrounding and filling us. This often signals the close presence of someone we love who is now in a higher soul realm.³⁷ A friend e-mailed me about her husband: “I feel his presence all the time – I can even feel his touch sometimes. He’s pretty much with me, and I know he will be until this life is over.” When I asked Sidney if she felt a presence of love when her daughter was near, she said: “I would say that it filled the room.” Ilse wrote: “I have the feeling that John is here sometimes, and it seems like he should be walking in the door any time. I still feel he is there beside me in the mornings when I first wake up. I had an experience a few nights ago. I was sound asleep when I felt something or someone poking my shoulder and nudging it a little. I woke up. It seemed so real.” Little Elisabeth told me that her grandmother’s presence felt as real as the couch we were sitting on.

³⁷ *If your friend or loved one is in a lower realm, you might feel their presence as painful. Here it is important to detach from your own emotions, so you do not confuse your pain with theirs – or their pain with yours. This takes maturity, and one should always ask for the Gift of discernment.*

As I pointed out in earlier chapters, our grief can often block this communication between realms – which is one reason we should try to remember that we will all meet again. The apparent separation is only a temporary one. As I wrote to my friend Ilse: Try to image your loved ones in the realm they are now in, happy and joyful and freed from the pains and cares of Earth – not as you last saw them, in terrible suffering and in pain.

Join your loved ones where they now are, because souls who have passed on wish very much to share the beauty and Love of their new realm with us.

One sign we often dismiss is a phenomenon many of us have experienced: we will be walking down the street and think we see someone who has departed for other realms walking towards us. As the person approaches, we see that they actually look nothing like the person we thought they were. This sort of occurrence is a form of clairvoyance. One could say that it is a blending of realities, i.e. the soul who is in another realm is superimposing themselves onto the incarnate person walking down the street.

Then there are the more unusual and dramatic signs. In Ilse's case, a set of trays fell over in another room, for no apparent reason. After Linda's father died, a bronze plaque of her great-grandfather Isaac W. crashed to the floor. Inger's stepfather woke her night after night saying: "Inger, you've got to get your mother to forgive me," until her mother actually forgave him. MG said that Bill's presence on the bridge was so powerful that it physically prevented her from walking any farther. Sidney's hanging crystals mysteriously began to swing and threw moving prisms over the width of two closed doors, with all the windows in the room tightly closed. Small objects will fall to the ground or suddenly be missing; lights will flicker or their bulbs shatter. Mabel's heavy glass bookends exploded without apparent cause; Linda said glass balls her mother used in her flower arrangements "mysteriously exploded." Eileen wrote that a sudden wind arose in her living room, even though all the windows were closed, and blew the curtains out from the windows and walls. Inger would smell her grandfather's cigars; a friend of mine said their household all experienced the fragrance of Dial soap after their adopted son Charlie died – a brand no one else in their family ever used.

As I mentioned in *The Spiritual Life of Animals and Plants* – watch

your animals. Often they will be staring at nothing you can see, or acting strangely when someone from another realm has come to visit you. Ilse's cat Tyger refused to go near her late husband's chair. I have heard of instances where a bird will start singing outside the window, even in winter, after a special soul leaves for other realms – or during or after the memorial service – acting as a messenger of sorts. Gail mentions that cardinals have appeared to her at times you would not expect to see one, as a messenger from her husband's parents.

Or flowers in the garden will begin to bloom, even out of season. Or a houseplant that has never flowered will suddenly and inexplicably be covered with blossoms.

More subtle signs might be significant life changes: a new profession suddenly presents itself, or a new relationship comes into your life; or you might find your dream house six months after your mother passes on. If you stay aware and think deeply, you will see signs in all these events. Perhaps the wonderful person you just met even reminds you of your father in some ways. The house you bought might have the same curtains hanging in the windows as those of your dear grandmother who passed away the year before.

Or you might suddenly be healed of an illness or ailment that had plagued you for many years – perhaps through a fortunate string of events, chance meetings and encounters that led you in a new direction to find the help you needed. Sometimes the inheritance from other realms is an idea, a concept you had never before grasped about Life or humanity or about yourself.

Think of it this way: what would you try to do for others if you had just left for other realms? What sort of inheritance would you try to bestow?

We receive many gifts from the “other side.” But more often than not, we miss their significance because we are, all of us, in so many ways closed to Life and to our true selves. We think that Life has little meaning beyond the physical universe, beyond the material world. And so we empty our lives of truth and then wonder why life seems meaningless. Life is not meaningless. Only we can make it so, by not Seeing and not Hearing – and by not looking within.

Other Realms

*Are there other realms? Where are they?
How many of them are there?*

Yes, innumerable other realms exist, and I have visited many of them. Christ told us that His Father's House has many Mansions. These "many mansions" that Our Lord spoke of, in my mind, are other realms. Christianity is not the only form of religion or philosophy to posit the existence of realms other than the one we experience on Earth.

As I sit here today at Windgarth, writing, at the edge of the lake with the sound of the gentle waves and the wind and far voices in conversation and laughter in various spots along the lake, echoing, and carried by the wind and the water, the birds in their various conversations and the insects with their songs – I am again struck by the various interweavings here on Earth – and also between the various realms. For the many different realms overlap much like the events and beings and sounds of Earth; they both layer themselves and co-exist.

We humans tend to think of these other realms as being very, very far away from Earth, beyond our universe – but this is not the case. Heaven is not a million miles away. It is here, about us and within us always, if we only knew where to look and which Door to knock on. Heaven is within you.

*What are other realms like? Would you explain
where our loved ones are, what they are doing in
other realms? Tell us what you see.*

This question, as many of the other questions in this section, I have tried to answer through my own personal stories and observations, and in the interviews with others.

Within the framework of our conventional reality, the more material realm we are experiencing here on Earth, we have Being and Life and Consciousness. The various realms are many and varied, as are the myriad beings that inhabit them – but those three attributes never change.

We are given a taste of other realms during our lives on Earth. There are many cities and countries on Earth, and many beings, all living their lives within the shared and more personal realities. These are like the various realms that exist, the many Mansions that Christ speaks of. The main difference I have perceived between our diverse life here on Earth, and those of the other realms I have visited – is that in other realms everyone in a particular realm seems to be on about the same level of spiritual evolution. In other words, within each individual realm, all the beings there seem to manifest a similar amount and sort of Light, are seeking or not seeking similar things, and are acting and thinking and feeling in similar ways.

Most of the realms I have perceived appear very much like this physical reality we call Earth, in that there are trees and houses and people and mountains, and so on. The higher soul Realms are indescribably Radiant, filled with a breathtaking Light and Beauty, Light one can barely look at while still incarnate for all the Radiance. Most of these higher soul Realms I have only been able to glance at from a great distance, and for only short periods of time. The lowest realms are filled with a terrible Darkness. And those in the lower realms must be purified by their suffering and by our prayers before they can proceed to the higher realms.

What each individual soul is doing in each of those individual realms would be too myriad to describe in this book. All I can say is that the activities in other realms are mirrored in our lives here on the planet we call Earth. Or we could say that our lives in other realms are a continuation or reflection of our lives here on Earth. One person I interviewed told me that his grandfather still played golf with friends. Jude said her sister and her ex-husband were helping souls to find their way to their new realm. I have never seen into the very highest Realms, nor into the very lowest realms so I cannot speak of them. But the realms I have visited are very much like the one we now inhabit, save they are less “physical,” more perceived as being made from the Divine Light. This is also ultimately true of our world here on Earth, but harder to perceive. As to which realm a loved one goes to after this earthly life – that depends on how they lived their lives on Earth, and what thoughts and desires they held in their hearts.

Is there a hell? Does evil exist?

Do devils exist?

The closest I have come to perceiving the lowest realms was while in waking state consciousness. I did not “see” anything specific, thank goodness, I am not sure I could survive it. But I did feel the most painful hatred and anger, deeper and more ugly than I have ever felt emanating from any person on Earth – accompanied by the most terrible and painful burning imaginable, as though I were in flames, surrounded and filled with fiery flames. You could say that I did not clairvoyantly see those lowest realms, but I was made to walk through them. They were not clairvoyant visions in the usual sense; the lowest realms, and all the terrible hatred and suffering of those realms, were all around me. The pain of those realms surrounds you – and permeates every fiber of your being. It cannot be fully or accurately described in words. Its agony does not lessen or end – for it is the essence of those realms, that hatred which feeds itself. The beings trapped in the lowest realms cannot help themselves – they are caught in the cycle of hate and the lower passions.

At other times I clairvoyantly see and feel a terrible Darkness coming from beings in another realm and an indescribable, repulsive heaviness that literally nauseates me. Sometimes these Dark beings appear as bright Light, perhaps to fool us into thinking that they are Divine beings. But the anger and hatred – and often the sickening smell they can exude – give them away as being the horrid creatures that they are, even if they appear to me as beings of bright Light.

It is our choice, every second of every day, where we will inwardly and outwardly live. We can look to God and ask for Graces and Divine Gifts and live in Heaven realms while here on Earth – or we can join even the lowest realms. While incarnated in the physical body we can also extract ourselves from the lower realms – we can refuse them and turn towards God and the Higher.

This is not so, once we leave the body and this planet Earth.

These days, it is not “fashionable” in many circles to believe in “devils,” the fallen angels led by Satan. Have I seen them clairvoyantly, felt them, fought with them? Yes, I have. Fashionable or not – they exist. Are they ultimately real, these fallen angels? No. Only

God, the Divine, is Ultimately Real. Good and evil only exist in the Angelic Realms and within manifestation, in the polarity, the duality, of Earth's conventional reality. The Divine, God is prior to Good and evil, before the angelic realms and all manifestation, including all the manifested universes. Therefore, evil and the fallen angels, the devil and evil itself – are not Ultimately Real. And for this reason evil, in all its forms, will one day be defeated.

Nevertheless, while we are embodied here on Earth, while in the duality, the polarity that is our reality here – we had best battle these evil beings and not underestimate their power. They are weak before God. But being angels, they are powerful enemies for us humans.

Our protection is prayer.

I say all this to impress upon the world the importance of prayer. Prayer for ourselves and others on this planet called Earth – but also prayers for those suffering in other realms.

Lost Souls

Are there lost souls? Have you seen them?

What can we do for them?

I have often been asked about “lost souls.” Yes, there are souls who are suffering in lower realms, or are just confused and need some help getting to the right realm. These souls depend on our prayers, because they themselves cannot ask for the help they need, nor can they help themselves.

What can we do for them? We pray for them.

Depending on your religion, you can also ask that angels or saints or other Divine “Helpers” from the “other side” guide these souls, take them where they need to go – hopefully to the Light, to Heaven Realms. When we ask angels or saints for their help – they immediately come. When we ask that lost souls be guided to the Light, or taken to whatever realm they need to be in, I see them taken there. Sometimes the beings struggle, not all beings are taken to the Light. It is my feeling, although I cannot say this with

certainty, that some souls are not taken to the Light because they themselves prefer the Darkness. Clairvoyantly, I see these beings unable to change, unable to help themselves – just as can happen here on Earth.

Sometimes when I pray I will ask that my prayers be directed to the souls most in pain, or the souls no one else has prayed for, or those who have suffered the longest or the most in the lower realms. And often these souls will appear to me clairvoyantly. Sometimes I will see them for many weeks or months or even longer still as they were – but one day when I pray for them, they are no longer there. They have been taken to a higher realm.

Often I will see a soul I am praying for stand and walk towards another, higher realm which opens up before them. I see this happening now to a soul, as I write these words. I am not saying prayers as I write this, but my concern and my love and compassion for these suffering souls is as a prayer in God's eyes, prayer enough to free them, to allow them to enter a higher realm. Tonight it is a man I see going to another realm.

I do not consciously choose a specific soul when I pray in this way for the souls in Purgatory, I neither know them nor recognize them. They just appear in my mind's eye, like a photograph held inwardly before me.

Will angels help them?

In my experience, yes. All we need to do is ask. Higher beings are all around us, waiting for us to call on them. We call on them through prayer or through simple inner supplication.

Do angels and saints come when we call on them?

As I have mentioned in other places in this book – yes, in my experience, they always come when we call on them. The saints are not always allowed to help us, however. After my car accident, I once called on Saint Thérèse of Lisieux. This holy saint immediately appeared before me, smiled – and then telepathically explained that she was not allowed to help me. God has a plan and a timetable for every soul on Earth.

I once read an interesting account of an incident that happened during the Madonna's appearances at Fatima, early in the last century. One of the child visionaries asked Our Lady to heal a blind man. Our Lady, without hesitation, told them the blind man would not be healed. She said simply: "My Son does not trust him." In other words, God looks at what is best for the soul – which is sometimes the direct opposite of our personal desires and personal comfort.

How do we know if someone we love is lost?

Personally, I pray for everyone who has left this Earth, even if I clairvoyantly see them in a high realm. In my opinion, we can always use help, no matter what realm we are in.

If you are concerned about someone who has left for other realms, probably the easiest way to answer this question is to look at how the person lived their life. Were they a good person, were they kind to others, did they love others? Did they love God and try to please Him while they were on Earth? Did they follow the commandments and ethics of their religion to the best of their ability? If they had no religion, did they make a contribution to the beings of Earth – were they kind, did they live a moral life? Atheists can attain Heaven realms, beings of all religions are found in the higher realms. So the question is more the choices and thoughts and actions, and the state of a person's Heart while they were on Earth – not their religious affiliation.

In my understanding, if a soul tried to faithfully follow a religion or path, put their trust in God and loved the Divine and their fellow creatures here on Earth – the chances that they will go to a lower realm when this life has ended are slim. In my mind, even if we fail miserably, the goals we set for ourselves are almost as important as our success at achieving them. Christ said, "Don't judge others." We could never understand the complicated Destiny of another soul, nor their inner struggle, what they are working against in themselves. We humans must all deal with the passions, our human lower natures. However, there are souls whose sole aim is to pursue Darkness, the lower passions and impulses, as a way of life during their earthly stay. These poor souls pursue the Darkness because they enjoy it. I suspect that those reading this book could not begin to understand this love of Darkness. After this life is

over, these souls will go to the lowest realms – because, in a way, they wish it. Their journey to a lower realm is but a continuation of the choices and habits they forged while on Earth. We should try to help these souls, through prayer and if possible in other small ways³⁸ so that souls are not needlessly lost.

This is why it is so important to seek Light, and to pursue the Good and the Beautiful and the True while we are still incarnate on Earth. We are not going to suddenly and magically change when we “die.” We will all basically have the same mental and emotional framework that we built here on Earth. As I understand it, the main question is: while on Earth, did you love and follow the Light or the Darkness? How we live our life on Earth and where we put our Heart – will determine the life we lead after this brief incarnation is over.

Regrets and Guilt

Could I have prevented my father's death?

Many of the people who are assigned to me through the Distant Healing Network are understandably struggling with the death of a loved one. Often part of their problem is guilt. Guilt because they feel that they should have done more to physically save the person they loved. Or they feel they should have done more for their loved one medically, they “should have spoken up more” – they should have been more vigilant. Others feel as though they killed the person they loved: “My husband was driving the car that night because I was too tired. If he had been sitting in my seat when the accident happened he would still be alive.” Or: “If I had not sent my son out on that errand, he would still be alive today.” Others, as in Theresa's story, Willie's wife feared the argument they had that same morning in some way caused the fatal accident. Others feel guilty because they weren't with their loved one when they died. There are also instances, especially if the person we love is at the end of a long illness or a horrifying injury, where we might involuntarily even secretly wish a person to die, to put an end to their suffering and ours. Afterwards, we feel guilty, believing that we might have caused their death. The list is endless.

³⁸ I speak more about this in the section What Can We Do for Them, pg. 191

These thoughts – from the soul’s point of view – are all pointless and erroneous. God knows what is best for a soul. Simply stated: there is a Divine Plan. When and where we incarnate, and when and how we leave this Earth for other realms – are never accidents. These important and sacred events are carefully planned. There are months or years of inner preparation, and the time is possibly known to us on some deep level of our being, our entire lives. Certainly the soul has this information long before our conscious minds, if not from the time of its very creation.

When Christ said, “Every hair on your head is numbered,” and “There is Providence in the fall of a sparrow,” He meant that each of us is taken care of, every moment of every day. Interestingly enough, the scientists have now discovered that DNA contains a certain map of our life. And every hair on our head is, in fact, numbered. Within this tiny map there is the physical destiny for each of us; the scientists can even tell us if we have the gene for a certain illness or condition. It is not such a big step, therefore, to assume that we also have a spiritual destiny – a destiny that takes the soul through earthly life and its myriad events. And through our free will, we will either work with or against that destiny. We will make certain decisions that can bring us to sainthood at one end of the spectrum – or a fallen life at the other.

If we truly understood what “There is Providence in the fall of a sparrow” meant, our searching questions and guilt would disappear, melt away into our Faith. Christ was telling us that even the “death” of a small, common bird was carefully orchestrated and carefully guided by God Himself, by the mysterious workings of Destiny.

If we understood Destiny, we would know that God has planned the framework of our lives very carefully. Within this framework, we can also assume that the exact moment of birth and the exact moment of “death” are also in God’s care. And this Divine Plan for each soul remains in place in spite of our apparent “mistakes,” and is more vast and more intricate than we could ever imagine. That whole picture of our life is as ordered and balanced as the atomic structure of an amethyst crystal or the planets orbiting around the sun.

I know a man who has battled a life-threatening illness for most of his life. At one point some years ago he was at the very edge of

death but miraculously recovered. Later he said that he had wanted to leave for other realms, but during the worst of his illness angelic beings had appeared to him. They told him that there was no room for him in the realm to which he was assigned, and that he would have to stay on Earth.

If you are still wondering if you could have done more for your loved one in those last weeks or days or hours, I still have only one answer. Knowing how intricately and lovingly woven each life here on Earth is, my answer must always be: if you had chosen a better doctor for him, your father would have died of some other complication. If you had forbidden your son to drive a car that night, he would have died in some other manner, perhaps after a sudden, painful illness. If you had been driving the car that night, your husband would have still been killed in the accident – possibly a different car would have hit you from another direction. The father who was mistreated or neglected in the hospital might have been needed in another realm, for reasons we cannot comprehend. Perhaps his work here on Earth was done, and his being taken to other realms was a reward for a life well lived. It could be that had he stayed on Earth, his soul might have stagnated, or grown tepid, or even fallen into evil or error. Perhaps some terrible events in his future were avoided by his death. Or his sacrifice and suffering saved many souls. Whatever the reason – we must trust it.

God is omniscient. The human mind cannot comprehend God's Omniscience, just as the human mind cannot possibly grasp the mystery of Life. Divine Ideas run through our lives every moment of every day. The human mind can argue indefinitely: "What if through free will I or others did not follow the Divine Plan, and the Divine Plan was thwarted?" We can ask this logical question and cast our doubts on the workings of the Divine Plan only because we cannot comprehend Omniscience – that God knows All that has happened and All that will happen throughout history and Eternity.

We need only look at the constellations in the sky, or the perfect geometry of the petals of a common flower, or the symmetry of the harmonic series in music to know that our physical universe is based on Order and Beauty. The apparently haphazard events in our lives only seem haphazard because we cannot stand back far enough to see the whole picture, nor all the dimensions and intricacies that exist in our lives here on Earth. We have forgotten that

we are the eternal, radiant soul – therefore, we think only in terms of the physical body. One of our biggest tasks on Earth is to align ourselves with the soul’s vision. If we stood in the soul, and looked through the soul’s eyes instead of the physical eyes – we would know that there is no death, only Life.

Just be with them, where they are now. The relationship still is.

*I have so many regrets. How can I
make up for all the mistakes I made
in our relationship?*

This feeling of regret is especially difficult if the death was unexpected, or if there was no final opportunity to speak together, to apologize, to make amends. I suggest that you speak to them now, whether you are clairvoyant or not. Just assume that they will hear you. Souls in other realms have an overview we could never have. Where they are now, they understand and love and forgive in a way we could never do while still incarnate on Earth – whether they hurt you in your relationship, or you hurt them.

Just as we love each other and care for each other on Earth, so from realm to realm we wish to Love and Protect each other. In the higher Realms, we find the Love we were seeking on Earth – the Higher Love, the Divine Love, the Love I experienced in the clear realm when I was with Daniel. This Higher Love radiates towards all beings, and It surrounds and fills us completely. This Divine Love is not like the personal love we find here on Earth, the love that can easily turn to anger or even hatred. The Love in these higher Realms is unconditional and abiding, and more powerful and permeating than we could ever imagine.³⁹

Let your regrets transform your life. Do your best to correct the errors or flaws or weaknesses or various personal fears that harmed

³⁹ *As humans here on earth, we cannot produce this Love ourselves, we cannot generate it ourselves. It must come from the Divine Itself; it must come from God. That is one reason why it is so important for us to pray, and to meditate while we are on earth. We can all ask that this Higher Love surround and fill us, come through us and radiate outwards towards all other beings. In my experience, this Love is the very Essence of the Divine.*

your relationship. Try to overcome your resistance to the unpleasant or unwanted tasks you neglected during the relationship. Try to change the attitudes you hold that brought the relationship into difficulty or strife. In my experience, if you do these things, over time you will begin to feel better about yourself and about the relationship – in fact the relationship will grow and deepen and begin to heal. Use your mistakes to your advantage. Learn from them.

What Can We Do For Them?

What is the best thing we can do for our loved ones in other realms?

We pray for them. In her interview with me, Betty mentioned the book, **Our Children Forever: George Anderson's Messages From Children on the Other Side**.⁴⁰ Betty said that the children told their parents that our prayers made them feel better, and they asked their parents and relatives to continue to pray for them. She added that one child said, "I like it when you pray the beads, it makes me feel good," meaning the Rosary. Another child Anderson spoke with asked that her parents, who were not religious, pray for her in their own way. Various saints have said that souls appeared to them from other realms, asking for their prayers. These souls then said the prayers helped them, erased their pain. I have often seen souls turning to radiant Light and then being taken to the Heaven realms as the result of prayer.

What prayers should we say for them?

Personally, I generally use the prayers given to me by my religion, i.e. formal prayers. Not always, but for the most part. And unless you are at the stage of spiritual development where you are constantly praying – it is usually best to set aside a time and a place to pray each day. The more prayers the better! Also it is good to pray for all souls, whether we know who they are or not. I will sometimes ask that my prayers go to the soul who has been in Purgatory the longest, or the soul for whom no one has yet prayed. Often I

⁴⁰ *Our Children Forever – George Anderson's Messages From Children on the Other Side* by Joel Martin and Patricia Romanowski, Berkley Books.

will clairvoyantly see them – they are sometimes alone in a small room, looking very sad and worn. Sometimes I will see the same soul repeatedly when I say this prayer – and then one day they are no longer there, because they have gone to a higher realm.

Often I will see many, many souls together, ascending into Heaven realms as I pray. Souls in other realms will always receive any prayers directed towards them, and are helped by them.

One prayer I often use was Divinely given to Saint Gertrude, a Catholic saint: “Eternal Father, I offer Thee the most Precious Blood of Thy Divine Son, in union with all the Masses said throughout the world today for all the souls in Purgatory, sinners everywhere, and sinners within the Universal Church.” As I repeat this prayer I see many souls turn to the Divine Light and many ascend to higher realms.

If you do not belong to a religion, you could just ask that angels take your loved ones to the Light, or help them go where they need to be. Speak to God in your own way, in your own words. Sometimes these personal prayers can be the most powerful, if said with true sincerity and Love. Often when someone close to me has died, I tell God all the good qualities that person had, and the good things that person has done for me and/or others – and then ask that God have mercy on their soul and take them to Heaven. A personal prayer, in my own words and from my own heart.

We can also make sacrifices for souls either still incarnate on this Earth or in other realms. Donate selflessly and generously to your favorite charity, either by giving money or volunteering your services. Try to examine and erase your own personal weaknesses and flaws; make amends with a person or a situation. Skip a meal, or eat less at dinner tonight and offer it up for souls in other realms, or perform some other small sacrifice. Do something nice for someone. Be creative. You will know what to do.

I will also ask angels or saints to take departed souls to the Light, to God. Some Divine Helper always comes for them when I ask. I clairvoyantly see these Divine Beings take the souls in pain to a higher realm, sometimes as a moving flash of luminous Light, sometimes helping the soul through what looks like a portal opening before them – and often these souls will thank me telepathically or turn and wave to me. These souls, in turn, will pray for us.

In my experience, whenever we call on an angel or saint, or any higher Being – they always come.

I do not want to mislead you – even if helped by a Divine Being as the result of our prayers, those souls still need our prayers, because there are many realms. And we on Earth cannot be sure where that soul has been taken, in the hierarchy of realms. So it is always best to keep praying for those souls, even after you ask angels or other Divine Helpers to come for them.

In addition, not all beings are taken to the Light – and these beings resist their helpers, struggle with them. These beings especially need our prayers.

In my understanding, if a person you are praying for no longer needs your prayers, those prayers will be given to someone else who needs them, or a situation that needs them. Prayers are never wasted. You could think of prayer as energy, Divine energy flowing into the universe, or towards God. It is said that prayers will always go where we direct them, unless they are no longer needed there.

Besides prayer, what should we do for them?

In my opinion, the most important thing we can do for those in other realms, besides prayer and the other suggestions I have made, is to tell departed souls that we love them. If someone you loved has “died” – speak to them, because chances are they are with you even as you read these words. In my experience this conversation can be inner or audible, souls in other realms will hear you either way.

Another way to communicate between realms is to let the deep Love those in other realms have for us surround and comfort us. Bask in that loving presence if you feel it, for that is how we share Love from realm to realm. Let your own personal love mingle with, unite with that greater Love.

Messages To and From Other Realms

How do we tell them that we love them?

The most common message I am asked to convey to those in other realms is: “I love you.” To this I invariably reply: “You tell them that you love them – you don’t need me to say it for you. Moreover, if you do love them, they already know.” Things that are hidden from us here on Earth, such as our inner thoughts and emotions, are not hidden from those in other realms. Souls in other realms have a clairvoyance and clairsensience that most souls incarnated on Earth do not have.

What are the most common messages you have received from souls in other realms to us here on Earth?

The most common message is: “Please pray for me.”

As in the stories about my beautiful friends Leslie and Stephen, sometimes souls in other realms will apologize for something they have said or done while on Earth; or as Marilyn’s sister, they will thank us for something we did for them. Often souls will describe the Beauty of their realm, if they are in a Heaven realm – or their pain, if they are in one of the lower realms.

Those in the higher soul Realms want to show us and share with us the Beauty and Love they have found in their new realm. One summer afternoon many years ago, I was talking with a close friend about various topics. Toward the end of our discussion, my friend told me that his grandfather had come to visit him one night, and tried to take him physically up to his new realm. My friend continued: “My grandfather actually lifted me a foot or two above my bed! I told Grandfather it wasn’t time for me yet. I wanted to stay here on Earth. And with that, my grandfather suddenly let go of me and I fell back onto my bed. I was bruised and sore for a week!”

Often children or parents will try to console and reassure their loved ones still here on Earth. Inger’s son Daniel kept repeating: “I’m okay, Mom.” Jeremy told his mother, “I’m fine, Mom.” Sidney’s daughter Julie said, “Mama, I’m safe.” Elisabeth said her grandmother “was trying to explain that she IS with us, but not

completely, not physically here – and that she can't be physically with us." This comforting reassurance can also extend to friends and other family members: Rick told MG, "I'm fine." Gail said her cousin wanted her to know that "she was happy and in a good place and okay." Susie told her sister: "We don't die. Please tell others that our lives continue on." Louise told her sister Jude, "But I am always here in your heart."

The main message I have received from those in the higher Heaven realms is a simple "I love you." Elisabeth said her grandmother "was telling me how much she loves me and my mom and how much she misses us." Or souls in other realms say: "Love each other, take care of each other," as Louise has said to more than one person she knew still on this Earth. "Please say hello to the others for me," as in the message from Rick. "Keep the family together," as Jeremy said to his mother from his new realm. Willie's message to his wife was that he was sorry, and that he missed her and loved her. I used to hear a simple "Hi Laur" from my friend Joan after she left for other realms, and "Yes, Laurie dear" from my Teacher John Payne when I called on him inwardly. Louise's sister Jude writes that she heard Louise say, "Hi Jude" or "Hey Jude" – in other words, just affectionate "hello's." Perhaps my favorite message is from Jeremy to his mother: "Mom, it doesn't matter what you do with my body; just keep the family together."

I hear Louise singing my songs and happily laughing, just as I did when she was on Earth. She also wordlessly brought me her little grandchild, Ian, before he incarnated, to let me meet him and make his acquaintance, so to speak, before he came to live on Earth. Daniel happily laughed and gave me a hug while we were playing together under the bridge; no words were exchanged. Often, people just appear and give me a beautiful, radiant smile.

The messages I have received from other realms are simple, and simply stated. This simplicity is striking, because that is not how we usually communicate with each other here on Earth. It seems as though we earthlings are trying to make our thoughts and messages more difficult and complicated, rather than more simple to understand. We often intentionally or unintentionally complicate and mask our true feelings and thoughts – and then wonder why we are not understood. Perhaps we humans fear that if we do not use a miasma of words, an important thought will be left out. In any case, this complexity of thought and expression is not true of

the messages I have received from other realms. It might be that in those realms all becomes clear and distilled and therefore the extraneous and conflicting feelings and thoughts are no longer present. The messages from other realms are short, clear and heartfelt. Perhaps as we become more purified, our thoughts are simplified, and the emotional tangles and insincerities are left behind.

Dealing with Grief

As a clairvoyant, I can see my loved ones in other realms. I feel Louise take my arm often and hear her laughing. This doesn't mean that I would not want her to actually walk into the room, embodied. It is a different sort of hug from realm to realm, a bit more intangible. Even for the clairvoyant, the physical loss is not always an easy one – although over time we become familiar with the changes in form, the new reality. The Beauty of it. In some ways it is more Beautiful – the transparency and the clarity are breathtaking, the simplicity of feeling. It becomes a different relationship, and in many ways it is deeper, stronger and more tender than ever. And the Love is so immense and continuous, on all sides. No disputes, no disagreements. No egos to deal with. Just the Love.

Do I still miss them all, in their physical bodies? Yes! Do I still cry sometimes? Yes! But it is a different sort of missing them – because they are here with me. So I am crying a little while they themselves comfort me. And after I cry a little, then I can just enjoy our relationship the way it is, with all the differences in realms and forms. Our realms are not that different, nor that distant; the body I carry with me does not fully obscure the soul. There is a constant interweaving of Hearts, both here on Earth and from realm to realm, that most of us are not consciously aware of. That does not mean that this connection does not exist. It is only hidden from us.

For the non-clairvoyant, more Faith is needed. And when one develops that Faith, then one begins to feel the Love coming from those realms. Then we have the comfort and support of that Love.

The beings in other realms Love us with a Love we can barely imagine – and they wish us to know this. Our grief can block the Love they send us. So this Faith is important for the Peace and flow of Love from realm to realm, for and from all beings, in all realms.

On Earth we experience a separation that is not ultimately real. Once we reach a certain level of spiritual attainment, those separations begin to dissolve. Ultimately – we are all the same essence, and every relationship is soul to soul. The dog, the cat, my mother, my neighbor, my friend, the saint – we are all one and indistinguishable in Source and Essence. The individual forms are just floating on that Divine Essence. That is what I clairvoyantly see. Even the coal stove is a form floating on that Divinity. Clairvoyantly, what I see is so wondrous. My clairvoyance is not limited to: “Your father just showed up in my living room.” What I see is immense, infinitely complicated and infinitely simple. The wonder and the beauty of what I am sometimes shown, what we are actually living, could not be put into words. What we humans normally experience and perceive – is only the tip of the iceberg. I am now struggling to express the wonder that I feel and the magic of the interweavings of realities that exist in our lives – and the Divine Ideas behind the realities. So immense, and all so carefully orchestrated. Sometimes, if we get even a glimpse, we will call it mere coincidence – if we even notice.

What I clairvoyantly see is that we are all connected, human heart to human heart and hearts from realm to realm. What I clairvoyantly glimpse is very like the motives and musical themes, phrases and sections of a beautiful piece that I am composing or interpreting on the piano. Themes and tones come into being, creating musical lines and harmonies, so many layers effortlessly forming to create this one moment in time. All the words in any book I could write might create a second of experience in our lives. Even the most advanced and mystical clairvoyants only get a brief Glimpse of this intricate truth.

Why all this is kept from us here on Earth is a mystery. If we saw this beautiful immensity and intricacy, we would be so grateful, and we would live entirely different lives. Using what words I can find, I am trying to present the concept, the idea that this immense and complicated larger Reality exists. That we do not know, do not see the entire picture. Because if we think this conventional, physical Earth reality is all there is – then we are headed for a lot of trouble and much suffering. If I am experiencing a difficult time, I tell myself that I am not seeing the entire picture, I will undoubtedly never know the whole picture. But I do know that Divine Ideas are at work, every moment of every day, and that Divine Love is behind every event in the universe. Either the Divine has

caused the event or the Divine allowed it for the good of the souls involved. Knowing that I do not know everything, that I do not see the whole – brings me back to Peace.

As for the natural and understandable pain of loss that you are feeling: with practice, the knowledge that we are the soul becomes abiding. At that point, one stands in that knowledge while experiencing the pain of the moment. The pain then becomes like a cloud briefly passing before the sun, the blue sky only temporarily and partially obscured. In our daily lives we are aware of both – the pain and suffering and disappointments of life and the remembrance that we are the soul. In my experience, the only true antidote to the suffering of life is to remember that we are all the Eternal Soul.

Peace to all who read these lines.



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