

You have to feel the emotions until they no longer want to be felt," she smiles. "If you try to suppress them, they just keep coming back. It is very useful to join a support group if you feel you have no one else to share things with – talking to others always helps."

### Maintaining a bond

But what about the more serious losses in our lives? The ones that leave gaping holes in our hearts when our nearest and dearest depart. Psychotherapist and relationship expert, Dr Jamie Turndorf can relate to these feelings, after she lost her husband of 27 years very unexpectedly. "My world was wildly shattered the moment my husband died from a bee sting," she says. "His sudden manifestations in spirit afterwards have proven to me that our relationships with the deceased need not end when we pass on. Staying connected with spirit is a form of healing that cannot be prescribed," she says.

Rather than stay in a place of unhappiness, Dr Turndorf was certain that she could use the her experience of loss to create something positive. And so she formed a new method of dealing with tragedy, called trans-dimensional grief therapy. Using a healing process designed to transform grief to joy, she now helps thousands of people worldwide to overcome loss and says the secret is learning that love never dies. "We never completely and truly lose those we love," she explains with a smile.

And, Dr Turndorf believes maintaining a connection with loved ones can be a reality for everyone, however spiritual they may be. "It's not about relationships ending, it's actually about new ones beginning," she stresses.

### Reviving love

James Van Praagh is a spiritual life coach and co-author of *How To Heal A Grieving Heart* and explains more: "Look upon loss as the catalyst which enables you to not only evolve spiritually, but to help others on the path behind you," he says. "It can make you re-evaluate your preconceptions about having no control; about destiny versus free will; and about your ability to turn a tragedy into a contribution to your own well-being and for others, who may look to you for inspiration when change occurs for them."

So, is it as simple as honouring and remembering the good times? James says it's more about seeing the situation as an opportunity for growth, even when we're grieving. "Often it seems impossible to think that anything positive can come from no longer having that which we cherished. If your current belief system is not helping you to move beyond the grief stage, this is a valuable opportunity to assess your feelings about blame and regret," he continues.

### Finding forgiveness

Sometimes bereavement can bring up a complex set of emotions and we can feel angry and resentful towards those we've lost. James explains why forgiveness is an important spiritual principal to consider. "It's the antidote to the anger that you may be feeling with your loss. We're human, so the urge to blame is normal, but if it lingers for an extended amount of time, it can become unhealthy – physically, mentally and spiritually.

Don't hold that anger in as it will fester and sabotage your path forward.

Talk to a trusted friend or a counsellor and let it out," he

advises. "Remember," adds

Marisa, "If the loss is because of an unhealthy lifestyle or we have lost a relationship because of our behaviour, then we can choose to act differently next time."

It seems then, every experience can be viewed as a lesson learnt and some even see it as a process of our soul's evolution. James believes it's an extremely useful tool for expanding our spiritual awareness.

"Constructing a belief system that allows you to understand that death is an illusion and that your soul is eternal is key. The lesson of loss allows you to reflect on feelings of abandonment, disillusion, but most importantly, you're ability to overcome these emotions."

### Discovering peace

"We all have the innate ability to reconnect with spirit at any moment we choose," smiles Dr Turndorf. "As we reconnect with loved ones, we discover that the alternate realm we call heaven or the afterlife is really not separate from this world in which we walk." She had this belief confirmed when she heard from her deceased husband who spoke comforting words to her soon after his passing. "He said to me: 'There is a very thin veil between the realm where you are and the realm where I am. The veil is thinner than you can ever imagine. I'm standing right here!'"

Rather taken aback about this clear communication, Dr Turndorf wanted to explore her connection further: "My husband's spirit made me see that heaven is a state, not a place. It is all around us – it is here and now. The point is, we aren't meant to live in an emotional wasteland, separated from those we love, waiting to be reunited with them when we enter heaven."

For Dr Turndorf, this realisation helped ease her pain and she believes it can help others, too. "As we realise this world isn't all there is, we stop majoring in minor things, and learn to live more fully in the now, which helps us find more peace and joy in our day-to-day lives." **SS**

**Move forward:**  
*"Look upon loss as the catalyst which enables you to not only evolve spiritually, but to help others on the path behind you"*

## DIVINE GUIDANCE

### CELEBRATE THEIR SPIRIT

**Why not try one of Marisa's techniques to help honour a loved one's memory this Christmas?**

- Buy a present for your cherished friend, wrap it up and open it for them on Christmas day. Or even better, try planting a tree or a pot plant – choose something you can tend to, that will come back every year and always remind you of them
- Making a long journey this Christmas? On road trips, buy their favourite sweets or create a play-list and sing along to sentimental songs on your drive
- Craft a beautiful photo frame with a collage full of their pictures and hang it in a spot in your home where you spent a lot of time together. Making it will bring back wonderful memories

### Mindful meditation

**Light a candle, close your eyes or meditate on the flame and say a prayer to your loved one. In your head or out loud, give yourself space to say all the things you've wanted to say to them since you parted one another. Listen in silence for a minute and take note of any intuitive feelings you might get. Then, thank them for all the wonderful memories they have given you and promise to treasure them in your heart.**

### OUR EXPERTS

**Three spiritual maestros have penned an inspiring selection of soothing reads for the soul. Take some quiet time out for yourself, and delve into one of their uplifting books to help you keep love very much alive.**



#### JAMES VAN PRAAGH'S...

release, *Adventures of the Soul* explores the unique design of the soul and encourages you to look at life in a completely different light.

Priced £10.99, [hayhouse.co.uk](http://hayhouse.co.uk)



#### DR. JAMIE TURNDORF...

has penned a love letter of sorts to her deceased husband in this wonderful dedication to his memory, and as a reminder that *Love Never Dies*.

Priced £17.99, [hayhouse.co.uk](http://hayhouse.co.uk)



#### MARISA PEER...

is a qualified hypnotherapist and reminds us in her book *Ultimate Confidence*, that belief in yourself is

important when it comes to tackling life's big challenges. Priced £12.99, **Amazon**