

Life Continues

You may not see your loved ones, but they are able to see you.

You may not hear their precious voices, but they are speaking to you in your thoughts all the time.

You may long to know if they are okay, but there's no need to worry, because they are in a state of total bliss.

You may believe you didn't have enough time to spend with them, but they can now be with you whenever they so desire.

You may not realize when they are around you, but they are sending you "without a doubt" signs all the time.

You may be worried that they are still in pain, but they are in a place of total peace, where suffering doesn't exist.

You may not comprehend why everything happened the way it did, but they are able to see the broader perspective and understand it all perfectly.

You may think that they left this earth way too soon, but they know it was their time to make the transition.

You may feel guilty about certain things you did or didn't do to them, but they are able to see through your eyes and understand your actions completely, with no judgment.

You may be preoccupied with how they died, but they want you to remember how they lived.

You may be hesitant about moving on with your life, but they want you to step forward and be happy again.

You may believe that you will never see them again, but you will join them again, many years from now when you leave your physical body.

You may feel that a part of you died after they made their transition, but in reality life continues for the both of you. -

Karen Noé - from "Your Life After Their Death: A Medium's Guide to Healing After a Loss"