

A New Life Awaits

Spirit Guided Insights to Support Global Awakening

Introduction

Many years ago, after a series of mystical experiences that I could not explain with my logical mind, I found myself experiencing feelings within that related to a life that was more than my physical experience. As I began to quiet my mind, I began to know my inner thoughts in a way that went beyond the five senses and the way I was accustomed to experiencing the physical world. I became aware that I was able to use an intuitive sense that had nothing to do with my mind, years of education, or life experiences. It was a sense of knowingness and awareness to history, our humanity, and the past in a way that went beyond normal explanation. In dreams and in my interactions with numerous people that I later discovered were Spiritual guides brought into my conscious reality for the important purpose of realizing my life plan and my inner soul being, a new awareness emerged, enabling me to constantly review past beliefs seen purely from a physical indoctrination of this time, place, and present life experience into another way. I am incredibly more able to accept new ways of knowing myself and those who walk this journey with me and to discern the true meaning of life.

When I had my first reading by a medium, Sonya Mitchell, over 20 years ago, I was told I would write three books, a trilogy. While I had no interest at that time in writing a book, much less three, Sonya seemed strongly convinced that this was a certainty. I kind of took her strange predictions with a grain of salt. But as one coincidence led to another person and event, over time I discovered that these happenings she had suggested were happening and were not random but orchestrated by a higher hand or some unknown force of life. We can begin to call this universal energy the divine source or God. Years later, having completed my third book as directed by Spirit, apparently for the completion of my soul's promise to many people both in life and in Spirit, I see that it has unfolded this way.

My first book is *Life is No Coincidence: The Life and Afterlife Connection*, which shares my awakening process: going beyond my very practical, ego-minded reality to an awareness that we are indeed more than our body and are eternal beings connected to the Creative Force. My second book, *The Living Spirit: Answers for Healing and Infinite Love*, shares stories of spiritual communication and my evolving ability to align to higher energy to channel Reiki energy and receive spiritual messages. The *Living Spirit* also reflects my transformation from merely a "being" of the physical world to my new perspective of the duality of life as energy beings or souls having a physical life. I realize now the reason Spirit told me I had to do a third book, *A New Life Awaits: Spirit Guided Insights to Global Awakening*, about the new life we create each and every day of life by the choices we make and hopefully with a growing soul awareness of what waits for us beyond a short-lived physical life. We may learn about the journey of transcendence after physical death, hoping to ultimately prove our eternal soul meets all those loved ones in Spirit, where we continue on our journey of life for our continued personal soul development. Whether in a body or in pure energy, the soul is the essence and complete oneness of Spirit's Intelligence and Universal Love and travels with us through time and space, lifetime after lifetime, as we gather experiences to refine our already magnificent soul. Death, in my opinion, is merely the next destination or adventure on our continuous circle of life. There really is no death, only the unfolding of the infinite layers of realities that exist within us, in this world, and beyond. These layers are filled with the excitement and wonderment of the beauty of nature, friendship, memories, and experiences gathered during many lifetimes. We must know that energy cannot be destroyed, so the energy of our thoughts and heart impulses must return to the place most people think of as Heaven, but is really simply the evolving expansion of creative life energy that is eternal. Whether in life or whether in Heaven, we are continually growing in our ability to gather love and compassion and to conquer any fear or darkness that might reside in our energy.

As a hospice volunteer, I have been privileged to serve end-of-life patients and their families by providing any assistance to make their transition to their new life as gentle and free of pain and fear as is humanly possible. Sometimes I was only meant to hold a person's hand or to listen to remembrances from their life stories or to hand them a glass of water. Whatever interaction ensued, I tried to instill great trust in the final act of transcendence, knowing all was well and would be well as they journeyed beyond their physical body. None of us is ever alone, as we are surrounded by loved ones in Spirit, from the beginning of our life to the end, so know, therefore, death is just a new beginning.

A New Life Awaits, the title of this book, shares the truth known by many people who have felt that moment of complete awareness within them when this driving forceful energy, known as Spirit, awakens them and they learn decisively to love life, which is the ultimate gift from Spirit and which offers to each soul the chance for greater compassion for themselves and others. Of course, I didn't need to voice these understandings to these patients, for I hoped that my smile of reassurance would be enough to quiet fears about the unknown, often mysterious experiences they were going through. I was trained not to voice my personal beliefs when sitting with patients. However, through my many life experiences and heightened soul energy, I could be telepathically sharing my beliefs from within the "soul-light force" that simply cannot be contained. This energy from Spirit or our interconnectedness to eternal life cannot be expressed easily in words. This energy might be represented by one's confidence or natural part of their physical, emotional, and spiritual presence. It cannot be forced or faked, and because it is authentic, it might help patients and their families feel less anxiety and fear about the dying process. The stories you will encounter in this book that relate to my hospice experiences and encounters with many loving people may help you when you must deal with these issues in your own family life.

All of us will face the loss of our loved ones, and we can do so courageously and with joy for a journey forward, embracing that process with a sense of grace and divine introspection. In reading *A New Life Awaits*, I know you will discover much synchronicity with your own daily observations and find comfort in validating many of your dearest wishes to live life in an expansive and bolder approach, creating new perspectives, new thoughts, taking you in the direction that your soul and heart were born to experience. Unencumbered by the rules and limitations of societal or family systems that may have temporarily made you forget the amazing, loving, magnificent entity that you are that was born to walk in delight on our beautiful earth landscape and in spiritual light, you will find that a new life awaits you, and know you do not walk alone. As spiritual beings having a human life experience, readers will also take away with them a greater awareness of human life in these tumultuous, changing modern times as we are encouraged to develop a more heightened and astute social consciousness in order to bring about worldwide cooperation when dealing with health, educational, medical, and political concerns affecting all of life: evolution in all our communities, spiritually and physically offering much needed new ways to go about eliminating injustice, the proliferation of crime, conquering disease, reinventing social graces and finding ways to integrate higher Universal Laws for wellbeing and success into our human daily lives. If we are being watched from above by those who live in gentler conditions than here on Earth and who, with love and hope for our advancement as a human species, expect us to expand and create more loving interactions and conquer warring impulses, the choice to do this is non-negotiable. It is a big project to awaken and realize your true potential as a divine force for change and improvement personally and collectively, but it is also amazing to learn the truth. I hope within these pages you will find a new beginning for your own evolution.