



Di Steward

LETTING GO

medium & clairvoyant

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cautions people longing for contact with those they love
who have passed through the gates of death

I was deeply moved by Gordon Sherry's article, 'Amazing Grace – an amazing death', in the last issue of *Odyssey*. His article brought home the reality that death is a natural process that is not to be feared, but to be accepted as part of life.

Yet so often, when we lose someone we love, we are emotionally devastated and unable to let go. Through my work I see the grief of those desperately hoping to receive a message from someone they have lost, and I feel for them.

Grief is no stranger to me. Ten years ago the suicides of both my father and my older brother, combined with other emotional problems of my own, plunged me into a severe reactive depression. For eighteen months I was imprisoned in my grief before, slowly and painfully, I began to rebuild my life.

I thought the way in which Gordon helped Charlotte to let go, and the manner in which he dealt with her death, were amazing. Chris Griscom says, 'What you resist, persists'. I now know that it is our resistance to death that makes it such a traumatic experience. After that period of being devastated and devoured by grief, I lived in fear of what would happen to me should I lose anybody else who was close to me through death.

Now I have realised that life is a process of letting go. To fear and resist the possible loss of those we love impairs the quality and joy of the present moment with them. Instead of being fiercely protective and possessive of my children, as I used to be, I now see them not as 'mine' but as souls on an infinite journey. I have the joy of being with them for a while, for this brief moment in the vast expanse of eternity, but then they too must journey onwards. In the same way that parents lovingly prepare for the birth of a child, so too we must prepare to let go – and to let go daily.

When we can accept death as a part of life, and are able lovingly to let go, then we allow those we love to move on into new and greater experiences. This daily letting go of others facilitates their spiritual evolution both in this dimension and in the world of spirit.

After the death of those we love, it is only natural that we would like to receive a 'message' from them to reassure ourselves that they are all right and that they are not lost to us for ever.

After my father's suicide, I begged him to give me a 'sign' that he had arrived safely on the other side. That night my brothers and I all had identical dreams in which he came to each of us and described his passing. He told us that he had been received with great love and compassion and that he was being given counselling, help and healing. What distressed him was to realise that it had not been necessary to take his life; that he had taken his problems with him; and that the help available to him on the other side was also available on the earth plane. Had he simply asked for help while in the physical, he could have achieved much more by working through his problems than by trying to avoid them and attempting to 'finish it all'. Instead, he had the additional karmic burden of the effects of his death on the family and the frustration of much 'unfinished business'.

Since that initial dream, I have had no further 'messages' from him. It was seven years before I was eventually able to release the last of my guilt, anger, resistance and intense sorrow, and let him go. Now that I have cleared those feelings and attachments, I am often aware of his comforting presence and his love. Clearing myself has also served to clear him.

When we are unable to let go of someone who has died, often it is because of unfinished business that has to be cleared. How important it is, then, constantly to clear ourselves and others on a daily basis – forgiving and asking for forgiveness, making amends, giving thanks, even when the other person may be in the world of spirit.

My own healing and clearing took a long time and involved the help of family, friends, doctor, psychologist, and an enormous amount of work on myself. Ultimately it was I who had to bring all the pieces together.