

DEATH IS NOT THE END

From the book, Rise to the Next Level by Mary Anne, ©Annie Press

I was going to save this sensitive topic for my next book, but a number of recent tragic deaths presses me to blurt it out now. I sincerely believe I was touched by all this for a particular reason and I thank God that it's obvious to me now; I can possibly bring a little more peace to myself and others by writing from my heart about this. That's true any time, any place. Anything from the depth of your heart is always good for you and good for others; there's no going wrong in that.

It all started when the news came of 3 local, sudden deaths in just a few days' time; everyone scattered to try to reach out to their loved ones. For the first time in my life, I said, "Thank God for Facebook." It made it easy to talk to those left behind and know they were hanging on, and I saw heart-written post after post after post by those closest to those that had gone, as well as those trying to comfort them. I doubt I will ever see so much love and honesty in social media, ever again! I felt very blessed, just witnessing it, and to see all the happy photos everyone was sharing. Thousands had to have been touched by it!

As I was about to go to sleep the night I heard about the second death, I asked God what I could do, to help all those hurting so badly? I also thought of the loneliness stirring as others were reminded of their dearly departed, regardless of how long it'd been. Praying is powerful, and all I could do, at the time. I felt a deeper peace when I woke up in the middle of the night with thoughts of what one might say to their loved ones, left behind, and the words just flowed from my fingers to the screen, without any forethought. I have learned not to hesitate or even think about it for a moment, as this is where my best writing comes from. I merely act as a transcriptionist in sending messages out to whomever they are intended for. Again, this works for everyone. Following a nudge from the heart is always good. And so, inspired by all the heart-felt words stringing across the Facebook pages, I posted the result, a poem titled, "Thank You For All the Tears," praying the grieving loved ones would see it.

One by one, I attended services for each, hoping a hug or a look or a prayer would bring comfort to all in grief. At times, I told myself to stop smiling so much, as some may be very confused. You see, I tend to dwell on the wonderful things about the person or their loved ones, out of gratitude for having known them, or knowing of them through someone I care about. Everyone has something important to teach us, and even if you don't know the deceased, you learn a lot about them from everyone at their funeral. It also fills me with joy to think of the wonderful things the deceased must be experiencing, as they move on to the next phase of their eternal life; even if it's an immediate return to earth, as some believe happens in the case of suicide. No

matter what, they have a new beginning and a new chance to continue learning about divine love. To me, it's all good; all we need to do is be happy for them, too.

The only thing that brings tears to my eyes is the sadness in the others at the service; I want so badly to help them know, without a doubt, their loved one is safe in divine love. How can I be so sure? Well, for one thing, all limitations of our human form are gone, and without that, all that's left is the spirit, the soul, or the heart's pure love. It is crystal clear that everyone's core is divine and pure love; it's only the physical form that disguises and misleads everyone. Once that's shed, we remember our true existence and I believe, it uncovers the true existence of everyone left behind for the deceased to see, and so, the deceased knows that everyone always did the best they could. There are no hard feelings, nothing but love. I know this may be hard to comprehend, but maybe that's why most of us can't experience it until we do leave this world? We can only have faith and try our best to understand.

So if you can believe that we are eternal, you can acknowledge our core existence: Our souls. Any deep connection we have with others is at the SOUL level, truly, not just a physical level, right? However you want to look at it, whether it be our hearts, souls, or spirits, the lasting, caring connections stem from these, not just a physical body, right? A look, a knowing, any sharing of emotion, any of the good stuff, we know, comes from the heart/soul/spirit. We just know. So do you see where I'm going with this yet?

When we feel blindsided by life, the usual human fears, regrets, egos, and personal demons jump on board and do their best to drown out the heart, and cover up the truth. It's easy to let them take over when there's nothing but sorrow. When someone is out of their heart, it becomes easy to be out of their mind, as well. Their internal misery is sometimes expressed in some very unhealthy and even nasty ways, both self-induced and in outward attacks on others. We all need to remember, negativity is nothing more than expression of internal misery, regardless of whether the miserable person ever realizes it, or not.

But most times, the result is overwhelming grief over the loss; this is where I never mean to offend anyone suffering with my smiles, but wish so badly I could lead others to this place. The physical loss of the body of someone we love does not touch the soul connection we have with this person. Sure, the physical presence of this person was awesome, but the intensity of it was because of the SOUL connection you have with them. I mean, think about it. You're around other people all day long that you never connect with, so it's not the physical part that really counts. The soul connection is what really mattered; it was where the love came from! That connection has always been, and will always be there, and I truly believe we can and will have easy communication with those souls again, much sooner than we can comprehend in our human brains. Can we communicate with them while we are still in our physical bodies? I certainly think so; the trick is to get the human shortcomings out of the way, so we can really hear our hearts. Unlike in the past where the majority of the communication was through outside words, we now need to communicate through inside words, or the words in our hearts. We also need to

remember, that once we lose our physical body, we can clearly see the pure love that exists in everyone. Then, without anything in the way, soul communication might actually be easier, if the recipient is on board, don't you think?

Any time, any place, any thought of the dearly departed IS a communication from them. Soul-to-soul, they're sending their love and want you to feel the comfort of divine love, in whatever way that moves you closer to it. Never allow our human shortcomings to block out that strong tie you have with someone that had to move on; honor yourself and your loved one with the faith that your connection is eternal and that you chose to be in each other's physical lives here out of divine love, hoping to help each other move closer to the truth that love is all that will ever matter. I'm sure it is our departed loved ones' wishes that we learn all we can about acknowledging each other's souls as much as possible before our time is through here, and that we follow our heart and continue our journey stronger than before, because of them. I'm sure that's all they wanted for us, that we learn to listen to our heart, always in what we do here, and also so that we can hear them as they continue to love and try to help us.

Next time you're missing someone that has "gone on ahead," remember, they're simply existing in a new place we can't understand, possibly right on top of you, patiently waiting until you wrap up everything that needs to be done in your current place. Communication is not impossible, just different than what you were used to; get all the gunk out of your life and out of your mind and let your heart speak, loud and clear. It's there you will feel that divine love of anyone you have a soul connection with. It's there you will find peace.

Sincerest Sympathy and Love to all with Grieving Hearts, ~*Mary Anne*

THANK YOU FOR ALL THE TEARS

by Mary Anne

Thank you for all the tears,
saying you already miss me so.

I want you to know I didn't choose to leave you,
it was just my time to go.

Our hearts are connected in a way that never breaks,
so even if you feel broken now,
try to remember I am here,

closer to you than before.

I love you more than ever,
with a divine love unknown as a human,
and so I don't expect you to understand
until it is also your time to join me, someday.

Just know that time is not yet here
and you have much left to do;
using the love you learned from me,
the rest of your life here will always be true.

Always remember I live on in your heart

because I love you so;

I am always here to talk to,
more available than before.

I see, hear, and feel everything you do,
everything, and more.

That's all you have to know,
don't waste time trying to understand;
for one day you will know the answer and all will be clear.

And realize I chose for you to be in my life,
through good and bad, and all this strife;
together, we can get through this,
as impossible as that seems,

because nothing is more powerful than my love for you,

you helped me live my dreams!

Thank you for choosing to love me too,

that's truly all I needed,

to be ready to move on to my next world

with my heart as full as it could be here.

I know you miss me beyond what you feel you can take,

but keep me in your heart, listen and feel,

and I'll help heal that heartache.

When you think of me, please smile!

Know when you think you hear or feel me,

that it is me, being with you in the only way I can now.

That's why it's so important for you to listen to your heart

above all else, as we always should.

I can talk to you there and show you my love

and call in the Angels, God, and all help from above.

Believe in my love, with you through eternity;

the crying and pain will ease eventually.

I hope you can hear me and find your heart again;

there is a reason your time has not yet come.

Trust in my divine love for you and use your heart to love;

I was here to teach you that and it would honor me so,

to feel my time with you--past, present, and forever—

also made your heart grow.