

Life after Life

Lifeless images exist in our every day landscape - It has clearly become accepted for animals to be seen dead on the side of the road, to kill a spider as it crawls across our living room wall, and spray weed killer on the plants we don't want in our shrubbery.

Which brings us to a question of our own mortality, based on our morality. If we are so quick to destroy a seemingly insignificant life within the universe, will the universe return the same to us?

In all likelihood, if we believe that what goes around comes around, or how we live determines how others treat us, then it stands to reason that it's possible the universe may snap us from our current position and place us in the next realm without a moment's notice, just as we do to life we perceive as repulsive or unacceptable.

However, it's also possible the universe itself has great respect and appreciation for all life - that no one life - no one organism - is more important than another, and in that belief, we could have many years to live on this earth.

Then again, it could also be a combination of both.

In either case, we still are faced with our own mortality - and the timing of its arrival. If we witness the death and rebirth of everything around us - nature, relationships, personalities - why, then is our death of the physical body so traumatic for us.

Many of us realize that a big portion of the discomfort is attachment. - our attachment to the physical form and the being that we grow to depend on. Another, even deeper, more common reaction is fear - what happens to us when we die? What happens to all we know - what does death feel like?

We also realize, that death is a necessary occurrence for life to evolve. Without death, stagnation occurs. Yet, as a whole, humanity has yet to embrace death and find a reason to celebrate it.

Perhaps it would be easier for us to focus on death for a while - not just any death but our own death.

To help accomplish this...let's start off simple. We all know what it feels like when we look back at pictures from when we were younger and in remembering the times we had, we also remember the person we were. Some of the characteristics we had then, we may no longer have now - whether we smoked then and we don't now, or we were more insecure then than we are now. Whatever it is...that part of us, that characteristic that we used to possess, is no longer a part of us. It has died, in a sense, and we have grown to new heights and found something to replace that characteristic with.

Let's take the perspective when we visualize our own death.

Sol Searcher

Take a few moments and really ponder your old age – what does it look like – how do you feel?

Then, when you're ready, move forward and experience your death. Pay no attention to what others are saying about you after you're gone physically, or what your family is experiencing. Focus on what you feel, what you see, what you learn, and who you meet. What is the next experience you have? Can you feel that it is truly a rebirth of you – just like other mini rebirths you've experienced in your lifetime? Sit and savor the feeling, experience it, become familiar with it.

We can take time now to understand physical death - and to understand that we really do know what it is. We can fear it, sure...but the more we understand it, the less there is to fear. And soon, we can learn to embrace it and welcome it. Not rush it, but be accepting of it if and when the time comes.

If we take the time to understand what we really do know about death, and realize we have nothing to fear...our perception and ways of dealing with it will be much more rejuvenating, for ourselves and for those who are pass on to the next realm.

If you find you need help understanding, ask your angels and guides to help clear the fear to keep information flowing to you. You may also request guidance from those who have already passed on. And you may be surprised what information you receive in return.

Happy Summer!

- Pamela Aloia



Sessions

Individual sessions are available by appointment and may use one or more of the following approaches: Reiki, Magnified Healing, Integrated Energy Therapy, Hot Stone Reiki, Reflexology, Raindrop Therapy, Crystal Healing, or Sound Energy.

Sol angel is happy to work with you to schedule off site classes as well.