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When the body dies, the soul soars!

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For anyone who loves a person or companion animal, death can be devastating and confusing. For someone involved in energy healing, it can be beautiful and confusing to be involved in those final moments. Last week, two of my feline “clients” passed on into spirit and it took me to a place where I asked questions, contemplated, and now I want to share some revelations.

For me, I know that when the body dies, the spirit returns to Source (the creator of all and everything) and all is well for the spirit. Last year, I lost my kitties Sammy and Oscar (within 9 months of each other) and after their physical bodies were gone, it was incredibly clear that their spirits were still with me. It is still sad, though, to lose someone that you love and grief is a normal and healthy process.

Mikey was one cat that I was honored to work with. He had a mouth tumor and for several months, I met with him consistently where he soaked up the healing from Reiki, crystals and essential oils. It was beautiful to watch him drift into a daze and relax. His family was so supportive and went to great lengths to keep Mikey comfortable in his

final days. We had a session 2 days before he passed, which I hold very dear in my heart. What was interesting about Mikey is that his energy felt strong and positive in the weeks before his passing, even though it was obvious that the tumor was not going away. His family asked me if death was near and all I could feel was vibrant energy. Not what I expected given his medical situation.



Mikey loving his outdoor time with his family

The same thing happened with Rexy, another cat who I had known for 2.5 years as a resident of a cat orphanage where I volunteer, and then as an energy therapy recipient. Rexy was losing weight and was quite thin the past 2 months, but he had good energy and he loved to sit with crystals. I visited with Rexy 4 days before his unexpected passing and felt that his energy was buzzing at a good pace. He had life in his eyes. So when his mom asked if he was dying, his energy felt vibrant. His sudden decline and passing was shocking and I was confused as to why I felt good energy with both Rexy and Mikey in the days before they transitioned?



Rexy during his time at the cat orphanage

Because we should never stop learning, I reached out to my Reiki master-teacher to see if he could shed any light on my confusion. His words resonated as true, as if I already knew the answer. He shared that when someone is nearing death and they accept what is happening, their energy relaxes and feels positive and vibrant because they are not holding on to fear or resistance. They feel relief. The relief is from the soul not having the earth-based fear about dying, it's the relief of knowing that an ailing body will soon be at rest, and it's relief in knowing that going back to Source also means connecting with those who have passed on while remaining connected to those still here on Earth. So it's not a conscious/thinking relief, it's a soul relief.

For someone who is consciously resisting death, this can cause discrepancy, tension and resistance in their energy field. This is where we see someone hanging on to life as long as they can, often because those around them are not prepared for their passing. But once the soul accepts the transition, relief sets in and the energy can shift to feeling at ease about the journey. Sometimes the conscious self accepts the transition, and sometimes it's the soul that has gained acceptance. This is why some people and animals may be perfectly fine one week and the next week the soul decides to return to spirit. This happens quickly and it can have those left behind to wonder, "what did I miss?"

When the soul decides to return to Source, this is something that cannot be reversed. So energy healing during this time can help to relax the body and relax the conscious self for a smooth and beautiful transition. If the body is declining (through disease, an accident or other life threatening injury) and the soul is not ready to transition, this is when we may see a healing miracle occur. I work with many clients who hope for this healing miracle to occur with their loved one. But energy healing works with what the soul wants. So if the soul is determined to stay earth-bound, then energy healing can work. If the soul has decided to return to Source, then energy healing will ease that transition.

After this conversation with my master-teacher, I felt as if this knowledge was within me but was covered by the grief of losing two dear felines within a few days of each other. It cleared up my confusion as to why I felt vibrant energy from both Mikey and Remy and was able to share that with Remy's family which led to a deep spiritual discussion about the death transition and spirits.

Rexy's family shared that they felt a dark and cold energy from Rexy about 5 days before his passing; but then 2 days before his transition they felt light and energy. I believe that this was the light of his soul growing stronger and predominating his dying body. The soul was shining because it knew it was getting ready to leave the ailing body and head back to Source (where everything is perfect and where the soul is still connected with those left behind ... just in a different way). The sense of darkness was his family's energetic recognition of the passing that was in denial with their conscious self. They desperately wanted him to stay and get better. It was also the energy of the physical body approaching transition. The light and energy that was felt afterwards was likely Rexy's soul being at peace with the impending transition. The transition to Source is all about the soul, the light, energy, peace and goodness of Source, which is why it's a great place to be (even though humans are terrified of it).

It then prompted a secondary discussion about why someone's soul would want to leave their earth body prematurely, especially if they were loved and happy. This is where the mystery of the soul comes into play. The soul makes contracts and conditions when returning to a body on Earth. We may spend a lifetime trying to figure out these soul contracts. What I do know is that when a person or beloved companion animal passes too soon, it is not because they consciously desire to leave us. Instead, it is the soul being called back to Source to keep working and assisting in other ways. I know without a doubt that my Oscar and Sammy are assisting me in spirit with my healing work. So whether you believe in angels and spirit guides, just know that all who have passed on who had the love of your heart will continue to be a spirit presence in your life and will be waiting for you when it is your turn to return to Source.

I shared these thoughts with Rexy's family and after many tears, I felt that they started to achieve a level of understanding and relief, even still grieving the loss of Rexy. These words will also be shared with Mikey's family in hopes that they, too, will find relief and peace. And when that relief began to surface for Rexy's family, it opened their hearts and they received a message from Rexy. That message was, *"go back to the cat orphanage that helped me, housed me for 2.5 years, and saved my life. Go back and adopt another kitty who has given up on finding a forever home, like I had."* Nine days after Rexy's passing, his family made the decision to adopt two of his shelter friends:

Bert and Ernie who had been at the cat orphanage for 13 months, were adopted and then returned a few months later where they have been residents for an additional 18 months. Rexy resided with Bert and Ernie and they were friends. Even the other two cats in this home, (Patches & Jasmine) came from the same cat orphanage and were friends with Bert and Ernie.

It is clear that Rexy guided his family to help two more of his friends. And that, my friends, is the soul soaring and speaking loud and clear.

All my best,



Allie & Sammy

(who passed February 2012)

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