

YOU DIE, WE GRIEVE, THEY REJOICE

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TABLE OF CONTENTS

Prologue.....

YOU DIE

Part One: The Doorway

Part Two: Things You May Experience

Part Three: The Dead Speak To Us

Part Four: We Choose Our Death

Part Five: Accidents Are Planned Events

Part Six: Reincarnation

WE GRIEVE

Part Seven: Grief for Those Who Live

Part Eight: The Effects of Grief

Part Nine: Alcohol and/or Drugs

Part Ten: Establishing Your Life Again

Part Eleven: Forgiving Yourself and Others

THEY REJOICE

Part Twelve: Creator

Part Thirteen: True Prayer

Part Fourteen: Heaven or Hell

Part Fifteen: Energy Healing

Part Sixteen: Angels & Soul Companions

Epilogue.....

PROLOGUE

Death allows us to understand that each one of us is living a human experience. That there is a soul; an energy being inside us that will one day leave our physical body and this Earth, and return to our true home in the Spirit World, that which many call Heaven.

The purpose of this lifetime is important to each one of us who is completing it. Knowing that there is more than what many popular beliefs hold is important also. We are all the same. The people should know that there is no reason to fear your own death, nor the death of a loved one. Going home through the avenue called death is painless for the Soul, yet the process of leaving your true home and being forced out into this physical dimension through the avenue of childbirth is very traumatic and painful indeed for the newborn.

Grief is a wonderful mechanism built into the human system, it allows an individual to process their loss based on that persons understanding of the true value of what was lost to them in that lifetime. Grief gives them the time they need to refocus and readjust to their new life path, which now offers new directions they may seek out for their spiritual growth.

Do not fear death, for it is simply your Soul returning to your true home. Those you have known throughout eternity; true friends and spirit companions who have been with you through many lifetimes, will rejoice when you return to the other side. They will be waiting with open arms to receive you and surround you with feelings of pure love and joy at your return. It matters not what your beliefs are, for we are all created by the same God.

YOU DIE

The Doorway

Death is simply like opening a door and walking through it. There you find yourself back at your true home, with your true friends, companions and family who rejoice at your return. You completed that lifetime; learning and experiencing as much as you could or couldn't, and now you returned home. Those loved ones you left behind on Earth, you will be there to greet them when they have finished their lifetime and they cross over, and you will rejoice with them at their special reunion.

Yes, many people fear death because of their religious faith and/or upbringing. They fear the 'Hell' that was programmed into them by their religious beliefs. Religion told them they 'Sinned against God' and therefore they must be damned to a burning Hell with Satan torturing them throughout eternity. But once they cross over and meet with their friends and family, they will then realize there is no Hell, or Satan or other such negative things waiting for them. Religions of the world use such devices to control the people, so they will obey the rules and authority of those holding religious power.

Mankind created religions, not God. God loves all his creations unconditionally. But if you wish, it is your right; you have free will to believe in such things as Demons and Devils if you wish. Once you cross over and see that those negative things were simply put there for your learning and/or spiritual growth, you will be truly elated at that discovery.

Souls are basic energy creations, as God is infinite energy. Energy is simply that part of God that connects us all to each other and to God. God created Souls in order to experience that which he created on an emotional level. As a Soul we grow and experience the knowledge of God, who then in turn experiences through us, his creations. God gave us, his soul creations the limited ability to create and the free will to lead ourselves into the experience of the negative and positive that exists in all physical life.

Souls can experience the negative, whereas God cannot. So God experiences the negative through us, his creations. As souls, we are always experiencing and gathering information for God. No matter whether we are in the human form or back in our home dimension, we are seeking to grow more God-like in our own right.

Just remember, your Soul at death, no matter what type of exit you chose feels no pain of any kind. Your physical body may react to whatever is happening because of the brain and the impulses that it is still receiving at the time your Soul separates from the physical body. But the true you, the pure energy being that inhabited that physical form will feel no pain or suffering of any kind as you separate from it. You will feel so amazingly loved and truly peaceful once you finally free yourself of that small, limiting body of flesh.

Some people say the loss of a child is the most severe loss one can experience, but that is not true. Anyone who loses a mother or father, a wife or husband, a brother or sister, a

son or daughter, a true friend or companion, or even a beloved pet; that loss to 'them' may be the most devastating. Each person experiences the loss of a loved one in their own way. No one can measure how much grief we will go through or for how long it will take us to come to terms with our grief.

Those who die and cross over to the other side are extremely grateful to return home. No longer bound to a physical body, they no longer suffer from any disease or physical pains of any type or degree. They are once again whole and full of energy; where there is no aging process or limitations to experience as they did in a human form. Unconditional love envelops them on a continuous basis. As beings of pure energy they do not need food, water, shelter, or oxygen to sustain their soul form.

Since we incarnate to planet Earth to learn and experience many things we cannot experience on the other side, each lifetime is very important to each one of us. These lifetimes we venture into help us grow spiritually. They help us understand the true nature of God and allow us to become more God-like in our own patterns of growth.

So no matter when someone dies and returns home, just try and realize it was their decision to leave at that point in time and to leave in the fashion that they left. How old they were when they died and returned home was their choice. The method they use to return home is their basic choice; to die in a plane crash, a vehicular accident, to be murdered, to take their own life, to die from old age; your exit from this lifetime was decided by 'you' before you were born.

Grieve not over 'when' your loved one died or not over 'how' they died; simply grieve for the physical loss they no longer have in your life, for they are now on the other side and are happy and rejoicing, knowing that you, their loved one will join them when your chosen time of departure comes. They will be ready and waiting as you cross over for your reunion with them. Yes, their departure leaves a big hole in our hearts because they are no longer here with us in the physical form, but they are always watching over you and waiting for the day you return home.

So grieve, but remember, you are still here on Earth because you have more to learn and experience. Don't waste your life in grief and sorrow for you will be reunited with your loved one soon enough. Hold that love in your heart and move on to fulfill your spiritual growth.

Things You May Experience

Obviously souls who have chosen a sudden ending to their life, such as a vehicular wreck or some type of murder or death through war or the like won't experience what are called the stages of grieving before death. Those who have chosen for their learning experience a slower death, such as a terminal illness, will then have the opportunity to grieve or not grieve as they so desire.

It has been noted that those individuals who have been told of their impending death react in many different ways to such news depending on their religious beliefs or lack thereof. There is a basic model used to convey the stages of death, those being; denial, anger, bargaining, depression and acceptance. Some individuals will express all the listed stages, while others will go through only a few and still some may not express but only one that of acceptance based on the reason for their impending death.

Depression, for those who decide to experience it, can be the hardest stage to deal with. Some will enter it and remain there until death overtakes them. Others will experience it for a time and then move on with what remains of their time on earth.

Depression, like stress, is caused by the physical mind attempting to rid their soul of feelings which do not agree with their physical or energy body. When the mind engages in repeated negative thoughts and/or actions the only way the body knows how to cope is to bring on depression and/or anxiety trying to protect itself. These thoughts or actions go against the soul's true and higher self.

To move from depression, one must change their negative thoughts and/or move out of the negative behavioral pattern they have moved into, or been caught up in. Whatever caused you harm or mental anguish, you can simply move from it by taking positive action to move from it or away from those who push you in a negative direction.

No pill will bring this change; there must be a physical, mental, emotional and/or change in their beliefs by the person in order to move out of the depression and/or stress they are experiencing. True change must come from within the person; you must come to terms with your situation. No therapist, doctor, friends or family can do it for you. It is your life, your experience, your lesson you chose for your spiritual advancement.

The stage or stages you as an individual have decided to experience will aid in your understanding of your physical life as it comes to a close. You have already experienced death in other lifetimes, so as far as your soul or true energy self is concerned this is merely another experience before you leave the physical body behind and your soul returns home. Some will be able to grasp this understanding as others will not.

Fear not the loss of your physical body for it has done its intended job, that of allowing your energy form to enter this physical dimension in order to learn and grow spiritually. It has served its purpose and now it is time to lay it aside.

The Dead Speak to Us

Those who die can communicate with us depending on certain factors. Such as if they want to speak to us or not. You may have a family member or someone you knew and you didn't get along with that person on Earth. You and/or they don't want to communicate, not when they were on Earth or not now that they have crossed over. So in that situation there will be no attempts at communication between you and them.

Now for those you truly loved and are now grieving for, they may make contact with you once you are in a more stable frame of mind. After you regain control of your emotions and mental state, they may then seek to communicate with you. They have several ways in which to make this communication to let you know they are fine and doing well back home.

They may try and enter your dreams, they may come and try to use their energy to give you the sensation of being touched, or to give you the sensation that they are near you in your physical feelings or mental thoughts. A pleasant memory may suddenly come into your mind, bringing a smile to your face, if only for a moment. Bringing with it a sense of joy and calmness you have been longing for. You may notice a faint smell of some pleasing aroma you associated with the person who departed your life, and feel comforted that they are close by watching over you. You may notice small objects being moved from their normal place, or lights turned on that were off and the like. All attempts to let you know they are alive and doing fantastic on the other side.

There are those who will even be able to see their departed love ones, should they so desire it. Some on the other side may return just to be seen and let their loved one know they are all right and it is now time to stop grieving and worrying about them. That it is time for them to move on with their life.

Some of you may even seek to communicate with them through a Medium or Psychic. This is fine as long as you seek out those who are pure of heart and offer to help you communicate or validate a connection with a departed loved one for reassurance, and not just to separate you from your money. There are many fine Mediums and Psychics out there; but there are also many fakes out there just waiting to play upon your emotional state of mind for their monetary gain. Research well those you decide to trust when trying to communicate with your loved ones on the other side of life.

We Chose Our Death

Here are but a few examples of how and/or why a Soul (energy being) chose a specific type of death which opens the doorway leading them back to their true home on the other side. These avenues of death were chosen by the individual Soul themselves and no one in their family or friends caused or aided in their demise, other than what the individual Soul allowed.

Cancer is a commonly used disease by many Souls to force them to take note of their life. Cancer can be something an energy being programmed into their human life to force them to confront the lesson of unconditional love as a means to further their spiritual growth, and/or the growth of those close to them. Cancer is just one of the many diseases Souls chose to pull them out of the complacency they have followed in their life.

Sitting in front of the TV or computer screen all day does nothing to help us with the true lessons we came here to experience. So cancer and other diseases force you to refocus yourself on the true path you wanted to experience; that of advancing your Soul through the lessons of love.

Cancer for some is how they chose to leave this physical life. That type of death will also have a profound impact on that individual's family and friends. Giving them the lesson, whether they learn it or not, that they too should not waste their life on mindless pursuits. Allowing your life to be consumed by only sports or other mindless endeavors will not help you to grow spiritually, that's why you came here; to advance your Soul or to help teach others how to grow spiritually.

Sudden Infant Death Syndrome or what some simply call Crib Death, here is one explanation for this occurrence. Once the mother has given birth, from that point up until the approximate age of two, the new soul that has incarnated into this world through the baby's body has a decision to make. It can choose with its free will to stay and work on the lessons it chose to experience or it can back out of that planned life and simply leave and return from whence it came.

If it chooses to vacate the physical body, the baby's shell simply dies. With no soul inside the body, it stops functioning and shuts down. So if there is no medical reason found for an infant's death, the soul itself left for reasons only known to it. Doctor's then unable to find a medical cause term it to be a 'Crib Death.'

The soul leaves the tiny body not to punish the parents (even though it may be a spiritual lesson for the parents) but for its own personal reasons seeking the best life to help it advance spiritually.

Suicide is no different an exit from this world than is any other manner of death. God does not view it as a sin, for there is no such thing as sin. Religions, not God, created sin as a form of control they could use on the people. Suicide is a physical action manifested from the negative thoughts and emotional stress that persist on a person's mind and body.

These can be overcome while in a physical form, yet if the individual is unable to overcome and they commit suicide, there are those on the other side waiting for them as they cross over. They meet with the distressed soul to provide counseling to help that soul understand the torment it was experiencing when it ended its human existence.

Young individuals who commit suicide are those who have only incarnated a few times and have not yet made the adjustment to the physical world. They must overcome this fear in order to continue to learn in the human form. For others who kill themselves there can be any number of reasons to do so; disease and/or physical pain, emotional and/or mental distress, an overwhelming experience and/or lesson, and the like.

Self-inflicted death only returns you home, but know that you will incarnate again into a human form and face the same similar conditions as before; so that you can progress past the temptation of suicide and allow yourself to grow spiritually.

Accidents Are Planned Events

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place. That is, not the specific event in most cases, but the event that brings about the desired experience or goal that 'you' planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events on your lifetime. Many things are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought though the accident may have some physical impact. There may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions.

There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your desire, that these things be accomplished. You may learn love, for example, through any number of experiences, so it is not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring be experienced.

There are times when it is very dependent on the person because of their path and yours and how they interrelate. But many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan.

It is of utmost importance to keep your mind open and clear and not worry on how the event has been formed, but to understand that causal reasons, those important beyond the physical world, examine those that you will carry with you after your physical death. Examine these reasons, the motivations, and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death.

It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now you will understand, or you still may not, upon your exit from this physical world. Your reflection on this situation and understanding the correct, or universal, response that may have been more positive is as useful as if it were your initial response.

Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of how you feel much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Please understand that it is important that all individuals know of lifetimes, or what is termed reincarnation; there is much said to deter any thought or thinking regarding this and many are expressing themselves, their emotions, and reacting as if there is no life beyond that of the grave. That there is no impact, as if this is the only life they are ever given to live and experience. It is important to know that you will live many lifetimes,

and upon return to your true home, you will have the opportunity to review each previous lifetime, to examine and understand in order to aid in advancing your spiritual growth.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event by that individual. Not to cause pain or suffering or to punish someone who is left behind, but simply an ending to a lifetime in which they had completed their chosen lessons and experiences. The lessons they could not or did not learn in that lifetime will be reviewed by them on the other side, and they will then program those missed experiences for their next lifetime. There are no lost opportunities for a Soul's advancement.

Reincarnation

The cycle of incarnation, or reincarnation as some call it, is merely the process chosen by many soul beings as a way to advance or progress at a faster rate. One can progress just the same without ever incarnating into a physical body on planet Earth. Yet spiritual advancement can be accomplished at an accelerated rate by incarnating into a physical form where the negative element can be experienced first hand, rather than simply studied and/or observed through other energy beings. It is up to each soul individual as to which path they choose to follow.

Just know, your previous lifetimes have brought you to the place in which you currently reside. There have been many on your current path that you have experienced in similar times. There have been many mothers and fathers, brothers and sisters and the like; some were of great importance to you while others had little to do with you based on their own spiritual journey they were seeking.

It is not the nature of the societal construct of the family unit that is important; for many receive these same relationships at various points on the course of their lifetimes. Just know that family is important for some souls to help them learn and experience certain lessons, while other souls do not need the close family ties to learn or experience their chosen lessons.

This is why some families stay connected and others seem to scatter to the winds. It's just simply that individual souls desire which compel them to seek out their individual lessons, chosen by them for their personal growth.

WE GRIEVE

Grief for Those Who Live

The dying individual will experience grief differently from the individual who loses a loved one. The dying person has only a limited amount of time to grieve or not grieve for themselves before death runs its course. The individual who loses a loved one has the rest of their lifetime to experience or not experience the effects of grief. Some will grieve and then move on with their life, some will continuously grieve in one form or another for the rest of their life, and some will grieve on and off throughout different periods of their life.

Here we will discuss grief for those who live on after the death of a loved one. The same basic stages of grief apply; denial, anger, bargaining, depression and acceptance. The difference between those who are dying and those who will live is the amount of time involved as mentioned above. For some, the different stages of grief can become a cycle they seemingly cannot escape from throughout the rest of their lifetime. For example, depression may become a reoccurring problem as they try and cope without their loved one by their side. For others, they will experience their loss with different stages of grief and move on with their lifetime to fulfill their life's purpose in learning and growing toward their spiritual awareness.

Grief has no time limit. An individual grieves for their loss as long as it takes them to come to terms with the loved ones death. Many factors affect how a person grieves. Was the loss sudden; by suicide, or murder or war? Was it a gradual long term illness? Was it from the natural process called old age?

An individual will grieve differently for someone murdered for example then for someone who died naturally from old age. If the murderer is not known or ever found, the grieving individual may find it very difficult to move on with their life, always seeking closure to many unanswered questions. For someone who dies of old age for example, it is viewed as a normal expectation of a long life coming to a natural ending.

Your grief may have caught you off guard, for you truly didn't realize how much you loved or disliked the individual until they died, and now you realize their true impact they had on your life. Don't play the blame game, thinking you could have prevented the individual's death in some way if you only had been more aware of your true feelings.

The Effects of Grief

Grief is experienced by the average human through many different avenues of expression; emotional, mental, physical and/or spiritual. The grief stricken may exhibit anger, anxiety, depression, despair, fear, insomnia, nausea, night sweats, weight loss, and/or weight gain, and on the list goes. For the specific individual these may be some of the normal symptoms they experience when faced with the grieving process. For other individuals they may not experience any of these symptoms of grief. Each experience loss in a different way; so do not judge another for how they grieve or for how long they grieve.

The person feeling and/or experiencing the loss will deal with it in their own private and particular way. They may cry, laugh, scream, sulk, or do nothing at all to show emotion, it's up to them to grieve however they wish or wish not to grieve. Do not tell them to stop grieving and get on with their life. They must work through the loss and when ready they will emerge from their grief and continue on with their life. If you think its taking someone too long to get over their grief, the problem may be that 'you' have not truly come to terms with the person who died. You may not have liked them or you may not want to acknowledge that you had deeper feelings for them then you led others to believe. Examine your own true motives before trying to pressure someone else into reconnecting to their life path before they are truly ready.

If you truly wish to help the person caught up in grief, then be willing to help them with basic life functions. Assist them with laundry, grocery shopping, house cleaning, paying bills, child care and the like until they re-connect with their life. Don't force yourself on them if they say 'no' to your offer of help. If they wish to talk about their grief; then listen without judgment. If they just sit and cry, then let them cry, it's their way to grieve; for there is no right or wrong way to grieve.

Should they desire to seek out someone to assist them with their grief then supply the phone numbers and names of those who could offer counseling such as; medical doctor, psychiatrist, clergy, and/or a support group. Don't pressure them to call, let them decide when the time is right and who they wish to deal with. Some grieving individuals do not need such support, so allow them to work through their grief in their chosen way.

Alcohol and/or Drugs

For those who decide to self medicate themselves through the use of alcohol and/or drugs just remember; they will only mask the sad feelings and physical symptoms you are expressing and experiencing for a time. You must come to terms with your grief at some point in order to continue on with your path of spiritual awareness. Alcohol and/or drug usage will only prolong your grief and cause other health issues to arise, which will have a profound negative effect on 'you' and the remaining loved ones in your present life.

A medical doctor or psychiatrist may prescribe medication to help you cope with your present situation, but remember pills only mask the grief you are experiencing. It is still up to you to come to terms with your grief and move on with your life. Do not allow drugs and/or alcohol to take control of your life.

Establishing Your Life Again

Once you have experienced your grief to its fullest, you may emerge once again ready to tackle the demands of life itself. This is indeed a new beginning in which you may seek out family, friends and/or support groups to aid you on the road to reorganizing your life.

Physically, mentally, emotionally and/or spiritually you may now venture into new areas that are open to you. Start an exercise program to physically help yourself remove fear, anger and depression. For example, join a book club to expand your mind and/or become socially active in your community to help others who are now going through what you have experienced personally. Get outdoors and rediscover nature; there is nothing like watching a sunset or sunrise to reconnect your soul to the spiritual awareness that lies deep within each one of us.

Helping and assisting others for whatever reason can bring great joy and love into your life. Focus on things that bring you happiness and open your heart and mind to experience joy and love. There should be no immediate focus on sadness and/or frustration. There is no true joy in the sadness and hurting of others. Joy comes from expressing your heart and mind together in a beneficial and positive way.

Laughter is most notable and acceptable because of the true happiness that you experience, which is similar to the everlasting love and pleasantness of your true spirit home. Dancing, singing, clapping and even obnoxious body movements can be thought of as those that might be used by children. These simple things will engage those around you in laughter and 'lighten the mood' which is only the energy and vibration shifting in the area surrounding you and those who are near you.

Your body posture can also have an effect on your mood. This is true if a particular feeling is associated by you with a particular posture or you express certain feelings only in a certain posture. There is much attention paid to this by those who are aware of their bodies and simply adjusting your posture and body mannerisms can cause a positive shift in your energy field and vibration of your body. Movements and posture can increase blood flow and increase the energy flow in your body allowing it to be raised to new heights.

This is why a child might appear happy though a parent might want them to calm down and stop their behavior. This is simply the child's natural way of interacting with the world though they are unaware of how much is based on their energy body. Sloth like mannerisms can be attributed to negative energy, slow sluggish energy and to a lower vibration pattern. Raising your vibrations can change your mood and create positive energy helping an individual to move forward with their life.

Walking and physical activity on a daily basis, especially activity where the body is in contact with the outdoor elements, not indoor, are vital to energy vibration. Laughter is the best medicine because of the energy being expressed and the energy being felt by those who are in a group experiencing this.

Fear is the only thing that stops humankind from becoming truly great on this planet. Stop fearing everything and start expressing love in all its forms; from the simplest kind act given to a total stranger, to expressing love on a larger scale. Try it; you have nothing to lose except the fear that you yourself have created in this lifetime.

Forgiving Yourself and Others

If you and the person who just died did not have a very good relationship while they were alive, you may have mixed feelings about their death. Whatever transpired between the two of you while still alive, you may still harbor anger and/or hatred toward this individual. Your feelings now that they are dead may cause you regret or guilt that you could not or did not rectify the problem between yourself and the individual.

What transpired between you and the now deceased individual may have been, for example, as basic as just not getting along, loss of love, not seeing 'eye to eye' on most things, divorce and/or the like, or it could have been much more profound involving, for example, incest or rape, or something extremely negative or hurtful which caused 'you or them' mental, emotional and/or physical pain. You may be the one who hurt the other, or you may be the one who was hurt by the other.

Forgiving them for what they have done to you can be just as hard as forgiving yourself for what they did to you. Subconsciously you may feel as though you deserved the bad thing(s) they did to you, when in fact it may just have been a learning experience agreed upon by the both of you in order to grow spiritually.

As an example, say you were raped or molested by a family member or by a total stranger; just know all major events in your life were programmed by you before you were born into this physical dimension. You wanted to experience certain things for your spiritual development.

Rape, for example, is a wonderful event to experience from the point of attacker and from the point of victim for souls seeking to understand unconditional love. If you, as the one who was raped, can truly understand the spiritual lesson rape can teach, then you are advancing your spiritual growth, which is why you chose that lesson to experience. If you, as the one who committed the rape, can truly understand the spiritual lesson rape can teach, then you are advancing your spiritual growth, which is why you chose that lesson to experience.

Two souls come together and decide on who will be the victim and who will be the assailant before they incarnate to earth. After those lifetimes are completed, the two souls will switch roles and the one who was raped becomes the rapist, and the one who was the rapist becomes the one to be raped. This is so both souls can experience the lesson from both sides, thus learning the spiritual lesson conveyed that only souls, our true selves, can understand as we seek to experience unconditional love on many different levels.

Once you understand we come together here on earth to experience, what are perceived to be negative events, then you will see it is simply done in order for us to grow spiritually. Forgiving yourself and forgiving others becomes much easier once you understand the true nature of what has transpired between you and someone you know or one who is a seemingly total stranger. That stranger may in fact be a very close friend from the spirit side that is assisting you in learning a lesson you yourself wanted to experience; whether they are playing the role of the rape victim or the role of the rapist.

Think deeper, and then forgive yourself and forgive the others that have caused you harm in whatever shape or form you perceive it to be; after you have fully experienced the event that has occurred in your life; fully experiencing the emotional, mental,

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