

To the bereaved



I can do little to  
comfort you other than  
share my belief with  
you.

I hope it helps a little.

## I BELIEVE

I believe that every living entity has a spirit self, perhaps called the soul, which inhabits the material body. When the physical body gives birth, the offspring stay protected by their parents' spirit/soul. Throughout life we allow people we meet to penetrate the outer shell of our own personal living force. The greater the feelings, the deeper the penetration is allowed to go. The deepest are equal to the amount of love between the two entities.

When a parent, partner or true friend dies, their spirit, now set free from its material host body, can move away into a higher plane. To achieve this freedom fully, it has to tear itself away from all the souls with which it has inter-related. For those still living, this in turn feels like part of their own life force has been torn out, leaving an enormous gaping wound. So we hurt and we grieve.

But the now free spirit knows this too, so will visit us when we need it. It can no longer attach itself in the same way, but it never breaks away completely. There is always a part of it linked to those it has left behind. It will accompany its nearest and dearest in life and be there to help them across when they too are ready to leave their material body-shells behind and join them in the spirit world.

In my mind I fill the  
empty space in your  
Soul with the Gold of  
Healing.

Death is but a change of life  
A parting of the ways.  
The body shell has just arrived  
At the ending of its days.  
The soul itself will always live  
To watch out over you  
And though the empty shell is gone  
The spirit still stays true.

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As your loved one loved you  
When clothed in flesh  
So she or he loves you still.  
Believe in that  
To comfort you.

So sorry to hear your sad news.

Please accept these sincere condolences



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