

101

ORACLE

THINGS TO KNOW ABOUT
TALKING
WITH THE
DEAD

REGINA L. NORLINDE

Embrace Your Uniqueness



101 things to know

about

Talking with the Dead



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about
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ReGina L. Norlinde

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God pours life into death and death
into life without a drop being spilled.

Author Unknown





This book is intended to assist you by providing you with a better understanding about how to communicate with those in the Spirit World.

The author speaks and teaches from her personal experiences as a Psychic Medium. In the event you apply any of the information received by way of this book, the author assumes no responsibility for your personal experiences.



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Introduction

*Death is not the greatest loss in life.
The greatest loss is what dies within
us while we live.
Norman Cousins*



Talking with the Dead - connecting with the Other Side - communicating with Spirit - whatever terminology you use, this subject has been fascinating people throughout the centuries. Whether we are aware of it or not, or whether we believe it or not, Spirits are around us, and continue to be around us no matter what.

Many people are interested and have already been communicating with the Spirit World not only psychically but using ghost tracing devices that have been created with a purpose to communicate with Spirit. There have been many movies, TV shows and books written on this subject, but how much do we really know about

communicating with the dead? How much do we know about Spirits and how to communicate with them?

I talk to Spirits on a daily basis. I help people here in human form communicate with their deceased loved ones. I help Earthbound Spirits move on to the next step of their soul's journey. Earthbound Spirits are souls who are hanging around, having left their human bodies here but are unable to move on due to various reasons. I help people who have transitioned to the Spirit World connect with their loved ones here on earth. Through my work I have witnessed healing for both those who are here and those who are in the Spirit World.

When I accepted the role of being a Medium, I had no idea how much healing this type of work could bring to people. I have seen miraculous healing take place through this experience which has shown me the tremendous benefits of communication between the worlds. My work and these experiences

prompted me to write a short but straight-to-the-point guidance and information book sharing what I've learned about talking to the dead.

The information in this book is intended to give you simple, straight forward knowledge about communicating with the dead. It is intended to provide you with insight and a better understanding about this subject from my experience. This little book will not only assist you in communicating with your deceased loved ones but may help in cases where there is a presence of Spirits in your home. Perhaps you hear some unexplainable sounds, or have unusual activity such as moving objects or lights switching on and off without logical explanation.

You don't have to be a professional Psychic Medium to be able to talk to those in the Spirit world. Everyone has the ability to communicate with Spirits on some level.

This book consists of the following:

I Part

Basic introduction to communicating
with
the dead

II Part

101 things to know about
communicating
with the dead

Afterword

PART I



Some of the terms that are commonly used when 'talking with the dead' are:

- * mediumship
- * speaking to the dead
- * connecting with the Other side
- * speaking to deceased loved ones
- * speaking to those who have crossed over

What do you call a person who speaks with the dead?

A person who speaks with the dead is called a Medium or Psychic Medium

Is there more than one way to communicate with the dead?

Yes there is!

The most common methods of communicating with the dead are referred to as Mental Mediumship and Physical Mediumship.

What is Mental Mediumship?

Mental Mediumship is when a Medium is using one or all of the following forms of communication:

- * receiving visual images
- * hearing voices or other sounds
- * sensing Spirit presence and energy

What is Physical Mediumship?

Physical Mediumship is when Medium is able to withdraw within and disengage from conscious control of their mind so much that they allow it to function under the influence of a spirit.

How did Mediumship Start?

People have been communicating with the Spirit world since the beginning of time, however the major Mediumship movement (Modern Spiritualism) happened in the mid 19th century. That was the time when people began to speak about communicating with the Spirits of the dead, who were able to lend insight to the living.

Daniel Dunglas Home (1833 - 1886, Scotland) was one of the first famous Mediums.

In 1848, the Fox family in Hydesville, NY, were visited by Spirits who came to show them that life after death exists.

During the 1850's, Emma Hardinge Britten, born in England who later moved to America, became famous as a Trance Medium. Early demonstrations of Mediumship were more physical, and involved rapping, table-tilting, and materialization

whereas now Mediums focus more on delivering messages from the dead using their mind and senses as a receiver.

There was a time when people who practiced Mediumship were subject to ridicule and persecution from the church and skeptics. Nowadays however, Mediums are more highly thought of and they can easily work openly, write books, teach classes, and offer private sessions. It is more common now to see Mediums on television and radio, just as many TV shows have been created based on true Mediumship experiences such as 'Medium' and 'Ghost Whisperer'.

Death is Fair

We humans tend to fear everything that is unknown to us therefore death has been feared by many. Death is one thing we can be very sure about in our lives; we are all going to die one day which makes death fair.

Death takes everyone and spares no one. Whether you are rich or poor, black or white, a banker or a homeless person, a king or a queen, no human will escape it, no money can buy human eternity. Having said this, I suggest that we accept death for what it is and learn as much as we feel guided to about the subject so we may expand our knowledge in order to become more accepting of the inevitable. With knowledge we are then prepared when it touches our lives directly or indirectly so the journey of transition from the physical body to spirit form is done with ease!



PART II

101 Things to Know about Talking with the Dead



1

Whatever you or anyone else believes about the Spirit World, it exists! When people die, they merely lose their physical body, their soul is eternal.



2

The Spirit World is not a physical place. It is energy, a different dimension and frequency than is experienced here in our physical bodies. It is like radio waves where we can tune into 'earth' station and 'heaven' station.



3

Various movies and television programs have made the Spirit World and ghosts seem more scary than they are in reality.



4

Those in the Spirit World don't always show up as they were in human form, visible to our physical eyes. They also don't necessarily speak in a voice so we can hear them. This does happen, however for the most part they communicate energetically. You may get a sense of knowing, inner vision, a voice or picture in your mind's eye, or through all the senses together.



5

Spirits will often communicate to us in symbols. This is because they are vibrating at a different frequency than we are so their main way of communicating is no longer physical.



6

Those in the Spirit World keep the energy and character of the person they were when they were in physical form.



7

The more clear and focused we are, the more clear and focused our communication will be between those on Earth and those in the Spirit World.



8

There is no right or wrong way to communicate with deceased loved ones and others in the Spirit World. Some people have a natural ability to tune into the frequency of the Spirit World but everyone has the ability to communicate. Some people may need to invest more time and effort into speaking with those in the Spirit World.



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Communicating to those in the Spirit World is not as complicated as many believe it to be.



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Those in the Spirit World are always happy to communicate with us. If it seems like a connection is hard to make and it seems as if they are not coming through, there is usually a reason other than them not wanting to communicate. Here are a few possible reasons:

- * It may be that we 'expect' our loved ones to come to us in a certain way so we end up dismissing the way they chose to bring messages to us

- * It may be that we are filled with many thoughts and can't tell the difference between our thoughts and the thoughts in which our loved ones are attempting to communicate

- * It may be that we are too emotionally attached causing us to overlook our loved one's attempts to communicate



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In the same way as we sometimes have a hard time letting go of a loved one who has crossed over to the Spirit World, there are those in the Spirit World who have a hard time letting go of us.



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There are some Spirits who don't want to accept that they have crossed over and there are Spirits who are unaware that they have crossed over. These Spirits are bound to Earth and are referred to as Earthbound Spirits.



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Earthbound Spirits have unfinished business and until they finish their business, they stay close to Earth. As often seen in movies, it is true that Spirits linger around until they find someone in a physical body who can assist them to finish their unfinished business so they have peace of mind which allows them to move on.



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Earthbound Spirits hang out at various places. They may stay in the house where they lived or someplace where they have significant memories, or even hang around the person whom with they wish to settle their unfinished business. Some historical places are filled with so many Earthbound Spirits they are referred to as 'haunted'. Spirit presence in these places is very real and visible.



Some Earthbound Spirits have been around for so long, they have given up on ever finding a way to settle their unfinished business. Many are 'hitchhiker' Spirits which means they attach to people here so they may experience earthly life through them which can cause the person they are attached to feel somewhat stuck on their path. Mostly people who have addictions or are emotionally vulnerable are targets for Earthbound Spirit attachments.



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People who have Earthbound Spirit attachments may suddenly find themselves experiencing unexplainable urges to take action that is unlike their usual behavior. They may find themselves addicted to some unusual actions or substances. The person with the Earthbound attachment may not be aware of their unusual behavior but it is often apparent to the people around them.



A simple way to communicate with those in the Spirit World (especially deceased loved ones), is to think of them, call their name aloud or in your mind, and talk to them as if they were there in person. You may want to ask your deceased loved one for some sign that they are there with you. The sign your loved one brings to you may come right away or you may get it later but you will definitely be given a sign. Remember to be aware that the sign may not be in the form you might expect.



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You do not have to be a professional Medium to communicate with those in the Spirit World. You do not need to do a special ritual or wear special clothes to do this. As long as your heart is open, the doors of communication are open.



If you are naturally tuned into the frequency of the Spirit World, you might have Spirits visit you at unexpected times and places. It is okay to set boundaries with those in the Spirit World just like you would with people in your life. How do you set boundaries? One way would be to simply tell them, aloud or in your mind, that you are not willing to communicate with them at that particular time.



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It is understandable that you take time to grieve the loss of a loved one. Remember no matter how much you love and miss them, they are on their journey and you are on yours. Make living your life a priority and do allow yourself to grieve!



We may think that people who commit suicide are bound to Earth after taking their lives, however that is not necessarily the way. If that person felt that their life was fulfilled and they were ready to leave, the soul chooses that method and moves on. On the other hand, if they left with unfinished business, they will remain Earthbound until they are able to deal with their unfinished business. When someone commits suicide it doesn't necessarily mean their Spirit is going to suffer or be Earthbound. Every case is different and it will depend on what motives the person had when committing suicide.



One of the most important lessons those in the Spirit World wish to teach those of us who are still here, is to take chances, live in the moment, and do not take what we have for granted as it can all be gone in a split second, leaving us with regrets about not appreciating and enjoying what we had when we had it.



When people cross over unexpectedly, they are more than likely to have unfinished business with someone or something on Earth which will keep them bound to earth. Earthbounds are also referred to as Spirits and Ghosts.



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If we are obsessively thinking about our deceased loved ones and are unable to let go, it is harder for them to move on as well. This also works the other way around where they are having a hard time letting go of us, it is harder for us to let go and move on. It is a team effort to accept death and move on.



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One of the big reasons why a deceased loved one will stay Earthbound is they are attached to who they used to be and their experiences here as that person. They often feel guilty for something they said or did, or didn't say or do. They are looking for forgiveness before they move on. This is often the case with those who are left behind on Earth as well.



A common story shared by those who have been near death, is to experience moving towards the light. Souls who have unfinished business, don't usually move forward into the light until they have closure. Closure may happen with the help of a Medium or sometimes the passing of time will take care of it.



Earthbound Spirit's are happy to spot someone alive who can 'see' them, as it gives them hope for a possible opportunity to finish their unfinished business, get closure and move on.



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Talking to the 'dead' is just like any task, the more it's practiced the easier it's mastered.



Talking to the Spirit World is a language of its own. It's like learning a foreign language and for the most part, this language is flexible in such a way that everyone using it experiences it in a very unique and individual way.



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In order to communicate with those in the Spirit World it is important to develop an individual and personal understanding of symbols. Even though there is a lot of information about the general meaning of certain symbols, they have different meanings for different people. So it's important to be aware of what meaning these symbols have to you personally.



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Deceased loved ones or other spirits might visit you in your dreams. Your connection with them through dreams is just as real as in awake time.



It is common for Spirits to try and get our attention through physical actions like making a phone ring, turning electrical devices on and off, or knocking at a door for instance.



We need energy to live, we sleep when we are tired, eat to fuel our body, and we learn, observe and talk, all of which helps to give our mind energy. Earthbound Spirits require energy as well however they don't get energy in the same way as we do, they often feed on the energy of our emotions. The more intense our emotions are, the more an Earthbound Spirit has to feed on.



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Taking good care of yourself and your health ensures strong energy and therefore prevents you from being used by Earthbound Spirits in an unhealthy way.



If you have a feeling there might be Earthbound Spirits around you or in your home, do something about it! You can talk to the Spirits to see what they want, or ask God or other higher powers in the Spirit World to help you help these Spirits move on. You can also tell these Spirits to go to see someone who might know what to do, if you feel you can't help or are uncomfortable with the situation. Even for a Spirit it doesn't feel good to be ignored.



You can ask Spirits to talk louder, be more specific, or ask them whatever else it is you would like them to do in order to help you communicate with them more successfully.



There are certain times of the year when communication between our world and the Spirit World is naturally easier, like at Halloween or during eclipse time, or even around midnight to name a few examples.



If you have a feeling that a deceased loved one is around you, they most probably are. Trust your intuition and remember that Spirits don't usually show up as dramatically as seen in movies!



Spirits have many memories to share and we can never be sure which one they find most significant to talk about. Don't be disappointed if the memory they choose is not the one you would have chosen or thought to be most significant.



Spirits don't have physical bodies anymore so they move much faster than we do in our physical bodies. It also means that when they communicate with us, they bring information faster so sometimes it's hard for us to 'get' their messages. They may come in like a flash and we may see them out of the corner of our eye.



When Spirits contact us, it sometimes happens in a very subtle way and in such a way it makes sense to us. Deceased loved ones usually come through with something that was connected to them, a message, sense, smell, or a song that was significant to them. Something that will make us think of them.



Everybody has a different way of sensing Spirits. Some people may feel a cold breeze when they are around, some people may feel a certain sensation somewhere in their body, some might hear a certain sound. There are many possibilities and they are all equally valuable.



Communicating with the Spirit World can help us in many ways. It can provide closure, be an inspiration to us, give us confirmation we were looking for about some aspect of our lives, or provide comfort. This communication can be just as beneficial for them as it is for us.



Generally it is women who seem to be more interested in psychic awareness, however men have the same ability to communicate with the Spirit World as women do.



Language is only a limitation in the physical world. When communicating with Spirit, it doesn't matter what language the person spoke when they were on Earth. Communication happens through senses and thoughts, therefore there is no language barrier when connecting to Spirit.



It is not uncommon for Spirits to be attracted to people other than those they knew when they were here on Earth. Spirits tend to gravitate to people they share common interests with, they also tend to gravitate to objects and places that have significance to them.



Sometimes it is good to be a bit skeptical about the possible interference of Spirit in your life. However, if there is no logical explanation for unusual experiences, it is pretty safe to say there is Spirit action happening.



If we show Earthbound Spirits we are afraid of them, it is like giving them a green light to push us around.



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The better we know ourselves, the easier we can identify and communicate with Spirit.



So called “hell” is not a place where souls go when a person dies, it is rather a state of mind. We can be in hell whether we are here on Earth or crossed over.



When our souls cross over to the Spirit World we are greeted by loved ones who have gone before us. The soul moves through light, to a place of light and a review of that soul's recent life on Earth takes place.



Just like our actions in this seen world can and do make a difference, actions taken in the Spirit World can and do make a difference as well.



Those in the Spirit World have many stories to tell if we just take time and are willing to listen.



People who have experienced separation from their body suddenly, still feel alive at first and like they are in a dream.



When a soul leaves their physical body, it doesn't change who the person was. The physical body is only a reflection of who and what our soul is.



The soul's death experience may have been pleasant and light, or heavy and fearful, depending on the mindset and beliefs of the person dying. Much is revealed through the death process about people's beliefs at the time of death, for both the souls crossing over and those who remain here on Earth.



A number of Spirits stay close to Earth and interact with those alive because it gives them some level of comfort. Some are too afraid to move forward on their soul's path because they don't know what to expect. They are more familiar with life on Earth.



Earthbound Spirits for various reasons are attracted to certain places such as bars, police stations, emergency rooms, hospitals, mental institutions, and antique dealers for example. They hang around bars feeding on the drunk energy that is created there. Police stations, emergency rooms and hospitals oftentimes attract Earthbound Spirits who have crossed over in accidents or by some other way of tragedy and they hang around these places waiting for closure. Hospitals will also attract Earthbound Spirits who were addicted to pharmaceutical drugs when they were on Earth. Many people in mental institutions are energetically out of balance which makes them vulnerable and open for Earthbound Spirits to ‘jump in’, and antique shops attract some Earthbound Spirits who are attached to their possessions.



Earthbound Spirits can be attracted to certain places, houses, activities and people depending on how attached they were to something. It is hard for them to let go and move on, so they stay close to whoever or whatever that attachment is. Their emotions toward these people, places and things become bound to the physical world.



Spirits can be very unpredictable. They tend to show up in unexpected places in unexpected ways. They move around a lot and are able to move from place to place in a split second.



Ghostly impressions can be left behind at certain places where large events took place such as wars, protests, and gatherings.



Spiritually minded people who cross over are less likely to become Earthbound Spirits even if their death has been sudden and unexpected. This is because they are more in tune and work with different dimensions in their experience on Earth. Spiritually minded people believe in life after death so their transition to the Spirit World is easier.



Some indicators that there might be Spirit action in your environment would be hearing strange noises, objects moving inexplicably, interference with electrical objects, distinct smell, or feelings of cold air with no logical explanation.



The Spirit World is not a physical place and it is not up in the sky. It is in another dimension, a parallel universe.



There is nothing to fear when encountering Spirits. All they really want and need is to be heard and be helped to move on. If you encounter a Spirit and are afraid or you are not sure what to do, or you don't want to deal with it, what you can do is send them love and light instead of shutting them out. They are just as real and alive as you and I only without a physical body. It is important to acknowledge them.



When communicating with those in the Spirit World, it is important to remember that you are in charge. You can't be affected by any negative spirits or negative energy if you do not allow it to happen. The more confident you are in yourself and the more experience you gain, the more easily you will be able to tell the Spirits apart and understand what they communicate.



You can always ask a Spirit to communicate more loudly or clearly, or to provide you with signs and memories that make sense to you. It is important to improve your natural abilities as well, but know that Spirit is happy and willing to communicate and will do everything in their power to help you hear them. Listen. Listen with all your senses and let go of any preconceived ideas of how Spirit 'should' communicate with you.



Once you have made contact with someone in the Spirit World and start to receive messages in either form or shape, trust what you are getting. It is for real. The information you are receiving is given to you for a reason. Trust.



Communication between the worlds is most profoundly possible when our intention from this side matches the intention from the Other Side. If we are open and willing to communicate, Spirit is always there for us. Always!



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The more in tune with yourself, the easier it is for you to receive messages from Spirit. The more in tune you are with your senses of touch, taste, smell, sight or hearing, the more aware you will be of subtle changes in these senses which Spirit may use to communicate with you.



Connecting with Spirit happens by way of energy. When you take time to notice physical energies around you, the easier it will be to notice different energy around you, including the energy of Spirits.



Communicating with the Spirit World employs all the senses. You may find a particular sense might be naturally more developed than others. Just like we might be better at sports than we are in the arts, some of our senses are more prominent.



Everything in the Universe vibrates at a different rate of energy. In order to communicate with the Spirit World we need to speed our energy up and Spirits need to slow down their vibration. It is a joint effort.



There are many divination tools that can be used to communicate with those in the Spirit World such as oracle cards, tarot, runes, Ouija board, playing cards, etc. No one tool is better than the other, it is a personal choice.



When you connect with the Spirit World and you receive a message, make sure you stick with what you get even if you don't understand the meaning of it right away. Not all messages will make crystal clear sense right away. Ask for some clarity regarding the message. If a message is given, there is a reason for it. It's often not the message but our interpretation that makes all the difference.



When you decide to communicate with those in the Spirit World, by yourself or through a Medium, it is important to be genuine with your intentions. When your intentions are genuine you will get the most from the communication. If you are doing this to 'test' if it works or 'test' the Medium, this comes from ego and can interfere with the communication flow. This practice of communicating with the Spirit World is about helping and healing. Therefore it must come from our heart space.



If there is someone in the Spirit World you would like to communicate with, try to communicate with this person yourself before asking someone else to do it for you. Even if you think you can't do it, give it a try! Our deceased loved ones are trying to communicate with us the best way they can but it's usually a team effort and requires some work on our part as well.



Deceased loved ones are not Angels. They can act like Angels but are not exactly Angels. One of the differences is that Angels don't have ego but deceased loved ones still do. Their guidance is not as pure as that of the Angels.



When communicating with someone in the Spirit World it is important to keep in mind that there is a difference between what one wants to hear and what one needs to hear. We have a greater chance of receiving exactly what we need to hear if we don't have expectations.



There is a golden sacred rule when talking to those in the Spirit World and that is to take what we get and let it be. Trust is important. If we begin to over analyze or doubt the meaning of a message it is easy to lose the connection and get messages confused. If we over analyze or doubt messages then we may end up with a message that is partly from Spirit and partly from our mind.



Earthbound Spirits or Ghosts feed on emotions that are created by the living. They also use natural energy like a Full moon for example. They are affected by certain times of the day or month or year just as we are.



One way to know that Earthbound Spirits have moved on is the change in atmosphere or change of energy in the room. Earthbound Spirits usually have a heavy, sometimes angry energy which is washed over with a peaceful energy once the Spirit moves on.



In order to communicate with those in the Spirit World it is not necessary to be in the same room or place where the person was when they were alive. Communication happens through energy so it is accessible regardless of the distance between you and them.



Some Earthbound Spirits believe that they will be punished for the 'mistakes' they made while they were living. They fear their mistakes will not be forgiven. That is sometimes their reason for staying close to Earth and not wanting to move on, yet they don't realize it is forgiveness they need to give to themselves.



If people disrupt a place where an Earthbound Spirit lived or spent a lot of time in when they were on Earth, this can easily spark a disruption in them as they are attached to places where they felt safe and comfortable when they were here. We never know how an Earthbound Spirit might react as a result of this kind of disruption and they may choose behavior that causes us to believe a place is haunted.



When you feel the presence of someone from the Spirit World around you, don't question it. Instead acknowledge them and let them know (aloud or in your mind) that you know they are there. Then send them loving thoughts, express your feelings, or ask them questions. Don't be frightened if you get a sense of being touched by a Spirit, or notice a certain smell, or see objects moving.



There are Earthbound Spirits who are lost and confused. Some are looking for forgiveness or closure. Once they are able to get what they are looking for, they are happy to move on. There are other Earthbound Spirits who are not so quick to move on. These particular Spirits require us to do more work and invest more energy into helping them. They must be willing to move on, this can't be forced because even in the Spirit World we aren't able to interfere with anyone's free will. Therefore 'banishing' ghosts doesn't really work as well as loving and respecting them.



Oftentimes when we make a connection with a deceased loved one, they will have a message of love for us. Love is what deceased loved ones want to make known to us. They want to make sure we know how much they loved us and that love is still what they feel for us from the Other Side.



It is not necessary to visit a cemetery to connect with your deceased loved ones. That is where the physical body is buried however that is not where the soul is.



Children are particularly sensitive to energy and Spirits and often have 'imaginary friends'. At times these imaginary friends can be Earthbound Spirits. If that is the case, you may notice your child experiencing frequent colds, find broken toys the child insists they didn't break, or they may develop sudden and inexplicable fears. Make sure you encourage children to talk about their experiences and let them know there is nothing to fear. This way they won't develop unnecessary negative feelings about their ability to see and sense Spirits.



If you have a feeling you have an Earthbound Spirit in your home or attached to you, do everything you can to learn about this Spirit. Ask who they are and what they want, and ask God or any Spirit helpers you call on, to show you who this Earthbound Spirit is. Notice any signs, messages, or images you receive regarding this Spirit. Do not discard any information. It's best to know who you are dealing with and if you need help from someone on Earth to communicate with this Earthbound Spirit. Make sure you research that person and use your intuition to choose your helper. Dealing with Spirit is delicate work, therefore well worth the effort to connect with someone you can trust.



Souls who have crossed over to the light, want to be remembered in the spirit of joy, and celebration of their existence and being! Once they leave their physical body and go to the light, their limiting beliefs lift and their perspective of life goes beyond ego. They don't hold grudges and wish we could see life from the higher perspective as they do and not get caught up in details. They want us to forgive ourselves for not being good enough to them, or forgive them for not being perfect. In the Spirit World none of it matters.



Grieving is a natural process after a loved one crosses over. Many souls who cross over also go through a grieving process. The difference is that souls on Earth are still in a physical body but souls on the Other Side no longer are. It is important to honor yourself and your feelings of grief.



If you are naturally sensitive and receptive, it is quite possible that at some point you will have Spirits trying to get your attention so they can communicate with you. It may not necessarily be a deceased loved one, but those in the Spirit World in general. Spirits can see who is sensitive and receptive from where they are, it's as if we have a certain glow around us. They can see we are open and wish to use us as a tool for them to be heard.



You have not lost your deceased loved ones, they are still with you in Spirit because we are all connected energetically.



Holding something that belonged to your deceased loved one might make it easier for you to connect with them. You can hold or visualize something that was important to this person when they were here. That something can work as a tool to create a stronger connection.



If you have an existing established connection with Spirit and have practiced communicating with Spirit for some time, remember that there is always something to learn and space for growth and improvement of your skills.



If you are looking for validation when connecting with the Spirit World, you might try asking for some significant memory or some specific details to which only you and that person could relate.



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When you connect with Spirit, let your focus be on healing and helping in whatever capacity that is. Whether it's helping the Spirit, or the soul on Earth or to heal a situation, it is ultimately about helping!



Talking to the dead is like putting together pieces of a puzzle. Information and messages can come in many different ways, shapes and forms. Our part is to piece together all of the information, much like you would a puzzle, in order to make sense of it.



Afterword



We are all souls here in a physical body. Our energy has taken human form but it is temporary. Memories of our souls are permanent, as are the lessons we have learned, and emotions we have experienced, however the actual physical body only temporarily houses our soul.

I believe we have a choice of living many lifetimes here on Earth. I believe in the law of cause and effect, and I believe that our actions decide our future fate. That what we experience now is a result of what our actions were in the past. I believe that as a soul, we have a choice to experience everything we choose to, whether it takes one lifetime or many for that to happen. I believe that living this life today and sharing this lifetime is only

one of many aspects of which our souls are capable.

I also believe that in every given moment, what matters most is that regardless of the circumstances in which we find ourselves, that we do the best we can. Circumstances might change in five minutes and our best may change accordingly, however in the present moment we always have the choice of doing the best we can in a way that matters. We owe this to ourselves, to do the best we can and to be ourselves from the deepest space of our heart and soul. I would like to conclude this book with what I feel is a very important message left by those who are now in the Spirit World.



TOP FIVE REGRETS OF THE DYING:

Bronnie Ware, a woman who worked for years in palliative care with the dying, wrote a list of the top 5 regrets that people express on their deathbed:

“1. I WISH I’D HAD THE COURAGE TO LIVE A LIFE TRUE TO MYSELF, NOT THE LIFE OTHERS EXPECTED OF ME

This was the most common regret of all. When people realize that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even half of their dreams and had to die knowing that it was due to choices they had made, or not made.

2. I WISH I DIDN’T WORK SO HARD
This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female

patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.

3. I WISH I'D HAVE HAD THE COURAGE TO EXPRESS MY FEELINGS

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

4. I WISH I'D HAVE STAYED IN TOUCH WITH MY FRIENDS

Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone

misses their friends when they are dying.

5. I WISH THAT I HAD LET MYSELF BE HAPPIER

This is a surprisingly common one. Many did not realize until the end, that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to themselves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are on your deathbed, what others think of you is a long way from your mind."

(excerpt from the article "Top 5 regrets of Dying" by Bronnie Ware Article source: http://EzineArticles.com/?expert=Bronnie_Ware)

There is always room for growth in our lives, no matter what age we are, or where we are with respect to our Spiritual growth. Life is a choice. Living is a choice. Before it is our time

to cross over to the Spirit World, let's let the top five regrets of the dying be a great reminder of what's important in life. This way when it is our time to go, we can look back on our life with a smile, knowing we did the best we could, we were the best person we could be, and that we lived a fulfilled and meaningful life that mattered, so when it is our time we will be ready to move on with no regrets!



About the Author

Originally from the heart of the Baltics in Eastern Europe, ReGina L. Norlinde is an Empowerment Psychic Medium who Talks to the Dead. She has an amazing ability to help those on Earth and in Spirit to heal and move on.

ReGina is also a Speaker, Spiritual Teacher, Author, TV & Radio Producer and Host, who helps others on their path of Spiritual Growth. She offers her services to people around the world and between worlds – wherever her help is needed.

To learn more about ReGina or to book a Mediumship session, please visit her website at www.reginanorlinde.com



Also by ReGina L. Norlinde

“The Power of Being Different -
Embrace Your Uniqueness”
2008

“Embrace Your Uniqueness”
2009

“101 things to know about Talking
with
the Dead” - CD & DVD
2012






If you or anyone you know is interested in learning more about this topic or wishes to sharpen their intuitive skills with respect to communicating with the Spirit World, ReGina offers online webinars on an ongoing basis.

CD's and DVD's on this topic are also available for purchase.

ReGina produces and hosts an online radio talk show dedicated to this topic called SoulSpeak with ReGina.

Visit her website for further information or contact ReGina directly regina@reginanorlinde.com





We hope you enjoyed this first book from the “101 Things” series.

If there is something you’d like to share after reading this book, any comments, or your own experiences interacting with the dead, you are welcome to send an email to: regina@reginanorlinde.com