

## ► Communication with Spirit

Spiritual medium Carole Obley reveals what she's learned about life beyond this physical realm, and how her gift serves as a healing tool for grief after the loss of a loved one, in an interview with Evolution Revolution Radio



**NO MATTER WHAT WE SAY OR DO, THE DEATH A LOVED one is always a heart-wrenching experience. We want him or her back here in this physical world, and no matter what spiritual belief we hold, nothing seems to comfort us at the onset of such grief.**

*But what if you could hear from your loved ones, and know they are OK on the other side? What if you could be assured of life after death from this physical world, and find comfort in knowing you really haven't lost anyone?*

Carole Obley's new book, "I'm Still With You," provides examples of the healing power these truths can offer using real-life sessions she held for people looking to connect with loved ones on the other side. Below is an excerpt from Obley's interview on Evolution Revolution Radio in March 2009.

**Dulcinea:** As humans, we all experience grief. It's part of our growth opportunities. Can you tell us what your mission was with the book "I'm Still With You," and what the offerings are so people can

experience your very gentle approach, and the very powerful tools that you offer throughout the book?

**Carole Obley:** My intent with the book was to show people, No. 1 they are spirit, which is the focus of my work, but specifically I wanted to show how the knowledge of understanding that we don't die, and that we can communicate with other realms of existence beyond the physical, can help us to heal the illusion of separation. That is what grief is. The death of someone rips a hole in the fabric of our existence, and it leaves the opportunity of spiritual enlightenment to enter through pain. That is how we grow. I wanted to show people how understanding that we don't die will ease grief, and to know that we are still with them — why I chose that title — but just in a different form. The stories I use there are exactly transcribed from cassette tapes from private sessions I did. There are 20 stories of people who came to me as a spiritual medium wanting to hear from someone



*Dulcinea is the host of Evolution Revolution Radio, available as podcasts on iTunes.*

in spirit, and then I did a follow up phone interview with them to ask them, “How did this help you? Was it a step in your healing journey? What are your spiritual beliefs? In what way has this led to spiritual development for you?”

So the stories are organized in chapters depending upon the relationship of the deceased person to the client who came. For example, there is a chapter called “Forever Young,” and those are people who lost children, and a chapter called “A Parent’s Love Never Dies,” and those are people who lost a mom or a dad. Basically, an overview [of the book] is who are we beyond this physical

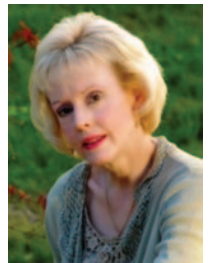
yourself the grieving period. If you go to counseling, do that. We spoke to Tammy, whose mother had a very rapid passing. A lot of times people absolutely have a lack of closure when that happens, and that is difficult. It’s difficult enough when someone passes that we know is going to pass, let alone when someone passes unexpectedly. So a lot of times we are in that shock state. There are five stages [of grief] that Kubler Ross spoke about in her groundbreaking work, so it’s really important that we allow ourselves to go through these stages. Mediumship is simply another healing tool, but you must feel the feelings and go through

that journey before you seek a reading. I’ve actually turned people away because they are too quick to come for a reading.

**Dulcinea:** Let’s step back from the details of grief, and let’s look at the bigger picture. Why do we create these life challenges? Why do we set ourselves up to encounter grief? Is there a blueprint for that grief we each encounter individually, and what’s its purpose? Then how do we, of course, manifest optimally through that experience?

**Obley:** I have discovered through years of doing readings for people in mediumship and connecting with the spirit world — and not only deceased loved ones, but also spirit guidance or those souls who have agreed before we come here in the physical

realm to help us on this life’s journey — how people write what I’ve termed as blueprints for the life incarnation. So coming here into the physical realm, we kind of pre-plan life. That doesn’t mean we don’t have free will. We certainly do. I’ve seen that in operation many times. We have choice. What I have discovered though, and what my own spirit guides have shown me, are these plans called blueprints we write with the help of spirit guidance before we come here, and basically what they consist of



Carole J. Obley, spiritual medium, can be reached at [www.soulvisions.net](http://www.soulvisions.net).



*“You should feel the feelings. Go through the journey. Allow yourself the grieving period.”*

body we have, and where do we go when we pass out of it. The second chapter is called “Death A Beginning,” and I wanted that to be paradoxical because we think of death as an ending, but it’s really a beginning back into our spiritual identity.

There is a lot of information on my Web site about mediumship, how to get a good reading, and what to expect and what not to expect when you get a reading. This is not a cure all for grief. I’m always very honest with people. You should feel the feelings. Go through the journey. Allow

are lessons to be learned — areas of our spiritual identity that are out of balance, and still need healing. So some of them may be rather difficult challenges. For example, someone who is born into a family in which there is a tremendous amount of physical abuse, alcoholism or poverty — those are life challenges I believe are part of a divine life blueprint. And through those, the soul grows, and the soul will gather experience through those particular challenges. One of the things I have seen is perhaps someone is orphaned at a very young age, and you think

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“What could be worse than that?” There was something there that soul really needed through experiencing that loss. Perhaps it’s self-reliance or perseverance. I have clients who come who experience not only the death of a spouse at a relatively young age, but a fiancé. This is a person in the book. She actually said to me, “I don’t understand why this has happened,” and there was anger with her and a turning away from her spiritual beliefs because of the loss she had with losing two significant people in her life at a relatively young age. The last I spoke with her, which was quite some time ago, she was still processing that and trying to understand why that happened to her. Both of them were very quick passings, so there was no time for closure with that or saying goodbye.

So I believe in some way these blueprints serve as opportunities for growth for us on a spiritual level. Furthermore, there are certain codes I have seen with people that will be activated at certain times in his or her life, and they are very subconscious. I’ve spoken about the Akashic record. It’s an imprint of everything we have ever done or said or been, through many lifetimes, and many other intuitive and mediums have spoken about this and written about the Akashic. If you can read it, it will reveal the lifeplan or blueprint. You can read that on someone if you are intuitive. That started happening to me spontaneously, a

while ago when I first started, and I would get these fuzzy impressions of the person sitting there in another time or place. I believe I was seeing the Akashic, and that can be past incarnation information, and it could also hold the future based on the intent.

There are also karmic relationships we have that are part of the blueprint. Some of the listeners have probably felt, “you know, I’ve connected with this certain person and I feel like I’ve known them before, there is this magnetic attraction. I can’t seem to release the

relationship. I feel very close to them, and I feel compelled to see it through.” That is probably part of the blueprint, and there is something that needs to heal between you and that individual.

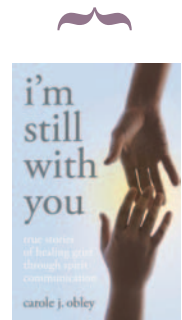
*For more information on Carole Obley or to book an in-person or telephone appointment, visit [www.soulvisions.net](http://www.soulvisions.net).*

#### EDITORS’ NOTE

*Thanks to Dulcinea at Evolution Revolution Radio, I connected with Carole Obley during this interview and she gave me a 15-minute reading. I found her to be extremely accurate and a genuine individual with a true desire to help others heal. To listen to the complete interview, including the beginning where I called into the show, visit [www.evolutionrevolutionradio.com](http://www.evolutionrevolutionradio.com), or the press page of Elevated Existence to download the audio file.*

**Evolution Revolution Radio is focused on offering its listeners intuitive and balanced information that fosters transformation both personally and globally, ultimately raising the consciousness on planet Earth, according to its host, Dulcinea, a metaphysician, clairvoyant, clairaudient intuitive and spiritual teacher.**

**Her weekly interviews can be downloaded as podcasts for free on iTunes by searching for “Evolution Revolution Podcasts.” For more information, or to listen to the full version of the interview with Carole Obley, visit [www.evolutionrevolutionradio.com](http://www.evolutionrevolutionradio.com).** EE



*“I’m Still With You True Stories of Healing and Grief Through Spirit Communication” by Carole J. Obley*