



## Caterina's Newsletter - 2013

### "The truth about death - there is no death!"



*My Dear Friends,*

Welcome to my new series of monthly newsletters of inspiration, guidance and love.

Each month I will be posting a free short newsletter and video message on my website, in the hope of empowering all who need and want to change their lives with love. This introductory newsletter is the first and thus biggest, to kick off this new series.

My newsletters will be shared in the hope of conveying messages of truth, to dispel myths and to encourage more conscious awareness of the gift of our life each day - no matter what is happening to us, or where we are, so that each and every one of us can take more responsibility for our own happiness, well-being and love by empowering ourselves. Only from a position of **first** realising the inner-love and inner-strength within us (*God within us*), can we then give and receive love in equal measure, to and from others.



The reality is that all of us, no matter who we are and what we do - needs and deserves love. Yet many of us are constantly seeking love, approval and acceptance in ways, in places and in people who are our outside of us. This is an error; love is God within us as us, and our life mission, in whatever circumstance we are born or find ourselves at any given moment - **is to reconnect to love that is already within us.** We mistakenly think that someone else must exist to give us love in order for us to feel loved and, that if we give something away first, we will then get some love. Yet as we all know, whether it be in marriages, romantic

partnerships, families, friendships or workplaces - giving with the intention of receiving, never works. Society, doctrines, organisations, political ideologies and the media tell us (and sell) to us - confusing messages that we must give, sacrifice and martyr ourselves, for a cause or for our families or for someone else - in order to be worthy of love. These messages are often based on provoking guilt, not love, and have the effect of preventing us from cherishing, appreciating and loving ourselves first, by perpetuating the myth that our salvation only comes from some special person and the idolisation of things, or indeed famous people or someone in authority - that is, something, anything that is outside of ourselves. Yet we are then constantly dissatisfied and puzzled as to why no matter how hard we try, we seem to be forever unfulfilled, empty, and yearning.

We may try to convince ourselves that all is well, that we are fine until one of the most traumatic events we can experience in life happens - the death of someone we idolise worship and love. Whether we lose a parent, partner, sibling, child, pet, a dear friend or even a whole group or a famous person of whom we are a fan - death is the ultimate equaliser for all of us on earth, an event that will touch us at one time or another.



The images of movies and stories are that death comes to the old; hence the fear of ageing. The obsession with preserving youthful appearances is in many ways, just a fear of death. Most of us presume that our parents are immortal and will be around for us until they are so old that we don't need them anymore, when we feel sure we will already have someone else or a family of our own who has already well replaced the need for them. We presume death will never come to our husband or wife, and we rarely expect our children to die before us. In whatever form - death when it does come, almost always feels like an intensely painful shock that throws us completely off balance. Death then rightly makes us question our lives and its purpose and meaning.

Many good books have been written about death and the life thereafter, and there are equally many sceptical scientific studies arguing that there is no evidence of life after death. However my experiences as a medium and spiritual healer causes me to share what I know as fact; there is no life after death, because there is no death. Life always was, always is and always will be. God is life and we are **each and every one of us -expressions of God through life**. The entire universe is a manifestation of God - and this is what is meant by our being 'made in God's image'.



We do not return to a 'soul state' when we die; we are all always spiritual souls, as aspects of God, who in the passage of a life-time, inhabit a body and then mistakenly think' we are separate from God and from each other. Like putting on a suit or dress before we walk out the door - our soul puts on a body for the purpose of travelling the passage of a life-time. We are not human bodies with souls; we are spiritual souls with a body. We forget this when we are born and are distracted by the material aspects of our lives by virtue of our realising we have bodies. Our task in life is to remember why we were born and our life purpose - to re-ignite our connection to God by going within to connecting to God's love that is already innately within each of us.

This is the story of Adam and Eve; that man and woman became aware of their bodies and upon that awareness mistakenly thought they were separate from God. *Their original sin was the error of thinking they are separate from God* after God gave life a physical form through which to experience and manifest life in this world and universe. It was not a story about being naked or women being sinful eating apples and tempting men into sin.



When we 'die', we reach the end of the journey of the particular life we were *pre-destined* to take in a particular life-time. We then shed the body that housed our soul. Our life passage is but a passage we take to undergo life experiences and challenges which are opportunities to overcome the false perception that we are separated from God and from life. We enter one life-time in our bodies, and may continue to do this for some 'time', for the purpose of constantly evolving our consciousness and our oneness with each other. God is this oneness, the total presence and conscious awareness of the truth we are all united; this oneness with everything and everyone - is love.

This is what I call **God Consciousness**.

As the great Mahatma Gandhi also wrote - truth is God, and God is love. Life is a journey of constantly seeking the truth, in whatever challenges and situations presented to us during our life-time; whether it be overcoming childhood traumas, a life of poverty, a disability, a health challenge, career and family goals, finding or maintaining a romantic life partner soul mate, or achieving sporting or other career feats - life is a journey toward overcoming fear and realising our inherent loveliness and eternal oneness with all others and the universe - with **God**. Once we learn to love and accept ourselves as perfect just as we are - can we then give and receive love from others, and in so doing, generate a oneness which is an eternal connection with all others and the entire universe - **God**.

This total oneness with all people and the entire universe - **is God - love**. This does not infer the need for a particular religion or religious membership, practice, dogma, belief or doctrine. Although many people may feel closer to God if this method suits them. However one may be very religious but feel no love and a total separation from other people, in their families - and from God. For the most religious person, God might well remain an elusive mystery like an external mythical deity up in the clouds. Others might believe in a punishing or vengeful God who creates suffering and disasters, and still others feel there must be no God if there is death. God they say, would not allow death surely, so many understandably cite death as proof there is no God.



However, this is like an impudent child protesting against parents who force them to leave pre-school/kindergarten to enter primary school or high school or university. Who would commend a parent for allowing their child to remain in kindergarten all their life when they know their child has amazing potential to grow, evolve and bloom? God is like a loving parent, who allows us to grow and reach heights of the greatest elation joy and love, to our full potential. But unlike us, God gives us total free will and we full choice over whether we embrace life's opportunities for growth, or whether we resist them to remain trapped where we are.

Death is just such an opportunity for growth; both for the person who 'dies' and for those they leave behind. Though we are given bodies that experience pleasure and pain, enjoy health but can become ill and die, the truth is that life is not our bodies; our bodies are just one manifestation of life, an amazing spirit that can *never* be extinguished. The end of a body life is merely a transformation; it is not a death in the sense of the end of life. Death is a marking of the evolution of one life passage, which will go on again in another. Our loved ones who die before us are not gone - *they have merely gone ahead*. Whilst we do naturally and rightly miss them and their physical presence, and feel sad and grieve their physical absence - after a time we need to consider whether it is really fair to our loved ones who have advanced and gone ahead of us, to look back and see we are so miserable without them. Also, when we learn to tap into the love within ourselves, we in fact will feel their true real presence in pure loving spirit, even closer to us and with us, than perhaps ever before.....

Indeed, our own evolution and growth may not be possible unless that person is gone. We are like candles, unlit, but full of potential to burn brightly. Our dearest loved ones light our wick; whether it be a mother who gives birth to us, or to someone we fall in love with and marry much later on. When their life passage has ended and their purpose is fulfilled, we are left behind to keep burning and shining the light of love they lit up inside of us - so we can then evolve ourselves and pass this light of love, onto others. Our purpose is to accept the truth of every moment we are here, that our life is a gift, and that love is here within us and all around us, already placed inside of us. Our mission is to remove the layers of conditioned fear we have acquired, *in whatever circumstances into which we were born and then created thereafter*, to allow the light of love, already inside of us, to emerge and burn brightly within our own lives and like a lighthouse, to then share our light with the world, by lighting the candle wick inside all others.



**My work as a medium** often involves passing messages to and from loved ones who have crossed over usually messages of love as well as reassurance that loved ones are safe and well. My mission is also to convey to those of us still in this world, that the person who has crossed over in death, was not our only source of love and that they have not abandoned and left us alone for we are never alone. When we allow ourselves to realise that love is born with us, and is eternally in us - as God within us, we feel the joyous truth and good news about death; *that death is never to be feared because there is no death.*

Part of my work is to help those who choose to come to me, some of whom might be grieving over the death of someone they dearly love who they mistakenly think they have forever lost in death, to realise why *death is an essential part of life*. From this realisation we can then begin to overcome the fear of death, heal our hearts and return to the path that each has had before we were born - of remembering and then fulfilling our life purpose, by choosing love and courageously creating, appreciating and enjoying the gift of our lives.

Below is a famous poem by the late Elizabeth Frye (1932) that is often read at funerals and memorial services around the world. Now when you read the words of this amazing poem, you will hopefully realise how very close to the truth they really are:

***Do not stand at my grave and weep,***

I am not there; I do not sleep.

I am a thousand winds that blow,

I am the diamond glints on snow,

I am the sun on ripened grain,

I am the gentle autumn rain.

When you awaken in the morning's hush

I am the swift uplifting rush

Of quiet birds in circling flight.

I am the soft starlight at night.

Do not stand at my grave and cry,

I am not there; I did not die.

***With love, Caterina 2013***

**Suggested further reading:**

Christ's resurrection as accounted in *the Bible*(The Four Gospels of the New Testament):*A Course in Miracles*(ACIM, no author):  
the*Conversations With God*series (Neale Donald Walsch 1996 onwards):*Home With God: A Life That Never Ends*(Neale Donald Walsch 2007):*A New Earth Earth*(Eckhart Tolle(2009):*On The Death of My Son*(Jasper Swain 1989),*Edgar Cayce on Soulmates: Unlocking the Dynamics of Soul Attraction*(Kevin Todeschi 1999):*The Australian Ghost Whisperer*(Caterina Ligato 2012):*When Ghosts Speak; Understanding The World of Earthbound Spirits*(Marianne Winkowski 2009).

***NEXT NEWSLETTER***

The Role Of Spiritual Seers (a.k.a 'Psychics'): Suggestions For Lay People On Being Careful

**Caterina Ligato - Sydney, Australia (2013)**

(I thank my anonymous miracles writer for helping me in the creation of this newsletter).

**The Soul Centre**

Level 3, Suite 334

49 Queens Road ,Sydney NSW, Australia

+61 2 (0) 9518 0170

Email: [caterina@caterinaligato.com](mailto:caterina@caterinaligato.com) Website: [www.caterinaligato.com](http://www.caterinaligato.com)

