

Table of Contents

I.	About The Author	4
II.	Preface	6
III.	<u>Introduction:</u> <i>Beginning Your Journey...</i>	14
IV.	The Story of Sean, Part I: <i>“What I Chose to Share in 2002”...</i>	21
V.	The Story of Sean, Part II: <i>“What I Can Now Speak About in 2006”...</i>	25
VI.	Notes From The Author	44
VII.	CHANGED SELF	
1.	<i>Tools For This Chapter...</i>	50
2.	Becoming Your Own "Care-giver"	57
3.	A "Special Place" of Honoring	59
4.	Reclaiming Your Life's Meaning	61
5.	Healing Buddies: The Help of Others	63
VIII.	CHANGED CIRCUMSTANCES	
1.	<i>Tools For This Chapter...</i>	64
2.	Soul History: Other Triumphs Over Trauma	69
3.	<i>Soul-Talk™</i> ... Uncovering Hidden Resources	71
4.	Soul Inventory: Opportunities for Transformation	73
5.	A Practical Partnership With Your Soul	75
IX.	CHANGED PERCEPTIONS	
1.	<i>Tools For This Chapter...</i>	76
2.	Looking Through the Eyes of Your Soul	80
3.	Purging Your Internal Landscape	82
4.	Self-Mastery 101	84
5.	Healing Milestones: Acknowledge Your Growth	86

X.	CHANGED RESPONSES	
1.	<i>Tools For This Chapter...</i>	87
2.	Soul Technology™ - The Emerging "Silver Lining"	91
3.	A Principle of "Rest and Activity"	93
4.	Knowing Your Own Heart	95
5.	Divine Consult: Guidance From The Soul	97
XI.	CHANGED MOTIVATIONS	
1.	<i>Tools For This Chapter...</i>	98
2.	Your Soul's Mission: Why You Are Here	102
3.	Soul Helpers: "Healing Buddies" from Spirit!	104
4.	WHAT IF...Your "Destiny" is More Than Personal?	106
5.	A High and Holy " <i>Rite of Passage</i> "	108
XII.	CHANGED LIFE	
1.	<i>Tools For This Chapter...</i>	109
2.	Trans-Metamorphosis™: An Unexpected New Life	113
3.	Soul-Images: Your Soul Talks To You Through Images	115
4.	Divine Collaboration: Partnering To Bring Forth Growth	117
5.	Advanced Soul Technology™	119
XIII.	CHANGED FUTURE	
1.	<i>Tools For This Chapter...</i>	120
2.	Practical Spirituality: Soul At All Times, For All Reasons	126
3.	Soul-Service: When Your Purpose Goes Planetary	128
4.	The " Alchemy of Choosing "	130
5.	The Perpetual "Journey", Ever-evolving New Possibilities	132
XIV.	<u>Afterword:</u> Continuing Your Journey...	
1.	A Last Message From the Author	133
2.	Adjunct Tools	135
3.	"A Special Gift For You"	140
4.	Suggested Next Steps	146
5.	A SPECIAL OFFER	148
6.	Recommended Resources	149
7.	Our Web Communities	150

EXCERPT: "The Story of Sean, Part II"

I will now move ahead... This part of the story begins in earnest the morning after I arrived back in California from Sean's funeral, during my morning meditation like it had in Detroit that first day. I began to practice meditation in 1977 and have used it daily since that time, and my morning sitting has brought some unusual and uncommon things sometimes. My meditation that day was not the same as always, for nothing in my life was the same, and probably would never be. If I can share an aside for just a moment, I was already aware that I was undergoing both a physical and mental re-calibration. I intuitively learned through this experience of Sean dying, that there is a kind of "cord" between ourselves and our children that goes mostly unnoticed when they are alive, but constitutes an energetic shift when they are gone. I had not heard of this before, and when I shared it with my holistic doctor during my first week back home, she responded by saying that she wondered if it was a spiritual counterpart to the umbilical cord. We both felt that we had stumbled across something that few people knew about, and that was a mystery. (That word again.)

It made sense to me that a special tie to our children would exist, and I made it a point to notice how this phenomenon acted upon my being. What I observed was that Sean's death had left a "void" that gradually seem to fill up again with molecules of a different nature and that formed another kind of energetic. In fact, my body never felt the same again, meaning how it had felt when he was alive. But getting back to the story... My meditation was close to normal, but as soon as it was over I became aware of Sean's presence in a big way. His energy was tangible, familiar and unmistakable, and I could "hear" his voice, not like it was when he was on earth--there was no outward sound or audible words spoken--instead he was using word pictures and telepathy. And, I heard them and received them, and sent them back.

On this first day of our communication (this process lasted in its entirety for about forty days) the connection that we shared might be described as an intense exchange of things that we wanted to say to each other. I told my son that I knew that it must have taken great courage to take his own life and--then something that was quite surprising to even me--that I was "proud" of his bravery because I saw the power of it. I realized in that moment that I had definitely moved beyond an earth-based frame of reference and accessed some form of the Soul's values and intelligence. As I said the words inside my core beingness I could actually feel myself being truly proud of my son, the experience was visceral and deep. If I told this to anyone else, most people would think that I was mentally unstable or insane, and it might frighten them, but that did not matter to me.

Besides, I probably would not share these details with anyone, ever. Our connection and exchange that day was a sort of “melding”, so I could sense that my words had been just what Sean had needed from me or desired to hear. I could almost see them land in the center of his now non-physical heart, and I happily joined him in the energy of their impact.

I could say that this all felt very natural... It was very similar to the mythical “mind-meld” thing that Dr. Spock introduced on the Star Trek television series. If I told anyone about it, it might seem like a fantasy to them because of this fact. To me, however, there was nothing foreign about it -- it was happening and I was just participating in it without any thought or reservation. When the process that I shared with Sean’s Soul had first developed, I was the caretaker and teacher and the one taking a lot of the lead. However, when my mind-meld offering had worked its “magic” and had initiated the long process of closure that Sean and I would share, the tables turned. Sean now had an offering for me, facilitation for me, wise words for me, and teachings for me. It was not foreign or weird, the exchange was just simple, deliberate and focused, and also extremely profound, like a conversation unfolding from ***Soul to Soul***. We talked to each other seamlessly and powerfully and naturally.

Just before I experienced the so-called “words” flow over me like a mighty river imprinting me with word pictures, I could feel the energy and intention of what my departed son was about to say. It was as if the message was meant to be constructed of pure energy to impart feeling as well as a message -- what he said to me was that he could not have had a better mother. The screen of my consciousness was literally shown what Sean was offering...Scene after scene, feeling after feeling and intention after intention I saw how much my son appreciated me and, in particular, how much he was aware of the commitment that I had made to mothering him.

What he expressed penetrated me with its sincerity and left absolutely no doubt about his feelings, and then I realized that my words had come from the same place and had probably done the same thing for him as well. The precedent was set this first time, our communications for the next several weeks would be completely “undressed” and truly genuine, and would likely constitute the deepest and most potent communication that we had ever shared. I had often imagined that such an exchange of love and feeling could happen between the dead and the living, and now I was experiencing it in all of its power. My soul and Sean’s soul were bringing forth a “communion”, and I know that we both were impacted greatly on all levels.

The next day we began looking together at why he had made the choice to end his life, and I was determined to support him to uncover what the lesson was that he had created for himself. He saw it right away – his earth self had been convinced that he was in life all alone, and he had believed that he was forced to do everything for himself without help or grace or the Divine support that other people talked about.

And, even more specifically, that God had deserted him and that his life was hopeless and would stay hopeless forever, so there was no use and no way out. In other words, he had felt disconnected from the goodness in life and unaware of any blessings or possibilities and, therefore, had no trust in anything, including God. He saw, and I also saw, that to him his dying was a way of confirming what he had felt already – that he was dead. It was as if his death was a way for him to wake up from the nightmare that he thought being alive had become, and also a means for him to drop back into the realization and the truth and reality that God is REAL -- that he can never be separated from Source!

He had not thought of himself as being “alive”, so he had to actually die to regain “life.” His Soul let him know that he had created a living hell, and that death was appropriate because it was the one thing that he could experience that would wake him up. Death is where he re-visited the highest truth and the deepest loving again, the place where he could “remember” Divine reality.

On a daily basis, usually at the completion of my morning meditation, Sean and I went through the unraveling of his experiences and the human lessons of fear, materialism, judgment, godlessness, love, purpose, evolution and the great and abiding power of what we call the “light.” Each of the profoundly transformative lessons served to “re-set” each of us equally – it seemed as if some days my Soul was our teacher, with a certain pattern being followed, and then on other days Sean’s Soul taught us, where another rhythm existed and facilitated what was to be learned.

This process was engaging and re-qualifying in a way that is difficult for me to describe in words, yet I am positive that we both evolved immensely. It is as if the Soul realms--and what I might call the “Soul Stuff”--within us is able to pass information back and forth without our brain being involved, or our earthly memory being engaged. There is just a knowing and a certainty of what is known. This kind of communication is elegant and eternal, and seems far beyond what words could express. I allowed myself to be present for it all, and it flowed to me clearly each day. Sean grew and I grew as well, we both received so very very much, I am sure of that.

© Copyright 2005, Rev. Aliah K. MaJon, Ph.D., SOUL TECHNOLOGY™

<http://www.fromgriefftogrowth.com>