



Do Not Mourn For

This reflection came to me in a dream. As I have observed the passing of so many friends and relatives and see the pain resulting in the loss of a loved one, I have come to realize that no one ever dies. Oh, yes... we do shed our skin, our flesh, but our spirit lives on. Whether you realize it or not, we are spiritual beings who have come to this planet Earth to fulfill the contract that we agreed upon before we arrived. We have taken on a form so that we could all be recognized. Most of us, however, do not remember why we are here or what our purpose is in this particular lifetime.

My daughter, Joan Marie Whelan, is a medium and an intuitive. She has the ability to hear, see and feel the emotions of loved ones passed on. During many of her sessions with people who are grieving and looking to connect with loved ones, Joan Marie as an intermediary, shares messages and information. What this means is that she gives comfort and confirmation that loved ones are watching over them and helping them with their journey on this earthly plane. This is a confirmation that we never die. I truly hope that this little reflection will bring comfort to you.

Your loved ones are always around you when you are in need. Call on them to assist you. Quiet your ego mind and open yourself to the beautiful thoughts...ideas... words... or feelings that you will experience. Smile...they are still with you!

Do Not Mourn For Me

Do not mourn for me -

I am not gone

You may not see me, but I am still with you.

My spirit stands besides you and

Holds your hand in mine.

I see your sadness and I allow it to turn to a smile.

For I am not gone.

I will always be with you

Even though you may not know

That my hand is touching yours and

Trying to tell you so.

I recall your laughter and your joy,

I see your contentment and Your glow...

Let it shine forth...please let it unfold.

For you are not alone

I will always be here with you

Standing by your side.

Do not mourn for me,

For I am not gone.

My dearly beloved, know that you are not alone.

My loving heart is with you as you journey on —

Feel my touch and know that it is so.

You still have a job to do —

Have you forgotten?

We made a pact so long ago

That this was the way it was supposed to go.

Don't you remember?

Ah, now...let's see that smile,

There...lift your head and open your heart

To fulfill your mission and always know

You are not alone...I am walking with you

To guide your path until it's time

For you to journey home.