

A background image of white flowers, possibly cherry blossoms, with soft yellow centers, set against a light, slightly blurred background.

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## ask diane

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### How can I understand the significance of death and accept it as part of life?

Some of the greatest saints tell us that our entire life is a preparation for what we call death-- the departure of our soul to the higher planes.

Many people are frightened by death. As a child, however, I always used to be curious and looked forward to the day when I would see across the veil. I assumed it would be when I passed. Fortunately, I have not had to wait. In helping souls make this great crossing, I have been able to witness that there truly is a soul, and that the soul does go to the light.

How we live and how we die sets the stage for what unfolds for our soul after death. So for those of us here now, I can only say that death is a reminder to live well. Don't waste your precious time. Fulfill your dreams. Be kind. Attain the highest level of soul development that you can. That is your true wealth.

When someone you love is dying, do everything you can to love them and help them pass in peace. These final moments can not be overstated. Death is a portal, an opportunity. Our last moments and thoughts have great importance. When we are loved, when we pass in peace this uplifts and supports our soul's journey.

If you are passing, keep your heart and your mind focused on the light. You can say your favorite prayer, or focus on the grace of an illuminated being such as Jesus Christ, or call in the Angels. All of these supports will help your soul go to the highest level.

There is so much that can be said about death, and I have many experiences I could share in my work as a healer. But I will just emphasize here that the most important goal is to live a good life. The soul embodies all of our actions and intentions. It is that essence which lives on.

I've been very moved recently by the love I've seen daughters and granddaughters offer their departing parents and grandparents. When we truly love and support someone in their final weeks, months or years, we have done a very important service for our own soul, as well as the soul of a loved one.

Always maintain your relationships in the highest order in your own heart. And remember, it is never, ever too late to extend your blessings and good wishes to others, whether they are here with us on earth, or have already crossed over into the light.