

The Gateway to Beyond

Supporting the journey of
transition and connecting with
your loved one who has passed.



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Time to say goodbye

If you have the opportunity to be with a loved one as they go through the final stages of life and pass over, please consider taking it - it can be one of the most important and life changing experiences you will ever have. It can be very challenging and you will most likely go through a roller coaster of emotions but it will touch your heart and soul at the deepest level. It is also an amazing act of love.

In this booklet we offer you suggestions on how to make this journey of transition as beautiful as possible for your loved one.

“There is within each of us a potential for goodness beyond our imagining, for giving which seeks no rewards, for listening without judgment, for loving unconditionally”.

Elisabeth Kübler-Ross



Communicate from your Heart

This time of dying is a wonderful opportunity to speak from your heart. Have courage to share your honest feelings with your loved one. If there are any issues from the past which have caused pain between you, come from a place of love, compassion and forgiveness.

Also being there for your loved one gives you the opportunity to be an empathetic listener, a sounding board for their feelings and any fears and uncertainties they may have.

Above all take this opportunity to fully express how much your loved one means to you, how you will miss them but will be OK, and how much love and gratitude you have for them being in your life. Leave nothing unsaid that you might later wish you had said..

The last of the five senses to leave the body is the sense of hearing so your loved one can hear you even if they can't respond. Help them to depart on a message of love.



“Of all the gifts we can give to people, the gift of our touch is one of the most priceless. Through our hands we convey a kind of radiance. A warmth seeps out from our inner fire, a wrap for someone's chill, a light for another's dark”.

The Power of Touch

Touch is a lovely way to connect with someone who is passing. It reassures them that you are with them and they are not alone.

If you are comfortable with massage, it is very comforting to lovingly massage their hands or their feet. Anyone can lovingly touch their loved one, gently stroking them or holding their hand in a tender, supportive way.

Some lovely essential oils which would be perfect to include with your loving touch are:

- Lavender (calming)
- Bergamot (uplifting)
- Ylang Ylang (soothing)
- Frankincense (oneness)
- Rose (love)

Choose your favourite oils. After appropriate dilution, layer them lovingly as you gently apply. It is beautiful to touch, love and hold someone at this time.



Loving Touches

Flowers

Some beautiful touches include flowers in the room. Besides their beautiful colours , flowers have special meanings.

Some of those flower meanings are:

- Tulips - perfect love
- Roses - love
- Lilies - purity
- Orchids - beauty and thoughtfulness
- Blue Iris - faith and hope

Angel Cards

The angel cards represent the angels of the colour rays and their messages as they share their light. You or your loved one can choose a card and then you can read out the affirmation, focusing on the gift it offers.





Magenta Connection

ESSENCE	HEALTH	ESSENCE
...

Magenta connects colour and aromatics.

How to use:

- 1. Add 2-3 drops to your diffuser.
- 2. Add 1-2 drops to your bath.
- 3. Add 1-2 drops to your water.
- 4. Add 1-2 drops to your oil.

Drop Life™



A stack of colorful cards. The top card is red and titled 'Power Red'.

Power Red

ESSENCE	HEALTH	ESSENCE
...

Power Red connects colour and aromatics.

How to use:

- 1. Add 2-3 drops to your diffuser.
- 2. Add 1-2 drops to your bath.
- 3. Add 1-2 drops to your water.
- 4. Add 1-2 drops to your oil.

Drop Life™



Colour and Essential Oils

The Drop into Life™ Colour and Essential Oil Care Kit

Ask your loved one to choose their favourite colour from the Drop into Life™ colour selection. tree. If they are not able to do this, you can focus on your loved one as you gaze at the colour tree. Imagine which colour is the best reflection of who they are and will be most beneficial for them.

The card corresponding to the chosen colour lists some ‘Drop into’ qualities. Remember to always focus on the affirmative aspects. It is beautiful to softly share these with your loved one. They affirm what makes your loved one unique and special. It is a lovely topic to reflect on as they prepare to leave - a celebration of their life.

There are lists of essential oils of that colour vibration on the card and more extensively in the guidebook. You can make a blend of the favourite oils in a spray bottle to mist around the room and lift the energies; or you can diffuse the blend in a vaporizer if possible. This special blend can be later used when your loved one has passed as a way of reconnecting with them and the very special qualities they have.



Music

Your loved one's favourite inspirational music can be ideal for this time or other music to soothe and relax them. Just be mindful that on occasions your loved one may prefer silence.

Coloured Cloths

Another beautiful tool is coloured cloths. You can wrap your loved one in their favourite coloured cloth or gently drape it over them. This means that they are surrounded in the energy of that colour. Silk is a lovely fabric to use, but any soft fabric would work very well to bathe them in colour.





The last goodbye

As the time of passing approaches and family and friends have all said their goodbyes, it can be heart-wrenching.

As your loved one's soul prepares to leave it is a time to be selfless. Go into your heart space and with great compassion fill the space with love, Try to release any need you may have for them to stay.

Give them permission to go and reassure them of your love and that it is OK to leave.

If it is possible open a window when your loved one is passing. This allows their soul to fly freely.

Ideally their body can rest unmoved for three hours to assist the soul's flight.





Connecting with your loved one

In the days following the passing of a loved one, often their spirit appears to reassure those who are closest to them that they are fine and there is no need to grieve for them. They can appear as an apparition, or in a dream, or you can have a sense that there is someone standing right next to you or touching you. When you look there is no one physically there but you sense their presence. These moments are so precious..

Often in the grieving process, it is the time after the funeral and after relatives and friends have left that you feel the greatest sense of loss. This is when you would dearly love to connect with your loved one.

Colour, essential oils and affirmations can greatly help you form a real sense of connection. .



Rituals of Connection

A Special Place

Creating an altar for a loved one who has passed is a beautiful remembrance. Make it a special place where you can light a candle each morning and connect with them through your heart. Make it at least a daily ritual. It is also a perfect place to talk with them.

Connecting through Colour

Which colour reminds you of your loved one? With them in mind, choose a Drop into Life™ colour card and look at the positive 'Drop into' qualities. It will remind you of who they were and help you connect with them through the memories. If you previously shared the Drop into Life with your loved one, you can again explore the card that was chosen for them, reminding yourself what you most admired in your loved one. These reflections bring your loved one closer to you. The qualities of colour which reflect one's true essence are the key to connection with your loved one.



Connecting through Fragrance

Our sense of smell bypasses our rational brain and registers directly in the limbic system, our emotional centre. Many of you will have experienced this, like when in later life, you smell Lavender, Lily of the Valley or another formerly popular fragrance; not only does it remind you of your grandmother but you are instantly transported back to the time you were with her. Smell acts like a time machine, taking you back to when you previously smelled that fragrance and you feel like you are really with her.

Diffusing an essential oil is a powerful way to connect with loved ones. Use an oil or blend you have previously shared with them. Alternatively, what was their favourite fragrance or what fragrance did you associate with them? Through smelling the fragrance you can connect to the spirit of your loved one; you are transported back to a time and to the feelings of when they were with you.

If, using the Drop into Life™ kit, you previously made a special blend of essential oils in a spray bottle for your loved one, misting that around you helps re-create a connection

These fragrant rituals bring a sense of your loved one into your now.



Connecting through Crystals

Another way of connecting is to get a crystal that represents your loved one. You can put a drop of the essential oil that relates to them onto the crystal and rub it over the crystal. Rose oil is lovely on rose quartz, It is good to match the colour vibration of the crystal and the essential oil. Keep the crystal on your person, inside your clothes or in your pocket. Touch the crystal often and know it is a link to your loved one. Put it by your bedside at night.

Connecting through Angel Affirmations

The angel affirmation cards can bring a lovely sense of angelic presence and guidance: The positive messages can support you and affirm that you are not alone.





Self Care

When you are in grief, you go through a whole gamut of emotions. It is very important that these feelings are expressed in some way - sometimes openly, sometimes by talking, sometimes by crying, sometimes poetically and sometimes through ritual. This is vital because unresolved grief can be destructive.

Working with the Drop into Life™ colour cards helps you understand what you're feeling and gives you insights into the gifts you have to deal with the grief. They help keep you uplifted rather than being stuck in the emotions of loss.

Other self care suggestions include:

- Do lots of writing and painting.
- Practise meditation and tranquility.
- Have massages with a sensitive and loving practitioner
- Walks in nature or gardening, watching things grow.

At some time there has to be a point of closure; and an adjustment to life without your soul buddy. Close friends or a trusted counsellor/therapist can help. Remember to give gratitude and bless your loved one for being in your life.

Check out our e-book 'Keys for Coping' on how colour and essential oils can help and support you in your grieving process.



The Gateway to Beyond

Sharing this journey with a loved one is one of life's greatest initiations but often when you are in the depths of grief it is very difficult to appreciate the beauty and the gifts of this experience.

As time passes, your heart heals and when you look back, you realise how blessed you have been to share in one of life's great mysteries ... You sense that death is not an ending, but a gateway to another reality, and that the spirit of your loved one lives on.

For you, the doors start to open to a greater awareness of spirit. It can also awaken you to a sense of your own higher purpose that can change your life, setting you on a spiritual path.

Vicki Engeham

Vicki offers a one day workshop on 'Love and Mindfulness'. This workshop has come about through the desire to help people understand and have a awareness of the dying process' It is a very personal experience that we will all encounter. Vicki is an author, aromatherapist and international teacher of colour, touch and meditation. Vicki has taught this course in Europe, Asia and Australia.



Vicki

P: +61 417 855 598

E: colourtherapy@hotmail.com

Tricia Sharkey

Tricia offers courses in Colour Healing and Letting Go. These workshops help you to identify where pain is stored in the body and how with awareness we have an opportunity to release it and regain our power. Tricia is a global mentor and teacher for Heal Your Life, an international colour and massage teacher, facilitator and presenter.

Both **Vicki** and **Tricia** offer consultations for anyone going through the grieving process, at a crossroads in their life, or looking for clarity and direction. Online consultations are available via Skype, Zoom and Face Time, and also over the phone.



Tricia

P: +61 419 834 817

E: tricia@dropintolife.com.au

www.dropintolife.com.au