

ALSO BY BARBARA ROSE, PHD

After ALL I've Done for You!

Being Enough NOW

Dear God, How Can I Finally Love Myself?

Dear God, How Do I Get Over a Lover I Still Love?

Dear God, I Have Teenagers, Please Help!

Divine Intervention: The Cards Drawn from Your Soul

Feeling Good Enough NOW

Get Over Him FAST

*How to Get OVER AN EX When You're Still in Love
(BEST Answer Series)*

If God Hears Me, I Want an Answer!

If God Was Like Man

I'm Not in This Life to Please YOU!

*Individual Power: Reclaiming Your Core, Your Truth and
Your Life*

*Know Yourself: A Woman's Guide to Wholeness, Radiance &
Supreme Confidence*

Realigning Religion

Relationship Insight for THE ONE (BEST Answer Series)

*Signs of Men Who Cannot Fully Love – Why & How to
Understand It (BEST Answer Series)*

*Stop Being the String Along: A Relationship Guide to
Being THE ONE*

Teen Relationships Adult Choices

Tempted By Death

The Messiah's Handbook

The Power of Trust: In a Life of Change

The Rush to Spend

The Soul Mates Courtship with Destiny

The Ultimate Guide to Self Love

Thoughts from If God Was Like Man

Transforming the Unknown

Wisdom on the Other Side of Knowledge

When Life Was Wonderful

*Your Loved One JUST Visited You!
How they Interact with You When they Go to the Other Side*



BARBARA
ROSE, Ph.D.

TEMPTED
BY DEATH

R  THE ROSE GROUP
Uplifting Humanity One Book at a Time™

Barbara Rose, PhD

Tempted by Death

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CHAPTER 1



TEMPTED BY DEATH

The plan that cumulated in my own humiliating decision to end my life by “natural” means was shattered when I received direct shocking Divine communication letting me know exactly what would happen after the fact, and most importantly, gave me the information I am guided to share with you, to help you transform the illusion of death’s temptation in order to spare you from afterlife torture.

All information in this book is pure truth that can absolutely deter teen and adult suicide.

This is for any person, from any culture, and every walk of life. It is written in a more scholarly manner to appeal to schools globally to catapult teen suicide awareness and prevention.

Don't Preach

I would venture to say you enjoy being preached at as much as I do, including everyone you know. The “clinical” academic approach to give teenagers specifically the information about suicide has clearly failed.

We *all* need real, down to earth, genuine answers. We need them from someone who has been through this whole process. I bow my head saddened for all who are shocked reading these words. And at the same time, I raise my head and heart to make as much of a difference as possible. By including various examples, and suggested personal assessment assignments for groups of all kinds, assignments that will awaken you to your “meltdown quotient” and arm you with knowledge that far exceeds simple intellectual jargon, you will come to know *how* and *why* anyone can choose to take their life. I believe that by reading this book you are being given advance infor-

mation that you do not have to experience in order to acquire it. Fortunately for you, I have been through the living hell of such a process and I am deeply grateful it is behind me.

I believe you will be deeply grateful as well for many reasons. The most important truth is busting the illusion that “death” will release you from any emotional turmoil within your consciousness.

So let us begin this life giving journey by starting at the end—as I now share with you the information I was given that shocked me so, I immediately changed my mind, reversed my decision, and use the saying that was given to me within my mind to “*Give Life a Chance.*”

CHAPTER 2



“YOU WILL NOT GO TO HEAVEN”

I was driving my car fully waiting for a big storm to hit my area. I had decided I did not want to live another hour or day. And yet, I abhor violence. So I thought I was clever to reenact an incident I had been through when I was ten years old. Back then in 1972 I was walking home on a *long* road from the bus stop to my home after school. It was pouring rain and I was soaked. I became very ill with Scarlet Fever, going in and out of consciousness. I overheard my doctor tell my Mom outside my bedroom door that he was not sure I would make it.

I was petrified thinking I was going to die. But Dr. Fleming's invention of penicillin saved my life. The only difference between just a few weeks before I wrote this book and 1972 is that this time I devised a plan to sit out in the pouring rain on a cold early February morning, throw away all ID, get sick, get Scarlet fever or any equivalent and simply die "by natural causes" from deliberately *not* seeking medical help.

Six Weeks Earlier – "Promise Me"

It was only six weeks earlier that the words of God flowed into my mind just as they do for every human being on earth.

The words were, "*Promise me you will not take your life.*"

Being Prepared for Meltdown

As soon as those words flowed into my mind I *knew* it would have something to do with my immediate family.

Who or what makes no difference. Whether a parent or child pass on, move away is irrelevant.

The only thing that is relevant is to know your “Meltdown Quotient” (Read: “I can handle anything else but *that*.”)

Whatever “*that*” is, is different for each person and universal in emotional meltdown of some sort that precedes new knowledge, wisdom, realization and awakening that culminates in a new lease on life.

Making the Promise

With great respect for your personal beliefs as to the source of all knowing inner guidance, by whatever name you use shall suffice. Personally, I call this source God. I hesitated knowing a whopper was about to blast me and my life apart if I was being asked directly to “*Promise me you do not take your life.*”

It was heavy, but after debating for a few minutes I made the promise.

Meltdown

“*It*” happened. That most cherished, sacred part of my life, my immediate relative who shall

forever remain anonymous was suddenly no longer “in” my life.

Meltdown Scenario & Tradeoffs

Bear in mind that during this time I was completely homeless. You would *think* a “bestselling author” of seventeen books could not possibly actually become homeless. But I did, and yet this was *not* my “Meltdown Quotient.” Yes I felt so ashamed, humiliated and degraded, but nowhere near the catastrophic emotional meltdown that blasted through my heart—leaving me with only one desire—death.

CHAPTER 3



THE SHOCKING COMMUNICATION

As I touched on in the previous chapter the words; “You will *not* go to heaven” suddenly flowed into my mind. I knew this was pure Divine communication. I personally believe it was Archangel Gabriel however, whether it was from an angel or a coconut really does not matter. The *only* thing that matters is what I was told.

The Warning Verbatim

I want you to know the exact information I was given as to what would happen if I did break

my promise and take my life, even by seeming “natural” means.

The words were crystal clear. *“You will not go to heaven if you take your life.”*

Well that certainly got my attention but paled in comparison from the words that were revealed to me that followed: *“Why don’t you give life a chance?! If you take your life when you go to the other side you will be filled with the most devastating agony and heartbreaking regret, more than anything you have ever experienced when you look back and see all of the good, all of the joy that that would have been if you only gave life a chance.”*

The guidance continued as if a dear friend was trying to get me to understand from the heart with the following; *“Give life a chance. You will see how things change as life takes its natural course. Situations change, life works out, let it all unfold and you will see and be so grateful beyond description how everything really did turn around. But once you take your life, then you are dead. Then there is no chance at all to make things better and for all to turn around because dead means over permanently for this life. There is not anything you can*

do in this life once you are dead. But as you give life a chance, you will see how everything works out! It always has in the past and it always will. Give life a chance!”

Immediate Reversal

That did it. Those simple words of pure truth, clarity and even common sense resulted in the immediate reversal of my previous decision (to die) and to follow this guidance to “give life a chance” because the thought of bearing even *more* emotional agony and regret at seeing what *would* have happened if I didn’t take my life was the major clincher that totally transformed my whole view of death—erroneously believing some myth that we will have pure peace. Not so with suicide!

How this Applies to You

I believe with all of my heart that the guidance I was given was profound in its simplicity and can apply to nearly all circumstances that create emotional meltdown. More importantly, I feel certain that this book is in front of you because the message is so powerful by virtue of its gentle truth.

There was no preaching. It made sense. Don't you think so?

Now, with our world in one giant mess, I am going to outline what I believe to be the most common circumstances that lead to melt-down preceding suicide and simply list beneath each one an alternate possible turnaround—one worth giving life a chance to live for.

A Gift for You

Before I share this with you please log onto my website at this link <http://borntoinspire.com/life-card> and you can download a card that you can print out and mail, give to someone, leave in someone's home, restroom, or even email. I only ask that if you are sending it online that you include the link that you can direct others to download as it is copyright and protected under copyright law.

CHAPTER 4



GIVING LIFE A CHANCE – THE TRANSFORMATION OF EXPERIENCES PRECEDING MOST SUICIDES

<i>Example</i>	
<i>Meltdown</i>	<i>Transformation</i>
Death of a child.	Afterlife visits during dreams, afterlife communication, creating a cause in loving honor and memory of the child (of any age) that goes on to save millions of lives.

<i>Example</i>	
<i>Meltdown</i>	<i>Transformation</i>
Spouse, lover, partner leaves your relationship to be with someone else.	Aside from the person doing the identical thing to the person in their next relationship, you then meet the real love of your life – there’s no comparison – you are so glad he or she left!
Lose everything, business, money, home and are left with nothing.	You wind up creating something so wonderful that not only makes a great difference for many other people you love your new mega-prosperous life!
You don’t like your appearance and have unhappy relationships.	You learn how (I can even teach you) to love yourself for all of the good in your heart. Your new security and confidence is rock solid, based only from within and you naturally attract a real friend that blooms into your true love for life.

GIVING LIFE A CHANCE – THE TRANSFORMATION OF
EXPERIENCES PRECEDING MOST SUICIDES

<i>Example</i>	
<i>Meltdown</i>	<i>Transformation</i>
War, natural disasters, massive loss of life.	Creating a heart centered support system, the bonds of friendships and honoring all whose life had come to an end to keep their loving memory alive.

<i>Actual</i>	
<i>Meltdown</i>	<i>Transformation</i>
MADD	Mothers Against Drunk Driving was founded by Moms whose children died in car accidents that resulted from alcohol by either side.
School Zone Speed Limit 15 mph	This resulted from children being hit and killed by drivers who were driving far too fast for even a chance to slow down.
Sinking of the Titanic	Now all ships are well equipped to accommodate all passengers with life boats and vests.

I could go on but I value your time a great deal. Can you fathom for one moment how *many* lives were saved since the above three examples were actually put into effect? Millions upon millions and still counting.

CHAPTER 5



LET'S GET PERSONAL ABOUT YOU

Why do the deepest hardships, heart-break and tragedy befall upon a gazillion people? I have a saying; “These circumstances are *not* meant to test us or to crush us but to *strengthen* us.

Personal Meltdown Assessment

I would venture to say it would take you less than one minute for you to say what your meltdown circumstance or event would be. Actually, you most likely have thought of it even before reaching this page.

Where – How Can it Be Turned Around?

Are you aware of the fact that every human being has six senses—not five? Did you know that the sixth sense is *how* you receive the higher perspective that immediately transforms your circumstances? That “still small voice” that guides you from within *is* your sixth sense. Listen to it. Trust it. And most importantly *follow through* with it. This includes but is not limited to your gut feelings, “just knowing”, information you receive in dreams, picking up on a vibe—either positive or negative.

You can feel energy such as tension in a room. Or alternatively in a different room you can feel the energy of light, loving and positive feelings, as opposed to lifeless, low, dense unpleasant energy.

And it is the feelings that burn and hurt when our perspective makes life seem more like a living hell.

The Pure, Visceral Temptation of Death

The bits of “inspiration” from the examples I just shared may be fine and well, however, I’d like

to share the burning, stinging shock of the trap set by life that even death cannot conquer.

When “it” happened—that specific circumstance that sent me over the edge only to learn if I did take my life I would arrive on the other side with all inner devastation intact, in addition to incomprehensible regret and remorse when I would be shown “*all of the good, all of the joy that would have been if only I gave life a chance*” staggers me.

The poignant realizations that death by suicide will never bring us the inner peace, joy, and escape from the living hell we erroneously believe death can transform is profound. Our emotional agony leads us back to right now when we have to find a way to transform our perspective in order to overcome the emotional torture we experience.

As I think of my own situation, I was so completely staggered, fragile, wishing to die but then remembering the words, “*Life has a way of working out, let it all unfold and you will see it will be okay*” are the only words that bring me any sort of solace or hope to even desire to carry on.

I want to help you and I think it's important that I open up and bare all to share *with* you that even a "spiritual teacher" goes through the darkest night of the soul. I am no different from you. When life leaves us so blasted apart on one hand and dangles a probable hope for what we want more than anything in the world on the other hand, you and I are hanging in limbo.

Limbo is *not* a good place to be. What causes it? We wonder; "what may be", "what could be", "how to get back what was" that means so much to us that we would even give our own life only to find out the true reality of death on the other side after suicide; monumental emotional agony awaiting you and me. There is only *one* method to transform limbo; changing our perspective.

CHAPTER 6



LIFE AND DEATH ON THE OTHER SIDE AFTER SUICIDE

The information given to me is also meant to be deeply life giving for *you*, too. I don't have any special ability, and as you are reading the pure truth I just shared, you can know or sense we have a lot in common. So do millions of others from every part of our world. As the words, images and pictures flowed into my mind via the sixth sense I can only compare it to the last verse in the song "*Hotel California*". They are; "*You can check out anytime you like but you can never leave.*"

So welcome to Hotel Earth with the same scenario. What happens when we take our own lives deliberately by suicide is truly identical to checking out of one room or city and going into a different room or city or galaxy—nothing changed! We're still in emotional hell!

Hello! Do you know what this means? I'll tell you. It means we have to find a way to work *through* the issue. We must find any perspective that can aid us to feel alive instead of like a breathing corpse—living deadened, desolate, with despair as our closest friend.

Where Do We Go?

We, you and I must go *within*. We must go right back to the core of the circumstance that created a volcanic eruption of emotional poison *and we must allow all of the feelings to flow out because they are toxic and can easily turn to cancer.*

Cancer is caused from within. It is not caused by a bee sting, or being hit by a baseball. *We must allow all of the pain to surface. We must cry.*

This is so important because no matter where we go in this universe, on this side of physical

life, or on the other side of non-physical life, our *consciousness* remains fully alive. Remember—we can check out of one hotel and into another. I believe you would agree that just doing that alone will *not resolve* our deepest emotional pain, but we may experience an intermittent smile, one moment of relief. And *this* is what creates the transformation from being uber-tempted by death to being even more passionate about plowing through what is in front of us until we feel the gentle stillness of true inner peace born from authentic understanding and bred from nurturing a vastly different perspective. One that is far different from the one we may currently have.

Where do we get this different perspective?

You have to want it. You must ask for it. You can ask anyone who experienced a similar situation. You can definitely receive it by taking pen and paper and from the bottom of your heart, asking for the new view that will transform your shattered soul. This humble process is your birthright. You will notice words and images suddenly flow into your mind giving you a new view that immediately transforms your agonizing view or perspective.

Now we know that “*checking out*” of this life is actually no escape at all.

Transforming our perspective so we are happy to breathe again can come from countless sources. We can get it from a loved one visiting us during dreamtime while we sleep. We can get it from hearing one sentence a complete stranger says to his or her friend while walking down the street. You can get it and many more from certain songs that have great meaning to you.

It starts with signs along the way. And the emotional relief process of true transformation is a *process*.

It starts with one moment. Such as the moment you may find something you have been looking for; for the past two weeks as I just did right before I wrote this chapter. I had a smile—for a second—and then my consciousness quickly returned to “Hotel Hell” where *death’s temptation is nothing more than a false illusion*.

You may *think* taking your life will bring you the solace that eludes you. When you are thinking along that line, you are definitely thinking

incorrectly. No different from teenagers in the 1960's and 1970's who took acid and *really believed* they could fly. After they jumped out the window, the horrific truth of erroneous thinking became far too clear. They could *not* fly. They could only slam into the ground and most likely die.

The Difference between “Accidental” Death and Suicide

In the example I just shared, the teenagers died *unintentionally*. They did *not* have an ulterior motive to take their life. All they *thought* they were going to do was fly.

But you and I would venture to say are *not* on acid or any drugs that cause hallucinations—and *if you think that taking any drugs that cause hallucinations is your “out” when suicide is really your underlying motive then you will go to the other side and be overcome with soul shattering grief as you are shown what could have been if only you gave life a chance.*

Yes, I know; when we feel pain and rage because we are still breathing. Realize please, that it

is *not* our breathing that is causing our inner rage it is how we are viewing the whole situation.

Tradeoffs

Let's say I have a teenage daughter who is completely self-sufficient and just does not want to be close to me for whatever reason. Now, let's say you also have a teenage daughter who also does not treat you with loving kindness, but depletes you with every dollar she can get from you, goes out all night and brings home a *few* guys for some "fun" while they are drunk. Do you think you would want to trade situations?

I'll share with you that what feels like three lifetimes ago when I found out hubby was screwing his secretary at 2 AM in the office. I was *elated, genuinely*, because I couldn't wait to get away from him and that miserable marriage. I wore a white dress to divorce court.

Now, I knew a woman who had a friend whose husband also cheated on her and left her for another woman. She did commit suicide. It was so sad. Even though I never met her, look at how two women (yes guys, please *do* switch gen-

der) who each had a spouse that cheated reacted. I celebrated. The other woman went into her grave. She was too young and precious from the description my relative shared about her for her life to end so soon.

Yet this is probably one of the most common causes of suicide. A loved one leaves our lives. That “loved one” can be a parent, child, spouse, sibling, lover, friend, or the professor that was supposed to approve your college internship who moved away and left you hanging, and believing that your “future” is over.

Now, why do you think I am giving examples like this? Because *any* of those relations and the impact they have on us comprise all human beings who have someone, anyone, in or out of their life that they perceived *be their life* at the onset of “it” happening.

This is the crucial catastrophic erroneous belief that causes us to falsely believe we have nothing left to live for.

Do you remember your teenage years? You may even be a teenager. When things happened

that blast us apart we *perceive* our world, life and all reason to live have come to an end.

I'm far older than a teenager, and yet I also have experienced the intensity of the same emotions and the torture of the identical erroneous perspective. Now it's time to turn this around completely.

CHAPTER 7



GETTING ON THE OTHER SIDE OF OUR PERSPECTIVE IN THIS LIFE

We can't transform our current perspective, nor can anyone who is wasted on street drugs, or trashed from alcohol. I *promise* you getting high and/or drunk will *never, ever* help you. It will only hurt you and/or further delay what you really need most—a mind that receives clarity. Aha! Clarity—a new view—this *is* what will turn all of the devastation and temptation by death around. Do you know what really helps? Sleep! When we are emotionally traumatized, heartbroken, and experience the

deepest grief, sleep *does* bring us *new clarity*. That is the reason for the saying, “I’ll sleep on it.” Our conscious mind receives so much more clarity when we allow ourselves to be nurtured by sleep.

Laughter

Trust me on this one—I *know* how heart-breaking it feels to be out with friends or relatives at any kind of social gathering where we are expected to be all cheery, laughing as if we don’t have a care in the world. That is *not* the type of laughter I am speaking about because it is forced via circumstance. For me, it hurt *more* to go out when I did not want to live anymore.

But, and this is a big but, unexpected laughter, like the kind we experience watching a movie, is so dearly helpful to our soul. Laughter that “just happens” without any behavioral expectations helps enormously.

Commiserating is the *worst* thing you or I could do. We already *know* what happened. Talking about it over and over again, going over the whole scenario that left us ripped apart to the core—the deepest part of our loving heart, re-

viewing it like a mental movie, and/or talking about our circumstance day in and day out, for weeks and months will also *never change our perspective which is the true actual cause of our suicidal grief.*

Do you remember “Tradeoffs” I mentioned earlier? How one person would *wish* they could trade with another based on their current circumstances—this, too, is *perspective.*

CHAPTER 8



PERSPECTIVE IS EVERYTHING

Every person on earth can receive a new or different perspective that shifts a death wish to a life celebration. We all have a conscious mind that receives the words and/or images that create a whole new life enhancing view as they flow into our mind.

Start Counting Your Blessings

I really want to see you feel filled with joy again. Frankly, I'd really like to feel filled with joy again, too. You're reading these words, yes? Count your blessing for having eyes to see. May-

be you don't have eyesight but the words you hear are read aloud to you because you can hear. Count your blessing for being able to *hear*.

Did you walk today? Legs! Did you turn on a light? Electricity! (And to be completely honest with you at the time of writing this book I did *not* have electricity or running water!)

Did you eat today? You have FOOD!?! I did *not* at the time I wrote this book. I was sitting in my car in front of McDonald's without even enough money to buy French fries—and yes, I was hungry.

But I'm losing inches and getting my old figure back! It's all *perspective*. How we view any and every condition in our life stems from perspective—and all it takes is *one* moment and one sentence to shift it all within our minds so we can feel something called happiness. (Yes, I know a faded memory for me, too, but I am determined to move mountains with only the most loving, safe and caring motives to “push” life and then I am reminded, “*Allow life to unfold and show you the next best step to take.*”

You see, on one hand we can simply fall apart, like yours truly. On the other hand we can try everything we can think of to get what we want in our life the way we had it before “it” happened.

I’m all for positive determination and making our lives the best they can be. But did you ever consider that the circumstance is not only about us? Perhaps there are other people or one person who has a different view. We can love and give and be like living saints and *still* experience the loss of the most precious souls in our life—even by their own choice *based on their perspective*.

A Miracle at the Sea

I honor all spiritual and religious paths and am *definitely not* into evangelism or dogma. “Live and let live” is what feels most comfortable to me.

I don’t know “why” I was guided to share the following actual experience that happened only days before this writing, but I don’t question my inner guidance. I simply follow through with it and am always glad I did.

I was heartbroken—“tempted by death” was really an understatement. I was at the sea *finally* over my lifelong fear of the ocean. I was wearing a necklace that had a lovely orange stone, a Carnelian, that I just loved wearing. I was in the water and the ocean waves were strong but low. They carried a strong undertow. I was enjoying the waves and then got up to go back to my beach chair when I noticed my necklace was *gone*. I was still in the water and was searching as fast as I could to find the stone that the waves carried off my neck into the deep water of the Atlantic Ocean. Because of the strong undertow, I realized after about a minute or two that I was not going to find this stone. The waves were too strong and the sea was moving in a direction away from me making it futile to keep searching. I felt sad that the Atlantic claimed my necklace, but such is life. I am not religious but am very spiritual. For some reason I felt a deep inner nudge the next day to pray to Jesus Christ (because He had visited me in 2005) and to His Blessed Mother Mary (because she has the area of parents and their children as I was taught this part of life meant the most to her.)

I honestly do not remember everything I was praying for but from my heart I remember asking; “If it is possible to have my stone back, this would be a really great sign for me.” Then it wasn’t even five minutes later that I forgot about that prayer and was lying in the sun, enjoying the beautiful breeze.

I went to the same beach again *two days* later. I was walking on the sand literally over 200 feet inland away from the water looking for a good spot to place my beach towel when right there, lying on top of the sand was *the stone* that was on my neck. I was stunned! Wow! If Jesus and Mother Mary can do that then they can do anything.

Jesus Christ actually got me my stone back! It was way too far inland on a long stretch of white sand for any wave to reach. I was wearing it while writing this book. It really gave me a different kind of faith in what is possible—everything!

The next day I felt a nudge to pray to Mother Mary and Her blessed words flowed into my mind to “become a success.” *All* children want financially prosperous parents and a normal life-

style. Not a Mom living out of her car, literally homeless, and planning suicide. It made sense to me because it gave me something to strive for that meant everything to me and at the same time I honor and give credence to what any relative, child or friend chooses—because it is *their* life after all.

To be answered in action as my necklace was “somehow” taken out of the rough waters of the Atlantic, only to be in perfect condition lying right on top of the sand awaiting me, and then to receive the perspective Mother Mary gave me have been and are tremendous blessings.

Just to know we actually have this kind of spiritual help that is simultaneously so practical and down to earth is a gift I believe you can only benefit from by giving it a try to whomever you pray to, or even if you don't pray, to ask for the higher perspective to enter your mind or be shown to you, especially during sleep—this is something just about every person has experienced. Set the intention within your mind and heart to receive the higher perspective and you will receive it to help you. Waking up with a whole new view that is purely life enhancing is something you can

count on when you intend and request to receive it from the bottom of your heart.

“Give life a chance.” Allow time and the unfolding circumstances to work themselves out—as they truly do. Life does have a way of working out—and we all know it when we experience it.

This is what I am being guided to remind you of. Ask for a sign! For me, every single time I got into my car over a period of months another amazing song by Led Zeppelin was playing. *Every time* for every errand—come on—you’ve got to agree that this is much more than some kind of coincidence.

I believe it is a wink from above letting us know;

We are loved and guided.

We are enfolded and protected.

Our sorrows and tears are gently wiped away as Angelic or the Divine whispers the pure truth into our ears after we have cried ourselves to sleep.

Time heals.

Truth *always* comes out over time.

Sometimes it is just a couple of days. Other times it can be a couple of decades—but we all know that glorious feeling when truth, justice and finally *the real whole truth is revealed* in its entirety and all is peacefully resolved. Finally, after all we've been through, life shows us that transformation is eternal.

The real truth will forever come out over time.

For all you love, and for all you do, no matter *how* seemingly impossible a situation may appear to be—trust and believe.

Move into trust that time will reign with what you know in your heart to be true and when it does, I know you will smile, because you will experience the perfect synchronicity that everything in our amazing universe is happening in divine and perfect timing and order.

Let *this* time be your fresh start. *Ask* anyone above help you.

You may receive a lot more than help. You may actually receive back into your life something or someone that means the world to you. *Just remember, you have to be here—alive—for this to happen.*

I pray it will for you. I believe it will for you. And we are blessed or fortunate enough for our paths to cross via global technology or in person. Just know we each played a major significant role to be here for each other. I keep you in my heart and send you every blessing for your most dear and precious wishes and dreams to come true.

Believe.

Like the crystal stone awaiting me on top of the white sand, *nothing is impossible for the help from above to intervene.*

No request is too large or too small. But of all things please remember the *love* in your heart is what makes you so special and dear.

Love yourself and that will help you so much more than worldly possessions.

Love is eternal. From lifetime to lifetime, just

please stay in this life and give life a chance to bring you all you need to uplift your heart in the most astounding ways.

Three Days Later

It was only three days after I completed writing this book when I felt the most sore throat. It felt like there was a golf ball in the middle of my throat and it hurt—a *lot*.

I felt so sick I went to the emergency room. The doctor told me I had an infection and then asked if my ears hurt. No, I replied. The doctor continued, because you have an ear infection also. He gave me a prescription for antibiotics that I filled and all was well.

Why am I sharing this with you? Because my throat hurt so much it was true agony. God's guidance flowed into my mind helping me understand that getting sick physically hurts!

Let me share with you that my throat hurt so much that I believe it was a sign, or a message to show me how horrible it feels to become ill, only because that was my original plan just days earlier.

If you *think* that getting sick enough to die will relieve you of your suffering, it will not. It will only give you more just as it did for me.

At any time life can show us what can be to help us become stronger with hope, trust and even joy. The key is asking for it. Whether you ask to receive answers by writing to God, and then simply write down verbatim the words that flow into your mind will always be a lifeline you can count on.

Calling on your Angels, or posting a request for help in a Life Transformation forum, doing a Google search such as, “How to overcome the death of a child” will yield you the results that can help you *accept what is, move into trust, and watch moment by moment as your perspective transforms your life while you experience and understand with inner peace the higher reason for it.*

Soon your life renewing perspective will be hindsight (20/20 vision.)

There is no way I would *ever* sit out in a rain storm to become ill after that agonizing experience with my throat. “*This is what sick feels like*”

were the words that flowed into my mind teaching me a lesson of self preservation, caution, and above all how much better healthy feels compared to being ill.

Any harm you may consider bringing upon yourself is going to hurt *far more* than you may realize.

If you have been hurting deep inside, if life has blasted you to the meltdown level of emotional purgatory, just remember it *will* pass. Allow it to pass! Allow any good and higher reasons reveal themselves to you. Allow life to carry you forward and no matter *what* happens, *or* how crushing your circumstance may be the other side of that circumstance awaits you while you are *in* this life.

Your job is to get to the other side of this experience via perspective. Once you do, it, all of the pain, tears and heartbreaking misery will be *past tense!* The outer events of my life have not changed, but my inner being has undergone a complete reversal from death to life.

It does feel *good* to be alive on the inside. The perspective you receive after you ask for it will show you that not only will your inner condition transform, this may just be *the* time to bring through a book about the whole process you have been living with. This can help so many people! Can you consider a book, or a song, screenplay or keynote that can uplift others just as it will for you? Can *this* be more of the higher reason? Consider it my dear friend and then give life a chance to show you!

ABOUT THE AUTHOR

Barbara Sherry Rose, PhD is the bestselling author of twenty eight books, a world renowned life transformation specialist, and spiritual teacher. Her personal growth and transformation shared with millions of people from every part of the world has endeared her to the masses as a pure, loving and caring soul who shares by living example. Her ability to take the most difficult personal topics and bring through the solutions for herself and all has made her one of today's most loved and respected spiritual teachers. Dr. Rose is the founder of International Institute of Higher Self Communication merged with Global Life Transformation Institute. She shares with all of humanity the nondenominational process of receiving answers from God, as you personally understand that name to be. Her subscribers span over 190 countries and her work is published across the globe. You can view more of her work at her official website <http://BornToInspire.com>

