

PSYCHO-SCIENTIFIC FRONTIERS

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Therése Schwär

Spiritually assisting the dying

Therése Schwär, born in 1942, began to look for the meaning of life 35 years ago. Her search has been worthwhile. The saying “knock on any door and it will open” once again found affirmation. The spiritual assistance for the dying also represents research, serious research! Psycho-science is unfortunately treated like an unwanted child whilst it is actually the *jewel amongst the sciences*. An extensive field of knowledge that none of the major confessions dares to touch. Research into the dying process is carried out in hospitals, but the public never gets to see the results. Therése Schwär was a member of the *Medialen Arbeitskreis* (MAK, see www.psygrenz.de). (Psychic Work Circle)

Welcome to my lecture “*Spiritually assisting the dying*”!

I would like to inform you and share with you this evening about my experiences and adventures with *spiritually* assisting the dying over the last decades. This is *not* about the usual assistance to the dying. Specially trained hospital staff is responsible for this up to the dying’s physical demise. The work of hospital staff does then come to an end.

We go one step further with our *spiritual assistance to the dying*. It is about assisting the dying when they are *no longer responsive* or when they are in a coma. It is about giving assistance *the souls* -, sometimes well beyond death. This is what I want to tell you about and about what happened in the process. I will also tell you about contacts with souls that *did not find their peace*, that have reported back to me in order to *subsequently* deal with unfinished business. Towards the end of the lecture we will be dealing with the question of how one should deal with the demise of close relatives, of how one should behave in such situations with children.

A lot of people have a phobia about the theme of “*Death and dying*” and this can become a problem. Such fears arise from *ignorance* and from *repression*. Dealing more closely with this important theme can help alleviate this fear and this is why we are here today.

Giving *spiritual* assistance to the dying can only take place after one *no longer fears* the natural dying process oneself. This is achieved through direct experience with this event. Only once has we

have gained the liberating insight that dying is *not the final tragedy* will we be able to help the dying so that they can undertake the transition to another dimension free of fear and in peace and experience it as *consciously as possible*. Through the help they receive from spiritual assistance they can *let go* of their terrestrial existence *in peace* and open themselves up to a life in another dimension. Even if the acceptance of the event takes place hours or minutes prior to the transition, it still has an enormous effect. To believe that the human soul no longer perceives what goes on in its immediate surroundings *is a mistake!*

Human beings are basically speaking *spirit beings*. This is not being taken into consideration in most cases! In order to be able to collect *physical* life-experiences at all and to pursue our individual life's work, we as spirit beings temporarily use the *physical* body our parents provided us with. Our *spiritual components*, ergo the soul that we *are* after all, is equipped with a consciousness. This is why the soul *always* notices everything that goes on around it, even when its physical body is no longer functional. To make this clear to you is my main concern this evening.

When we learn to finally accept that the human soul *remain addressable* even after death and when we *know* beyond that, that the day this dimensional transition takes place is what we call *Judgment Day* when the human soul is “born back” into the world it originally came from, we have made a *large* step forward. To remember this is very important, because a lot of dying people have *by no means concluded* their terrestrial life. This makes them *earthbound* and they find it difficult to leave this world behind.

The question is: What are the things that makes it difficult for a dying person to let go of the physical plane of existence? It is the following points and they are a part of the general assistance given to the dying:

- *Fear of the unknown.*
(What is happening to me?)
- *Feelings of guilt towards other people.*
(Hurting one another, unkindnesses, disregard)
- *Having made mistakes.*
(Of a private and professional nature)
- *Feelings of regret.*
(Of not having made the most out of life, to have missed out, to have made the wrong decisions etc.)
- *Of not being at peace.*
(With themselves and with other people)
- *Worries.*
(About physical possessions and relatives)
- *Clinging to terrestrial life.*
(Wanting to experience a lot more)
- *“Mentally” retained.*
(Produced by excessively mourning relatives)

The list above shows the things that make it so difficult for the dying to relinquish their body and their mundane existence and to change over to the other world. These people are not at ease with

everything. That the dying *attain peace* is very important indeed. Peace with themselves and their terrestrial life! If they still have feelings of guilt one should, as an assistant to the dying, say that they have done everything as best as they could at the time. The situation, when it arose, could not have been resolved better. More is not demanded from us as human beings who live within the *duality* of the third dimension, namely that we always do the best we can. If we should realise later that we have made mistakes, we can always ask the person involved for forgiveness – and this also applies to the souls that have gone before us. Even this can be rectified!

What is important is that people can leave feeling: I have given my best. As their assistants we have *to boost* this feeling within them, for instance with words like: “You have looked after yourself, your family and your job as best as you could. You have done well!” – It is important *to mention everything* that depresses the dying. If they could for instance not make peace with a specific person, the one giving assistance can, if the consent is given, arrange for that person to visit the dying person, so that this person feels: I have made peace. Everything has been resolved between us. I can now go. Only then will they have made peace, with their terrestrial existence and with other people... If people depart this world with ill will in their heart they will be engaged with the past to such a degree that they will *not be able to see* their helping angels during their dying process; this is a *spiritual blindness* caused by strong physical attachments and it will detain the dying on the physical plane of existence. The soul could, depending on temperament and character, even turn into a *ghost*.

What is very important for the dying that cannot let go is *to deal* with their problems and *to discuss* individual points with them, but it is also important to mention the beings of light that are waiting, prepared to collect them. To resolve these problems is also part and parcel of *spiritually* assisting the dying. I will give some examples of how souls can be certainly be reached *during* and *also after* the dying process in order to motivate them to let go of the terrestrial sphere of existence so they can return to their ethereal homeland.

Every human being becomes *clairvoyant* during the *dying phase*, when the soul begins to separate from its physical shell. The *eyes of the astral body* taken on the function of seeing more and more, whilst the physical eyes, being designed for the third dimension only, gradually arrest their function; this is a moving transition that can be consciously experienced. The dying *look into the realm of the spirit* and they recognise with great astonishment and joy that the relatives that have gone before them and other light entities want to fetch them. Those that assist the dying can however *not always* see them. It depends on whether they are prepared to participate in this process. If this is so, their *spiritual* eyes will be opened for them. Every angel respects people’s free will, their God-given birthright.

The following question is naturally asked: To what degree do we believe in this? – Angels have become “modern”¹ in the meantime. A lot of people *sense, hope* or *believe* that angels exist. Whether we call these beings of light “*angels*”, “*spiritual companions*”, “*spirit guides*” or “*spirit teachers*” is basically unimportant. Angels are with *every* human being from the day they are born! And if we *know* beyond that that we can approach these eminent beings, that they also help the dying and that we can tell them and ask them for anything that is dear to our heart, they gladly do everything they can if it within people’s scheme of things. People must however *take the first step!* Because *they* actually want something from *them*. As I mentioned: The God-given birthright of human beings, their free will, is as far as beings of light is concerned, *untouchable* and it is also respected when people do not want anything to do with angels.

¹ Just about every second person in Germany believes in guardian angels. This was established in 2016 after an extensive survey by the Opinion Research Institute “YouGov” on behalf of the “German-Press-Agency”.

How can I simply assert all of this? Isn't this a thesis that nobody can normally verify... In order to vouchsafe authenticity, I have to step back into my past. I began searching for answers 35 years ago and I wanted answers to questions like:

- Can we or can we not contact the deceased?
- Do angels exist – and if they do, can we approach them?
- Is it true that angels are, amongst other things, here for our *spiritual protection*?
- Is all of this true or are these just theories?

I have been looking for *evidence* for these types of question – *and found them!*

Just a short explanation about *spiritual protection*. A great number of negative souls and only a few beings of light reside within the astral regions around our planet. The reason for this is the negative thought alignment of most people here on Earth. A lot of them do not want to know anything about the creator and his luminous hierarchy. They reject everything to do with it. Because of man's free will, the highest eminences have to accept this rejection. This is why these souls remain in the dark and near Earth regions. They then try to exert influence on events happening on Earth. They succeed most of the time, because a lot of people's thoughts are "on the same wavelength". They attract, without realising it themselves, lightless souls that in turn influence their human marionettes with the help of their suggestive mental energy. These however *believe* that they are dealing with their own thoughts! This is how fights within families develop, right up to global disputes; terrorism, amok and other terrible things.

There are of course also people that are *pious* and that live accordingly. Their world of ideas is *completely different*. They try to help where they can and their "wavelength" is on par with that of beings of light. Its positive resonance makes automatic spiritual protection possible. These people cannot be reached by the vibrations of *ungodly* souls unless up to now positively acting people voluntarily convert into the opposite. They then become immediately approachable by *dark entities* and the existing spiritual protection by the divine light falls away. It might even be possible that their *guardian angel* will leave them in order to make way for another one that now fits to them.

The things beings of light take upon themselves to fulfil their labour of love here on Earth are just incredible. In order to help us they have to fight their way through the spiritual darkness of this Earth. One more reason to thank these angels from the bottom of our hearts!

But let's get back to the *evidence* I was looking for. I would like to tell you about two very significant events that happened to myself and my husband. – I did a course titled "*Assisting the dying*" in the eighties. The last evening was a *self-experience evening*. It was about the question: How do I feel when I'm the dying person? The insight gained from this was the most important thing for me period, it was a very emotional experience, one that aroused my curiosity even more. I simply wanted to know more about it. It raised the question: "*Do our loved-ones really continue to live after their demise and are we able to reach them or not?*"

A congress was taking place at that time in the district of Lippe, in North Rhine-Westphalia, Germany that was attended by well-known *English* mediums. Next to the lectures, private consultations were also on offer. I wanted *to test* this and I had brought a recorder with me for this purpose and made an appointment for a private sitting with an unfamiliar English medium.

As the consultation began, the medium submerged itself and reported that a young woman, aged about thirty, was present in the room. The medium told me that this woman had died from cancer and that she had brought a bouquet of violets for me, because violets were my favourite flowers. I knew immediately: This could only be my sister *Renate*! She had died from breast cancer when she was 36 years old and she left 5 children behind. What the medium transmitted was *correct*!

As the sitting progressed we dealt with a problem the son of my deceased sister had. My sister requested that my husband should see to this young man who was in the middle of puberty. This was the *actual reason* for her being here. In order to identify herself she showed the medium a *sapphire ring* and a *hinged amulet*. Both of these pieces of jewellery could be found in a wooden box inside a drawer. She also showed the medium a kind of *prayer book* that stemmed from my years as a teenager. At the end of the session I was advised to test all details, because they would serve to verify that it had really been my sister.

I telephoned the daughter of my late sister, who lived in Detmold at that time, on the same day. I told her about the English medium and that her deceased mother had made contact with me. I hardly had time to mention the *sapphire ring* and the *hinged amulet* when my niece excitedly added: "*The ring and the amulet are in a wooden box in my bedside table drawer!*"

Half a year later I visited my parents, a very religious couple. A Bible, Hymnbook, a book of watchwords etc. were sitting on the backrest of their couch. I suddenly espied a small song book and when I opened it I found my maiden-name on the first page written by a *child's hand*. I asked my father about what this song book was all about and he explained that I had received this song book from *Renate* for my confirmation. – I was absolutely flabbergasted inside!

There could not have been any better *evidence* for me at that time that the deceased can be contacted after their demise. A lot more evidence that our "deceased" are *very, very active* and that they care about us when times are tough, has collected together in the meantime. – Every time my deceased mother is with me *I feel her hand on my head*. I then know that she is with me and any sadness I feel simply falls away.

During the nineties I took the course: "*To live just one more year*". This course also ended with the motto of *self-experience*. But this process produced a momentum within myself this time: At the end of our inner final experience, "when we imagined that death would have been imminent", I *completely unexpectedly* stepped out of my physical body in my spirit body... I saw an incredibly radiant, but not blinding light and it attracted me powerfully. I experienced this light, near-death experiences also report about it, *myself* at that time. Nowadays I am able to *absolutely verify* this effect. The light emanated indescribable LOVE. I positively merged with this light and I had the impression that I no longer existed. What happen after I cannot say! Any feeling of time simply disappeared... I suddenly returned to my physical body and my day-consciousness was back in action.

Those that have experienced this *first hand* lose all fears about dying!

Such experiences happened to me quite often from then on, this is why this theme is so close to my heart and this I why I want to publicise my experiences.

The next question that I asked myself was: *Do angels that every human being has at their side, really exist?* I was inwardly already convinced that angels *must* exist. My husband on the other hand *had great doubts* about it. He was a particularly critical individual!

And then the following happened...

It was in the nineties, just before Christmas. My husband had sent me to the bank with *two bankbooks* and he had asked me to bring the bankbooks up to date, because he wanted to start doing his taxes after the holidays. I did so – and went to the supermarket after to do purchase a few things. I didn't want to take the bankbooks with me to the supermarket so I deposited them under a floor mat in the car. One of the bankbooks registered a lot of money that was actually only being administered by my husband. Shopping was soon effected and I drove back home.

My husband asked me after the holidays where the bankbooks were, because he wanted to start doing the taxes. He said that the bankbooks were not in the usual place. "I must have given them to you or placed them in the stairs at the office" was my reply. I could no longer remember the details. Our conversation went to and fro. I slowly started to panic and ran to the car to look under the mat, but the bankbooks weren't there. My husband got increasingly agitated, particularly because of the other bankbook. I accepted all the blame and I was at my wit's end. I ran through the whole house in an agitated state looking into all probable and improbable corners...nothing!

And then a thought occurred to me: I have angels around me and I believe in them ardently. They have helped me many times in the past. So I sat down and started to pray...

I have to add the following explanation here: When one asserts a claim on spiritual help one has to make sure that *the surrounding is right*, that is to say, that eminent vibrations of trust are present instead of vibrations of panic and fear. This is why I had to build up a level of trust first and to let go of my panic. I soon noticed that my inner agitation gradually faded away. And I prayed: 'If you really exit and if you want to or are there to help people, I ask you from the bottom of my heart to help my find these bankbooks!'

My way of communicating with these entities in those days was rather arduous, far from the way I can do these days. All questions had to be formulated that they could be answered with a *yes* or a *no*. I utilised a so-called *tensor*, something I cannot go into detail due to lack of time. The communication at that time – once I had completely calmed down – went as follows:

Question: May I ask?

Answer: Yes.

Question: Are the bankbooks lost?

Answer: No.

Question: Were the bankbooks stolen?

Answer: No.

Question: Have the bankbooks been misplaced?

Answer: Yes.

Question: Are they in the car?

Answer: No.

Question: Are they in the house?

Answer: Yes.

Question: Are they downstairs?

Answer: No.

Question: Are they in the upper part of the house?

Answer: Yes.

Question: Are they upstairs in the office?

Answer: Yes.

Question: Are they on my desk?

Answer: No.

Question: Are they on my husband's desk?

Answer: Yes.

Question: Are they on the right hand side?

Answer: No.

Question: Are they on the left hand side?

Answer: Yes.

My husband had piled a heap of *journals* and *papers* about half a metre high on the left side of the desk, all files he wanted to deal with. I plucked up my courage, entered the office and said: "Can you please look through that pile of papers on the left side of the desk for these bankbooks?" – *And that is where they were!* – The bankbooks we had been looking for were in this pile!

This was an incredible experience for myself and my husband. I had nothing to do with misplacing these bankbooks. My husband had simply forgotten that he had put the bankbooks amongst the other taxation documents before the holidays. This was certainly also an experience for him, one that he could not ignore. – When we discuss a controversial theme these days and when I say: "But my angels have told me something else" he smiles at me and responds: "I certainly have no chance against them."

This was important evidence for us for the existence of a form of matter from a *superior plane of existence*. This was one lesson for me – but a different lesson for my husband. He also accepted and *now knows* that spirit helpers *actually* exist that one can take advantage of even for such profane things, if they seem important enough. These helpers are here and they help us, *if they are allowed to do so!* – I have been looking for seven years for a jewellery box that I misplaces somewhere in the house. But I will *not ask* this time, because *I don't want to be too reliant*. The jewellery box is still missing, but I am not concerned – and when it doesn't matter it isn't necessary – quite in contrast to the bankbooks.

Later, when my talents for communication had developed further, I questioned the events I have just been talking about, namely why one was *allowed* to help me with this *so concretely*? The gist of the answer was: "You immediately accept the blame when your husband accuses you of something. Instead of remaining factual and contemplate the whole thing, you fly into a panic. You must finally learn to not become so emotionally involved." What have the things I said up to now to do with *spiritually assisting the dying*?

What it does show is that the human souls that have left their physical body *can certainly be approached by us*. We *can* reach these souls and our spirit guides, our angels. We can and we may take advantage of them and this includes the *angels of the dying*!

Even if not all of you my dear listeners possess the same sensitivity, these antenna to another world, something I was able to develop over many years, the translation of it all is important: *Angels are here to help us human beings*. And when we ask angels to help a dying person the ley go so that this person *can recognise* the other world and not remain hanging in the intermediate world due to material issues, the angles *gladly* help!

Below are five examples from my collection of *spiritually assisting the dying* experiences. All five examples stem from *my* family surrounding and I have asked them for permission. I would not like to publicly report about strangers I have assisted during their dying process.

The first example

A godmother of my husband lived in Ansbach, in the Southern of Germany. This lady had no relatives and my husband looked after all the things that had to be settled. She lived in an old people's home towards the end and we visited her there when we went on holidays, on the way there as well as on the way back. We visited her again in 1995 and we realised that the end was nigh.

Once at home again I asked my spirit guide when we should visit this aunt again. The answer was: "The following Friday." I thought: On a Friday? With the extra traffic on the autobahn and this in November? But my angel persisted.-

My husband and I took to the road at midday on Friday. The weather was bad and there was a lot of traffic on the autobahn. As we arrived in Ansbach, we quickly booked a hotel room and then drove to the old people's home. The ward sister approached us as we arrived and told us that she was sorry to have to tell that our aunt had passed away 10 minutes ago.

We entered the room she had died in. I immediately felt that the soul was still present. I thereupon asked my husband and the ward sister to leave me alone with the deceased. The doctor should not be informed until I had left the room she had died in. Both were agreeable.

I approached the bed of the deceased, lit the candle I had brought with me and also played some appropriate music at a low volume. Once at her bedside, I briefly went within myself... My angels confirmed that the soul was still about. I proceeded to address the soul and I talked about the life she had lived that had been a very hard life indeed. She had witnessed WWII, was bombed... I told her that the time had come to look ahead and *to go through the change of her level of existence*. I drew her attention to the fact that her late husband and other relatives might be on site in order to collect her. I said: "*Let go of your life her on Earth, follow the light and go across!*"

That's when I heard my spirit guide say that *she couldn't let go*. – Astonished I mentally asked why. The answer came that her jewellery had been stolen. I went across to the wardrobe and opened it. - *The jewellery had indeed gone!*

She had told me that she wanted to give her jewellery to me. So I told her that *this was not important now* and thanked her for thinking of me so lovingly. I explained to her that the jewellery was now with somebody who needed it more than me and that I didn't really have a problem with that. I once again emphasised: "Let go of everything and go into the light, across to the other dimension." – About two minutes later she was gone.

Summary: It was very important for this woman *to know* that I was *not cross with her* because of the stolen jewellery.

The second example

The following event took place in 2005. It revolves around the mother-in-law of my late sister who lived in Berlin. The woman was interested in spiritual things in the past and we liked her. After the death of my sister her husband, the son of this woman and also a daughter who lived in Germany also died in quick succession. She now only had a daughter left and she lived far away in Spain.

The mother-in-law of my sister rang us one day from Berlin and revealed to us that she felt very lonely and that was the reason she wanted to move to Lemgo. We agreed with her. After her move she voluntarily took on the role of “Ersatz-Grandmother” for our children. Our children’s real grandmothers lived far away and were actually quite old already. This lady lived in Lemgo for more than 20 years and had helped our family a lot.

She fell one day, we were on holidays at that time, and was taken to a hospital with a femoral neck fracture. Her daughter in Spain had in the meantime arrived to look after her. As her recuperation had progressed somewhat, her daughter brought her to an old people’s home in Bösingfeld, because the one at *Sankt Loyen* was full. Bösingfeld is half an hour’s drive away and this is where she lived for a number of years because her daughter did not want to move her again. I therefore drove to Bösingfeld once a week to visit her. We brought her to Lemgo to spend time with the family during public holidays. And the years went by...

One day I noticed that she started to go downhill. I rang her daughter in Spain to ask her if she would like me to assist her mother during her dying process. For me to do this, she would have to be relocated to the nursing home at *Sankt Loyen*. The daughter agreed.

One evening I received a call from *Sankt Loyen* informing me that this lady had brought up some blood and this indicated a very serious illness. I was told that she had been moved to a hospital in case that it was serious and I immediately drove to the hospital. When I got there I found that she had been *deposited in a storage area*. The doctor arrived and she explained that a bed would become free the next day and that the patient would then be artificially fed. I showed the doctor my full power of attorney wherein the patient had requested that nothing should be done to keep her artificially alive. I rejected the doctor’s proposal and demanded that the lady in her care be moved back to the nursing home. The doctor however didn’t want to get mixed up in this. This made me threatening her with a complaint. – She was back at *Sankt Loyen* the next day!

I sensed that her end was close and therefore informed her daughter in Spain. She came home and we visited her mother. – *Sankt Loyen* rang a couple of days later to inform us that the end of her mother life was close. We drove to the nursing home where the dying mother lay very apathetically in her bed. The daughter wanted me to sit at the side of dying mother. I decided to sit at the foot of the bed. I placed my hand on the hand of her mother - *but she pulled her hand away...*

This hint is important! Those that assist the dying must take note of this! *We have to accept it*, when a dying person no longer wants physical contact by pulling the hand away. It is a sign that the dying person wants to *let go* and sever all connections with physical matter. – This can be different with other dying people. Touching them gives them an inner hold and the signal: I am with you, you don’t have to be afraid. But her mother pulled her hand away – and I was okay with this.

I talked to this soul, she was already in the process of separation, the way I talked to other souls. I found out that *she would dearly like to go*. But I still had time to laud the bravery she showed during her lifetime. – Her last breath came shortly after. – But nothing changed: *“She didn’t leave!”* – I

mentally asked my spirit guide what was happening. He answered that the problem was *with her daughter*, because she did *not want to let go* of her mother. I naturally wanted to know the reason for this. He explained that *feelings of guilt* blocked the separation process. – Because the daughter lived so far away in Spain, feelings of guilt had developed. She could not take care of her mother the way I had done all these years. The problem was explained to the daughter and I asked her to say goodbye to her mother and to thank her for all the support her mother had given her. There were lots of reason to be grateful, particularly for all the love she had received from her mother. – The whole situation was very emotional. Whispering I said to her once again: “Thank your mother – and let her go.” – The soul left about two to three minutes later.

Dear listeners, you must understand: Feelings of guilt and *exaggerated* grief block the soul’s separation process. Thoughts that, like a sender sending signals, *always reach* the receiver and they trigger such problems. But when one is aware of these things, *both sides* find it easier to let go.

Instead of using the word “death” one should rather talk about a “*change*”, because that is what we are dealing with and nothing else.

The third example

It is really incredible... My sister who had passed away *provided* me with the *evidence* that the dead are alive to begin with, I then assisted my mother-in-law when she died and now Ruth, the daughter of my sister, the one who had treasured the sapphire ring and the amulet in a little wooden box. I would like to tell you about this incident next.

Ruth had become seriously ill. We had a good relationship to one another over many years. Completely unexpectedly she wrote me a letter stating that she would no longer contact me, because she didn’t want to make letting go of this world more difficult for herself. Only her husband and her most intimate friends were allowed into her sick room. Even her own four children were not allowed to visit their mother. When I recollect this situation I still feel a sadness within me, especially in regards to the children who were no longer allowed to see their mother. But Ruth had made that decision, because she couldn’t bear the thought of leaving her children behind. I had no idea when she would pass away and I could therefore not assist her.

I received a call from her husband one day to briefly inform me that Ruth had passed away 10 minutes ago. He asked me to hold a meditation for her. Shortly after the telephone conversation I prepared myself for a meditation.

I had hardly had time to go within myself when my inner eyes saw a kind of silver whirlwind “shoot” towards me. I saw the face of the “deceased” and she said: “Therése”, please do me a favour and ring my husband. Repeat the following sentence to him: “...”.² - It absolutely didn’t make sense to me. She said: “I know that you will do this favour for me”. – As quickly as this whirlwind appeared it vanished and Ruth had also disappeared. – I picked up the phone and called her husband. I didn’t know that he *expected my call*. I told him about my encounter with Ruth and repeated her sentence to him. I naturally wanted to know what it was all about. He explained that Ruth had made a tryst with him. They had come up with a sentence that made no sense to anyone not involved. This sentence was going to be the *sign that his wife had arrived safely in the hereafter*. – I was speechless! – This is how the circle closed.

² I have unfortunately forgotten this very curious sentence.

The fourth example

My brother-in-law died during the same year. He had been fatally ill for many years and simply wasted away. However he just couldn't die. He had a very complicated marriage behind him and my sister could not forgive some of the things he had done to her. I discussed this with her over again and I tried to make her understand that her husband could only die after *she had forgiven him everything*. She unfortunately couldn't do so. Knowing the *spiritual* reasons behind this, it was very difficult for me to observe all this.

I drove my sister to the East Frisian island of *Juist* to the local hospital. We found peace there and we were able to deal on her problems. She acknowledged *her part* in her complicated marriage that eventually led to it becoming a marriage of convenience. Each lived their own life. – She basically accepted the *part* she had played that led to the failure of their partnership – she was *now ready to forgive!* – Back home again, a loving reconciliation and forgiveness took place. She discussed everything with her husband and also *asked for his forgiveness*. This must have been a very emotional reconciliation. Her husband died three days later.

I had promised my sister that once her husband had passed away, I would come and stay with her until after the funeral. So I drove to her place the next day. Her son from Munich had also arrived and he dealt with all the arrangements that had to be made. My sister and I dealt with the rest. She told me about the incredibly emotional reconciliation with her husband and the three remaining days when everything between them was once again “heaven on earth”, because they were able to reconcile their differences. Both of them were able to get rid of a heavy load!

I have to add the following in order to explain something: My psychic ability had already advanced considerably by that time. When my spirit guide wants to make contact with me, he gives me a specifically *arranged signal*. I then know that he wants to announce his presence. Briefly concentrating on my part and the contact is made. *Only when* I receive this prearranged signal from the other dimension will I get involved! – I received this signal out of the blue and I mentally asked my spirit teacher the reason for it. The answer came: “*Your brother-in-law will and may announce himself.*” – As my sister and her son were present I told them and then briefly concentrated in order to open myself for the *transmission from my brother-in-law*. He told us about the musically accompanied reception on the other side, something that must have been incredibly magnificent. He once again asked his wife for forgiveness and forwarded a very loving message with its focus on the *wonderful times* of their marriage. This was very emotional for all of us there.

The end furnished absolute *evidence for myself as a medium*, namely that the transmitted message could not remotely stem from my subconscious: The report ended with the addendum: “*My beloved Schu.*” – This didn't mean anything to me so I asked my sister what it meant. She smiled and said: “*This was my nickname during the first years of our marriage: My beloved Schatz-Du (Sch-u).*”

This was a very important experience for me and it strengthened my resolve in regards to my psychic activities. The whole event still touches me deeply when I think about it now.

The fifth example

The fifth *spiritual assistance* took place in February 2017. This assistance was the “most stunning experience” ever for myself. Its effect lasted for days. I would also like to tell you about this experience so that a *different perspective* of the *taboo theme* “Dying and survival” can finally be

gained.

My family was aware that my sister-in-law *Marianne* in Hamburg was suffering from cancer. She was my brother's first wife and we always stayed in contact. She was operated upon, went through chemo and then rehab. The usual program.

She came home after chemo before Christmas last year, but she unfortunately didn't really recuperate. I telephoned her before we went on holidays in January this year and she told me that she still had not "found her feet". All the commotions around her had added more problems.

When we came back from our holidays in February we received a phone call from the sister of my sister-in-law who also lived in Hamburg and with whom I had a good relationship. She told me that Marianne was once again in hospital and that she wasn't very well at all. After hanging up I immediately started to meditate and asked my spirit guide whether we should drive to Hamburg to visit Marianne. The answer was: "The sooner, the better!" I informed my husband about this. – We drove to Hamburg the very next day.

Once we were at the hospital we found that the severely ill Marianne gave the impression of being calm and collected and even full of humour. This was deceiving! We heard that one had given her opiates and their effect was visible. I was able to talk to her about a lot of things in spite of this, but nothing she said was of real importance. Once in a while she fell asleep and I knew that this was going to be our last visit, ergo our last meeting. – We returned back to Lemgo that evening.

After we got home I sat down to ask my spirit teacher whether I could do anything in order to make Marianne's transition to the realm of the spirit easier. My question was *affirmed*. I was asked to perform a specific meditation every day that dealt with bringing *me* a very high level of vibrations of gratefulness and love to begin with. This makes the important *spiritual protection* that is required to make contact with another soul possible. I closed my eyes, concentrated and the just described inner alignment began...

Marianne suddenly appeared before my inner eyes in her familiar figure and she was accompanied by two light beings. We welcomed one another and we were able to talk about everything that required talking about. We talked about her whole life, how she had dealt with her life and how she always endeavoured to make the best out of all the situations that confronted her. Her greatest concern was her son, because he had worried her from an early age onwards. He was already in his mid-thirties but he still could not stand on his own two feet. I remember all the loving measures she took in order to support her son, something only a loving mother can accomplish. It was now however about *letting go of her terrestrial level of existence* and about no longer worrying about things. Her ex-husband would continue to care for their son, just as he had always done. I was acutely aware of this and I was able to convince her that this was so. I said: "Let go of your worries and walk into the light in peace." – This is how I met her *every day* and I was able to discuss other aspects of her life with her every day, just the way I was inspired to do this. But I also saw that she grew weaker every day.

On the fifth day, shortly before I started my daily meditation, I received a phone call. It was Marianne's sister. She told me that the hospital had called her to inform her that Marianne would probably die within the next 12 hours.

I collected my thoughts for my meditation. – Marianne once again came to me. She was however *propped up* by two large light beings this time around. Her body seemed *almost transparent*. I said to her amongst other things: "*It is now only about letting go of this life on Earth for you.*"

There were however issues we had not yet talked about. These were events in her life that had *mortified her greatly*. I calmed her down and said: “If these people *could recognise* how much they offended you, they would surely be very sorry now to have done so. I would like to ask you, on behalf of those that have upset you, to forgive them.” – I mentioned the name of *every single person* involved in this and I said to her: “The day will come when these souls will recognise what they have done to you. In order for you to be able to let go you must *forgive them* so you can enter the other side of life peacefully and trustingly.”

The picture suddenly changed: Marianne no longer stood in front of me – *I sudden sat next to her sickbed in Hamburg!!* – My spirit guide calmed me down and said: “Put your right hand above her head and your left hand over her feet and allow the light to flow through her body.” I did as I was asked. I explained to Marianne what I was doing, namely that light would now flow through her physical body in order to take the last remnants of stress away. I managed to hear my spirit guide say: “Allow the light to flow peacefully.” I then lost all feelings of time...

Six large beings of light suddenly entered the room and took up positions around the sickbed. There was a huge difference between the *wonderfully coloured* emanations of these beings. One of them stood at the head-end of the bed, another one at the foot-end, whilst the other four were on either side of the bed. I sensed that my work was now at an end.

I thanked the angels that were present for looking after things from now on. I also thanked my spirit guide for his help. I then withdrew... At least ten minutes passed before I regained my normal day-consciousness.

I asked my spirit guide after whether I should carry out a meditation for Marianne the next day. His answer was: “*No*”. So I asked whether there was anything else that I could do. He said that *I should tell others about these events*, namely my brother and Marianne’s sister and her family. I gladly fulfilled this request.

As I was about to leave the room the phone rang, Marianne’s sister was on the phone and she told me that Marianne had passed away ten minutes ago. Tears of joy ran down my cheeks: *She has managed it!* – Once I had calmed down I rang Hamburg and told Marianne’s sister about my experience. She was also extremely pleased about the fact that her sister managed to leave this Earth behind and that she, unlike a lot of unfortunately souls within the astral regions of the Earth, no longer remained fettered to physical matter.

The next thing was to call my brother to tell him everything. I was well aware that he thought that I was a bit of a “nutcase”, but I told him everything that happened just the same. He asked me when Marianne would report back to me. My answer was that she *had to find her feet first* and that he shouldn’t expect a message from her. I would certainly report back to him if I received a message. He was happy with that arrangement.

A number of hours had passed when I received the prearranged signal from my spirit teacher indicating that he wanted to talk to me. After going briefly within I asked what was going on. He told me that Marianne *had received permission to report back to me*. – I could not believe it! – Being very excited I had to “ground” myself first and then spiritually open up in order to make this contact possible.

I have to add here as an explanation that for a soul to be allowed to make contact in order to transmit a message to its relatives counts as *one of the great exceptions* – something that also happened in

the third example when my niece transmitted a message to her husband.

A kind of silver coloured whirlwind once again appeared in front of my spiritual eyes. When the whirlwind stabilised, Marianne's friendly face could be recognised. She was literally beaming and she said:

“Thérèse, it was *so simple*, so incredibly simple for me to pass across! I never would have thought so. I thank you very, very much for having helped me! A great festival is in progress here. My parents are here, a lot of relatives also and numerous angels. A huge celebration! Tell my family that *nobody should be sad!* They arranged a party here – *for ME!* Tell everybody, nobody should be sad – and thank you once again.”

She *specifically stressed* a lot of her words, in particular: “*For ME!*” and “*NOBODY SHOULD FEEL SAD!*” The image in front of my eyes faded away...the contrasts blurred...and she was gone.

An experience without equal – for my brother also. I wrote everything down and reported it back to him. This happened early in 2017 and this was one of the most *important spiritual assistance* that I managed to give within my family.

* * * * *

Even if not all of you, my dear listeners, possess these delicate “antennas” that developed within myself over decades, it is still important *to know* and to accept in spite of this that our life *finds immediate continuation* after our physical demise.

I cannot stress this often enough: The human soul with its spirit core – *that which makes us truly what we are, is not dead!* – The medical sciences and the Churches are wrong! – Spirit towers *over* matter!

This is why a liberated soul catches *everything* that we think and say, in as far as it is reachable.

I received a psychic message last year informing me that a very good friend had passed away. I had been completely unaware of this. For a whole year! This was a shock to me! I could not believe it so I sat down and thought: *You have to say good-bye to him!*

I asked my spirit guide if I was allowed to contact this soul. The answer was: “*No, you are not allowed to do so.*” So I asked for the reason and I learned that this soul was still so strongly involved in its past terrestrial journey that any psychic contact would *interfere* with this process.

I did however not want to miss out saying good-bye to him. Thereupon my spirit guide said: “Tell me *everything* you want to tell him. I will then pass it on to this soul.”

I handled everything as if I was talking to my friend. I am *very sure* that everything was conveyed to him.

What I am trying to say is: Our angels are here for us. They want to help us and *also help the dying*. They are just like a mother that has just given birth to a baby and they guide the soul back to its spiritual home at the end. We can and we may call upon angels and the most important insight is: Even beyond death!

Once again: The so-called dead are not dead, they are *very, very much alive!*

My farewell rituals

Assuming that somebody could not part in peace with another person before they died. One is still able *to make peace* later in such a case. I developed a special farewell ritual for the work that I do and it is utilised for that purpose. Thereto a few examples:

First example

The husband of an acquaintance passed away. This marriage produced three children and they were adults by then. All three lived spread across Germany. The deceased was what you call a *family patriarch*. I knew him and his attitudes! His eldest son had such a problem with him that he broke off all contact with him years before he died and he wanted nothing to do with his father from then on. – This man died *utterly alone*.

His wife asked me whether I could conduct a valediction ritual for him and her family. I consented: I asked her to assemble the whole family together one weekend. I would then be prepared to come and to conduct the valediction ritual in her home. And it came to pass.

I had prepared very well and had brought flowers and candles with me. I asked my spirit guide beforehand to lead the soul of this man to this ritual *under protection*, because his death had happened some time back.

I have to insert here that a valediction ritual *must* be carried out under spiritual protection, because – as I explained at the beginning – not only light entities live on Earth. Spiritual darkness and compressed, low vibrations dominate here on our planet where physical *and* non-physical *ungodly entities* bustle about. If one does not end up in a psychiatric clinic, a medium, ergo a mediator between the two worlds, must conduct all types of psychic contacts along *ordered, secured and radiant avenues*. Absolute prerequisites are: A love for God and his hierarchy as well as the will to learn and to improve oneself. *Every human being* can allow themselves to be guided the way I have been guided, if these prerequisites are fulfilled. One's free will is however always crucial. There are no "chosen ones" amongst us! But this another theme altogether.

I requested my spirit guide to bring the soul in question now. – I observed how it was guided into the room by beings of light and when it stopped in front of me, I addressed it. I thanked this soul, after all this man helped to procreate three children, giving these *souls the chance of an incarnation...* This man naturally also had a nice and likable side. He wasn't just the great macho man. I concentrated on his *likable* side and thanked him for it. I informed him that his family wished to say good-bye and pointed out to him that he could use this opportunity to say good-bye too. I wanted to give *him* space to do this. Everything he told me was related back to his family.

I observed the "deceased" approach his wife, put his arm around her and imploringly asked for her forgiveness for having disdained her – disdained her as a wife, a mother and a female person. He did not know what to do when his little daughter turned into a beautiful young woman and he therefore disdained her too. He also asked his daughter to forgive him.

It was then his son's turn: He had always been very hard, demanding and cool towards him. He was never good enough in the eyes of his father. The son could try as hard as he could, he never received any accolades from his father. – The youngest son on the other hand had been his favourite and he had stayed in contact with him. He had virtually disowned his wife, his daughter and his eldest son.

The valediction ritual with this family was very touching for me. In particular *the words* the deceased father found. – The eldest son suddenly went down on his knees and asked his father for forgiveness for having turned away from him and for not having entertained any kind of contact with him for such a long time.

I will never forget this saying goodbye scene! It was so touching and it produced a lot of tears. It ended at some stage.

The eldest son lives in Southern Germany and every time his mother, who lives in Lemgo, visits him, she brings back his regards and he lets me know that he found *his* inner peace through this valediction ritual.

The second example

I ran into a lady in town who was a member of one my past meditation groups. She told me that her husband had passed away six months ago and that *knocking sounds* could be heard in her house ever since – *undefinable noises* that were not heard before. This phenomenon would take place every evening and its source could not be determined.

I assumed that it would be her late husband and suggested that we hold a valediction ritual. If it was really her husband, he would have been trying to convey something through this. We conducted this valediction ritual at my place and I simultaneously informed her about what I saw and heard.

When the soul of the deceased entered the room, he immediately knelt down in front of his wife, clasped her knees and begged: “*Forgive me, forgive me. For I have cheated on you!*”

It turned out that he had managed to keep the fact that he had a girlfriend a secret for years and this guilt tormented him greatly.

These strange noises were never heard again from the day the two had made peace.

The third example

I got to hear about a family whose grandfather has passed away. The grandmother lived on the first floor whilst the young family with three years old twins lived on the second floor. One of the twins was *clairvoyant*. Well, the little girl saw her grandfather stand in a corner of the room and she told her mother. The mother asked her what her grandfather was doing there. The little one said that he was “pulling faces”. The mother, who naturally didn’t see the grandfather, thought that the little one must be mistaken. The little girl however insisted that her grandfather either stood or sat to where she pointed. The mother told me that the little girl also often saw the grandfather *sitting* on the stairs.

I suggested to this lady that we should get to the bottom of this and then say goodbye to the grandfather, I gathered that he wanted to convey something to them. I invited this lady to come to my house and we conducted a valediction ritual there.

The grandfather wanted two things: Firstly, he said that the daughter who had a good relationship with her father, was *overextended* in her job *and* with her family. This is why the grandfather wanted to entertain his grandchildren and have a little fun at the same time. Secondly, the reason why he sits at the top of the stairs was to prevent the three year olds from falling down, because the children

did not want to walk past him.

This man also asked me to tell his wife that he would like to ask her to forgive him for having taken so little care of her and the family. He always only did what was required. He obviously realised on the other side of life that his behaviour as a father and husband was not the best that he could have done. He wanted to ask his wife and his daughter for forgiveness after the event.

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At the end of my lecture I would like to pursue the question: *How do I deal with the death of close relatives and how should one explain this to children?*

The death of a relative naturally affects us all. But let's be honest about it: When we mourn, we essentially mourn *on our behalf* because the deceased is *no longer at our side*. This particularly applies when one's own children die. Having to let go of one's own child conjures up horrific visions! But one has to be strong even in such a situation and one has *to motivate* one's own child to go to the other side. This is really a huge challenge!

I personally managed to deal with the death of my parents by concentrating on the *positive* during the dying phase and up to the funeral in conjunction with my deep gratitude for everything they have done for me. We do indeed have to thank our parents for giving us our terrestrial existence. Having come to the West (West Germany), with a large family after the war and the expulsions, and having to start from scratch was certainly a bodacious achievement by both of them.

Until a soul has taken its leave and found its way to the realm of the spirit, one should concentrate on what has been *positive* about the deceased person and on expressing one's thanks and praise. One's own sadness should only then be allowed to come forth. This naturally only functions if one *knows the spiritual coherences*. There would be far fewer heart rending scenes at gravesites, if people were more informed about them. That's for certain!

Grief naturally has its justification. We are indeed not emotionless machines. I also miss my parents! These things cut deep! There is almost always a special bond to one's mother, a whole life long and even beyond the grave. Even when a child is separated from its parents, a special bond to its mother remains in spite of this. If the relationship to one's parents was a *loving* one, these connections remain intact beyond their demise. One will eventually reunite with them in our true home where we all stem from. I was privileged *to experience this often* through my work!

When I was affected by a deep sadness after the funeral of my mother, I took "*Bach Rescue Drops*" (Emergency drops made from blossoms). These help to keep one's grief under control. – This is how I personally deal with it.

How should one deal with children in such situations?

The first example deals with my daughter when she was three years old. She sat at the kitchen window and observed a funeral procession slowly making its way to the cemetery through a nearby street. I knew that an elderly gentleman in the neighbourhood had died. The little one wanted to know what this *black cortege of people* was all about and why all these people were dressed in black. I told her that a grandfather in the neighbourhood had died. She didn't let it go at that and wanted to know *why* all these people were dressed in black. I explained that these people were sad and that they expressed their sadness in this way and that the deceased body of this grandfather was taken to the cemetery, but that his soul was with the good Lord. She looked at me with a puzzled

expression on her face and asked: “I don’t understand this, why are they sad when the soul is with the good Lord?”

Conclusion: When a child is not emotionally involved with a deceased person, it can rationally deal with death.

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The following is an example where it wasn’t like that: A little boy knew that his grandmother would die in the not too distant future. He sat there sadly and gazed with an empty expression into the distance. I asked: “What are you thinking about?” – He didn’t answer. – “Don’t you want to tell me what’s wrong? Come over here.” He didn’t come to me, but said: “When I come over to you I will start to cry.” I said: “Come over here and we cry together.” He came to me and I took him into my arms and we cried together. This boy knew that his beloved grandmother was going to die and this made him terribly sad. After the boy had calmed down somewhat I said: “Your grandmother will soon be with God and she will be well again. Even if we are ever so sad and if we miss her ever so much – *She is alright!*”

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My grandson told me that they had talked about death at his kindergarten over Easter. I told him: “When I die one day I will surely spend a lot of time with you.” He replied: “But grandmother, you don’t have to specifically come to see me. You will be with God and he sees everything – and you will also see everything!” Thereupon I said to him: “Yes, you are right – but I will surely come to see you in spite of this, because I love you so much!”

This is how children can react if we as adults *allow* it.

As time has run away from me I would like to bring this lecture to a close. Let us summarise what’s been said this evening: Dear listeners, I hope that I have been able to convince you at least a little that angels *actually exists!* I was able to tell you a little from my cache of experiences that contains a lot of solid evidence for me. Evidence that made me tread a spiritual path and that continues to encourage me to delve deeper and deeper into this unexplored field of knowledge.

Buddha, surrounded by his companions, said before passing over into the world of spirit: “Share my joy, the doors to immortality are open.”

We have heard that what *makes* us human, the soul, is very much alive. The so-called dead are not dead! Our angels, our spirit companions, want to help us and support us *to finally acknowledge and comprehend* this. We can take advantage of them. People must however make the first step to approach them. Those that do not want to do this find that their free will is always respected by *higher* beings of light.

We do not have a lot of time to collect experiences and insights here on Earth that we can take with us to the realm of the spirit. The soul, harbouring the *core of the spirit*, the *divine spark* that stems from the *primordial light* we were endowed with the moment we began to exist, makes the connection to our origin, the *Omni-spirit* we call “*God*” who exists eternally, possible for us. Our soul consists of the same “stuff” God also exists of, because we were created in His image and *specifically this* is what makes us immortal. On the other hand, our life on Earth is only a short, but *very important* episode within our development.

I never talked about my spiritual experiences in the past. But when my family discovered my spiritual activities one day, some member of my family became filled with *fear*. Ever since this has become known, two of my sisters do not want anything to do with me anymore. One also has to be prepared to make such sacrifices. I have reconciled with this situation in the meantime. Ever since I got through this, I find that I don't care what people think of me. This is why I am able to lecture in public about this these days.

Those that dismiss it in spite of this or allegedly have no time to deal with questions about the hereafter, will have an eternity to remedy this!

I thank you heartily for attending and I would like to close with the words from *Ernesto Cardenal Martinez*, a Catholic priest and one of the most important poets of Nicaragua:

Our life is not short, *but eternal*.
It is not death that awaits us,
But *timeless eternity*.
We were not born to die, but to live – live *eternally*!

Let's not bemoan the fleetingness of time;
Life does indeed not stop – *only time stops*,
And eternity then follows,
An everlasting presence,
Without future and past, without end –
A life in an eternal presence.

I thank you once again for your interest!

All the best and a safe journey home.

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Epilogue

The realm of the spirit does not provide us with evidence and insights *on demand*, but as “remuneration” for one's willingness to believe and genuinely search for the truth. Through her unshakable faith and her absolute loyalty to spiritual work, Thérèse Schwär furnished the prerequisites for her special psychic training through eminent beings of light from the realm of the spirit. Those that want to familiarise themselves with the realm of the spirit are exposed to many “tests” that must be “endured” and they must continue to tread the chosen path unperturbed in spite of this. It is the immortal spirit that connects us all and that reveals the truth. Truth remains the truth, eternal in its affability, eternal in its character of love and reality.