

**Nobody Gets Out Of This Alive
More Messages from Our Loved Ones
in the Spirit World**

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Author's Note

I wrote my first book *It Will All Make Sense When You're Dead* because 1) the spirit people and my spirit guides were insisting I share their stories; 2) I wanted to dispel the myth that only specially-gifted men and women could talk to their loved ones in the afterlife; and 3) I wanted to show people how to develop their own abilities.

I wrote *Nobody Gets Out Of This Alive* because many of my clients and students asked similar questions about a number of common themes. The spirit people are able to concisely express guidance on difficult subjects such as suicide, forgiveness, and relationships, and their guidance answers those questions with more authority than I could ever provide.

While the spirit people hold forth on all sorts of topics, their guidance all seems to boil down to one basic suggestion: that we suspend judgment of ourselves and others.

You'll encounter the term "message circle" throughout the book. I use this to describe what used to be called a *séance*, a sitting where I act as the medium for a group of three or more guests. I use the words "spirit person" to describe someone who has passed away. You'll see terms such as "bring in" and "come through," which is how I describe spirit people who present themselves in individual readings or message circles.

As with my first book, all the examples quoted within are taken from actual readings that I personally facilitated in either one-on-one sessions or in message circle groups. All names have been changed to protect identity and privacy.

Introduction

I'm sitting in my living room with a married couple, and our reading is going along nicely. As a person who is primarily clairsentient and clairvoyant, I get impressions from spirit people as a sense of feeling and a sense of seeing, and today I'm easily feeling and seeing my clients' loved ones. In many respects, this reading is normal and enjoyable, with husband and wife happily validating the details I'm conveying.

So it's with a continued sense of ease that I translate for them what I see next. Our conversation goes like this:

"I see a cherry tree. Do you have one?" I ask.

"No," they both say together.

"Hmm. Do you have cherries or like cherries? Did you just make a cherry pie?" I prompt.

"No," is the response again.

"I know it sounds as though I'm fishing here, but this guy keeps showing me a cherry tree." The image won't go away, so I persist in attempting to deliver this message. At times like this, it feels as though I'm trying to hand someone an object that they won't take. The more I insist, the more they resist. Once we get in a cycle of "No," it can be hard to break out of it. It's important for me to help the client stay in a "Yes" frame of mind, because once someone starts shaking her head or saying "No" to me repeatedly, she can effectively shut down her ability to recognize what I'm saying. I have to walk this line cautiously. I'm responsible for translating the image correctly, while also urging the client to look a bit harder at what I'm saying. When spirit people persist, I know I'm on the right track.

"Really? No cherry tree? There's a male spirit here who keeps showing me this."

"No. No, and no." Now I can tell the wife is getting frustrated.

As I wait a little bit, I ask the spirit man to show me another way to identify him. I want to connect him to his loved ones here, and it's his job to identify himself in a way that will make sense both to me the translator and to this lovely couple on my couch. The man in spirit expands the picture a bit.

"Did you just cut down a tree, a cherry tree or a weeping cherry in your garden?" I try again.

"No," says the husband glancing at his wife, in which gesture I also imagine his eyes are rolling.

"Come on, give me something else," I say silently to the spirit. But all he gives me is more of the same. I see him miming to me as if we're in a game of charades, and I'm a total idiot. I see him pointing at the cherry tree, cutting it down, and pointing to himself.

"Did someone cut down a tree?" I ask them. "This spirit is showing himself cutting down a tree." *Am I any good at this at all?* I ask myself.

"I have no idea what you're talking about," the wife says aloud, while I can only imagine what she says to herself.

Good Lord. *What?* I ask the spirit man. He acts out the whole scene again, and it finally dawns on me.

“George is here,” I say, understanding at last that the man in spirit is acting like George Washington, arguably the most famous cutter of cherry trees in American history.

“Oh, George! Yes!” the husband crows, welcoming his best friend into our reading.

And that’s how a non-clairaudient medium works. Knowing I can’t hear them, the spirit people need to show me another way to learn their names. I could see a celebrity, a mythological figure, the face of someone I know, or even an object.

If only the spirit people would routinely use the same famous person for a name, I’d have it much easier. It would be helpful if I could see George Washington cutting down a cherry tree every time a spirit person wanted me to say the name George, but it just doesn’t work that way for me. Once a spirit person showed me an image of a character named George Jetson from a 1970s cartoon called “The Jetsons,” to prompt me to say the name George. I wonder how silly I sound going through the same routine: “Do you like the Jetsons? Does that cartoon make sense to you?” and watching the raised eyebrows and head-shaking before I finally realize the spirit wants me to say the name.

One afternoon I was reading for an older woman and a friend she brought along at the last minute. Soon after getting started, I had the impression of a spirit woman whom the friend tentatively identified as her mother. She wanted more evidence, so I asked the spirit for additional impressions.

“Do you drink a lot of coffee?” I asked the friend.

“No,” she replied.

“Did you just get a new coffee maker?” I asked.

“No.”

“Did something happen with your coffee pot?” I tried again. “She keeps showing me coffee.”

“That’s our last name,” the friend replied. I don’t usually take last names when I make appointments, and didn’t even know this lady would be coming along. Prompting me to say “coffee” was an easy way for her spirit person to connect to the client and to identify herself.

I recently went to a family home for a message circle, and one of the husbands was visited by his brother in spirit immediately. This brother had died tragically many years ago in his young adulthood, and he came into our circle with energy and many clear identifiers. For the next couple of hours other family members happily acknowledged and reminisced with their loved ones in the afterlife, too, and just as we were about to close I turned again to the husband. Throughout the circle I’d repeatedly seen the cover of an old record album I once liked by The Charlie Daniels Band. I knew the husband’s name was Charlie from our introductions, so I’d resisted mentioning this image. Now it simply grew larger as I tried to dismiss it again. Finally I said to him, “Charlie, do you have a Dan or a Daniel in spirit?” Charlie was too moved to respond, but his wife nodded her head and told me, “Dan was his brother’s name.” The brother in spirit who had been with us for the whole afternoon took the last moments to identify himself by name, using a visual symbol.

My clients and guests like to hear the names of their deceased friends and family to truly believe that their dear ones are near. As a person who relies primarily on a sixth sense of feeling and seeing, hearing names has been a real work-around exercise for me. In asking the spirit people to help me with this, they offer up all sorts of visual images and sensory impressions.

I've been given the messages in this volume the same way. I have not heard them in my mind's ear. The spirit people give me a complex feeling, and then help me translate it correctly. Quite often this translation process takes several minutes as I begin, am corrected by the spirit, and attempt again. For that reason, many of the quotes contain ellipses (...) which serve only to eliminate redundancy or false starts. I've made no other edits.

I wish I could say that the words in this book are mine. They are not. Yes, the words are coming from my mouth and I'm the one translating from a feeling into a verbal expression, but I can take no credit for the succinct beauty and wisdom in these messages. Overall, the spirit people encourage us to enjoy our lives with optimism and compassion, and refrain from harsh criticism of self and others. By communicating with us so joyfully, they're inspiring us to embrace the notion that life continues, love survives, and all is forgiven. After all, as the spirit people remind us continually, nobody gets out of this alive!