

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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**"We are all equal in
the face of death."**

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Good day dear woman and man reader!

This month of September brings a reflection and answers to some questions from my readers who read August and followed up on it. The first being: ***How come some people are much more afraid of death than others?***

This lady shared with me her journey in assisting her father to his death and how serene and ready he was. She tells me she does not fear death and I understand her very well.

We all have heard of people leaving this planet in a very peaceful manner, while others died with the look of terror on their face. The whole range of emotions is possible.

It is clear to me I will never know with certainty to what degree my experience of losing my father at 15 will have influenced the rest of my life compared to the majority of the population losing one of their parents once they are over 40 or 50 years of age. I will tend to believe my wound has had a strong influence in having me look at that sad reality full face. At least, that is the choice I appear to have taken. I could have chosen to remain fearful hence developing all kinds of escapes to dizzy myself away from the thought of death.

It is sad to see so much fear in so many persons to whom I ask the question about how they feel regarding death. It may not be so much a coincidence that our aging population is such a massive consumer of pills of all kinds

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resulting in 'freezing' ourselves out of our emotions, hence freezing our fear of death and mainly our fear of suffering.

For a while now I am pursuing training in Bio analogy with Jean Philippe Brébion and I greatly appreciate his saying that '*death is always behind us and that we are in a constant birthing to what is coming*'. One more reflection that leaves me in peace regarding this reality we call death.

For at least two decades I have chosen to call death: 'A birth into a new adventure'. For what tells us we were not dying to our preceding phase or state into which we bathed before being conceived in the womb of our mothers? I have chosen and prefer to believe I will be born to something else. I have given myself the mission to make peace with the inevitable instead of becoming the puppet of a belief that engenders fear.

Wayne Dyer says the antidote to fear is faith and trust.

It is quite a practice, I know. This trust we should practice is part of our inner harmony, our deep peace we deserve in life. Start accepting there is an intelligence way above our small human brain still so limited.

Furthermore, it is probable to believe (at least for me) that my father's death opened a door to a deeper introspection so many people never do when their parents pass away. I happen to have (happily or sadly) many decades of reflection on the subject of death and about what it is and what it is not.

Something certain for me, it is not mandatory that the thought of death should trigger fear! I can share with you that while in my forties, my mother's death was experienced very differently than the first one. I also had a long research in numerous authors in spirituality regarding death and I had quite a different serenity than my age 15 could have taken in face of such a sudden death.

Fate (which is never trivial) has rapidly taken me to read on reincarnation, spirituality, the 'above', communication with the spirit world, the whole gradually leaving me with more and more peace. It is very clear that my choice to be on a quest for peace left my dear mother in total disarray, still herself hanging on to her fanatical religious beliefs of heaven, purgatory and hell.

There are some great books on channeling I recommend, such as John

[Visit Pauline's book: *My Beauty & My Beast - Mind, Body and PMS*](#)

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your friends to do so:
Women and Men](#)

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on Migraines...](#)

Edwards: *Crossing Over*. He is a very legitimate man who will help you understand the 'Other world' and I feel such books will help you make peace within and with death.

We have to accept that certain knowledge of our past (and past lives) hold no more truth in this present life and without neglecting our famous cellular memory I spoke of in August, along with our whole education from our ancestors, is to be revised. Your mission is to heal yourself. And if death is a suffering thought for you, you have the duty to heal that as well.

Also, in a simple survey done by AARP to people over 50, as they asked: if people believed in the after death, 71, 5% said YES and 28, 5% said NO. Another interesting finding in that same survey is that fear of death was more likely present in people feeling unsure about their religious faith along with people of lower income. Those who believe in hell are those who are also uncertain or have little religious faith (and I add spiritual).

If such is your case, allow yourself to be guided by someone whose truth can help you heal and become at peace with death. We are so little inclined to explore our deepest memories, as well as our potential future, that we appear to prefer fear rather than to explore. Any exploration is expansive and will leave you with some answers. Help yourselves become more and more comfortable with the idea for I suggest asking questions will eventually show you the truth. And remember: truth shall set you free... but first it might shock you.

As I approach the end of this newsletter, there is another question I was asked about. ***How come some people are so positive while others are so negative?***

I believe the answer very simple while it may take an encyclopedia to expand on it. Since we all have been educated to a myriad of thoughts, actions, reactions, belief systems, empowering as well as disempowering, and until we take our life into our own hands, we become what we have been taught to become. For in a nutshell, we are a very fertile ground that does not make any difference what it receives as seeds. It is up to us to become the best gardener we can be with our life.

On the other hand, if you explore astrology (I am not an astrologer) you also have a spectrum of possibilities and I warn you against the type of forecast that will declare you are born under a bad star, hence you will be

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unlucky all your life.

Edgar Cayce (www.edgarcayce.org), the best psychic in his time warned us about: *The planets incline the man but nevertheless, the latter is always free and has the personal power to decide otherwise.* Our reaction to our past (childhood) and how we choose to reorient ourselves will make the difference. A young boy who saw his father beat his mother will have the possibility to reproduce or get out of the pattern. A young girl having seen her mother belittle and lie to her father will also have the same choices. Our positive or negative attitude stems from the same education.

I love to hear Jean Philippe Brébion say: *We are all 100% programmed, we can nothing against that. But, we are also 100% free to play our life from the standpoint of the 'heaviness' of the wounds or find the 'lightness' hiding behind the lessons and healings to be had.*

What will be your choice?

You decide that being positive is for the birds, you may end up living for the birds. You decide to heal your past, grow, understand your deepest corners, transcend... practice compassion for yourself and others, well, you will end up with a beautiful garden filled with joys of living and being. Nevertheless, you must keep gardening!

As I end this, I urge you to know that even our traumas hide some blessings to help us grow and heal. Each one has his-her share of tribulations to carry. No one is spared. And do not believe we are not ready when they appear. Pure figment of our imagination. WE ARE ALWAYS READY! We may not want to... that is another story!

I wish to thank the comments and questions I received following the August newsletter and I wish the lady who shared my writing made her decision to announce her separation to her mate will have found more peace within and without.

Warmly:

NEXT MONTH: If nothing changes, I will talk about bereavement.

Warmly:

Pauline Houle - Therapist – author

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