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Soul Comfort: Uplifting Insights Into the Nature of Grief, Death, Consciousness and Love for Transformation

Alistair Conwell

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Grief is a normal, instinctive response to loss or impending loss. Grief changes whoever it touches without discrimination. Embracing the change is key for healing and positive transformation. Introspection or reflection can be a useful, perhaps therapeutic, process when you are grieving. Indeed, silence, reflection, love and humility are the most precious offerings on the sacred altar of the soul. Soul Comfort is the first book to examine grief holistically through concise insights into the related concepts of consciousness, death and love for healing and positive transformation. Death does not extinguish consciousness. Death transforms and distils consciousness. And the grief you feel for someone is proportionate to the love you feel for them - the deeper your love, the deeper your grief. Uplifting, unique and thought-provoking insights from the author of The Audible Life Stream: Ancient Secret of Dying While Living will offer comfort to your soul and may profoundly change your perceptions of grief, death, consciousness, love and transformation. If your perceptions are changed, you will know that your own transformative journey has begun.

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