



# SACRED BRIDGE

Creating Connection and Building Bonds  
with Your Beloved Dead

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CHAPTER TO THE FORTHCOMING BOOK BY

KARLA HELBERT

**Sacred Bridge:**

**Creating Connection and Building Bonds With Your Beloved Dead**

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## **Introduction**

If you are reading this book because someone you love more than life itself has died, I am so deeply sorry you are missing your most beloved person. I also likely do not have to tell you about the despair, pain and grief you have lived through, that you are still living through. Or that when we survive the death of someone so very important to us, we are forever changed. This you already know.

My son died of a brain tumor in 2006.

I have said those 9 words over the past years, now decades, far too many times.

You might have a sentence that you have had to learn how to say when the moment asks for an explanation, a response, some version of a practiced reply to questions that used to be easy to answer: How many children do you have? Are you married? What are you doing for the holiday? How are you today? I bet you too have words that still feel impossible each time they leave your lips. The clarifying words that tell the fact of your grief, the shattering of your life, but nothing about who your beloved is, who you were, and are, together; Small words that say nothing of the depth and breadth of the reality of this experience.

My son died of a brain tumor in 2006.

Nine small words that hold an ocean. Words that say nothing about his beauty, the incredibly profound impact he made on so many in his short life. Words that say nothing about the legacy left behind, or of the way my life was so drastically cleaved in two parts—before and after. So much that those words don't say, yet which I carry in every cell of my being and

through every moment of my existence. You understand. Such small words to say which in no way truly express the enormity of what they carry.

This is book, though, is not so much about my journey as a mother whose child died, but rather a culmination of what I have learned on this journey so far. I am still journeying. This book is also about you, your own beloved ones who have died, and your journey on this path of grief and love. It is also about all of us—the living and the dead—journeying together through life, death, grief, the afterlife, and beyond. It is about the persistence of consciousness, life, and above all, love.

Love is the sacred bridge that connects us all. And it is love which connects us individually most strongly, perpetually, tenaciously, to the ones we love most deeply. The sacred bridge of love is the way we meet, reach, connect, and bond with our loved ones who have died.

This book will show you how to begin with what you already have. How to use your love to build and to strengthen your bridge, the bridge that connects you and your beloved through space and time, through dimensions and planes of existence, between realms of invisibility and light, into your now. Love is the most foundational thing in the universe and your love, is that force which can collapse time and space and bring them here to you, with you, into this very moment. When people say, “they are always with us,” they are. The moment we think it, ask for it, intend for them to be present and here with us, they are. We don’t always know it or realize it and the physical three-dimensional world we inhabit can be very distracting. Despite this, we can learn to build our bridges and to meet them there.

Some people are already very good at this, and some are just learning. There are often distractions, difficulties, fears, doubts, hindrances, and obstacles that can make it difficult to

believe in the bridges that connect us, much less build them, but we can work with these things. The adjustment to a life without the person you love so deeply being here in a physical form is an incredibly difficult one.

One of the most deeply painful experiences in grief, is the reality of the shocking absence of their physical presence, is the surreal sense of unreality; our brain's insistent disbelief that this can truly be real. That they are...gone, is almost impossible to wrap our minds around. Our hearts also refuse to believe. Also foreign is the strange sense of liminality—of being here, somehow, on this physical plane, while they are...where? Not here. And the sense that part of us is somewhere else as well; as though our spirits are searching for theirs in the mysterious unknown place to which they have gone. Some place on the border of here and there, we search. Reaching out with our hearts and minds and souls to find them again. We spend quite a bit of time in that place that is not here and not there—searching.

I remember asking over and over, into the air, to the stars, into the darkness of my room at night as I lay awake, “Where are you? Where are you?” No religion, no person, no god, no book, sacred or profane, could settle my mind or ease my heart of this question. And the longing, the longing, for reunion, for connection—to feel, see, hear, smell, touch, hold him again, even for an instant was my constant companion. When I turn my mind and heart towards it, I can still sink into that desperate, palpable sensation—the buzzing in my arms, the clenching pit in my stomach, a sense of reaching out from my very center, pulling with all my might an invisible rope toward me, wishing with an inconsolable despair only to draw him back into myself, and never being relieved of this sensation, I can recall the pressure in my chest, as though the force of gravity had increased tenfold, just there—as if at any moment my heart would physically crack wide open. And that would have been a relief—because maybe if that happened, I could shuffle

off this mortal coil, just as he had done, and I could be there where he was, where he is still.

Wherever that may be. I know I do not have to explain this to you, because tragically, you know.

Somehow, for a wonder, I did not explode like a dying star. I stayed here. And I can say now, something I would never have believed in my early days—and years—in grief, that it really is okay that I am here. That is not to say that it's okay that he is not here, that will never be okay with me, but it is okay that I am. I have things yet to do. This book you are holding is one of those things. I know that I will see him again. I talk with him regularly from here in my place on Earth. I talk to other beloveds who have died as well. You can do the same.

I realized, shortly after he died, that as bereaved people we have two main tasks to manage. They are not easy tasks, and there may be many layers and facets to finding our way through them. They unfold over many years and over the course of our lives as we grow and develop in our own unwanted, uncharted circumstances. The first is that we must figure out how to have a relationship with someone who is no longer here on this physical plane. This is difficult because even if we are fortunate enough to believe and trust that our loved ones are safe, that they are okay, we still must face life without them.

The way we interact with the people and animals and things we love is predominantly physical. Everything we experience in this world we experience with our physical senses. We see them with our eyes, hear them with our ears, speak to them with our voices knowing they hear us in return, we touch and hold them, we gesture and send messages with our physical bodies, we intimately know their scent, their touch, their presence in our lives in a physical way. We exchange communication, love, nurturing, and sharing in physical, sensory ways; touches, hugs, words, song, food, gifts, shared experiences, a sunset, a concert, a road trip, the first time our children say our names, roller coaster rides, intimate dinners, love notes, laughter, and when

those ways of being in relationship are gone, the adjustment is excruciatingly difficult and painful. Figuring out how to have a relationship with someone who is not physically here, and never will be again, is incredibly difficult, yet we must because to not have the relationship is even more difficult. While it is the case that death ends a physical life in a physical body, it does not end a relationship, and it never ends love. It also never ends the spirit and soul of the people we love.

The second undertaking is the consideration of who we are now that this has happened to us. Deep grief fundamentally changes us. Trauma, when that is part of our grief journey, also changes us. And we can never go back to being who we were before. No matter how much we wish we could, no matter how much others in our lives wish we would. After the death of a deeply beloved person, our feelings about fundamental truths once thought unshakable can shift dramatically. We may discover new ideas that shift our perceptions in ways we never imagined before. Our perspectives on multitudes of things may change. We may no longer subscribe to labels or categorizations for ourselves or others. Deeply held beliefs may be obliterated. We walk around in sometimes fuzzy, sometimes sharp, disbelief that this is now our life. That this is who we are now. And who is that? Not knowing what that means, or how to navigate the changes that come to our deepest selves can be frightening. We can feel completely unmoored.

This book is meant to help with both tasks in many ways. Very directly, this book and all that you can learn from it, will help you to grow your relationship with your beloveds, the first task. It will also help you navigate the second task of figuring out who you are now that this has happened. If you have doubts about your role vis-à-vis your loved one, this book can help. If you have found you are experiencing profound shifts in belief, or find yourself in spiritual crisis, which intense, traumatic, protracted grief almost always creates, this book can be of great help.

If you have found, which you almost certainly have, that our culture and society are very inhospitable (to say the least) to the bereaved, this book may be a comforting help. Few in our world truly know how to be with the brokenhearted, much less provide real help and support. This book is very different than other books you may have read on grief and is created with the goal of empowering you, expanding your consciousness, opening your heart, and helping you find a new way of standing in the truth of your love and your grief.

I have seen and read many popular books that say that they will teach you how to communicate, connect with, and contact your loved ones in spirit, but they do not. This book will teach you how step by step. These pages will be your guide. Together, we will delve into belief systems around what you think and feel, or have been told to think or feel, about communication with the dead. We will examine any doubts and uncertainties you may have, and the information you find here will help you move through reservations or hesitations you may experience, which may impede, your absolutely natural ability to connect and commune with your beloved ones who have died. Talking to the dead is not rare or supernatural—it is very common and completely natural. It is not reserved for the mystical or for mediums at séance tables or on talk shows, or podcasts. It is for us all and the ability, the faculty, is already part of you.

You will learn the basics and mechanics of mediumship; except it's not mediumship when you are communicating directly with your own loved ones in spirit. In mediumship, the medium is the go-between—here, you will learn how to go direct without the help of an intermediary. You will learn how to refine these skills and with practice, you will get better and better at communicating with your loved ones. This communication can help you grow your relationship; the same way relationships grow and develop with people you love who are living. There is no force in the Universe stronger than love and your love is the bridge that forever

connects you to your beloveds. This is the power you will use to cultivate and nurture your ability to communicate with them.

We are taking a journey together. A journey to and across the bridge that connects this world, with the world of Spirit. The bridge that connects your heart and soul to the heart and soul of your beloveds residing in that other world. When we set off on a journey, we make preparations. We organize, we plan, we pack, we make sure everything is ready. This book will walk you through all the steps to prepare for this journey. A physical voyage involves deciding on a destination, which you have already done. We take care of any health and personal care issues, we clean up, take out the trash, tidy up anything that needs it to help set our minds at ease so we can enjoy our travel.

The most fulfilling journeys, are those where we practice, as much as possible, patience and flexibility, openness and curiosity. This journey across the sacred bridge will be the same. As we move forward, this book will be your guide, helping you clear out any fears, doubts, and old baggage that obstruct your path. You'll have practical and helpful tools to support you in learning to access, build, and cross your bridge to your beloved. Here you will find support to help you sustain and develop your relationship, allowing you to maintain your ongoing connection for the rest of your life until you one day are reunited in that world beyond this physical realm.

In the pages that follow, I share with you what I have learned about the bonds that continue after death and the many ways our beloved ones remain ever present in our lives. I will share information I have uncovered through years of clinical work, lived experience, professional training, and focused research to help ease your mind, boost your confidence, and expand your awareness.

Step by step, you will learn how to quiet the noise of the world, and perhaps your own distracting thoughts, how to recognize the subtle ways your loved ones reach toward you, how to build two-way communication, and ways of strengthening the sacred bridge that connects you. You will learn how to notice the language of signs, dreams, intuition, and inner knowing. You will learn how to reach out with the light of your own soul to connect with the souls of those you love, the part of us all that survives death. You will learn how to strengthen your ability to reach them, speak to them, hear from them, and have an ongoing connection. Through concrete and simple practices of attention, intention, creativity, visualization, and openness, you will begin to recognize the subtle ways your beloveds continue to reach toward you and how you can reach out to them, with purpose, resolve, and with success.

The bridge of love already exists. This book will help you learn how to walk across it and meet them there.