

# Our Loved Ones are Always Near

Kerrie Erwin

**N**obody lives forever. From the moment we are born and have taken our first breath, we are destined to transform back into spirit. From this spiritual realm, your loved ones can see and often interact with you by sending messages with their energy through to this world. This is called proof of survival and can be one of the greatest tools for healing and helping to ease grief for those of us still in the mortal world. Mediums can often tap into these energies to get more specific messages, but the common feeling of having a loved one who has passed still around you is comforting for most people.

## HOW TO RECOGNISE

### LIVING SPIRIT ENERGY

Living spirits use their continuing life force to reach out to us, and we often perceive this energy as visualisations of their living beings,

their sounds or voices, and sometimes as shadows, cold spots or feelings of pure love. Often, they will manifest as signs or symbols that are meaningful to us, such as feathers appearing on our pathway, or in a song playing on the radio that was connected to them in some way. Frequently this spirit will give us subtle messages to let us know that they are still around, such as appearing in our dreams or creating a certain smell, for example cigarettes or perfume. We may feel our loved ones in spirit around us more strongly at certain times, particularly when we are missing them or something reminds us of them. This energetic recall attracts the spirit who wants to let us know that they are safe and happy in their new existence. Because energy is such a fluid, sensitive thing, often we mistake the feeling of them connecting with us as simple nostalgia — but it is so much more than that.

Love and Blessings

## INTERESTED IN A PSYCHIC READING

Email [editor@kamdha.com](mailto:editor@kamdha.com) with your name, D.O.B and question for our resident Clairvoyant Kerrie Erwin.



Kerrie Erwin is a  
Psychic and Medium  
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