

# AFTER LIFE COMES

By

*ROBIN ROBERTS*

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“Don't be dismayed at good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.”

– **Richard Bach**

## AFTER LIFE COMES

As a Medium I have done many readings involving those who have lost their physical bodies and whose souls now reside else-where. I have talked to people of all colors, faiths, beliefs and who have died in all sorts of ways and at various stages of life. While we may be different in many ways, we all feel loss deeply and ask the same question “after life comes....?”

There are many beliefs systems and all of them have their own version of death and the afterlife. I can only speak to what I have learnt over the years and this is my personal account of the experiences I have had. But I think first it would be a good idea to dispel some of the myths by using logic and commonsense. (For the purpose of this e-book I will refer to The Source as the Creator – you may use Goddess, God or whatever you want)

## WHAT ISN'T TRUE.

Spirits come back and hurt you because they are angry at the way they have died. Think about it this way. If this were true do you not think all of those who died in 9-11 would have killed the terrorists by now? Wouldn't the Jews who died in concentration camps have come after the Nazi's? Would not murderers be chased and run down by their victims? The reason this does not happen is because we are born into unconditional love and we go back into unconditional love. When we lose our physical body, we also lose our pain body but more on this later. To create fear certain religions and spiritual practices created stories. What better way to control people or get them paying for your services than to tell you they are being haunted.

Can you feel spirit absolutely and can things move, and energy feel a little overwhelming yes it can? Ever had someone get louder and louder and more aggressive when you are not paying attention to them? Spirit is not trying to hurt you they are trying to get your attention. I was with someone once when doors started to open and close, and they told me it was evil spirits. Turns out the energy which caused things to bang was theirs not spirit at all. Our fear and anger can create enough energy to make things happen which sometimes we blame on the poor spirit.

If you have unfinished business, you will not go towards the light but stay on earth trapped. What a

load of rubbish. If you have taken your last breath you do not have any unfinished business. Creator has already issued the ticket for the ride home. I will talk later about the healing process but for now rest assured your loved ones are not going to be tormented souls doing laps around the house unable to go anywhere.

We are often bombarded with images of heaven from the media and the stereotypes are everywhere. From Ghosts running around haunted homes and there is a lot of misinformation which is spread simply to create fear rather than healing.

If you suicide you do not go into a black hole never to be seen again. You do not spend eternity tormented by your choices. If you are murdered, you do not spend eternity chasing after the people who did you harm. If you murder someone there are consequences but karma is something usually executed on earth. However, I will talk about these topics in more details later.

I do not believe heaven to be a single layer but many layers of existence. For every culture and every belief system there is a layer. There are layers which we walk through as we heal and bring our soul back to its purest form.

While these layers are interconnected, they are also their own separate entity. It is like a big house with many doors leading to different rooms. Many

layers, many rooms but same house. Which layer you go to will depend on a lot of things, but it is my understanding we all end up in the same house.

For now, I want you to walk these pages with an open mind and heart. Because for those who believe no proof is necessary and for those who do not believe no proof is possible.

## WHEN THE LAST BREATH COMES

Firstly, no-one dies alone there is always someone in spirit who is there for the last breath. No matter how that breath comes. No matter if it comes through an overdose, car accident, murder, health complications or simply old age. No one dies alone.

There have been near death experiences where people have seen Angels but even if you do not believe in Angel's trust someone who has gone before you is coming to take you home or standing by letting your loved one know they are not alone as they take the last breath.

Let us begin with some of things you may have seen before the last breath moment.

Often when a person is close to crossing it is as if the Creator gives them an extra bit of energy. It is a gift as it gives us time to say goodbyes and make sure there are no unsaid words. Sometimes we misinterpret this burst of energy as the person getting better. It gives us a little bit of false hope. After this the person quickly deteriorates making us shake our heads “But they were so upbeat and positive yesterday.”

Another common occurrence is people doing things which have us wondering afterwards if they knew somehow their journey was going to end. Maybe they have paid bills in advance or left notes or phone calls which were random and unexpected. Then the next day an accident or health issue has claimed their lives. Often, we do not see these things until afterwards it as if subconsciously they were making sure we would be okay.

Sometimes you will see a peace come over your loved one. It is as if the Creator has drugged them up with unconditional love preparing them for the journey ahead. They will appear calm, serene and peaceful.

Often you will see your loved one staring at you as if you are not there and you might think they have lost their minds but what they are doing is memorizing your face, so they never forget it.

They might also be seeing someone who is there to take them home and this might be why they feel so peaceful.

I want to also talk about those who fall into comas before they pass. Often these people will go in and out of the veils. Their souls will go and come back. Some people have seen their loved ones standing by their bed even though they were still in the coma in the hospital. Dementia Patients also do this towards the end contrary to popular beliefs often they are seeing their loved ones and it is us who are blind.

Sometimes the person passing will choose who is there to witness their last breath. Maybe you ducked out for a coffee or a shower and missed their passing. Often, we assume things which are not true about the reasons behind this. Maybe your loved one did not want to leave you with the memory of them passing but a happier more joyful memory instead. Maybe they wanted to give someone else a chance to say the things they never did or to build a bridge with someone that would not happen with you there. Either way do not take it personally because it was not personal.

There are many ways we die but the one thing which never changes no matter the situation is there is always someone who comes for us. There is always a hand which we reach for.



It may surprise us who it is, and it is not always who we thought it would be. The Creator will send down the person who is the best fit for what needs to happen once you detach from your physical body.

I know many worry their loved ones have died alone. Maybe in a car accident or by suicide or a heart attack when no one was around and so on. But there is always someone there waiting ready to take their hand and bring them back home. Sometimes they are there to stop fear, give strength or simply surround the person with love. It is comforting to know our loved ones were not alone in their final moments and someone was taking care of them for us.

## THE WALK TO HOME

No matter what faith, belief, religion you belong to there is always a walk to heaven or a walk home. I have never had anyone no matter who they were and what they believed in not have a walk to heaven. Although for some cultures it may be the Big House or something similar. We are all going home the word we call it may be different and the road may be different, but it is still a walk we must take.

You reach for the hand of the person who has come to take you home and you are pulled from your physical body and once again you are the divine soul

of unconditional love Creator made many years ago. You go from darkness into light and then the walk home begins.

I want to share some of the walks which I have seen through my Mediumship. I have seen young men on dusty roads walking with grandfathers towards cabins where loved ones await with food on the table. I have seen daughters reconnected with mothers who walk through beautiful gardens and sit on benches to talk. I have seen grandmothers come for the souls of unborn babies and sit rocking them. I have seen sisters reunited on beaches with the waves crashing around them. I have even seen one father come for his son with a caravan to take that one last road trip. I have seen husbands walk with their wives to chairs near the water to watch the sunset. I have seen young men walk through the doors of the Big House to the sound of drums and light of a thousand fires glowing.

It may sound farfetched and the product of a vivid imagination but there is always a something about these walks with resonates with those left behind. Something which has them saying "Oh I can see that happening or I am so glad I knew Grandpa would come for him."

The walk is a recreation of our happiest memories and is perhaps a place where we felt most at peace or loved or safe. It is like walking into a dream which you never want to wake up from. Every walk is different, but it is taken with the person who came for

you. Which is where the many layers of existence come into it.

At the same time someone in America is passing and going home, another person in Africa or Asia may be passing. Each will travel their own path home. Liken it to the London airport with many planes landing at the same time but each has been designated a runway which will take them to where they need to be.

## IS IT HEAVEN OR HELL?

Hell is not a place it is a feeling. Hell in religion is solely used as a scare tactic to keep people in line and doing what the church wants them to do.

When you get to the other side you are going to get a book about your life but as you read it you will get to feel what it was like for the people whose lives you touched. It is going to be a double-edged sword. You will get to feel their pain, joy, sadness or anger as if you were them.

There is no greater eye opener than to walk in someone's else's shoes. Sometimes we are oblivious to how our words and actions impact others. We do not see the pain we cause but we may also not see the good we create.

It will be short but powerful - part of the healing which is needed to release the soul to the next level of existence.

What greater hell than to realize we were the cause of someone's pain or suffering.

There have been many things written about this process but in simple terms it is a book in which the final chapter has been written but long after the main character has existed his/her legacy will live on in the stories of those left behind.

Perhaps you are wondering what your book will reveal or perhaps you know and are fearful of how it will feel. We must read the story no matter how painful it may be because we cannot understand ourselves fully as divine beings until we do. We must heal the wounds which may have caused us to wound others. We must have our eyes opened to the emotions and feelings we have pushed down ignored or pretended we did not have. We must release the physical body.

The physical body is also our pain body it is how we feel everything. To release it we must release our pain from it. And the only way to do that is to walk through the pages of our lives to gain understanding, healing and at times forgiveness.

I believe it is a gift to be able to release all pain and suffering no matter how it was caused. It is a gift

to release guilt and have forgiveness. It is a gift to have understanding and therefore acceptance in the part we have played not only in our own lives but the lives of those around us.

While you walk the earth, you are not as they say aware at times of the six degrees of separation. You may not know who your words and actions impacted or what the ripple effect of those things were. These things often come out only at funerals or when someone reads of a passing or is told of it. But when the book of your earthly life is opened everything becomes crystal clear the good the bad and the long forgotten.

It is always wise to live a life in which you value understanding, forgiveness and compassion. Where you try and see things from the other persons point of view and try to avoid judgement. Where your words inspire, uplift and encourage rather than bring down, hurt and wound.

## LET'S TALK BABIES

The grandmothers always hold the souls of the unborn, miscarriages, stillborn babies all go to the Grandmothers to hold. When a baby's soul arrives, it will be welcomed into the family in different ways depending on culture.

I have seen ceremonies where indigenous babies are swaddled and smudged with herbs and with the beat of drums in the background medicine men have brought them home.

I have seen babies who are prayed for and babies who have been blessed. But one thing is always the same the Grandmothers are there to take care of them no matter what faith, belief, system they were attached to in the physical.

## LET'S TALK SUICIDE

Just because you suicide does not mean you roam the world as a lost soul. It does not mean you have unfinished business on earth, and it does not mean you will be forever a tortured soul.

While you will get your walk home there is going to be a lot of work and healing happening. While there is no more physical pain after suicide imagine walking and looking back and suddenly realizing you cannot go back.

The will to live is strong in all of us and for those who choose their own exit point it is like a kick in the guts when the last breath is taken. Bang there it is no more pain but no more family, no more friends, no more world. What a painful thing to then go through the story of your life and realize there were people who cared and loved for you and maybe hope where you never saw any.

We do not want to glamorize suicide as a good idea when the world gets tough because it is not. The healing process on the other side is long and painful as any healing is. You do not get a free pass from your pain it is still there. But you are given mentors to help you walk through your healing and help you see yourself as the divine soul you are.

## TRAGIC DEATHS

Firstly, let me once again state very clearly no one ever dies alone. Secondly no one brings anger, revenge, to the other side. Those are human emotions felt in a physical body which are released upon death.

I am not going to be able to give reasons as to why things happen the way they do. You only find those things out when it is your turn to go home. But I will say at a certain point a peace comes over everyone. It is the moment when the veil lifts and the unconditional love of creation enters the soul to take it home. It is like when you are driving and for no reason at all you start smiling and you just feel safe, connected, and happy.

How you die does not change where you end up or what you take with you or what you leave behind. It will affect what healing takes place when you get to where you are going. It may take a little longer to release the human emotions and feelings. The healing journey may be longer more involved, but you will heal and reconnect with your divine soul.

The anger associated with tragic deaths is felt more by those who are left behind. The unanswered questions haunt the living – those who have passed over do not haunt anyone. Anger holds those left behind to the moment of death it does not hold those who have died to that moment.



When someone passes over it is a release from human existence, the moment they died ceases to exist and all which they can retain are the memories they have made. These memories form their life story and are the book we talk about. But after their story is told those memories do not have any human emotion attached to them. No one is up there fretting, or anxious or upset, or angry. Once a soul has released its human form, they look at everything objectively with no emotion. This does not mean they do not recognize love as an emotion or anger as an emotion they simply do not become attached to it.

## EXIT POINTS

I think it is important to talk about these. We often think the Creator is in control of everything and things are predetermined but we forget about that little thing called free will and the will to live.

Have you ever heard someone who is elderly and whose body is slowly crumbling say “I just want to go now?” You can lose the will to live. Often when people are dying someone will say to them “It is okay you can let go now” and they will.

When you suicide you are choosing your exit point? Some people choose assisted suicide to end their pain and some people simply end their pain by themselves.

There was an Elderly man recently who knew he was getting dementia so decided to end his life by walking into the ocean and drowning. Creator did not choose this exit point it was not predetermined it was chosen.

I myself have had moments where I have chosen an exit point but backed out at the last minute. I think because my will to live was greater than my pain.

## ANIMALS

Animals have souls anyone who has looked into the eyes of their pet knows it. Not just pets any animal. The crossing over of an animal is not different than with humans, someone comes to get them too. The Creator I know would never abandon anyone or any living being.

I often get pets who walk in spirit pass me as I am talking to their owners just to let them know they are okay.

Animals in the afterlife just as with this life find the people who need them most and are cared for by those people until their owners come home again. Sometimes it is a Grandparent or someone who left before the pet passed.

I know sometimes people have their heart broken by having to put a pet down by always know there will be someone waiting to walk them over the rainbow bridge – they are never alone.

## WHAT I HAVE LEARNT ABOUT THE AFTERLIFE

There is no emotion like we have here. When I read, people present themselves as they were on earth otherwise you would not recognize them. If Uncle Bob were a mean old man and he came through all smiley you would say “Sorry that’s not the Uncle Bob I remember!”

Human emotion and feelings simply do not exist in the afterlife. There is peace, contentment and your soul is pure love. When a baby is born, they react to their environments, but they are not born disappointed, judgmental, angry, sad, overwhelmed that comes later. Babies just react to needs, the need to eat, sleep, have their wet butt changed. They are not reacting to humans in the first days of their birth. One day they will notice someone walk away and feel something in their physical body which they later identify as sadness. Or one day someone will yell, and they will feel something in their physical body which they later find out is anger. But when we lose their physical body, they lose the ability to feel those emotions.

Love is all the soul carries in the afterlife...love for self and others. If every soul was encouraged to keep its original substance when it was born and was not altered by the outside world what a beautiful world it would be regardless of what was happening.

The lessons never stop.... a soul evolves it grows, learns, adjusts and remembers. We do it on Earth we do it when we go back home.

Usually after a while a soul will gather in a place where the souls of his/her family have gathered. But here is where it gets interesting. It is my understanding you will see people as they were when they passed even if it has been twenty years since they have passed. It will be as if time has stood still. It is hard to explain but if your mother was 40 when she passed you will see her as that 40-year-old woman when you go to home.

The Creator is a Universal energy or force and is represented differently in each belief system, faith or religion. I will put it this way. People may jump in different rivers, but they are all going to end up in the same ocean.

Angels - I believe there are entities which guide us and help us and are here to show us the work to be done. They come in many forms. Human Angels, Spirit Animals, Goddesses and so on. Each faith will have its own version of Angels and each will be known by a different name. However, they are all here to do the same thing guide us and show us the how to live the best life we can.

I have been asked many times if souls return to earth and I am kind of on the fence about this one. Are we recycled? A lot of cultures believe in

reincarnation that souls return to earth until all lessons have been learnt. I think I would be okay with it if I came back being able to sing, play guitar and live a happy life with adequate money so I never had a worry. However, this is what they call California Dreaming! I think if Souls are returned to Earth it would be when they are no longer remembered by those on earth. That would make sense to me. A couple of hundred years passes and then okay back you go.

Do those in Spirit hear us? I believe they do. They may not be able to answer us with words, but they will come to us in our dreams, and we will get a sense a feeling they are near. Often, we dismiss a feeling because we talk ourselves out of believing it is real. Talking to someone who has passed over, telling them about your day, what is happening in the family is a healthy healing thing to do.... most of the time - unless we never move on with our lives and cannot function in a healthy normal way without hearing from the person passed.

Do we pick and choose who we see when we go to the afterlife? Good question and the answer are no. You will see all who have passed before you the good, the bad and the ugly. Why? Because you will have your own healing to do to release your soul from its earthy form. But do not be dismayed by this because those who have gone before you have also gone through their healing process and are no longer burdened by their sins so to speak.

Another question I have been asked is what do people do there? Well from what I understand they are doing what they love or all the things they wished they had done or dreamt of doing. Like watching the sunset, gardening, cooking, playing with their dogs, learning how to play guitar. It is more a solitary existence than a worldly one if that makes sense. They are in their own world. They are not seeking out company or connecting with anyone other than those with whom they have had an emotional connection with here on earth. People they have known drift in and out of their world but there is no such thing as time. One day they may be driving to the beach another they might be having supper at Grandmothers. But up there it is not about collecting or making memories but reliving them. It is not about having something to do but doing what brings them the most peace.

On this earth we race around because we never have enough time, and we are always trying to please others and we never get around to what we really want to do, or we do not believe we can make our dreams come true. Up there dreams do come true. It is hard to explain without coming across as corny.

People also ask do people get angry or upset with the way they have died and the fact they have died young? Mostly it is the people left behind which get angry at such things. Those who have passed have no need to be angry as they have gone back to where they came from and been wrapped in unconditional love. They understand their journey and the reasons

for it far beyond what we are left with. It is those left behind who have the emotional scars of someone's early or unfortunate passing. They are the ones left with unanswered questions.

I know the media put it out there that people roam the earth with unfinished business and haunt those who did them wrong. There are stories of children getting stuck and being unable to go to the light – all a load of crap. Again, it is those left behind who are stuck unable to move on the soul left the body a long time ago and is now in the hand of the Creator safe protected and loved.



## LETTERS FROM HEAVEN

I have done many Letters from Heaven and none have been identical. There are certain things which I have however learnt from doing the letters.

Never leave unsaid words in a room. If you need to say it say it now. Whether it be words of love or anger. You may not get the response you want but say it anyway.

“I never got the chance to tell him...” Tell him now.

“She never knew how angry I was at her...” Tell her now.

“We never got the chance to take the trip...” Take it now.

“I wish I had made more time to see them....” Make time now.

Do not assume people know you love them – tell them. It might be the last time you do.

If you had a dysfunctional unhealthy relationship accept it for what it was. Do not try and make people out to be what they were not in real life. People heal and work through stuff when they enter the afterlife you do not have to feel guilty about thinking they were an asshole in real life.

You cannot take it with you when you go. No one sneaks a BMW through the gates of heaven. The only thing you will be taking with you is memories. Let that sink in....

Memories make more of those. Memories of laughter, good times, joy, closeness, stop rushing through life slow down. You do not need more stuff you need more memories.

People do not go to heaven wanting you to revenge their death. They do not come back saying "Make sure you make the bastards pay." Never once have I heard this. People who are murdered leave their pain and suffering behind.... do not pick it up and make it yours or will create an anchor which keeps you from your future happiness.

Might of, could have or should of. Hindsight is a wonderful thing to have but you will never know if anything you could have said or done would have made a difference. There is a good chance it would not have so stop torturing yourself over the past and start walking towards the future. A lot of letters are about people wanting to say the things they wished they had said when they were alive. Or about things they wished they had done. Again, make sure when it is your turn there is nothing left to say or do.

Some people think someone coming back and saying, "I am proud of you." Is not noteworthy. But I

guarantee those who never got to hear it welcome the words.

Some people are they pass come through in the letter asking for forgiveness because they have learnt how their words and actions impacted others. We should accept this is legitimate and authentic and release our anger for us not for them. It is important to note we forgive the person not their actions.

## TO SUM IT ALL UP

You do not have to worry about those who have passed on no matter how they have passed because they are doing just fine.

You do not need to fear your own passing because you will always have someone there ready to take you home.

You do not need to hold onto anger or seek revenge on behalf of those passed. They have long since forgiven those who need forgiving and released any suffering and pain.

Your loved ones want you to be happy and to live life to the fullest after they have gone. They want to see you smiling and they want to hear your laughter and they want for you what you would want for them if the situation was reversed.

Everyone grieves differently it is not my place to tell you how long or how to grieve. But the only thing we take with us when we go is that which is stored in our hearts. If you still have a breath honor it by making as many memories as you can while you are still here.

May your journey home when it is your time be one where you leave having done what you were put here to do.

Do not stand at my grave and weep  
I am not there. I do not sleep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the sunlight on ripened grain.  
I am the gentle autumn rain.  
When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight.  
I am the soft stars that shine at night.  
Do not stand at my grave and cry;  
I am not there. I did not die.

## ABOUT THE AUTHOR



Robin Roberts is an Australian Psychic and Medium currently residing on Vancouver Island of the coast of British Columbia Canada. Over the last 30 yrs. she has sought to bring what she terms 'simple wisdom' into the lives of the people who come to her. She hopes through her writing to lead people to the corners of their souls so they may rediscover the people they were born to be. As a Psychic she offers a unique perspective on personal transformation and the challenges facing all of us.

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