

# **The After Life of Spirit Baby Book List**

*(Please let us know other resources that have been helpful to you so we can add them to the list.)*

## ***Afterlife: 3 Easy Steps To Connecting And Communicating With Your Deceased Loved Ones***

Blair Robertson

Love never dies! Your loved ones may be physically gone, but their spirit and soul lives on. They are always around and continue to love you from beyond and they continuously send us signs that they are okay! Are you missing them? In this no-nonsense and no-fluff book, Blair teaches you 3 simple steps to connecting and communicating with your loved ones in spirit.

## ***Answers about the Afterlife: A Private Investigator's 15-Year Research Unlocks the Mysteries of Life after Death***

Bob Olsen

Unlock the mysteries of life after death and explore the enlightening discoveries of a private investigator's 15-year investigation. This book is a comprehensive resource answering 150 of the most crucial questions about what happens when we die.

## ***Babies Are Cosmic - Signs of Their Secret Intelligence***

Elizabeth & Neil Carman

Babies Are Cosmic is a groundbreaking book that presents extraordinary findings about babies' awareness of birth, the womb, conception, heaven, choosing parents, and beyond. Moreover, physicians, psychologists, and birth professionals are finding signs of babies' secret intelligence before birth:

- Unborn babies listen, communicate, and learn.
- They sense if they are loved or unloved.
- They observe events inside and outside the womb.
- Twins display the same behaviors before and after birth.
- Prenatal life impacts a child's psychological development.

## ***Bridging Two Realms: Learn to Communicate With Your Loved Ones on the Other-Side***

John Holland

In *Bridging Two Realms*, renowned psychic medium John Holland offers one of the clearest pictures anyone could have of the Spirit World. He draws on his decades of personal experiences with Spirit, and includes inspirational stories and real-life case studies, to help you pursue the unfoldment of your own spiritual abilities safely and wisely. His hope is to help the bereaved by giving them comfort and inspiration in knowing that there really is life after physical death. There is evidence of the Spirit World and what happens in those spiritual realms. **Your loved ones are just a thought away, and you can still communicate with them.** They're

still close, and they often try to reach out to us to lend their love and support.

***Cosmic Cradle: Spiritual Dimensions of Life Before Birth***

Elizabeth & Neil Carman

Where was your soul before you were born? If your soul is immortal, did it have a "life" prior to birth? Did you choose your life and parents? Is reincarnation real? Elizabeth and Neil Carman, the authors of *Cosmic Cradle*, address these questions through interviews with adults and children who report pre-birth experiences (PBEs) *not* based on regression, hypnosis, or drugs. Instead, interviewees recall their pre-birth existence completely sober and awake.

***Good Grief: Heal Your Soul, Honor Your Loved Ones, and Learn to Live Again***

Theresa Caputo

Theresa Caputo provides a guide to overcoming grief, filled with inspiring lessons from Spirit and astonishing stories from the clients who have been empowered by Theresa's spiritual readings.

With her energetic, positive, and encouraging tone, Theresa uses the lessons from Spirit to guide you through grief toward a place of solace and healing. Each lesson is grounded in her clients' stories as they share the experience of losing their loved ones, their encounters with Spirit during readings, and the ways in which they've been able to heal and grow. Each chapter is filled with activities to help you find your "new normal" - including journal entries, individual and group exercises, meditations, and moments of reflection - based on the truths that Theresa has gathered from Spirit. *Good Grief* will help you to feel stronger and more optimistic about what the future has in store for you.

***Growing Up in Heaven: The Eternal Connection Between Parent and Child***

James VanPraagh

James Van Praagh brings to light the amazing journey of children who have passed from earth to heaven. *Growing Up in Heaven* follows the path of a child's soul - their time spent in heaven and their connection to the living.

Based on nearly 30 years of spirit communication, this renowned and beloved medium takes us on a powerful, eye-opening, and ultimately inspiring voyage. Filled with uplifting true stories and profound messages of love, this astounding look at heaven provides a remarkably detailed portrayal of the child's soul as it moves from this world to the next. Our eyes and hearts open, and we experience first-hand the unbreakable bond between parent and child, all the while glimpsing a vision of heaven.

***Journey of Souls: Case Studies of Life Between Lives***

Michael Newton

Now considered a classic in the field, this remarkable book was the first to fully explore the mystery of life between lives. *Journey of Souls* presents the first-hand accounts of 29 people placed in a "superconscious" state of awareness using Dr. Michael Newton's groundbreaking techniques. This unique approach allows Dr. Newton to reach his subjects' hidden memories of life in the spirit world after physical death. While in deep hypnosis, the subjects movingly describe what happened to them between lives. They reveal graphic details about what the spirit world is really like, where we go and what we do as souls, and why we come back in certain bodies. Through the extraordinary stories in this book, you will learn the specifics about:

How it feels to die

What you see and feel right after death

When and where you learn to recognize soul mates on earth

Different levels of soul: beginning, intermediate, and advanced

What happens to "disturbed" souls

The purpose of life and manifestation of a "creator"

### ***Life After Death: The Burden of Proof***

Deepak Chopra

In *Life After Death*, Chopra draws on cutting-edge scientific discoveries and the great wisdom traditions to provide a map of the afterlife. It's a fascinating journey into many levels of consciousness. But far more important is his urgent message: Who you meet in the afterlife and what you experience there reflect your present beliefs, expectations, and level of awareness. In the here and now you can shape what happens after you die.

By bringing the afterlife into the present moment, *Life After Death* opens up an immense new area of creativity. Ultimately there is no division between life and death—there is only one continuous creative project. Chopra invites us to become co-creators in this subtle realm, and as we come to understand the one reality, we shed our irrational fears and step into a numinous sense of wonder and personal power.

### ***"Life to Afterlife: Mom Can You Hear Me?" (Movie available on Amazon Prime)***

Imagine going about your life where everything seems normal. Then, out of nowhere, the worst possible event occurs: your child dies. Craig McMahon sits down with 17 brave parents who were not only able to piece their lives back together again, but also capable of communicating with their child from heaven.

### ***Many Lives, Many Masters: The True Story of a Psychiatrist, His Young Patient, and Past-Life Therapy***

Brian L. Weiss

Dr. Brian Weiss is a highly respected psychiatrist from the mainstream of the medical establishment. Catherine is one of his most difficult cases, a 27-year-old woman racked by phobias and anxieties. In the course of Catherine's treatment, Dr. Weiss makes a startling discovery. Under hypnosis, she recollects, in vivid detail, events from past lives ranging from the prehistoric times and ancient Egypt to the 20th century and the fires of World War II. Encouraging Catherine to relive her most painful experiences, even her moments of death, Dr. Weiss steers her toward recovery, while his own life is dramatically changed forever.

***Once More We Saw Stars: A Memoir of Life and Love After Unimaginable Loss***

Jayson Greene

Jayson Greene's memoir begins with his daughter's accident and with the anguish he and his wife, Stacy, confront in the wake of their daughter's trauma and the hours leading up to her death. But *Once More We Saw Stars* quickly becomes a narrative that is as much about hope and healing as it is about grief and loss. Jayson recognizes, even in the midst of his ordeal, that there will be a life for him beyond it—that if only he can continue moving forward, from one moment to the next, he will survive what seems unsurvivable.

With raw honesty, deep emotion, and exquisite tenderness, Jayson Greene captures both the fragility of life and absoluteness of death, and most important of all, the unconquerable power of love. This is an unforgettable memoir of courage and transformation—and a book that will change the way you look at the world.

***Proof of Heaven A Neurosurgeons Journey into the Afterlife***

Eben Alexander

Alexander's recovery is a medical miracle. But the real miracle of his story lies elsewhere. While his body lay in coma, Alexander journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. There he met, and spoke with, the Divine source of the universe itself.

Alexander's story is not a fantasy. Before he underwent his journey, he could not reconcile his knowledge of neuroscience with any belief in heaven, God, or the soul. Today Alexander is a doctor who believes that true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition.

***Return from Heaven: Beloved Relatives Reincarnated Within Your Family***

Carol Bowman

What if you could see a loved one who has died, not in a future spiritual realm, but here and now, in this lifetime?

It is possible, says Carol Bowman, author of *Children's Past Lives* and a pioneer in reincarnation studies. Based on in-depth research and direct observation of very young children, she shows in

this groundbreaking book how common it is for beloved relatives to reincarnate into the same family. Typical families share how their children -- some as young as two and still in diapers -- speak spontaneously of intimate details from the lives of a family member they never knew. These true stories shed new light on age-old questions of family relationships: Do we choose our parents? What relationships survive death? What happens to the soul after a miscarriage or abortion? Bowman offers hope for anyone who has lost a beloved relative and longs to be reunited again.

***Signs: The Secret Language of the Universe***

Laura Lynne Jackson

In *Signs*, Jackson is able to bring the mystical into the everyday. She relates stories of people who have experienced uncanny revelations and instances of unexplained synchronicity, as well as others drawn from her own experience. There's the lost child who appears to his mother as a deer that approaches her unhesitatingly at a highway rest stop; the name written on a dollar bill that lets a terrified wife know that her husband will be okay; the Elvis Presley song that arrives at the exact moment of Jackson's own father's passing; and many others. This is a book that is inspiring and practical, deeply comforting and wonderfully motivational, in asking us to see beyond ourselves to a more magnificent universal design.

***Soul Trek: Meeting Our Children on the Way to Birth***

Elisabeth Brutto Hallett

Pre-Birth Communication is a phenomenon that many people experience, but very few talk about -- the mysterious sense of contact with a child yet to be born. *Soul Trek* is the first and only book to describe the full range of these intimate experiences -- from the "reassuring kick" in pregnancy, to visionary meetings, dreams, inner conversations, and more. Through wonder-filled stories from over a hundred parents, *Soul Trek* explores our connections with our children before birth -- and before conception.

***Spirit Babies: How to Communicate with the Child You're Meant to Have***

Walter Makichen

In this reassuring, supportive, and accessible book, leading clairvoyant and medium Walter Makichen offers guidance to prospective parents eager to create a warm, nurturing environment for their soon-to-be-conceived-or-born children. Applying the wisdom and insights he has gained through twenty years of communicating with these spirit babies, Makichen helps you resolve issues about starting a family...actively participate in the psychic process of creating a child...and move past your worries and fears about becoming parents.

Featuring inspirational examples of couples who are now happy parents, as well as breath exercises and healing meditations at the end of each chapter, *Spirit Babies* tells you everything you need to know to become the parent you were meant to be.

***Stories of the Unborn Soul: The Mystery and Delight of Pre-Birth Communication***

Elisabeth Hallett

A breathtaking voyage to the frontiers of life! True stories from parents and others reveal an awe-inspiring phenomenon. Children-to-be reach out to their future parents in many ways, even giving help and guidance on the journey to birth. These illuminating stories of contact before birth-and before conception-cast a new light on everything from parenthood, soul agreements, and life planning, to the unsuspected role of grandparents in the soul world. Including accounts from people who actually remember their pre-birth existence, this book may change the way you look at yourself, your family, and life itself.

***The Chakras in Grief and Trauma***

Karla Helbert

This innovative guide to the chakras explains how grief and trauma impacts on every level of our being, and provides the tools to help clients experiencing trauma and grief by influencing, balancing and nurturing the chakra system.

The book provides thorough and clear explorations of each chakra, their connections to each other, and tantric ways of working with energy. It features over 100 expressive and experiential exercises to remedy the ill-effects of grief and trauma, including yoga poses, mudras, pranayama (breath exercises), journaling, creation of ritual, use of essential oils and crystals and stones. Drawing on expertise as a licensed counselor, psychotherapist and yoga therapist, and personal experience as a bereaved mother, the author shares the teachings, practices and philosophies of yoga's ancient wisdom in a new way, and shows how to sustain personal chakra balancing that will resonate through all areas of life.

***The Light Between Us: Stories from Heaven. Lessons for the Living.***

Laura Lynne Jackson

Laura Lynne Jackson is a wife, a mother, a high school English teacher—and a psychic medium. Where most believe an impenetrable wall divides the world between the living and the dead, Jackson sees brilliant cords of light. She has dedicated her life to exploring our connection to the Other Side, conversing with departed loved ones, and helping people come to terms with loss. In *The Light Between Us*, she writes with clarity and grace, addressing the eternal questions that vex us all: Why are we here? What happens when we die? How do we find our true path in this life? Laura Lynne Jackson's story offers a new understanding of the vast reach of our consciousness and enlarges our view of the human experience.

### ***Walking the Labyrinth of My Heart: A Journey of Pregnancy, Grief and Infant Death***

Dianna Vagianos Armentrout

Walking the Labyrinth of My Heart: A Journey of Pregnancy, Grief and Infant Death breaks the lonely, silent suffering of bereaved mothers facing infant and pregnancy loss. Dianna Vagianos Armentrout details her pregnancy journey with her daughter, Mary Rose, who died an hour after birth of trisomy 18, a random genetic illness described as "incompatible with life." For five long months of pregnancy, she knew that her baby would not live and thrive, planning a funeral and seeking hospice for her unborn daughter. The heaviness of this grief, which most women bear alone, is shared here and will comfort mothers who have experienced miscarriage, stillbirth and infant death. Through journal entries, essays and poetry, Dianna invites the reader to process grief and honor the life of the child, no matter how brief. In addition, readers will learn how to support the bereaved by remembering the baby and pregnancy. With eloquent language, fierce honesty and a record of the rawness of grief, readers in the midst of their own suffering will recognize the path that bereaved parents walk. Dianna's experiences with infertility, motherhood, infant loss and miscarriage infuse her writing with compassion for all women. Finally there is a book to honor the pregnancy, baby and loss, loving the children past their death, loving the wombs that nurtured them and accepting the sacred path of mothering children whose bodies are broken, but whose souls are intact and perfectly whole. This book shines with love and the knowledge that even the briefest life is holy. Read it. Share it. Spread the word. We no longer have to grieve our infants and pregnancies alone.

### ***We Lived In Heaven***

Sarah Hinze

This book is a remarkable collection of accounts of families who have had the opportunity to meet the souls of their sons and daughters before they were born. Read about the vivid memories of life in heaven by young children, and dramatic stories of prayers answered by guardian angels who watch over us. Discover:

- \* A letter from a mother to her son, whom she gave up for adoption, telling him of the dream that guided her through that painful decision.
- \* A kidnapped child who survived her ordeal by the guiding hand of the baby sister who would be born years later.
- \* A little boy's memory of being brought to earth by his grandfather--a man he never knew.
- \* A woman's vision of a child in a garden, and the powerful certainty that he was her son, waiting his turn to come into this world.

### ***What All Spirit Babies Want Their Mothers to Know***

Kate Street

The words within this book will activate you as they trigger your remembering ~ the remembering of your true nature, which is so much more expansive than you've ever imagined

Any questions you may have about the struggles and challenges you've faced on the way to motherhood, whether it's a miscarriage, stillbirth, abortion, or difficulties conceiving will be answered. You will feel comforted, supported, and expanded as you are given a complete picture of why things have happened exactly the way they did. And why it's all been perfect.

Within these pages you're invited to drop your limits, fears, and doubts as you expand into the highest version of yourself.

What All Spirit Babies Want Their Mamas to Know is a paradigm shift and a portal to the new world. Come join your spirit baby there.

### ***Where Did You Go? A Life-Changing Journey to Connect with Those We've Lost***

Christina Rasmussen

As a professional grounded in science, Christina was a skeptic who shied away from the conventional mystical, supernatural, and religious descriptions of the afterlife—so she turned to what seemed “provable” to unravel the mystery of life beyond life: physics. What she found was beyond anything she could have expected: not only is there life after death, but we all have the ability to connect with loved ones who have passed on.

Sharing an inspiring message of hope, optimism, and love, *Where Did You Go?* is a transporting step-by-step guide to journeying to the other side, from one of our most trusted voices on life after loss. Bridging the gap between the metaphysical and the measurable, it will change the way we grieve, the way we live and how we define our potential—in this life and the hereafter.

### ***Yoga for Grief and Loss***

Karla Helbert

Just as grief is an experience that affects us physically, mentally, emotionally, cognitively, and spiritually, yoga sustains and strengthens us in all of those same areas. This book demonstrates how the principles and practices of yoga can help relieve symptoms of grief allowing those who have experienced loss to move toward wholeness, peace, and feelings of connection with loved ones who have died.

Exploring the six branches of yoga, the book shows how each branch can support us through grief in different ways whether it be the self-reflection of Jnana Yoga, the spiritual devotion of Bhakti Yoga, the meditation of Raja Yoga, or the physical postures of Hatha Yoga. We are shown how to begin and sustain a personal practice, both on and off the yoga mat, which helps us to cope with and move through grief on multiple levels. Expressive and experiential exercises are included to help explore each of the branches of yoga and find ways to put the tenets of each branch into real life practice.