

3. Lessons learned—and taught: Begin to access the insights and growth opportunities the individual provided
4. Freedom through forgiveness: Here negativity is released about the perpetrator and personal power given to the perpetrator is reclaimed
5. Disentanglement: Here residual attachments are released by cutting cords

To end the section, a modality called Integration is provided. Shaub suggests writing two letters. One to the person just forgiven and the second in the voice of the perpetrator. What would the victim have liked the perpetrator to say to them? (p. 73).

This two-chapter example better uncovers the work Shaub provides in this deep book. He recommends in the opening pages to go slow and take time with each of the healing modalities. While little justice is given here to the summary of the Self-Responsibility modality, that work alone can be groundbreaking for an individual trapped in the life of a victim. Thus, his caution is clear and quite relevant. This isn't a book to read and put the shelf, as he wrote. It's a book to be lived with and worked with for some time.

Though not a detriment to the substance of the book, the way the book is organized takes some time to work through and is not well foreshadowed. For this reviewer, in order to articulate how the behaviors and modalities are organized took some effort. Only after a return to the table of contents and rereading of the introduction did the full arch of organization become clear, and with hope, faithfully explained. However, that in no way negates the depth, beauty, and sincere effort to heal that Shaub brings to this publication. It is a book that every practitioner needs on their shelf.

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An Energy Healer's Book of Dying: For Caregivers and Those in Transition

Suzanne Worthley

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Reviewed by Patricia Brancoforte

An energy practitioner and healer as well as an intuitive, Suzanne Worthley shares the step-by-step energetic process experienced during the transition or death process as one returns to what she terms "the Source."

This enlightening book is divided into three parts: The first describes source energy or life force, soul contracts, and the Akashic Records, as well as an overview of energy points (the chakra system). The second section takes the reader through the nine energetic levels of transition, what happens at each level, and how a loved one and/or caregiver is able to support the individual through each stage. The third part of the book deals with the final stages of transition, farewell rituals, and the process of grieving. A summary is provided after each section, giving the reader a cohesive understanding of the information presented.

In Part 1, entitled “Life-Force Energy and the Death Process,” the author states that the physical body interacts with the Source through the dimensions of light or energy points known as the chakra system. She also provides an explanation of the aura that surrounds the body.

Worthley describes the dimensions of light in terms of layers of energy that can be utilized to enrich our lives, which accordingly shut down during the process of transition. She defines the Akashic Records or “The Book of Life” as a storehouse of information for every individual living on Earth. She goes on to explain that a soul contract is an agreement made regarding what we plan on accomplishing during this lifetime, further stating that we also have soul contracts with others, including those who intend to harm us. This record is sealed once the final stages of death are complete.

Part 2, “Levels of Transition,” illustrates the nine levels of transitioning back to spirit. In this section, each level is explained fully, including a definition of each, what the author as an energy healer attending to the dying sees at the time, what the person may be experiencing, and healing strategies designed for the caregiver. A personal case study followed by a summary of the material is provided for each level.

Worthley terms chakra levels 1, 3, 5, and 7 as body releases. Releasing the energy at the first chakra during the time of transition is described as shutting down of all related to Earth. Chakra 3 relates to the consciousness of what we experienced in the physical sense as it relates to humanity. The consciousness of the physical as related to the universe is released at the fifth chakra level. The seventh, she notes, is the physical as it relates to the celestial soul.

Chakras 2, 4, 6, and 8 are termed the mind releases. At the second chakra, all that the mind created regarding the planet is shut down. Chakra 4 comprises the release of all that the mind created regarding humanity. Chakra 5 is the shutting down of all that the mind created regarding the universe. Chakra 8, or the eighth level of transition, is related to the celestial soul as created by the mind. The ninth level is described as that which we create or experience as relates to both the mind and the body. Once this level is complete, no chakras remain, no auric energies remain, and the Akashic Records are sealed.

Each level is thoroughly and clearly discussed in a way that even those unfamiliar with the chakra energy system can process as they relate to those undergoing the transition back to spirit.

In Part 3, “Rituals and Goodbyes,” the author gives reasons and insight as to why honoring the final goodbye is an important step in the grieving and healing process, whether the honoring is an elaborate service or something as simple as lighting a candle to commemorate the life of someone who touched us in some way. In this final section, she expands a bit upon the five stages of grief: denial, anger, bargaining, depression, and acceptance. The author ends with tips on how to cope with our sadness, along with the simple fact that every individual will have their own unique way of grieving, stating “Do it *your* own way.”

An Energy Healer’s Book of Dying is beautifully and compassionately written. An individual going through the loss of a loved one or someone just curious about what actually happens during the time of transitioning will find comfort as well as knowledge regarding the journey from the physical back to the energy of spirit.

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