

Alzheimer's Alternative Care Class Manual

Communicating with our Loved Ones

Through

Alzheimer's, Dementia, Coma and other Illness

Kathryn Speakes-Large

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or Email: Kate@SoulKisses.com
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Stepping Outside the Traditional Box

Someone you love is experiencing Alzheimer's, Dementia, is in a coma or another illness that prevents them, or will prevent them, from communicating with you in the way you are accustomed. The love we hold within our hearts for one another fuels the need to look outside the box of what we, as humans, perceive to be communication.

This class will teach you an alternative way to living with this life change. Some of you may already practice meditation and connecting with your higher self. For others, this may be your first introduction to the mind, body, spirit connection.

Each one of us has the ability to continue to communicate with our loved ones by connecting with the higher self. Please keep an open mind to this possibility.

In this class I will share with you my beliefs and experience in reaching out to loved ones who could not communicate verbally.

There is more when we are forced to step outside of our comfort zone we look within, pushing aside the veils of physical world limitation to reconnect with the source of who we are. We remember we are All One – connected as a grove of aspen trees – not separate as the physical world teaches. We are spiritual beings experiencing a human existence – energy vibrating at a specific frequency. As we grow and evolve, our frequency of vibration elevates to that of love.

Feelings Associated with Illness:

Alzheimer's, Dementia and death are very serious. The pain associated with these life situations and events often initiate a downward spiral of our vibrational frequency. When we operate at this lower vibration we feel separated from the life we have known – from love. We feel helpless, isolated, alone, living in chaos and confusion in fear.

When you think about your loved one and Alzheimer's, Dementia, coma or illness what feelings stir within you? Please write these feelings down here:

1. _____
2. _____
3. _____
4. _____
5. _____

When we experience joy, excitement and laughter we raise our vibrational frequency, to that of love. Think of these feelings and write down three things that initiate feelings of joy within you:

1. _____
2. _____
3. _____

Compare the feelings associated with your loved one's illness and the feelings of joy and love. When we compare the feelings of love and joy to the feelings of pain and grieving, it is easy to understand the higher frequency of love.

This higher vibration of love as produced by joy and laughter is a *Powerful Healing State*. Yet we are taught by the physical world that enjoying ourselves while others are not is selfish or wrong and we feel guilty.

Know that it is NOT selfish or wrong to experience joy while our loved one is experiencing what we perceive to be suffering from an illness.

The Process:

Connecting with the higher self or spirit of our loved one is an easy thing to do. It is our human-ness that makes it hard. In this class we will:

- Share experiences of connecting through illness
- Forgive our loved one and our self
- Shift from fear to love
- Identify doubts and dissipate them
- Open the Door to Limitless Possibility
- Connect and Communicate with Our Loved One

Opening the Door

We all have our own life path of experiences to help us grow and evolve as we walk the soils of Mother Earth. For many of us "Life Issues" are the key to opening our hearts to the love source.

Alzheimer's and Dementia as well as other illness or life situations affect not only the person who has the illness, but all who love them and come into contact with them – it is as a domino affect – like with depression – Who does depression hurt? Everyone. So it is with loved ones suffering from Dementia and Alzheimer's; everyone feels the pain.

Life situations and events force us to grow and evolve.

When we experience something wonderful, we acknowledge, oh this was nice, but then we move on with our lives. When we experience pain, especially the deep pain of losing a loved one in some way, life as we know it ceases to exist. We pray, we question, we look within, we get angry and frustrated. And often, we succumb to a downward spiral of helpless fear until we discern a way to cope with the situation.

we come together with others who are experiencing this form of pain or we meet those who offer us hope.

Caring for a loved one who is no longer able to communicate with us forces a lifestyle change – in this case, you are guided to look outside the box and look into this class in hope of bringing comfort to both you and your loved one.

It is my experience that we may continue to communicate with these loved ones by connecting with their higher self. I have done this myself and know that it is possible.

It is my belief that many who are unable to communicate due to illness have unfinished business. Communicating with their higher self will give them the opportunity to say the things left unsaid and to resolve open issues before their physical body dies.

The effort in making this connection with the higher self of our loved ones who are locked inside their physical bodies, cut off from the world as we know it is a gift of unconditional love – direct from the heart.

Learning how to communicate with the higher self or spirit of our loved ones not only allows us to continue to communicate with them, bringing comfort to us, but opens the door to allow **them** to complete any “unfinished” business.

Connecting with the Higher Self or Spirit - If I can do it – You can do it!

As a child, I believed from deep within that the human spirit had abilities that were not discussed at the dinner table in our house. Metaphysical studies were not a part of our lives, yet my grandmother and I had a bond – a connection, if you will that would alert her when things were going on in my life that caused me pain and distress. When she would experience this knowing, she would reach out to me and comfort me. Some times it was a physical connection of some sort through letters or a phone call, but often it was telepathically through our love for each other.

As I grew older, I knew in my heart that the connection we had was real and I began to research what it was and how to make it grow stronger. My search for validation and help was futile. Then in 1995, when my daughter, Jesse, was seven, we received some very disturbing news about a friend. This news upset both of us. Jesse went downstairs to get something out of the dryer and seconds later came running back upstairs totally freaked out. She was convinced she heard a woman's voice gently say, "Hello." There was no one down there and no TV or radio was on.

I knew this was my deceased great Grandma Hailey trying to connect with us and comfort us. Then I reasoned if she could talk to Jesse, then she could talk to me. I knew in my heart that connecting and visiting with one another even though she was dead was possible.

A block was dissipated and a huge door was opened.

My quest to connect with deceased loved ones began in earnest. I read everything I could get my hands on by James Van Praagh, Sylvia Browne, John Edward and Doreen Virtue, to name a few. I tried meditating and fell asleep. Some times I was able to connect and those connections were amazing, but most of the time all I did was fall asleep and I never connected with Grandma Hailey.

My First Connection with the Higher Self of a Loved One who was Living

Then my cousin Vicki became terminally ill with cancer. She was living with her parents and her father was struggling desperately with releasing her to death. A couple of days before her body died, Vicki visited me while I was sleeping.

Slowly I woke to the sound of laughter, but it was in my head, not in the room. In my mind's eye, I could see Vicki and Grandma Hailey. We were in a garden of yellow roses. They were both so beautiful and Vicki was laughing. She emphatically told me several times to tell her father she was "exuberant"! She also gave me messages for other members of the family. Vicki then told me that my daughter, whom she had never seen while living, is beautiful. I began to cry and Grandma Hailey told me to stop it, because my husband would tell me to get up and blow my nose. She knew sniffing is a major annoyance to him even though she had passed away before I met him!

When I got up the next morning, I was very concerned that Vicki had died during the night. She had not, but she had slipped in and out of consciousness. Vicki did pass a few days later. Vicki's brother wrote the obituary and in it he stated that Vicki had lived an "exuberant" life. He didn't know about the conversation I

had with Vicki in the middle of the night miles away, and yet, he used the same word Vicki had used - exuberant...

This was my first experience with connecting with the higher self of a human who was still living.

I want to insert a note here – when we have visions or dreams and they are as clear as the hand in front of you, know that they are real. They aren't just a dream. They are a real experience with the person or situation. If someone who is deceased talked to you in the dream or vision, then it really did happen. If you have experienced this know that it was real! If you experience this in the future, remember you can ask them questions. I'm human and I'm a girl – while I was with my Grandma Hailey, I asked her what she thought about my husband and she gave me profound insight!

The years passed and I continued to work at understanding the spirit realm and connecting with those who reside there. I met many of my spirit guides, angels and teachers. Jesus came to me and helped me to discern my spiritual path and my spiritual work. In 2005 my dad, Big Jim, died and everything began to shift and change significantly. My spiritual work took on a new, exciting twist and he was a huge part of it.

My experience has been that we are all born with this ability to communicate with our source, with the higher self of spirit. All we need do is allow ourselves to tap the essence of who we are – love...

Connecting with Grandpa While He had Dementia

In 2007 my grandfather began to slip in and out of Dementia. For months he waivered between being able to communicate and a somewhat comatose state as his physical body failed. My grandmother cared for him in their home through the days of confusion to his transition in August of that year.

The pain Grandma experienced caring for Grandpa was heartbreaking. She did everything she knew to help him and care for him, always wondering if she was doing enough, because Grandpa simply could not tell her.

Many of you are experiencing this same pain right now...

The pain of an illness or circumstance that causes us to feel separate from those we love creates an overwhelming sense of helplessness

When Grandpa went into the hospital, I felt compelled to connect with him in order to bring messages of comfort to my grandma. When I attempted to

connect with his higher self, I discovered myself in his hospital room. Grandpa's physical body was lying in the hospital bed while his spirit was about five feet above his bed on the right sitting in one of those old green chairs the army used in the 1950's. There was an empty chair next to him, so I gave him a quick hug and sat down beside him. We watched his physical body lying there in the hospital bed and chatted a bit about nothing specific or truly significant. He assured me he was okay.

I relayed our conversation to Grandma. She was comforted that he felt he was okay. I fussed a little about the green army chairs – they were ugly and they were hard...

A day or two later, I again connected with Grandpa. This time he was sitting on a bench in a beautiful park. When I joined him, he had a huge smile on his face. He said he had been talking to one of my friends and she told him I would be coming back to see him. I asked him who the friend was. He said it was Barbara Mark co-author of the Angelspeake books. Barbara transitioned in 2006 – Grandpa did not know Barbara while she lived in the physical world.

He also mentioned that I hadn't liked the green army chairs and asked did I like the park bench better? This made me laugh. We chatted for a while; this time he gave me specific messages to convey to Grandma. I did this and she received great comfort from them.

Grandpa and I visited several more times throughout the summer. One time as we sat there chatting on the bench in the park, Jesus joined us. When he walked over, I introduced Grandpa to him. Grandpa stood up and shook his hand. Jesus sat down with Grandpa and chatted with him about his life. Grandpa didn't want to leave Grandma and his physical body was just barely holding on. I left them alone together...

Then another time Grandpa came to me while I was sitting in my backyard and his deceased family members joined us. One by one they came through the light. They were very happy, drinking a mug of beer – they even offered one to me! I declined. They were celebrating that Grandpa was "coming home" soon. There was quite the celebration with lots of laughter. While we were talking, my daughter came outside. Grandpa pointed her out to the family members in spirit, telling them how wonderful she is and how pretty she is and they were all agreeing...

Even in my wildest imaginings I would not have come up with the green army chairs, Barbara stepping in, the visit from Jesus and then the other deceased family members joining us in celebration and drinking beer for goodness sake! Not to mention the fact that Grandpa gave me messages to tell Grandma that meant something to her.

I didn't limit myself by doubting that I could connect with grandpa's higher self, so the connection was easily made. You can do this too!

I learned while connecting with Grandpa's higher self that in the Spirit world Grandpa was quite fine – no pain, only concern for the living – my Grandma and I was able to give messages to her, messages that Grandpa couldn't give her because of the Dementia. Most importantly my communications with Grandpa gave Grandma comfort to know that there was a part of him that was free of pain and confusion.

Connecting with Grandma after Surgery

In February of 2010 my grandmother had back surgery and the doctors gave her morphine for the pain. Needless to say there was NO talking to her. She was NOT herself. I used the same connection method I used to connect with grandpa to connect with grandma's higher self and found her visiting with deceased relatives. She was very happy to see them and I eventually got my turn to chat with her.

The connections I experienced with my grandma and grandpa were full of love, joyful and greatly comforting! The joy I experienced in connecting with them was in no way disrespectful to what their physical bodies were experiencing.

The higher self or spirit is pure love and exists at a much higher frequency than what we experience in the physical world as humans, so we want to raise our vibration pulling forth the love within.

The Connection Method:

This is the method I used to connect with my grandma & grandpa as well as hundreds of others:

- * First I set the intention to connect with Grandpa's higher self and focused on the love I feel for him.

- * Then I grounded myself by visualizing roots coming from my feet and going into Mother Earth where I connected with a ball of green healing light.

- * Then I pulled Mother Earth's energy up through the roots back into my feet and up my body out to become one with All That Is.

* I then asked for permission to chat with Grandpa’s higher self and received a “yes.”

* I then commanded that I speak with him. It was at this point that I “found myself” in his presence – the first time above his physical body in the hospital room, thereafter in the beautiful park and finally sitting in the swing in my backyard.

* After chatting with him, I always thanked him, thanked God and my angelic entourage for the safe meeting.

This method of connection with the higher self or Spirit is a guideline for you. You may tailor the steps to blend with your connection techniques to achieve maximum results. (This is the Communicating through Dementia guided meditation at the end of the class.)

Always ask for permission to chat with the higher self of a loved one, and if you receive a no, please honor their wishes. Know that you may come back and ask them again at a later date. I’ve only received a “no” once and that was when I asked to connect with my daughter’s higher self while she was angry with me.

No matter who you are, or what your religious or spiritual beliefs are, you do have the ability to connect with the Higher Self of your loved ones.

Keep an open mind to the connection in what will happen and what they will tell you – simply allow the connection to be and flow gently as all unfolds. I recommend keeping a journal of your connections because we live in a fast paced world and it is often hard to remember weeks, months and years later.

I shared these experiences with my grandparents from a light hearted source of joy. The joy and laughter raised my vibration to more closely match that of the spirit realm and the higher self making the connection easier.

Love or Fear

Take a moment and reflect on the events of the past week. What emotions did you experience? Joy? Gratitude? Love? Anger? Frustration? Guilt? Anxiety? Stress? Write down the emotions you experienced in the following list. Then place an “X” to categorize the emotion under the fear and love columns”

Emotion	Fear	Love
_____	_____	_____
_____	_____	_____
_____	_____	_____

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Hint: If the emotion you experienced wasn't joy, love or gratitude, then it was probably based in fear – remember – there is no in between – no gray area.

We live each moment of our life in a source of love or a source of fear - one or the other. The higher self or spirit resides in a source of love. When we are in that love source it is easier for us to communicate with the higher self because we more closely match their vibration.

It has been my experience that only the body is suffering – the higher self is fine moving between the physical world of earth where the body is to the realms of the spirit world or heaven where there is no pain or suffering – only love. Grandpa used the opportunity of my connecting with him to share messages with my grandmother – saying words unsaid – finishing business.

Now that we understand that our source is either love based or fear based, we'll learn how to shift from fear to love thereby raising our vibration to match more closely that of the Higher Self.

Guilt and Fear

Use the space below to evaluate your feelings and emotions where your loved one is concerned. Read through the question and write out your feelings:

1. Do you feel guilty for past issues or experiences, because you didn't get to say you were sorry?

2. Do you feel betrayed and abandoned that they have left you?

3. Do you feel they are bailing on you?

4. Do you feel guilty because you can't be with them and care for them in every moment?

5. Do you feel guilty because you get angry with their behavior?

6. Do you feel like you have unfinished business between you?

7. When you think of them, do you feel choking fear? Anger? Frustration? Helplessness? Guilt of any kind?

Guilt, anger, frustration, anxiety and emotions of helplessness are fear based and separate you from your loved one.

To help you dissipate these feelings and emotions of fear, we'll experience the **Love Exercise**.

This guided journey is an experience of forgiveness and dissipates guilt on many levels. We will hold the space to forgive our loved one for "leaving us" and forgive ourselves for our feelings that are outside the realm of love: anger, frustration, helplessness, guilt and fear.

We will shift from a source of fear to a source of love. Love is *All Powerful and can heal anything!*

When we shift within from a source of fear, our outside reality shifts as well – it has no choice – as within, it is without.

The Love Exercise sets into motion a domino affect of love that reaches not only your loved one but all of Mother Earth.

***Love Exercise – Class Guided Journey/Meditation
Kate will guide you during the class***

Expanding Your Loving Heart and Dissipating Doubt

It is human to doubt experiencing things we cannot see. Yet we know love exists even though we cannot see it. The Love Exercise brought forth the profound love of our being and expanded our heart. The Limitless Possibility Exercise will open the heart more fully, but first we must discern where your doubt meter is.

Close your eyes and think of your loved one.

Do you believe you can communicate with their higher self?

Do you feel confident or do you have a flicker of doubt?

When you think about communicating with the loved one you knew before their illness do you feel resistance along with joy at the prospect?

The Limitless Possibility exercise will shift you from doubt to possibility!

This guided journey opens the heart to the possibility of communicating with your loved one and may be emotional for you as you are wakening unconditional love from deep within. This love opens the door to connecting with your loved one. Dissolving fear and all emotions rooted in fear opens the way to easily cross the bridge to communicate with your loved ones who are locked inside their physical body.

Limitless Possibility Exercise – Class Guided Journey/Meditation ***Kate will guide you during the class***

Questions for your Loved One

What would you like to discuss with your loved one? Ponder this and write down the topics or specific questions here:

1. _____

2. _____

3. _____

4. _____

5. What can I do to make your physical body more comfortable?

Don't be surprised if during the Communicating Through Dementia guided meditation you ask them how they are and they tell you they are fine. The higher self or spirit is fine – no pain or suffering. If you want to know what you can do to make their physical body more comfortable, then ask them just that – question #5.

Set the intention to connect with your loved one. During the Communicating through Dementia guided meditation we will ask permission and you will be given a few minutes to visit.

***Communicating Through Dementia – Class Guided Journey/Meditation
Kate will guide you during the class***

Use your journal to record your experience in connecting with your loved one.

You are human – allow yourself to grieve for life that has been changed forever. Be gentle with yourself. Working with the *Love Exercise*, *Limitless Possibilities Exercise* and the *Communicating through Dementia guided meditation* will help you and your loved one express words left unsaid and resolve unfinished business between you as well as bring peace, harmony and balance to your life.

Remember to drink lots of water. Your mind and body has a lot to process. Also included in this class is the guided meditation *Communicating through Dementia* as a separate MP3 download for you to use alone after experiencing the class.

Prayers of healing and love accompany this information as you move through the days of yours and your loved ones lives experiencing Alzheimer's , Dementia, or any other issue that causes difficulty with communication. Remember there is perfection in all events and life situations even though our human eyes may not see it – allow yourself to believe and know in your heart that perfection reigns. It will ease your personal burden and bring you peace.

Thank you for joining me and experiencing connecting with the higher self of your loved one.

May you be comforted with the love...

In love and light,
Kate

About the Author



Kathryn (Kate) Speakes-Large is an author, medium, teacher, photographer of orbs and a spiritual webmaster. She is a healer of the light with human words and a conduit for the comfort of God's healing love. She is certified and a master of several healing modalities that she uses to infuse love into all that she shares with others.

Kate works directly with her angelic entourage to bring tools, messages, comfort and love to the world through Soul Kisses Spiritual Whispers and her other websites. She works closely with Jesus to share information through the websites as healing tools to help others find the light within them as well as their truth, peace, comfort and love. It is a place for those who are searching for more to begin or continue their connection with their angelic entourage. A place to discover, acknowledge and accept that we are never alone - we are indeed a crowd of angels, guides, teachers and deceased loved ones – God.

Kate's work is always changing, ascending and gifting her with enlightenment, peace and love. Jesus has shared with her that the website will provide light for the spiritual paths of multitudes. The ascension of the collective consciousness of the planet is shifting at great speed. The human spirits are recognizing there are messages within them they have forgotten – messages that must be pulled forth to remember and to experience the connection with The Creator. Kate's work with Jesus through the websites provides tools to aid the human spirits in this ascension.

Kate is also a spiritual webmaster. She has over 20 years of administrative and secretarial experience and has been designing websites since 1999. In 2001 she left the corporate world to work in her private office offering virtual assistance to clients throughout the US, Canada and China. Almost immediately the work took an unexpected, but exciting turn from virtual assistance to spiritual web design. To create the spiritually based websites she infuses the energy and essence of the client and their work into the site so the world clicking in will *feel* the quintessence of the work of the client.

You may learn more about Kate's work by clicking into the SoulKisses.com, WebDesignsByKate.com, FlorenceScovelShinnsGameOfLife.com, SpiritOrbPhotoOp.com, and WaitingInTheOtherRoom.com websites. Here you will discover e-courses, meditations available as MP3 downloads as well as on hardcopy CD, photographs of orbs with faces in them and information about the essence of the orb, web sites Kate has created for clients and experience the amazing photograph taken on Trail Ridge Road in the Rocky Mountain National Park.

Other Healing Tools by Kate

Books:

Waiting in the Other Room

Waiting in the Other Room Journal

Florence Scovel Shinn's Game of Life Unleashed Workbook

CDs:

Sacred Space ~ Build It and They Will Come

Healing Circle of Love as given by Princess Diana and Mother Teresa

Communicating with Orbs

Claim Your Power

Heal Mother Earth with Love

Meet Jesus

Meet Your Protector Guide & Guardian Angel

Healing Trilogy: Love, Worthiness, Forgiveness

Classes:

Florence Scovel Shinn's Game of Life Unleashed Empowerment Course

Communicate with Your Angels

Orb Photographs Validated Workshop