

Brenda L. Fletcher Press Q & A

What was the inspiration for the book?

Healing and connection. I started writing the book as a way to process my grief and most importantly to honor my wonderful husband for the love that we share and for the beauty of his life and his role in other people's lives such as my children, his family and friends. I knew that I needed his presence to continue in my life and I couldn't accept losing him completely so I searched for ways to connect with him. I found out there are a multitude of ways to connect.

What do you hope people get from reading your book?

HOPE. I want them to see the beauty in their connections and to know that their loved ones are never really gone. They transformed their energy and they are still very much with us and we can connect with them. And I hope they realize how much capacity for love we all have and why it's so important to appreciate each other.

What do you want people to know that are going through grief?

That they are stronger than they may first think. If they allow themselves to grieve and heal this will help them be a better person and get to the place where they can think of their loved ones without piercing pain and it will help the spirit of the one they love on the other side. They want us to be happy and fulfilled and to find a way not only to live again but to thrive. And I also want people to remember healing is a process. Be kind to yourself and do what you need to do for yourself and don't be afraid to ask for help when you need it.

What have you learned from your experience?

So many things. I surprised myself. I doubted that I could get through something that painful. I doubted I would ever have true joy again. But I do and Todd is there cheering me on every step of the way. I've also found that I don't fear death the way I did before. I value and appreciate loved ones more, remembering to tell everyone I love them and hug them whenever possible. We never really know when we will have our last physical day together in this life. Most importantly I've learned at a deeper level how important our connections are.

What is it like to guide someone in hypnosis?

I sense my husband who is always present with me in the sessions along with my guides and angels. The whole experience for me is rewarding. I get to observe someone loving themselves and connecting

to themselves in deeply profound ways. I also am absorbed in the healing energy that is present in the room which is great for my mind, body, heart and soul. So, I also receive healing while guiding others to heal themselves and transform with beautiful self-love.

What qualifies you to write a book?

Honestly, I am no different than anyone else, except this is my experience. And I want to share what I've learned in the hope that it can help people. We all will go through grief, death, and connection in our own way. Everyone has a book inside of them. Therefore, I am qualified the same way we all are. Even though we have different experiences and lessons in life no one can tell our stories the way each of us can.