



# Sacred Transitions: Taking a More Conscious Role with Dying

*Julie M. Milne PhD, Julie M. Milne*

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Sacred Transitions begins with a love story, the story of two souls on a journey - a journey that becomes a great adventure and opens a way for one soul to pass from one life realm into another. After all physical death is that part of the life cycle that transitions each of us into the spiritual realm or realm of Divine love. This book tells the deeply moving story of how a daughter used spiritual and metaphysical principles to help her mother transition with grace and peace into the Light. It is the story of how love and forgiveness can alchemically change fear and doubt into trust, joy, and release into the Light. In the second part of Sacred Transitions, the Handbook for Family, Friends and Caregivers offers specific guidance about creating sacred space and caring for yourself and others through the transition process. It will teach you how to use the power of intention, the law of vibration, invocations and prayer, space clearing techniques, sound healing, aroma therapy, the life review process, forgiveness processes, cleansing and illuminating the chakras to help those transitioning die consciously with peace and harmony. Suggestions are given for self care for the caregivers. A detailed bibliography points the way to further study. In our western culture, we spend time going to classes, reading books, and watching videos to prepare for the healthy births of our children. Yet little time is spent preparing for a healthy transition out of our physical lives. With an increasing aging population, it is more important than ever that we pay attention to the state of end of life care. "The greatest human freedom is to live, and die, according to one's own desires and beliefs. The most common desire among those with a terminal illness is to die with some measure of dignity."

([www.deathwithdignity.org/patientsandfamilies](http://www.deathwithdignity.org/patientsandfamilies)) Dr. Milne has written a book to help us prepare for the sacred transition of dying consciously with dignity. Sacred Transitions is a must read for anyone who works with the terminally ill or who's loved one is in the end stage of life. The book would serve as a wonderful reference book in Hospice and nursing home facilities. This book has a beginning, middle, and end, and Dr. Milne's writing reflects how the end with peace and love IS the beginning. Sally Valentine, PhD, LCSW

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