

Life, death and all that lies in-between

TODAY, I farewell my sister.

It feels strange. This is certainly not something I ever imagined I'd do.

Is it just me or does there seem to be a perception that we'll live forever?

As morbid as it sounds, the saying "The only certainties in life are death and taxes" seems true.

Death brings many emotions to the surface.

As a large family, we have differing beliefs and we all think we're right.

This only equates to conflict.

In some ways, I'm glad I came back to Alice for a short break before I travel back to South Australia for her Farewell and Celebration Service.

My Father believes in a single God governing us and it is only that single God who has eternal life while everyone else lives in sin and damnation.

Therefore, he wants a religious service, regardless of my now departed sister's beliefs, personality and wishes.

My siblings and Mother know she would hate that.

She was not religious at all.

Fortunately, the executors of her will know her well enough to not allow that to happen.

The conflict and blame continue, even now.

Despite my family members playing out their stories of childhood hurts and pain in this emotional situation, the cycle of life continues on.

As my sister has transitioned back to her true essence, back to the simplicity of Soul, we've seen evidence of her existence in this form.

Items in her home have been moved when no one else had been there.

This is not uncommon.

I've heard many stories of unexplained activity, particularly between the time frame of the death of the body and the body being laid to rest.

As I was speaking to another sibling, discussing ideas for the Farewell



Service of my sister, a tiny little secret was revealed to me and I was sworn to secrecy.

A miracle is occurring.

The miracle is a new life emerging. My brother and his beautiful wife have two gorgeous, energetic, intelligent, vibrant and cheeky children.

They've been blessed with a girl and a boy.

Both their children were conceived through IVF simply because both my brother and sister-in-law each have a number of minor issues that make it difficult for them to conceive naturally, until now.

The big secret is that my sister-in-law has fallen pregnant, naturally.

It's unplanned and unexpected.

Apparently, this occurrence is one in a million, considering their initial reasons why they decided to try IVF.

It is early in the pregnancy though and that's why I'm supposed to be keeping this a secret but it's too much of a miracle not to share.

In one moment, a life is ending and in the next moment, a life is beginning.

It's a constant cycle, always in motion, never ending.

I've heard it said that after a Soul relinquishes its body, the Soul is still present for 49 days within the environment in which it once lived physically.

I also researched at what stage a Soul decides to inhabit a new body.

This can vary, apparently.

Normally (what determines nor-



mal, I'm not entirely sure) a Soul will choose a body 42 to 48 days after conception.

In advanced cases a Soul will choose a body at around 84 days after conception.

If my calculations are indeed correct, it is entirely possible that my sister may choose to reincarnate into my family again, choosing my brother and sister-in-law to be her parents.

It's a beautiful thought and only

time will tell.

We may well see once again, her courage and strength, generosity and kindness, and her determination to experience all the joys that she had dreamt of in this life but wasn't able to fulfil due to her ill health.

Miracles occur.

Endings and beginnings. Beginnings and endings.

It's a constant and consistent cycle.

We can't stop it but we can marvel

at it.

We can gaze upon this cycle with awe and fascination. I'm taking a step back from the emotion, distancing myself from family drama and marvelling at what is actually occurring.

Everything is exactly as it is meant to be.

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THE SOUNDTRACK OF MY LIFETIME

A couple of months back I was having one of my regular coffee chats with a good old friend of mine, we were reflecting on the importance of music in our lives.

It can not only assist in shaping our future, music can also reflect your past.

Certain songs elicit wonderful memories, whilst other tunes remind you of not such good times.

Emboldened by this conversation I decided to get with the modern times and set up my own playlist, so now after my day is done between 10 o'clock and midnight, most nights you will find me consuming some of my favourite red reflecting on the past whilst also shaping my future through listening to the soundtrack of my life.

In compiling my list I found it almost impossible to come up with my top ten.

Therefore I've got no doubt my all-time favourite tunes will vary according to where I am at in life.



Never the less this is what I have settled on for now.

MURRAY'S TOP 10 SONGS:

10: FEELINGS — Morris Albert

This is about lost love and the de-sententional feelings that come with it.

9: GOOD YEAR FOR THE ROSES — Elvis Costello

About a married couple who have fallen hopelessly out of love.

8: ESCAPE THE PINA COLADA SONG — Rupert Holmes

This is about a married couple who rediscover their love for one another

by accident.

7: SOGNO — Andrea Bocelli

This song is the most beautifully sung song I have ever heard, it is Italian but it doesn't matter, Bocelli's amazing voice takes you to incredible places.

6: DANCING QUEEN — Abba

Just a great party song that gets you moving and makes you feel good, it is brilliantly produced therefore it sounds timeless.

5: STAYING ALIVE — Bee Gees

Most definitely gets you mobile and alive, its incredible rhythm means that it has become the official rhythm for the First Aid, CPR. Chest pump.

4: SHARING THE NIGHT TOGETHER — DR Hook

Wow what memories, my first dance with a girl one year older than me at the disco, at my high school fete.

3: NEVER, NEVER, NEVER — Shirley Bassey

An incredible song by a woman with a powerful voice, ultimately it is about accepting someone for who they are.

2: TRULY, MADLY, DEEPLY — Savage Garden

It's about love loyalty and romance.

1: HE AIN'T HEAVY HE'S MY BROTHER — The Hollies

This song is about friendship, loyalty and commitment. It also is about being there for your friends when they really need you.



I was born in 1963, I have

clocked up a lot of life experience and therefore memories and I have found the process of putting together my playlist therapeutic and uplifting.

I think I have finally arrived after much adding and deleting with a list I am satisfied with.

My list features 136 tracks but I have the flexibility to pretty much add as many songs as I like.

My favoured provider has been Apple Music however I am told that Spotify is worth exploring.

By the way my mate's favourite song shared with me during our early morning conversation, some months back is Old Dogs and Children and Watermelon Wine, Tom T Hall.

I look forward to reading about your favourite tracks and memories.