

RANDOM HOUSE *e*BOOKS



Secrets from the Afterlife

Colin Fry

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About the Author

Born in 1962, Colin Fry received his first message at the age of ten and became a professional medium at seventeen. He has toured internationally and has his own television show, *Sixth Sense*, on Living TV. One of the leading lights in the psychic mediumship world, Colin uses his spiritual knowledge to offer life-changing advice and support to people, providing sensible down-to-earth explanations about the strange world of the paranormal and supernatural. He is the author of *Life Before Death*.

Also by Colin Fry

Life Before Death

Secrets From the Afterlife

Colin Fry



LONDON · SYDNEY · AUCKLAND · JOHANNESBURG

This book is dedicated to my niece Kimberley,
who I believe will always reach for the stars.

With much love,
Uncle Colin

Introduction

I'VE BEEN ABLE to communicate with the spirit world since I was ten years old. By communicating I mean that sometimes I see a person or a picture, other times I might hear a voice. Often I just get an overwhelming, powerful sense that I'm in the presence of someone who has passed over. I never know how a spirit will come to me but I do know my role and purpose in this scenario is to tune in, to get on the same wavelength, sense the messages and to try to understand and interpret them. Today my gift is to see, feel, listen and talk with spirits. For me this form of communication is an amazing, life-affirming event. It reminds me over and over again that we are not humans having a spiritual experience: we are spirits having a human experience which we share with others. It also reassures me that there is more to our existence than this earthly life; that there is an afterlife.

I am often asked by people what the afterlife is. In fact, this is a question that has perplexed mankind since the dawn of time. Throughout history, great minds have tried to fathom whether there is another level of existence after our earthly life has come to an end and, if so, what its nature must be like. Some have claimed that the good and deserving will be rewarded with a tranquil paradise when they have passed over, whereas pain and anguished purgatory await wrongdoers. More compassionate theories such as those of reincarnation provide second, third and even fourth opportunities for us to take earthly form in a bid to get it right, eventually earning our place in paradise!

You might be surprised to learn that even amongst mediums and psychics descriptions of the afterlife and its environments vary, which only adds to the vast majority of people's confusion over the matter.

My own communications with the spirit world have taught me that the afterlife is a very personal experience. I'm unable to offer you an absolute definition of it as I don't possess the gift to see into eternity any more than anyone else does. And, even if I could, I would be reluctant to offer you a fixed definition of the afterlife, as I have found that when we are set in our views and ways we close the door to growth. However, I will say this much: every concept of the afterlife is highly individual, whether it entails a paradise, a hell or a purgatory. It would seem that in the afterlife we are greeted by many possibilities, which in my opinion is summed up perfectly in the Bible by the words 'in my Father's house there are many mansions'. Initially, we all seem to experience the results of our beliefs.

This means that if we approach the afterlife with hope in our hearts then we are more likely to visualise a heavenly paradise when we get there. For some of us, this paradise may be inspired by religious teaching and we may believe we will obtain heaven through our obedience to a particular spiritual moral code. But it's worth remembering that strict spiritual moral codes can be misinterpreted and lead to terrible earthly atrocities committed in the name of religion. Similarly, it seems that those who approach the afterlife with fear in their souls experience dark visions of Dante-like infernos; they dwell on the sinful moments in their lives and are afraid that those single moments of error have condemned their souls to eternal suffering – another example of a harmful, set way of thinking.

There was a time when I used to get very irritated when I heard certain mediums and spiritual types waffle on about the afterlife as though it were some sort of rose-tinted paradise; their portrayals of it seemed all a bit too romantic

to be true and in my view seemed to bear more resemblance to Disneyland than heaven! However, having given the matter more thought over the years, and having considered carefully my own mediumistic visions of life beyond earthly existence, I now realise that if we condition ourselves to expect an afterlife of fluffy clouds then of course that is precisely what we will initially experience when we pass over. By the same token, if we have taken no pleasure in life or harboured negative attitudes towards others, no doubt we will discover that our afterlife is initially bleak and sad.

A few years ago I sat down to watch a film with some friends called *When Dreams May Come*, starring Robin Williams. The film is about a man and his wife who tragically lose their children. Then the character played by Robin Williams is killed, leaving behind his distraught wife who goes on to take her own life. It was not so much the plot of the film that impressed me (although I do think it's a very good film); it was the representation of the afterlife that really struck me as being the nearest to what I as a medium have personally experienced. In the film, the individual members of the family initially found themselves in environments in the afterlife that were appropriate to their earthly life, experiences and behaviour. They each had work to be completed on their own before they were finally brought together.

The film also showed how the afterlife is not a meaningless meandering through eternity, but a process in which individual souls seek out and are of service to other souls, both discarnate and incarnate. For me, this idea helps us to have a clearer understanding of what people mean when they talk about guardian angels and spirit guides. The role of these spirits seems to be to inspire and guide us towards harmony and a positive life that is creative, rather than chaotic disharmony and destructive negativity.

From my experience, it seems that illness and disease do not exist in the afterlife as the spirit form is incorruptible. However, as microscopic life-forms such as viruses and bacteria – both essential parts of creation – also have to die, then it is possible that the energy of such things performs other functions in the fabric of the ether of the afterlife. On that note, it once occurred to me that history is filled with myths and legends about magical creatures such as unicorns, griffins and mermaids, and that these creatures might have been originally inspired by visions of extinct life-forms that once dwelled on the earth, but which later appeared in disincarnate beautified spirit form! But that is just a personal theory.

Several years ago, when I was the owner of a college in Sweden, I walked in on a group of students who were having a very animated conversation about angels. They were discussing whether angels had wings or not; half of them were convinced they had, whereas the other half thought not. They wanted to know my opinion. I explained that I believed our minds can only comprehend the intangibility of spirit existence and the afterlife according to our individual experiences, expectations and beliefs. Does that make what we experience with respect to angels and the afterlife any less real? No, of course not – if our minds will only accept the biblical depiction of winged angels then that's precisely what we will see if we encounter one; however, if our understanding of angels is different then we will naturally be open to a broader perception of angelic forms.

In order for us to settle down and embrace our eternal existence when we pass over, the afterlife has to take the form of something that appears comfortable and acceptable to our awareness when we first leave this mortal life. So it might at first seem that the afterlife is nothing more than a state of mind. This may be an unsettling idea to come to terms with when we have been used to judging reality

through hard evidence and facts. In life, we are often reliant on what we experience through our five senses of hearing, sight, smell, taste and touch. We make sense of our place in the world through the things around us that we can react to. However, what if I were to tell you that we might even create this world through the power of our thoughts? This being so, why should we fear an afterlife that is less dense than this earthly existence; that is not governed by the laws of time, space, matter and physical form, and that responds to the power of our thoughts?

There is one thing I feel I can say for sure: our conduct and how we interact with each other while we are on this earthly plane seem to form the building blocks of the environment we initially experience when we leave the physical world. This means that we would do well to think carefully about how we behave and connect with each other in this earthly life as we are all part of a bigger picture.

Throughout the ages people have told stories as a way of making sense of the world we live in, as well as a way of sharing and bringing people together. You will know many stories yourself – they might be tales from your grandparents that you heard sitting at their knee, stories you heard huddled around a campfire, stories you have read or stories you once heard. Though we may not always realise it, much of what we know comes from these stories. Within them we can find many secrets that can help us to live our lives.

However, secrets don't only have to come from the here and now. They can also be directly offered to those of us who are able to make contact with loved ones who have passed over. These loved ones can be just as wise as anybody else here on this earth, and often more so because of their experience not only here but also on the spirit side of life.

The more I'm in touch with the spirit world the more I realise that the answers that so many people are looking for are already right in front of us: it's just that we need to be reminded of them. Those who have passed over can remind us that we have a duty to carry on, to look inside ourselves and to lead lives that are spiritually enriching. But the best part is, we don't need to leave this physical life to discover the secrets from the afterlife. By connecting with loved ones who have passed over we can come closer to them and also closer to what our own lives mean to us here and now. The closer we come to the truth of our lives and those of our loved ones, the less chance we have of repeating past mistakes.

This book shares some of the many secrets I have been privileged to learn in my readings and sittings over the years. They cover a variety of things, including the importance of love and friendship, hope, forgiveness, letting go and moving on. I hope that you will find them as helpful and inspiring as I have.

Colin Fry

1

Secrets of Love and Friendship

LOVE IS THE most precious gift life has to offer us. It comes in many forms and has many levels of intensity. However, in my experience many of us fall in love with the idea of love. The fact is that we tend to project our ideal relationships onto our lives and, when that ideal doesn't become reality, we get upset and think, 'Oh no, it's all spoiled!'

I have a friend who found the first years of her marriage particularly difficult. Despite the fact that she and her husband were a wonderful match she couldn't cope when they fell out over little things.

I remember when she rang me once in tears, sobbing, 'My marriage is over!' It was all very dramatic.

'Why? I asked.

'We had an argument...' she sniffed.

Now how silly was that? Arguments are a necessary part of any relationship. However, a lot of what is written about love and friendships, and reflected in movies, TV, novels, popular songs, has nothing to do with what relationships are really about. Instead, it's a total fantasy.

At the time of writing this I am rapidly approaching forty-six years of age and I would happily admit that the past six years have been a great experience for me, as I've been in a very happy relationship with my partner for three years. But relationships are strange affairs. I won't pretend that all is sunshine and roses in the Fry home. Like every other couple in the world we irritate one another at times

and endure the stresses of life together with all its hurdles, large and small. However, we respect and value the fact that we are able to offer one another so much in terms of companionship and love. This is why we don't allow the past to upset our present happiness: my partner and I both believe in behaving towards the exes in our lives in a civil manner. In my view, asking a partner to banish their past is wrong and only shows a weakness in your own faith in the partnership you have.

These days, we have an added dimension to our relationship in that my line of work is not what you might call 'normal'! After I've been away on a long tour or out filming, we have to renew our relationship: take a few days to get it back to some sort of equilibrium and make time for each other. The American novelist Tom Robbins once said, 'We waste time looking for the perfect lover, instead of creating the perfect love.' Love takes effort and things don't always go to plan in relationships, but that is life – as this story from my own family demonstrates.

My Great Uncle Charles

I had a great uncle called Charles who was a marvellous, wonderful man. He was an interesting character who didn't have an easy life. When he was little, he'd been packed off into a children's home along with my grandma and her siblings after my great grandma tragically committed suicide at the age of thirty-two.

Time passed and the boys in the family all became young soldiers. Charles himself joined the Military Band and then went on to play in the wind section for Bournemouth Symphony Orchestra, becoming a very accomplished player. But at the height of his career he was struck down with Parkinson's disease. This meant huge changes not just to his own life but also to that of Vera, his wonderful wife.

No longer just his loving partner, my great aunt was now also his carer and nursemaid. This man she loved was now her patient. And the tragedy was that she knew – as did he – that he would never get well again.

This was a sad episode in an already poignant love story. These two had not been married very long when my great uncle fell ill. And to make matters worse, they'd had to wait to get married in the first place because, although they had fallen in love, Charles's first wife had refused to grant him a divorce. For my great aunt Vera there was always a sense she and Charles were playing catch up with each other; that they didn't have the life they should have had because of circumstances. She felt that she wasn't getting enough of her Charles and I can imagine that when the Parkinson's was diagnosed she probably thought, 'I haven't had him with me long and now he's being taken away!' Nobody could deny it was very hard for them both. In the end, the illness was with him a long time and he didn't pass over until he was well into his eighties.

Afterwards Vera naturally went through a period of feeling that she'd been cheated out of her great love. It wasn't supposed to be like that when you loved someone, was it? You were meant to have a blissful, happy life together, especially when you'd taken so long to find each other. In the end her broken heart was just too much and she made an impetuous decision to go to Canada so she could get away from it all. Very sadly, while she was there she developed Alzheimer's and eventually died.

Some time later I ran a psychic workshop. At it, a psychic artist drew a picture of my great uncle and aunt side by side. It was incredible since she had absolutely no idea who she was drawing, but it was clearly them. I rarely give messages from the afterlife to my own family but this time I showed the picture to my mum. She looked at it thoughtfully and then asked me what I thought it meant.

I considered it for a moment. ‘You know, Mum,’ I said, ‘I think it means that Vera and Charles are happy together in the afterlife. I think they’re saying no matter that their love didn’t lead to the future that they’d hoped or planned for, it was still love and at least they had that time together.’

And their love was no less precious for that reason. Life had given Charles and Vera every reason for resentment and bitterness but their story tells us that we need to accept there is no perfect love or life.

Secret: our relationships may not always be perfect but we can treasure what we have.

I’ve often found – both personally and in my work – that the death of a relative can be a path for reunion, even reconciliation, among surviving relatives. (But at the other extreme, it can also tear families apart, especially in the case of sudden or violent death, so it’s important to be sensitive to one another’s approach to grief and to make sure we don’t try and blame anyone.) Sharing a loss can make the burden of grief easier to carry: just having people there even if you have nothing particular to say gives you strength. At the same time you can think and talk about the person who’s passed over and that can help you recover. It’s all about creating a sense of community and it’s something I very much believe in.

A Gathering

‘OK, all right, come on then my love.’

I had a lady trying to connect to me but I seemed to be lost in the 1970s. I was actually seeing the television programme *House Party* as well as the image of a group of ladies who looked as though they were having quite a good

time together. It seemed so strange, but it would make sense to the girl in front of me.

I smiled at her. 'Sally, this message is for you,' I confirmed. 'I believe this is your sister and your mum.'

Sally nodded. 'As soon as you mentioned *House Party*, I knew the message was for me.'

'OK,' I continued. 'I've got this lady connecting with me and she's showing me this little gathering of women and it reminds me of *House Party*. You know - a group of women who get together and put the world to rights. Oh, bless you - and she's saying, "I sort of miss that! I sort of miss that." She's saying it would be so nice if it could happen just one more time.'

Sally made a comment to the effect that there were not many of them left now.

'You mean the get-togethers are a bit thin on the ground now. Don't you do it anymore?'

'Yes,' she said wistfully.

I explained, 'For those of us that are in this physical life - and of course those that have passed - they're still possible. She's wondering why you don't do it.'

'Now hang on a minute. She's telling me something. What are you talking about? Why are you laughing - come on! All right my love, I understand it now.' I looked directly into Sally's eyes. 'She was at first trying to be discreet, and she's now being very blunt about it: who's got the vein problem in their leg? Ah, my love, would you understand that you do know someone that you can borrow a support stocking from?! She's trying to be incredibly discreet to start with, hoping the penny will drop for you, and she's saying, "It's not going to drop; you're going to have to spell it out!"'

'Hmm, well she had a bad leg,' mumbled Sally. 'I suppose I've inherited it.'

'All right, either you've got to borrow it off someone or there's a compression band or compression stocking or

compression sock involved, but she was trying to be incredibly discreet about it. Four nights ago you must have complained or thought about the fact that your leg was aching.'

'Gosh, that's spot on.' Sally looked stunned. 'I was talking to my girlfriends about having the vein done, asking them what they thought.'

'Ah right, OK.'

'It's interesting she's said that the subject hadn't come up at all before,' Sally said, a little bit puzzled.

'Well, my love,' I continued, 'she's taking me back four nights ago, and she's saying that you were either thinking about it very strongly or you were saying how much your leg was aching.'

Sally nodded in agreement. 'It's a bit of a family problem, the vein thing. I found out that Mum actually had a bad leg with varicose veins, and now I've developed a varicose vein too. That's why the subject of going in to hospital to have it stripped came up.'

'She's also speaking to me of disruption in the family over the recent passing of a loved one - but not herself,' I said, trying not to stir up recent painful memories.

'We lost a sister last year,' Sally replied sadly.

'Now your mum's referring to a card that expressed your sorrow and hope perfectly. Yes, it's definitely some sort of greeting card. You know what she means.'

'It was the card at my sister's funeral, saying that we hoped that she was going to be with my mum, because that's all she ever used to say is "I'm going to be with Mum", and that's all we ever wanted to know. And I know now that she's with my mum.'

Sally explained that the gatherings I had mentioned earlier had meant a lot to the women in the family: 'On a Thursday my sister used to come down from Surbiton, and we all used to get together, my other two sisters and my mum. We used to go round to Mum's, organise food and