

Excerpt of Chloe's words from *Conversations with Chloe - A Mother and Daughter Dialogue Across the Veil*

The 12 Steps to Bridging

They aren't necessarily in the appropriate sequence, except for number one.

1. All is as it should be

Fundamental to this initiative is the understanding that all is as it should be with the world. There will be much evidence to contradict that statement. Ignore it. This is the toughest step. It's called acceptance.

All is as it should be. This applies to all things in life and death. Not only are there no mistakes in life (just lessons), but there are no errors in death. Every life is appropriate and of the correct length. This fundamental knowing may be the subject of study during multiple lifetimes, or it may be known instantly. It requires the full acceptance of death as a part of life.

2. Stay calm, have patience and be aware

Wanting to connect, expecting to connect and heavy grieving will make the signal garbled and unclear. Have compassion for the phenomena of loss and continuous letting go, yet learn non-reactivity in order to maintain perspective and the practice of step number one.

Approach this like you're having a pedicure. You only have to choose your nail color, close your eyes, follow the nudges to move your feet here and there and trust the work will be done. Stay aware.

3. Meditate every day

What that really means is cultivate silence. Silence outside and inside. Turn off the noise. Disconnect and allow yourself to be fed by the sound of your breath. Then listen.

4. Once you've disconnected, it's time to connect

Connect to the earth by grounding yourself. These types of communication require grounding, or else you'll wear yourself out. Then connect to yourself. One of the most powerful things you can do for yourself is to do nothing.

5. Write down what you get

Otherwise, like waking from a dream and expecting to remember it, the details will slip away if not recorded. You may see colours, hear a word or see an image. Record it.

6. Raise your vibration

Communicating across the veil involves the vibrational compatibility of both parties on either side. You have to raise your vibration to match the higher frequencies of more enlightened beings, and we who have passed have to lower ours.

The opposite is also true. Beings of a much lower order who carry disturbance, instability and illness can also latch on if your vibration is low enough. Therein lies enough impetus to keep raising your vibration.

On your end, you raise your vibration primarily through the food you eat. You also raise your vibration through sleeping properly, meditating and using mindfulness techniques. A group activity where two or more are gathered, such as attending a sound meditation circle and chanting, is often more effective than trying it solo. Experiment.

7. Create a ritual

Wear a certain piece of clothing or jewellery. Create ceremony, however small, to move from real life to awakened life.

8. Ask

First ask for protection. Then ask for clear evidence—something outside of your common knowledge to confirm the information is coming to you and not from you. Stay aware. Just like people are all shapes and sizes, so are our ways and means to reach you.

9. Believe and receive

Reverse the old adage “Seeing is believing.” The correct phrase is “Believing is seeing.” It will then become “Believing is receiving.”

10. Share what you receive with others

To counteract the roadblocks the rational mind erects, commit to sharing the information received. When you share, it should resonate as authentic.

11. Give thanks for the communion

If you only realized how much we're all in, how much we're trying to assist, how much you resist yet we persist. You'd be thanking spirit a lot more often.

12. Be light about things

This is normal and natural. In less than two generations, it will be commonplace. Schools will teach energy work in their curriculums. This is a two-way street. Initiating the communication has been mostly done from this side, although it can be initiated from the earth personality. Do not ask the entity to communicate too often; doing so is disruptive, and the communication may cease completely.