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Odysseys of Love: Death, Dementia and the Soul: A Journey into Understanding

Graehme Hall

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Odysseys of Love: Death, Dementia and the Soul: A Journey into Understanding Graehme Hall Odysseys of Love is an invitation to think differently about death. The book offers a journey to a new understanding: looking at death from a broader and more expansive view. Death is a part of everyone's life, yet it is something we rarely take the time to consider. We need to make peace with death. The fear of death and dying can be an obstacle to fully living. The grief we experience when loved ones die can be difficult to bear. When we understand the eternal nature of the soul and know the relationships with our loved ones have not ended, that knowledge can help us find resolution. Graehme Hall has studied death for many years. This book is the understanding she has received from years of seeking answers to her questions. Hall shares the building blocks that have formed the basis of her current thinking. She shares the answers she has found to more than thirty questions people have asked her. What happens when I die? How will it feel to die? Where do I go? Can I communicate with my loved one who has died? Do animals go to heaven? Hall believes in God, a Divine Source, that is unconditional love. Everything in the Universe is energy and interconnected; energies that are alike are attracted to each other. We all go to heaven, to a loving and joyful non-physical realm, when we die. According to Hall, relationships with our loved ones are eternal: they do not end simply because someone dies. The book includes personal stories of how Hall coped with her husband's death and her mother's dementia. She writes about the importance of choosing one's thoughts and learning to appreciate the experiences our loved ones in heaven are having. The author presents a spiritual perspective on dementia, a new paradigm, and helps the reader understand the spiritual role dementia can play in someone's life. She also provides practical tips on coping with the emotional challenges of the caregiver role. Odysseys of Love is divided into five sections. The first section is titled, "A Re-introduction to Death" and explains the beliefs that form the foundation of the book. The second section has answers to questions people have asked the author about death. The third section offers a spiritual perspective on dementia. The fourth section builds a continued understanding of death and our eternal nature. It includes topics like preparing to die, forgiveness, suicide, lost expectations, and dealing with grief. The final section is called "Moving Forward" and demonstrates that there really is no conclusion to life. "I have been struck," Hall writes, "by how often the fear of death, and a misunderstanding of death, can impede one's life. The lack of knowledge can bring devastating pain. Death is something we all encounter in our lives. Isn't it logical we would try to understand it?" Odysseys of Love provides a loving and thoughtful perspective to spiritual questions much older than we are. It is a fascinating journey into understanding subjects that, eventually, affect us all. Whether you agree with the author or not, you will find your own thinking expanding as you ponder, "What if…"

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