Sweet Dreams – why do we dream of people who have passed away?



Hi everyone, I have received many messages from people who have been experiencing dreams about loved ones who have passed away.
Many tell me that their loved ones are children again, or much younger and happier than they were when they passed.
Others say they dream of a parent sitting or standing beside them.
Pets can also vividly appear in our dreams.

To dream of a loved one who has passed away is a blessing.
There is so much about the universe and beyond that we are yet to discover. The afterlife remains our biggest mystery, and not until our own final moment on Earth will we ever know what happens next.
Yet despite this mystery, our subconscious is able to keep precious memories alive through our dreams. We are so lucky to receive vivid reminders of those we have loved and lost as we sleep.

After death are we younger, happier, more free in spirit?
Parents standing or sitting by our side….are they still watching over us, supporting us through their dream presence as we sleep?

It is a comfort to know that despite our loss of a loved one, we can at times, as we sleep, feel their presence and know that somehow their memory and spirit lives on within us. Somehow they are still with us, and for just a moment, the physical connection is brought back to life.
Is this a sign that love is eternal?
Life goes on, and we cry many tears for those we lose.
Feel blessed when you dream of a loved one who has passed away. It could truly be the most beautiful miracle of all.

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