



MY FRIEND IN AFTERWORLD

Anna-Maija Usma

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**Experiences
in the other reality**

Written down by
Anna-Maija Usma

THANK YOU

All my dear friends
"downstairs and upstairs"
for your support and
for your encouragement.



Death is nothing at all...
It does not count.
I have only slipped away into the next room.
Nothing has happened.
Everything remains exactly as it was.
I am I, and you are you.
Whatever we were to each other
That we are still.
Call me by my old familiar name.
Speak of me in the easy way
Which you always used.
Put no difference into your tone.
Laugh as we always laughed
At the little jokes we enjoyed together.
Play, smile, think of me, pray for me.
Life means all that it ever meant.
It is the same as it ever was.
There is absolute and unbroken continuity.
Why should I be out of mind
Because I am out of sight?
I am but waiting for you, for an interval,
Somewhere very near, just around the corner.
All is well!
One brief moment and
All will be as it was before.
How shall we laugh at the trouble of parting
When we meet again!

Henry Scott Holland 1847 - 1918

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Foreword

In her physical life my friend Arja was a natural therapist who also worked as a trance medium, a trance healer and a spiritual helper.

"The energy never vanishes, it only changes its form of existence", was her leading thought and also the logical explanation for all the phenomena of the invisible world. Her loving personality helped and comforted many of us and the helpers from other dimensions who worked through her, healed physical and spiritual ailments of hundreds of people in Finland and abroad.

I worked with her over 20 years and learned to know an exceptional soul, an unselfish helper and an everlasting friend. So our connection and the continuity of our teamwork after *her passing* was not a surprise after all.

Creating the connection was not easy at first, because time after time my mind kept questioning all my extrasensory experiences. Finally I just “gave in” when I learned to trust more in myself and the information which my senses received from the other reality.

The purpose of these stories crystallized by Arja’s words: “By telling about my experiences here *in afterworld* I will try to help people to understand better the great unity of life, the interrelated reality of the visible and the invisible worlds.”

Anna-Maija Usma





Nothing has changed, has it?

Well, from your point of view maybe nothing much, but from here the connection does not work very well. If we are spending the evening together, I can always move my bag away from your chair but we cannot see or hear you. Except occasional cold shivers our channels seem to be blocked up – we cannot even have a hug... (Anna-Maija)

Stop for a while; stop to feel, to sense and to listen. The connection works if you tune your “receiver” to the right vibration frequency. Then the disturbances diminish and you can see and hear much better – maybe you should direct your “antennas” anew. (Arja)



I woke up in a dream...

I woke up in a dream by my friend's sickbed. Beside it there was another, brand-new bed on which my friend was sitting smiling and glowing inside. I understood that she had gone home to the spirit world. (A-M)

I had been waiting for this moment. At last everything was ready and I got the permission to leave. I thought that I would just fall asleep during the night, but I was allowed to leave fully conscious in the bright morning light.



Arja Helkiö (1942 - 2013) was in her physical life a trance medium and -healer, who studied to be a natural therapist, because she wanted to know the truth about all the different treatments she was using in trance. Her loving personality and her devotion for healing helped hundreds of people in Finland and abroad.

Anna-Maija Usma worked with Arja over 20 years as a drawing medium in their combined mediumistic demonstrations. Her hands were used by spirit for drawing portraits of deceased relatives and friends. Now their partnership continues: Arja is using her hands for writing down her own experiences in the other reality, in Afterworld.

This book is about the eternal friendship reaching out from Light to Light. It is about the unity of life, about the interrelated reality of the visible and the invisible worlds. It is about the love, which builds bridges between these worlds enabling the contact between friends - wherever they are.

