

# Karen Frances' Unexpected Journey Into Spirit Communication



## TILL DEATH DON'T US PART - A TRUE STORY OF AWAKENING TO LOVE AFTER LIFE *Review by Joan Carra*

Once a war correspondent covering the Iraq and Afghanistan wars, Karen Frances was radically transformed—from focusing on the complex issues and politics that lead to war, to discovering the mysterious realm of spirit communication.



our own **Peter Goldbeck** at the A.R.E. of New York Center—and describes his unique gift and personality in her book.

This led to studies in New Jersey at The Journey Within Spir-

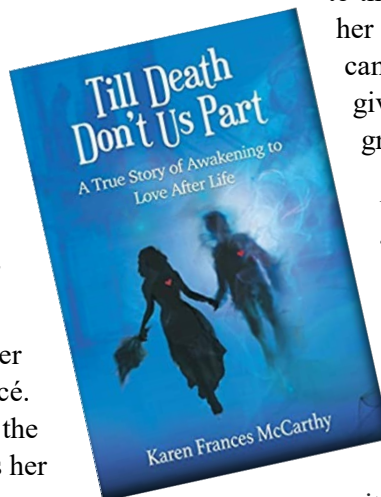
Karen was preparing to marry in less than two weeks when the sudden death of her fiancé catapulted her into the devastation of grief and shattered dreams. As if hit by a missile, her world exploded. Karen experienced aftershocks of rage, grief and despondency.

itual Church and eventually to the Arthur Findlay College of Mediumship in England.

Yet, with this enormous pain came a mysterious comfort from another realm. With the objective examination of a journalist, Karen explores questions and researches the phenomena she experienced in her new book *Till Death Don't Us Part*.

Karen dug deep into quantum physics, religion and metaphysics for help in redefining the world (or should I say worlds) she inhabited. Karen was able to accept her inter-dimensional love story filled with comfort and gentle guidance from the fiancée she thought had been coldly deleted from her life by untimely death. Her career turned from investigations of the conflict of war to the peace of love on all realms. She ended her career as a war correspondent and became a sought after medium and teacher, giving messages to others and healing their grief as she heals hers.

**What phenomena?** Among other experiences, she catches the scent of the tobacco her lover used, although no one is around. An invisible touch on her face provides comfort, but then she is unnerved by the vision of a man-sized dark presence vibrating with life consciousness.



*I asked Karen what advice she would give someone who experienced a sudden loss of a loved one.*

Karen's thoughts don't seem to be her own, She hears messages from her fiancé. Concerned about her sanity, she seeks the counsel of a Catholic priest—who assures her she is experiencing not madness, but rather a gift of grace from the other side.

“I suggest they ask for and accept a lot of support,” Karen said. “Seek out people who can help, including a grief counselor, pastor or medium. The Edgar Cayce Center has a community of teachers and healers they may see, or they can visit a Spiritualist Church. I recommend *Love Lives On* by Professor **Louis LaGrand**. If they experience paranormal phenomena, they should seek out legitimate sources to discuss these with. There's a colossal amount of superstition out there that does a lot of harm.”

*(Karen Frances' Journey continues on page 9)*

These words of comfort gave Karen the impetus to explore a new understanding of death that confronted her former beliefs as an agnostic. Guided by synchronistic meetings with strangers, Karen first attended a Spiritualist Church, then the Edgar Cayce Centers in both Virginia Beach and NYC. She attended healing events with

# Karen Frances' Journey Into Spirit Communication

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## Superstitions?

“Superstitions are residual beliefs that are ancient, thousands of years old, that have seeped into our consciousness—such as the concepts of heaven, hell, purgatory, earthbound spirits, and evil spirit attachments—belief systems that have been shared through the centuries as facts. I am researching a PhD on the cultural narrative surrounding concepts of ghosts and the afterlife...For example, the concept of earthbound spirits comes from different indigenous religions and later in different guises in many early religions... In some indigenous cultures, families were responsible for taking care of the body of loved ones to ensure their safe passage into the next world. If they neglected this, the soul then would wander earth and not get to God. Today, too often, people take an ancient concept and regurgitate it without questioning where the belief comes from.”

“Sadly,” Karen added, “many clients come in to say someone told them they are holding their loved one back. I’ve heard of people paying money to remove an evil spirit. This is tantamount to selling indulgences. I’ve never encountered an evil spirit attached to anyone.”

“One time, for example, I woke up abruptly at 2:00 am and felt a spirit in my living room who felt disturbed and agitated, but didn’t communicate anything else. I had no idea who he was, and his energy was quite unnerving, so I said, ‘I don’t know who you are or what you want, and I can’t help you.’ I went back to sleep. The next morning, we learned that the guy in an apartment downstairs was shot, and his body had been lying on the floor all night. No one heard a shot, so it must have been a hit using a silencer. Some people would have thought that energy in my apartment was a demon instead of a distressed individual. When I realized who he was, it made perfect sense that he’d be disturbed and distressed. The following evening, I felt him again, but he was much calmer. Sad, but calm. I said ‘I don’t know how to help you at the moment, but if I ever can, I will.’ I never heard from him again.”

## *You talk about maintaining relationships with people in Spirit. How is this done?*

“I often offer clients advice on how to maintain a relationship with a spouse who has passed; it’s important to do that in a healthy way. First, the person has to grieve the loss of the physical presence of their loved one. They need to take the time to mourn and be gentle and compassionate toward themselves. ‘Healthy’ is the key word. Some peo-

ple get obsessed with seeing signs, but you need to find balance between physical life and an inter-dimensional relationship. We need to live our lives the way we lived our lives when the person was here. We had different jobs and hobbies. There is no need to communicate all day every day. Give time to grieve. Continue to have your loved one as part of your life. Learn the language of the Spirit over time. The signs will always be there. Their presence will always be present. They are never going to abandon you.”

## *What are your mediumship sessions like?*

“Before the session, I tell people to invite the loved ones to join us. When the session starts, I see who is present. There’s usually a group of people. Sometimes an elder will pop in first to get in a quick word before we go on to speak to what’s called the primary communicator—which is the person in spirit the client in physical form wants to speak to. I can’t guarantee who is going to come, but we make every effort to send out a request for them to join. Then I blend with that person, to sense their presence, who they are, their personality, and different pieces of information so we can establish their identity clearly.”

“Once we have established, with specific pieces of information, who is present, I allow them to share what they want to share, so that we can bring that story to the client, and they can clearly understand that their loved one is safe, and still walking with them, and still aware of their thoughts and feelings.”

“When you experience this, you know no one could ever be lost. People need to heal and grow when they pass to spirit form, but no one is out of the light, no one is separated from the oneness of consciousness, (God, Brahman, the Divine, Spirit.) That’s not even possible. Where there is the oneness of God, by definition, there cannot be separation. As my old mentor **Colin Bates** says, ‘You cannot be where God is not.’”

## *How long does it take for people to communicate?*

That depends on the individual. I had a client’s abusive father take twenty years to speak to his daughter. Why? Possibly he needed to heal, or she needed to be ready to hear from him. My mother was already chatting when she was still laid out in her coffin in the house in Ireland. I got her ready for the wake. I picked her outfit, curled her hair, and did her make up in her coffin. When I went to bed that night, I asked her, ‘How do



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you feel?' She showed me a crown. She felt like a queen."

**Many people are upset that during this Covid crisis they can't say good bye to their loved ones. What guidance can you give them?**

"Nobody dies alone; there is always a gathering from the spirit world. Nobody is stuck, earthbound, or lost. Everybody, including pets, are loved together and continue to grow and heal in the light."

*Karen is an instructor for the Edgar Cayce Community in NYC as well as internationally. Her classes include: Mediumship and psychic development, trance healing, and writing.*

*I recently took one of her writing classes, and her en-*

*couragement and depth provided an expansion for my own techniques to get to the core of the expression of my soul. Karen is a true experiencer who broke the veil of two worlds and can honestly guide us into dual dimensions. For further information please go to her website at <http://www.karenfrancesmedium.com>.*

**Till Death Don't Us Part: A True Story of Awakening to Love After Life**, is Karen's second book and was published in July by White Crow Books. It's available from Amazon.com and other booksellers. ✨

Author **Joan Carra** is a psychic and medium and a practitioner in the **A.R.E. of NY Online Psychic Portal**. She has written for **Natural Awakenings, Mystic Pop Magazine** and **The Greenwich Times**.



## **(SACRED SPACES, CONTINUED FROM PAGE 10)**

clean, un-polluted air and release your mind for a refreshing meditative respite from urban life.

While this article is focused on the timeless serenity of Green-wood, I want to share some first-time news that is rather exciting:

Over its nearly two-century history, Green-Wood has served as inspiration for countless artists--from musicians, to poets, to painters. Quite recently, the administration at Green-Wood announced their first ever **ARTIST-in-RESIDENCE PROGRAM**.

One artist will have the opportunity to create in Green-Wood's Fort Hamilton Gatehouse, using Green-Wood's landmarked cemetery as her or his muse.

This will be an extraordinary opportunity for emerging or mid-career artists in the visual or performing arts. The nine-month residency will run from January through September, 2021. The selected artist will be provided with a \$7,500 honorarium, a private studio space in the Gatehouse, and access to the cemetery's professional staff and archives, and historical collections. The application deadline for the first artist-in-residence grant has passed, but, assuming this program continues, there will be opportunities to apply for 2022 and beyond.

For further information please contact:  
[artistinresidence@green-wood.com](mailto:artistinresidence@green-wood.com).

In conclusion: Green-Wood Cemetery is located at 500 25th St., Brooklyn, NY 11232, [www.green-wood.com](http://www.green-wood.com). Green-Wood is a NYC National Landmark and is listed in the National Registry of Historic Places .



Fort Hamilton Gatehouse, Green-Wood Cemetery

*Polly*

Formerly a professor at the Fashion Institute of Technology, **Polly Guerin** is the author of several books, including textbooks on fashion, two books about NYC history a book of poetry and a mystery tale. Her most recent book is *The Dynamics of Color*.



Polly is a longtime supporter and former Board member of the New York Edgar Cayce Community.

Read Polly's blog at:  
[www.pollytalkfromnewyork.blogspot.com](http://www.pollytalkfromnewyork.blogspot.com).