

## Excerpts From Dialogs With Danny

From "A Swan in Heaven: Conversations Between Two Worlds"

By Terri Daniel with Danny Mandell

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Of course I didn't die. *Nobody* dies.

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All the great teachers have been here to remind us of one thing...that we are not these bodies. Every death reminds us of this, and that's what grief really is. It's about remembering our spiritual home, our source, which some call "God." This source is the true definition of heaven, it is the frequency on which we are all truly able operate, but we have lost sight of it. The pain of grief resonates on that same frequency because it's from the heart, and it's the same frequency as love. The pain of grief reminds you of home, just like love does when the heart opens. In grief we cry and feel the frequency, and we want to be connected to the love we share with the person who has died, but in truth, we're just homesick for heaven.

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Your loved ones on the other side, and even God itself, have no preferences about what you do with your life. They only want you to honor your soul's intention and to know that you are both the creator and the creation.

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If you truly understand that we are powerful light sources that can create matter and manifest anything, then no experience can be judged as 'good' or 'bad.' You can only have gratitude for seeing your creations manifested. From this perspective you are open on a very specific channel, which we are calling 'The Gratitude Channel,' and much more information can come through. Not only can you receive guidance effortlessly from spirit on this channel, but you'll be delighted to discover that it's actually *bi-directional*, and you can send information back! What you send back is absolutely pure and trusts that all is as it should be. The ego is not involved at all and the energy is very high-frequency. When you're open on that channel, the transmissions you send back become manifested more easily. The energy is traveling in both directions between you and the divine. It's a *conversation*.

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Meditation and prayer is very much like dying. The yogis are right about the sacredness of breath. Breath is a bridge between the physical and the non-physical, and the more 'ventilated' you become, the more light you can transfer between yourself and heaven, like bouncing a ball back and forth. We are creation machines that operate on both physical and non-physical systems, and meditation is a bridge between the two. The reason people breathe fewer respirations per minute when they're dying is because they're not sucking in as much energy from the physical and they don't need that conduit anymore, they just release it and go somewhere else, to a different source of sustenance. Meditation is like that too. The idea is to release as much of your grip on the physical as possible and allow yourself to be moved somewhere else, where you can receive information from another realm of teachers. You don't have to sit up straight, and it doesn't require a lot of training or discipline. Fetal position works just as well as Lotus position, and it's even OK if you fall asleep, because you'll receive information in your dreams if you ask for it."

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When I was four years I used to tell you that I came from Jupiter, and not only did you believe me, you asked me for details with great interest. It was hard to explain in the limited language of a four year-old, but I can explain to you now. I was aware of having another home and another family somewhere far away. The memory faded as I got older, but when I got sick and my body began to fail, I could see that home again. It pulled me closer and closer, and I knew I had to release my body in order to get back there, because it's the real home where we all come from and where we all really live. This is the most important thing that we in heaven are trying to teach... how to release the illusions, negativities and beliefs of the body in order to be open to the truths of heaven.

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To solve problems in human life, there is no other guidance, no other source of information than the Higher Self, which receives its messages directly from God, and God is an energy that burns and energizes us like a pilot light. If you want to receive the truth, ask from the Higher Self, not from the ego self. For example, the ego asks, 'Should I stay in this marriage or should I leave?' But the Higher Self asks, 'Lead me to whatever best serves the truth and allows me to live according to my core values and to do what I came here to earth to do.'

Of course you're *already* doing what you came here to do, because you choose every thought and every action, and whatever you choose steers you along your path. But the path can always change because you have free will, and awareness always triggers change. As you gain each new piece of awareness, the whole game board transforms, people and places shift, and you make new decisions based on the new information you've received. That's how free will works. Your awareness increases all the time, and with each degree of increase a thousand new possibilities are revealed. . With this constant flow of awareness, it's impossible for you to stay in exactly the same place you were before. You can make a million dollars or live in poverty, marry or divorce, or even kill yourself, it doesn't matter. Whatever you do, you're following the plan you created in Heaven, a plan designed to propel you to higher and higher awareness. The lessons built into your plan will come to you one way or another eventually. With increased awareness, you start to realize that you are actually creating situations that bring forth exactly the lessons you came here to address. Anything you miss or avoid you'll get later, so there's no hurry. You have all the time in the world, literally .

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Although I'm in the non-physical and don't have the kinds of emotions that are familiar to you, I miss you very much, but not in the way you think. I miss your spirit the way it feels in heaven, the way you are on the other side, which is true "you," which you are only barely aware of while living on earth. I can see and feel this aspect of you here, so peaceful and wise, and that's why I'm helping you remember and connect like this, so you can find that part of your soul again. I know who you are in heaven, and I want you to know too."

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