



Cherished Ones

Expert's Corner: Volume 1, "Celebrating Mothers and Fathers in Spirit"

Interviewer: Remy Bibaud (RB)

Expert: Reverend Marjorie Rivera (RR)

RR: So we can begin.

RB: Hello. This is Remy Bibaud of Cherished Ones. It's May 22nd, 2014, and today is our first installment of our Expert's Corner. We'll be talking with Reverend Marjorie Rivera. As our website details, our mission at Cherished ones is to help people move from mourning to celebrating the lives of the people and pets that they cherished. Therefore, with Mother's Day having just passed and Father's Day approaching, it would be appropriate to talk about celebrating mothers and fathers, both alive and in spirit. We are going to begin talking with Marjorie.

Marjorie, could you give us some background of your experience and how you personally help people with the concept of celebrating life.

RR: I would be glad to. Part of my experience is that I am a licensed and ordained spiritualist minister. And a spiritualist is somebody that believes in the continuity of life. I am someone who believes that the spirit is eternal. Part of how I honor that is to help people connect with loved ones who live on in spirit. I make it my mission and my ministry to help people connect to those who they want to have a message from, or who they need some healing closure from. My personal stake in all of this is really to help people heal. When you say that your company's mission is to celebrate life, I think that is something that each one of us could do every single day by loving those and being kind to those that are put in our path. The ones that we love and the ones that we may potentially love.

RB: I think that is a beautiful way of expressing and I whole-heartedly agree. That's why I invited you on as an expert and to open up our first installment. We are going to keep moving onto the next question. You know there is this concept of love and celebration and honoring as opposed to mourning- kind of looking at things more positively. What do you believe are some ways that people can honor their parents, even if they have passed from the earth? And then tell us about some benefits that it offers to the person because I know personally, to celebrate one's life, gives me a lot more humility. It gives back. It is like a present to me when I recognize others.

RR: Well- to answer your first question which was- what are some of the ways people can honor their parents even if they've moved on into the spirit realms. I think when I want to answer this question about the thing that I have heard my mother say the most. I hear this so often in the courses of my personal sessions with people- what I call a reading. Most parents say what they want for their children is to have something that they couldn't have or to have something better than they could have. The best way I think that we can honor our parents is to live well. That

may not mean financial success. It may mean happiness, healthiness, wholeness. It may mean defining success in a whole new way so that we can honor all of the hard work and sacrifice and love that our parents gave us. Whether they are in physical form or in spirit form. One of the things that I have heard throughout the course of my work that has meant the most to those who live on in spirit is when their children have taken the time to heal. I am not Native American, but I am native to South America. In the indigenous teachings, we always say if you take the time to heal, you heal for your ancestors as well as for your descendants. The best way I think you can honor your parents is to take the time to heal. If there is forgiveness that needs to be extended, it is the perfect way to celebrate life now. Because if you can give forgiveness, no matter what the case was, if you can find it in your heart, you release yourself from the shackles of the past and you allow yourself to be free in this moment in your life now. Those are the best benefits.

RB: Yes absolutely. I think you have answered that question. I have often heard, in different things that I have gone through in my own life, when I got busy I got better. I don't know that necessarily busy means pushing things away and not dealing with stuff. What you are suggesting is that is not what we want to do. We really want to give ourselves the time to heal, to understand our feelings, and to embrace those feelings so that we can release them.

RR: It's true.

RB: To not be tied to the past and therefore not continue cycles in the future for the generations that come after us.

RR: It is very true.

RB: Right. This is a good caveat into the next question. You were starting to bring it up anyways. What do you find that our loved ones in spirit, our mothers and our fathers, or even just our loved ones in general, who have passed, want us to know most?

RR: I have found certain consistencies over the history of my work in bringing messages through from the other side. The number one message that I find loved ones to bring through is a 3 part message. It is normally- "I love you. I miss you. And I am still with you." While I understand that they are with us, so often their souls join us when we are at crucial times, when we are at milestones, and sometimes when we are doing just random, kind of mundane, things. They come in to inspire us, to guide us, to give us love and support. I find that consistently they just want us to know that they are still with us.

RB: I think that sometimes in life in general, with the noise that is all around us, and everything that we have to deal with in life- work, chores, responsibilities- we deny ourselves that intuition- that sort of thought. It's almost like that loved one comes into your mind, or you hear something that they said to you before or at a poignant moment, and we kind of disregard it. But I think that is sort of a physical manifestation of what you just described. They are still here around us.

RR: It's true.

RB: In those poignant times, in those mundane times- they are around. Thank you for describing that. We all know in life we don't have the most perfect relationships with those that we love. There's rocky times. There's good times. The worst that I have experienced is having someone pass and having unresolved issues. I think it is the person on this side, like myself, who- if things were unresolved- would feel a lot of negative emotions or pain or guilt or this or

that. For someone who might not have had a perfect relationship with their parent, how might they heal? What do they need to know about that parent, usually who is in spirit?

RR: This is a really interesting and tricky question. I mean- I love it because it pays honor to the complexity of the human experience. I really think that there is no such thing as a perfect relationship. Each person has a journey that includes many different layers of healing. My mother makes a great joke when she always would say to me, "We spend the 1st 18 years of our lives trying to survive the things our parents do to us and the rest of our lives trying to piece it back together". I think it's true because most of the work that I end up doing is helping people to heal, either from misunderstandings or misperceptions. In some cases it is just really about acceptance. I think that when we give ourselves an opportunity to heal and we can reach to the other side, I find that the loved ones who are in spirit normally want us to know that they were able to see from a higher perspective once they moved on into the spirit realms, and that perhaps their actions caused an effect that was not their intention. Also- that they have grown- because even after our physical passing, our spirit has the opportunity to evolve. With that in mind, each person in the progress of their soul, can move into levels of healing that perhaps they were not able to achieve on a personal level while on the physical plains. One of the things I know that our loved ones in spirit wish for us, pray for us, hope and inspire for us, is levels of healing that will make us be at peace while we are here- which means the relief of resentment, the relief of guilt, the relief of negative emotions that do burden our experience in some way. They want us to be free of that and to live peacefully.

RB: So do you believe for our listeners that our loved ones in spirit on the other side are saying to us, "We forgive you". I think that is a big thing in our human experience, we have a hard time letting ourselves off the hook. Especially since we don't feel we can talk to them.

RR: It's true.

RB: With everything that you have said, it sounds like you are saying those in the spirit realm- when they move to a higher elevation, forgiveness is just the norm. So we here in the human experience need to release that idea because they have forgiven us.

RR: It is very true. Forgiveness is the currency with which we ascend in the spiritual realms. It is the literal currency. I have had this concept explained to me many times from those who live on in spirit. They have told me that the lightness of our being and our ability to forgive are the currency with which we exist in the spiritual realms.

RB: That is beautiful. I love that analogy. So bringing it back to those in our human experience. They are the ones who I think bottle it all up and ruminate and sort of struggle with these types of concepts. Lastly- what are some practical ways that one can recognize and celebrate their mother and father and in doing so are almost releasing? And do our parents in spirit know we are celebrating them?

RR: Oh, this is the perfect question. They absolutely know. I can tell you how in every session that I have, loved ones who are on the other side will tell me how they have been celebrated. How candles have been lit for them, how prayers have been sent for them, how t-shirts have been created, how walk-a-thons have been walked. All different sorts of parties, tattoos, necklaces with thumbprints. There are so many different ways to celebrate our spirit. I know that companies like yours that are created in this essence to honor and cherish and celebrate our loved ones who live on, is the perfect corporate manifestation of what has already existed within our psyche as a human species. We want to celebrate and find ways to show that we loved

someone. Love never dies. It is an energy that changes. It is an energy that sometimes fades, but it is something that never will die. I always say that it's our loved ones' love for us that moves back from heaven to this realm that will compel me to do the work that I do. To be willing to look like a fool to show their love for you. I know that one of the practical ways we can celebrate our loved ones every day, that brings them such pleasure- literally- is to just lift their memory in prayer. It doesn't cost anything. You don't have to be anywhere formal. You don't have to go anywhere or do anything other than just say "I love you and I wish you peace where you are". It's the most beautiful way that you can celebrate someone's connection that you've always had and that you will continue to always have.

RB: Wow. This opportunity to talk to you- and I have known you for many many years, I have relied upon at times in my life and I have also received beautiful messages from my loved ones- is such an honor to have you as our expert and to open this whole "corporate manifestation" as you said. You can be our spokesperson. To sort of take it to another level and expand this idea of celebrating life. From two women, Lori and I, who have been in business, to now moving into something that is more about our passion and our love, and helping to raise a level of awareness, I am so grateful that you were our 1st featured expert and that you have shared with us your experience. These answers have been filled with Spirit's guidance and essence. Is there anything else that you would like to add for our listeners before we wrap up?

RR: Just one small thing. Keep it kind. I mean, that is the essence of everything that we do as people. When we find a way to be kind, it means we connect to somebody in compassion and love. So even on those days when you feel a little down, or you feel a little something other than kind, find a way to move it there because what we put our attention on grows and the universe always finds a way to reinforce exactly where we are. So- if where we are is kindness, that's what we will get back.

RB: And that's a good lesson to live everyday with the people that are around us in life in addition to those that have passed.

RR: It's true. So thank you for wanting to interview me and allowing me to be part of the growth of your newest venture. I appreciate that.

RB: Oh absolutely, Marjorie. Thank you so much! You have a wonderful day. We will be talking again and we will have some future interviews with you on some other topics relating to the people and the pets that we cherish. Thank you so much.

RR: You're welcome.