

## Spirit Speaker: A Medium's Guide to Death and Dying

**Salicrow**

Destiny Books (Apr 4, 2023)

Softcover \$16.99 (128pp)

978-1-64411-728-6

Written from the compassionate perspective of Salicrow, a medium, *Spirit Speaker* shares techniques and exercises for working with those who are dying and with the spirits of the dead.

Sharing experience-based stories about the process of dying, both for the individual experiencing death and for anyone connected to them, Salicrow suggests ways to ease the process for everyone involved. These suggestions include rearranging photographs so that images of the beloved dead (instead of those who will be left behind) surround a dying person who is struggling to cross over, honoring the recently departed with shared stories and memories, and setting a place for ancestors at special events and holidays so that they might be a part of the celebrations. Elsewhere, there are thought-provoking discussions of how and where spirits exist after death; of recognizing the signs that a departed loved one is attempting to make contact; and of establishing a deliberate connection with a spirit.

The book shares its information in an approachable way, in language that a novice can understand and utilize. It includes suggestions for general practices—like meditations and setting up altars to remember, grieve, and work on healing past and current traumas. It explains complex concepts with straightforward clarity. For example, a trance is explained as a semiconscious state wherein external stimuli can be ignored. Multiple planes of existence are explained with comparisons to a filing system: everyone can experience the clear file folder of reality, but not everyone can see the multicolored folders that represent the other dimensions that exist alongside of their own.

*Spirit Speaker* is a concise, gentle guide to being a medium who makes room for the dead and dying in daily life.

CATHERINE THURESON (May / June 2023)

*Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.*