

MAKING THE WOO WOO RELATABLE

SOL TALK

Soul Forward Insights on:
LOVE / RELATIONSHIPS / SPIRITUALITY

solcoach.co

YOUR RELATIONSHIP
WITH LOVE & GRIEF

PLUS:

- How do you maintain love after loss?
- Honoring the grief, the lessons, and rebirth that come with losing yourself.

OCTOBER 2024

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HELLO



Hey you.

Welcome to the second edition of **SOL Talk**, a bi-monthly Ezine designed to help you understand and level up when it comes to love, your relationships, and your soul's education. My intention for this issue was to address the most important relationship you will have in this lifetime--that with yourself--but things in my life changed and so did this issue.

2024 has been a season of grief for me. In addition to losing my dad, I've suffered the death of a beloved soulmate via suicide, and the end of a 30-year friendship with the "sister of my heart." Each presented a different kind of grief and, muddled together, created a powerful cocktail that left me feeling wobbly and emotionally flat on my back. Sadness and the void left in their absence, has forced me onto a new path of understanding the Divine purpose of relationships and love after loss. Painful but necessary knowledge I share with you here as an offer of enlightenment.

Many years ago, I read a quote by spiritual teacher and author, Iyanla Vanzant, "People come into your life for a reason, a season, or a lifetime." As I reflected upon these important relationships, I realized that each fit neatly into one of the three categories. He came to me for a **reason**, to teach me an up leveled lesson on unconditional and transformed love. She came into my life for a **season**, a period of personal growth buoyed by sisterly love and support, which eventually wound its way to completion. And my dad, my first love and manly muse, was there for my **lifetime**, loving me until he took his final breath and gifting me a view of death's divine beauty.

Recognizing and understanding your emotions is a vital part of your soul's journey. With the help of my Council of Celestial Agents (CCA) and the Archangel Azrael, this issue explores the emotional and spiritual intricacies of grief, love after loss, and the incredible truth of infinite love. The stories and channeled messages are personal, but my hope is that by sharing them, you will gain insight on the cycle of love and death, and the comfort that comes when you understand that the love between you and yours does not end, it merely transforms. And as I am learning, your loving connection can, and will, crackle again in some cool and magical ways.

To those who have experienced the grief of loss--whether it be through physical death or emotional disconnect, I wish you love and peace of soul.

~ Lari 

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I am an intuitive, spiritual coach, certified by the International Coach Federation, channel, and love/relationship expert, who specializes in transformational coaching centered around self-love and soul alignment. I'm also an Emmy-award winning writer, author of eight books, speaker, and teacher. I am a fierce advocate for self-love and the positive ripple effect it has on the larger world. My clients run the gamut from celebrities, authors, artists, and academics, to college students and moms, all who align with my coaching philosophy that "True Masters Learn through Joy." ☀️



The Council of Celestial Agents

Most of the up-leveled info is supplied by my co-creators, the *Council of Celestial Agents* (their name, not mine!) Many of you are familiar with my scribed Angel messages, but the **CCA** is an expanded group of my spirit guides, angels and ascended masters who channel through me so I can share with you important truths that have to do with your next-level, soul knowing. You'll learn more about them in the pages ahead, and also via a special channeled messages they have for you.



In This Issue: Archangel Azrael

Azrael is known as the "Angel of Death" or the "Angel of Grief," since his primary role is to help people cross over at the time of their physical death. His role is far, far from being morbid, as he surrounds newly crossed-over souls with loving light to make the experience uplifting and comforting. Azrael also helps deceased loved ones make contact with their living family members and friends. Azrael is filled with healing light ready to guide those who are experiencing heartbreaks due to the loss of a loved one, a dream, a pet, a relationship, or anything that brings you into a state of loss.



**I AM WITH YOU IN
YOUR TIME OF
NEED**

**HELPING YOUR
HEART TO
HEAL**

Archangel Azrael

IS THERE LOVE AFTER LOSS?

By @solcoachlori



HUMANS SEE
DEATH AS THE END
OF SOMETHING
WHEN IT IS MERELY
THE CONTINUATION
OF THE CYCLE.

--So Says the Light

For decades I have attended funerals and offered consoling hugs filled with heartfelt compassion. It wasn't until death came knocking at my door that I realized that true empathy had never been part of my sympathetic mix. I couldn't share or fully understand the feelings of my friends and extended family because I hadn't yet awakened one morning to the realization that I would never see the face, hear the voice, or experience the warmth of someone I dearly loved. Now, the pain of such loss is no longer a concept. It's my reality.

But the impact of watching my father's transition from this life into the afterlife changed my view of death. His death was beautiful and because he was 97 and he'd been with me all my life, the feeling of loss was minimal and was muted by my feelings of gratitude and appreciation. The other two losses I experienced this year have been harder to navigate, but the more insight I receive from the CCA and the more I apply them to my life, the clearer it becomes that **the end of one's human experience is not the end of our soul's connections. There is a bounty of love to be had after what appears to be loss. You just have to be open, ready, and willing to receive.** ☀️






*DEATH IS BUT THE END OF THIS
HUMAN EXPERIMENT. IT DOES NOT
END THE LOVING RESULT.*

ARCHANGEL AZRAEL

MESSAGE FROM THE CLOUDS: THE CYCLE OF LIFE AND DEATH

By the CCA and
@solcoachlori

TAKEAWAYS

- We see death as the end of life, but it is actually **the end of our human experience. Our soul consciousness and the love we are and share live on.**
- We come to this plane as manifested energy and **through the love exchanged via our relationships, our hearts, souls, and cosmic knowledge are expanded.**
- Through this expanded knowledge we realize that **our souls are infinite because the essence of who and what we are is love. Therefore, those we love are also infinite.**
- When a loved one dies, if you have expanded your understanding enough through the love lessons learned within your relationship, then the **love doesn't end, it transforms from manifested energy into unmanifested energy, which can be felt and communicated through the soul.** 



This channeled message is for entertainment and spiritual purposes only.

**"PEOPLE
COME INTO
YOUR LIFE
FOR A**

*A REASON,
A SEASON,
OR A
LIFETIME.*

**WHEN YOU
FIGURE OUT
WHICH IT IS,
YOU KNOW
EXACTLY
WHAT TO DO."**



Iyanla Vanzant

July 22...Just woke up with my spidey vibes tingling. Are you ok?

I'm okay but my insomnia has been kicking my butt lately.

Aug. 29...Sending love. Apply where necessary. 🌞❤️😘

Thanks. Right back at you. ❤️😘😘😘

Oct. 26...Hey. I feel like you're going through something, so I've been giving you space and sending sweet vibes your way.

I have. Had better days but I'm okay. 😘❤️

Nov. 14...You've been on my mind a lot. Know that the silence isn't disinterested distance but space that I've been feeling you needed. If you want to talk, I'm here. Feel better. Love You 😘😘

❤️ (This emoji, his way of saying, "I love you," was the last message I received from him.)

A REASON: SEPARATED BY SUICIDE

By @solcoachlori





We met and bonded over coffee on a humid, rainy day in Panama City, Panama. The angels had told me that I would find love on this trip, leading to a defiant refusal on my part, as I was just getting out of a 31-year marriage and recoupling was the last thing on my mind. They didn't care, and thank goodness they didn't listen, because what I found in Panama was a soul love that started as a long-distance romance and morphed into one of the most endearing loves of my lifetime. Over next five years, we became each other's biggest cheerleader, confidant, and purest love. Our love was unconditional and void of any responsibility or commitment. And for both of us, it was exactly what we needed at the time--true love without attachment.

The two of us stayed in constant contact. We'd have marathon phone conversations, text threads, and shared writing via email. He began the ritual of sending songs back and forth--some for fun, some to reveal feelings. I'd visit him in California, and we'd go sailing on his boat or he'd come to the east coast, and we'd savor the time in each other's company. He saved me from feeling isolated during the pandemic. One thing that was a mutual source of laughter and wonder was how energetically attuned I was to him. I would have prophetic dreams or moments that I labeled "soul surfing" and he named my 'spidey senses.'" It was part of our bond, one we both loved, until he didn't.

Last year, communication began to wane and then came to a halt with one heart emoji, his shorthand for, "I love you." Basically, he ghosted me. Intuitively I knew that he didn't want me in his head, but I had no clue how dark his thoughts had become. Two days prior to his suicide, my "spidey senses" were awakened by the freaky appearance of the Grim Reaper, but I connected that visit to my dad's burial, which was a week away. Then I got the news that he had taken his own life.



To say I was crushed is a vast understatement. What is most painful is knowing that the angst he felt was so great that death was his only escape. And though he stated many times that he told me things he didn't tell anyone else, clearly there was a huge part of him that he kept locked away. He left a letter to a group of us explaining why, but his reasons were hard to grasp. My grief was a heavy cocktail of compassion, empathy, sadness, disbelief, and confusion. I didn't feel any guilt or remorse for not knowing or not being able to stop him, but my broken heart was weighed down by the extreme sadness I felt knowing that he had suffered alone.



Absent from my grief cocktail was anger. As I am apt to do, I hid all my outrage behind my Zen and understanding of death and transformation. Yeah, my higher self knew what was going on but the human in me was fucking livid! "How could you leave without saying goodbye, even if I didn't recognize it at the time?" For a week I tearfully rampaged at his pictures, hurt and furious that he hadn't acknowledged the special beauty of our relationship by saying goodbye.



A few weeks later, with my anger expressed and the healing progressing in earnest, I got my goodbye. I was sitting in my living room about to watch a video when I heard some distorted music coming from my office. Now that he had my attention, the next song, and the 15 that followed, were clear as a bell. Through Shazam and Google, I was able to identify and find the lyrics to each. Beginning with *Lonely Cowboy*, moving on to *I'll Never Not Love You*, and ending with *Heaven's Got Nothing on You*, through our ritual of sharing songs, he explained how he felt about his life, about me, and going Home. We're back in loving touch--still long distance and with a connection that is *almost* as satisfying. ❤️



*Love does not end. It merely
transforms.*

Archangel Azrael

A SEASON: THE LESSON IS COMPLETE

By @solcoachlori

Our then husbands, who were best friends in college, introduced us over thirty years ago. The two of us clicked immediately and we had great fun socializing together as couples. When she got divorced, I maintained custody of our friendship. She was there to counsel me through my divorce, and I coached her through various relationship ups and downs over the years. We worked together, traveled together, took Spanish lessons together, and became the ying to each other's yang. We dubbed each other, *Hermana de mi Corazón*--sister of my heart, and truly felt like members of each respective family. We knew each other's deepest secrets and darkest fears. For three decades we held each other in check and became the other's fiercest protector. She really was one of the great loves of my life, and then one day, our season together was over.



**“Your relationship did not end.
It is complete.”**

So Says the Light

The death of our friendship felt just as raw and uncomfortable as that of my marriage. Both lasted some 30 years. Both were defining relationships and had a huge impact on my personal and emotional growth. Both had been essential and steadfast parts of my daily life. And sadly, both ended with what felt like betrayal.

The death of any meaningful relationship is hard. Along with losing the other person, you're losing a part of yourself. But grief in this circumstance certainly felt different from the sadness I felt with my father or soulmate.

Grieving the loss of my friendship took on a more selfish and me-centered tone. And though my head understands that she is the victim of a toxic relationship that spilled over and tainted ours, I feel much less compassion or empathy than I felt in my other losses. But as the season of our sister love comes to a close, I am actively trying to replace the hurt with gratitude for all we shared together. I won't lie, it isn't easy. Hopefully, by finally accepting that the relationship is complete, and recognizing the lessons I'm to learn, gratitude will lessen my loss and I will be open to a friendly rebirth between us. ☀️

A LIFETIME: LOSING MY FIRST LOVE

By @solcoachlori

My dad was my first love and throughout my life, he always made me feel like I was his forever love. For 65 years he was my champion, advocate, and the prototype for the men in my life. Growing up with him in my corner, I blossomed knowing that I was loved and worthy of being adored and taken care of. He was my rock through any difficulties, so when I got the call that he was in the hospital with only days to live, I was by his side within hours. For eight days, my siblings and I stayed there, watching over him by day, sleeping in his room by night. I was there to kiss him goodbye as he took his last breath. It was a deeply moving experience for all of us, but for me this, my first up-close-and-personal encounter with death, became an AP course on the soul's transition from physical matter back into the unmanifested energy from which we all come.

The impact of watching my father's transition from this life into the afterlife clarified my view of death. The energy around him was peaceful, loving, and serene. I saw his soul leave and hover over his body. I watched as it processed the memories of his life--from fishing as a little boy to his wedding to my mother. I saw him stare for hours at one corner of the ceiling, knowing that he was looking into the light others could not see, and lift his arms in greeting to those waiting for him on the other side. I saw Archangel Azrael watch over his shoulder until it was time to go.

And when he'd left us, I understood so clearly how our human bodies are simply vessels for our dynamic souls. His life force was gone, leaving lifeless human remains, the very least of who he was as a man.

Grief for my dad has been bittersweet. Sad that I can't see him, but grateful for the decades I had him. I often play the music he loves and watch his favorite movies, feeling his energy with me, hearing him call me, "Sugar." He visited me on my birthday, and I could feel him recently as my brothers and sister hiked around a lake on our sibling vacation. His departure has taught me that celebrating the life we had together is the best way to honor not just his memory, but to keep us continuously and forever connected. ☀️



“Your love ones are doing fine. Let go of worries, and feel their loving blessings.” Archangel Azrael

A close-up photograph of two hands, one from the top and one from the bottom, holding a black awareness ribbon. The ribbon is tied in a loop, and a bright pink heart is pinned to the center of the loop. The background is dark and out of focus.

**GRIEF IS AN
EXPRESSION OF
LOVE BETWEEN THOSE
FELT BUT UNSEEN**

REBIRTH: GRIEVING THE LOSS OF YOU

By @solcoachlori



**WHO DO YOU
WANT TO BE
WHEN ALL OF
THIS IS OVER?**

From death and divorce, to sudden career shifts, to the inevitable march of time, there are so many things that happen in life that can leave you wondering, 'Who am I now?' Losing yourself is vastly different from the uncomfortable feeling that comes with restlessness, which is simply growth in motion. There is a sadness and a profound sense of grief that comes from being disconnected from the you you've always known and believed yourself to be.

The death of my marriage was also the death of me as wife, lover, and married woman. I was stripped of an identity crafted for and by me that I'd lived most of my adult life. In the aftermath of my move from Coupledness to Singleness, I realized I'd lost myself along the way and the mourning was real. For months I dealt with my last remaining stage of grief--anger (clearly, I have a pattern of squelching my anger) and the discombobulation of not feeling comfortable in my own skin. When I finally allowed myself to feel *everything* so I could feel better, true healing happened. I then had to find a place for the redefinition of me to begin. I decided to also divorce myself from what I had been (wife, homeowner, club member, etc.) and to *solely focus on who I was becoming*. This meant retrofitting my image with attributes of who I wanted to be. It also meant constantly reminding myself to celebrate this opportunity and be grateful that my divorce was forcing me to grow up and evolve into the next best version of myself, something I may not have accomplished without such a drastic push.

The thing is you are only lost within yourself; momentarily disconnected from the you who, whether you realize it or not, is ready to level up. Being disconnected from the people or professions that validated your worth in this world may be the death of a *role* you've been playing, but it can also be the rebirth of your authentic soul self, leaving you redefined and realigned on *your* terms. ☀️



What keeps
us infinite is
Love

Archangel Azrael

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CHANNELED MESSAGE: SOUL GRIEF VERSUS HUMAN GRIEF

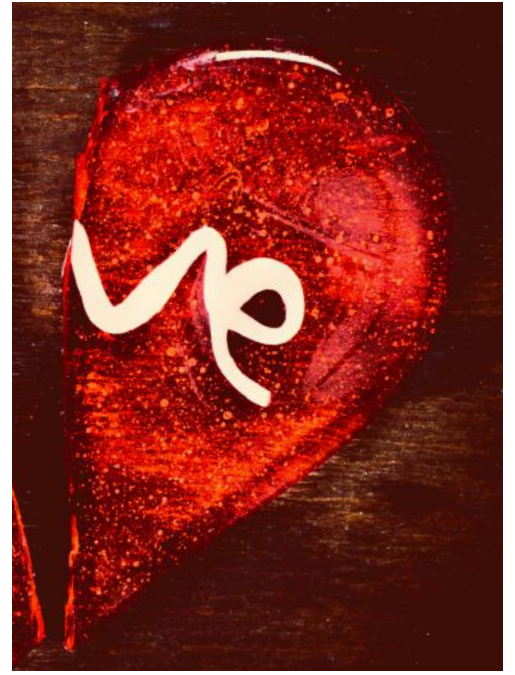
By @solcoachlori and
the CCA





TAKEAWAYS

- The emotions of **soul grief** are centered around love, kindness, gratitude, compassion, and **'we' driven feelings.**
- The emotions of **human grief** are centered around personal loss, anger, regret, guilt, and **'me' driven feelings.**
- It is common to experience both. The key is to recognize the type of grief you are experiencing and adjust accordingly. **Human grief can always be neutralized by gratitude.**
- Soul grief is more quickly healed as it is **founded on love that remains in the present** and, with time, finds reconnection through memories and other energetic means.
- Human grief **stays connected to loss** through beliefs that love is terminated when physical presence is severed.
- It is important to **give yourself the grace** to heal without self-judgment or regret.
- While grief can feel lonely, you are not alone. **You are loved and supported by those seen and unseen.** ☀️



PROCESSING LOSS THROUGH JOY AND CELEBRATION

By the CCA and
@solcoachlori

Grief is the expression of love between those felt but unseen. This love is reciprocated through the thoughts of common experiences and the sightings of symbols that hold meaning to both.

Memories become the transmitter of love in its transformed state. Remembering the joy, the love, and what has transpired between you is important because it is your memories which carry the language of love, that carry the energy that is now your main form of communication.

This is why it is important to celebrate through your memories the beauty of your love shared while on the physical plane. This is how communication continues. This is how love shared remains infinite.

We often hear you use the term, “loved” when referring to a special relationship, pet, or dream that is no longer a physical reality. But the term “loved” is connected to “loss.” We would ask you to consider the present tense because love is never lost. It never dies, it only transforms. Remembering this allows you to love forever.

So Says the Light



END NOTES

**PAIN IS THE
DISCONNECT
BETWEEN WHAT
YOUR SOUL
KNOWS TO BE
TRUE AND ITS
DESIRE TO LEAD
YOU THERE..**



Through the CCA, I learn more about the incredible power of love and its impact on every part of our lives. I hope the same is true for you. One of the new things I learned in this issue was how often we use the past tense *loved* when it comes to thinking or speaking of our departed loved ones, whether they remain on this physical plane or not.

I ran across this Angel Insight in my notes, and when I connected it to the topic of grief, it made perfect sense. If we think of and speak of love as something we used to do or feel, we are subconsciously wiping them and the love we shared from our awareness. This increases the pain, which is, as the angels say, the disconnect between your thoughts and what your soul knows to be true. Love never dies and the more we treat shared love as irrevocably severed, the more its absence becomes our mental magnet. This is painful because the soul is built on the truth of eternal connection. The love may change in intensity and priority, but it does not die. Honoring, celebrating, and remembering keeps the love alive, even when you move on to new love. It also fosters growth in your ability to love more and with less fear as your heart expands.

If you're interested in doing any inner work to help understand and move through your grief, check out the SOL Resource page. And feel free to share this issue. Lastly, make sure you and your friends and family get out there and VOTE.

— Lari 



SOL TALK RESOURCES

Download these complimentary worksheets that support the messages and information in this issue of SOL Talk.

Five Stages of Grief

Loss of anything or anyone important or dear creates feelings of grief, which if not addressed can leave you stuck. This worksheet will help you understand and move through your five stages of grief.

Quick Ways to Find Gratitude

Gratitude can definitely neutralize grief but sometimes it's hard to see all the positive impact a person or situation has had on you when you are in pain. These simple exercises will help you isolate the good stuff and focus on gratitude.

Who Defines You?

How well do you know yourself? Who defines you? You or other people? This worksheet will help you reflect and begin to redefine and realign yourself on your terms.

For more insight straight from Source, here are scribed Angel Insights connected to topics explored in this issue.

The Fear of Loss and Being Alone

Three powerful Angel Insights centered around the loss of love, the importance of loving without fear, and the necessity of valuable “alone” time between relationships.



VOTING
is * sexy

* **POSTIVE ENERGY IN MOTION**

STAY IN TOUCH!



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Let's Chat

If you've got questions, perhaps I can help you find the answers. Book a complimentary session using the link below and breathe!

