

Where Did You Go?: A Life-Changing Journey to Connect with Those We've Lost

Christina Rasmussen

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"Where Did You Go?" offers deep comfort to anyone who has lost a loved one and hopes to explore what frontier science is now demonstrating: while a heart may stop beating, consciousness never dies."

—Lynne McTaggart, bestselling author of *The Field*

From Christina Rasmussen, the much beloved and acclaimed author of *Second Firsts*, comes a groundbreaking exploration of the afterlife that combines spirituality with cutting edge science—and reveals we all have the power to connect with our loved ones on the other side.

"Where did you go?" This was the first question Christina Rasmussen asked after the death of her husband. A young widow with two daughters, Rasmussen would go on to become an esteemed grief educator who helped countless others rebuild their lives after loss. Yet, even as she learned to thrive again, that first heartbreaking question persisted. Even as she and her clients forged new paths and discovered new joy, the same questions remained: Are we capable of connecting to those who have passed on? What really happens after we die?

As a professional grounded in science, Christina was a skeptic who shied away from the conventional mystical, supernatural, and religious descriptions of the afterlife—so she turned to what seemed "provable" to unravel the mystery of life beyond life: physics. What she found was beyond anything she could have expected: not only is there life after death, but we *all* have the ability to connect with loved ones who have passed on.

Sharing an inspiring message of hope, optimism, and love, *Where Did You Go?* is a transporting step-by-step guide to journeying to the other side, from one of our most trusted voices on life after loss. Bridging the gap between the metaphysical and the measurable, it will change the way we grieve, the way we live and how we define our potential—in this life and the hereafter.

Where Did You Go?: A Life-Changing Journey to Connect with Those We've Lost Details

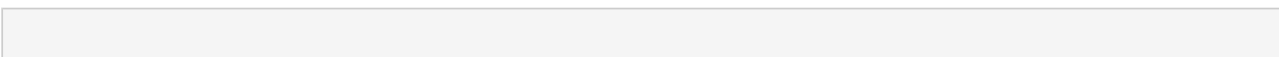
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From Reader Review Where Did You Go?: A Life-Changing Journey to Connect with Those We've Lost for online ebook

Deb Ristow says

I received this book as part of the Goodreads Giveaway program. I have always believed that our loved ones are surrounding us when they die and that death is not a finality but rather an extension of the life that we have lived.

Rasmussen shares a process to connect with loved ones upon their death. Through this process, the reader is guided in a step by step process on this journey. There were a few statements that really stuck with me in this book- 'that our beloveds are still alive-just without their bodies' and the following statement upon looking for her husband upon his passing- 'I should have known to look not up but to look everywhere.' These, in my opinion, were the two sentences that stuck with me and made such an impact on how I view death.

While I did not go through this process as I have had my own experience with passing, I found enough value in this book outside of the process itself. My only criticism is that I wish there would have been more personal testimonials included. Interesting read!
