

...within a few minutes of our session I felt the presence of another being with us. As I tuned in (like you do with a radio station) to get a better sense of who was with us, I saw a young black male. I asked him if he was Nicky's brother Dylan and if he was joining us for the session. He said yes he was. As I continued to tune into him, I was able to see him more clearly, and his mannerisms... he was wearing a white t-shirt, tight fitting jeans, he appeared to be a handsome boy with beautiful skin and a nice smile. There was light shining from his eyes. He spoke in a way that was unique to him, using personal mannerisms that I demonstrated to Nicky who said were definitely her brother when described to her. Nicky's brother asked if she would like to know what happened the day he died. She said she was ready. I proceeded to transcribe everything he said, and what he shared was the following:

Dylan said the day he died, he and 3 friends had gone swimming. It was a hot summer day and they dared each other to swim across the small lake on Cape Cod, Massachusetts. They made it to the other side with no problem and were about a third of the way back when Dylan developed a cramp in his calf. The other boys asked how they could help and he said he would be okay and would catch up to them. They were reluctant to leave him, but did what he said and proceeded to swim to shore.

Dylan's leg cramp got worse and he started to get tired; now he was by himself in the middle of the lake. He could not keep his head above the water anymore and eventually drowned.

When the other boys got to the side of the lake they had originally started from and realized he was nowhere in sight, they started to panic. Eventually, when he didn't show up, they realized he had drowned and felt horrible about it. They felt responsible even though he had told them to go ahead without him. His friends felt a sense of shame and grief and shut down.

After that day, they never talked about the incident to anyone and no-one knew what happened to him.

Dylan's family went into a period of grief and communication among them also shut down. His death became an issue no one was willing to talk about even though many were affected by his death. His friends started to engage in risky sexual behaviors and started using drugs and his family remained in a state of grief.

Nicky's brother wanted her to know that he had transitioned to the other side and was doing fine. He wanted her to know he loved and cared about her and asked her to convey to their parents and friends that he was fine and explain what happened that summer day.

He and Nicky had a close relationship when he was alive and he wanted me to tell her that he was around her now and felt just as close to her as when he was alive.

Dylan said he would continue to be around her and communicate with her, especially when she was in a quiet internal place in her bedroom journaling. She was greatly relieved to finally know what had happened and that he was around their family and friends, and especially her because they had always been close.

Nicky left the session that day happy to have received the closure she had been needing about her brother and to know that he was around her.