

EMBRACING THE HUMAN JOURNEY

With An Angel As Your Guide

Janie Wells and Joann

This book is co-authored by my beautiful daughter Joann. She was the light of my life for thirty years on earth and now lights up my life by revealing the meaning of the human journey from her heavenly perspective.



A redbird feather designed on the cover of my first book was proof my daughter continues to travel with me after her death. There was no mention in my submitted manuscript of the special connection I feel with her when a redbird visits me. Yet the artist for Ozark Mountain Publishing designed a redbird feather for the cover.

**A bird sitting on a tree is never afraid of
the branch breaking, because her trust is
not on the branch but on her wings.**



I invite you to join me on an inward journey to your soul. It will be helpful to begin this journey with a hand written journal for personal introspection. There are spiritual questions to answer, spiritual techniques to incorporate into your daily life and spiritual exercises. You will follow heavenly footsteps as my mom shares what is possible in the human journey through her experiences and I will guide you every step of the way.

- Joann

INTRODUCTION

I awoke to a beautiful fall Sunday that seemed like many others. I thanked God as always for my magnificent life, my children and all that surrounds me in this grand universe. I had spoken to my thirty-year-old daughter, Joann, the night before and we were going to spend the next weekend together. It would be just the two of us in nature with our spirits connecting and exploring our soul's journey. With absolutely no warning, her life was taken that evening by a stranger when she entered her cabin from a shopping trip.

I am often asked to share my story with groups wishing to know how I transformed my life from darkness into light through profoundly unspeakable grief. Once while speaking at a conference, I made the statement that I would not be spiritually who I am today or know the real meaning of life without the death of my daughter. A person in the audience once asked me,

"Has it been worth it?"

It became obvious to the audience that I was debating the answer as tears filled my eyes. I began a dialog with myself over the microphone, "Has it been worth it? Would I do it all again? What if I knew my child would carry a mission much larger than I could imagine and die at an early age? What if I knew I would have to survive the greatest pain and largest struggle known to mankind? What if I knew I would have to cultivate a faith in something I could not see or touch during moments of going insane with hurt and regret? What if I knew I would travel through the dark night of the soul for several years, feeling it was just me against the world? Would I do this all again or would I chose several lifetimes to complete my soul's journey with less pain and challenges?"

I wanted to be completely honest with the audience and so I said that I would have to give the answer time to come to me in a way that I knew was truly from my heart and not my head. I have learned that thought alone does not give me clear ideas about my

journey. Answers to hard spiritual questions come to me when I mentally bring life's activities to a standstill and in silence wait for answers, or walk in nature, or ride my bike or listen intently to someone sharing moments with me. These are the times I experience the "aha moment" - when my journey begins to make sense again. I will reveal my answer to the man's question at the end of the book, if you haven't figured it out by then.

My spiritual mentor Emma and my daughter Joann have both told me in no uncertain terms, that my journey in this lifetime was my choice; that I agreed to my mission and would have the help of other soul-travelers. There are no victims and no winners on the spiritual plain. Every person that impacts my life on earth is a spirit who agreed to help me on my path and in return gains what their soul needs next to move forward. Although as souls we are all one, we each have different "body suits" for our experiences and different roles to play. During one of her angelic visits Joann told me,

You are an old soul Mom who has traveled through many ages of lessons, heart-breaking losses, all leading you to awaken and realize the existence of eternal love. You decided to go for broke in your current reincarnation and make this your last lifetime on earth. I have no doubt you will persevere and your love will continue to carry you into the vast world of spiritual wisdom, only made real to those who believe and live with an open heart.

My death proved to you how there is only the pulse of LOVE in this world, even in the face of evil doings. My death was necessary for our mission on earth. That mission involved helping humanity move from their head and into their heart as they dare to move beyond their comfort zone into the "Peace that Surpasses All Understanding." We are still doing this together; I have not gone anywhere, but our means of communication has changed. While I am living in the spiritual world, I continue to experience the physical world in an intimate way through you. In turn I am giving

you feedback of what it is like to be free of the body and bring awareness of all the wisdom and beauty that exists for eternity.

Every day across the globe, in millions of ways, tragedies happen. All media sources, including movies, show us such events. We are left with the impression that life is a scary thing. Yet every single instance of tragedy or loss has a beautiful, uplifting and heart-opening trail if followed. If we are not helped to see such truths, we tend to lead closed and fearful lives while trying to desperately play it safe.

How many people have written communication from an angel? I do. Joann left a trail of handwritten notes on her refrigerator, journal entries of her experiences, and underlined passages in books that became the perfect roadmap for my transformation after her death. My persistence in creating love for myself in spite of evil brought about a new level of closeness with Joann. I often begin a conversation with Joann and her immediate answer sometimes takes me totally by surprise. In my first book *PAYMENT FOR PASSAGE*, I began each chapter with an entry from Joann's journal that she faithfully kept before her death. In *EMBRACING THE HUMAN JOURNEY*, I begin each chapter with wisdom from Joann of what it is like to be free of the body and aware of all the wisdom and beauty eternally present. This wisdom is readily available for all of us while traveling the human journey.

This book is a chronicle of miracles, angelic experiences, living exercises for wisdom, and conversations with Joann that prove love and truth always prevail. The words in italics are Joann's words before her death as well as messages as an angel that she gently whispered in my ears, permeated into my heart or many times, put in front of me in physical ways I could not ignore. I have not interviewed others, nor have I done research. This is the true story of my life, one woman's journey with an angel. It is my hope that the following pages give you a boost up your ladder of faith and open your mind to heavenly possibilities. Her messages for me are also meant to guide anyone who reads the book on a beautiful spiritual trail.

I share our journey together with thousands at conferences, workshops, ceremonies and survivor celebrations. Once, before I was to give a presentation at a conference, I asked Joann to guide me with what I needed to share to help people in the audience.

She replied quickly,

Share My Messages

When Joann communicates with me I know a message is for me when she begins with *Mom*. The other messages are intended for you the reader. Even though some are addressed to me, they have universal application to each reader for their life.



Introduction Highlights

- ❖ Every instance of tragedy or loss has a beautiful, uplifting and heart opening trail if followed.
- ❖ Angelic experiences are Real.
- ❖ Miracles are an everyday occurrence if you train your eyes to behold.
- ❖ Thought alone does not always give you clear ideas about your journey. Give the answer for important decisions time to come in a way that is from your heart.
- ❖ Your loved ones in Spirit never leave you, they just change forms.
- ❖ My angel daughter, Joann, is reaching out to you as you read this book.