

CONTINUING BONDS

Loving Them After They're Gone

Death changes the relationship. It does not erase the love.

Healing Hearts Medium

Created by Theresa

Grief, Healing & Continuing Bonds • Resource #03

What My Readings Have Taught Me About Love After Loss

I have had so many beautiful readings with people over the years, and I am still amazed by the very specific details that come through for their families.

Often, they are not grand messages. They are the little things that let someone know, **“I know what is still happening in your life. I know you still remember me.”**

As I began writing about continuing bonds, I received a text from a client I have read for several times. Her ex-husband had passed away that day. He was the father of her daughter, and this client has long associated pennies with signs from her mother.

That day, at her daughter's house, she found a penny. The date on it was **1972 - the year she married her daughter's father.**

For her, something very ordinary became a beautiful reminder of love, memory, and connection.

1. The Details That Matter

In readings, I am often shown details that seem small until the person receiving the message recognizes exactly what they mean.

I have been shown **thunder and lightning at a wedding** - a moment from earlier that summer that startled everyone.

I have been shown family recipes. In one reading I asked, **“Do you have a framed recipe of your grandma's hanging on the wall in your kitchen? She's saying you look at it every day.”**

I have received acknowledgments of birthdays and reminders that families are still telling their loved one's stories.

From my experience in readings, it is often the ordinary details of love that become extraordinary reminders of connection.

2. They Know We Are Still Telling Their Stories

One theme I have seen again and again in my work is the importance of remembrance.

Families continue saying their names. They tell funny stories. They make recipes. They celebrate birthdays. They talk about the things their loved one taught them.

And in my readings, I have experienced messages that acknowledge those very things.

They left a legacy here of love, and that is what matters to Spirit.

I live this in my own family too. **I still say my granddaughter Adalie's name every single day to my daughter and my grandson.** We keep her present in our family by talking about her, remembering her, and making sure her name continues to be spoken.

And the dimes that I associate with Adalie continue to appear for us. In my spiritual understanding, those little dimes are one of the ways she reminds us that the bond is still there.

We keep Adalie's memory alive by speaking her name, and the dimes have become little reminders of the love that continues between us.

3. What Is a Continuing Bond?

A continuing bond is a way of allowing the relationship with someone who died to remain meaningful in your life. It does not require pretending they are physically present or refusing to acknowledge their death.

It can mean recognizing that their love, influence, memories, traditions, lessons, and place in your story continue.

- Say their name and tell their stories.
- Celebrate their birthday if it feels right.
- Cook a recipe they loved or passed down.
- Keep a meaningful photograph, note, or object.
- Visit a place you shared.
- Carry forward something they taught or valued.

4. 'Am I Bothering Them?'

This is a question people ask me often: “**Theresa, if I talk to them, am I bothering them?**”

From everything I have experienced in my work, my answer is no.

I am always very clear with people that, in my spiritual understanding, **Spirit comes to us.**

During readings, I do not need to demand that someone communicate. I receive symbols, memories, personalities, messages, and details that I then share with the person sitting with me.

Love isn't a disturbance.

5. You Don't Have to Demand Connection

You can talk to your loved one. You can ask for a sign. You can remember them. But you do not need to demand that something happen, set a deadline, or become discouraged if you do not receive the experience you hoped for.

A continuing bond can exist through memory and love even without a spiritual sign.

6. Everyday Ways to Continue the Bond

- Tell a favorite story and keep their personality alive in family memory.
- Make a recipe they loved or one they passed down.
- Acknowledge birthdays or special dates in whatever way feels right.
- Display a photograph, handwritten note, recipe, or meaningful belonging.
- Speak to them privately if doing so feels comforting.
- Carry forward something they taught, valued, or loved.

7. The Recipe on the Wall

I love the example of the grandmother's framed recipe because it shows what continuing bonds can look like in everyday life.

A handwritten recipe can carry someone's handwriting, traditions, memories, holidays, smells, laughter, and family history.

Sometimes legacy lives in the simplest things.

8. Celebrating Their Birthdays

Some people find comfort in continuing to acknowledge a loved one's birthday. Others find the day too painful. There is no rule.

- Light a candle.
- Make their favorite meal.
- Share photographs or stories.
- Do something they loved.
- Donate or volunteer in their honor.
- Write them a letter.
- Do nothing at all if that is what you need that year.

Your way of remembering is allowed to change over time.

9. Keep Saying Their Name

Grieving people sometimes notice that others stop mentioning the person who died because they are afraid of upsetting them.

But many people find comfort in hearing their loved one's name and knowing someone else remembers.

In my family, **we say Adalie's name every day.** I talk about her with my daughter and my grandson because she is part of our family story. Talking about her does not make her loss less real - it gives our love for her somewhere to go.

Let younger family members know who their loved ones were. Laugh about their quirks. Remember the things they said. Preserve their recipes and traditions.

Remembering someone does not trap you in the past. It can carry love forward.

10. When a Spiritual Experience Feels Meaningful

A coin, dream, song, sound, smell, or unusual coincidence may feel deeply meaningful to you.

You do not have to convince anyone else that it was a sign, and you do not have to interpret every unusual event spiritually.

Did this bring me comfort? Did it remind me of love? Did it feel meaningful to me?

Let meaningful experiences support your grief without requiring them to become proof.

11. Create a Legacy List

What story about them do I never want forgotten?

What did they teach me?

What made them laugh?

Is there a recipe, tradition, phrase, song, or object I associate with them?

What part of them do I see continuing through our family?

How could I carry one piece of their love forward?

12. A Continuing Bond Ritual

- Choose a photograph or meaningful object.
- Sit quietly for a few minutes.
- Say their name.
- Remember one moment you are grateful you shared.
- Tell them what is happening in your life if that feels natural.
- Name one way their love still influences you.
- Then return to your day.

The goal is not to hold yourself inside grief. It is to give love a place to continue.

A Final Thought From Theresa

After all the readings I have done, I am still amazed by the details.

Thunder at a wedding. A grandmother's recipe hanging on a kitchen wall. A birthday remembered. A family still telling the same stories.

And while I was writing about this very subject, a penny dated 1972 appeared on the day a client's former husband died - the year they had married.

I see this same idea in my own family. We continue to say Adalie's name, talk about her, and include her in our family story. And the dimes continue to be meaningful reminders of her for us.

From my experience as a medium, I do not believe we bother Spirit by loving them, remembering them, or talking to them.

We do not need to demand that they be with us. We can simply leave room for love, memory, and connection.

They left a legacy here of love. Keep saying their names. Keep telling their stories.

**With love,
Theresa
Healing Hearts Medium**

Continue Exploring

The Grief, Healing & Continuing Bonds section of the Healing Hearts Medium Resource Library includes resources on living with grief, signs from loved ones, remembrance, and continuing connection.

There is no single right way to carry someone with you.

This guide reflects Theresa's personal spiritual perspective and experiences in mediumship readings. It is for educational and personal-reflection purposes and is not a substitute for professional grief or mental-health care.