

My Baby Died

Grief without the Suffering

Jill and Dr. Debra

A Beautiful Story about Jill and her daughter
Kassidy Quinn

My Baby Died

Grief without the Suffering

*"Through my deepest sorrow came my greatest gift:
the whisperings of a Joy-filled spirit."*

Jill Ethier

"My Baby Died" is a treasure. This juxtaposition of deep loss and radiant joy is exactly the understanding that the world so sorely needs right now. Thank you for this courageous, radiant book."

Dr. Christiane Northrup, MD

Christiane Northrup, MD, author of *The Secret Pleasures of Menopause* (Hay House, 2008), *The Wisdom of Menopause* (Bantam, revised 2006), *Women's Bodies*, *Women's Wisdom* (Bantam, revised 2006), and *Mother-Daughter Wisdom* (Bantam, 2005).

"Across North America millions of parents have faced the most unthinkable of nightmares — the loss of a child. Inherently we know it's not supposed to happen that way. Children are not supposed to die before their parents. But, tragically, it does happen — every single day. Facing this unimaginable horror, in their new book, My Baby Died, Debra Ford and Jill Ethier share with us a remarkable story of love and courage. Inspiring and heart warming, My Baby Died leads us all to a new understanding of a timeless spiritual struggle. Their loving true story is a blessing to all parents."

Paul Elder

Paul Elder is the author of the acclaimed Hampton Roads book, *Eyes of an Angel*.

Email: JillandDrDebra@LifeofJoy.ca
Ph: 403.998.0191
www.LifeofJoy.ca

My Baby Died

Grief without the Suffering

A letter to you, from Jill.....

Dear Reader,

My Baby Died – Grief without the Suffering was written for you – because all of us are going to die. This book was also written for those of you who have lost loved ones, and for those of you who are near the end of your physical lives here on Earth. It is a book that will comfort you and bring new ideas to your beliefs around death. It includes new understandings on your eternity, new understandings on your own death, and new understandings for you on how to cope with the death of a loved one.

My Baby Died – Grief without the Suffering is a book that grew from my own experience when my baby girl, Cassidy Quinn died during labour on June 14, 2006. It is about my path to understand how to love and grieve without suffering.

This book does not focus on the 'proper' way to grieve; it teaches us through the "Understandings" that life is only about Joy and that suffering when grieving for a loved one is not necessary. Suffering shows our fear around death and often our fear of moving forward in our lives without the one that we loved; and some even feel that suffering is necessary when grieving the loss of a loved one. This does not have to be our truth. This was not my truth when my baby girl died.

My Baby Died – Grief without the Suffering will provide comfort for you when dealing with death (whether you are nearing the end of your own life, or whether you are coping with the death of a loved one); and will make you really want to live each day of your life with passion and Joy.

That is what living and dying are about.

I would like express my deepest gratitude to Cassidy Quinn - my inspiration; to Mackenzie, Montana and Prescott – my daughters who bring me such Joy every day. To Karlen - the one who journeyed through this experience with me; and my Parents – for their never

Email: JillandDrDebra@LifeofJoy.ca

Ph: 403.998.0191

www.LifeofJoy.ca

My Baby Died

Grief without the Suffering

ending unconditional love and support. To Debra and John - for sharing in my journey to Joy; and to Debra - for having a deep sense of what I really wanted to say with this story and bringing its true meaning alive. And finally, to all of those souls that have guided me along the way - Thank you! Thank you! Thank you!

With Joy,

Jill

My Baby Died

Grief without the Suffering

A letter to you, from Dr Debra.....

Dear Reader,

My Baby Died – Grief without the Suffering has been written in two parts – the first part is the story of Jill and her baby girl Cassidy Quinn; what happened on the day that Cassidy decided not to be born; and how Jill coped with her life in the days that followed. The second part of the book is called the *Understandings* and contains 'messages' from Cassidy Quinn about what happens on the 'other side' and the process that we call death and dying.

We have received incredible feedback from readers and have included some of their wonderful comments on the next pages. One of the things that readers have said is that the first part of the book, the story about Jill and Cassidy, is so heartbreaking that some found it difficult to read. I was a long way into the work before I was able to write without tears. Each time I sent a chapter to Jill, she would have tears – this book forced her to re-live her experience over and over again. Even John, our demanding editor, was unable to work with the manuscript without tears.

It is against the backdrop of this heartbreak that Jill's journey to a life of Joy began; it is against this backdrop of heartbreak that Cassidy's wisdom and knowing about life on the 'other side' is presented; it is against this backdrop of heartbreak that *My Baby Died – Grief without the Suffering* shows us that we can grieve for those we love, AND continue to live our own lives with passion, purpose and Joy.

The World Book Dictionary (©1989 World Book Inc.) defines grief as "great sadness caused by trouble or loss" and suffering as "the condition of being in pain". Through Cassidy's messages in the *Understandings* we learn that we do not need to suffer when those we love die. It is also through these *Understandings* that we learn that we have nothing to fear from our own death. As Cassidy says "*Death is not an ending, it is a new beginning; a new journey and experience. Death is an exciting time in your eternal life; a time of renewal, rejuvenation and re-entry*".

Email: JillandDrDebra@LifeofJoy.ca

Ph: 403.998.0191

www.LifeofJoy.ca

My Baby Died

Grief without the Suffering

We have also been asked how we came to receive Cassidy's *Understandings*, how we knew they were messages from her, and how we knew what to write down? (Neither Jill nor I 'channel' spirits from the other side.)

For Jill, it was a slow and steady nagging, Cassidy had already shown herself to her mother (you will read about these lovely experiences in the book), and every day Jill had the feeling that Cassidy had an important message for those of us in the physical world. This feeling grew stronger and stronger and eventually became an urgent desire to write. Jill sat down each evening for fifteen minutes (at this time she had a new baby, was exhausted and didn't have much time) and the words started to flow.

After about a year of writing the notes, Jill plucked up the courage to send them to me for comment. Not only had Jill never shown anyone her writing, but she hadn't even mentioned it to her family – it just seemed too raw, too private and too personal. It was at this time that Cassidy started to communicate with me and she asked me if I would take what Jill had given to me and write the book. I sat down at my computer over Christmas 2008 and the book was completed very quickly by Jill, John and me in early 2009.

Cassidy now communicates with Jill through meditation, only sometimes, and Jill feels that she is getting ready to reincarnate. Cassidy only communicates with me when she is directing the book. She is very persistent and has caused two sleepless nights just this week as she has been directing Jill's letter to you, the Reader, and this letter that I am writing now.

Cassidy wants something from you too – she would like you to share her message with anyone who is coping with death and dying – their own death or the death of a loved one. Her *Understandings* will change how we feel about the end of a life here on Earth; they will raise the spiritual energy of the planet; and will create a better understanding of who we are and what we are doing here.

With Joy
Dr Debra

My Baby Died

Grief without the Suffering

Here is some of the feedback we have received from our readers:

"You have no idea how good your timing is – thank you." ML

"Thank you from the most deepest part of my heart for sharing this beautiful, heart wrenching and honest story!" LH

"I appreciate very much (your book's) offering as a sacred gift." PL

"(This story) brings much peace to me, and enforces what I already believe." NJ

"(Jill's) courage to move forward to live a life of joy is truly inspiring. Thank you to Jill and you (Debra) for sharing and a special thank you to Cassidy for helping us to understand! Sending love to all of you." KR

"I wanted to express my sincere thanks on this beautiful story that you are sharing with us.....It is truly a beautiful story because of the honesty of the pain and joy that they have experienced." CG

"Thanks for the continuous sharing of your beautiful – and yes also heartbreaking and poignant book." CLM

In early April 2009, we received an email from a young friend who said that her grandma had been diagnosed with a very serious terminal illness and only had a very short time to live. She asked if she could come and have tea and asked me to help her find the positive (joy) in the situation. When she came over we talked about Cassidy's message and I gave her a copy of the early manuscript to share with her mother and grandmother. We received this email:

".....my Baba passed away on the 3rd peacefully in hospital.....I do want to thank you for all the guidance you provided her and I know it REALLY helped not only me and my mom, but my Baba as well. She wasn't at all afraid of dying knowing that something better was ahead of her. She was never very religious, so it was perfect timing to help her understand and look ahead positively."

We knew that Cassidy's message was important for those of us living; and this was the first time we really understood what an important work it is for those who are dying.

Thank you for being part of our life of Joy – Debra, Jill and John – here is Cassidy's story...

Email: JillandDrDebra@LifeofJoy.ca

Ph: 403.998.0191

www.LifeofJoy.ca

My Baby Died

Grief without the Suffering

1

A Beginning

"My baby died", said Jill.

I stared at my cell phone in disbelief. I was on my way to teach a class on Zone Feng Shui®, an adult learning class that Jill was a part of. I could feel a hard knot forming in my stomach; our Zone Feng Shui® group was very close knit and Jill's was to be our first (group) baby. We had all shared the ups and downs of her pregnancy, timed our class breaks to take account of her swelling belly, and marveled at her ability to look so glamorous right up to the end in spite her feeling really unwell most of the time.

I remember feeling so excited when I checked my caller ID and saw that it was Jill calling. This was perfect timing, I was on my way to class and everyone was waiting to hear if the baby had arrived. I almost answered with "Is it a girl?" instead of "Hey Jill!" This was supposed to be wonderful news for me to share with the class that evening.

"I want you to tell everyone", Jill said "I don't want to come to class with a flatter belly and have someone ask me how the baby is". I thought this was completely understandable and agreed to tell the class, and send out emails later to others from the class who wouldn't be there. I could hardly imagine the unbelievable sadness for Jill when someone who thought they were sharing her wonderful event, the birth of her new baby, had to be told that Jill's baby had died.

What I completely misunderstood was Jill's motivation in asking me to do this. "People will feel just awful." she continued "If they ask me about the baby, and I say that she died, they will feel terrible and I would like to spare them that." Her concern was for those who would inadvertently be placed in the situation of asking about a baby that hadn't come home from the hospital. This was the beginning of my realization that not only was Jill beautiful, intelligent and interesting to be around, but she is also an extraordinary soul.

My Baby Died

Grief without the Suffering

This is the story of Jill and her daughter Cassidy Quinn. How they have come to understand the pregnancy and birthing experience that they shared; how they love each other with a fierce encompassing love; and how Cassidy's decision not to stay here on Earth is perfectly okay with her mother, Jill.

Their experience has been profound in my own life and I am especially grateful to Cassidy for bringing Jill and I together. I believe that Jill is part of my eternal soul community and she adds immeasurable Joy to my life. My own daughter Elizabeth, who died in my womb in 1984, has become my constant companion since Cassidy died and this has been an experience filled with wonder for both me and my husband John, Elizabeth's father.

I believe that we flow with a community of souls for eternity and that we make agreements about our life experience within that community of souls before we come to this planet. I believe that the life experience that we each have benefits our entire community of souls and that everything we go through in this lifetime is simply that – an experience.

“Each of us is here acting out a story with others. If my soul chose to come here to experience parenthood, then other souls have agreed to come to Earth to be my partner and my child. I believe that we have a core group of souls that we are entwined with through eternity; that we are connected forever to those that we love.”

*(The Energy of Intention, the Joyful Movie that is your Life,
Dr. Debra Ford MsC.D, page 31)*

My Baby Died

Grief without the Suffering

What Cassidy Quinn wants you to understand.....

*You are not your body.
We are all eternal souls.*

*You all have a community of loving souls
that you flow with for eternity.*

*Death reunites you with your soul community
and enables you to flow with those
who love you unconditionally.*

With Love
Cassidy Quinn

My Baby Died

Grief without the Suffering

2

A Death Experience

"I'm not finished yet!"

It is through Cassidy's death that Jill and I started to really talk about and explore the meaning of life; our choices as physical energies; who we really are; and what we are doing here on Earth. It also helped me make sense, for the first time, of a death experience I had as a teenager.

We lived in Kimberley, South Africa; my dad was the local Methodist Church minister and I was 13 years old. I was involved in a serious car accident in which four other teenagers were killed. I have a very clear recollection of the experience and remember, after the impact of the collision, watching my body from above as it was being flung from side to side inside the back of the Jeep that I was a passenger in.

I was looking down onto the back of my body and could see my long hair flowing around, my black coat swaying (I even noticed that it had a seam down the middle of the back – I loved that coat!) and also saw that my knee high lace up boots were not on my feet. I did not notice anyone else even though there were two others in the Jeep, the driver and her son who was sitting in the front passenger seat.

The air was bright, and there were white lights shining. It looked a bit like trying to see ahead of you on the road with your car headlights when you are driving in a dense fog. There was a particular aroma that I can't really describe and have never smelt again. Although it was foggy, the energy around me seemed to be so clean and I felt peaceful, calm and in retrospect as I remember this, I can almost imagine a contented and very interested smile on my face. I seemed to know what was happening.

The light got brighter and brighter and completely enveloped me and I said out loud, almost as if I was talking with my mother (I was addressing someone I loved as much as her, I know that for sure!) "I am not finished yet". Next thing I was about 100 metres down

My Baby Died

Grief without the Suffering

the road running away from the accident scene, brushing away the blood that was trickling down my neck from a head wound. A man, about the same age as my father, who had heard the noise and stepped out of his home to take a look, guided me into his kitchen saying that he had called the ambulance and he wanted to call my parents. He took my hand and led me to his wife who made me a cup of tea and he called my mom.

Apart from some soft tissue healing, a few stitches and bruises, the only lingering effect of this serious car accident was my remembering of what I saw and what I said. I sometimes spoke about this experience with those that I felt safe with, I always repeated what I had said - "I am not finished yet!" - but for years did not understand what this 'death experience' actually meant. As a child I had always known that I was more than my physical body; I had always wondered why I had chosen this particular body; I had often wondered what it would be like to be a different person; to insert my soul into a different physical experience.

What I know now is that we all choose when to end our life experience – I did it myself.

"We all decide when we are going to leave Earth – no exceptions –our soul will say when it has experienced what it came here to be and do. No one dies by accident – our soul chooses the perfect time to go when it has completed its life experience. A true understanding of this would make the death of a loved one so much easier to cope with. We may even feel joy that their eternal soul has found completion on Earth."

*(The Energy of Intention, the Joyful Movie that is your Life,
Dr. Debra Ford MsC.D, page 31)*

Through many of our conversations after Cassidy died, Jill found a deep understanding of who she is; who Cassidy is; what Cassidy wanted for her life experience; what death really means; who we are in the eternal Universe; and what we are doing here on this planet.
I love you both.

My Baby Died

Grief without the Suffering

What Cassidy Quinn wants you to understand.....

*Death is a choice.
All of you decide when you will die.*

*You choose your life,
you choose your death
and you choose how it all happens.*

*Death doesn't always mean
that you have completed your experience on Earth.*

*Death just gives you an opportunity to reevaluate;
and to create another experience.*

With Love
Cassidy Quinn

My Baby Died

Grief without the Suffering

25

Grief without the Suffering

"I didn't die, Mommy"

"I am an eternal soul, just like you are. I am with you all the time. Sometimes you will notice me as the sunshine bursting through the trees, your African Violet blooming, or my urn glowing; but know that I am always there, even when you don't see signs.

We are intertwined for eternity, you and I. I am really loved, not only by you, but also by my soul community. You will also experience this love, this bliss, when your Earth experience is complete.

As perfect eternal souls, you and I made agreements before either of us came to Earth. (There is no time/space in the spirit realm.) I chose you as my mother; it was a deliberate decision and we both agreed to participate in the experience that we have shared together.

I only wanted to experience the pregnancy; I didn't want to be born on Earth this time. You provided me with the opportunity to have that experience. Thank you! I know that this can be a very difficult experience on Earth, because of the ritual and beliefs that have been created around death. I understand your sadness as you grieve for me, but now you know that I am neither dead nor lost to you, there should be no suffering.

Thank you for being 'open' to my messages; thank you for allowing me to direct you to the people who have been able to assist you as you made sense of this; thank you for knowing that this is our purpose together this time.

If you want to feel connected, just fill your heart with love for me and this will make me feel more present to you. You will love me to you; and you will feel me.

With Love, Cassidy Quinn"

Email: JillandDrDebra@LifeofJoy.ca

Ph: 403.998.0191

www.LifeofJoy.ca

My Baby Died

Grief without the Suffering

What Cassidy Quinn
wants you to understand.

My Baby Died

Grief without the Suffering

Understandings about Death and Our Eternal Souls.....

You are not your body.

We are all eternal souls.

*You made a decision to come to Earth
to experience life in physical form.*

It was a deliberate choice.

*Your purpose in life on Earth
is to live each day with
passion and Joy.*

My Baby Died

Grief without the Suffering

Understandings about Death and Our Eternal Souls.....

**Since you chose your life experience
everything about it is absolutely perfect,
it is exactly what your eternal soul wanted.**

You have been here on Earth before.
Perhaps last time you chose to be 'Mother Theresa'.
What you have chosen this time is exactly 'as it should be'.

There is no hierarchy of eternal souls
we are all equal,
simply choosing a different life experience on Earth.

My Baby Died

Grief without the Suffering

Understandings about Death and Our Eternal Souls.....

*Death doesn't always mean
that you have completed your experience on Earth.*

*Death just gives you an opportunity to reevaluate;
and to create another experience.*

**Death is not something to be feared.
Eternal souls cannot die.**

*Death on Earth
is an essential part of the process
of you moving forward in your eternal life.*

My Baby Died

Grief without the Suffering

Understandings about Death and Our Eternal Souls.....

*Death is not an ending,
it is a new beginning;
a new journey and experience.*

*You have been conditioned to feel
that death is an ending.
It is NOT!*

Death is truly a beginning.

*Death is an exciting time in your eternal life;
a time of renewal, rejuvenation and re-entry.*
