



Solace of Solitude: Afterlife Visits: A Journey

Janice Gray Kolb

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Solace of Solitude Afterlife Visits: A Journey Janice Gray Kolb Some days the beauty of life seems to confound us in ways that are quite remarkable. Then there are those dark days when life has lost its song and even its purpose. This is the journey of Solace of Solitude. It flows from exquisite joy to the deep shadows of despair. But this despair is not final and in fact is a necessary part of our journey toward completion, where the beauty of life becomes so pervasive, that life's bumps can't jar us loose from the tranquility and peace that fills our minds. The first nine meditations of this book were written while the author was experiencing completion and happiness in her personal life, yet was plagued by the sad events of 9/11. These meditations were written to find consolation and to help others come to a more consoling resolution to their problems. The situation suddenly changed with the death of the author's beloved companion, a cat named Rochester. Jan found that her thinking and approach to the subjects she had planned to discuss were radically altered. Rochester became the instrument for exposing her to a new view of life and death. Part 2 is a description of what she has done, experienced and realized as a result of Rochester's passing. It is a study of "afterlife" experiences and the peace and understanding that now control her existence. Jan feels that these wonderful realizations could not have come without being alone within her heart and mind - they could not have occurred without solitude. Through this solitude she was able to achieve solace, a much different experience than simple closure. Perhaps by going aside in solitude you also will find solace in life and better understand the anatomy of grief. ISBN: 1-57733-153-2 Other books by Jan Kolb: Compassion for All Creatures Journal of Love The Enchantment of Writing Higher Ground Beneath the Stars & Trees ... there is a place Beside the Still Waters In Corridors of Eternal Time

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