

# Imagery at the End of Life

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This is a story about how I used Imagery for myself, as well as the patient, to help with a peaceful transition.

Mara was a 67 year old retired nurse. She was Filipino, married with a large and loving family. Mara had widely spread lung cancer and her biggest fears revolved around dying in distress and fear at the time of her death. She was very scared of being aware and breathless in her last moments in life.

Mara and I had many conversations about medications for pain and breathlessness. It was my goal to assure her that we would not allow her to be in distress at the time of her death. We had to do a lot of teaching to the family and private caregivers.

Mara declined very slowly and in the last 2 weeks of her life, she and I had more conversations about God and peace at the time of death.

She had very strong spiritual beliefs. She longed for her union with God, but seemed frustrated that the process was taking so long.

Her frustration fueled my own frustration. One day, when she was very close to death, I was not working and took some time to do an Imagery for myself. I was hoping that the spirit of Mara would intuitively connect to my desire to help her have a peaceful death. In my Imagery, I saw Mara and I standing on earth. Above us was the afterlife, heaven, whatever you may

believe is waiting for us after we die. Earth and Heaven were connected by a beautiful rainbow bridge. The colors of the rainbow were brilliant and crystalline. In my Imagery, I assured Mara that I would help her move from this world to the next comfortably and peacefully. I saw myself escorting her up the arc of the rainbow bridge. As



we reached the top of the arc, I kissed her forehead and pointed her in the direction of the beautiful meadow of wildflowers, birds and children at the base of the rainbow bridge waiting on the other side. She smiled, crossed the rainbow bridge and turned briefly to wave goodbye to me before she traveled on. She was absolutely fearless and very peaceful.

The next day I visited Mara and she was barely conscious. During my visit, I gave her a hand massage with lavender essential oil and spoke qui-

etly asking her if I had ever told her about the beautiful rainbow bridge. She lifted her right eyebrow and tried to open her eyes, but it was too much for her. Minimizing detail, I simply said, "Mara, if you find the rainbow bridge, you be sure to cross it, for it is time for you to go home now."

When I left her that day, I was certain she would pass in only a few hours. I went back to our offices and on my way home, I stopped by a store near where Mara lived. When I came out of the store, there in front of me was a beautiful full rainbow. I thought to myself, "OK Mara, there is your rainbow bridge, all you need to do is cross it and you will be home." But Mara did not die that night.

The next day the family called and I went to Mara's home, where in fact she was dying. I stayed with her and her family until she passed. Two days later my husband and I were preparing dinner for some friends, it was lightly

raining outside and my husband called me to come out and see "the most beautiful rainbow ending at the top of our house." When I went outside I could see that this was not only a most intensely colorful rainbow, but it was a double rainbow. I felt certain that this was a gift from Mara to assure me that she had crossed the rainbow bridge and was safe and comfortable in her new life. I even had the sense to take a photo of Mara's rainbow to always remind me of this special little lady I helped to die peacefully and free from fear.