

# BOOK CLUB Q&A

with Heidi Connolly, Author of

## THE GATEWAY CAFE

### **Who came up with the idea of The Gateway Café?**

I love sharing the fact that it was actually Randy who woke from a meditation with this idea shortly prior to his passing. He cried as he told me that we all “end up” at a place like the Gateway Café where we can choose whatever we want from the menu—he said he ordered his fav, a pepperoni-and-onion pizza!—to help us understand we always have choice, as spirits and as humans, about our next lifetimes as well as our next day’s activities. As my abilities have developed since his passing, so has this concept, which I believe is a perfect metaphor for life.

### **Are we ALL Vacationing Angels?**

Yes, in the sense that we are all spirit in human form, not humans with a spirit. That means that from an angelic perspective entering into another lifetime as a human is a matter of choice and revered for all its potential. While there may not be a literal “Gateway Café” where the angels hang out, we all have endless options from which to choose when we come in as souls in human form. After that, it is up to us to navigate that life with as much loving intention and conscious awareness as possible.

**Why would I ever choose to come ‘down here’ to be poor, or abused, or deaf, or to lose loved ones in a war, or be homeless?** Darn good question. Here’s the way I choose to look at it—and again, you’re free to accept all, none, or some or the philosophy as you choose. For me, it’s all about whether it helps me live a happier life while I’m here. When we “arrive” in human form, or are birthed, we immediately engage with the physical world. In or-

der to do that we somehow “forget” that we were energetic beings before and will be so again when we leave our bodies. This opportunity is meant to engage us fully in all aspects of the human experience, physical, mental, spiritual, and emotional. From an “angelic” perspective, there’s nothing more thrilling, nothing that holds more potential for growth and evolution. That’s why, depending on who and what you’ve been and done in other lifetimes, in THIS lifetime, you’re being offered a lifetime to do it differently. It’s never about judgment or punishment—that is, in my humble opinion, not what karma is all about. It’s about navigating through lifetimes, where each one invites you to see things in new ways, experience things with new results, address things with new perspectives—all with the goal of heightened conscious awareness. Will you stay mired in shame, or guilt, or fear, or anger about your situations in life this time around...or will you choose to steer in the direction of the least resistance to find joy and build a life worth living? Yes, we reside in human bodies, but these human bodies are graced with the powerful sovereignty of free will.

**Where is the “IN BETWEEN”?** Is it some kind of place where dead people hang out because they can’t “cross over” for some reason? Definitely not! Take Thimble’s Grandma T, for example, who can shoot hoops in the UP THERE, try on sandals in the DOWN HERE—basically moving through dimensions easily and effortlessly to share her wisdom with Thimble. It’s simply a space and place where humans and spirit meet to connect in love and support. I also see the IN BETWEEN as a place where humans exist in a higher level of conscious awareness, where knowledge and information about Who We Really Are is more readily available. A good example of this state is when Thimble bangs her head on the basketball court and finds herself in conversation with her OM—her Other Me—who offers insight and perspective on how she can live a happier life.

**You talk about Thimble seeing “spirits.” Aren’t people who see or hear spirits really crazy?** I’ve worked with and spoken to numerous physicians and psychologists who agree that unless the voices you hear are advising you to hurt yourself or someone else and/or interfering with your ability to live your life successfully, hearing/seeing/feeling the presence of spirit is perfectly normal. That is not to say that we do not experience potentially

challenging “indicators,” such as depression, anxiety, and physical ailments due to the shutting down of these gifts over time. Don’t forget that what you resist...persists, in some form or another. Exploring our intuitive side rather than shutting it down from fear of “being crazy” is never a mistake.

**How do I know if what I’m seeing or hearing is really a spirit or something just in my head?** Most of my clients only question if their experiences are “real” based on other people’s opinions. In other words, “I saw my grandmother’s spirit leave her body when she died,” ends up translating into, “I saw something, but I’m sure it was just in my mind because I felt sad.” Or, “I had an imaginary friend when I was young, but my parents told me to stop talking about her because people would think I was crazy.” The more we get shut down or shut ourselves down, the validation we need falls away as well. My personal contract with the Spirit World clearly states that all my interactions will be offered and received with pure loving intention and that only White Light Beings permeate the veil. In other words, no harm ever... to anyone.

**What is a “High Sensitive”?** How do I know if I am one? A full questionnaire is available on this site [here](#). Check it out. You may be surprised by what you learn!

## **The Gateway Café Is:**

**The Gateway to the Soul,**

**The Gateway to the Mind,**

**The Gateway to the Body,**

**The Gateway to the Heart,**

**...and The Gateway to the Spirit.**

## **MORE QUESTIONS?**

EMAIL ME [HERE](#) SO I CAN ADD YOUR QUESTIONS TO  
THE GATEWAY CAFÉ’S UPCOMING BLOG!