

# El abrazo del oso

The Bear Hug



**Author:** [Vanessa Aguilar](#) [1]

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The Bear Hug is a book by Vanessa Aguilar which tells of her near-death experience, her 'Spiritual Awakening' and her ability to perceive the soul separated from the physical body, particularly at the point of death. According to this experience, death does not exist, rather we transform ourselves while leaving the physical body. Our guides (usually acquaintances or friends who have already died) come to help us through this passage. And Vanessa knows this, not only from her own experience but also because many of these souls visit her to give her their last messages.

This highly-readable book takes the reader on a journey full of sensitivity by means of the author's experiences of the invisible world and its energies. The end result is an understanding of 'Death' as something as natural as 'Birth'. The understanding that 'Life' continues after 'Life' and that we all form part of a transcendent.

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