# From personal tragedy to healing: Debra Kilby's journey as a baby medium



Debra Kilby, a 54-year-old charity worker from south London, has transformed her personal tragedy into a source of solace for others facing similar grief. Following her own experiences of infertility, including three miscarriages and the medically induced termination of her daughter Rosa at 16 weeks into her pregnancy, Kilby found herself in a deep depression, feeling responsible for the loss. However, in the aftermath of her sorrow, she embarked on a journey of healing that would ultimately lead her to discover her abilities as a baby medium and counsellor, guiding other mothers through their experiences of loss.

Kilby's maternity journey began in August 2010, when she and her husband Lee discovered they were expecting their fourth child, following the birth of their son, Max, in 2007. Their excitement was tempered by the painful memories of previous miscarriages. "Surely this one would be ok, we hoped," she reflected. Unfortunately, during the pregnancy, Kilby experienced complications, and after a series of medical insights and scans, it became apparent that Rosa would not survive. Amid this traumatic ordeal, she experienced a moment of intuition, hearing the voice of her unborn baby say "mummy, I'm sick," an experience she would come to understand as part of her intuitive abilities.

On what she describes as a heartbreakingly pivotal day in February 2011, Kilby made the choice to end Rosa's life to avoid further suffering for both the baby and her family. Following the termination, she went through a range of emotions, including profound grief and shame about her decision. Her initial instinct was to push those feelings aside, attempting to cope by adhering to societal norms surrounding grief. However, the turning point came after she decided to hold a funeral for Rosa, a decision supported by the charity Antenatal Results and Choices (ARC). This ceremony marked a significant moment in her emotional recovery.

Over time, Kilby recognised that her experiences forged a connection to a deeper understanding and intuition about baby loss, which she described in an exclusive interview with FEMAIL. "By giving away love through the choice I made, she gave me back myself. And my whole world has changed beyond my imagination," Kilby expressed. After resigning from her job as a media manager, she pursued a two-year course at the Holistic Healing College in London, where she studied counselling, meditation, and various healing techniques.

Debra discovered that she could connect with the spirits of babies who had passed, offering a pathway for grieving mothers to attain closure and healing. She launched her own practice, providing online sessions that typically range from 90 minutes to two hours, aimed at helping mothers around the globe connect with and communicate with their lost infants. Her method includes guided meditations designed to create a safe environment where mothers can explore their feelings and receive messages from their children, solidifying their ongoing connection.

In her practice, Kilby emphasises the importance of trust and emotional openness, noting that it allows her clients to share their stories and explore feelings related to their experiences. She recounted successful sessions where mothers received profound insights regarding their families and patterns of behaviour, which led to a deeper understanding of their emotional struggles.

As a result of her work, Kilby has expanded her reach internationally, helping hundreds of mothers, including professionals from various fields. She continues to view her calling as a deeply rewarding aspect of her life, stemming from the initial pain she experienced with Rosa's pregnancy and termination. "There is always a much bigger picture behind baby loss. There are many gentle and beautiful ways to feel whole and at peace with yourself and your life," Kilby concludes, embodying her transformation from personal grief to professional purpose.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://debrakilby.com> - This URL supports Debra Kilby's role as an energy healer, channel, spirit baby medium, and author, highlighting her professional background and work related to healing and baby loss.
* <https://www.arc-uk.org> - This URL is related to Antenatal Results and Choices (ARC), a charity that supports parents facing difficult decisions during pregnancy, which is mentioned in the article as supporting Debra Kilby's decision to hold a funeral for Rosa.
* <https://www.holistichealingcollege.co.uk> - This URL is for the Holistic Healing College in London, where Debra Kilby pursued her studies in counselling and healing techniques, marking a significant step in her journey towards becoming a healer.
* <https://www.dailymail.co.uk/femail/index.html> - This URL is for the FEMAIL section of the Daily Mail, where Debra Kilby gave an exclusive interview about her experiences and transformation into a baby medium.
* <https://www.noahwire.com> - This URL is the source of the article about Debra Kilby's transformation from personal tragedy to helping others through her work as a spirit baby medium.