

Karissa asked everyone for prayers before her annual cardiology appointment on April 7th. She sent this beautiful message to a close friend shortly after her appointment that day:

“While in my ECHO, there was a huge presence of love of all the prayers that were being sent my way. I traveled into the energy that surrounded me at the moment. I felt and knew that I was in the arms of Jesus. It went from a vision of walking beside him to laying with him, in his arms, as he carried me through this prairie, filled with wildflowers and long grasses. I felt my mother slip her hand within mine and I heard...honey, let him carry you.”

This message takes on an even greater meaning for all those who loved her and are feeling the pain and sorrow of losing such a beautiful shining light.

Karissa loved to laugh, hug and yes, cry. Her love of God was evident in all she did. She also loved flowers but, she would be so honored if, in lieu of flowers or a memorial, you would hug someone who needs it, do the right thing, plant a flower, exude happiness, spread love and joy. Do all these and more. Make them a habit. Finally, go out and live the life you create.

Karissa is survived by her husband Christopher, sons Kaden and Colten. Sisters Nikki Lischefske, West Fargo, ND, Savannah, Dori, and Lauren. Tiffani Albrecht, Mendota Heights, MN, Teagan, Sadie, Faera, James. Jaime (Scott) Hanson, Mesa, AZ, Jaelyn, Brynn, Trevyn, Jaxyn,



Preceding Karissa in death are her parents, David and Valerie Brown, brother-in-law, James Albrecht. Grandparents Herbert Glenn (Bunch) Lawonn and Dorothy Mae and Margaret Peggy Falk and William Brown. Uncle, John Brown.

**Honorary Urn Bearers**  
Kaden & Colten Brusseau

**Celebration of Life**  
June 4th, location will be announced

Life is nothing but a dream  
and if we are artists,  
then we can create our life with love.  
and our dream becomes  
a masterpiece of art.



**Karissa LeAnn Brusseau**  
August 5, 1980    April 15, 2021

*What if we found happiness and  
joy in contentment and didn't  
confuse it with boredom? What if  
we learned new avenues to  
expansion of new founded truths?*

*Let the curious mind  
wander into new realms*



*of wisdom of self. What if we  
didn't feel the desperation, or the idea of being sold on to  
HUNT for MORE because pure acceptance of self ran  
through our core? I was addicted to the hunt in  
my twenties, searching spiritually  
for the understanding and meaning to all of what  
I existed with and why. Oh, the question WHY???*

*The truth is all of it went away when I practiced self-care, fell in  
mind with meditation, created solid boundaries in my relationships,  
fell in love with who I am NOW and was in all my faults and failures.  
I accepted who I AM and found peace. I me and the ones I told myself.*

*It was the peace in my life I HUNTED for, peace in my  
self-sabotaged mind. When I stopped asking the questions and  
thinking that there were other answers than LOVE.*

*For all the questions in the world there is 2  
possible answers. FEAR or LOVE.*

*Karissa*

Karissa Brusseau, 40, of Fargo passed away Thursday, April 15, 2021, in Fargo. She was born August 5, 1980 to Valorie A. (Lawonn) Brown and David G. Brown in Cavalier, ND.



Karissa graduated from Cavalier High School in 1999 and attended the Sister Rosalind Gefre School of Massage graduating in 2003 and later becoming a ND Licensed Massage Therapist, Soul Coach and Reiki Master. She married her high school sweetheart, Christopher Brusseau on August 23, 2003 in Cavalier. They then moved to Fargo where their two sons, Kaden (13) and Colten (10) were born and where she opened her business, Lotus Touch. They moved to South Fargo in 2020.

Her passions, outside of helping others, were gardening, photography, nature, leading women's retreats, travel, preparing beautiful meals filled with love not only for family but for all those who gathered around her table to break bread.

There was nothing Karissa loved more than Chris, Kaden and Colten. They were her life, being a mother was her life, and whatever she did was done with the goal of improving their lives. Her sisters, nieces and nephews were her joy with sister Nikki and the girls being her best friend/daughters.

Life was precious to Karissa. She had surgical repair of her heart as an infant and ongoing monitoring of her heart thereafter. After giving birth to Colten, she lived through that same heart repair with him. Although life was precious, it wasn't always easy. Having received many spiritual gifts at a young age and not completely understanding what they all meant, she grew up feeling different, strange, and being more connected to God and spirit than earth. These gifts would ultimately become the influence for her life's work and passion. As a Soul Coach and owner of Lotus Touch, she carried with her the joy, sorrow and love of all of her clients and friends. Most of us would be proud if we could say we knowingly, positively affected or changed one life in our lifetime but Karissa changed hundreds directly and thousands indirectly yet, out of love, kindness and compassion, she always wanted to do more. She knew she was her own limiting factor and that was a burden and a blessing.

Karissa spoke the truth and sometimes she spoke it in a very colorful way! Therefore, you always knew where you stood with her. She always stood for what is good, kind, compassionate, and right. And her lesson should remain that no matter what, whatever you do, do it with the intention of love.

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