

AFTERLIFE 101

This internet book has been prepared by spirit guides, speaking through a medium, and is found at <http://www.afterlife101.com> . It provides a high quality and challenging look at the circle of spiritual evolution--death, life in the spirit world, reincarnation, life on earth, and death again.

This PDF version has been provided through the kindness of Ian Jones at <http://www.TheSpiritGuides.co.uk>.

CONTENTS

Background	6
CHAPTER 1. THE DEATH EXPERIENCE OF ADULTS	7
Old age	7
Disease in old age	7
Sudden illness	8
Lengthy illness	8
Sudden death from an accident	10
Sudden death from an accident caused by another individual	11
Multiple sudden death from an accident	11
Random murder with no prior agreement	12
Random murder with prior agreement	13
Death as an advanced soul	13
Crossing over en masse	14
Crossing over as an individual	15
Crossing over without prior agreement	15
Crossing over from long term illness	16
Crossing over after a near-death experience	17
Differences in the near-death experience	17
Greeting at the moment of death	19
Pain at death	19
Changes before and upon death	19
The body's mind	20
Role of the heart	20
Spirit travel on or after death	21
The tunnel experience	21
Greetings by loved ones	22
Greetings by others	22
Greetings by beings other than earthlings	23
Greeting by religious figures	23
The reason for death	24
CHAPTER 2. THE DEATH EXPERIENCE OF CHILDREN	25
Death of children	25
Reasons for miscarriages	25
Abortion	25
Sudden infant death syndrome	26
Return to heaven after infant death	26
Infant disease	26
Child illness	27
Infant accidents	27
Infant death at the hands of others	27
Value of body parts	27
Children interaction with family from other side	28
CHAPTER 3. TRANSFORMATION FROM HUMAN TO SPIRIT	29
A summary of transformation	29
Arrival in Heaven	29
Appearance in Heaven	30
Differences between spirit and soul	31
Events After being greeted by loved ones	32
A life review	33
Council of Elders in life review	33
After the individuals greeters return to their place in heaven	34
Release from the last earth experience	34
Revisiting pleasant earth experiences	35
Meeting former earth personalities	35
Help when crossing over	35
Creation of 'ghosts'	36
Spirits connected to the earth by anger	37
Earthbound spirit creating physical phenomena	37
Spirit retrieval	38
Particular case of suicide	39
Particular case of individual who commits evil acts on earth	40

Afterlife 101

Unwillingness to let go of destructive energies	41
Special lessons for those who did not learn the lesson of self-love	41
Spiritual treatment after various life circumstances	42
Events when individuals believe death is nothingness	44
Events when individuals believe they are going to "hell"	44
CHAPTER 4. THE AFTERLIFE	45
Arrival in the Spirit Home	45
Changes in one's spirit family	45
Spirit family and earth family	46
A sense of being home	46
Initial solitude and an opportunity for meeting important spirits	46
Connection and dis-connection from earth experiences	47
Reduced connection with new earth family members	47
Schooling about life lessons	47
Spiritual families move together in spiritual growth	48
Deciding not to move ahead	48
Human form	48
No judgment in heaven	48
Individuality	49
Earth experiences as energy	49
Workers and teachers	50
Spiritual family grouping	50
Interaction in a spirit family group	51
Membership of spiritual family groups	51
Relations among family groups	52
Spirit living arrangement	53
Soulmates	53
Children in heaven	54
Earth fame in heaven	54
Communication with earthlings	55
Communication from earthlings	57
Communications between spirits	60
Specialists in heaven	61
Learning in heaven	62
Appearance of spirits	62
Dual existence	62
Events in heaven	63
Music in heaven	63
Recreation in heaven	64
Sporting events in heaven	64
Eating in heaven	65
Vision in heaven	65
Spirit rest	65
Travelling in heaven	65
Thought processes in heaven	66
Creating environment with thought processes	67
Environment in heaven	67
Who or what is God?	68
Oneness	69
Levels in heaven	70
Vibrational levels	70
Time in heaven	70
Time travel for spirits	71
Creation of souls	72
Dissolution of spirits	72
Spiritual evolution	73
Gender of spirits	74
Name of spirits	74
Pets in heaven	74
A council in heaven	75
Dual spirit life	75
Physical location of heaven	75
Evil in heaven	76
Existence of the devil and Lucifer	77
Spirit population	77
Uniqueness of God	77

Afterlife 101

Information storage in the universe	78
CHAPTER 5. REINCARNATION	79
Purpose of reincarnation	79
When reincarnation takes place	79
<i>In terms of earth years, what are typical or say average times between death in one life and birth on earth in another life?</i>	80
Selecting a family to reincarnate into	81
Goals of reincarnation	82
Karma	83
Reincarnation in same family	83
Group reincarnation	83
Life plans	84
Reincarnation as animals	84
Role of council of elders in reincarnation	85
Spirit guide assistance in reincarnation selection	85
Reincarnation in humanoid or earthling form	85
CHAPTER 6. LIFE ON EARTH	89
Earth life will never be heaven life	89
Earth can have a higher spiritual consciousness	89
All objects on earth deserve respect	89
Moderation	90
Being overweight often does not reflect balance in life	91
How humans can contribute to global spiritual evolution	91
Terrorism and war are part of your earthly lessons	91
Living your life	91
Role of spirit guide in childbirth and infancy	93
Spirit experience before birth	93
Timing	94
Soul creation	94
Birthmarks	94
Loss of understanding of spiritual origin	95
Number of incarnations are not important	95
Children who may be bad seeds	95
Children with extreme physical and mental disabilities	96
Importance of love to an infant	96
Adult contribution to children	96
Human faults	97
Immature spirits	97
Departure from a life plan	98
Astral travel	99
Parallel lives	100
Prayer	100
Meditation	101
Christianity	101
Astrology	103
Human travel in time	103
Energy in geographic locations	104
Future human growth	104
Cloning	104
Healing	105
Collective thought	106
Time on earth	106
Earth disasters	106
Whales and dolphins	107
Animal pets	107
Insects and plants	108
Physician-assisted suicide	108
Walkins and possession	108
Divine will and free will	109
Natural calamities	109
Capital punishment	110
Human virtue	110
Negative use of mediumistic capability	110
Intelligence and personality	111
Immature spirits	111

Afterlife 101

Spirit visibility of human thoughts	112
Special spirit guides	112
Matter	112
Interdimensional beings	113
Crop circles	113
Dimensional shift	114
Divisions and unions of spirit souls	115
Types of angels	116
Angels and spirit guides	117
Vision of angels	117
Variations in spirit guides	118
Evolution of spirit guides	118
Archangels	119
Spirit guide awareness of human activities	119
Relationship between spirit guide evolution and their human's evolution	121
Variations in spirit guide communications	122
Spiritual aspects of terrorist attacks on the U.S.	122
Future terrorist incidents	124
People who lost their lives in the attacks	125
CHAPTER 7. POSSIBLE FUTURE EARTH CHANGES	127
<i>Are there major changes to the earth which may occur in the next few years?</i>	127
<i>What is the likelihood of those changes occurring?</i>	127
<i>What is the physical nature of those changes and how will different areas on earth be affected?</i>	127
<i>What will be the amount of human life lost?</i>	127
<i>Are governmental actions underway to deal with these earth changes?</i>	128
<i>What is the physical cause of these earth changes?</i>	128
<i>What is the spiritual meaning of these earth changes?</i>	128
<i>When will the most severe of these changes take place?</i>	129
<i>Is there any way that these changes can be ameliorated?</i>	129
<i>Will unanticipated help be provided people on earth to deal with these changes?</i>	129
<i>Should humans make survival preparations for themselves and also help others to survive, regardless of the hardships prior to and after these changes?</i>	130
<i>How will human lifestyle and consciousness be affected in subsequent years after these changes?</i>	130
CHAPTER 8. KEY SPIRIT GUIDE INSIGHTS	131
The Death Experience for Adults	131
The Death Experience for Children	133
Transformation From Human To Spirit	134
The Afterlife	139
Reincarnation	146
Life On Earth	148

Background

My professional colleagues would have a hard time believing that I am the editor of this book, in as much as I have spent a professional lifetime in science and engineering, both in the U.S. government and in a large aerospace corporation. For almost all of this time, I observed no religion and felt that death was final. There was no evidence to support belief in anything else. I found, several years ago, an amazing fact--that my wife had very strong psychic powers that she had been unwilling to reveal in previous years, for fear of ridicule. I became very interested in this as it corresponded to a growing interest I had (and have) in psychic phenomena and the recent media exposure to apparent medium communications with people who had passed over. I expressed this interest by creating a website which defines and analyzes the best information available in writing on the afterlife and ultimately contains this book.

The continuous TV appearance of the medium John Edward over many, many shows provided for the first time in my life a strong evidential basis for believing that he was doing what he said--communicating with the dead. I found that my wife had a similar but complementary set of medium skills, that of passing along messages from those that had passed over. Not just visions or symbols or letters that dominate John Edward's readings, but conversation. She had in addition the capability to channel, or to allow spiritual entities to speak through her. I had the interesting experience of conversing with many of my relatives that were on the other side, including a wife who had crossed over some years before, and obtaining facts from these conversations which only I knew on earth.

But perhaps even more interesting than this was the discovery in the last two years that I had the capability of conducting conversations through my wife with spiritual entities who identified themselves as my own and my wife's spirit guides. I found that they were informed, intelligent, consistent, concerned about our welfare, and occasionally humorous over hundreds of hours of interactive dialog, all recorded on audio tape. Topics ranged from the extremely personal to the global impact of terrorist attack. And they demonstrated what I came to believe was a very deep understanding of all matters relating to the afterlife.

So, with their approval, I began to gather as much recorded information that I could which described their perspective on how human life and a spirit afterlife related to each other. I came to understand that the following topics would best describe the cycle which humans undertake in experiencing a sequence of lives: Death of adults, death of children, transformation from human to spirit, the afterlife, reincarnation, and life on earth. These provided the major chapters of this book.

My goal in writing this book is to provide you, the reader, with what I have come to regard as a modern, authoritative and consistent description of the afterlife, unavailable anywhere else in the depth treated here. I have preserved as much as possible the exact wording I have transcribed, even when the syntax seemed awkward, so that you could experience as I have the nearly-perfect skill they have in translating spiritual understanding into English text, through my wife. I have retained most personal references to us which our guides produced.

The book contains a set of spirit guide answers to questions posed on the subject of earth changes. Our guides believe that there is a reasonable probability that severe earth changes may occur in the following decade, possibly resulting in a large number of deaths world-wide. They believe, if people can gain an understanding of the fact that life does not end with physical death but goes on in the manner described in this book, that humans can face the possibility of massive earth changes with less fear.

The final chapter of this book contains a set of what I consider to be the key insights that the spirit guides have provided in this book.

I have chosen to write this book under a pseudonym in order to preserve my own and my wife's privacy and anonymity. Questions and other content that I have contributed are shown in italic form throughout. Questions which have been sent in from 2002 to 2005 by visitors to the site are colored in blue throughout the text, followed by their spirit guide answers.

CHAPTER 1. THE DEATH EXPERIENCE OF ADULTS

This chapter deals with the various ways that adult humans die, from old age to infancy, singly and in groups, and from age, illness or violence. It describes the first steps in transition from human life to spirit life.

Old age

We would like to approach the first death, which you on earth would classify as the perfect death, as someone who has lived a long life and is about to make their transition into spirit life without any complications of disease or trauma. This person will be prepared to meet the other life, and has often, regardless of what their spiritual evolution through life was, come to the end of life at a very wisened age, and is prepared to be met by some form of energy on the other side. They know that they have often outlived their own children, many of their siblings, and most of their friends so they somehow, regardless of their evolutionary spiritual evolvement through life, have come through various ages they have experienced to know that there is more and are waiting their transformation without fear but knowing they are going to a better place. There will be those who know that they are going to be met by spirits of their past loved ones.

Oftentimes before they make their immediate transition these spirits of loved ones will become apparent in their environment they are having each day and they will feel a sense of peace, a sense of knowing that all is well and will be making their transition without any sense of struggle but with ease and in peace. What these people meet on the other side often has to do with what their spiritual experiences were in their lifetime. As a person reaches their wizened old age they have learned forgiveness and acceptance and they are quite capable and quite able to release all of the old negative energies that you all seem to carry with you on earth. We will say that these individuals have come to know in a natural way that they are connected to another life. How they are connected to this other life depends on how they have opened their heart up as they have lived their life on earth to the connection of their higher self into their inner knowledge of their spirit being. But in most cases those who have reached that age have been able to let go of the majority of the negative energies in their life and are going to be crossing over with a sense of peace. Others, however, may be afraid to let go and move on.

Disease in old age

The next grouping we will discuss is people who have lived to be many years on your earth who are going to be making their transition from this earth with a disease or dis-ease in their bodies. We think of individuals who have gotten Alzheimer's disease, who have other cancerous diseases, people who had to have surgery at a very critical time in their lives, leading to immediate transition from earth. We would like to say that, as you see more and more people in your world becoming disabled with the disease of Alzheimer's, we believe that you are seeing so much more of this because of all the chemical trespassing into your air, your environment, into your food and we believe that much of what you are seeing is coming from your own neglect and abuse and greed on earth and is affecting much of your people.

Those that are carrying for years this disease of Alzheimer's are living in two worlds. They are not able to totally connect to all that is going on in earth in their life at a present day experience but they are able to recall with and sometimes without the light their past experiences on earth in the current life they are having. They also are able to move into a childlike world and we use that expression--a childlike world--spiritually and emotionally we would say. Because they are not able to totally connect with spirit world and they are...we do not use the word lost though often you might think that they are lost in between two worlds but are still connected much more to the earth world than they have reached the connection to the spirit world.

They often have times where they are under your earth ideas of life connected very briefly to everything that is in the present three-dimensional world. Oftentimes when this happens they are able to make a conscious decision or choice whether to continue on in that experience or to make the

choice to let go completely and move into the spirit world. Because they are not in any great distress and are being provided for, they have no great need to be relieved from your earthly experiences for they know that the choice they made before coming to earth was to live here for a certain period of years and they are willing to accept that under the condition they are living in with this disease of Alzheimer's.

Oftentimes when they have a complete total present day connection, they will then decide that this is no longer important for them to be here and they have a much stronger sense of their connection with the other side and ask to be released from this lifetime and do so with peace and with great joy. We are often told by higher beings that many times the children are left to be the parents of their own parents, to see and experience what it was like for their parents to be the parent of them as a child. So the role reversal that many experience during this time is a great spiritual and heart opening experience for both the parent and the child and the child-parent and the parent-child .

For those other individuals who have reached a life into old age on earth and are experiencing their transition through great physical difficulties and disharmony, death is looked upon as a great doorway opening up for them to move on. Oftentimes they are angry at the steps that are being taken to try to keep them earthbound and would much rather be left to just make their transition on their own. They often feel more mercy is given to your animals at such a time than is given to humans. They often experience anger and disbelief at what artificial means are being taken to prolong their physical discomfort and not allow them to move into their transition naturally. Those that make the transition from this place in life are able to separate their anger and their displeasure of the steps being taken on earth to be able to move into a place of anticipation and joy knowing that they are going home.

Oftentimes you will visualize a loved one in the hospital connected to many different machines and being artificially restrained from making their transition. Spirits who are being restrained in such ways and know that their transition is imminent often are out of their body and not even laying there in this body that is mechanically being held back. They would often like to be able to touch one of their loved ones so that they could say please release me from this. Loved ones often are around and feel such guilt and such helplessness they are not able to feel or hear their connection from their loved one about asking them to release them. You think on earth you have done so much in the name of medicine to help individuals lead a longer life. Oftentimes you are hindering that spirit from moving on. Individuals who have lived a long life on earth are always greeted by loved ones who have preceded them. They also make their transition with a great sense of anticipation of returning home, more so than other adults who have yet to have lived quite so long a life. We find that many people who have lived long, long lives on earth are prepared to make their transition knowing they are going home regardless of what their religious or spiritual experience has been on earth. They seem to have this knowing, just as children who come to earth still retain that knowing. It's as though they have made a full circle with knowing about their true home.

Sudden illness

We would like to now discuss with you about an individual as an adult. There are two different types of illness that we see as an adult. One is a sudden death without much warning to it, such as a person who has a heart attack or stroke or aneurism that person is taken quite by surprise at their death as well as all those around them. When this happens from a natural cause--a sudden death such as this--generally always the spirit of the person is aware that this is going to happen to them and has been prepared on a spiritual level for this happening and knows the impact that it has on them as well as those around them. When this happens the spirit is met by all of its loved ones who have already crossed over and are waiting to greet them. And they do not enter this type of a death with a great deal of confusion because there is something that has been awakened within them prior to their earth passing that they know on another level is about to take place and are far more prepared for it than someone who generally is in an accident or suffers a trauma-type death. These people who go from such a death are, as we said, far more prepared than those who have been left on earth and are met by loved ones.

Lengthy illness

Afterlife 101

Those adults who die from an illness that has continued on for an lengthy amount of time are truly being given the opportunity to explore their life on earth, their connection with God and the new adventure that they are facing more imminently than the majority of people on earth choose to face death. It is a wonderful time and should be looked at from a different perspective than those of you on earth choose to look at it. Though the individuals will be suffering on a physical level they are being given an opportunity to advance their spirit very quickly from any other time they have lived on earth because they generally speaking did not take the opportunity to look at themselves as spiritual beings or, if they were religious beings, they are now being given the opportunity to look at and embrace their spiritual self in a way that they had never done. We would say that this is a wonderful time for all family members. And though you on earth feel a great sense of sadness about the person that is about to leave we think that it is a time for everyone to be so open and honest and to speak with so much love but the majority of the time this is not done. It would help everybody if you all on earth knew how to be more open and to discuss the events that are taking place and the feelings about those events as well as discussing the challenges and excitement that is being presented to the individual who knows they will soon be crossing over.

But instead of ignoring the issue we find that it is a time to embrace it and accept it and be joyful for the new journey the individual is going to be taking. We know that you on earth feel that death is a closure and the ending of something. In reality it is just a continuation of the other life that you have always known and really desire to go home to. Those who die from long-term illnesses are often put through many medical procedures that are trying to prolong their life but really do not give them much quality of life. We know that it is important for all of you to think that you have fought and fought and done everything you can to continue living on earth.

Why we think this avenue has been given to individuals to prolong their life is not because of the actual prolonging of it but to give them an opportunity to open up to their spirit self and allow them to say--I have moved forward in the quality of life that I feel within me regardless of all the outside procedures (and many times what they feel is the injustice of what they are going through). We believe those who have what you on earth call them, terminal illnesses, again it is an opportunity for them to explore their new life they will be approaching but to also help those on earth to willingly accept and lovingly acknowledge that life does go on and to be open and share that. So often the individual who is suffering from a terminal illness is left to feel totally alone and totally isolated with many questions and many fears and is afraid to even venture into what they are feeling internally with families for fear of intruding upon the individual with what they are really feeling inside of them.

It is a far more loving experience as one is in the grips of this terminal illness to be able to be open and communicating all they are feeling whether it be anger and fear, or love and excitement, or depression We do not go into those feelings. We look at all those feelings just surrounding them and their physical health but we do not on earth go into what oftentimes those real feelings are. And that is, they know they are facing death imminently and are afraid to discuss all that they are experiencing and feeling.

Once an individual dies from a prolonged illness, they feel they have truly been set free and though oftentimes left with a shell of a body, they are able to embrace without fear their new adventure for they have found that they are no longer this body and that they are able to communicate with their loved ones who will be remaining on earth this sense of freedom that they have. They also will be able to experience the physical discomforts and the pain that they are experiencing from another perspective and that is an openness of being able to communicate all that is going on inside of them. What they are going through is not only their lesson, and their adventure in being able to progress spiritually, but also the opportunity for those around them to be able to progress spiritually as well.

We feel that people who have been left to die on machines that are just keeping them going, if they could, would be saying to you: "Please remove this. I want to go. I do not want to be bound here on earth. It is time for me to move." But in your own selfishness, out of fear of not doing enough, or in your own selfishness of wanting to keep the individual with you regardless of the quality of life they are experiencing, you are not helping that soul and that spirit at all.

And we know that you on earth want to do whatever you can but there comes a time when it's time to say--let this spirit move on. And the only way on earth that you can do this more and more is by embracing death instead of running from it in fear. Many times individuals who are in the prime of their

life who receive such terrible news will have many spirits around them to help them through their difficult time, and help them make decisions on when they choose to cross over if they would only be open to that. But those who do not have any understanding of the other dimension of their life do not understand that at all times they have angels and guides with them. And when they begin this journey of a terminal illness they do not understand that they have many spirit loved ones around them as well, encouraging them to turn within and find their own inner strength--not just for what they are going through but so that they can be free of the fear of what they are facing with imminent death.

Those who die from a terminal illness who are much more elderly often have a stronger sense of going home and wish to be released as soon as possible. That is because as one advances in their age and maturity and wisdom they realize that they are about to take a very sacred journey and though they do not understand it they seem to be more willing to embrace it. Even those in your life who you would consider non-spiritual beings--by the time they reach a level of age and wisdom--know that their crossing over will be met with love and with others who are there to embrace them and welcome them. Those who are released from long time terminal illnesses feel that the shackles and weights have been completely removed from their life once they are about to make that crossing over and often times want to do it much faster than those on earth are willing to let them do. This is because you are either restraining them by your bond of wanting to keep them here and as well can be restraining them with the physical machines to try to retain them here.

Sudden death from an accident

We would now like to talk about death that happens to individuals suddenly. At this time we are just going to talk about accidents. We are not going to talk about murders or suicides. So we will talk about people who now have a sudden death from an accident, and by sudden we mean someone who is taken instantly from an accident or who is held back for a very brief time, less than a week on earth, from an accident based on the machines they are attached to.

First, let's talk about those who have died in a sudden accident and are not in a mass group of individuals dying at one time. We will discuss those who have been in any type of accident whether it be gunshot accident, a car accident, a drowning--it does not matter. We are going to talk about those who have this sudden death from any type of accident. We have said to you that oftentimes when people die, before crossing over into the spirit life, they know how they are going to die, and basically when they are going to die and the majority of the time this is the case.

However, energy from another individual can intercept your energy and will make a sudden change of events from what you originally came to earth expecting as "pre-programmed". This would be something that perhaps at a future time we would discuss more of but right now we want just to go into the aspects of the sudden death, more than how it was programmed or interfered with from the original human's life when they agreed to come back to earth. A person who is suddenly stricken down from an accident that they knew would most likely occur and agreed to when they came back into this human life knows that this has happened to them for the reason of helping those left on earth. Not only those who maybe were close to them and loved them deeply but who it could affect all around them and even total strangers. There was a very definite reason for their death at that time and in that manner.

Those on earth do not understand how valuable the human body is, and that it can be used to prolong many lives on earth. So if someone is suddenly stricken down and has organ parts that could help other individuals continue on in life, that is often the lesson that you on earth should understand so that you can embrace the sudden tragic death by knowing that that individual's human body is going to continue giving life to other human bodies on earth. Many individuals who cross over from sudden accidental death would like for you all to know and understand that and help each other in times of such tragic events taking place.

Those who cross over from sudden accidental death--not in mass proportion at this time but on a much smaller basis--when they cross over and they are by themselves or with just a few others in an accident and it is one which has been programmed in and agreed-upon in the contract of life--find out how suddenly surprised they are to find themselves on the other side but with a knowing when it instantly happens that this was to be the case and are excited about being back home. They do not

Afterlife 101

have a sense of confusion or alarm or doubt about what has happened. There is a certain knowing instantly at the time of death that they are going home and that this was what was meant to be. They would love to be able to explain this to the loved ones they have left behind so that it would help with the trauma and the shock that families are experiencing. They would love to be able to tell their loved ones to please use any part of their body that could be used for they are no longer that body and it does not matter to them one iota of what happens to it.

It is though on a subconscious level the individual knows that this is going to happen and begins to sense the presence of loved ones who have already crossed over to help embrace them as they come over. There is not an emergency call put out to these spirits of the most recently loved one who has died to come quickly, we need you to help escort this one to their new journey. But because it has been pre-programmed the loved ones are there to already meet them and to be waiting at the time of impact and instant death.

Sudden death from an accident caused by another individual

Next we consider those who have died a sudden death, and not in a mass accident of people crossing over, but who have died from the interference of the energy of another individual, whether it be through a drunken driver, through an accidental shooting, any type of death that has involved the interference of the energy of another individual. We are going to try to explain this to you as best as we can. In this type of death the individual was not prepared for it. They do cross over in a state of confusion and loved ones have hastily been gathered to help welcome them. And when we say hastily, this was because this was not an event that was preplanned. It is the interference of another's energy into one's life path. We know that there would be many upon earth who do not believe this to be the case. Unfortunately, it is the case and we cannot at this time give you a full explanation as to why this happens. We just know that there is an intersection of energy that often times crosses over into one's own path and changes one's entire destiny.

We would say that perhaps that that has happened, not for an earthly reason but is an awakening for the individual spirit to come forth in a way that it never had in their life before. This person who meets with this sudden death by the intervention of some other energy from another being is often confused when they first cross over and will feel that this was not meant to be. They will have angel guides and counsellors who are with them as well as their family members and other loved ones to really help cushion and shelter the sudden change they are feeling within themselves. This crossing over could be at times a little more difficult for an individual than under other circumstances.

Multiple sudden death from an accident

We would say that those who die suddenly in a mass amount of people, some are prepared for what is going to happen and others again have had an energy cross their path that interfered with what they thought was going to be a normal cycle of life for them. All initially feel a sense of confusion--even those who most quickly realize that this was their life path. But the sense of confusion comes from so much energy all of a sudden being released immediately. And the lack of understanding of what's happening to each one of these individuals creates sort of a whirlwind of activities by both sides, the earth side as well as the spiritual side.

We feel that those who have crossed over with many other spirits all at one time are greeted in their place of confusion and lack of understanding, not only by loved ones, but are greeted by many guides and angels to help them make this transition, because many times there are so many mixed levels of consciousness and ethnic understanding. In reality, oftentimes loved ones do not gather with the individual spirit initially but those who have just crossed over are all held together by a bond of suddenness of soul transfer and therefore have many teachers, guides and angels to help them all with this sudden mass encounter of being spirit self rather than human self. Because there is no time in heaven, we cannot tell you how long this happens. It could be an instantaneous thing and then they are put together with family members immediately so that they can know that they are not alone for that is often the initial fear of such spirits. They feel they are alone, regardless of what their religious upbringing has been, but almost instantly realize that they are all part of this large group of individuals who have suddenly left their human bodies and are all making this transition together. There are

many angels, spirit guides and counsellors with them. So this initial feeling of sudden darkness and aloneness is vanished almost before it has begun.

There is a great deal of love and connective-ness within this group of new spirit souls. Though they have become aware of their own loved ones they do not unite with them immediately. It is important that as a group they understand why and what has happened to them and the role their crossing over plays with everyone who remains on earth. There is an understanding and acceptance of the new spirit souls of the need for them to remain together as a group for what we on earth would consider a small amount of time to be guided through this sudden change of events which many were not pre-programmed to experience. Once this has taken place each individual spirit soon finds itself connecting with their own loved ones and then begins their own individual spirit journey. At a future time we would like to discuss how these changed events affect the spirit souls' new journey from how it would have been had they been allowed to continue the original human life journey they had expected before crossing over so suddenly. So you see, not only does the human life's journey change by this interference of energy, so does the spirit soul journey change.

Random murder with no prior agreement

We would now like to discuss people who died by murder this time, then we will move into how individuals are met and what happens when they leave their bodies at the time of death.

The first type of death by murder that we will look at is just a random murder, such as a drive-by shooting, murder during attempted robbery, murder that is in essence not a planned murder. There are two types of death by random murder. There are those where they were not agreed upon initially when the soul that has been murdered made the choice to come into this lifetime. Then there are those who have been murdered who have known all along that this would be their destiny. As with accidents that were not pre-agreed upon, those that have had interference in their energy by others--when they find that they have died from a random murder--initially are in a great state of shock. And they have no idea what is going on and what has happened to them. And we are speaking generally of those who die instantly. Those who move into a hospital and are having medical staff try to support their life have a little different experience but generally both are very confused initially.

Those who have died instantly are in as much a state of shock as the family and loved ones who have been left on earth. They were not prepared for this at another level. We know there will be those who do not agree with this concept, just as the same as with accidents, but there are cases where there is an interference of energies that do create such circumstances. Those who have died instantly and even those who have medical staff working on them know that something is different and at first cannot understand what has happened. There will be instantly with them spirit guides and angels to help comfort them and to help them understand what has happened just like those who died together in large groups.

Once, after this initial period of shock has worn off, then besides the angels and spirit guides that are with them, they will then begin to see loved ones who have crossed over before them. This will then add additional comfort and they will begin to realize what has taken place in their experience. Because they have been so suddenly and abruptly pulled from their human life, just as those who die under normal circumstances have initial human feelings and emotions, so are those who have been murdered allowed to feel their anger and their sadness. Though these are not feelings and emotions that remain with them very long, they are initially allowed to have such feelings so that they can make a clean closure on their human life. This allows those in many cases, not just murder, to move from their humanness into their spirit with a clean slate, because they need to have more of a time period, as you on earth would call it, for this release and this period of transformation that has come as such a shock to them.

So there is much understanding and acceptance from the angels and the spirit guides who are there with them to allow them to experience these human feelings and emotions. There are those who cannot move from those feelings of anger and sadness who cling to their human life and are not willing to accept their transformation into spirit. No matter how much the spirit guides and angels and loved ones try to help them cross over, they are unwilling to do so. These are the souls that you on earth talk about as ghosts. In death, as you on earth call it, as in life you are given free choices. You

have a free will. Many times there are spirit souls who cannot release themselves from their human connections and you will see this many times in cases of murder of any type.

Random murder with prior agreement

Then there is murder of individuals who have agreed upon this as a circumstance of their life prior to reincarnating. Oftentimes before an individual dies in any circumstance they have a sense of something about to change. Oftentimes they will make a comment to a loved one that seems so out of context for that experience they are sharing right then and then will often die from being murdered or from a sudden accident. But later the loved one on earth will recall that statement and think of it as almost a premonition of the events that then take place. These are individuals who have agreed upon the type of transformation that they would make and there seems to be a level of knowing that it is about to take place.

Those who are murdered and have agreed upon this type of transformation have done so for they know that what is happening in their life is going to help many other people. Oftentimes it is something very obvious such as the little boy from California who was murdered in Italy and many of his body parts were donated to save lives of many others. Oftentimes it is because there is a murderer out there who needs to be caught and they know that they are the source of this individual to be caught.

There is always a reason for this person to have agreed upon this transition. Sometimes it is not always the most evident experience but it can affect one individual only and that's all that was required--the purpose of that individual's life on earth. Those who have agreed upon this human to spirit transformation will have loved ones as well as angels and their spirit guides waiting for them. They will not be in a place of shock or denial but know that it is time for them to be going home. On a spiritual level they are in acceptance of this type of human to spirit transformation and do not need to go through a series of human and emotional feelings about their departure from earth for they realize this was what they had expected from this life time on earth. And they greet those who have come to help assist them with much love and with much joy though during the time on earth that this individual's family is going through all of the events required.

The spirit who has crossed over is with their families and loved ones a great deal of the time with his spirit guides and angels and family members behind him, supporting him as he is trying to support the loved ones they have left behind. They often will give signs during their wake, during their memorial services, during the time of family gathering that somehow they are still there and are trying to help support those around them. They often stay with loved ones for a much longer time than those who die from other circumstances.

Death as an advanced soul

There are many on earth that think they are old wise souls and we realize that many people do not have a concept whatsoever of what a wise old soul is. The majority of individuals on earth have made many reincarnations and just because an individual has made many reincarnations does not necessarily mean that it has achieved a level of spiritual wisdom. We will say that those who have achieved a level of understanding of who they are and who are open to accepting these other dimensions are often the individuals who have reincarnated not only as earthlings but as other beings and have many, many lifetimes in both forms. In heaven there are many different beings. Humans are not the only ones here. Those who have had many different lifetimes, especially those who have had different lifetimes as different types of beings, are spirits who, when they cross over again, have a very specific place in heaven. They have, so to speak, jobs that they know they are going to come home to--a place in heaven that they never can quite experience on earth because they feel this tremendous longing to be where what they know as home and to what they know as a complete fulfilling experience versus those that they often do not receive upon earth.

Many times individuals who have come back to earth as highly evolved spirits, live what many individuals would consider a disconnected life to earth, because they do not fit in the mould of what the masses on earth think is an appropriate lifestyle and sense of belonging. And that is because these highly evolved spirits do not have that sense of belonging to earth as they do to other places.

Afterlife 101

When a highly evolved spirit crosses over from earth--and we would say to you there are many highly evolved spirits on earth who are not Ghandi's or Mother Teresa's or saints or inventors or rescuers but just everyday people who are achieving as much as many other highly publicized individuals are. But in their own way and in their own time--their contributions are as great if not greater than figures in the limelight.

Many times these advanced spirits when they cross over do not go through exactly the same crossing-over process as people of the masses do. They always are met with guides and angels and most generally briefly meet with the loved ones they had on earth and are given a life review on earth but receive it much differently than the masses do. They are given an opportunity as well to experience some things perhaps they did not experience on earth and would like to do so, but they move almost immediately into their spirit form and do not need any earth contacts or experiences to help them disconnect from their human experience as most do. They are so delighted to be back into their energy of spirit that their earth connections are extremely limited.

Many of these individuals had places and "jobs" or responsibilities in heaven and look forward to return to those places immediately for that is where they know their spiritual purpose is unfolding at a higher vibrational level and the joy of what they are doing is the essence of who they are as a spirit. For the spirits vibrate at various energy levels and though they can be anything or anywhere they know what their spiritual purpose is and readily move into that place of energy vibration. Whereas others, who would be called the general public or the masses, move more gradually into their spirit life and move more within a group of cellular spirits as well or a cell, so to speak, as they continue their spiritual evolvment.

The next sections describe the variations in the crossing-over experience arising from the type of death.

Crossing over en masse

The first case that we will discuss is that of individuals who have died en masse in a large group, from accidents, from murders, from any type of large en masse human to spirit transition. These souls have all come together. Many have agreed upon this type of spirit transition before it happens. Others are those whose energies have again been interfered with in their energy path. All of these individuals remain together as a group for they require a great deal of assistance in their transition. These souls that are crossing over en masse like this are all in a tunnel together for a short period of time as they enter into heaven and cross over. It seems as though they also have their own individualized tunnel, for they are able to see loved ones off in the distance, as they perceive it, who have come together to help them feel reassured from the shock and trauma of which they crossed over.

Though they remain as a group, each individual is met with a spirit guide and an angel--sort of in a community room until the most imminent shock has worn off. This angel and spirit guide is to help them with their transition from human to spirit and take away their sense of fear and shock at what's happening to them, but also to help them in their confusion to help their loved ones who have remained on earth as well. As those humans on earth form together in a group ceremony, those who have crossed over remain in a group as well to help support all of those left on earth. They are then moved back to earth as individuals with many spirit guides with them to help them say goodbye and to see their loved ones on earth through this tragic and shock full time for them.

This is a little different process than individuals dying, because the frequency of the energy is so much higher with so many individuals together. As they come back from their either memorial services or just being with families, whatever their experience is, to say their goodbyes,--as they come back and they continue this crossing over, they actually then begin their own individualized crossing over in a tunnel that is their own tunnel (though it is extremely large and does not feel confining at all) but is their own individualized tunnel. They will be greeted by loved ones and be reassured that their existence is continuing. They feel themselves released from this high vibrational energy that they created with all of those that died with them at one time.

Afterlife 101

Many times there are many people who have died together as a large group who are also spirit companions and share the same spirit family though they perhaps did not share in human life at all. As with many other types of death there will be those souls who refuse to accept this as a reality and will not be able to move forward into their spirit life. They generally remain within the same physical areas as where their death took place. Though there will be many angels and spirit guides who will work with these individuals for what you on earth would consider a long period of time, they eventually realize that spirit soul has made its choice and that they are to accept the choice that spirit soul has made and move on.

Crossing over as an individual

Those who are dying from an individual traumatic death from accident or violence most generally are allowed to leave their body so that they do not experience the physical pain. They have not actually begun the actual crossing over yet but know that it is imminent and that they are comforted by spirit guides who are there with them helping them to understand the process that is taking place. They are all thrown into an initial place of darkness and then are met by a very bright light. This is instantaneous but the darkness is the shock of what has happened. They see a large white multi-coloured light, extremely bright colours in shades of blues, gold's, and yellows, greens and whites, lavenders. This light is so bright that the angels and the spirit guides help to soften the brightness so that the spirit souls that have just crossed over are not so terribly frightened initially. Yet it is a light that is brighter than they have ever experienced. Within this light even though they are confused they feel a place of peace and have a knowing that they are being protected and loved.

These are all very soft, very subtle colours but very well defined and this is the case for all who are entering a tunnel at the time of crossing over or imminent crossing over. A soul who is crossing over finds himself immediately in a place of love and comfort and warmth, safety and release, protection--but in a place where they feel love, in a place where they feel complete and total freedom. They can even be in a hospital room looking down upon themselves laying there, but feel no sense of the confinement of a room. Even those who will attend their own memorial services, their own wakes, will be in a room with loved ones but again have no sense of the confinement of a room as those of you in a three-dimensional world do.

Crossing over without prior agreement

Certain souls have received a place of peace and though this might not have been agreed upon in the initial time of incarnation for this type of death, they do give permission for it to be happening to them so that they are crossing over. Their crossing over at times is, although it is not agreed upon, when another energy field intercepts their own energy field. We say they are given a choice because they are shown, whether their life continues on earth or they cross over, how it will affect those around them. And the majority of the time they agree to cross over even though they realize that not all their life lessons have been completed but that their crossing over is going to affect the life lessons of many, many more.

So their contribution to earthlings left behind is as great as if they had continued their own life lessons. They are sort of given brownie merits, boy scout merits, girl scout merits, for agreeing to this change of events from what they thought would take place in their life originally. This is not always the case with those who suffer sudden and violent death but there are times when this experience was not something they had foreseen in their initial agreement of reincarnating. When individuals meet these sudden shocks of change of energy form from human into spirit forms they are greeted with far more angels and guides and spirit support initially than the immediate presence of family and loved ones, though they do sense and feel their family and loved ones around them. They require a higher spiritual level to help them with this move from this most recent traumatic life experience into their spirit experience.

Crossing over from long term illness

Those who cross over from long term illnesses, when their death is very imminent, they too often leave their bodies and are trying to encourage loved ones to allow them to continue their crossing over, either through the strong emotional bonds that the individuals on earth are trying to keep their loved ones with them and/or from the mechanical equipment that is attached to their physical body to try to keep it going. Those that are crossing over from a long term illness often are out of their bodies watching all the experiences going on around them and have guides and teachers and angels with them as well. This process could take place in earth time for several days. It is not something that has a time limit on it. This individual who knows it is going to be crossing over not only will see angels and spirit guides with them, but they will see an immense bright light again with the many different shades and colours. They will experience the tunnel and those waiting for them down the tunnel, though they know that they are not yet released from their human body to be able to move all the way down the tunnel.

Once an individual is released from its human body from a long term illness it no longer feels the pain or the suffering or the agony that the disease had caused the body, for a sense of being encumbered by all the procedures and physical feelings of the disease has left their body and they feel free to feel again without all the restraints that had been placed upon their life. Their energy moves and vibrates at a higher level than it had in the human body. Again it is greeted in contact with for quite some time all the angels and spirit teachers it has experienced through all its life incarnations. It moves through this tunnel with the assistance of these loved spirits and moves into an area where its earth loved ones in its most current incarnation have formed ahead of them. It becomes like a large family reunion, a class of friends reunion on the other side. They will see and be together again with many of the people they loved and cared about in their life.

Why do some persons on earth endure an extremely long period of pain and suffering before they cross over? This does not seem to be equitable.

Oftentimes those who have chosen that path have made a decision prior to coming to earth that that will be the path that they take. People hold on to bodies that are just completely shutting down--their minds, their brains, many of the functions of the body. And they hold on to this pain and suffering for several reasons: the most prominent one is that they are so afraid of dying that living in the current earth-bound condition seems far better to them than letting go and dying. Often-times they love their loved ones so much they just can't let go and move on but perhaps they are also teaching their loved ones some experiences that are very important for their spiritual growth. Another reason is so they can become a part of higher energies that are looking for cures to illnesses and become involved in that field and know that something that is so terribly wrong with them can also be the cure for others.

Why do many people accept the fact that their spirit will transition into the afterlife but nevertheless hold on and fight at the end of their life to stay alive?

For fear. For many, many lifetimes upon your earth you have been taught of heaven and hell and the dark side and the light side, and have not been given the true accurate picture of life in the spirit world. And so it is out of fear. It is out of fear and out of guilt, of things individuals did do and did not do, regardless of the degree of that guilt or the actions they did or did not do. It is fear and that is all it is, is fear, and that fear closes you off to seeing your loved ones who are standing there waiting for you, seeing those who care for you to help you make that transition. The fear is one of the most powerful energies in the world and it is only you as an individual that can overcome those fears. And once you are willing to make the step to acknowledge that you have the ability to overcome them, your spirit guides then will step in and help with removal of that fear in your life. But fear is one of the worst enemies in your world that you have.

Can you explain where the consciousness goes in an individual who is experiencing the progressive decline of a disabling disease such as Alzheimer's?

Your consciousness is still there, it remains with them. They have chosen a path that you on earth don't see and don't understand but they have chosen a path to disconnect from earth yet not be removed from earth. They are often out of their body, watching all the experiences that go on around them, knowing everything that is being said and everything that is being done all around them.

Crossing over after a near-death experience

You will hear many stories about the tunnel and those who have died and gone through the tunnel. Those who have experienced death or near-death experiences who are to return are in this tunnel. They feel this peace, they feel this love, and they feel the connection and see loved ones. They are given a glimpse of what it is like on the other side but they do not feel the full experience of death. That is why they feel they are in a tunnel because that tunnel is still their connection to earth and their way of being able to return. They are in a tunnel because they are often given the tunnel vision of life after life and do not encompass the whole death experience at that time.

People will often experience different types of bright light. There will be a bright light with a blue-like mist. There will be a bright light with much yellow and gold in it. Eventually there will be a light that is pure whiteness. Only those who are crossing over for good in this lifetime will experience the pure white light. Those who had near death experiences eagerly await the release from their human body so that they can go and continue the journey that they had experienced once before. The human body has such a desire to live that it is reluctant to let go of the spirit and soul regardless of the circumstances, but soon realizes that this is the path that the spirit wishes to take and, as in life, if we would only allow it, the spirit is the dominant energy force over the human body. But we allow the human body to dictate what we think we want to experience on earth and do not release our self to spirit self and let spirit self guide us through the experiences.

Differences in the near-death experience

Are near death experiences essentially the same as actual death, except that the soul returns to life in its body? I know that you have indicated that the tunnel is one area where differences occur. Are there others?

The other differences, are, yes, you are nowhere near allowed to see all the experiences of earth. There are individuals who have near death experiences who have very cultivated spiritual consciousnesses who do move beyond and are able to see what life is like in heaven. But the general masses do not have any concept of --such as we are giving you--of life beyond life on earth, and so they are limited in what they are able to see and also they are limited because they will be returning to earth. And though many, many times, once they have returned from a near death experience, they are vibrating at much higher energy levels and consciousness levels but they have not been nearly allowed to experience the full vibrational energy of life after life as those who are crossing over.

In the reports of NDE experiencers--they often describe a very extensive life review which occurs immediately after they arrive on their near death experience. Is there a similar life review conducted in an initial short period for a person who has crossed over finally?

Yes, most definitely. This is a most important experience for all individuals. Those who are near death experiencers are given this so that they can return to earth and see just exactly how every action that they take, every word that they say, every feeling that they have, affects every other individual on this entire earth. Oftentimes they don't take the experience back with them of what has happened but they do bring the knowledge back with them.

And the same process takes place if one is crossing over without a return to their body?

Yes but this is a much more extensive experience, one that is allowed to show you in much more magnitude what your life experiences were, why you had them and how you learned your life challenges and lessons to be able to evolve or how you did not learn those lessons. This is not a total picture that is given to near death experiencers.

How does the tunnel experience change for near death experiencers?

It is as though there are two types of tunnels. The near death tunnel experience is a tunnel that is much more confined, not allowing a near death experience person to see beyond just the initial information about what happens when they cross over. And so this is very much like a tunnel that is confined and does not allow the near death experiencer to experience the dramatic change in energy that one feels who is actually crossing over. For one who is just a near death experiencer would never be able to handle that kind of a crush of energy. And so it is a tunnel but a much smaller tunnel than those who are crossing over. Those who are crossing over are in a tunnel that's expanse is enormous. And yes it is a tunnel. Those who are actually crossing over go through this tunnel but as they are crossing through this tunnel there is a higher frequency of energy and, as we mentioned before, in both encounters of a tunnel the person who is crossing over and the near death experiencer will see many different shades of light and colour. Those who are near death experiencing do not see the brightness and do not move in the vibration of energy as those who are crossing over. So, yes, they both are experiencing a tunnel but they are both experiencing it in different ways.

The NDE researchers report that only a modest fraction of NDE experiences report the existence of a tunnel. So there must be some travel that does not involve a tunnel with folks that are experiencing an NDE.

We believe that there are different degrees of near death experiences and visions that those that are having this experience are supposed to be seeing and energy levels that they are supposed to be vibrating at because again it is such a shock, even to the body that the soul is coming back into, having vibrated at such a higher intensity. We think that often they don't even realize that they are in a tunnel because of the types of light that are there do not give them a sense of having this shield of protection around them. And also it is important to know that those who are having a near death experience are so excited about what is happening to them they don't always take in everything that is taking place at that time. They are still connected to their physical body and therefore still have many of the limitations and are in conflict with a spirit who knows exactly what is going to take place on the other side vs. the body who is trying to pull it back because it is not its time to move on. We realize that many different people have many different near death experiences and each individual will often be connected with what they choose to see on the other side and are unable to take in the total experience.

How can drugs such as ketamine induce an experience which is similar to the NDE?

It goes without saying that many of the people who do drugs to have a spiritual experience do come back with tales similar to those that have had a non-drug-induced spiritual experience. There are various different users of drugs including the general drug addict who has no spiritual connection whatsoever and not even looking for that but has a physically induced need that they had for a drug.

Then there are natives of all sorts all over the planet who use drugs for spiritual reasons. They do not have the defined and learned experiences and knowledge or education as in your "civilized"--although as spirits we debate whether that is civilized or not--culture have and will often use natural resources that they know that do induce a different level of consciousness. They are doing this from a spiritual point of view and feel they have gained insights that can only be done so through drugs because their spiritual consciousness has not been developed enough to understand that one does not need the drugs to do this.

This is as though you were stepping back in civilization to your caveman type environments though we would say that many more tribes who have stepped forward into a more civilized life on this planet do so not for the use of enhancing their spiritual consciousness but for the pure enjoyment that it brings to them. Those of your civilized world who use drugs to try to induce a near death experience will oftentimes have a limited near death experience but we would say that generally speaking the telling of those experiences are enhanced by what they have heard in past conversations and studies. And so it is more a mental retelling of an experience than their own actual experience. We would say that those such as Carlos Castaneda who has come forth with so many books based upon his drug-induced spiritual consciousness--we often question much of what has come through because of that and we will not continue with that at this time.

Afterlife 101

Greeting at the moment of death

Who meets the departing soul at the moment of death?

Their beautiful guardian angel who has been with them all during their human life.

And this is distinct from a spirit guide?

Yes. The guardian angel has an earth connection with their human and through all of their lifetimes and this guardian angel is the first spirit connection one has because it has experienced all its human experiences with it and goes with the spirit as a sort of security blanket as the human moves into the spirit world and is greeted by other human spirits they have known.

Pain at death

When death is caused by a potentially painful and sudden event such as an airplane crash, does the spirit leave the body before that event occurs? In other words, does the human just before death feel the tremendous pain and agony associated with, say, an airplane crash or does the spirit leave the body just before that event takes place?

We would say that it would oftentimes have to do with the spiritual connections that the individuals have had on a conscious level in their lifetime. We know that such an occurrence takes place in a split-second. Within that time frame those who have a conscious level of spirit in afterlife and know that they are about to cross over--often their spirit removes itself from the body and the body does not have any physical pain and discomfort. This is particularly true with young children. We would say that that is always the case. Those that are so connected to earth and have not made the choice to move into the consciousness of other dimensions or who do have fear of the other side and wish to remain so connected to earth --oftentimes their spirits do not leave their bodies because they are hoping that somehow they will not be crossing over. We know that this does not sound very logical to you on earth but what your consciousness and your acceptance of death is often what you will be experiencing at the time of death.

Changes before and upon death

Just as a medium often has the capability to view spirit images or perhaps even physical appearance of the afterlife, does a person near their time of death suddenly have that capability, which allows them to see images of loved ones or perhaps other visions?

We would say the first ability of the average person who has limited their spiritual connection throughout their current lifetime, their first immediate understanding that there is another life is that they have left their body and are watching the events taking place around them. This can be someone who has been killed in an accident, someone who is dying from a disease, it does not matter, but they immediately realize they are not in the body that is down there and are watching all the experiences going on.

Is there a silver cord or some other attachment means between the soul and the body which is severed at the moment of death and departure of the soul?

You on earth have to have these visualizations of all experiences to justify whatever is taking place. There is always a connection between the human body and the spirit soul but to say that there is a cord that is severed in the physical sense-- it does not exist. But you do have a connection to your earth life and those surrounding you. That connection is not immediately broken at the time of death.

Are we talking about a physical connection or an emotional spiritual bond?

There is nothing physical that connects you to your earth life from your spirit life. You are connected to both of them right now without any sense of physical connection such as magnets or silver cords or

Afterlife 101

spiral links. You are connected at a heart level of love. This love moves with you when you move out of your physical body and that bond continues to be with you forever in spirit life. As you move forward in your spirit life that bond becomes less earthly as you become more spirit. And this is a process that each person experiences, as they move from human into spirit and spirit begins its disconnection and evolution, its disconnection from its human body into its evolution of its spirit body.

Are there bodily changes of any kind, which occur at the instant the soul departs the body?

What one experiences instantly is a release from the physical limitations that they were experiencing in their human body and they find that they are immediately in the prime of their physical condition and prime of their physical life on earth.

But in terms of the body itself, as apart from the soul for example, doesn't the body lose a small amount of weight? Are there any other physiological changes to the body when the soul leaves?

When the spirit leaves the body there is something almost physical that drains from the heart and as this leaves the heart there can be, it appears, a minute change in the physical body. It's as though the spirit itself leaves the body from the heart. There are those who do leave through the brain vs. the heart.

Does an early cremation hamper the process of arriving into the spirit world?

Absolutely not, because at the immediate time of death and often prior to the death of an individual their soul has left their body, and at the time of cremation there is no soul spirit connected to that body at all.

The body's mind

During the death experience, what is the role of the body's mind as compared with that of the spirit soul? For example, does the body's mind try to keep the soul from leaving?

The body will do everything it can to continue to live--the body and the mind have a great deal of power and they do not want to be extinguished. It is difficult for the mind and the body to accept the fact that life will go on and will continue but, as you have seen with many individuals, they do come to realize that life does continue.

It is very difficult especially for the individuals who do not have the concept that life continues and, regardless of the condition of the body, the body and the mind will fight to remain a living entity.

Role of the heart

What is the role of the heart in the body beyond its function of circulating blood and what happens to the heart upon death, besides stopping?

The heart has many uses in your humanness and is connected very closely with your soul and your spirit. It is the centre of your emotions, it is the centre of your love--we would say it is not the centre of your emotions; it is the centre of your feelings. Your emotions are more a brain function versus the heart which is an energy of love and is more directly connected to the soul and the spirit--where the emotions are more mind and human related.

And the second part of my question was, what happens to the heart upon death, besides stopping?

Well, the heart is a mechanical organ within your body. It stops and becomes nothing, but the love connection, the feeling connection that one carries in their humanness moves into their soul and obviously eventually moves into their spirit. So there is a transformation of energy from the heart into the soul into the spirit. The heart is the only body function that is directly connected through to spirit and has other--we would say--responsibilities or carries other avenues for energy to move from one form of your humanness into other forms of your being.

Spirit travel on or after death

Do individuals sometimes have an extended out-of-body experience before actual and final death occurs?

Most often that can be the case, particularly in the case of trauma and violent death. It is a way for the spirit not to experience the pain and harm the physical body is experiencing. We would say that any individual who is feeling a physical stress and pain can leave their body at any time and not feel this physical pain.

After a person dies, do they often remain close to their place of death or last place of living for a number of days before ascending to heaven?

Well, we are not sure what you mean by that. We would say no. For those who have died in the hospital or those who have died in a car accident or any other type of traumatic death do not stay within that immediate area. As far as staying around, that is a choice that a spirit makes. Spirit will often, until after the memorial services and their immediate loved ones have gone back into their normal way of life, stay around earth, keep their earth bound connections and visit their homes and their loved ones. This is part of transition from spirit so that spirit does not receive this initial physical shock--if you care to say it this way--from going from one dramatic form of energy to another.

Would they often be accompanied to a memorial service or a funeral or burial by other spirits who had passed over before to help support them?

This is true.

The tunnel experience

What different kinds of tunnel experiences do souls that are crossing over have?

Most of the time that crossing over experience has to do with the spiritual consciousness of the individual that was on earth. It also has to do with the age of an individual. Children and very young people still have the sense of their connection to the spirit world and it is a much faster crossing over for them because they still have that connection, the same as with those who are quite elderly and have come to understand without fear that time for them to cross over is coming. Those on earth who have a fear of death and are crossing over have a different experience than those who have a spiritual consciousness and who have no fear of death. Even though what your earth consciousness of death is at the time of death and no matter what you initially experience, you are surrounded by loved ones who have crossed over before and your angels. You can become immediately aware of them and are often nudged to do so regardless of what your belief of death was on earth.

Do some people experience a light tunnel and others experience a dark tunnel, or those sorts of differences?

At the immediate time of death, whatever the person's earth consciousness was of death is often going to be what they initially experience. Those that think they are going to hell are going to experience a darkness and a sense of hell. Those that expect nothing are going to initially experience nothing. Whatever an individual's consciousness of death as they are on earth is oftentimes what they initially experience. Now, we cannot tell you the length of time that this is, for on the other side there is no amount of time. But when a person first dies and leaves their body, as we have told you before, there are still in your time on earth many earth connections yet. They have not lost these earth connections.

And so, that is why most of the time they experience that consciousness of what death was on earth when they initially began their crossing over. They are not aware that it is not what is happening. They are not aware that there are souls and spirits from the other side who are right there with them but

they soon become aware of that. Again it is still an earth spirit connection that oftentimes an individual will experience initially at the time of death and so, if you choose to say a dark tunnel, in essence that is not what is really there but that is the earth consciousness the individual had and so they could possibly experience that.

Are there a number of simultaneous departing souls who share in the use of a tunnel?

In the case of multiple crossing-over at the same time, from accidents, from murders, from things such as the holocaust, many times individuals will cross over together. Families, who have died simultaneously from accidents or murder, find that they will be crossing over together as well.

In a country the size of the United States, probably many people die every minute and would they all flow into a single tunnel or would they have their own tunnels?

Each individual's experience of crossing over, unless they are united in death from the same cause--they generally do not experience it with another individual who has died at exactly the same time. It is their own personal experience.

Do animals travel in the same tunnel when they cross over?

Again, the tunnel is an individual experience and animals have their own way of crossing over. They have a totally different perspective of death than you as humans do and they know before they cross over they are going to be met by loved ones and former pet friends.

Greetings by loved ones

When an individual crosses over and is met by loved ones, they are going to visualize these loved ones as they remember them. They will not see them in sickness and despair. They will see them with vitality, with great joy and in complete peace. They will see them at a time of life that they choose to remember them best. If an individual has died quite gravely ill from terrible disfigurement or whatever circumstances this is not as the last you have seen them. This is not how you will see them when you cross over but you will see them as you choose to remember them in their best time of life. No spirit who crosses over has any one permanent form. After a spirit comes to greet a loved one crossing over, they will return to the spirit form that they have become. But to help the loved ones who are crossing over, that spirit takes on the form the loved ones wishes to experience with them.

Greetings by others

You will oftentimes be very surprised by individuals who are also there to greet and meet you when you make your crossing over, of someone who in an earth life you would maybe never even remember who will be there in the spirit time of crossing over. And earth connections still will be there because something you said, something you did for them, which may have been only a once in a lifetime event, affected their life so strongly and they are there to say thank you. So when you make this crossing over you will often see people and not remember initially who they were, why would they be there to greet you and be so happy to see you but it is because of the impact that you made on their life and prior to your life review it is a wonderful way for you to be acknowledged for your contributions to earth beings. These could be the most strange encounters that one could think of .

We would give an example of your wife who, not only can never remember the first name of the gentleman who kidnapped and killed a little girl, but who was horrified by that terrible, horrible experience but in her own way she was able to reach out on another level and connect with that man and give him love that that he had never felt, love that he so desperately needed to have in his life and to acknowledge him as a human being for something other than the terrible acts that he committed in life and was able to offer him a light of forgiveness. These were encounters that never happened on your physical plane but were still extremely powerful exchanges on another dimension that tremendously affected the lives of each one of these individuals. On your physical level versus this other dimension that these two exchanged and shared, but on your physical earth plane level it could be something as simple as a smile that you gave someone, a simple word of encouragement that you gave a total stranger. It will be something you will never notice.

Afterlife 101

And you may encounter, soon after arrival in heaven, spirits with whom you were related to in past lives but not in the most recent life?

Not only spirits that you are related to but spirits who played major roles in your entire existence.

Greetings by beings other than earthlings

For many of you earthlings who have been in the body form of other beings, other than earth, you are greeted not only by earth spirit beings but by beings from other communities than earth. There is no distinction between where a being comes from. It is all connected on the level of your spiritual evolution. So one truly has the sense of completeness in them that they were not experiencing while in their most recent past life.

Greeting by religious figures

Does Jesus ever greet new soul arrivals and, if so, is this an appearance which is simultaneously repeated for numerous arrivals?

The answer to both of your questions is yes. The reason that someone feels that they are being met by Jesus is that they have a very strong Christian belief on earth. They do not understand, they accept Jesus as the man and do not accept that Jesus is not just the man but is the Christ energy that is within them. But, because that is what their very strong earth-bound belief is, they feel that they are met by Jesus the man. This is an energy that they have the consciousness of and, because each individual has their own consciousness when they make their crossing over, the appearance of Jesus the man is able to come to all of these individuals in their own personal way. Thus it follows in all religions on earth as a person crosses over.

Speaking of Jesus, I seem to recall in some of my readings that when Jesus does greet a new soul arrival it is almost as if it was an image of Jesus without the true personality because very little conversation gets spoken, perhaps just a ceremonial gesture and word of welcome on the part of Jesus which makes me think that its not really Jesus but it is some sort of image of Jesus that is provided these people that arrive.

This we agree with very much so and that is what we were trying to say about their own individual consciousness. They do not accept the fact that the Christ spirit that the man represented is actually within them. They are too connected with the image of the man and not what the Christ consciousness of the man was about.

But I presume that there is a spirit who was in his most recent incarnation in the body of the person known as Jesus and that that spirit exists today in a heavenly realm.

This is very much so as many of the spiritual teachers such as Buddha and others who walked your earth, who have left earth as a human being, who have a spirit consciousness.

But, if you had thousands of persons every minute that expected to see Jesus, it would be a terrible imposition on the spirit of Jesus to have to be able to greet and interact with all those people.

And that is what we're saying, that is not truly what happens. They are greeted, as we said to you, on their own individual consciousness of what Jesus was. They are not greeted by the actual spirit of Jesus but their consciousness of who they believe Jesus to be or Buddha or whatever their spiritual connection was on earth.

Are there cases when there are no spirits, which would be present to greet an arriving soul?

We know that you on earth would like to say that this would be the case, especially for energies that have been so negative such as Hitler or mass murderers--serial murderers. We know that you would

Afterlife 101

like to say that, no, they are not greeted with anything--that is not the way God works. They had people who had loved them and love is the connection and they actually had people that they loved and so at some point they are greeted, maybe not as complete as others are. But they are not thrown in--except as we discussed earlier, what their earth consciousness of death was--they are not thrown into a nothingness.

The reason for death

Why do we die?

Because your real life is not on earth. Earth is a place for you to come to accelerate your spiritual evolution through experiences in a limited dimensional world. You never really die, you just make a transformation from one form of energy, a more limited form of energy, back to an expanded form of energy. One is given choices when they return to earth to move closer to their connection to oneness of all. That is more difficult than is doing it in the spirit world but also is a process that moves the spirit evolution forward, quicker because of the limitations it is experiencing on earth.

Are all deaths planned at the time a person is born? Is their death already planned?

Generally speaking, we would say yes, that it is "pre-programmed". But there are energies that can cross or intersect with an individual's energies to make death happen at a time that was not originally programmed--such as individuals who get on an airplane and do not hear their inner voice telling them that this is not the best decision to make at this time and do so anyway, and that airplane has an accident of one sort or another. The same as the energies of people who are killed in automobile accidents. The majority of the time those that are murdered are deaths that have been pre-programmed, so to speak.

CHAPTER 2. THE DEATH EXPERIENCE OF CHILDREN

This chapter deals with the various ways that children die, from miscarriages, abortion, sudden infant death syndrome, disease, accident, and murder. It describes their transition from human life back to spirit life, which differs from that of adults.

Death of children

We will begin by talking about souls before they have become infants who are looking at parents and situations and making choices about why they would be choosing these parents and what lessons they would be learning. So as a soul is deciding that is time to reincarnate they have the opportunity to see where they best will? Now we would like to preface this by saying we are talking about human souls at this time and not any other being souls? ..We would like to say that a soul looks at an environment that they will be able to move into that will help them best evolve in their spiritual journey. Once a soul has picked a family and said this is where I would like to be, they have a general overview of what's going to be happening to them and observe the experiences they will have to evolve spiritually. Once upon earth they do not recall this life preview.

Reasons for miscarriages

As a soul chooses a family to move into in life in its new reincarnation it generally sees all of its life experiences and all the reasons it is going to be there and the lessons that it will be learning and agrees to these experiences and then moves into the realm of its process of being born as a human being. During the time of being carried in the mother's womb, there are many things that can happen. A new incarnate can say, "Oh, I made a mistake, I'm not ready to do this, this wasn't right, I need to come back", which is often the case for miscarriages. It realizes that it was just too soon for it to reincarnate and that it could not handle the experiences it would be having and so that is often the case for miscarriages. Other examples of miscarriages are souls who have seen a life with a family and see the strong spiritual side of parents and the family that it is going to be moving into and see the evolution of what their parents are going to become, but oftentimes do not see the initial struggle that the parents are going through until "Zap", it's in the womb. Then it feels all the terrible emotional struggles the mother is going through, feels them through the mother and realizes that this would not be the time for it to be here, not only for itself but for the mother in that family as well. This oftentimes again is a reason for miscarriages.

The times that these miscarriages happen can be for any socio-economical ethnic background. Generally speaking, when a spirit soul, based upon the information that it has received once it has entered the mother's body, finds that it is going to be too difficult a time not only for itself but for the mother as well and the mother miscarries, it is because this is a soul that is coming into earth that is extremely evolved and realizes that this wouldn't be an appropriate time. Generally speaking, the mother, sometimes the father, are spirits that it will see down the road, knowing that they are highly evolved spirits but are going through some life lessons still while in their young adult life. And the new soul says "no, I think this wouldn't be appropriate" and has to come back to heaven and thus be miscarried.

Abortion

What is the meaning of abortion to a spirit?

Abortion to a spirit is one of two things. Souls who are aborted by the mother are often sad souls for being returned because they see many times the love and the support that the mother could be, but the mother feels so overwhelmed by earth conditions that she doesn't feel capable of handling a child for whatever reason. So this soul accepts the mother's condition that she's in emotionally at this time

and realizes that it would not be a good time to be there as well but often can feel sad for they see many times beyond the immediate struggle the mother is having. Generally it is not anything the spirit has had any control over whatsoever, because it has been the choice of the human mother to discontinue that birth. The spirit has chosen that mother to have in its life for many reasons. The mother does not have to choose to have that spirit. So that does not generally have anything to do with the spirit that has chosen to move into that mother and that family. It does not have any repercussions to that little spirit soul that wants to come and be a child at that time because it has a complete understanding that it was the mother's choice. Then there are times when a spirit soul will agree to that happening because they know that they are part of that mother's evolution and spiritual lessons. And it is an agreed upon experience for that spirit soul. And it is for the spiritual growth of both that mother and that spirit to experience that.

Is abortion considered a spiritual crime?

No, it is not.

Sudden infant death syndrome

Infants who die from sudden infant death syndrome are often infants who, once they got to earth, have said "this isn't right, I've picked the wrong family, I'm not ready to come". This is allowed but not encouraged. There can be many reasons that the soul decides not to reincarnate into a full adult life on earth and infants are given this opportunity when they die from such conditions as SIDS, because they are given the opportunity to say "no, it's not right for me to be here and I think that I will return" and because again it is to be a lesson for the family the infant has chosen. Oftentimes a soul will agree to reincarnate and return very, very quickly knowing that its purpose was to help the spiritual evolution of all involved with its earth birth and death. This is oftentimes a spiritual lesson for the little earth soul as well.

Return to heaven after infant death

When an infant and when a baby who has not been delivered yet return to heaven so quickly, they do not go through the death process as we would think of because they are still so fully connected to heaven and have not made that earth attachment. They still have full knowledge of heaven and what was up there and so their return to heaven is not as dramatic as those who have lived upon earth for any period of time. When they do return, they return back to heaven in their full spirit incarnation as spirit that they are. They are often greeted with--as we would say--counsellors and spirit support teams who help them to understand what the experience was that they just went through and why they went through it and why they made the choice to return to heaven. So that this is not something that happens on a consistent basis for that particular soul. In heaven they want to be sure that you are really ready and give you that choice and sometimes you just don't make the choice at the right time. Their return to heaven is one of love and support and in many ways is not different from one who has been upon earth for a period of time and made the cross-over. The difference between this little spirit coming back into its true mature spirit form and one who had been on earth is that it hasn't lost its connection to heaven yet.

Infant disease

Now we will talk about infants who are born with disease at the time of birth. Many times infants who at the time of birth are born with physical problems have agreed to accept this assignment to earth for many reasons. Again, one, perhaps upon its death, earth medical science will find something that will help other infants not die from whatever the disorder was that came with them when they came to earth. The example we would give you right now would be the example of John F. Kennedy's son who was born with a lung disease and unable to breathe properly and dying at birth. That little spirit soul chose to come and experience that and knew that because of the position its parents held and because of its death there would be much research and study into the condition he came with and

because of him there would be many other infants that would live. And that was his sole purpose for reincarnating at such a time and with such parents. Though this is most obviously not always the condition, the reason for returning, that was the case here. Many times when an infant is born with what you on earth call a deformity, a physical deformity, or a malfunction of some part of its systems or organs, the infant has chosen to go through those experiences because it was challenges that they were to experience and lessons even as an infant that they were to learn that would help them in a future long-term life on earth.

Child illness

Children who are in long-term suffering illnesses upon earth in this reincarnation have agreed to this and are aware of what they are going to be experiencing. And they have agreed not only for their own spiritual evolution but they have agreed because of how it will make available the energy to help those loved ones of theirs upon earth also make stronger and deeper spiritual evolution. They realize that what is happening to them can be very valuable for future children who might be suffering from the same energy malfunctions that that spirit is and will help it to move on into a healthier and full human reincarnation at that time, and knowing that they feel that this journey into human life was very important in helping all other spirit souls with the same energy malfunction that they suffered.

Infant accidents

Infants who are killed in an accident--actually we would move not only from an infant who is in an accident--but any child who dies from an accident of any sort, whether it be a car accident, a drowning, any sort of accident, knows generally that this is what is going to happen to them and that their life span on earth was to be a shortened life span. Again it has to do with not only their life lessons and challenges to venture to deeper levels of their own spiritual self but oftentimes to help not only themselves but possibly perfect strangers as well as their loved ones.

Infant death at the hands of others

There are times in a young spirit human's life when their energy too is intersected by the energy of another individual that is generally murder-related. Most of the time this spirit child knows that this is going to happen but there are occasions when it comes as much a surprise to them as it does to all those surrounding them. For a young child this is not too often the case as it is with adults. For spirit energy that gets in the way of another spirit energy does not usually happen except to older more mature human beings--and by older more mature ones, we would say generally those after the age of 15. Prior to about 15 there has been an agreement that this would be the way that they would move forward in their own spiritual growth as well as helping many around them in their spiritual growth by leaving earth at such a young human age. When an infant or child is dying from painful experiences, the spirit part is completely removed from the body and, though the body is feeling and having physical reaction to the events that are taking place, this spirit soul is not in the body and does not feel any of the human conditions that are taking place surrounding it.

Value of body parts

We have discussed this with you before. If you humans from earth could only understand how valuable parts of your body are to help the continued life of other bodies, you would be more willing to help participate in the continuation of another life when your loved one has died. But you all do not understand that at this time yet and we hope that the time will come when all bodies who have crossed over are immediately used to help lives that are in distress now have a future life on earth. This does not only go for children, of course, it goes for everyone. Children are most open to being

Afterlife 101

able to share a part of themselves with other beings who will be remaining on earth. The spiritual evolutions of all are raised when such an event occurs.

Children interaction with family from other side

Many times, after a child who has experienced several years as a child upon earth, they will come back and visit the parents and family of loved ones of its family. This will happen in many different ways. Many times they will come back and feel a sense of distress over the inability of their loved ones to recover from their loss and feel saddened that instead of growing from this experience they begin to lose themselves in deep sorrow and grief and depression. They will try many times to help their loved ones overcome such an experience but after a period of time realize they must move on and let their loved ones work through or not work through that challenge they are faced with on earth. No spirit soul that crosses over will feel any sense of guilt or remorse over what is taking place with their loved ones for they know that their loved ones are being given a choice and they do not take any ownership over what their loved ones are going through.

Knowing the pain of a mother losing a child in a horrible accidental death, will this child who crossed over try and guide his mother through her suffering, helping her to move on without her losing her own life to heartbreak?

Oh absolutely. There is a reason for that child to be upon this earth and a reason for it to leave so soon. It is not always for us to know why, but if that child and that mother connect as they are both in different worlds that in itself is enough to have an understanding of why that child came to this earth because it's helping its mother to open up to a world she didn't know existed and is willing to stop and listen and hear her son and know that if she can hear him that there is life that goes on.

CHAPTER 3. TRANSFORMATION FROM HUMAN TO SPIRIT

This chapter deals with that important set of events that takes place just after a human arrives in heaven and is greeted by many individuals and ends, for most spirits, when they arrive in their ultimate spirit family grouping. It also describes the particular circumstances associated with suicides, creation of "ghosts", individuals who commit evil acts on earth, and those who believe that they will experience nothingness or, alternatively, "hell".

A summary of transformation

To begin this transformation journey from human to soul-spirit to spirit--as we have said before, regardless of what the individual has done on earth, as soon as they leave their human life, all individuals are met by angels and spirit guides, pass through a tunnel, and they are greeted by loved ones on the other side so that the death experience initially is never frightening to anybody. And you are often received on the other side with various degrees of love and warmth and light from those who are there to greet you and welcome you back to your spirit self.

One making the transition is always greeted with love and a sense of safety and a sense of protection, a sense of freedom and always in a light so bright and so warm and so encompassing, as they have never experienced before in human form. As a spirit soul progresses into its new life form, it will progress into various shades, tones, and colours of this bright light. It is reassuring and always it is very powerful to one crossing over. Once you have moved into your soul spirit you of course still have earth connections and you go through your most current life review. This is a standard procedure for anyone regardless of what his or her life was like upon earth.

Again, the varying degrees of light and warmth and release from life experiences depend much upon the consciousness one has as they have made this transformation from earth to soul spirit. After one has had their greeting and their life review what then becomes heaven then becomes much of the spiritual consciousness that the individual brought with them from earth during this most recent past life on earth. Once a new spirit moves through the different phases of releasing from its earthbound life it begins to gradually move into the spiritual consciousness that it has obtained and finds that it is losing earthbound forms and earthbound dimensions and begins to experience things telepathically and through various forms of energy rather than through three dimensions as it has experienced on earth.

There are those spirit souls who are so evolved that they do not find it necessary to remain connected to those on earth for they know that there are other angels and spirit guides with those who have remained on earth and they are ready to move into their more highly evolved true self. This is not a selfish or uncaring act. It is just a spirit soul that does not need to feel a continuation of an earth connection and knows that the loved ones left behind are being left with a sense of love and energy from angels and spirit guides.

Arrival in Heaven

What is the first sight a soul may experience on arrival in heaven and what accounts for possible differences?

We have before talked about the different--we do not like using the word levels or stages--but on earth that is how you can best envision what we talk about. So there are many different phases that a spirit goes through before becoming its final spirit energy form. Those that are crossing over are initially met by family and loved ones. Oftentimes even before they have been declared dead on earth, but it is imminent, they will find that they have spirits there with them to help with the shock of changes in the energy vibrations they will be moving from. You have a total sense of release when you leave your body and begin your crossing over journey. This journey again takes many different forms because, though you are now spirit and you are out of your body again, we say you are still bound to earth for a period of time and it would be too much of a shock even to your spirit to move

Afterlife 101

into its final form of energy. So you have loved ones to meet you who are vibrating at a much higher energy than what you are at your initial crossing. You will be in many different colours and degrees of light. But you are cushioned by all the love you are greeted with.

Are there surroundings that are earth-like?

When you have finally made that cross over from earth and are in "heaven", you are allowed to experience heaven as you would like to think of heaven being and that has to do with many different conscious levels. Initially your heaven experience is still an experience of something that you connected with when you were on earth. You eventually move beyond that sense of earth pleasures and begin to move within your own spiritual consciousness and spiritual place.

What is the role of the spirit guide in the arrival of the soul in heaven?

Your spirit guide is such as an overseer of bringing together all your loved ones because many of the people that you have been in contact with on earth are at various levels of spiritual consciousness. Spirit guide is able to bring these different spiritual consciousnesses together to help greet you, to help welcome you and bring you over. Spirit guide is there to continue their direction and guidance and helping you as you make this change from earth to the other side.

And of course you make your presence known to the arriving soul as a visual entity or as something that can be seen and experienced ?

We make our presence known in many different ways depending upon the spiritual consciousness of the individual. If you will notice we have said throughout this questioning time--we have often referred to an individual spiritual consciousness and that is because that is what so much affects how one experiences their crossing over.

What is the emotional state of the arriving spirit in heaven? How do they feel?

Again that has to do with their spiritual consciousness. Initially they still have much, as we have said, earthbound energies and connections and can bring forth some of that with them. And it takes the assistance of your spirit guide and your loved ones to help you understand your new form. Though you do not carry pain with you, and when you cross over, you do not take the anger and bitterness with you, you will oftentimes be quite confused as to your new experience because, though it is nothing like what you experienced on earth, you are still able to realize that you are continuing on. Oftentimes in mass and sudden deaths the new spirits are confused

What knowledge do we take with us after death to the afterlife?

You take all of your knowledge with you--everything you have learned through books, everything you have learned through your experiences, everything you have learned through your emotions, for these are all things that help you evolve as a spirit.

Appearance in Heaven

When a person dies, and their soul departs their body, what form does that spirit or soul take?

Spirit will be able to choose its appearance. If a 101-year old individual dies and wants to be back in the body of --say its prime was at 25--that's how that individual experienced the prime of their life--they feel that they would experience it at 25. That is how they will appear. Again this has so much to do with the evolution of the individual. Oftentimes those who have evolved so quickly in this lifetime spiritually will simply evolve into a form of light or an apparition in a body form at the prime of their life but will choose to only be in a garment of white robes. Because you on earth so need to have a physical description of much, and many times we cannot describe the events that take place clearly enough in your limited experiences.

But an individual who dies--again we will use the example of a 101 year old --will have said I was much happier during this era--this was the prime of my life--and that's how their physical

Afterlife 101

transformation will appear to them and to those who they are being greeted by. Even though there will be those who might be greeting them who did not know them at that time in their life at all but will know that it is them and greet them with a knowingness of love. Those who have achieved a higher evolution in life often just choose to make the earth to spirit transition time a very quick time and do not immediately go into the form of spirit they are once they are established in their life in heaven, but go into, for lack of a better description, angelic form and not find it necessary to go into any past physical form.

Shortly after death, a spirit assumes a form associated with how they appeared in the prime of life. The question I have is--what clothing would this form have and would this clothing selection change later in heaven?

The clothing selection they would have would be the same selection that they were wearing at that time of their life, so if it was someone who had passed over in the 60's and that was their prime of life, they would be dressed in clothes that they were comfortable with at that time. After a period of time, once a soul has moved over to the other side, they lose that human form all together and so it doesn't matter how they appear because they are being perceived in the form of true energy that they really are.

Again we would say to you though that the person that appears in their prime of life is not just what they consider their prime of life but, if they were to appear to several, each would perceive him in what they considered the prime of his life and each one of you probably would be perceiving him in a different vision.

Differences between spirit and soul

What is the difference between a spirit and a soul?

The spirit is the true essence, the true energy of who you are. The soul is like the connection between your spirit and your humanness. And your soul is with you in your human body and when you depart from your human body your soul moves into your spirit and that soul remains with your spirit. So it's like a form of energy from your true spirit into your humanness and is more directly connected to you as a human than as to your spirit in each incarnation.

But a human has a spirit within them as well as a soul?

Yes, and it is like you would be looking at yourself as a human. There are layers of energies and these energies are not often necessarily within the human body but are the energies that will surround your human body connected by your soul.

And when you cross over, what is it that moves from your body into the spirit world?

What happens is, the soul moves into the spirit which is the energy that is within you as well as surrounding you, which is your spirit. That soul moves totally and completely into your spirit after a period of time. In the death process you go through a period where you are still earthbound connected and so your soul itself is still very individually active and your soul continues with this earthbound connection for a period of time and then finally moves into the oneness and completeness of the true essence and spirit that you are. This is when you are released from your earth bond and you become your full spirit self.

And when and if you reincarnate again, do you acquire a different soul or do you have the same soul that enters the human body at birth?

The soul of each incarnation carries the energy of every incarnation but is not necessarily predominant in the soul as it attaches to a new incarnation. For what happens with the soul--it becomes much of the personality and ego of every new incarnation but the residual energy of what you have always been through every lifetime remains within that soul. So, in essence, yes--you are carrying all the energies of each lifetime but they are not very predominant. They're there--they are,

Afterlife 101

as we would help you to understand, a residual energy but they are not predominant. For each incarnation has its own energy, its own personality, its own ego and that's what forms in the soul to help connect to the spirit of your humanness.

What happens to the past personality of a soul that is reincarnated? Is it irretrievably lost--like a slate wiped clean--so that all the love, feelings, experiences and essences that were part of the soul in its previous life are gone forever?

Absolutely not! You as a spirit being carry with you all of your previous life experiences and how those experiences have developed into your current spiritual evolution. Though when you return as a three-dimensional earth being these experiences are not remembered unless you have evolved so much in your spiritual evolution that you are able to do some past life regressions. Many times you have things that are happening to you in your current life which you have no understanding for why it is happening, and it can be a deep-seated carryover from a past life which could go back for many past lives. It is something that you have continued to hold on and have not confronted this experience and therefore it still tends to stick with you even in your spirit life into your three-dimensional human life. But you never lose any of the experiences, any of your actions, any of your thoughts--all of that is combined that makes you one whole spirit.

What is meant by the term "the higher self"?

The higher self is your spirit that continues to live through all three-dimensional lifetimes and is always there. As you leave this lifetime you move into your spirit being that you truly are. You move from your personality into your soul into your true spirit being. Your spirit being itself is always continuously learning and you as a third-dimensional being are helping it continue its growth in spirit. And by that we mean the unconditional love, the unconditional forgiveness, acceptance, knowing that you are perfect in all ways. Your spirit knows this and as you continue to understand and accept the challenges to achieve these levels upon earth, your spirit continues to grow itself.

So the term "the higher self" does not mean one's spirit guide, who is a separate entity?

This is true. You have many, many other spirits who are around, spirit guides who are teachers or who have become more highly evolved than you are, and they are there. They are your teachers. You can call upon any spirit guide of any level at any time. Sometimes there are spirit guides for very specific reasons. Many times when you think you are calling upon a spirit guide, when you are looking at earth situations, you are really calling upon the earth angels and they are there to help you for what you on earth consider mundane energy help, other-dimensional help. Oftentimes you call upon your angels for protection and many times the protection is needed--more than an angel, a spirit guide is needed. When you call out, either an earth angel or spirit guide are there for you. And oftentimes there are spirit guides there that are more highly evolved for the situation requires a great deal of higher consciousness to be with you at that time. But anytime that you ask for help, you receive that help, even though you are never aware of it. It might not be the help that you think you are receiving at the time that you want, but it is the help you are receiving to help you further evolve and become aware that you can find the answers with the help of angels and spirit guides who are with you at all times.

Events After being greeted by loved ones

We will now give you a general insight into what happens to all individuals once they have moved through this tunnel with the assistance of guides and angels, once they have been greeted by loved ones and feel that --oh my gosh, I am continuing-- life is going on-- I am really in life now--but are still extremely excited and we would almost say overwhelmed by all the events that are taking place and by the brightness of the light and the energy vibration that they are moving at. At this time they still see themselves in the body that they had on earth and they see their individual loved ones as they remember them and see them in those bodies they had on earth. They have not yet moved into a true spiritual being yet. Once they have received the greetings from all of their loved ones and have achieved a sense of comfort, events will begin to unfold. We know that this doesn't sound like the order that you would think that they are going to be in but we will try to explain it as best as we can. What will happen to an individual then, after their initial greeting and welcoming to the other side, is

they will sort of "whoosh" into another part of the tunnel that is their own private part and will then begin a complete life review of all their experiences on earth in this most past incarnation. This is not done with pain or with emotion. It is done with fact to see what your life experiences did in either helping you to evolve more consciously or putting hindrances in that energy flow and thus not allowing you to move into a more spiritual concept while on earth. You will see how every thought, every action, every experience you had on earth affected you and affected those around you.

A life review

The average spirit that dies from, whether it be a mature age on earth, whether it be from accidents, from disease--whatever its form of death other than generally a violent death, whether that violent death be from an accident or from murder--but the general human that dies is also met by loved ones and has a life review. Those that go through life reviews, depending on their experiences as humans, will feel some events much stronger and experience the other individual's point of view with the degree of energy it put into those events as it lived on earth and with the amount of remorse and with the degree that it had asked for forgiveness prior to dying. Many people have events in their lives on earth and pay little or no attention to the effects of what their actions were, where others have a great sense of responsibility for their actions and a great sense of remorse for what those negative actions were prior to crossing over into the spirit world. So that when those individuals who have crossed over into the spirit world have previously gone through a period of asking for forgiveness, understanding their actions, being responsible for their actions and truly feeling remorse, regardless of the degree of their actions--when they cross over and do a life experience, they still will feel with a great deal of energy what their actions were but are released immediately from that.

There are those on earth who feel they have done many terrible things, and carry that within themselves, which really are not terrible actions or destructive actions, but feel very guilty about actions they took or did not take on earth. These individuals again will live through their life review, the degree of what they are feeling, and they will experience it from the individual that they had the experience with. This life review is often the way all spirits are able to be released from their actions and their emotions with their earth life. It is not always a negative experience, either. There are many things that all of you on earth do that are actions of love and compassion and support, that you never even always realized that you affected someone else and you are given the opportunity to experience those as well. And you will see that throughout your most past human life that many times you did far more good than you ever imagined that you did in very small ways that no one even thought of.

When the past life review is conducted, is the person receiving that aware of the other lives that they had besides just their past life at that time?

We would say with our knowledge, no. That what that person is experiencing is that most current past life experiences and that most current past life reviews. What then eventually happens is other incarnate lives you will then become aware of as a spirit and all of those past life experiences connect to the most current past life experience and you are able to see how you have grown from all of the experiences.

How soon after a person dies does their soul become aware of all their past lives?

It is difficult to describe that to you because in heaven there is no time spans. Again, this is the willingness of the spirit and soul that has crossed over to move into its true spiritual form, and once it loses its earthbound connections and begins its true spirit journey, it then becomes aware of all of its lives and all of its experiences.

Council of Elders in life review

Does the Council of Elders participate in the life review, which is conducted after crossing over?

Afterlife 101

There is a Council of Elders present at times--we would say the majority of the time-- with those who have crossed over during the life review. They are not there to judge, they are not there to congratulate, they are just a Council of Elders, wise spirits who are there to help support the new spirit energy as it looks at all of the events that took place in its lifetime and all of the people, regardless of how, whether it was passing on the street or a deep love interest--how all these interactions affected not only the soul spirit that has just crossed over but the soul spirit of every individual that it has come into contact with.

This Council of Elders--obviously there are very many of them--they are always elder spirits who are within your own consciousness level and are there as comfort and with an understanding that they have much more wisdom and power than--say--spirits who would be meeting you as you have shared many past lifetimes within "your group". These are wise spirits of both male and female energies--who have no distinction between being male and female--but who you will perceive as being male or female because you are still soul connected. These are both masculine and feminine energies in heaven. There is no distinction between male and female but because you still have soul connection you preserve male and female energies.

After the individuals greeters return to their place in heaven

Again, the individual crossing over for what you on earth call a certain time experience is still seeing itself in experiences in human form and has not yet moved into its complete spiritual energy. The individual crossing over will soon see that the loved ones that have met them while crossing over will generally leave them and go to wherever their place in heaven is. To whatever their spiritual level is, is where these loved ones will move off to. The new spirit crossing over does not feel alone at all though. It soon finds that it is connecting with other energies that it has known from many lifetimes who are vibrating at their own consciousness level.

Oftentimes, when a medium is describing to an individual here on earth a spirit on the other side that is trying to communicate with the human that is still on earth, and the human on earth does not know who this spirit is at all and feels very confused, it often is a spirit from a past spirit life who were at the same consciousness level as they were. And though they know them very well in spirit form, they do not know them in human form and so oftentimes that is why a spirit comes across and the human does not know them but the spirit knows them from spirit form. When the new crossing-over spirit's family and loved ones fade away, ...some of them fade away and some continue to be with them because they are at the same spiritual consciousness level. And yet their presence is more in the background for a considerable amount of time because the new spirit crossing over has many phases to move through until it reaches that vibrational level of its true spirit.

Release from the last earth experience

When a spirit soul crosses over it is initially given many opportunities to interact with human experiences from earth. Eventually these spirit souls realize they are ready to release from this earth experience and move completely into their spirit soul experience. When this happens, they are released from that lifetime and move into all lifetimes they have experienced. Each spirit soul that crosses over and moves into its full spirit soul energy of all lifetimes, does continue to remain in contact with the energy of all their loved ones from this most current lifetime. They are often there to help loved ones in difficult situations and in joyous times. Though they are not with those loved ones on a continuous basis they are able to at free will choose when to be with those loved ones. When a spirit soul leaves their human body they are often surprised to see themselves looking down upon themselves. This can be under any circumstance of death. Oftentimes when a spirit soul is being mechanically kept bound to earth they are not in their human body at all and would like to be able to communicate to their loved ones to please release them and let them go so that they can move on. The sense of love, of obligation and responsibility, can often keep a loved one bound to earth and not allow it to move freely into its spirit soul life. We so often think we are doing the best to help loved ones but oftentimes are hindering their clear free movement from one life to another.

Revisiting pleasant earth experiences

Once an individual has gone through their life review they are given the opportunity to experience things from earth that they either enjoyed very much and can again have that earth type of experience, whether it be from holding a grandchild, to visiting Disneyland, to airplane soaring, whatever the life experiences were that they enjoyed or they hoped to enjoy. They are then given the opportunity to then do that in heaven. Those experiences that they are having in heaven now do not affect anyone upon earth and their loved ones are not aware, though occasionally, if a loved one is tuned in enough, they can somehow feel the joy of the one who has crossed over. Not understanding what this joy is they somehow can sense a presence of love and joy from the one who has crossed over.

Meeting former earth personalities

If there were individuals upon earth at any time during this incarnation that an individual would have really liked to have known, they are given an opportunity to meet with that life force energy that they saw. They are allowed to ask permission to be in the presence of that life force energy that was on earth. It is sort of a residual energy and not the actual presence of the spirit that has crossed over, but the residual energy of what that spirit personality and ego was when it was on earth. Because the new individual crossing over still has the earthbound ties, the majority of the time permission is granted to visit with that residual energy and personality of what the one they wanted to meet with on earth was.

Help when crossing over

How do angels and spirit guides help humans when they cross over?

There are angels that are more highly evolved than earth angels and oftentimes they can be there to assist a spirit that has crossed over. And oftentimes when there have been multiple deaths from accidents there will be many more angels there to help than at other times. Oftentimes when a new spirit has crossed over and still has its earthbound connections there are angels that are there helping them with their earthbound connections and experiences that are earth-related that a new crossed over spirit would like to experience. And angels are often there to help them almost as an usher-type presence to help assist in whatever this experience is, oftentimes such as your late wife wishing to visit with Walt Disney. That type of visit was assisted by an angel of a higher dimension than those that helped with the earth experiences yet these are still earth-type-related experiences one still has when they initially have crossed over.

As a being leaves their body and their soul and spirit moves forward they are then greeted by their spirit guides along with their loved ones. The spirit guide will stay with the soul who has crossed over for a great deal of time. After it has made its crossing over and is becoming used to its life in heaven, once it leaves its soul and becomes then pure spirit, spirit will then no longer be as connected to it as it has through its journey.

If a human crosses over and has been a spirit for a long time in a spirit family--those angels who helped him while he was on earth--do they help other humans then or are they essentially unemployed?

Angels are always in demand. In terms of your earth words they are never unemployed. They are there and will begin to help new arrivals on earth and are always kept busy helping you earthlings. They do this with much joy and much pleasure. We will find many angels often when circumstances are quite difficult, when angels are called from other sources to come help assist and be there to support that family. Of course, as with any case, it is always the family's choice to acknowledge these angels and their presence and their energy to help support them. Even though these angels are oftentimes not acknowledged on a very open level that does not mean that their presence somehow is not experienced.

Afterlife 101

What senses does the newly departed soul possess in heaven, senses like sight and sound?

The spirit who has initially crossed over still, as we have said, has many earthbound energy connections and because there is a gradual movement into its final spirit form the visions that one is able to see are visions one chooses to see. You can be in Disneyland, in a garden, or you can be on a fast boat or on an airplane or whatever vision it is, you still have the ability to see in a three-dimensional form as you did on earth. And then you--and when you ask permission to see a spirit that you did not know on earth, but one you felt a real deep connection with or a desire of gratitude toward--you ask permission to be able to, if that spirit would be able to, just acknowledge you and it is done in that manner as you would expect it to be done on earth.

Okay. And, for example, to the extent that vision is an appropriate sense, does somebody have 360 degree vision that they see everything within sight, as opposed to focussing in some direction?

What they see is just exactly what they choose to see, what they ask to envision, and again this is just upon initial death. Please do not expect this is to be the way life in heaven is because, after again a certain period of time as you on earth relate to a certain evolution of your spirit, you then do everything telepathically. You are no longer in what you would consider a three dimensional form and you move about in your spirit life. The mediums will often explain how your loved ones are still connected with you and see your life. This is true, they do, but they do not do this as a full time "occupation"--they do this in a manner that is just another field of energy that they are able to contact with. When the mediums are discussing loved ones and say that they are together with some one it is because they do come together at that time to be able to share that communication, but that does not mean that they are basically all hanging out together in the three-dimensional human form that you know them as on earth.

The next sections deal with transformation experiences, which depart significantly in a negative way from those of the average person crossing over.

Creation of 'ghosts'

What sorts of spirits choose not to proceed immediately to heaven?

Those spirits who do not cross over after they have had a physical death on earth are oftentimes spirits who have died from trauma and in anger, such as, for example, the spirit of a man who was very angry, who was a murderer, and who in turn was murdered; the spirit of a woman who was giving birth to a child who died in childbirth and who did not want to leave her family; the spirit of a child who died and didn't want to leave its mother; and spirits who have died in war and in battle.

Given that these sorts of people have remained on earth after physical death, what sorts of things do they do, how do they spend time, what motivates them, what interaction do they have with other such souls or with humans or anything about their continuing existence on the earth plane?

Well, it depends on many different circumstances. If an individual is a singular spirit within an environment, they are often just continuously moving around trying to justify their anger or always searching for themselves. They are souls that are quite incomplete in death as they were on earth. So they are often within an environment trying to still find themselves and will make their presence known many times to the living, thinking that they are still a part of the living, and to continue on their path of fulfilling the needs the anger is driving them through. Oftentimes when there are many spirits in an environment due to occasions of death that for some reasons within that space, within that environment, there is an energy field that seems to collect spirits who do not cross over. These spirits generally do not know or interact with other spirits that are there.

There are other occasions where spirits of like minds, who may have been gangsters, have all been dropped in one location. Oftentimes these spirits are of such like minds and negative energy fields when they were on earth and because they have all been dumped in one area, even though they weren't in their bodies at that time, their spirits all seem to congregate together in that same area.

Oftentimes it is, for them, a sense of camaraderie and they don't care to cross over because they are with their buddies and they have no fears or concerns and yet there is still something they know is not quite right and have oftentimes been in such a place for so many years that it just takes a small amount of assistance to help them cross over. Though they have died violently and they have lived violently, they again are with such like minds that they are not in a place of total torment in hell as you would often expect it to be. Then there are those who have been killed in mass murders such as the holocaust or serial killers. These are not souls that hang around together in a mass grave; these are souls that cross over immediately.

Spirits connected to the earth by anger

These are spirits who held an extremely close connection to earth and when it came time to cross over either could not or would not see the light and the path that was given to them to help direct them over. They were still connected to the earth by anger. Generally speaking that is the main reason a spirit does not continue its crossing over; it is so enveloped in its energy of anger that it cannot release itself or will not release itself for it has not felt that it was able to justify its anger and therefore it did not feel that it had completed what it needed to do on earth. These are extreme cases of people who have been murdered or felt that they had been so deeply hurt. These types of people often cannot let go of their earth bounds because they feel as though they have not been able to have a life of their own, out of blaming everyone else and do not feel that their existence has been their own but lived life through their anger and their em-bitterness toward others.

How can that spirit eventually ascend to heaven?

There are many ways that this can happen. Oftentimes, the spirits that remain can be assisted by individuals living on earth who have the ability to communicate with them and can help move them along and this is done quite often. Oftentimes, loved ones that have remained alive on earth will then cross over and then the connection that the spirit has been hanging around for will then be stronger and help to bring that spirit soul across then as well. Oftentimes the spirit souls that linger for such a long period of time with the earth connection are spirit souls who have been tormented souls and souls that have not had any type of spiritual consciousness and have lived the darker side of life.

Earthbound spirit creating physical phenomena

What physical phenomena can be created by such an earthbound spirit while he is on earth?

It is important to understand that oftentimes when earth beings think they are seeing a ghost or a spirit, that is not what they are seeing but will see the residual energy of the personality come forth. This residual energy will create the same kinds of experiences that people think they are having when seeing a spirit. There will often be a change in temperature within a room or near the individual experiencing this other energy. Some spirits will create mischief by moving things, by opening and closing doors and windows, by making disturbing sounds that can be picked up. Footsteps that can be heard yet the spirit soul has no weight or has no sense (in the three-dimensional aspect that you think of) of grabbing hold of a doorknob and turning and twisting. There is an exchange of energies that happens, that does not create these in the three-dimensional sense that you think of on earth. Oftentimes when individuals sense the negative energy of a spirit or soul it is because that soul is as disturbed in its current space and time as it was on earth and will move about with that same type of negative, heavy dark energy. And by those sensitive enough, they can feel and pick up on that.

After such a displaced soul returns to heaven, in what way are its placement and progression affected?

It requires a great deal of added understanding by those who are greeting it, whether they be former human attachments and acquaintances or spirits and angels who are there to help them. Their sense of not understanding the crossing-over process has created quite a confusion within them. They require a lot of individualized angel and spirit support as they are willing to accept this move, the actual crossing-over, into their spirit world and truly letting go of their human dimension.

Ofentimes, this lingering and trying to stay earthbound connected creates a slowing down process once they have crossed over. And their spiritual life and progression appears to be much slower initially and, though it appears to be slower, once they have reconnected with their spirit world their connection becomes deeper than it might have at other times because they have really become aware of living in three different types of dimensions. And once they have totally reconnected with their spirit self they might appear to be slower in their spirit lessons and connecting to their higher consciousness. But as they do connect the connection is always much deeper and has a stronger meaning for them. Again, this is only by choice because they can choose not to move forward into that higher consciousness and still continue to be not as an evolved spirit soul and will return to earth to learn lessons dramatically again.

Is there a technical name for the "image" of a deceased person newly appearing in a painting or photo after their death?

Again, as we have said many times before, you on earth have to have everything identified by a name, to make it, to validate it. What you often see when you see an image of one who has recently crossed over is the essence of that person being with you at that time. I guess if you wanted a name the most important thing we would say it's the "essence" of an individual earth energy coming to visit, to see what's happening, feeling drawn by the love or by the energy that is attracting it from all those within the room. Even if it is not being drawn by complete love, if there are energies of anger and resentment it will come through in its essence form to participate in a way that no one is aware of.

And would that essence sometimes appear as if it were in a painting or a photograph?

It can appear in any form or with any manner. It does not necessarily have to be as you are asking but it can be done in such a way.

Spirit retrieval

Are there special spirits who are concerned with bringing ghosts into the spirit world?

We are not sure what you mean by that. Could you clarify that please?

If, for example, there is an earthbound ghost who has not gone into the spirit world--are there special spirits whose job is to try to convince those ghosts that they ought to pass into heaven and become spirit only?

Yes, and many times the assistance of one ghost moving into the full dimension of the spirit world is there through humans who are still living in the three-dimensional world, as well as knowing and accepting other dimensions. And they are often a guide as well in helping move this ghost, who is caught between two worlds, into the spirit world. There are times when just the "spirit cop" comes and there are many times there are earthly beings who will help as well.

What is the difference between energy that may be found at a location such as Gettysburg and spirits or ghosts that may be there?

We will first speak to the spirit or ghost that one would see there. The spirit or ghost is the actual energy of the individual who has not crossed over yet. It has not moved into its afterlife. It is generally an energy that is confused, particularly in an environment where there has been brutality and fighting and extreme cases of death. Those are usually on earth we would refer to the ghost of an individual and it has not crossed over. There are ghosts or spirits who will come to earth generally to a place that they love. These are spirits or ghosts, as you call them, who have crossed over but occasionally for one reason or another will come just back for a visit. These are generally--this is a subject we would like to go into in much more detail at a later time--but for this purpose right now--in areas where there has been tragic death you will see the ghosts and spirits of individuals who have not crossed over, the residual experience of energy that one sees such as the whole event taking place, such as Gettysburg, or --the energies of so many peoples in such distress remains oftentimes at a location of the time of departure.

In cases of murder, in cases of war, in cases of tragic death--many times the residual energy of the actual event will remain there and it is just an energy of the events that took place and apparently continue to take place by those who have the abilities to feel the energies there. We would say to that that oftentimes haunting's get confused by residual energies and again there is a difference of a haunting and a residual energy. Generally speaking, a haunting is where a spirit who has not crossed over is in quite a state of confusion and usually creates quite a disturbance in the area that it is in whereas the residual energy is often felt but does not purposely create a disturbance. It is just a matter of fact that such an experience took place there.

Particular case of suicide

Those troubled souls who are living on earth who choose to end their problems much too soon in life through suicide obviously have a very dark energy of their own they have created. Now, there are many different reasons for suicide. The first we would say is that this individual's connection with its spirit self is so blocked with negative energy that they have shut down from their spirit self. This individual is in such pain and is so confused and the wall of pain and confusion has built so strongly around him or her that the individual has closed down so much they cannot allow any love into their life.

By doing this they are looking at such a helpless and hopeless feeling, feeling of being totally alienated from the entire universe, feeling no sense of love whatsoever. When they commit this act of suicide they do not go to hell as many people say they do, but they are in a place darker than in the place of an individual crossing over for any other reason. For this is their place of darkness that they have created. These individual souls are initially met by angels and guides and they can see the brightness and the light and the love of these guides coming through to them. This light and this love does permeate the life of the individual who committed suicide so that they are not left into a complete hole of darkness though they are in a dim world compared to where they would have been under other circumstances. They are met by loved ones who have crossed over who are very glad to see them.

Those individual who cross over from suicide are eventually greeted by loved ones so that they are not living in this place of fear. Unfortunately, their interaction with these loved ones is not as prolonged--though again, time is not any essence whatsoever when crossing over--but they are not given the opportunity at this time to move immediately into this loving family environment. They are greeted by loved ones and supported and they have been released from the majority of the torment they were experiencing upon earth. Oftentimes their immediate sense of guilt of what they have done to themselves and to their loved ones retains them in a place such as a continuation of a school-room that you might relate to as in heaven. They are so looking for forgiveness from their loved ones for what they have done to them, not what they have done to themselves, but what they have done to their loved ones that their sense of guilt is again as strong as their fears that sent them to commit suicide. Their sense of guilt often prevents them from moving on for what we on earth would consider a great length of time. As they continue their spirit life, they are given opportunities to look back at their earth life they had just ended. They are given opportunities to then be open to see the love and caring of the ones that they left behind had for them. Their lack of sense of any right to have love in their life is what drove them to commit suicide to begin with.

So as they look back upon earth on the life they had on what brought them there, whether it was shame or guilt or fear or even anger, they see how their death affects all of those surrounding them. Oftentimes those left on earth play a role in helping an individual move forward so that they can connect again with their level of spirit energy not associated with their having committed suicide. These spirits who have committed suicide are given opportunity after opportunity to release what has brought them there so that they can move forward into their normal spirit life again. Until they find that they can release what brought them there and know that all they have to do is say--yes, I am willing to let go, I am willing to feel my rightful place that I didn't experience on earth but can move back into in Heaven. It is their free choice. They are oftentimes unable to accept that all they have to do is simply say yes and move forward, that they are restrained within the feelings and emotions that took them to commit suicide and do not allow themselves to move forward even in a spiritual world.

A majority of the time all spirits who have committed suicide move into their rightful place in the spirit world for they are able to see how much love is sent to them, both from those on earth and from those spirits who have come before them who are willing to say, yes I deserve this. Regardless of what they did, they are able then to move into their rightful journey of their spirit self. For in this place where they initially come after having committed suicide they are immediately given the opportunity to see the love and agree that they deserve this love and be willing to move into it. They are given free choice and oftentimes the burdens that they felt upon earth are so strong that they are seeking the freedom from guilt, from the forgiveness of the loved ones on earth. They move forward once they are able to agree that they do not need to continue to carry the burden of what brought them to heaven before their designated time. We would not agree with many spirit mediums on earth who say that those who commit suicide move into, shall we say, their place of origination in heaven immediately unless they have immediately allowed themselves to be released from what brought them there. Heaven gives you choices the same as earth does. Those who remain in this place they have come to from suicide are many times souls who just cannot accept they have the choice and the responsibility as spirits as well as humans to move forward and therefore their growth spiritually remains where it is.

They eventually come to a place where there is love and there is forgiveness but they choose not to move beyond the place where they are and are souls that no longer move forward because that is their choice. This generally does not happen but all souls are given the choice whether to move forward or not. If they remain in this state of not choosing to move forward they no longer are an energy that is in which you on earth would call this holding cell of suicidal individuals but move forward into a group of spirit souls who are at the level of consciousness they are.

There comes a time then when you make the choice to move forward that you honestly look at yourself and forgive yourself and give yourself the love and the forgiveness. And once this happens you are able to move to the place in heaven where you would have been at the time of that evolution of your spirit from earth. This does not mean that you would be at the place that you might have come into heaven at had you continued that lifetime but at about the consciousness level of where you would have been had you not been so fully attached to the events that were taking place in life that pushed you to commit suicide.

You on earth play a very big role in being able to help those on the other side no matter how they cross over, no matter what the circumstances are, and you can think of any circumstance. But you on earth are able to help them cross over and to help them to move forward by the love and the forgiveness and releasing of them. Your role on earth plays many times an important role for the ones that have crossed over.

Particular case of individual who commits evil acts on earth

The next transformation we would discuss would be those who by terms of you on earth have committed many evil deeds on earth and they too are met by loved ones initially. When anyone crosses over, they are always met with a sense of someone being there. Rarely do individuals cross over into emptiness or a blankness or a place of less than being accepted into the spirit world. Again though, they will feel after being there a very brief period of time and going through the life transformation, their energy is almost "swooshed" into a place that is a consciousness of where those who have committed evil are at. Oftentimes those spirits who maybe did not necessarily commit violent evil acts but were negative and destructive and extremely manipulative to all those around them, they also go to this area that is what we would say is evil. Now, we are talking of those extreme emotional energies that were on earth. There are many different levels of what you on earth would call psychological evil events. And we are looking at those extreme individuals who did not necessarily commit any violent acts but were still destructive in their own negative ways.

So in this place in heaven where evil-doers go, whether they are evil in violent physical acts, or in other destructive demeaning energies, many times they go to similar energies in heaven. They often relive the events that they did in a much deeper, in a manner much more felt, than just in the life review--for it is an extended period and each spirit will look at every person that they had hurt and it will be the actual victim and the victims' families. And they will relive these experiences over many times until they get what it was and why it was they did what they did. And regardless of the fact that if

they get the lessons that they did for--let's say--murdering one individual, they will still go through each process of their transgressions until they have completed all of those life experiences in the most recent earth life they have lived. They have a choice then to ask for forgiveness from each of those individuals and to ask for forgiveness from their higher self and God and to give and to be willing to accept the forgiveness themselves.

We do not call this place hell--many of you on earth would call it hell--but again it is giving the spirit soul an opportunity to feel what its actions were to those on earth, to relive them on an individual personal basis and to feel all the feelings that their victims and family felt and to see how those actions affected each and every individual around them, both their families and their victims' families and friends. After this re-experiencing of its human life events, this spirit is also given the opportunity to move into its home family, if you care to call it that, in its spirit world. It can only do this through many ways and that is by asking the forgiveness from the families in spirit it was so destructive to and by eventually knowing that and accepting the forgiveness from God and accepting the forgiveness from themselves.

Unwillingness to let go of destructive energies

In both cases of individuals who have committed evil acts and those individuals who have committed suicide, they are not in a space where they have a spiritual experience with other spirits. Though they can feel the presence of others around them within the environment they are in, they have no actual contact with these spirits. They also, once they are willing to accept the forgiveness from others and themselves and know that God is always forgiving, realize that when they agree to move into their original spiritual home, that when they do reincarnate in life again that there will be as you on earth oftentimes call a karmic energy that will follow them in their new earth life.

There are those though who have been so evil, and so destructive, that it seems that their life back in the spirit world will be in this place for an infinite amount of time. For there are also those who will never have remorse or ask to be forgiven, who cannot break the earthbound ties and emotions, those energies that brought them to such a destructive place that they cannot release themselves from that. This is not a punishment to them. This is their choice for not being able or willing to let go of those destructive energies that created all of its experiences on earth. For many times it can never concede to the fact that it did something wrong as a human, and therefore has no need to ask for forgiveness or to feel any remorse for any of their human actions. This is a place then where these spirits will remain indefinitely and will always feel the constant torment of what drove them to their actions on earth. You on earth might call this a hell or purgatory. Those in the spirit world again say it is just giving the spirit the opportunity to make choices and move forward and so therefore it is the spirit itself that is responsible for where it will continue its existence.

For people who cross over, having either committed suicide or having committed evil acts while on earth and thus go into separate areas of heaven, what is the role of angels and spirit guides in those circumstances?

As with any being that crosses over, they are initially met with higher evolved forms of energy to help make the transition though we would say they find their transition to be a much darker event than those who are more--who have not walked more on the dark side of earth. We will say that anyone who makes their transition is always greeted by a form of higher energy than they ever experienced before but that does not mean that they are making their transition in what would be the most joyous experience as others.

Special lessons for those who did not learn the lesson of self-love

As we have said before, anyone who is crossing over, regardless of what their earth circumstances were, and what their level of spirit consciousness was, are all greeted by those who they have known in their most recent past life--in the past life they are most recently departing from. They then can experience a separation from those loved ones for everyone for a period of time as they go through their own life review and begin their journey into their spirit life. When one makes the crossing over into their spirit life, how they reunite with their spirit family not only has to do with what their actions on

Afterlife 101

earth were and what their connection and their spiritual growth and evolution of their spiritual consciousness on earth was but also has a great deal to do with how they thought and felt about themselves in that human life.

You could take an individual who was a very good, loving, giving, compassionate person on earth in their actions and their words in their contribution to human life but within themselves they felt a great emptiness, a great sense of inadequacy and, as you on earth would say, low self esteem and confidence. Though, by the standards of many individuals, they led almost a saintly life but within themselves they were continuously tormented by not being adequate and good enough. Those individuals put themselves through a much slower pace of returning to the spirit family than someone who again, regardless of what their actions on earth were, come across having a sense of self worth and self esteem and confidence and that is regardless of what their actions and deeds on earth were. We have already discussed those individuals that make their crossing over who have been violent and terribly destructive on earth and what happens to them. Those who cross over with this lack of inner self love move into a place where they are tenderly helped to open up to seeing what lesson on earth this time that did not get completed.

Many people think that by helping others in being compassionate and being the good person is what the lesson on life on earth is all about and do live those kinds of life but have not completed that full cycle of the lesson and that is learning to love the inner self. These people have done many good things and come back to their spirit life but all along have realized that there has been an empty hole in them and they have not been able to understand what that emptiness is. So when they come back to their spirit life they are greeted by many loved ones. They are greeted not only by a life review of what their actions were but they are greeted with special spirit guides--angel guides--mainly at this time still angel guides more than spirit guides because the connection is still very earthbound.

And they are gently taught to see that strong lesson of self love that they did not come to know and understand in this lifetime for that is probably one of the most important lessons on earth as we have mentioned before--this is self-love. For by not having the self love many times what you do for others is hollow and you feel that hollowness because you are able to give to others and not to yourself. This is a picture generally when you make your transition into your spirit life that you are able to see with a lot of love and help from those on the other side that have come to be your so-to-speak "guidance counsellors".

Spiritual treatment after various life circumstances

What are the various circumstances which lead to a spirit being placed in a healing environment after crossing over, perhaps for an extended period before locating in its proper family grouping?

This can be the result of a suicide, this can be the result of an individual who has lived on the extremely dark side of life and committed strong transgressions against other beings.

How does a mental disease in human life affect the spirit after its crossing over?

As with other human low physical energy levels, once a human crosses over they no longer carry that low energy level of mental or physical or emotional attachment with them, or human dis-forming attachment, with them into the spirit world. There are often souls who have agreed to reincarnate with an extreme deformity or handicap who are actually highly evolved souls but know that they are crossing over and reincarnating into that experience to not only to help them evolve higher spiritually themselves but as a strong teacher for those upon earth.

Can spirits be "contaminated" or otherwise imprinted by a life within certain types of human bodies?

We're not sure we understand what you are asking. Would you please rephrase that?

In other words, is the spirit after crossing over affected by the kinds of body it may have lived on or events or diseases that were associated with their life on earth? Does this carry over into the spirit world?

As we have said before, those who have committed suicide do carry over the experience oftentimes of what happened to them to bring them to shorten their earth journeys. But those who have other physical ailments and handicaps do not experience those on the other side. Human disabilities and illnesses leave the spirit and stay on earth. They do not follow or move into the spirit world. Often those who have been blind know as they make their transition, they immediately see. Those who have been deaf immediately hear. Those who have been totally incapacitated and bedridden find they are up and moving about as much as, if not more, than any other spirit encounters.

You have indicated that what your consciousness is, is how you will perceive the afterlife and your death experience from earth. What is consciousness in this context?

Consciousness in this context deals with what actions and what level of energy you are on in your most current lifetime. You can have many people who think of murdering someone as a terrible event and yet if you are the murderer your consciousness can only fit into that realm because that's where your energy was flowing from. So you can take a mother of several children and take her consciousness and her consciousness is what she thinks and what the consciousness of basically every human is what they have as their moral values, what do they relate their moral and ethical values to. Someone who is a murderer obviously has far less moral and ethical values than the mother of many children. So the consciousness that we are talking about is where the individual is coming from in his thoughts of himself and the rest of the world.

There are many preachers who are very good at what they do but there are many who use their mission to enhance their own lifestyles. So we might see in an outward appearance a consciousness of an individual mother, minister, killer, whatever they have set up for themselves, and they know why it is there but it is not something that others would know, such as the minister who has worked very hard to achieve power and let's say television--to be well known on your media circuits. And yet behind his initial impact of reaching out as a minister he is also looking for--he has another conscious level inside of himself who is seeking recognition, who is seeking rewards and benefits that as he moves forward is brought into his life. A mother with many children has many, many thoughts in her mind. They are all having to do with showing and helping their loved ones--their small children--to have a high moral and ethical consciousness from the very beginning. So that mother's goal is not just her own consciousness but to help raise the consciousness of the children she has.

And when any of these examples cross over they take this consciousness with them for an initial period in the spirit world?

This is very much true because as you move through a lifetime, the average individual on your earth sees their consciousness move considerably from what it was as a child, as a teenager, as a young adult, to becoming a senior individual who has much different thoughts than when that individual was out in the work force. So you have a change of consciousness almost consistently if you are willing to grow and move into that.

And this earth consciousness after one crosses over is gradually replaced by the reality of the spirit world as opposed to the consciousness that was brought over from earth existence?

This is very much so. The consciousness we are talking about is your earth consciousness. You do not live in your higher self-consciousness in current lifetimes. You often will get a glimpse of that but you don't normally understand it. So, when you die, by the way, the consciousness that you have, you've manifested in your own thoughts, whatever those thoughts of death are that you have come in connection with in your lifetime. That will be the type of crossing over experience you will have. If you have believed in hell and brimstone when you cross over you are going to meet your loved ones and then you are going to for some period of time experience what you think death is--hell and brimstone. . But your hell would be experiencing everything wrong that you did to everyone else and to see what they feel and you then, after what you on earth call a period of time, will be given the opportunity to return to your spirit consciousness. Spirit consciousness is all that is real. It is your closeness to your higher self and that is what is always there.

Events when individuals believe death is nothingness

Those individuals who have a concept of death as being nothing will experience their crossing over as being nothing. They will not be aware that all of these teachers and guides and angels are with them. They will not be aware that all these loved ones are there with them and that they are in this incredible tunnel of light and love and freedom. They have brought with them a consciousness that death will be nothing and for a period of time that is exactly what they will experience: This incredible void of nothing--far lonelier, far emptier, far more beseeching to understand what there is more than they have ever experienced before. They will be left with this agonizing yearning inside of them as a spirit for a period of time because that's what their consciousness was and that's what they experienced. But they do not remain in this nothingness for long for the power of love shines through to them from all their loved ones, angels, and spirit guides to greet and welcome them to their spirit life.

Events when individuals believe they are going to "hell"

Those who had a vision that they were going to go "to hell" have many different versions of what hell could mean to them. There will be those who have a typical vision of what hell is, and that is what they will experience. There are those who will think hell was certain events or circumstances in their life and that is what they will experience for a period of time. This is not something that lasts for any great deal of time because spirit will come to those and those experiences and give them the choice to see that they can move out of those experiences and that is not what life after life is all about. That is not what they have to look into for infinity--they are able to move and experience their loved ones, see that they are there and around them and open into the light of love. It's as if butterflies were emerging--and that is somewhat what happens to souls with those concepts of heaven and hell and nothingness at the time of death.

Are there ever cases where a spirit has been reincarnated before it has died in a previous life and arrived in heaven?

With our knowledge no. We don't have all of the knowledge but as far as we know, no, that is not the case. As on earth, no one energy can occupy two spaces at one time. And so a spirit, though there is a residual energy left in heaven to greet those who come to earth because that is what you are expecting, it is not really the spirit itself that is there. And we do not believe that an individual who has died can be in heaven and in a body at the same time. Is that what you are suggesting?

Or in a second body while it's apparently still alive in its soon-to-die body.

We do not believe this is the case at all. As your spirit guides we see that generally speaking a soul does not immediately incarnate and especially not two at one time.

CHAPTER 4. THE AFTERLIFE

This chapter deals with the new life that is experienced by a spirit that has made its transformation from human form to living in its spirit home and with its spirit family group. It highlights, as best can be done for humans, the differences between the three-dimensional existence on earth and the afterlife.

Arrival in the Spirit Home

Once a spirit has crossed over into heaven, it has been met by loved ones, has gone through a life review, and then moves to its spirit home. And with individuals of that consciousness, for that is where your spirit home is--that is where you are as a form of spirit energy, living with other spirit energies of the same consciousness, of the same like mind and thought that you carry as a spirit. Not as you carried as a human but as you carry as a spirit. You are a form of energy that interacts with other energies within your spirit home, not all the time and often you are in your spirit home with your own spirit guides. But you still have interaction with other spirits there. It is not an interaction that you think of like on earth, playing cards or eating together or shopping together or enjoying something together; it is an energy that is communicated without words but with the knowing, an energy that in heaven--the most important thing to it--seeks to find a higher level of its connection with God the Oneness.

Though you have the opportunity to revisit earth with the pleasures that you would have like to have seen, in an energy form such as your late wife wanting to enjoy Disneyland at some point, or as an individual who cares to be with their most current life family during holidays that you are about to approach, you can move in the energy that you are into experiencing those life experiences on earth with those that you continue to love. Generally, though, after you have been transformed from human to spirit you begin to more and more expand your energies, more into your spirit life than into what your human life was. You have the ability to oftentimes help protect your loved ones on earth, but generally when their life is being threatened, their guardian angel is there to help with any type of protection required. But you can always help assist in warning or providing a safer means as an outcome for those who that you have loved. Many times this will happen and you often on earth will wonder about how did that not happen and never realize that a loved one from the other side was helping to protect you. As you were in your spirit family, as we mentioned, you do have connections with them, you have an interaction with them, you help support each and every person within your spirit family.

In your spirit family, energies of only supporting and loving and caring and teaching will be energies that you will experience, for you have left your earth energies and emotions behind and so you do not have to experience fear and hate. And therefore you support each other without judgment and with only trust and love. Within your spirit family you all are essentially at a consciousness level that is equivalent to all others within your spirit family, and so you are all working at the same level of energy.

Changes in one's spirit family

Spirit families can change somewhat and the reason that they change is because there will be spirits within your spirit family who will have chosen not to evolve to move on. There will be new family members who come into your family because they were able to evolve and move much faster into your group through their actions and spiritual evolution and the life lessons they learned in this most recent reincarnation. There will be spirits in your spirit family who have moved on because their lessons and spiritual evolution was so much more powerful and so much more acknowledged that they are able to move on. The grouping that you are with generally is the one you always will be with except for these cases that we have just discussed.

As a person on earth chooses--as a spirit before it chooses to reincarnate as an earth being--they do not always know how extreme some of the lessons they are going to have on earth will be and that their status with their spirit family will be changing. But when this does happen and they make their crossing over they do not feel a sense of loss or feel a sense of abandonment. They embrace the changes that take place both for themselves and for their other spirit family members.

Spirit family and earth family

Not all of your earth family members are a part of your spirit family. This is a misconception that has been shown to individuals on earth so that they are just willing to have an understanding of how life does continue. You never feel alone when you return to your spirit life for you are met often by past family members in your most recent human life. Many of those family members will not be in your spirit family. But they are there because you still have your earth connection and they are there to greet you. You feel an even stronger sense of coming home and family once you are fully reunited with your spirit family. As a spirit family many of the same things are true in your spirit life as they were in your human life. You are able to see how your spirit family members have evolved and progressed as you have and but that many of you learned many of the earth life lessons that you were to learn when you made this most recent past life experience happen. After an individual is initially greeted by all loved ones and they have gone through their life review and they then move into their spirit family you begin to see a changing of the energies that are surrounding you.

A sense of being home

We are now going to talk about the general interaction that happens with an individual that has now moved into their complete spirit life with their spirit family even though it is still just the beginning of their spiritual transformation. One has a tremendous sense of being home, a sense of fulfillment and completeness that one did not allow themselves to experience upon earth but could have if they were willing to see beyond the three-dimensional energies of earth life.

Initial solitude and an opportunity for meeting important spirits

Though you are in this wonderful large spirit family that you have returned to and you are initially greeted by all of your--and reconnected with all of your--spirit family, you are then given a time to more-or-less have solitude and a time to become more comfortable in your own spirit being again. You are not given a tremendous amount of activities or interaction with your spirit family but only on a small time period for a while so that you can acclimate back into spirit. Oftentimes in this phase you are still wanting to experience some earth connections and return to some earth adventures and this is where you are given the free time to do such things before your complete human connection is broken. This is a time when had you had individuals upon earth that you looked up to and thought a great deal of who you had absolutely no way of knowing or physically connecting to that you are given the opportunity to ask permission to meet these individuals, regardless of how long ago they had made their crossing over. The majority of the time those spirits that you asked to make a connection with will appear in the form that you see them as on earth, for this is what you are wanting to do, to connect with the most recent life that you know of them having had on earth.

It is not something such as earth fans react to entertainers, athletes, but is on a true heart level that you wish to thank this person for whatever it was that they connected with on earth, that made that heart connection with you. The majority of the time the new spirit who has just crossed over will ask, as your late wife did, to have the opportunity to meet with an individual, as she did with Walt Disney. For she felt this true heart connection and thankfulness and gratitude for what he had contributed to earth in her life, the pleasures. There is rarely a time when such a truly heartfelt connection is denied. One does not ask to connect with a former earth being because of their curiosity or fan club mentality. One truly has to have an extremely strong heart connection to be able to even ask permission from the spirit they wish to seek and know and give them their heartfelt thanks and gratitude. This does not always have to be an individual who was famous. It could just also be an individual who had crossed your path and had such a big impact on your life whether through books, words that were said on the subway, whatever....but you are given the opportunity because there was this very, very deep heart connection.

Connection and dis-connection from earth experiences

After a period of time one begins to totally disconnect from the physical connection that they still have with earth, and by that we mean the desire to go and explore, recreate events that they experienced on earth. One still has those feelings initially when they become spirit but there becomes a time when they totally disconnect from earth in that manner. Though as you on earth have many things that you enjoy, such as Disneyland, a walk in the woods, the beauty--there will be times in your spirit life when you can use your mental capacities to create a scene that you would like to be experiencing from earth, whether it would be a garden, or the excitement of a cruise, or whatever one did on earth, one still has an opportunity, as you might say on earth now, to use virtual reality and reconnect with that experience. But you soon find that you are a part of all those experiences and you no longer have to individualize those for yourself. But you still can, if you choose to.

It is important to know that as you move into your spirit life your connection with your loved ones is always there. You continuously have a telepathic communication and can at any time more-or-less "beam me in, Scotty" to those family members and their lives that are happening. You can see what is going on with all of your loved ones simultaneously regardless of their location. And whatever they are experiencing in their life at that time you can connect with them on a telepathic level all at one time or can do so individually. We know that many of the loved ones in spirit are often trying to guide and direct the loved ones left on earth during difficult times. You on earth have not opened yourselves up to the fact that you can actually experience the guidance coming from your spirit loved one any more than you are willing, generally speaking, to open up to the spirit guidance of ourselves to you on a continuous basis.

Reduced connection with new earth family members

After one has crossed over, the connection to any new family members that happen on earth is nowhere near as strong as it was to those that they knew that were on earth. So any new babies that are born, though you have a knowledge that they have been born, your connection to them is not nearly as strong as the bond that you have made with those that were there on earth when you were there.

Schooling about life lessons

As you have gone through your life review when you first crossed over, you now become part of a schooling about those lessons that you went to earth to learn about this last time and have a much more in-depth understanding about why you went and what you did and why you didn't do it. And the spirit guide is there to help you understand the choices you made or the reasons that you did not learn that lesson or the reasons that you didn't even become aware of the fact that you were there on earth to learn lessons. And the spirit guide is there to help in the observation of what the human life was that you had and how you can observe the choices made and how you are able to see the levels of energy that you were able to move into or not move into.

This is a wonderful time for spirit for, though many times spirit will see things they felt were very stupid that they did on earth, as you would say--they were very stupid, were very callous or very careless or any type of negative emotion or energy one could conjure up. As a spirit that is not the case. You see experiences that you had to learn a life lesson and either learned it or did not learn it but you will never connect with a negative feeling or emotion about what you did. You will never say you were stupid; you will never say you were dumb. You will never experience that negativeness of what you did as a human. You will only see it as what you were able to learn or not learn without passing any judgment on it one way or the other. You have as a spirit a great deal of love and compassion and a wonderful sense of humour and laughter and you will find yourself laughing at your human experiences time after time. Often as a parent looks at the antics of a small child--that is how you will look at yourself in the lessons that you were experiencing. There will be no judgment.

Spiritual families move together in spiritual growth

When a spirit is back in their spirit family and they have done many of their reviews and reconnected with their spirit family, they then all attend, so to speak, classes where they are able to see how their love that they have for everyone and everything is connected and how they are all of one Creator. This process varies in different spiritual families for it is the same in heaven as it is in on earth. One is given choices and one can choose to accelerate their spiritual growth both on earth and in heaven and acknowledge how important that this is or there are those who take a more kindergarten approach, we would say, to the comfort of being within that spirit family they are in without moving forward in a more accelerated fashion. So the spirit family you are in is one that is at least all moving together at the same pace with an energy level much higher than others and a desire to embrace, acknowledge and become more of the oneness they understand is there. In heaven as individuals go through their "spirit school" they are given opportunities to learn more about their oneness with everything. In one's desire both on earth and in heaven to accept this oneness is how one moves forward into their higher spiritual self.

Deciding not to move ahead

One can finally say I am tired and I no longer choose to move from this place that I am in. I am happy right where I am. Oftentimes that means that they will have an entirely new spiritual family because many of their spirit family members do seek to move further ahead. One does not ever move into a lower spirit family though one can ask permission to go and visit other spirit families, whether they are of a stronger spiritual evolution or one that is not as strong spiritually as you. You as a spirit do have permission to go and visit. Generally this is because there has been a spirit within your group who has chosen not to move on, and you have, and you would just like to extend that love that you have for that spirit and let that spirit know that what you on earth would call judgment--there is no judgment--you have just had a heart connection with that spirit and you want to be able to continue that regardless of how they have chosen to evolve.

Human form

You do not move around in your spirit life in the form of a human body though you can take that form when it is time to greet loved ones or if you are going to go and do a spirit visitation with a loved one. You will take that form for that is what the human still remembers you as. But you really are a form of energy light and depending upon your spiritual evolution you vibrate at different energy frequencies and light.

No judgment in heaven

Where on earth you would question many of the actions of those that you loved and those that were--just the actions of those of any human that you would encounter, in heaven as a spirit life you do not question those actions for you have a complete understanding that whatever experience an individual was having on earth was part of their learning and evolution. In heaven you pass no judgment of any sort and none is passed upon you. For those humans who live on earth who have a sense of hopelessness and helplessness, who have no deep connection to their mankind and feel this sense of emptiness, they no longer have that when they return to heaven. But those who have this sense of joy and enthusiasm and connectedness to everything on earth will continue to have that joy and excitement and enthusiasm as spirit energy.

Individuality

Though as spirit energies you do not experience emotions as you do on earth, for what emotions truly are different vibrational levels of energy, you do understand as a spirit how your vibrations of energy reflect you as an individual spirit. There finally becomes a time in spirit's evolution that you lose this sense of individuality. This is not as you on earth would consider it to be a negative experience but one where you are moving and vibrating at such high levels of energy that you know that you are vibrating as the oneness with the creator and all universal beings. This is an extremely difficult concept for you earth beings to have because you feel that you are your personality, you are your ego, and you are this individual form.

Medium's vision. *I would just like for you to know that I got a wonderful vision of what happens and I cannot explain it other than as every time a spirit moves from their individual aspect of being into the oneness there is a tremendous volume of light and love and higher frequency of energy vibrating within the entire universe and as an individual spirit chooses to move into the oneness this effects every single living element in every single universe everywhere.*

To have an individual spirit achieve that oneness and move from their individuality does not mean they have to be a Jesus Christ or a Buddha or a Mother Teresa or saint, as you on earth would call them. But it means they have reached within themselves through their life lessons a knowing of the self-being love, of the self being connected with everything they say and do and act upon, and they understand that the power that is right there within them is the power that has always been there. And this can happen to an infant as much as it can happen to a great-great-great-great grandmother; it does not matter the age one is. It has to do with being willing to understand who and what they truly are. There are no human words or any other being words that can express what this connectiveness is.

What are the various ways in which spirits are different from each other?

Spirits differ in all ways just as humans do. There are spirits that have higher consciousness levels than other spirits. There are spirits who have jobs as guardians. There are spirits who are earth angels who come to earth to help you with your earthly problems, your everyday problems. There are angels and spirits of many different forms just as there are humans of many different forms and once one moves into their spirit form the differences have no meaning whatsoever.

Earth experiences as energy

In heaven as a spirit being once you have evolved into your true spirit being you do not have great desires to eat ice cream or to go to Disneyland or sit in a garden. For you seem to experience all the time all the things that you love and enjoy and wish to be a part of . These things eventually no longer take on an earth concept but an energy of what those experiences are that create within you so you move into the energy that is created in those experiences. Your sense of individual family is soon also no longer the primary factor in your existence because you see all as being a family and being love. Many of the mediums such as John Edward are describing a life that humans can only relate to and as we have stressed before this is very important because individuals want to know that life goes on after earth and they need to be able to see that they are connected with familiarity and with love of those who continue to live, though life does not continue as one would suspect that it does on earth.

What is the meaning of the term energy in the spirit world?

Again, energy is what everything is made of it. Energy is just the vibrational force that your spirit is evolving at, at any given time. And the higher your vibrational forces are the higher amount of energy one has. And one tends to always have a high amount of energy when they are working within the love circle of God and are being positive. One who is very positive and moving forward will have a higher level of energy because they live their world in less fear and more love.

Afterlife 101

Every single thing created upon earth has an energy to it. You know upon earth there are times when your energy is very low and you do not respond very actively too much of anything. And then there are times when something has happened and you are wrapped up into the core of the strong energy force and you know that you and that energy are working together to increase the higher levels of energy that your earth and your beings upon earth vibrate at. If you took a person who had been out on a drinking binge the night before and the next morning you put them together to compare them with a very high energy, very go-get-em, very creative individual you would see the differences in energy right then and there. Basically, that is what happens in heaven as well. You are either going to be vibrating at a much, much lower frequency or you are going to be vibrating in one of the very active energies of heaven and earth.

Workers and teachers

As spirits begin to evolve in heaven there are those who have become very highly evolved who become workers and teachers and many of these workers and teachers are more than spirit guides for they have evolved higher than that but they are there to help. Though they live in a complete spirit world they retain a very strong earth connection for many of these workers are workers who are helping the transformation from human life to spirit life. And as many different spiritual evolutions as there are on earth they need to be greeted by strong spirits who can help them with this transformation. So we say to you that this is one form of work that spirits do.

Many times that what one will have found in their life on earth is something that was always a continuous theme from one life to another because they are actual workers in heaven and that theme is what is carried out in heaven as well as what was on in earth.

Next, a series of questions and spirit guide answers are presented that amplify an overall description of life in a spirit family.

Spiritual family grouping

What are some of the distinguishing features of a spirit's normal family grouping?

Well, as we have said before, each spirit is a form of energy and vibrates at different levels of energy and light. What a spirit within its own group experiences is the same level in essence--we use that word again--to try to describe to you what you on earth can only feel in a three-dimensional form. So we use that term, essence, because it is the essence of a family. It is energies, together with the same levels of spiritual consciousness, with the same desires of moving closer to who they truly are and understanding who they truly are. As a spirit you begin to move into energy levels of vibration that are words that you hear about on earth all the time--words of peace, words of contentment, harmony, forgiveness, compassion. As a spirit you are moving more into becoming all of those things at one time. As you begin to become these things you begin to move into your own higher spiritual being.

If I were a spirit travelling in heaven and I approached, let's say, the spirit family grouping in which my mother was living her spirit life, what would I sense or feel as I approached that location, given that there is some kind of location associated with it? Would I see a cluster, if you like, of distinct spiritual energies that were physically collocated, perhaps like lights on a Christmas tree?

We would think perhaps that would be a fairly accurate description for your earthly needs. There is no need to move around about in heaven. You are more vibrating than moving as an individual spirit and as a collective family spirit grouping. In heaven there is no comparison of one family grouping versus another family grouping for there are no judgment calls and there are no good or bad in heaven. There is just energy vibrating differently. Such as light, some might be on strong, slow, pulsating. Others might be very bright, pulsating much faster. This would be the best way we could describe this to you.

Next, a series of questions and spirit guide answers are presented that deal with relationships in the spirit family

Interaction in a spirit family group

Is one's personality as one perceives it on earth carried over in some sense into a spirit family grouping where one spirit interacts with another spirit in a way that you associate with a family?

In essence, no. In general, no, that is not the case. You are an individual energy vibrating within a larger cell of energy that is compatible with who you are. Your personality as a human being is vibrating at energy levels that attract certain--we will try to help you this way. As a human being, let's say you are attracted to rodeos. And you are attracted to Montana and the strong masculine environment of those experiences, whether you are male or female. So that is part of your human personality. But the energy of that environment and those experiences are related in your consciousness differently than in your three-dimensional experiences. When you cross over into heaven you are within a group who most likely have had all those same types of likes on earth. In one lifetime you may find yourself living in the rugged life world of Wyoming or Montana. Between the time of one incarnation and the next incarnation on earth you may choose to come back and experience the operas and the symphonies and the ballets and most likely that is because you are moving and vibrating at another level, as will members within your family group who choose to have those same experiences on earth. So many family members will then come back to earth to experience those same things that you will be experiencing.

Though you may live in another country, generally that is not the case, but you can never be close together but oftentimes if you go to visit an event that you like in the current incarnation you are in and you think you feel comfortable. That is because these are people, even though they are not sharing your current life, are people who you have experienced in other lives. So, what we are trying to say is--usually the current of energy as a family unit moves fairly similarly when they all reincarnate though they don't all necessarily reincarnate at the same time and they all move similarly in the same flow.

Membership of spiritual family groups

Does the membership of a spiritual family group remain the same for all time?

No, it does not. Because within that family group a spirit can choose to move forward or a spirit can choose to stay where it is forever. And so, there will be spirits within a family group who will always remain there and who will see other spirits move in and then move on. These are choices that spirits are given, just as humans are given, to continue their journey or to say--this is where I choose to be. There are spirits within the spirit family that will go and learn their earthly lessons at--for lack of better words--a faster pace and will move from that family because it chooses to escalate its spiritual journey.

What circumstances can cause the membership of a family or group in heaven to change or is it always constant?

There is a constant evolution for each time a spirit returns to heaven for it has returned with a higher level of consciousness. Some return with a definitely higher level of consciousness for it has learned how to work through its challenges on earth while others did not work in their past reincarnation on earth to their challenges as well. But none the less we all return to heaven having completed positively our challenges, some more than others, some less than others.

But does that difference then cause membership in a spiritual family or in a spiritual group to change?

Yes.

And does that spirit, having left one family group, join another family group or does that spirit, if you like, become from then on an individual without family group identification?

Afterlife 101

Until a spirit has moved into its total knowingness of oneness with the Creator it will always continue life within spiritual family and groups. Oftentimes there will be spirits who are within the same family and will move as quickly as that spirit and their energies will vibrate at higher levels together and then move into another spirit family that is vibrating at the same vibration.

And they will join a new family group?

Yes. This is true. It is not truly a family group in that sense. It is a higher level of vibrations and this is what we are talking about. All "family" groups in spirit feel connected and know they are always part of family.

Relations among family groups

Are there secondary spirit groups that relate closely to a person's normal family grouping? In other words, is there sort of an association or organization of affiliated family groups or secondary spirit groups whose properties you could describe to me?

We are trying to understand exactly what you are asking in this question. If you are asking--are there other groups that a spirit can be a part of other than its one primary group--we would say that any spirit can do this. Within a primary group of a spirit they are like a cluster, a family, a grouping of spirits who have been together for a very long time and they are all within a certain vibration. Within that level of spiritual consciousness there are many other spirit groups that are not the personal family, if you choose to call it that, of an individual spirit.

I guess the question I have is: Do some of those other spirit groups have a much closer relationship to one's own primary group than others? In other words, are there connections between groups, some of which are stronger than others? And thus, for example, be more likely to have some relationship in an earth life because of that group-to-group association.

In one's individual primary group there are many spirits that have been with you through all of your conscious evolution. These are all spirit souls that have many of the same types of--as best we can describe it to you--likeness that you would have shared on earth and would have shared not only in your spiritual level of consciousness but in what your personality on Earth has always been. We could say that your personality upon earth was an animal-lover and you shared that. You had certain types of creative energies in you when you were on earth and those creative energies are an essence, a true part of who you are.

Through your lifetimes you carry that same type of creative energy with you. So, in your primary group you are sharing much of the same likes and creative consciousness thoughts as true living on earth and we say that you can have often the same spiritual type connection with an individual on earth but your personalities and your likes and your attractions for life on earth are extremely the opposite. So this would be like a secondary family in the primary group--a secondary level or connection. Your main connection within your spirit world is that you all are sharing the same level and understanding and desires on a spirit level. These are people that you encounter throughout your lifetime on earth. They are people that maybe live in another country. They are people that you've never met but if you were to meet on a spiritual level you would be sharing the same spiritual knowledge and desires and connectiveness. But on a more personal, personality level, you would not be sharing the same things. One might be a sculptor, one might be a gardener, or one might have a combination of these things. One might be an avid reader and one might not be.

You will find that within your primary family there are some changes--differences--but generally you all have the same connectiveness and creativity. And within your primary family, from your need to understand, you could have people from other countries, other nationalities, but you are all extremely compatible. The secondary families again are ones you are completely compatible with spiritually but creative energies are very different. You tend to share your primary spiritual family with those who have the same type of creative energies that you do and thus there are many secondary families in that consciousness level who have different creative energies but same spiritual energies. Can one connect with those? It is possible. Most of the time it is not something you would find that is necessary or is not something that you would really want to do but you will most likely have encountered these

other spirit souls in other lifetimes upon earth and have a familiarity, so to speak, of neighbours across the fence.

And then might there be spirit family level groupings on your same level of consciousness with whom you have essentially no ties, either earthly or in the spirit world?

We would say that almost anybody in your primary family in one reincarnation or another you have had a contact with, whether it be as a person who is a checkout person or someone you have passed in the driveway outside somewhere, you have always had some type of contact, ever so brief as it might be, with almost everyone in your primary family in one incarnation time or another. This does not mean that within your primary family you are close to these other individuals but you know that you have had a contact with just about everyone in one lifetime or another in your primary family. Again, you are closer to certain primary spirits than others but not in the way that you think of on earth.

My question was, though, going beyond either a primary family or secondary families that may be, if you like, affiliated with your primary family--are there other families within your consciousness level with whom you essentially have no contact with, either through earthly or through spirit world contact.

As we said, anybody in your primary family at one time or another you have had a contact with them upon earth, ever so brief as it might be, you have had in one incarnation or another a contact with those other primary families within your primary grouping. So you have a familiarity with everyone within that consciousness level that you are at and your creative level. Do you interact with them in the spirit world? The answer is only unless you are going to be sharing lessons, experiences that are to help you move forward in yours or their spiritual consciousness but under, as you would say, everyday experiences--no, you do not interact with those spirits though you are always aware of them there and they are always aware of you there.

Spirit living arrangement

Do spirits have the option of living in a soul cluster or a spirit grouping or living as a couple or living alone in heaven?

All spirits live within a spirit family. Love in the spirit world is not love as you experience it on earth. As a spirit when you come to greet the loved ones who have crossed over you are again within that earth family love. And as you help that individual to cross over you move back into your spirit world love and know that you have love for all individual spirits and that the love that you would have felt for a mate on earth is not the same kind of spirit love you feel for that mate or that child or that parent. As we have said many times before, as you move forward into your spirit life you find the earth-type experiences that you had are no longer the experiences you need to feel as a spirit.

Soulmates

Do spirit pairs exist who are soul-mates and destined to share many lives together?

Within a spirit soul family there are many spirit souls who are soul-mates, and not just in the term of male and female, romantic love as you experience on earth, but soul-mates of the heart who have shared different lifetimes together as perhaps friends, or sisters or some form of very close connection. So soul-mates are not just romantic love soul-mates. Soul-mates are individual spirits who have on earth a knowing and a connection that they have shared something very great.

If two individuals on earth really love each other, does that make them closer to each other in the afterlife?

It means that they share a special bond but the love that is on the other side is the love that cannot be comprehended from earth and that love is shared by all spirits. For one on earth can truly love many times, but that doesn't mean that it will connect to one individual on the other side more than others for there are many different levels of love in your human world.

Can two people who were connected on Earth find each other again in the Spirit World and still feel the same connection to each other?

This will happen many times. Again this is not necessarily in a love relationship such as long-term marriages. But yes, when you return to your spirit world you will often experience the love and connection with those you shared life with in your past life. It does not necessarily continue in that same form but that love never ever dies and that love will always continue with you through every life experience and through your spirit life forever.

What is the equivalent if any of sex between spirits in heaven?

Sex is not an issue in heaven. You have moved beyond that dimension in heaven and it is not an important role. It is not even, after a period of disconnect from earth, a part of the thought process for love is shared in many other ways.

What is the meaning of love and self-love in the spirit world and how are these feelings manifested on earth--love and self-love?

There is no difference. Love is love. Pure love--there is nothing to compare it to. It is your highest form of being connected to your highest self, to your spirit guides and to God your Creator. Self-love is part of what humans are given when they come to earth to make changes, to learn their lessons. There are many people upon this earth that do not understand that having self-love and self-forgiveness, though it sounds extremely selfish, is not. As you begin to love yourself, as you begin to trust in yourself, as you begin to see yourself as a beautiful wonderful creation of God our Creator, that self-love turns into love for all and everything and it has no boundaries, it has no limits. It is very difficult for one to be a teacher of love until they can learn about themselves.

Children in heaven

Who takes care of children who cross over before their parents?

Children who cross over before their parents are met of course by all the loved ones that were on earth for them. If parents and grandparents have not crossed sooner, there are loved ones there to meet them. If they are infants who are making a crossing over, they are greeted by many spirit guides and angels and move without much delay back into the spirit soul that they were prior to making that incarnation. Spirits that cross over as children do not stay as a child. They move quickly into their spirit being for they can much more readily accept their spirit being than those of adults.

Earth fame in heaven

Do individuals who receive a wide degree of fame and respect on earth, such as a president, retain any of this when they return to the spirit world?

No. All spirits are accepted into the spirit world with love and equal-ness. There are many who on earth, such as your Mother Teresa or your Princess Diana, have reached out and touched many souls in a very positive, compassionate, uplifting experience. These individuals have a vibrational light about them that is higher than others. There are many individuals who have no public awareness or acknowledgment of deeds they have done and they too move forth into heaven in a higher light and energy vibrational force. But just because an individual is famous does not mean they are going to move into their spiritual life in such a light. Mother Teresa's compassion and love and the public awareness of her was not at the same level as Princess Dianna who still had many of her own personal conflicts that she had not yet overcome, whereas Mother Teresa had found her own inner peace. So though they both showed compassion and understanding and love to many in your world, in their own inner world their own levels of peace were not equal. Individuals upon earth, whether they are presidents, great leaders, not-such-great leaders, or entertainers, do not cross over into heaven with any more acknowledgment than any other individual.

Next, a series of questions and spirit guide answers are presented that deal with communication in the spirit family

Communication with earthlings

In what ways can a spirit in heaven communicate and/or induce effects on humans on earth?

Well, as your wife well knows, there can be an actual visit by a spirit soul. And there are different types of visits. There is the actual spirit soul, as in the case of your wife and her grandmother, where the spirit soul is coming and making very definite contact with those left on earth. Usually it is because they are asking to be released so that they too can move on. Spirits can communicate to a loved one through an object such as with your wife--many times when she touches the bowl she and her grandmother shared when making bread, she feels the communication and the love of her grandmother. There will be the spirit soul that will be there for those who are about to make their crossing-over. Spirits can share a thought at the same time with the individual and the individual just knows that it has communicated with a loved one.

In times of danger, in times of a new birth, in times of a wedding, oftentimes the spirit soul will be there and make its past life image very well known to individuals. Then there is the essence of the spirit soul, the personality and the energy that often can be felt in certain locations. This is not the actual spirit soul that is there but the essence of the personality that chooses to have made its presence known. Then there are those spirit souls who have not actually made the complete crossing over who will also make their presence known, often on a far more earthly level than any of the others.

When we dream of others that have passed is that them contacting us or is it just a dream from our everyday thoughts?

We believe it can be a number of things. Oftentimes it is them contacting you and them coming to you and oftentimes you are not dreaming at all but you are there with them having that experience. But as you awaken from your sleep you consider that it was a dream when in reality it wasn't a dream at all.

Can a love relationship continue to exist after life that is beneficial to the departed and to the one on earth. Can they both continue to grow together?

You do not necessarily continue to grow together in such a love relationship after one has left. The love never ever dies as we have just said. It is always there. You on earth can often help those who have crossed over by releasing them from their earth ties so that they are free to move totally and completely into their spirit world and continue their own spiritual growth in the spirit world. That does not mean that you ever stop loving them but the transformation from human life to spirit life are from different forms of life, as you on earth would observe. And it is important that you allow the individual spirit who has crossed over to move on so that it can continue its spiritual growth, just as it is important for you upon earth to move forward. That does not mean that love ever stops, for it never does stop, but it is important to know that crossing over--making a transformation into the spirit life--is a time for all to let go of a bonding, of a connection between the two worlds, but not letting go of the love.

What governs when an individual spirit who committed suicide in its last earth life can communicate through a medium with those left behind on earth?

There are no governing rules for when a spirit on the other side can communicate with the beings left on earth.

Can that individual communicate through any other means that he is okay to his loved ones on earth?

Afterlife 101

Spirits on the other side often leave messages that we overlook and think that it is just something that is happening but there are forms of communication that one can receive in various manners from those who have crossed over.

And that includes those who have committed suicide?

This individual who has chosen to go back to the spirit life is faced with the challenge of overcoming the reasons for why it committed suicide and has a big job ahead of it on the other side. That does not mean they are incapable of communicating, it just means that they are extremely busy trying to understand the circumstances that brought them to where they were.

Do spirits occasionally make changes in electronic equipments or cause lights to flicker or some other mechanical or electrical effect?

Not only can spirits do that, because they are vibrating at such a different energy level it creates a disturbance within the electromagnetic field, but oftentimes individuals themselves who are experiencing the spirit souls can give off such an energy that they too can be the cause of electromagnetic disturbances. Your wife is an example. Oftentimes when she will go to use the computer things will not work properly with it when it always has worked and it is because of her electromagnetic fields creating a disruption within the electronic equipment.

Do spirits occasionally cause scents that humans can detect, such as cigar smoke or perfume?

Very much so. Oftentimes when an earth being does not have the visualization experience yet and has not opened up to their ability to see other dimensions, oftentimes they will smell a fragrance of the past loved one or past spirit that has made themselves known.

How does a human detect the presence of a spirit, awake or asleep?

Just as there are many different pairs of shoes there are many different ways of one experiencing a spirit soul of another being or experiencing contact from their spirit guides. As many people as there are, there are as many different explanations for this. Those upon earth who have not come to accept other dimensions often would react in fear for they have not learned that there is more than just the third dimension.

How would one know if it was a ghost?

You upon earth have to have words to describe everything. Ghost is one identification for spirits who have remained upon earth and have not continued their crossing over. Again, knowing that there is a spirit presence of another being is felt by many people in many different ways. We cannot say there is a right way or a wrong way, or this way or that way, because each individual will have their own individualized experience of visiting with spirits and/or ghosts as you so choose to call them upon earth.

There are many reports of spirits communicating with earthlings by means of tape recorded noise or even television or through telephone calls that seemingly do not originate from any place on earth. Is this true and does this happen?

We would say yes. If a spirit soul is trying very much to contact their earthly loved ones or an earthly being to get a message across there are no avenues that are closed in doing that. Whether it is from moving something within the house or other manners of communications such as you have just described, a spirit soul will do most anything to get the actual attention of the individual it is trying to do so with.

What events can spirits in heaven see on earth?

Spirits have a great connection with their loved ones on earth from their most recent reincarnation. They do not sit and continuously watch the events taking place in the lives of each one of their loved ones. They have again a very telepathic way of knowing when big events are taking place, when their loved ones are celebrating or in distress. They can have this telepathic connection with several family

Afterlife 101

members throughout the world at the same time and are aware of what is taking place in each loved-one's life.

After crossing over, how long will the arriving spirit continue to experience the intense feelings, which were present on or before the time of human death?

At the time of human death you are immediately and even in the state of human coma of human beings you are immediately removed from the state of pain and fear, discomfort, sadness. You are removed from all such things. You are able to observe what you are experiencing without having to feel the physical and emotional state that your body was in just prior to crossing over. As we said, it is the intense feeling of death and the reasons for you drawing near to the death of your human life. Those feelings of fear and pain are almost immediately removed from your spirit being and you do not experience the way humans would experience it.

How about the intense feeling of love for your family?

Love is universal. It is there for everyone at all times. In Heaven you are able to observe the pain, you are able to observe the fears, but those are human emotions that are left behind. Love is a universal all-being feeling at all times in both the human being and the spirit being.

Can you explain why spirits communicate with us at certain times and not others? Is it a choice they make, or is it more about our ability to perceive the messages at those times?

It is not from the spirit you are having difficulty receiving the messages. It is from your own place and your level of consciousness and what you are willing to be open to hear and to receive. Anytime you go to spirit for help and guidance and go in thankfulness and blessing they are always there for you but oftentimes your human challenges bar the communication from coming clearly through. This is a time when you need to sit and clear all thoughts and all human egos and wants and desires and go directly to spirit to get the information and ask spirit to help you as you are having difficulty receiving the communication.

Do some spirits monitor events on earth that may not be related to their immediate loved ones? For example, if a MidEast war were to break out in the next few days, is that something that spirits in heaven would be aware of because of its momentous effect on so many people?

Yes, they would be aware of it. Would they be involved in it and connected to it? Only if they had loved ones that were involved and connected to it. It would not be that they would all become concentrated on whatever is taking place in that world or global or universal experience. Please remember that you might be experiencing war within your earth but there are other worlds out there that have many experiences as well. And so, unless they have a loved one involved in it, though they have an awareness of what is taking place, they do not connect to that event.

Are there spirit guides however that do, whose role is to do such things?

Oftentimes the guardian spirit guides of those involved are working as you on earth would say "overtime" and are there helping individuals. So in that respect there are many spirit guides and guardian angels taking a hand in helping protect. War is a man-made event and spirit guides and angels do not interfere with such events on a global issue. They do go and protect individuals but are not a part of the outcome of any war for that is man made and you must pay and suffer the consequences of your inability to accept that all issues can be dealt with on a higher consciousness level and destruction does not have to be a part of that level.

Communication from earthlings

How are spirits in heaven affected by the thoughts of their past loved ones on earth?

The biggest influence the past loved ones on earth have upon spirits who are crossed over is those that remain on earth holding on with such grief and to such a degree that it does not allow neither the

Afterlife 101

person on earth to move forward and it keeps the spirit on the other side too earthbound to move forward in their life as well--into their new spirit life. We would say that this is the greatest effect those left on earth have on the spirits. Many times such spirits who have crossed over who have been in the public eye and people on earth have a sense of worshiping these spirits for whoever they were, whether they were great leaders, or entertainers, or just personalities. Or whether it's private citizens and just family members who build a shrine.

These are ways that do not allow the spirit to be as free as it could be. There comes a point in time when the spirit itself will talk to its loved ones and ask them to let them be free or a message will be directed to the loved ones of something that would help release that earthly bond. To individuals who have had monuments built in their names and fans continue to go and worship these individuals, there will be some who were so connected to earth that it will take them in earth terms a much longer time to be released. But, generally speaking, all spirits will realize that it is not the fans who are keeping them earthbound but their need to continue to feel that worship towards them. And they will too eventually realize that it is no longer a need as a spirit being as it was as an earth being.

Are there good thoughts from humans on earth that can have good results for spirits in heaven?

Most definitely. As you know, as you have experienced in the love and the forgiveness that you sent to your mother, it helped her move from a place that was where she entered because of committing suicide. And her guilt and shame that was still connected to earth did not release her into her full spirit being and your love and your forgiveness and your desire to let her know what she meant to you on this life on earth helped release her to move on into her full spirit being. The understanding that you have come to know about life after life on earth has been a way of giving your late wife a way of moving forward instead of how it might have been for you had you not understood about the continuance of spirit moving on. So what oftentimes a loved one feels will help move the spirit or it can hinder the spirit.

Can a human make contact with a spirit thought to be in heaven even though that spirit has already reincarnated back into human form?

Most definitely, because what you are connecting with is the essence of the person that you knew in human life and that essence will always remain in the spirit world even though it will come back to earth in another human form. When a spirit returns to earth in a human form the essence of all of its past personalities remain in the spirit world, and will occasionally come back in a deja vu form once in a while. But in essence when you wish to contact a loved one that you knew in the form it was in the past life on earth you are still connecting to the entire being of that personality.

Can a human cause thoughts to be transmitted to an individual in the spirit world that they never knew on earth?

Not without the agreement of the spirit on the other side. Communication is very easy but just as you living on earth, if anybody wanted to contact you for any reason that you did not know it could become very complicated and very time-consuming. So in the same manner it is very similar to that with the spirit on the other side. If you lived on earth and loved Walt Disney and you wanted to communicate a thought to him, though you had never met him, you could communicate the thought of thankfulness for what this individual has created on earth but it is not something that you are awaiting a reply for. You are just telling that individual thank you. But as far as carrying a full conversation on, that without the approval of the spirit does not happen.

Why has it been designed for communication with the afterlife to be so hard? Why are we not able to communicate daily with clarity to them?

We are able to communicate daily with clarity with the other side and the spirit world. But for humans we have not been allowed to come into your consciousness as openly and freely as we now can for it has taken you so long to evolve and because there have been so many humans upon your earth who have done everything they can to shut the doors of any communication, of any understanding, of any experiences other than the third-dimensional world. Not all of this has been bad, for again we say you have not been evolved of a spiritual consciousness to accept that. But as you become evolved now and more independent there is not any individual who does not have the ability to communicate with

those on the other side, and as you begin to observe events and experiences that are taking place on your earth, you see that more and more individuals are seeing the signs, are seeing the messages, are hearing the words and knowing that yes they are communicating with loved ones on the other side.

From the point of view of those on the other side, what are the best techniques that humans can use or practice in order to improve their own ability to communicate with the other side?

We would say that that's a multi-answer question.

First there are those who have come to your earth who just have the ability, they have been able to retain a connection from the other side that's just as natural for them as it is for you humans to breathe. You all have this ability; you all just don't retain that connection to be able to communicate with the other side. The path to connecting as a human to the spiritual side of life is to be willing to open up your heart, to be willing to let go of all restrictions you have been told from life-time to life-time, of there not being anything but earthlings and that you are the highest form there is. This is a rather ridiculous thought when you look at all you have on your earth and you look beyond your earth and know that there are many connections that can be made with your spirituality connecting to the other side. You all have that ability, you all can tap into that and open the door to walk that path. For each individual there are different ways of doing this.

There are those of you that are comfortable with groups and with teachers who bring you together to be able to share, to help you learn to close down your earth world, to go into your spiritual world through meditation, and to help you open up the other dimensions of your life that you have kept the door shut on. It is your responsibility to determine the teachers that you will use, and, as we say, it is your responsibility though you feel like you may not be getting answers from your earth angels or from your spirit guides. Always ask--"Please help guide and direct me to the right teachers. Help me to be able to discern the energy that is there."--as you are working with spirit teachers on earth and becoming involved with various support groups who have already begun or who want to begin this spiritual journey. You have a responsibility and your responsibility is again to ask for the correct guidance and direction to follow as you begin searching for teachers and mentors on earth.

Then there are those of you who are not comfortable with groups, who feel your journey as a solitary journey at this point in your life. Again, ask your spirit guides for the right direction in finding the proper literature that is written to help guide you on your journey through a totally spiritual connection and to have the right books, the right tapes, the right messages, and the right individuals to walk into your life. Once you say you are ready for this and you are willing to accept as you talk to your spirit angels, messages are coming to you in ways that you would never anticipate. It could be a radio talk show, it could be something on television, it could be a book that landed on your lap, it could be a message from someone you're sitting next to at a lunch counter. Just be open to receiving these messages and also know that you are receiving them even if you don't feel like it's been a bolt of lightning that has hit you. These messages come in very subtle ways. But if this is your choice, go into your meditative state, ask that your heart be opened, ask that you be protected by the light and love of our Creator, ask that you have the right spirit guides and earth angel guides, and then ask that the right people on earth and the right messages come into your life. It may take some of you longer than others but you will be able, if it is your heart's desire, to open the doors that have been closed.

What is it about some people that makes them extraordinary in their ability to communicate with the other side?

They are no more extraordinary than the next person but they have been willing to open their hearts, to accept their other dimensions to life beyond those that you see on earth, and to accept that life does continue after earth. They make a strong spiritual connection with their own spirit guides, with their love and thankfulness to God the Creator. What makes them, as you might say, more exceptional is the fact that they are willing to accept this knowledge, not as a belief but as a knowing and are willing to walk that path, take that journey. Again, we will say there are many of you on earth who have not lost the connection as you reincarnated in this life and so it is a natural thing for you. And then there are those of you who ask to take the journey and open your heart up and let go of all restraints and restrictions that you in the three-dimensional world put on yourself.

Communications between spirits

In their spirit family grouping does one spirit communicate with another spirit in any fashion?

Not in the sense of as we are sitting and talking with you now, not in the sense that you sit and talk with other individuals but yes, there is a communication--a telepathic type of communication that does take place.

What would be some of the kinds of communication that would take place? Would they be similar to when humans might meet at a cocktail party and have social interaction?

The types of communications that take place, in answer to your question, no. The reasons for gathering together, the connectiveness of sharing, the connectiveness of love, the connectiveness of like understandings, is what is communicated with individuals in a thought process.

I believe that we have been told that my wife and I have been together sometimes in the spirit world and even perhaps in earthly incarnations. But even in the spirit world we've been together, and the question I have, would our communication while we were in heaven as spirits, would those communications at all relate to communications we might have had in a family relationship on earth, such as right now?

Those communications--there would just be a knowing of past experiences shared as humans. Would you get together and talk about experiences you had had as humans on earth? No, because that would not be necessary. There is just a knowing of energy that is shared there, just as when as you go back to heaven and there are individuals within your family who you have shared other lifetimes with and you have a knowing with them as well. The questions that you are asking are quite difficult to answer because it is not easy to put into your three-dimensional world experiences that happen beyond anything that you on earth would be able to fully understand in the earth consciousness you are in.

Can you as a spirit guide see a thought and, if so, what does it look like?

It would be best described to you just as a telepathic vision, the same as you always communicate everything to us is telepathic. A thought is telepathic the same as we hear your words. Thoughts become visions the same as your wife often will say to you, "I cannot say words but this the picture I see". So the thoughts are the same as pictures or visions. Our communication in the spirit world is much easier than our communication to you as we are trying to do this. Thoughts and telepathic communication are much clearer and more easier understood than the verbal communications, as we have often said.

Is there a mass communication, like a loudspeaker announcement, in heaven, so the same thought could be sent to millions of spirits?

No there is not. The same thought can be sent out within the group and it is the collective consciousness thought or a collective consciousness receiving of thought but it is not like a loud announcement. It is just a very subtle way of the group sharing telepathically a conscious thought process.

Are there any elements of privacy for spirits in heaven?

Most definitely. It is an unspoken rule so to speak that though everyone can telepathically read another individual's thoughts and desires, there is no trespassing or violation of the telepathic abilities of spirits. They know immediately to the level that they can explore and communicate with any other spirit and do not use powers that they have to invade someone else's privacy.

Afterlife 101

Is there a more private means of communication in heaven which involves two people "touching"?

Yes, not touching in the three-dimensional sense that you think of in heaven and on earth, but in heaven there are those spirits who have a deeper connection with one another just as that happens on earth. Though there is no physical touching, you touch on a much deeper knowing level of each other, of each individual that you share your new experiences with.

And does that provide a private means of communication that other nearby spirits wouldn't necessarily hear?

Yes. As we have discussed before, for it is true that communication is done without any verbal words but still very clearly understood and individuals are allowed to have private thoughts in themselves and shared with others that are totally honoured by other spirits.

Next, a series of questions and spirit guide answers are presented that deal with activities in the spirit family.

Specialists in heaven

What are the various specialists, if they exist, among spirits in heaven?

We would like to have you clarify that question. Do you mean as you as individuals that cross over as spirits, or are you talking as spirit guides and teachers? Could you please help clarify how you would like us to answer that?

Well, I am perhaps not smart enough to properly ask the question but it has to do with, for example, people who may specialize in saving souls that have been left here on earth without crossing over, or people who are specialists in science, or in leadership, or some other form?

In response to that question, we would say yes to both. There are specialists as spirit guide teachers and there are individuals who cross over who have achieved a higher consciousness that come and help as in spirit form other than an ordinary spirit life. They are spirit guides in training, so to speak. Those who come from a three-dimensional or other universal living experience and cross over into spirit experience, what their lives have consisted of in the other non-spirit form is often what they will help do and learn to assist spirits of lesser consciousness in the spirit world. Once a spirit has obtained the actual level of a spirit guide and teacher they no longer make the transitions from non-spirit world. But those individuals who are working to achieve higher levels of consciousness do help on the other side and they can be teachers, they can be doctors, they are almost always individuals not necessarily who have attained high educational and intellectual levels but individuals who have had many past lives and who have always been either leaders with a knowledge, whether it be conscious or not conscious, of the other life and they tend to be working towards becoming that type of a spiritual teacher and guide on the other side.

Are inventions created in heaven and telepathically transferred to individuals on earth?

All thought process is created through the one Creator. If you choose to say that the thought you have comes from heaven, you are accepting that there is a power greater than you, that you are becoming the co-Creator with God. In answer to that question, yes, many people have many ideas and think that they are personally responsible without understanding their connection as a co-Creator in the process they are going through.

Would there, however, be a case where someone in the spirit world who was studying scientific matters and made a finding or invention and have that transferred to someone on earth who would think it was their thought?

As you know from your past experience in your professional life you would often get many ideas and, as you were thinking out these thoughts, these designs, and this creative energy, you had spirit guides who were working and helping you evolve these thought processes that were coming to you. But even through the spirit guides the thought process all come from one Creator and, as with spirit

Afterlife 101

guides and with yourself, you are all one as a co-Creator with the one power. But you often have teachers and guides who will be assisting you in your thought process on another consciousness level.

This may relate closely to the previous questions. But is the work spirits do permanent for each of them over many lives, is this the work spirits do both in the afterworld and while incarnated on earth?

Your wife has always had the ability to understand and accept other worlds other than the three-dimensional one that the majority of earthlings expect there is, when she crosses over she is able to help those who come with confusion and fears. These are the individuals that have the most difficult time adjusting for she is able to communicate the earth experiences as well as their new spirit experiences to bring them comfort so that the transformation works with more ease and understanding. As many people are involved in earth they again find themselves involved in the spirit world and have the majority of times in incarnations always had the same level of consciousness, the same avenue of consciousness as it continues to be raised.

Learning in heaven

Do you have classes, say taught by spiritual leaders, that average spirits can attend and thus grow from?

Within the spirit group that every individual is in, there are spirit teachers and leaders. It is not lessons and classes as you think of going to on earth. As the individual spirit views all of its past lives and the lessons it learned and did not learn and its growth it often will question what path it took or did not take and will telepathically communicate and ask for guidance from the spirit leaders within this group. A spirit does not learn from the experiences of other spirits and does not become involved in the viewing of each spirit's past lives. Its lessons are for it and it alone. Though within a spirit group there is a communication and a sharing, it is a sharing of telepathic love and support to all of those within its group. It is not direct conversations such as you share on earth. Love is the biggest experience that spirits share together.

Appearance of spirits

How do spirits normally appear to each other? And what is the meaning of variations in shape, colour and intensity of light?

Spirits appear to each other as forms of light and different shades of light. Within one's own family though you will always see the vibration of energy and light coming from a spirit, very basically the same energy levels and the same shades of light, as you would say. As souls begin to advance in their spiritual consciousness, their light becomes different colours and, unlike on earth, one is not judged by the colour that they are as a spirit soul in heaven. So there is no judgment or no sense of achievement when one moves from one vibrational level to another.

How is a spirit identified by another spirit?

All types of communication is done strictly on a thought process means. So it is just a knowing that you are with, at that time, sharing, communicating, participating with other spirits that you know. And this is done again through telepathic communication.

Dual existence

Can a spirit exist in more than one place at the same time?

As we have said before, the essence of a spirit can move from one place to another. The actual spirit itself does not move from place to place. It can have observations in several different places at one

Afterlife 101

time. The personality of the spirit can often return to earth to experience a pleasurable event. Generally when the full spirit returns to earth it is when their loved ones are in a crisis and they are offering their full and complete support to help sustain the individual through that most immediate crisis. They do not stay for great lengths of time, as you on earth would observe it to be, but bring their presence at the most extreme difficulty but will always continue to be in observation of their loved ones when the need or desire arises. But just as you as an individual on earth can find that you can do what you call out of body experiences, it is very similar in the spiritual sense of being in two places at one time.

As there is no time in the spirit world, is it possible for a spirit soul to be in two places at the same time?

A spirit soul is not necessarily in two places at one time. But it has the ability to observe many events that are heart-connected to it at one time such as during the holidays with family spread out. It has the ability to connect to all of those loved ones at one time and there is no lessening or weakening of those connections. It is just able to observe and connect with all of its heart-loved ones at the same time.

The term "twin souls" has been used to describe the simultaneous incarnation of a male and a female part of the same spirit. Does this happen?

All humans return to earth with the energies of both male and female within themselves. The form that one returns to earth in, in a reincarnation of male or female, generally indicates which energy will be the more dominant one within this lifetime and that the lessons you will experience will come from the spiritual side of the male or female in the current life you are experiencing. In both heaven and earth, you carry these same male and female energies and you all have at one time or another lived in another form of male or female, masculine or feminine, energies.

But are there any cases where the male part and the female part of one spirit incarnate in different human bodies at the same time?

No, there are not.

Events in heaven

Are there scheduled events in heaven, such as a leader addressing a class of spirits, if you like, or a musical event, where spirit musicians would be presenting the results of their musical creation?

These are individual desires of each spirit, but because you are within a spirit family who all have many of the same spiritual consciousness and energy vibrations you will often collectively choose to have the same thought at the same time to be able to share communications. Music is very important in heaven and is often an ongoing continuous event that takes place and can be tuned into by any individual spirit soul at any time.

Music in heaven

What is the role of music in heaven?

Music, as with light, in heaven is an energy vibrational force and as on earth it is the vibration of a colour or a vibration of a sound of music that is something that the soul resonates with, the spirit itself resonates with. Though we don't think of music in heaven as you think of music on earth, there are many different tones which are different vibrations again of energy and are very important to the spirit souls as is colour.

Afterlife 101

How does music differ on the other side than on earth? Can spirits play instruments?

On the other side you will enjoy music just as you enjoyed it as an earth being. You not only will hear it at your private times but you can be joined by other spirits who share the same form of music as you do. Like on earth, like minds come together to enjoy and be supportive with each other.

Recreation in heaven

What recreational opportunities are available in heaven?

You on earth insist on making heaven just an extension of earth. It is not an extension of earth. First it is important to realize that heaven consists of many beings and not just earth beings, and there are earth beings and other beings who live together in heaven and within their own family structure as you would call it. As we have described to you before, there is a period of time where you as a spirit soul still have an extremely strong connection to earth and so you have many earthly experiences. But you gradually move away from those types of experiences and what you come to know in heaven are not three-dimensional pleasures as you know on earth but far exceed anything that you ever anticipated experiencing.

You mean with pleasure, and excitement and interest?

This is true.

Is there humour in heaven?

Most definitely. In heaven we wish that humour could be carried throughout your earth as it is up in heaven. We do not experience humour in the respect that you do there but we still have that vibrational energy of laughter and joy and pleasure.

Does creativity and fun exist in the afterlife? What forms do they take? How do they compare with creativity and fun in the 3-D world of earth?

Yes, creativity and fun and experiences of enjoyment do exist as a spirit. As you move into your full spirit you are just another form of energy. You are not contained within a body but are a spark of energy. This energy has all of your experiences from every lifetime, all of your lessons, and all of your joys, and every aspect of every life you have ever had you are in this spark of energy. You do not create the pleasures themselves of creativity, as you would think of in painting or cooking or architecture or whatever your creative energy was in your earth lifetime. But you are able to have the essence of the experience and to feel the pleasures and joys of these creative energies of music and art and design, whatever it is that you so desire to be experiencing. You do not experience them in three-dimensional manner that you did on earth, but life in your spirit life is much joy and much pleasure though it is back to another learning process and understanding of what you learned and did not learn in your reincarnations on earth. But you also have the pleasure of joys in things that you found of interest in your human lives.

Sporting events in heaven

Are there sporting events in heaven?

Again, that is an earthly experience. When you are first new to heaven you still have many of those earth connections but as you move into the spirit world, you no longer require those. Though, if you at times choose to observe those events, you observe them happening upon earth as a spirit, but those such events are not necessary in heaven.

Eating in heaven

Are there eating rituals in heaven?

Again, these are individual experiences. It is not necessary for spirits to eat and when spirit first crosses over it will have many--for this time we will discuss earthlings only--it is desired to experience those earth sensations. But spirit does not eat food as you on earth experience it and, as it becomes more its own spirit being, the need for those sensations is no longer necessary.

Vision in heaven

How does a spirit see in heaven?

Everything in heaven is done telepathically and so as a spirit chooses to visualize what it is they wish to be a part of, it is done telepathically. It is a telepathic visualization of seeing and only done with permission from the others it is going to be in contact with. For though many spirit souls have the ability to, as you would say on earth, eavesdrop, this is not a practice that is experienced in heaven as you do on earth for we value the individual thought process without trespassing on it.

How does this telepathic vision differ from earthly vision that we would have here with two eyes?

It is a far deeper dimension. It vibrates at a much higher level and is felt more than seen.

Spirit rest

Do spirits feel fatigue and need rest?

Oftentimes, as on earth, when a spirit is working through levels of inner growth they will find their energy will reach a very strong high and then they will find that they will need to withdraw from such a feeling of high vibrations. It is not an emotional feeling such as you feel but it is an energy vibration and they find that they would like to move to a calmer vibrational energy level. It is not fatigue as you sense it but it is not a continuous way of life living in that high vibrational level. Until they are completely ready to move into that level, individuals upon earth, as they find that they are switching into different consciousness levels, will experience very similar events in their life. They oftentimes, instead of moving into higher vibrational levels, will become extremely fatigued and feel they are in a great dark spot. And then will make a spiritual or consciousness breakthrough and they too will feel themselves beginning to move into this higher vibrational level and cannot do it all at one time either. So oftentimes the experience is very similar.

Travelling in heaven

When a spirit travels from, say, the original place where it arrives at in heaven and where it was greeted by various spirit forms and when it travels to its place of family grouping, how does it travel? Does it pass through the spiritual equivalent of a very large train station?

We're not sure if we totally understand what you are saying. If you are asking, do all soul spirits when they cross over meet at a central location, the answer to that is no. How do they travel from their immediate crossing over to where they are moving to their families?--they are assisted in their movement by their spirit guides and by their angels and by loved ones. They find themselves still with many earth connections, so the experiences, depending upon their level of consciousness, that they will have will vary from very earth type experiences to those who are more spiritually evolved who know that they immediately just move in a path of energy and light to their destination, as you would say, after they have disconnected from their earthly ties.

Afterlife 101

Are you saying, some people might experience an actual transportation such as walking, riding, or perhaps in a train or in a car, when travelling from their initial place of arrival to their family grouping?

Depending upon the level of spiritual consciousness the individual has, truly is what they will be experiencing upon the other side, such as your deceased wife. As she made her journey you are well aware that she asked to have certain experiences to revisit Disneyland, to visit and meet certain individuals. This is done not in the three dimensional form that you think of so much on earth, as a car and a movement from place to place. And yet it is like a shadow of those forms, a light shadow of those forms. There is nothing solid but the individual can visualize their movements by the choices they choose to experience. A person who has been a race-car driver but really enjoyed horses upon earth--they may experience some of these movements with the attachments and the essence of a horse or a race car or whatever it is, but it is more an essence. It is not a three-dimensional solid experience that you think of.

The best we can describe that to you is that it is as though there were telepathic subways or telepathic El's that move at incredible amounts of speed. And energy is moved to the location it is desiring to go to by a telepathic tunnel of transportation, so to speak.

What restrictions are placed on where a spirit can go and who it can visit?

Always, if a spirit wishes to move anywhere, it always asks permission before it would make an actual transport. Spirits can move at a consciousness level lower than their own without any problem. Rarely do they move to higher consciousness levels but we cannot say that is always true, but it is not a normal experience until they themselves are ready to move forward.

Next, a series of questions and spirit guide answers are presented that deal with the perceived environment of the spirit family.

Thought processes in heaven

Are there a large number of humans who cross over and their spirit life becomes quite similar to their earth life in the sense that they had the feeling of having homes, perhaps even having cars, of having social interaction, of having sporting events, of having music--many of the things that are associated with life on earth are replicated in heaven? Is that true for a certain set of locations or regions or levels in heaven?

The answer to that is no. There are spirit souls--we would use as an example your mother who crossed over through suicide and what she experienced through her time in the spirit world was her inability to accept that she did not have to experience that. She lived in her world of fear, guilt, and shame for what she had done to you, to her family, to herself but she did not live in a world of three-dimensional touching, feeling, objects. We would say that the best way we could describe it to you would be living in thought process.

Those on earth who are so materialistic and have such three-dimensional connections, when they cross over they are being given the opportunity to move from that connection. And they see, they know, they understand that those three-dimensional objects that you could touch and feel and hold and believe belong to you were not anything but thought processes, just as they are thought processes now in the spirit world. During a short period of time, as we have described before, humans still have that earth connection and so they still experience some of those earth connections that way. They soon move totally into their spirit self which we would again just describe to you as a thought self.

But do many of these people, for example, create an environment that they would have liked to have had on earth, such as a nice home in which they create the thought of a nice home and seemingly carry out their spiritual existence while living in that thought home?

We would say no. What they are creating is not the three-dimensional object that you are speaking of but the thought of what is in that home, what they consider that makes the home, the peace, the love,

the sense of beauty. These are thought processes that are what you put into what a home is and they live in what the actual thought process of what home was to them, not the three-dimensional-ness of a home or house. This is what most often we have said to you before, about how many mediums will discuss about life in heaven and how it appears to be continuing as it was on earth. And we have tried to explain to you before that this is not the way heaven is. This is the way it is often described to people who can tell you what spirit is like on the other side but part of that is in order not to frighten earth beings. So that whatever thought process you have in your mind--what home is, what home means to you, what the feeling that you feel about home is--is what you will be living in a spirit energy form, if you choose, on the other side of heaven. But you are not living in any type of three-dimensional experience.

Families upon earth such as you see happen with the John Edward show who talk about how they all know what's going on and they are aware of their families--this is true. They do and are aware but they are not connected in the sense that you think of families being connected on earth. There is no big family reunion going on in heaven all the time in total concern and connection with earth for you move beyond that though you are aware of what goes on and you can come and be a part of it. And when loved ones do cross over, you are there to share that experience and the transformation crossing over is shared in more an earthly term and experience than what happens when you move into your true spiritual life. But do not feel that in heaven you are going to see your pasture with your llamas and your tractors or whatever you feel your ideal home is, you will not have or see or experience that. What you will experience is what you think of is the essence of a home, is the essence of success, is the essence of good health, and you live in the essence of it, not in the three-dimensionality of it.

Creating environment with thought processes

How do thoughts create things that are physical?

A thought is an experience that has been manifested in the three-dimensional form. The actual manifestation from thought process to the reality as you see it is in every experience each and every one of you have. The degree to which the reality of that experience takes place and is manifested is the degree which you believe it yourself. So if you were to have a healing you can manifest that healing by connecting to your spirit consciousness and creating that, by knowing that it can be. You can have an idea, a desire, but unless you believe that it will be a reality it will not be a reality. In manifesting thought processes it is the knowledge of knowing that it can be so and to the degree which you know it can be so is to the degree you will see that thought manifested. This is so, this is the law of the universe, and this is so with every individual, every being in all of the universe.

Can items in a spirit's environment be created entirely by thought processes?

There are really not items in any spirit conscious environment living. If a spirit chooses to experience something from its most recent past life it will do this again through a thought process that allows them to experience a three-dimensional location or experience. But there is no need for a spirit to place itself in a three-dimensional environment in its everyday existence.

Environment in heaven

Are there buildings in heaven?

No there are not.

Are there features in heaven, such as sky, ground, ocean, and trees, which are always there and not created by an individual's thoughts?

No. This is not so. An individual can create those thoughts but that is not a spirit environment or experience for all in spirit.

Afterlife 101

When a spirit first arrives in heaven what are the different earth-like experiences that they can re-create--or at least the essence of these experiences--and are there limitations on their nature?

The very first thing that is created for a spirit as it makes its transition to the spirit world is that it will move into every experience, every word, every look, every smile, every cry, every tear, every pain, every joy--everything that it ever experienced upon this earth and every individual it passed upon this earth whether it was just someone passing on the sidewalk. You will relive every single bit of that and you will be doing it not in pain, or not in guilt or not in shame. You will just be reviewing what your totality of life on earth was and to see what lessons you learned and what lessons you still have to work with, both as a spirit being and again when you are another human being.

But after your life review, what is the nature of the experiences or environment that one can create?

It will break down into several different, for lack of a better word, categories. First, you will most likely want to experience the things that you enjoyed upon life so, whether it was a garden or photography, or whatever creative forms. You will most likely put your spirit being in an environment such as that, where you are comfortable, where you see the fine-tuning in such a way as you were never able to see it upon earth. And then you will most likely have people that you would have liked to have met upon earth and did not have the opportunity. You will ask the spirit guide of your spirit, which is always with you in both spirit and human form, if permission can be granted to visit an individual who you admired and respected and received great pleasure and joy from. Not all the time is that granted because it is just the same in heaven as it is on earth--one cannot intrude upon the life of another spirit or being without the permission of that spirit or being. Again, you can create the environment that you chose to live in. Perhaps you would create an environment of something you didn't achieve in your lifetime on earth but wished you had and you will ask to experience that. So upon your first several years of life on heaven, though there is no time measurement (we can only communicate this in human form), you are able to create many pleasurable scenarios of things from the earth that you were not able to do that time. But soon that will no longer be of importance to you.

Could a spirit family grouping, for example, have decided to--through their thoughts--create an environment that might be beautiful and earthlike for them to live in?

As a spirit body they can decide that they have a background of such an experience but it is not a living experience that they are having. It would be like a collective consciousness thought that they all, because are from the same consciousness experience, would create this because it is individual thought as a collectiveness. Generally speaking, each spirit reflects what it chooses to experience.

And if one individual wants to see one environment and if an individual close to him or her in a spirit family grouping wants to see another environment, these two environments will each be seen by their individual creator.

This is true.

Next, a series of questions and spirit guide answers are presented that address broader questions about heaven and the afterlife.

Who or what is God?

You are asking the question that every person upon their journeys who ever encounters the word God will ask. God is each and every item, each and every animal, each and every rock and tree, each and every individual being. God is in everything and everyone. The connection and the journey of you as humans is to begin to understand that God is this force of energy that is in everything and that you all are. As you move in your spiritual connection, you move closer and closer to this energy of total-ness of everybody. Everything on earth is just an individualized expression of who God is but the actions that individuals take are not who God is. That is the actions of the ego and personality of the individuals. As an individual crosses over once again into the spirit world they are part of the oneness that they feel more and more. It can be just the connection with the oneness of their spirit family that they have and as a group that is often the case. There is a non-individual but a oneness within.

What is the origin of our Creator/God?

If any of us both in spirit form or human form knew that answer, then we would be higher than God. We do not have an answer for you, just to know in your heart that the Creator has always been and always will be.

Can one visualize God?

One can visualize God every second of their life for you are a living individualized form of God. You can see God in babies, in children, in flowers, in the beauty of your worlds, in the love of two people together. All you have to be willing to do is to look and use your eyes from love and compassion and you will see the passion with which God has created all things. And you are one of all those things, being an extension of God.

Does God evolve as events take place in the universe and the spiritual world and as highly-evolved spirits are integrated into the oneness?

Spirits are already part of the oneness just as every human being on your earth and every being from other home base planets. Does God evolve? Again it is the question--where did the Creator come from? If we knew if God evolved, He/She/It is always pleased with the raising of consciousness of each individual upon your planet earth. But know that as you evolve you are moving closer to the Creator and as you evolve you see the evolution in your own consciousness and know that you are moving closer to the Creator. We know as individual beings that when we do things as children to please our parents the love evolves into another level. We know that every time we receive love, we receive understanding, we receive support at a level of raising our consciousness that we are being more God-like and we continue that evolution throughout all lifetimes.

Will the entire creation of God--including all the spirits, all the heavenly realms, all the physical worlds--ultimately be replaced by a new Creator and creation, just as new leaves replace old?

No. There is one Creator and one Creator only. The souls will stay. There will be no change that we know of as you are talking about.

What is the evidence for the existence of God?

We would say that you are the evidence for the existence of God. Everything around you is the evidence of the existence of God the Creator. The evidence of the love, of the generosity, of the compassion, of the forgiveness--all of these are evidence that there is God and that you are God. For as you begin to experience this compassion, as you begin to experience this love, as you begin to experience this forgiveness, you are moving in with the energies of the Creator and as you begin to experience this and understand this more in your life you then move more and more into the knowingness of the Creator and understand that all is evidence of the Creator.

When a spirit reaches a high state of oneness with God, is its personality equivalent to being dissolved into a common pool?

We tend to want to chuckle with this statement for you on earth are all so afraid of losing your own individuality and your own personality and feel that if you move into this oneness you are no longer you. But you are the oneness and in the spirit world you do not have the ego personality that you have on earth. You are a vibrating form of energy that moves more into the knowingness of what your oneness means, into knowing that you too are all that is.

Oneness

What does "oneness" mean, as you use it?

Oneness means that you become knowing that you are part of one of everything. You are a manifestation of the Creator's thought process. Every living thing and every living thought is a

Afterlife 101

manifestation of the Creator of everything. When you become aware that you are connected to everyone and everything, you become aware that you and the Creator are one. That God is not the supreme being that sits up in heaven and watches over you, but that you and God are one and the same. And that is how your spiritual evolution evolves.

Levels in heaven

Can heaven be approximately represented by a finite number of levels, with the lowest levels representing the most base spirit existence and the highest representing the closest to God?

As we have said before, we do not like to think of one being in levels. Those are earth terms but in heaven as on earth, you have choices that you can make to move into more of that oneness and more of that connectiveness to the Creator. The lessons that you learn on earth in life are to love and understand and forgive and have compassion. These are all lessons that you come to earth to live. In heaven, these are all things that you become. And as you become these, these then show how you are willing to move into the knowingness of oneness. We find that using human words to describe the events you are asking about is rather difficult because of the three-dimensionality that you live in on earth is not experienced at all in heaven. And though, as you would say on earth, there are levels of consciousness in heaven we would have to say for your terminology, yes. But once you are in heaven you would not understand it in that manner at all.

For example, would people who had the worst sort of human life, the worst experience, who are evil, who are criminal, who are hurtful, when they arrived in heaven would they be in a location that one could think of as being in a lower plane of heavenly existence?

In the eyes of God the Creator, the answer to that is no. For all are created equal. For all are part of God the Creator. In the eyes of humanness as you continue your evolution the answer to that would be yes. And that is why it is so difficult to explain to you, that no, there are no levels and yes, there are levels. For it is up to the spirit soul to choose its own understanding of its own forgiveness and its own oneness. It is not the Creator that would make you feel that you were at levels but what you as your spirit soul feel.

Vibrational levels

What does vibration mean in reference to a spirit? What is it that vibrates and how can it be sensed by earthly or spiritual means?

The vibration of a spirit is translated into the areas of light that comes from the spirit. So that if you have spirits who have crossed over and have had no spiritual connection and have lived on the very dark side of life you are going to see a very little dim vibrating energy if you were looking through earth eyes. Then as individuals move from negative and bad energies that they have created and been responsible for in their life, but do have a connection with God their Creator but still have not been living very high spiritual values in their lifetime, they vibrate as a little higher one. So the levels of energy and vibration that you see have to do with the spiritual consciousness of an individual.

And the element that vibrates is the light that comes from a spirit in the spirit world?

It is the energy that comes from the spirit soul that is being transformed into a light.

Time in heaven

How does time differ between earth and heaven?

Afterlife 101

You are asking questions that are extremely difficult to describe for you on earth must have this structure, this outline, and these definitions. The best that we can describe to you is that time has no meaning whatsoever in heaven. And as you relate events and as we relate events to you from earth to heaven there really are not minutes, hours, months, days in time. But it is done in a thought process of how you choose to move and to let go and release but time has no element whatsoever in heaven.

Doesn't the very concept of spiritual growth imply that there is a time sequence in heaven--there is movement?

There is continuous movement but it is not based on time as is it on growth. And there is no limitation or those sequence of events do not take place as you on earth can see them take place from one month to two months, or one hour to two hours. It is strictly an evolution of your own spirit and the movement of vibration from one consciousness level to the next.

It's difficult to understand how there is no time in the spirit world. Don't events take place there one after the other and don't spirits evolve through some form of time?

Time does not exist. It is not measured in hours or minutes or months or days or years. It does not exist in that manner in heaven. It exists in the process of one's raising your consciousness, of working through earth experiences, and what one might take on earth five days to do once they crossed over, going through their earth experiences, it might take someone else 20 days to go through the same experiences. Again it is not the time as you associated with on earth. Also, at the end it is the individual's choice for the amount of "time" they spend in their life experiences and if they even learn the lessons from those life experiences. But there is no time in heaven. There is no measurement of time. It is just an advancement in one's level of consciousness. As an individual spirit you could use your events, if you chose, as time elements but rarely is that done, because it is so difficult to explain to you the feelings, the experiences, that one shares on the other side. So therefore it's very difficult to tell you that there is a time. Yes, there is a change of events but they're not registered as time.

Time travel for spirits

Is time travel possible for spirits?

Spirit always lives within at all times every aspect of every being it ever was. So, time travel in the sense that you think of it on earth, is a continuous experience of every spirit soul being as they progress more and more into being their own spirit soul.

Do they travel into the future equally as they may travel into the past with respect to earth time?

It is not as though they travel. It is just an ongoing process that is always there. You merge into all that you were and that all that you were is a continuous part of all that you are at that time. Time travel into spirit being in essence does not take place, for there is no time as a spirit soul.

What is the ability of spirits to see the future?

We will take this question based on the general populace, so to speak, of spirits versus spirit teachers and guides. Within the earth family the spirit has just shared, it can often see, not in the sense that we see, but in the sense that it can telepathically feel events that are going to take place in its loved one's lives, so it can often become a guardian angel, if the need would arise to be there with that individual's guardian angel to help protect them. It can be there ahead of a crisis, an accident, to help the loved one make a crossing over so that it will know ahead of time when that loved one is going to be making its crossing over. Oftentimes when a child is to be born to their loved ones it will have been given a view of the spirit child before it incarnates in its new life. There are times when it will have seen enough into loved ones' immediate future to help give it a warning or to nudge it in another direction. But as far as individuals seeing into the future of what is going to be taking place in world events or universal events, they are not able to experience this future.

Afterlife 101

Would, for example, my father in heaven have the ability to look forward to my time of death rather than my time as it exists right now?

No. That is an invasion of your own energy and again spirits do not move forward--do not trespass upon another individual's energies. They do become aware when the time is drawing near that this will be taking place for you, but for your father now to jump into your life and move ahead 22, 25, 35 years and witness all that is going to be taking place in your life in that period of time is not something that he would do.

Since there is no time in Heaven, does a spirit there know what will happen in all of its future lives on earth?

No. This moves into again human thought processes versus being a spirit. It is not important for the spirit to know what it will be doing next. But as the spirit life begins to unfold to higher consciousness it will become more and more aware of events that will be happening in both the human world and the spirit world.

Creation of souls

How are souls or spirits created?

You are asking a question that is beyond even our own understanding and knowledge. The best that we can describe to you how a soul is created--it is an extended image and thought process from the Creator itself. Any object or nature that you experience within your earth is also a creative thought process from the Creator and you as higher conscious beings have also the ability to experience this creative thought process. Because you are in essence the Creator itself and as you evolve, you become aware of that oneness. And so the best we can describe it is as though you are an individualized thought process of the Creator.

Do you believe that ourselves as spirits and indeed you as spirits have existed for all time as far as we are concerned or was there possibly some point at which it is felt we were created, say, after other souls were created?

The best understanding that we have is that all creation has always existed and it is just manifested as the Creator perceives a thought process and then it becomes manifested.

And in heaven itself, to your knowledge, there is not a place that one would call a nursery where extremely infant souls would initially have been created and go through their first stages of spirit life, helped by other spirits whose job it is to work in the nursery?

We know that there are young spirit souls. We unfortunately do not know the whole process of how a soul moves from its creative time into its reality time.

Dissolution of spirits

Are there any circumstances that could cause a spirit in heaven to be dissolved and no longer exist?

That would be saying to you on earth--if you have a thought can you dissolve that thought and that thought no longer exist? Once a thought has been created it is naturally manifested and is there for all time and all being.

So if a spirit has shown that by coming back to earth many, many times and in each case demonstrating evil propensity, evil acts, and having no growth in consciousness at any time it is in the spirit world, there is no form of heaven recognizing that this particular spirit entity is not growing and perhaps shouldn't be around?

Afterlife 101

It is a form of energy. This form of energy can be at many different levels. The form of energy that you are describing is at a very low vibrational consciousness. As you on earth know, energy is never destroyed. It moves into another form. An individual who as you described is given free will the same as any spirit form. And it can continue to return, time and time again, at that same level of consciousness. But after many lifetimes of being such an individual, it generally will not return. It is given free choice and free will in heaven as on earth and will not return and will remain within this extremely low functioning energy and as on earth the same as in heaven will continue to feel a lacking within its entire being. And on earth and in heaven there are many beings who are not complete and have not moved beyond low, low levels of energy vibration and will remain there.

If a spirit wants to be destroyed (or erased from existence), will it be able to? Would God allow it to?

The question you are asking, the answer to it is simply no. A spirit will not be destroyed. It may reincarnate in other forms, but it will not be destroyed.

Spiritual evolution

How does a spirit evolve into higher levels of spiritual development?

Returning to earth gives them an accelerated way of doing this and as a being returns to experience lower dimensional levels of energy they are placed in situations and experiences that will allow them to see the experiences from a higher consciousness, regardless of how extreme they appear to be on earth. And how that being reacts to these experiences and connects or does not connect to the spiritual aspect of what is happening in their life, that determines how quickly they will move within their spirit soul world. Because in heaven you are not given those experiences your spiritual consciousness does not evolve as quickly as it can through the life experiences in a three-dimensional or more earth-bound experience.

Under what circumstances would a spirit ascend to heaven after death and never reincarnate again?

There are several reasons that this could be so. Number one is that the spirit has just returned to heaven and said I do not want to go to earth school any more. I am where I want to be. I do not want to evolve any more. I have no more questions. This is usually done out of frustration and their lack of ability to really know their spirit selves. It is done out of laziness in many cases, where again there is very little spiritual consciousness in the human being. And there could be spirits who have evolved and evolved and evolved from many lifetimes who have reached a level of not needing to return to earth and will continue their spiritual growth from their spirit self in heaven.

Who decides what level of spiritual consciousness you have and whether or not growth has taken place?

You do. You as the human, you as the spirit. It does not matter what the experience is. If you connect to your oneness, if you connect to the love, if you connect to the trust, if you connect to the faith, if you connect to the forgiveness, if you connect to releasing of all the fears, these are the avenues that help you move and evolve into higher levels of consciousness.

Are all spirits equal, or is there a hierarchical ranking among them?

Spirits are at higher consciousness levels. They are not aware of the understanding that you on earth have of there being someone better than them. That is not an experience in heaven. They are aware of their consciousness and who and where they are but they do not drain their value by appearing to envy the positions of other spirits, such as many of you do upon earth as you worship many athletes, entertainers, ministers, people who you put in higher places than where you see yourself. This does not happen in heaven.

Gender of spirits

Do spirits have gender? Are they male or female?

No, they do not. Just as the Creator is not male or female, in your human world you associate an individual and identify it as male or female for procreation but in the spirit world the energies are not one or the other. For you as an individual have been both male and female and those energies come together as one.

What is the difference between masculine and feminine energy of a spirit?

There is no difference between the masculine and feminine. Every individual upon earth has been both male and female and, generally speaking, as it is on earth it is not in heaven because one does not dominate the other. They work together as positive energy helping you to create the highest level of consciousness that you have.

But what distinguishes masculine from feminine? What is the meaning of those words in heaven?

In heaven it has no meaning. It is just the combination of one's totality, one's that they have been on earth. There is no difference between feminine and masculine in heaven in the way that you are looking for answers.

Does a spirit's gender during incarnations tend to be similar over many lifetimes on earth? For example, have I been a male for most of my incarnations?

Again, generally speaking, yes, one incarnates as mainly one or the other of your genders. But often-times there will be a miscalculation, and you will find some individuals that know they are not the gender that their body says they are and they know beyond a shadow of a doubt they are male energy and not female energy or vice versa. This does not happen often but it is happening more and more in your world.

Name of spirits

Do we have a name when we get to heaven?

There is no identification of a name on an individual. If you had a name when you went to heaven, you would have a name of every soul that you ever were upon earth. There is a form of identification which is very difficult to explain in the three-dimensional world. It is not even an identification, it is a form of just knowing who you are as that spirit.

Pets in heaven

Do the spirits of earthly pets accompany their earthly masters in heaven?

There is an animal heaven as well as a being heaven. When on earth a human has shared a deep loving relationship with a beloved pet and that pet has crossed over before that human, it is always there to greet them. No matter how many they were, they will be there to greet them and help them acclimate to this new spirit life. If a human crosses over before their pet does, they too will be there to help greet and welcome the spirit soul of this beloved animal companion.

But after the greeting may take place, do the pets live with their masters for long periods in heaven?

No, they do not. They have their own place in heaven and their own evolution that they are experiencing about lessons they learned on earth and they too choose to evolve and when they reincarnate back on earth as pets how they will become even more loving and more connected to

Afterlife 101

their humans. Because a spirit soul vibrates at a much higher level of energy the love and companionship shared with its animals will always be felt as well as the love and companionship that is shared with other humans as well.

After a pet who has crossed over has moved to its final animal location, can the previous human owner who has also crossed over continue to see that pet?

This is so, yes. It is seen in the spirit world as the unconditional love it provided the human on earth and is seen with thankfulness and gratefulness from the human spirit to the animal spirit. This does not mean they continue the same relationship they had as they were on earth but there is a connection that will always be there just as there is with your humans.

Do sometimes spirits in family groups go visit the pet that they may have had on earth when they are in heaven?

Again this is a question that is stuck in the three-dimensional life. It is not necessary for a family group member to move in the respect of going and visiting the animal kingdom. Nor is it necessary for the animal to leave the animal kingdom to come and visit. That is the best we can say to you at this time for it is very difficult to explain to you how energy vibrates at a level much higher and much differently than the three-dimensional level you are so much accustomed to being a part of.

A council in heaven

Is there a council which directs activities in heaven?

There is a council in heaven. Does it direct activities in heaven? No. Again you are an individual spirit with choices that you get to make and those choices are not guided or directed by any one other than your own thought process or with the thought that you would go to a spirit teacher guide in heaven and ask for that guidance. But a council--there is a council but not in the context that you are speaking of.

What context is it, or what does the council do, if you could describe that?

This council is a council of the highest spiritual beings. It is a council where spirit guides and teachers go to ask questions such as the one you are now asking, that we often do not have answers to. It is the council of highest spiritual oneness and a council of the highest vibrational force before one moves into their total oneness with the Creator.

And would that be at a higher spiritual level than an archangel?

Most definitely.

Dual spirit life

Can spirits have a dual life, one part in heaven and one part on earth at the same time?

Again, this is what we mentioned to you earlier about the essences of your earth past lives remaining in heaven but as a spirit soul you are only one individual living upon earth at this time.

Physical location of heaven

How can humans think about the location of heaven? Does it share space with the real earth and with other planets so that the spirits from these planetary sources have a geometric tie with them? In other

Afterlife 101

words, is there any geometric relationship between heaven and the real world as we see it in our three dimensional life?

Out of all the questions that you have asked, this is probably the most difficult and most confusing to describe. Heaven is not a solid mass or a planet as earth or other planets where beings live. The best we could describe it to you is to think of a mass of space such as your blue sky with white clouds where little beams of light are continuously vibrating at different energy levels. And as you see these different energy levels you see a different brightness coming forth. There is a constant vibration of energy taking place, a constant movement of light. Yet the spirit who has crossed over does not feel as though it is missing anything in its spirit life and can look upon earth or other planets, other existences, from where it is in its place in what you on earth call heaven.

But then is it true that there is no, for example taking the planet earth, there is no portion of heaven that seems to be greatly tied with planet earth as opposed to being tied to planet Mars, or some planet circling around a far-away star?

On any planet where there are beings that are living and evolving, there is always a deeper connection with heaven than there are planets that do not have beings living on them for this is greatly important to have that connection with all spirit souls living not just on earth but on all planets. So, yes, heaven has more of a contact with planets where there are living beings than heaven does with planets where there are no living beings. Heaven is an energy field out in the universe and has no locational relationship whatsoever to any planets within your solar system.

But they are not in the same geographical reference, if you like. There is no feeling apart from the ties, feeling of closeness or sharing space with humans on earth as far as heaven is concerned. Heaven is another set of dimensions and not sharing the three-dimensional space.

This is true. You could look at heaven--if you needed your three-dimensional visualization you could look at heaven as a gigantic sphere with these vibrations of energy and coming from it you could call sunbeams, lifelines that connect to the planets where beings live. That is what oftentimes those of you might call the white tunnel because that is heaven's connection and the way to see that the Creator continues to stay connected to whatever beings He has created.

Will the evolving earthly theory of higher dimension spaces (and this is the theory that is being developed by physicists in order to understand earthly phenomena that seemed to go beyond three-dimensional things)--will that theory eventually provide a better means of describing the location of heaven?

The answer to that is no. There is no way to describe the location of heaven.

Evil in heaven

Could there be spirits that are evil?

The Creator never creates an imperfect creation, whether it be man or animal. You are moving into areas that are beyond what you see in three dimensions. You are moving into levels of spirituality of the Creator itself. The Creator never creates any imperfection. All are born at the same time with equality. The circumstances that a soul is born and moves into, whether it be in earth or other parts of the universe, are events which will alter its consciousness. It can move into extreme negative energies and experiences that will create the impression that it is a bad individual, a bad seed of a child. This individual, regardless of what they have done in their past or current experience, has the opportunity and choice to move out of those negative energy fields, and to move from a dark experience into a lighter experience.

Every individual experiences a darker and a lighter side of life in every experience they have. It is their choice of what they choose to remain in or how they choose to move forward. Every individual makes the choice prior to their three-dimensional or universal experience of what their current incarnation will be. It is agreed upon before that incarnation takes place but they are given choices in that incarnation to move into the light and into goodness and love. Sometimes they do not choose to do that so that

Afterlife 101

when they cross over into the spirit world again they must experience as everyone does all the events that have taken place. As on earth they have a choice to move into a higher consciousness and work through those lessons at a much different level than they were on earth. Many individuals cannot move from that darkness or are not willing to move to do the work as they were not willing on earth. So what you would see as an impure spirit is one that is trying to move through those dark shadows and those dark energies. It does not mean that they are evil and that they will create evil spiritual experiences for other spirits but they might choose never to move out of the darkness they are living in.

I'm going to read one description of the afterlife that has been put forward and I'd like to get your judgment as to whether or not this is accurate: " Evil people, instead of experiencing the tunnel and bright light upon death, are sent through what has been called the "Left Door" and enter into an abyss of empty, joyless, nothingness for a brief period of time. After they have reflected upon their actions, they are reincarnated back to earth." Does that correspond to the reality for evil people?

God does not distinguish between what you on earth call good people and evil people, persons whose actions have brought about pain and fear. When those spirits cross over they are going to experience all of that in any form just as any other person would crossing over. Your life review is the place where you will see and feel all the pain that you have created upon the earth, all the hatred you have created on earth. You will observe all of these things in your life review for you are not yet totally detached from the human being part of you until you have completely gone through this life review and experience everything that you have ever done to anyone and everyone and know what they have experienced because of you.

And thus the experience I read is not accurate?

This is correct. For this person will be going through their own grave, dark feelings when they observe what they have done to other individuals as well as the good things that have happened in their life and the good that they have done for others.

Existence of the devil and Lucifer

Does the devil actually exist as an active enemy of God and associated with that, does Lucifer exist and if so what is his role in heaven?

Yes--Lucifer exists but Lucifer exists in the thought process that one lives on a daily basis in their lives. In the spirit process, no. Lucifer does not live except for the fact of how and where you are consciously placing your thoughts and experiencing events as you do. You create the image of a devil without understanding that the energies that you choose to be a part of on earth are the same energies that you would be experiencing as a spirit. So if your involvement in life consists of a devil or a Lucifer you will find that in the spirit world, though you have been told in pictures this evil energy and form, it is only within yourself that it truly exists and you will then have the ability to remove that negative energy from yourself and ask for forgiveness and the ability to move forward.

Spirit population

How many spirit souls live in heaven?

There is no way we can give you a number of spirit souls that live in heaven. Suffice to say that there are many for it is not only earth souls who live there but also spirit souls from many other universes.

Uniqueness of God

Is there a different God for every universe under a single Creator?

No.

Information storage in the universe

How is information about earthly historical events, major and minor, stored in the universe?

The Creator is aware of every single event, every individualized thought, and for purposes of this question you could visualize the Creator being this gigantic storeroom of knowledge. And, as well, as each individual spirit that moves into its spirit soul, it too carries the experiences of its life. And this is all a form of consciousness of events that have taken place within your world as well as those from other worlds.

Is it possible for people to access a centralized repository of such information? Is there what some have called a Hall of Records, a place in heaven where all this information is carried, beyond that which is carried by each individual about their own past lives?

Well, as a Hall of Records as you on earth would visualize it, no, there is not a hall that you would go to that would have computer archives or fiche information such as there is in libraries but there is a collective consciousness of all experiences. If an individual wishes to tap into this past archive, it is just a thought process that will allow them to do so and oftentimes as an individual is moving forward in their consciousness and learning their lessons they will often move into a thought process of an event, no matter how large or how small, that had taken place in your world...to see how that event affected their consciousness and their conscious evolution.

And this would be an example of information that that spirit did not have, carrying along with in their own existence, but were able to "tap into" in order to draw upon?

This is so. Oftentimes an event will take place somewhere in the world that triggers a domino effect totally unbeknownst to an individual but will change that individual's consciousness. For many things take place not only in your world but in other worlds and, on a level beyond your current dimensional understanding, affect you as you are a living being within your world.

CHAPTER 5. REINCARNATION

This chapter deals with the process by which the decision is made in the spirit world to reincarnate on earth.

Purpose of reincarnation

Why do spirits reincarnate on earth?

Because they are being given the opportunity to accelerate their learning process, earth life is a school life, and spirits are being given the opportunity to accelerate their experiences to achieve higher consciousness levels.

Is learning in the physical world better than learning in the spiritual world?

There is no better or good or bad in the spiritual world. There is a process of consciousness-rising, of raising someone's consciousness, whether it be the spirit itself or whether it be the spirit in a human body. We have already stated that life on earth or life in only the three-dimensional world is accelerated compared to life as a spirit because you become involved with so many more experiences that are there to teach you than in heaven.

When reincarnation takes place

What factors determine when a spirit will reincarnate on earth?

At this time we will say to you that we will relate this mainly at all times to earthlings and not to other lives from other universes. So please be aware that this is basic information for you earthlings and does not always pertain to life from other universes. When a human makes its transformation from human form into spirit form, as you know it has its most current life experiences to review. It then sees the lessons that it learned or did not learn or how it lost its way along the most current past life. As a spirit evolves into higher spiritual consciousness, the life the spirit has is a spirit life, its lessons will be learned quicker in spirit life than those who have not evolved. And those who have evolved come to see the place of peace and harmony in their lives, both their human life and their spirit life, and that understanding of the challenges it faced and why it faced those challenges to increase its level of spiritual evolution on earth.

When a spirit has not reached higher levels of consciousness, it is much slower in understanding its lessons and moving forward even in the spirit life. So, oftentimes those who have not reached higher spiritual consciousness do not return to life nearly as quickly as those who have reached higher levels of consciousness. Oftentimes, when an individual returns to earth it mainly has to do with how it works through its lessons in spirit life. Sometimes a spirit will decide that it has just done all the work that it intends to do, regardless of the level of consciousness that it's at, that it does not want to go back to the challenges and the hardships it sees on earth. Because it does not know how to grow from those hardships at this rate of speed--that is why one has a human life. So it is willing to stay in that spiritual consciousness that it is currently at as a spirit and will not return to earth.

Those that choose to return to earth and continue to face the life of a earthling do so knowing the challenges that can be there for it. Also, as one evolves, one can begin to see the ease with how they can go to earth and learn their spiritual lessons and that all lessons do not have to be learned through hardship. When a spirit does choose to return to earth, it is because they have had a very good understanding of the lessons that they were to have learned in their past life and what they did learn or what they did not learn and what they will go to earth to do in a new life. Oftentimes a spirit has evolved considerably, though at a much slower, slower pace than an earth life, but they have evolved

Afterlife 101

spiritually into higher spiritual consciousness as a spirit life and will go back to earth with a much more knowing way of what and how to continue that spiritual growth at a much faster pace.

How does a spirit learn its lessons in the afterlife if it does not want to incarnate? What does the learning process involve?

The learning process as a spirit being, learning lessons that are much accelerated as a human being, are very slowed down as a spirit being. For life upon earth or other places of life move at an accelerated speed compared to the lessons of life in heaven. Lessons that you learn in life in Heaven don't always have the full impact because not all spirit beings that you will come into contact with upon earth to accelerate this consciousness are available in heaven. If they were, you would not need to come to earth. So your process of evolution in heaven is much slowed down.

Does free will play a significant role in the concept of reincarnation?

Absolutely. One can choose to continue to return to earth school and continue their evolvement or one can say, this is as far as I choose to go in my own spiritual world and I do not choose to go back to earth. Spirits are able to continue their growth in the spirit world if they choose not to come back to earth but the challenges that the beings that choose to come back to earth face enhance their spiritual and consciousness growth much quicker, at an accelerated speed, versus those spirits who decide that they do not wish to return to earth. Their spirit growth will continue in the spirit world but it will be at a much, much slower pace as you on earth would understand it.

Are all spirits similar in their first incarnation?

We would say yes and no to that question. Much of what happens to a spirit who comes to earth in its first incarnation is greatly influenced by its environment because it is in infancy, this spirit. As with any human infant the spirit works very similar in its growth and the lessons that it comes to earth to learn. Not every spirit comes to earth to learn the same lessons even at a first incarnation.

Who decides when it's time to reincarnate?

Spirits have spirit teachers in heaven and they work together, not on a consistent basis, but as you on earth would say almost on a consulting basis. And when a spirit would like to return it will often sit and talk with its spirit teacher about what it had lived in a past life and what it would like to live in a future life. And spirit teacher and spirit guides will help direct that spirit to the environment that will help it best continue its journey. Oftentimes, though, a spirit teacher will tell the spirit that it probably is much too soon for it to return and will tell it that it needs more time with its spirit family to achieve better understanding of its growth, both in its heaven and on earth.

After I make my transition from this lifetime and if I returned in a reincarnation afterwards, would that reincarnation always be at a later date than when I died?

Yes, you always return to earth at a later date than when you left earth. Your life might feel very familiar because you have returned to complete challenges from other past lives. It is always a move forward and not a move backward. But that doesn't mean you come into a totally new reincarnated life because you will carry "old baggage" from those past lives.

In terms of earth years, what are typical or say average times between death in one life and birth on earth in another life?

Well, in the past we would have said in terms of earth life it could have been centuries. Now we are seeing that younger children who are coming into the world could have still lived in your 1800's or early 1900's and evolved much quicker and returned. Because earth is evolving so much quicker and manifesting events almost instantaneously, those who had made great progress in their most recent past life are given an opportunity to return much sooner than had been in history because the spiritual evolution and consciousness of earth is rising so quickly, so much quicker than at any other time of its existence, it is so important that these more evolved spirits return to help those who are struggling with their spiritual evolution. You will see in the next generations of children to come how much more

Afterlife 101

evolved and loving and compassionate that many of them are. So spirits are given the opportunity to return much sooner now than at any other time because of their ability to be able to help on earth.

Does the frequency with which a human experiences de ja vu relate to the number of times a soul has reincarnated, thus determining an old soul?

No, it does not relate to being an old soul or the number of times it has returned to earth. Oftentimes a human soul will have the experience of a past life or a past experience that has happened to them and it does not have anything at all to do with the age of the soul, the age of the spirit. But only in that it can recall something from the past though it will not know when that past was, whether it was the past of a childhood memory or a past of a past life. Deja vu does not have to be connected with the number of spirit returns. But we would like to say that oftentimes as a spirit soul has continued its returns to earth and has a much higher consciousness level, those deja vu experiences can become much clearer and can be understood as to what they are, more than those who have not returned as many times.

My father died in the early 60's and is talking about being reincarnated here in the next year or two. That is a fairly short period of time. Why is he only spending a relatively short time in heaven before he returns?

He has been given the opportunity, as many spirits have, to come back to earth at a much accelerated pace so that they can come and help bring more of their spiritual life and spiritual knowledge to earth to help it move from the negative ways that it has been embracing. So you will see that there will be certain spirits throughout the entire spirit world who will come back at a much accelerated reincarnation speed because they are given the opportunity to work within their spiritual consciousness levels of helping others to move forward. This does not mean that these are highly, highly evolved spirits but they will come back and bring with them an understanding of how life does continue after this and will be able to be, as you on earth call, role models in a much more general and mass environment than you are now currently seeing happen.

Selecting a family to reincarnate into

What spiritual individuals, aids or tools are available to help a spirit select a family and location to be born into?

In just about every reincarnated life, individuals return to an environment and experiences that they have always felt and shared and wanted to evolve into, such as in the case of your father who wanted to be a reporter and a writer and has always wanted to do that, and had some experiences in all of his lives of reporting, sharing news, writing. These are things that are of his makeup and as he comes back to earth he will continue in those areas. Oftentimes within an individual's makeup there have been great desires in past lives that they have never achieved, such as your wife's great desire to play the piano. And so they are given the opportunity to move back into environments where those desires and experiences in previous lives can be enhanced and can be fulfilled.

So, when an individual is looking to return they will be placed in those environments that will help encourage and support that growth. Sometimes it will not always be so obvious, sometimes it will be because they are given the opportunity to move out of environments and show that they can do it without having to experience the environments they are living in, such as many orphans who have had nothing and have formed large businesses and have been very financially successful and have achieved a great desire for art or music or supporting and helping other individuals. It is an opportunity that is given the spirit to move forward regardless of the circumstances it comes to.

But how would they select a particular family in a particular location?

Well, in the case of someone wanting to be artistic, they would select families who are going to have children whether by, as you on earth call it, accident or choice--as you know there is never an accident. A child comes into a family generally because it is to help that family as well as that family to help it. And there are families that are selected that can help encourage them. There is what we

Afterlife 101

would say a preview of what those families lives are like and what their childhood lives were like and it's sort of a preview of what the new human will be able to achieve with that family.

Does a reincarnating infant who is destined to be put up for adoption understand prior to leaving heaven that this will happen and have the opportunity to select both its birth and adoptive parents?

The answer to that is yes. Prior to coming to an earth life the spirit has been shown its life and makes the choice to continue into the human form and to see both its earth parents it will have.

Do we reincarnate into the varied nationalities upon earth?

The answer to this question is yes, you can reincarnate into another nationality as you so say. The majority of the time one reincarnates back into where it has spent most of its lifetimes, whether it be Christian or Jewish or Arab, it does not matter. But generally speaking you always reincarnate back into what you came from. This is not always true and as individuals evolve you will begin to see where your first place of being originated from.

Is there any reason why there are so many different races on the earth today?

It is the lessons of earth beings to learn to accept, be compassionate for and give love to all different philosophies other than their own. And you upon earth, instead of creating the oneness of bringing all those philosophies together, have chosen to make it segregated. And have chosen to make it right or wrong, whatever that racial experience is that any individual is experiencing at this time on earth. And so it was among the many to come together to create the oneness of joy and compassion, forgiveness, but this has not, as you know, happened yet.

Does an incarnating spirit choose its physical appearance?

It does not choose its physical appearance but it does see its appearance prior to coming back to earth. It has a view into its complete new life that it will be reincarnating into and it does not choose its human features but receives those from the family it chooses to reincarnate with.

Is a human's name on earth selected long before the soul incarnates?

Sometimes there is a name that the soul returning to earth would like to have and that is oftentimes connected to that individual in its third-dimensional life. But many times the name has no connection whatsoever. Spirits often like to nudge its new family it is coming to to choose a name that it would like to have, but name-choosing is generally done through the three-dimensional world for in the spirit world, names are not important.

What happens if various souls wish to reincarnate into the same life? How is it decided which soul will be reincarnated?

You are asking questions that are faced by the three-dimensional world that you live in. As you move into a spirit world, such events do not take place and are not a form of spirit life. You are just viewing spirit life from a third-dimensional world and such issues do not happen in the spiritual world.

Goals of reincarnation

Is it a goal for all reincarnating spirits to generally help human's progress in their earthly existence? In other words, is it a goal to help humans as a total group of people as well as each individual reincarnating spirit helping themselves to learn their own personal lessons?

The first and most important lesson for every spirit that comes to earth is for it to learn its own spiritual lessons and to have a knowing of the individual it is. This might sound extremely selfish but to be able to go forward on a spiritual consciousness level it is most important for the individual to know themselves, to help others from that spiritual level. There are many people who are helping other individuals who do not have the concept of their own spiritual growth, and though they are helping

others they are ignoring their own spiritual consciousness and learning their own inner knowledge. It is most delightful for individuals to help others but they are not always learning their own lessons. They are ignoring themselves and not achieving their lessons but helping others by ignoring themselves. It is always of benefit to help any individual that you can help, and perhaps they will move into a much deeper and stronger spiritual consciousness because of your help and you will have no understanding of that because you have not turned within. And that is the most important lesson--to turn within and understand your own inner being and to then help others understand their inner being as well.

Karma

What does Karma mean and how does it affect the choice of a new life on earth?

Many spiritual organizations and beliefs on your earth believe that what you do and say creates an energy that you will then reexperience in another form in another life. So, say in one life you came in as someone who was a murderer, than in a next life you will come back and be someone who is murdered to share that experience. We, as your spirit guides and teachers, do not believe that that is the case. We believe that as humans you can move beyond the negative energies that you have created and experienced in your lives if you continue to choose to move in a higher consciousness level. If you do not continue to choose to understand what you have created and what you have experienced, you will come back to earth and continue those experiences in one form or another but because you have not learned your lessons, not because the energy you have created but because of your inability to learn from the lessons and the energy that you created. But one does not have to continuously carry that shadow of negative energy from one life to another because you within that lifetime, are being given the ability to wipe the slate clean, so to speak, and move beyond that and not have to re-experience it.

Reincarnation in same family

What circumstances would lead a spirit to be reborn into the same family that they lived in during a previous life on earth? In other words, if a child should die, go back into heaven, and nearly immediately be reborn into the same family--under what circumstances would that happen, if ever?

This is not an experience that happens very often. If it does happen it is because it was important for the family to experience the dynamics of losing a child and whatever that young spirit brought at that time to the family was very important and it was for the family's growth and not necessarily for the spirit, except that when that spirit would return as a new child within that family it would have the benefits of the experiences that the family went through in losing a child. Generally, those experiences for that spirit returning a second time are all extremely positive in supporting and as a unit, they will all grow in a much higher consciousness level.

Group reincarnation

Sometimes it is believed a number of spirits, let's say in the same family grouping in heaven, reincarnate simultaneously into lives that will have a great deal of interaction. Is this so, and how is this organized so that a group can reincarnate together?

Yes, this is so, and how it is done is just by knowing that there will be life experiences where these individuals will cross paths, sometimes it will be very intense and very involved and other times it will be just passing through each others lives but leaving a great impact upon one another. It is not something that can always be understood but as you have recently experienced there are certain individuals you feel a much stronger bond with than others and that is because you have come from the same spiritual families and your paths are crossing, whether it be again for such a very brief period or you are to come involved and share a strong intimate friendship.

Afterlife 101

How will they recognize each other on earth?

It is recognized by this feeling of a connection, of a bond that says I know you, which is reached many times on a subconscious level that you, as a human, can't even understand. Sometimes it is individuals who come into your life who you might not feel a bonding with but you feel you are learning a lesson from that person for a reason. Or rather, sometimes it can be an uncomfortable feeling around that person, more than you would feel around another person. And it's because you are sharing lessons together.

Life plans

Is there a life plan prepared before a spirit is reincarnated?

A most general life plan, yes, is there for the spirit because it's seeing the life it is going to go through and the lessons that it is being given the opportunity to learn from. But as you know there are choices and once it reaches its human level it is generally disconnected from its spiritual level and any pre-knowledge it has been given, because it does not have to follow that path--it is being given the choices.

Reincarnation as animals

Do human spirits ever reincarnate as animals?

No, this is not true. Human spirits never do evolve into lower forms than what they have been as humans.

We have been told how spirit souls can choose to have an experience of life on earth that they hadn't had the opportunity to do while in their previous life. Could this opportunity include experiencing such things as flight of a bird or swimming like a fish, or taking on the forms of such greatly loved animals, for instance?

We are not sure quite what you mean, but what we are hearing is that you are asking if in spirit form you would take on such experiences. We would not change into the dimension of the bird or change into the dimension of a fish but we are given the opportunity to experience what it is experiencing. We are given the opportunity to do so to have more compassion and more caring for these other levels of spiritual beings as well as the level of human beings.

Do spirits reincarnate progressively in various life forms, such as plants, animals, and then humans?

Every form, every creation reincarnates in the form that it is in. It does not evolve into another form. But each time it chooses to reincarnate it can reincarnate in a higher vibrational energy form of that same form. But for an animal to become a human, the answer is no.

What types of life form other than humans have spirits that reincarnate, and how do these spirits differ from those of humans?

We would say to you that every creation has a spirit. The energy at which one vibrates, whether it be a rock, a plant, an animal or a human, is all at different levels. But as with animals and as you can see with human training and human love, they can evolve beyond other lifetimes on earth. In plants this is often shown in healthy re-growth within that life. With rocks and minerals, there is obviously very little room for growth spiritually. There are occasions when such a form has been very prominent in life-saving matters for individual beings, as well as the other way around, such as rockslides, volcanoes, and earthquakes. These are all actions and forms of different energy vibrations. When, from events that seem beyond understanding, a plant, a rock, an animal has saved the life of a human being, it is reacting to a higher vibrational form of energy than it would under normal circumstances. So there are no coincidences in life. When you see inanimate objects saving or protecting the lives of higher

Afterlife 101

consciousnesses, it is because within itself the energy has reached such a vibrational force that it knows it can be more than the rock, the stone, that each person sees.

But does the plant have a spirit, that when the plant dies, it would reincarnate as another plant?

As we said, every living object upon earth has a spirit. Does it reincarnate into another plant? It returns to earth in the same form and yes, we would say there is a spiritualness about that plant, that when it does reincarnate, it brings with it knowledge of its past lives.

But the spirit of a plant would be different from the spirit of a human?

Most definitely, because you are looking at different levels of energy vibration.

Role of council of elders in reincarnation

Does a council of elders or equivalent participate in the decision of where and when a spirit will reincarnate?

There are very many different levels of councils and as a spirit decides to reincarnate it talks with its spirit teacher. And that spirit's evolution is discussed and shared. The bottom line is though--the spirit has the final decision to decide to reincarnate. It is given counselling whether they believe it should or should not reincarnate and whether it should or should not go with the family it has chosen, and will be advised why it would not be a wise decision to reincarnate at that time. But a spirit is given free choice the same as humans are.

Spirit guide assistance in reincarnation selection

How would spirit guides help in the selection process for someone who is going to reincarnate upon earth and how would they help in the birth process?

Well, this would go back to seeing what lessons an individual learned and how they understood those lessons as it was in spirit life and to see the strength and power and level of consciousness the spirit was able to move into in spirit life--to understand what its choices it can make in returning to human life and how it will be given the opportunities to learn its life lessons at a much higher level. Oftentimes these levels come with more struggle than one would expect for someone who is coming. But a spirit returning to earth can often choose to pick what one would call a life of human suffering only to know that it really is not suffering at all but is able to live in its spirit world and help other humans through what they see as that particular human spirit and help others to grow in their own spirit life.

Reincarnation in humanoid or earthling form

Oftentimes a spirit who originated in one form other than an earth form will not reincarnate back to earth for their next lifetime but will decide they want to go to their original place of creation and will go back for maybe several lifetimes in that original place of creation for a non-spirit being--and by that we mean that the person is not living in spirit but is living in a humanoid type form. So you are given the opportunity to return to a life that was far more highly evolved in every respect than one that you would have returned to on earth. Those individuals who originated from a world other than earth are very highly evolved beings and often find themselves very confused as earth beings but have made that choice to bring that wisdom, that knowledge and the ability to communicate other existences to earth in one way or another, to help the earth's spiritual evolution become so much more powerful than what it currently is. Those individuals on earth now, many who are highly evolved and who originated from planets other than earth--some of those individuals have had many reincarnations as earth beings and some are on their second or third but as it is known in the universe it is a time to

Afterlife 101

come and help support and almost rescue many of the earth beings so that they can learn what their life lessons are and to help speed up the spiritual evolution as much as possible.

How many universes are there which are used to incarnate souls from heaven? In other words, how many different places do beings have a physical life on other planets?

There are many universes throughout this big space. I couldn't begin to tell you the number of them but there are many other beings out there at many different levels, other than earth.

Can souls currently on earth reincarnate into other universes and how is this decision reached?

There are those who are upon earth who have chosen to come to earth from other planets to help in the evolution and growth intellectually and spiritually of humans. Those who have come to earth to do this have made the decision and this has been something that has happened just within more modern times upon your earth. So that your pace of moving into more evolved beings in every respect was helped along much faster than it had in all the centuries before upon earth. Those who have chosen to come to earth from other universes will stay and work their way through these plans that they have chosen to come and share with you upon earth. There are many of these beings and those that when they finish with this earth life and they choose to return to their spirit life will either stay within that spirit life or they will reincarnate again back again into their original universe. They will not come back to earth again. Once a spirit soul chooses to return to its original three-dimensional universe, it does not go back and forth to other universes. It remains with its universe.

Are inhabited planets often found throughout the universe?

Most definitely. We find it rather silly for you on earth to think that you are the only creatures that have been created by the Creator of all. There are many other civilizations within the universe.

Is there any planet in our current solar system other than earth which is inhabited now by intelligent beings?

In answer to that we would say yes. We believe though it is your responsibility upon earth to be able to determine yourself. We cannot always give you the answers you are looking for directly because many of the things you are asking about are your lessons to learn and understand. But we believe that perhaps there has been life on other planets and still is within your solar system.

Would these be in dimensions other than our three-dimensional world on earth?

Most definitely. In reference to many of the other beings in the universe, you are at the lower scale of intellect but you are widely envied by many because of your humanness. But from the majority of other worlds out there, your technology, your advancement spiritually, is at the lower end. But again you on earth are envied by many from the other worlds for you have in your humanness ability to still feel and express those feelings, to have a beauty upon your world that many other worlds in the universe do not have.

Are there inhabited planets in the universe where the intelligent beings living on those planets reincarnate and have the capability of flying?

When you are asking if they reincarnate and have the ability to fly, are you asking if they are reincarnating in their own form or are they reincarnating in the form of humans?

In their own form.

There are many other worlds in the universe that have the ability not necessarily to fly, but have the ability to move at a speed to where it appears as though they are flying. There are many worlds out there where the level of energy connection is such that they can transfer themselves from one location to another instantaneously, upon their world, not away from their world.

Are there other worlds where the inhabitants are like birds but they are intelligent and they do reincarnate as birds?

We do not see a world like this but of course we are not open to information of everything, as we have discussed with you before.

Would people who have always reincarnated on earth ever choose at some time to go to another planet than earth for reincarnation?

Those are decisions that are made between the spirit soul and the powers-that-be within the spirit soul world. But generally speaking, that is not the case. They will continue to reincarnate as earth beings. And will stay earth beings.

Are there planets where the living creatures have reached a level of consciousness so advanced that they don't physically die unless they choose to?

The only reason that would happen on any planet is so that that wise soul and spirit can help others, but the answer to that is a wise soul spirit will occasionally remain to a long life but almost always chooses to cross back into its spirit life. The process of changing from one form of energy to another is not any different on other planets as it is on earth. Even though the beings living on other planets might be far more highly evolved, which they all are, more evolved than you on earth are, they still have the process of changing energy forms, just as you on earth do.

Can a spirit choose to reincarnate on a successive series of planets, rather than just one?

As with humans, spirit has free will and can be given many different choices. It is not to the benefit of a spirit to jump from one life to another on various planets. It is best to have many lifetimes on one before one chooses to move to another.

Can a spirit elect to return to earth, continuing as a spirit in order to help people who are incarnated, as opposed to reincarnating as a human?

A spirit can come to earth at any time as a higher-self spirit and help someone. That does not mean it does it for a lifetime. It generally comes when someone it has loved in a human form is in great trouble and oftentimes it will come back. But just to make a choice to come back as spirit and not be human you have to go through many levels of "training" before that could happen because even the spirits whose job it is to help with the earth along with angels--you must learn your lessons almost like graduating from grade school then to high school and then college and on to further education. And that's the way it is in life experiences for the human who crosses over to become a spirit and the spirit is the same way in spirit life.

How is the earth itself a living entity compared to humans? Does the earth itself have a soul?

All living creation has a soul. It's just that some are more evolved than others. Earth has a soul. She wants to be the nurturer of all those who live on her, whom she loves so dearly. She is quite dismayed at the amount of disrespect and destruction that is being done in the name of progress. The earth initially was created with a highly spiritually evolved soul and was very pleased to be given the opportunity to be created to house the new beings that came to live upon it, whether they be humanoid or animal or vegetable. As man continued to evolve and destroy much of earth, it has brought a great sadness to earth, and as earth sees less natural things happening to her, to weathers and climates, to the reproduction of living creatures, earth feels that it is not understanding its role any more in giving and providing the substance for all to be living upon as people continue to destroy that. So earth looks with great dismay upon the events that are happening. In one respect that is the same as many human souls look upon the events of the humans and what is happening to them.

Afterlife 101

Will hybrid humans and extraterrestrials appear in the future in order to cause improved genetic characteristics of the resulting race?

Both humans and extraterrestrials have much to offer and becoming a hybrid form of each will be most beneficial to both the humans and ET's. This hybrid form will be more resistant to all forms of disease including health, mind, and spiritually.

CHAPTER 6. LIFE ON EARTH

This chapter deals with a wide variety of ways that humans interact with the spirit world, and ways that the spirit world affects life among earthlings, particularly through the efforts of spiritual entities such as angels and spirit guides.

First is a summary of various ways in which humans can improve their spiritual evolution upon earth.

Earth life will never be heaven life

The first thing we would say about you humans living upon earth is that there are many of you who want to live in the spiritual realm who have incarnated many times, not just from this human life but from other high spiritual levels, and you so want your earth to be as higher evolved beings live their life and what life is like in heaven, but you have not yet achieved this. You on earth have one of the most beautiful places in all of the universe to live and you are so terribly destructive to your mother earth. We would say that part of your evolution is to learn how to live and make your life convenient and easy and harmonious. But to do it with the harmony of working with mother earth and not being destructive to her.

Those who are of the highest spiritual planes upon your earth understand that earth is a school and understand that you are to come here to learn lessons and understand that earth is not meant to be heaven. There are those who have not quite reached that spiritual evolution, but who have attained a much higher spiritual evolution than the masses of your earth, and these individuals would love to see life be treated on earth as it is in heaven and have not reached the level of spiritual wisdom to know that earth life will never be heaven life and that the whole purpose of earth life is for spirit souls to come and learn lessons.

Earth can have a higher spiritual consciousness

But even though earth life can never be like heaven life, it can evolve to a much higher spiritual consciousness than it is now experiencing. To do this one really begins with their own individual self and that is to learn self love, self forgiveness, self acceptance and self worth. For without these, many of the things that you tend to do and help in others are nothing but a way to evade the lessons that you have really come here to learn and you have not learned to do this. But we are not saying there is anything wrong with help that you give to others, it is a way for you to not put the time into learning of self. If you on earth could only learn the lessons of acceptance, forgiveness, to live a life without fear and anger, and to know about love and compassion in everything that you do. If you can learn to feel that love and that compassion, that acceptance, that each and every one of you have come from a different perspective and have different lessons to learn from that perspective on earth, your earth would be a much more harmonious, peaceful, flourishing environment for everybody. For you as humans, especially in your country of the U.S.A., excess is an everyday way of life for the majority of people. Even those who appear to be quite poor still have more than many of the people in other parts of the world who have nothing.

All objects on earth deserve respect

You on earth have not learned to live together as one unit. You have not learned to accept and respect the individuality of each person upon earth, whether it is within your own country or in other countries. Respect is something that should be given to every living creature. Therefore, respect is something that everything upon earth should have the vibrational energies of, whether it be from a blade of grass, snowflakes, animals, humans--whatever it is, you are all created by the same God. And if you would learn to have respect for each individual item/creature upon earth then you would begin to see the respect turned around to you far more than it does now.

Afterlife 101

Have earthlings become essentially the least evolved inhabitants compared with people who inhabit other planets?

No. Though you have a long way to go there are other beings at other places who are at much lower consciousness and very three-dimensional in their consciousness. These people can be very dangerous if they would choose to come to your earth world for they can pull down the consciousness of many communities and could create havoc in your own world. But they would be doing it by force and by destruction for they

Why are earthlings relatively lower in their evolution compared with people on other planets?

We have found that as earthlings you do not have respect for your environment. You have very little respect for your individual mankind. You do not have respect for the diversified nations that make up your world. And though there are many that have and are working in trying to help your world you still have a long way to come. But yes, there are even lower individual worlds that still exist. But you as earthlings are the ones who, generally speaking, create the energy of your active people--your people who are involved in higher office who think they are in control of you.

Is earth the most beautiful planet in the universe?

Most definitely. Your planet was created for the beauty, the love, all of the senses that you feel as a human that are often lost in the majority of all other worlds but your own. And there is no mistake because your earth was built as a school and was built to offer you all the most beautiful pleasures one could ever imagine. Many other beings would love to come and live upon your earth just for the beauty. They often look into earth from afar and are just amazed at how beautiful your earth is and also very broken-hearted for your disrespect for your mother earth.

Why was it created to be such a beautiful planet if its inhabitants are of a relatively lower spiritual evolution?

The Creator created such a beautiful planet and hoped the humans living there would respect and help maintain such a place. Because humans have free will they are not living responsibly on earth. They are very destructive to mother earth and other creatures living there.

Did humans biologically evolve from simple cellular life?

Man did evolve from a simpler form of life and you can in this day and age see the likeness between yourselves and your forbearers within the apes and gorilla families. You had a great deal of assistance from other planets also in your development to where you have become much more highly developed than your original forbearers were.

Did the Creator envision, in your opinion, that man would eventually have his current physical form?

We do not believe that the Creator was so much interested in the physical form as in the inner growth of His/Her creation. But with much reincarnating, much evolution and much assistance from other beings on other planets, you have evolved into one of the most beautiful beings on all of the planets that exist. Now, we wish that inwardly you could be the most loving and accepting and forgiving beings in all creation but we know at this point you are not. And the Creator was hoping to see you evolve more in line spiritually as you have evolved more in line physically and feels a great sadness that this has not yet occurred.

Moderation

You on earth abuse your bodies terribly, either through drugs or through alcohol, through excess eating, and smoking. You abuse your body, which is truly a temple that houses your soul and your spirit. If only you could learn to do everything in moderation upon earth as far as eating and exercising, and the compulsions you have on earth, if you could just learn to have moderation, you would all manifest your life lessons with much more ease and much more harmony. But especially in

your country you tend to be excessive in all aspects of life. It is not necessary that you have to live a strict daily ritual of diet and exercise and meditation. Moderation again is the word here and what works for each individual. But do not get lost along your path to spiritual evolution and higher vibrational energies, do not get lost along that path, that life has to have so many rituals before you begin to become a validated individual along that path. We would think that you can learn to do and be healthy in many ways and being over-excessive in one area and not so in another does not give you balance. There is moderation in everything that you do in your life, moderation to your exercise, moderation to your eating.

Being overweight often does not reflect balance in life

The majority of people, especially in your country, are extremely overweight. And that is because they have not been able to find themselves, and the gratification they get is in the food they eat. And their inability to have a higher physical level of energy is something that blocks them from being able to move into higher levels of spirituality because they are not honouring themselves. We will say that there are many people in your country who have larger bodies and do exercise and who are moderate in their eating and it is just their physical makeup to be on the heavier side, but they have balance in their life, they have balance in their self-love, their self-acceptance, they have balance in their friendships, they have balance in their diet and balance in their exercise. And the word that we are trying to get at here is balance. It is not over excessive indulgence in one side or the other side but to have a balance. So, just because you see a person who you would term over-weight doesn't necessarily mean they are, because they have balance in their life, so they're not being self-destructive. We are not talking about the extremely obese individuals on your earth because we know that their indulgence does not have a balance to it.

How humans can contribute to global spiritual evolution

Each of you as individuals will ask--what is it? What can I do? How can I participate in this spiritual evolution of not only myself but of many others? You first can begin by not judging, you can begin by not being fearful, and by forgiving. These are things that each individual person can do in their own life and then expand that out beyond their life, to their circle of friends, to their town, to their county, to their state, to their United States government, to their world, and then on out to the universe and beyond. It is a lesson in infinity and you can become a part of that infinity by sending out your higher vibrational energies of love and unconditional acceptance and prayer--and knowing that there is one power and all of you are from this one power.

It is very difficult for you on earth to understand that as you give, you receive back. And so whatever you give out in your thoughts, not just in material things, but in your thoughts and your emotions--what you give out towards other individuals is going to come around back to you in another form or another low-level energy. And so, it is very important for you on earth to look at your own thoughts, to look at your own actions and especially to look at your own words because you can truly understand the experiences in your own life by hearing your own words.

Terrorism and war are part of your earthly lessons

Your world right now is faced with much activities towards terrorism and towards war and it is a very complicated issue for us in the spiritual world to be able to share with you on earth, because in the spiritual world we know there is no such things as war and hatred and anger and fear and distrust. There are no such things as terrorism or destructiveness towards yourself or others. But those are things on your earth that you were brought here to learn the lessons of.

Living your life

So, right now just to reflect back is to say, that you on your earth, if you could just learn to have balance in your life, if you could have more compassion and forgiveness and if you could be more considerate and respectful to your mother earth and not be so concerned with losing conveniences and having the easy way out all the time--you would find that within yourselves you would first begin to feel a shift in your life and then you would see that same shift evolving out to those closest to you and then eventually evolving out having an effect upon your whole earth. Do not forget though that earth is a place for you to come to learn these lessons. You learn these lessons at a much faster pace or evolution than you would in heaven because you do not have all the earth experiences in heaven as you do have in your human life. So embrace this learning process that you are going through on earth and continue to turn within and ask your spirit guides about the lessons you are learning about, what you should learn about feeling your own feelings, about feeling your own emotions.

Become aware of the joys, become aware of the anxieties, and question them. Do not just let them hang there in your life--question them. And when you feel pleasure and joy, look and see what the pleasure and joy is, because it is beyond the visual or audio or touching that you have, it has something to do that goes deep within you. And look and see where it is coming from and do not forget to give thanks for all those joys and for all the lessons you are learning. And you can make the choice to learn your lessons the hard way or the easier way and it is up to you as how you choose on earth to look at it.

How would a person on earth move into higher consciousness in spiritual realms or evolve spiritually?

We are not sure if this question means do they evolve spiritually in a human realm as well as a spiritual realm? In a human realm, to continue to evolve spiritually one needs to make their spiritual life their priority life, to be in meditation, to move beyond the shackles of their three-dimensional world, to study, to ask for guidance and to live their life in such a manner. Many times what prevents any human being from moving beyond their current spiritual consciousness level is because of one of the biggest human restraints, the feeling of fear--fear of the unknown, fear of not being good enough, fear of being laughed at, fear of not being accepted. That will keep you from moving and advancing in your spiritual life more than anything. In your spirit life, you do continue to evolve spiritually by looking at all your past lifetimes, at the lessons that you have learned and the lessons you have not learned and to be prepared to return to earth to live the next reincarnation in trying to, so-to-speak, get an "A" in earth school. And acknowledging what motivates you and what holds you back from your higher spiritual journey and to work with and overcome whatever the restrictions are. It is your responsibility and cannot be learned by you unless you are willing to do whatever is necessary to let go of those restrictions.

Are there methods of meditation, affirmation, spiritual practices, in addition to love and kindness that would be beneficial?

Most definitely. Your ability to communicate to spirit guides, to spirit angels--who are earth angels--to help you and assist you in earth problems are all part of the school of evolving into a higher consciousness. Again, there are many messages and teachings from earthly beings to help you open that door. One of the most beneficial methods that an earthling can follow is to heal within themselves, to heal from the fears, to heal from the angers, to heal from the un-forgiveness. As one begins to accept the fact that they have to take responsibility for themselves in eliminating those restrictions, to be willing to--even though they don't think they hear or receive messages--to be willing to acknowledge they are getting these messages in many forms, in many ways, will help in their spirit evolution. Meditation, nature for some, healing for others, being of service to human beings, but seeing that as a gift from your Creator that you have and to take that gift of healing, to accept it as the most natural experience for you to be having on this earth, and to remove your personality and ego from any such human events of service to others. To remove your ego and to become humble is all part of your evolution.

Why aren't the lessons to be learned in a lifetime clearly communicated to all humans at an early age?

The lessons that you came to earth to live in this life were told to you before coming to earth. You have those lessons within you at all times. It is important for you to understand that every experience

you go through, you go through by making choices. The choices you make determine if your lessons are going to be easier or if they are going to be more of a challenge. You make those choices. But deep within you, you know what those lessons are, already. You can look back through the experiences within this lifetime and you can see what you have done and what you have not done. And you can see your repeated patterns; patterns will continue to repeat until you learn the lessons.

If life is understood to be an illusion, won't this reduce the reality and effectiveness of life's lessons?

As humans come into the world in three dimensions--as a three-dimensional being --you come and make the choice to be this three-dimensional being. Knowing that you are going to be facing challenges and having choices which will all seem very real, for that is the whole purpose of coming to earth is to face those challenges and make those choices. Until a spirit soul evolves so high in consciousness it does not understand the term that you would use that life is an illusion.

Do you consider that life is an illusion or reality?

We would consider life a reality as much as possible because it is a phase that your spirit soul goes through and the reality of what you do with life on earth or others follows through with you into your spirit life. So, how could you say that it is just an illusion when the choices that you make move with you into your spirit world? We just find that this would be an extremely long discussion to have with individuals because of the conflict of life on earth and spirit life and those who believe that life is just an illusion. It is just another part of your spirit life that is moving into a faster way of raising your consciousness, so we believe that this could be a debate that would go on for a very long time but we consider the life experiences to be real. Life itself is an illusion but the life experiences are real for they help you to evolve at a much faster pace as we

Next is a summary of various spiritual aspects of early human development, beginning at conception.

Role of spirit guide in childbirth and infancy

With respect to the birth process, when the baby is born and the spirit enters the body of a baby that is being born, what is the role of the spirit guide during the immediate birthing process, if any?

When an infant is birthed, actually even before an infant is birthed, as it is being carried in the human body the spirit guide is there to continue to help it understand that it is moving again into a physical form and that, though for quite some time it will be in a physical form, it will still have this very direct connection with its spirit form. And the spirit guide is there to help it gradually become consciously disconnected from its spirit form and move into the fullness of its human form.

Spirit experience before birth

What does the spirit experience during the period after it leaves spirit life and the moment of birth of an infant in its new body?

Before its birth it is still experiencing its spirit life, moving into another form. It is beginning to feel certain physical restrictions that it does not feel as a spirit. It is beginning to feel life connected in a more solid form than it did not feel as a spirit. It maintains its connection to its own spirit life though it begins to decrease. But until it's about two years old, a child is still connected, fairly strongly, with its spirit world and knowledge of the spirit world. It feels a complete restriction once it has moved into its own life versus growing within the womb and it at birth feels a complete physical restriction that it had not known until that time. As it continues until about two years old it is connected to a strong love bond. Infants who are born into abusive families even as infants are extremely confused because they have not understood about the lack of love and caring because it still has this other connection. We would say that though an infant is physically abused it has a spiritual support and connection that an adult or older child would not have.

Timing

This may be repetitious, but when does the spirit fully or partially occupy the infant's body in the mother's womb?

The spirit is almost fully occupied in the body from birth but it does not lose its full connection to its spirit being and its spirit life until about two years old.

How about before birth? Does it from time to time enter and be inside the infant's body while its in the womb?

Most definitely so. It is beginning a transition period. It is not like death. It does not happen instantaneously, where in death, it moves from the body instantaneously. As it becomes a new soul, it is experiencing the gradual restrictions of a body and the growth of moving from spirit into a human body. And it is being guided and given an understanding from a spirit guide, a spirit teacher, from what it will be going through and then at birth and oftentimes after birth it will feel this, though it does not really leave the body, it is able to fully feel and experience what the spirit world was.

Soul creation

You have earlier described when a person crosses over, their soul leaving their physical body and entering in and being absorbed into the spirit. When a baby is reincarnated, is the opposite process underway, namely, a new soul is created and detached from the spirit in order to reside completely within the infant's body?

We will try to describe what we think you are asking about. The transformation from spirit to human is the aspect of a new soul, a new personality, a new ego being created. And as this soul is evolving during the pregnancy stage, that is how the humanness is being created. And the consciousness of spirit moving from spirit form into human form, and though spirit is always who you are and is always with you, it is not in a conscious form as your soul is. And your soul is the makeup of your humanness.

And could you describe when the soul enters the infant?

When the spirit decides it is going to be that human, the soul begins its development then even at the beginning of conception.

And if you like, it is located inside the foetus, the infant at that time?

Yes. For the soul is the beginning of the birth of the human and the spirit will eventually become around, as we have said many times, at two years old--become the subconscious connection to the human but never leaves it.

Birthmarks

Do spirits ever bring physical imprints such as birthmarks from past earth lives to the new infant's body?

Yes. The reason that this is done is because again this is generally a spirit that has evolved to a higher consciousness level and this is part of the spiritual teachings that it will help bring to those on earth.

Loss of understanding of spiritual origin

A child essentially after the age of 3 has lost all but a very strong conscious contact-- direct contact-- with heaven and life on the other side. So that when a child after 3 crosses over, their meeting on the other side--they are often met with many loved ones who are there even though they were gone for a short period of time. They have lost that strong initial contact of what life really was and so these young human souls are going to return to heaven with a greeting from many angels and many loved ones and after a period of time will move back into its original soul form with all of its energies from all lifetimes that are there in its spirit form and will move from its soul to its spirit form and will continue life not as an infant but as the mature spirit that it has become through many incarnations.

Number of incarnations are not important

When a soul returns to heaven into its spirit form, the number of incarnations does not necessarily have anything to do with its level of spiritual consciousness. The soul moves into its spirit form and could have had many, many incarnations but not have learned the lessons as quickly as other soul spirits who have had fewer incarnations but who have learned their lessons at a much quicker pace. So it does not matter how many incarnations a soul has gone through as much as it means what they have learned when they have been reincarnated.

Why do some people have spontaneous memories of past lives and others do not?

There are many different energy fields that completely and always surround any individual at all times. One could be on the path, seeking their past lives, so they are very connected with that energy field and choose to move into it and seek the answers of past lives. There are those who have absolutely no belief and no connections whatsoever and who live rather lower-level consciousness experiences in their current human lifetime. And yet an event can happen that will jolt them, move them, accelerate them into a higher consciousness level and they will touch another dimension and will see such an experience. That can often be just an instantaneous experience or it can oftentimes be an experience that will continue for the rest of their current life on earth. There are many explanations. You on earth always are looking for the simplest, most concrete understanding of events, and it does not happen the way that you live your life in such a three-dimensional world expect it to happen.

Children who may be bad seeds

Is there actually a bad seed that is born? We would say that this is a very difficult question to answer for there appears to be children who come into this earth, those who you would say were bad seeds, who are often spirits who made the wrong choice in coming to earth in the time they reincarnated. They are oftentimes children who are born into families of extreme distress, extreme anger, and to use your earth words, extreme dysfunctional environment. They feel, as they are in the mother's womb, all of these events taking place but had hoped that they would be able to be strong enough to overcome such earth energies. Once they are born they realize that after a very short period of time this is not going to happen. They have picked up enough of the anger energies within the environment they are moving into to only know that that is the only thing they are experiencing.

This happens at an extremely early time in an infant's life, so as that infant continues to develop it has nothing but the anger to develop from. And when you think that you are seeing a bad seed it is not because the soul spirit that incarnated was bad when it incarnated. It's just that it has never been given any opportunity in that incarnation to experience the joy and the love of what life can really be because it is continuously surrounded by such dysfunctional negative energy. As we would say the case was with the boys in Littleton, Colorado. These are very troubled souls on earth and continue

through that experience in their youth until they are given an opportunity to see that there are other energies out there in life that they have a choice to experience or not experience.

Children with extreme physical and mental disabilities

To those children who come to earth who are suffering from extreme physical and mental disabilities, they have made that choice. Some are fully aware of their physical discomfort but generally speaking those that have the mental disabilities do not often experience from the same emotional feeling levels that other humans do, and so are therefore void of many of the energies and thought processes that those of you on earth "that are normal" experience and therefore find a simpler and easier way of life within their own disability. Though they will appear to be extremely mentally and physically disabled, there is another part within them that is moving forward at a very high evolutionary experience. You will often see such experiences in savants or you will see this in those who appear to be slow but are extremely talented in one field or another. Again these individuals do not suffer from many of the emotional and thought processes that the masses of human population do.

Importance of love to an infant

The lack of love is very crippling to an infant soul that has returned. We cannot express enough how important the initial connection between the mother and the spirit soul who is going to be coming to earth--how important the acceptance of caring for that child is and the love that is being given to it as it is being carried. This bond of love is so vital and so important to the evolution of that spirit soul and will help determine how quickly its lessons and challenges on earth are often met. Children who are often abused and neglected are left with a strong sense of emptiness in their lives for many years. They are often pushed aside by society as bothersome or troublesome and are not given the opportunity to see other choices that they can make in life until they become adults. As they become adults they are allowed to see that that they have many doors and opportunities that are open to them. Their spiritual evolution will often depend upon the growth they will as an adult make and we are talking about the spiritual evolution of what they were as a spirit through many incarnations. For those who are given an opportunity to move forward as an adult that they were not able to experience as a child, their choices so often depend upon again the spiritual evolution they came to earth with from other incarnations. Many times there will be two adults who are side-by-side given the same opportunities but, because they are at different levels of spirit evolution, will take very different paths.

Adult contribution to children

We cannot express enough how important it is for adults of your world to be able to share and express and encourage and support with love. Young children upon your earth after the age of 3 have really lost the contact, as we have mentioned before. We talk about children going through terrible 2's and that when they begin to completely separate from their spirit and knowing of life on the other side--from about 3 on they still have a strong awareness of there being another life but they have made a complete earth connection at approximately the age of 3. Yet they are much more aware and much more open to experiences of the other dimensions and can be very wise if you are willing to be open to listen to some of the things that they say. This is especially true with children with very vivid imaginations and with children who are suffering from tragic illnesses from dysfunctional energies upon your earth. It is most important that you as adults on earth give your children a sense of belonging, a sense of being supported, and a sense of guidance and direction without allowing them to fend for themselves. Many times you as adults go from one extreme to the other with children upon your earth. You are either far, far too strict and structured and not able to see that they have their own individual thoughts and energies or you will go to the other extreme and let them run rampant in their own thoughts and energies without enough guidance.

In either case this is very difficult for the young spirit soul because they have really no true sense of belonging in either place. One, they are not allowed to be who they are and the other, they have no

sense of a strong love connection in a family that lets them "be your own individual person". We know as adults that you are not given directions for being a parent. We wish that we could be heard much stronger than what we are so that these young spirit souls that are reincarnating in life could meet their challenges with a little more ease and comfort. When that does begin to happen on earth you will then see a strong evolution in the lives of and in the life style of your earth.

What possible spiritual purpose could be achieved when horrible abuse is visited upon a young child, such as in the case of ritual abuse?

There are so many dynamics and so much misplaced energies upon your earth, the abuse of a young child being one of the worst that one could experience. Generally speaking, a child who has been so abused is here to learn the lesson of forgiveness and is here to learn the lesson of compassion. This does not always work as we well know. But there are many people involved in the lessons that are involved in such an act with children. There are many dynamics to such acts that we cannot explain to you why such terrible deeds do happen upon your earth. But if one is to take the spiritual form of it, it is to learn forgiveness and compassion and to give love no matter what the experience was and you can give that in your human form or in your spirit form as life moves on for you. We would say that those are the biggest lessons and the reasons for such atrocious acts.

Next is a set of questions and answers that deal with a wide variety of features of human life and their relationship with the spirit world.

Human faults

What is the fundamental cause of the faults found in human nature?

Fear. Very low energy vibrations and fear. Fear is generally the motivating factor for all negative acts that you see upon your earth. It is all based on fear of one form or another, fear of not being accepted, fear of not being good enough, fear of being eliminated. Fear is the biggest contributor to the dark side of mankind, followed by anger. Those are the two largest reasons.

If a human commits a spiritually negative act that affects his family on this earth, what are the consequences to his soul?

The consequences to his soul are not different from that caused by any other being that he has come into contact with or created the same scenario with as he has his own family. There is no dividing line between family and strangers.

If negative, how can this person reach forgiveness and accelerate his soul level back to its normal state and live among his soul group again?

It is just a process that spirits go through. We would like to come back to this question please later.

Immature spirits

What percentage of spirits incarnated on earth today could be considered immature?

Do you mean as human beings or as spirits themselves?

As spirits themselves.

We would say many of your countries in your world where there is continuous strife and struggle, where there is much anger, where there is a great underdevelopment of all sorts--in those worlds these are spirits who are still immature and young spirits, coming to earth learning earth's lessons from nursery school and kindergarten.

How can a spiritual person function well in an environment which is negative towards spiritual knowledge (and tries to limit his powers)?

These are the challenges that you choose to undertake when you come to the earth and live in a three-dimensional world. It can often be a lonely world. It can often be a world as you seek your higher consciousness, of many different paths, many different challenges. If this is your heart's desire you will find a path that works for you and you will be willing to accept at whatever cost you see in the three-dimensional world to continue that path. That again is the person's choice. You are given free will, free choice, and have a responsibility upon earth. That does not mean that if you decide to do a spiritual path, that you can avoid many earth responsibilities but you have the ability to incorporate those spiritual path upon your human life as well. And it again is your choice as to what you will sacrifice and what responsibilities you will carry to continue that path.

Is there a way to block out or protect yourself from negative vibrations from other people? If so, how?

There most definitely is and every individual upon earth has the ability to do this regardless of the level of their spiritual consciousness. And that is simply by believing and connecting with God in whatever environment you are in, asking for the love of God and the protection of God to completely surround you and to be with you at all times. Often individuals will find themselves in very violent situations and as one connects to that love of God, and the protection of God, one will feel that love and protection in a way that you ordinarily would not feel and understand at the time. But, yes, one can always ask for the love and protection of God at all times and one can go into, say, a family environment that is often very adverse and negative and still feel the love of a family but ask to be protected from that outside three-dimensional antagonistic energy.

Departure from a life plan

What factors cause departure from a life plan?

Well, as we have discussed before, we do not thoroughly understand ourselves. At times energies can cross, can intercept another energy. Usually when that happens, what will happen will be on a much larger scale than an individual scale. It is for the better for the whole instead of the individual, and that is often misunderstood in your country. But oftentimes when an act happens, and generally this act is almost always of a negative nature, but can be extremely positive as well. But there are times when something not only bad happens to individuals upon your earth, but good things which you rarely hear, that helps to manifest a much stronger and brighter life than an individual might have had had they not connected, if their energies had not crossed paths. So, it's not always a negative experience when energies intercept what was originally thought out, what that spirit thought he would be doing when he came to earth.

Why do many humans never even come close to achieving their 'lessons' in their lifetimes?

Because they are not open to the higher consciousness, they are not open to other dimensional worlds. They are strictly living within their three-dimensional world and are not understanding the consequences of every action and every thought that one has in the three-dimensional world

How can one grasp his/her true mission?

One needs to go into their heart and feel their greatest desires, feel their greatest love, ask to be guided to that, know what brings you the most joy and pleasure upon earth. One's mission could be just one simple thing for their entire lifetime and that could have been a smile that you gave to someone who was contemplating suicide and that smile turned their life around. So do not look for missions that have to be overwhelmingly experienced because your mission upon earth is to find your inner self, find your love, and give that love back to the earth. For many people, it is many different things but acceptance and love and forgiveness are three very big missions for any soul upon earth to be able to acquire within their life to bring them to high, high spiritual levels and in doing so your energy helps move the energy of your earth all the way around to higher consciousness.

Astral travel

Does the spirit of a human on earth detach from the body during sleep and have a separate existence?

No. It could. You have many people who will try to astral-project or who will be astral-projecting into their dreams, but generally no, the spirit soul likes to stay within its human body. So, it is not necessary to leave its body at night when it sleeps, although there are times when it has asked for permission and been granted to be able to do some exploring in other parts of the earth world or in other parts of the universe.

What happens to our souls when our bodies are asleep?

To some, nothing happens. Your soul stays within you and you continue in your three-dimensional world. To others there are soul travels, travels to other places within your world or travels to other dimensions. Oftentimes your soul will stay within your body and you will communicate with others from other dimensions. You will oftentimes interact with other souls upon the earth that you have a deep connection with, either through love or through hate and the souls will meet upon another plane and do what is necessary to release the need to share and communicate words and actions they are unable to do upon earth. This can be a time when you can do a great deal of healing as well.

Why are some allowed and others not allowed to remember these meetings?

There are times when it is only important for the information that you have experienced in your travel to come to you in a subconscious way that you later on will respond to in your actions and thoughts upon earth. This is a way of helping you become more aware of yourself and your evolution spiritually. There are those who have no connection whatsoever to anything other than the three-dimensional world who are either living their life as victims, living their life in the total materialistic world, living their life not beyond anything other than the three-dimensional world and have no connection with their spiritual evolution. This can happen to anyone from homeless people to multi-billionaires. The reason is that they just are not connecting with their soul themselves. There are times when a big event will happen, unbeknownst to them with their soul, that will act as an eye-opener and they will then begin to evolve. But this is the exception.

While sleeping, I have heard voices that should not be there, and have even been awakened by a few. Is there any way that I can find out what is happening?

Voices that are heard as one goes into a sleep consciousness can be voices from many different areas of one's life. They can be spirit guides talking to you from the other side. They can be loved ones who have crossed over trying to communicate to you. They could just be the energies left of individuals who have crossed over from the location where you are. There are many reasons why one would hear the voices. Go to your inner self and ask for love, guidance and protection and ask who the voices belong to. If you can in your sleep, just ask the voices who they are. Each night as you go to sleep make sure that you give yourself the blessing of love and protection from higher spirit and know that you will be safe and in your sleep conscious state you will ask who are you of these voices and you will have no fears at all.

Is it possible for someone to be harmed while astral travelling and, if so, under what circumstances?

Those upon your earth who have done astral travel have tried to make it be such a simple experience for others who can just jump into it any time they want. And with a little bit of training, this is true. They can jump into astral travel at any time they want. What is not explained about this is that you need to have a very deep understanding of the events of astral travel, of the energies and forces beyond your third-dimensional world that you will encounter in astral travel. It is not just a matter of going from one room to another room. You will be so-to-speak on a freeway of many universes and many other beings and you need to understand the dynamics of what this astral travel is. It is not a weekend vacation taken for an hour. It has many effects and you need to be well-prepared before just jumping into astral projection. It is not a game any more than the Ouiji board is a game.

Could you give any example of a harmful effect that could take place in astral travel?

One could encounter energies, for there are many energies in the astral plane, varying from those with very high spiritual consciousness to those of far, far less spiritual consciousness. You can encounter any of these energies and unless you are well prepared and have a complete understanding of how to protect yourself these can have emotional as well as physical effects upon your life at your return to your three-dimensional life.

Parallel lives

Do spirits ever live parallel lives on earth simultaneously?

No, they do not. Do you mean one spirit in two separate bodies?

Yes.

No, that is not the case.

Prayer

What is the proper role of prayer for a human?

Well, on your earth humans so much come to prayer petitioning for something, whether it be health or love or marriage or divorce or money or material aspects of its life they want, it is always coming in one form or another, beseeching and asking for such things in their life. So beseeching is often the way a human prays. It is most important for you as humans to realize that you do not have to go beseeching and asking and begging for something you want. To come to true prayer with God is to come and give thanksgiving for anything that you wish in your life, knowing that it has already been done.

So, when you are faced with any situation, if you give thanks before any materialistic three-dimensional form is experienced, you have experienced it in your mind, your brain, your heart, and you have taken it to God and said thank you for creating it and not thank you for having it at this point because, even though you don't have it, it is important that through your prayer you know that you already have it. Prayer does not have to be through prayer beads, praying to any sort of statue or any idol. Prayer can be done while doing dishes, while in the bathroom, prayer has no specific part--as long as you are talking to your spirit guide and God you are committing to that love of God within your heart, right then.

If you want to ask for special guidance or help from a Saint, is it best to do so via your own spirit guide and not directly to this Saint yourself?

We believe you are just using different terms to describe the same thing. If you believe there is a Saint who is a higher evolved spirit being we believe that is the spirit--the same as the Saint. And that spirit being will be there to help you. So if you are looking for specific guidance from a specific saint, we know that that is a spirit guide--the same as your saint--and they will be there to help you. You must be willing to take responsibility for your role from that help. You must be willing to know that you are truly opening your heart up to a higher level of consciousness and that you are willing to work with that consciousness, that it does not do it for you but works with you. We will say in times of dire emergencies, in times of extreme difficulties and oftentimes the saint will be there to carry you through it but you will be aware of that after the situation is over and know that you too had a role in that. But the majority of the time it is your responsibility to work with that spirit guide as well as just not saying, okay, come and do it for me. You must be responsible in that role yourself.

Meditation

What is the proper role of meditation for a human?

There is a verse in your bible such as--come in and shut the door, or come in and be quiet, or walk in the dark. That is what meditation does, it helps you to be still. And be still and know that you are God, be still and listen to God, listen to what information is being given to you by God and to let go and to let yourself release all such energies that have been creating such an upset in your life.

Christianity

What was the meaning of Christ's life for today's humans?

You on earth tend to worship Christ the man instead of Christ the teachings. The whole point of Christ coming to earth was for his teachings. And He was able to accept and know that God was always there and it's His teachings that surround and enfold all people on earth. Even though they do not believe in Christ Jesus as many of your Christians do, they do believe in Christ who was able to surpass all evil, who was able to surpass all illness, who was able to surpass all the challenges that were put in his life because He knew that God was there at all times. And He did not live a life of fear, He did not live a life of guilt, He did not live a life of anger. He lived a life of love and compassion and understanding and acceptance and as Christians that is what you should come to know and understand your Jesus to be, not just the man that died on the cross for your sins, but because we believe that many of the stories in your English bibles are not very valid stories.

Are we to take the Bible's account of Jesus' resurrection literally?

It depends upon your spiritual philosophy if you take that to be a literal meaning or not. Remember this is a man-made thought process and man deleted much of the additional information to help one evolve. Though we do not point a finger at any one spiritual philosophy, it is your choice of what you wish to believe.

Will Jesus return to the earth in order to accelerate the process of our evolution in terms of our levels of spirituality and how we treat the earth and each other?

We do not prefer to make any comment on any one connection with any one religion except to say that we know that Christ Jesus was a wonderful, marvellous, highly, highly evolved spiritual being that came to earth in a human form and was a master of master teachers.

What significance does the way Jesus Christ died have for today's humans?

Jesus Christ was a symbol of hope and a symbol of cleansing for all humans. His ability to reappear after three days of being declared dead is to give hope to everyone, regardless of their religious philosophy, that life does continue. And to evoke fear in those who do things such as the killing of other humans to show that they are responsible for their actions and that all humans are given the ability to live the life the same as Christ did. Christianity in your world is the strongest religion that draws together energies of hope but is also many times misunderstood and your human laws and your human desire to control often creates shadows over the real reason of the story of Christ Jesus and not accepting stories of other beings who reached such levels of spirituality. If you could remove some of the human errors that have been projected into your earth world about Christ, you would come to see his life had meaning for everyone.

How should the Bible be viewed?

As a piece of history, as a form of history that was written at the time that many of the events took place.

Afterlife 101

When humans are born, or let's say older than age 2, they generally have little or no remembrance of a past life or a spirit life. They have no knowledge of their spiritual existence. How are humans expected to learn of their spiritual existence if they don't carry this information with them from birth?

All of you on earth are teachers. You have the wisdom of your ancients that live there on earth now. You in your age and lifetime have had many teachers before you. They have taught of the higher powers. They have taught of the powers of mother earth, they have taught of many different spiritual teachers that have walked this earth. You have had at many times on earth wonderful highly, highly evolved spirit teachers who have come to help guide and direct those that have not known or understood about their spirit souls.

So, as you in your life have been exposed to religion through various forms, it was only until you were ready to accept that you did not like the structured religious man teachings, but are finding yourself being drawn to the teachings of the spirit and of spiritual nature and you are willing to listen to those messages. And it has been through people such as yourself in this day and age that that information is carried on to others and to others. And no matter where you are on earth in any group--you will never know who they are--but there are many spiritual teachers and individuals with dimensions far beyond your third-dimensional world.

What is the historical accuracy of the Adam and Eve theory?

As we have said before, the Bible is created by man. It is a story of religious belief, religious belief that was created by man as well. Your spiritual or religious philosophy will determine what your belief is in such matters.

And that means that Adam and Eve did not exist in real terms, as real humans as the Bible indicates?

We cannot say that for sure because in the mind of many people it is very real and it is the way it was. One lives in their own reality and does not have to have it verified by words but many people have had the belief that this was the way God created earth and will continue with that belief. We do not interfere with such issues.

Does a crucifix have spiritual power?

We would say no to that question, no more than rocks or crystals or nature itself. Your connection is beyond the three-dimensional connection of such things as crosses/crucifixes. But, if within you, you believe that certain things carry an attraction for healing, carrying an attraction to help aid you on your spiritual journey look carefully at these tools. Do not put the powers in the tools itself, but feel that they are an aid in helping you. Do not become dependent upon these tools for soon you will take flight and understand that you need no tools, only your willingness to accept.

Were there major spiritual teachers who preceded Jesus Christ on earth?

Yes, very much so. Not only have they preceded Him, there have been major spiritual teachers since Him who have returned to earth. They do not have to be as Jesus or Buddha but yes there have been many. Some are just individuals who work with people in a very non-public way. Others are out as teachers, talking on television, giving lectures, writing books. There are many wonderful teachers. Are there any as Christ was? There have never been any since Christ of that magnitude of belief and knowing but there have been many who have followed Him who have truly been what you upon earth would call saints. And there will continue to be so for a long time.

Of these early spiritual teachers, were any of them spirit souls which later reincarnated as Jesus?

No.

What is an "ascended master"?

You on earth all have to have such definitions and such visualizations of descriptions to help you understand so many things. Many of you are ascended masters in a manner of speaking. As you

continue to move into other dimensions of your world, though many of you have not achieved the level of not needing to reincarnate because you have learned all your earth lessons, you still are masters in many ways above the general population or mass of humans. As humans you pick individuals who have left behind the experiences they came to earth to teach, such as Christ, such as Buddha, such as Yogananda, and many, many others. These are masters who have moved beyond the earth needs, who go beyond belief but into knowledge that all things are possible and can be manifested in human life. Again, the best example for that that we could give you would be Buddha, Yogananda, and Christ Jesus.

How does the spirit world view the many organized religions of the world?

The spirit world does not view them in any manner whatsoever. This is strictly a human form of organization looking at religion and many times forgetting the actual spiritual connection. We have no involvement with these religions in the sense of a religion. We are connected to the individuals and their connection to us and to God.

Are fundamental religious beliefs good or bad for human beings?

Again, we have no opinion or feeling on this. There are many good human teachers upon your earth. There are many good spiritual philosophies upon your earth as well as those that are not as complementary to true spirit, but we do not in any way have a connection to any of them nor feel that we as spirits have any comment other than to say there are many good teachers. Religions are man-made.

Do these religions all hold different elements of spiritual truth?

We cannot say for sure that they all hold elements of truth for there are many, many different organizations under the title of religions that are not at all spiritually connected. But there are many, many religious organizations that do hold great elements of truth.

Astrology

What role does astrology play in our spiritual path?

The only comment that we have to say about that is, at the moment, the second that you choose to move into your consciousness into a human body, at that very second, at that very time in that very place, there is no other individual in that very exact location in that very exact spot at that very exact time that has come into a human life. Beyond that, we have no comment.

Human travel in time

Can humans travel in time, either ahead in time or back in time?

On earth, you all relate to time. Time isn't as you really relate to it on earth. Time is very different. All past lives, all past experiences, all past wisdom and knowledge, carry forth with you into the time you are now living. Sometimes an individual can break through this barrier and be confronted or stand in front of many other ancestors who have crossed over. They can move back into time at various events that have happened.

Now, if I were one of those persons and travelled back in time and managed in that time to kill my grandfather, than I wouldn't exist. And yet, if I didn't exist I wouldn't be able to kill my grandfather, and that's what they call a time paradox. How do you avoid such things?

Well oftentimes when an individual can travel back in time, they are actually just there observing the events that happen and do not have the ability and the depth of energy within them to change those times and events that are taking place. So even though you would feel as you were the whole person in that lifetime that maybe was two or three or four or five hundred years ago, when you're there

Afterlife 101

experiencing it, you really do not have the high evolved energy that would allow you to change what that event was planned to be.

Can people similarly travel ahead in time to a future time and thus see the future?

We would say no, they really can't. Every once in a while an individual is given a glimpse into the future, for one reason or another, to help them change the life path they are on, to help save a future soul, but generally speaking when you move forward it is not something that you touch and have concrete tangible evidence that you have been there, even in the spirit world.

Can people use divination tools like tarot cards to see what the future holds?

They can. If it is true, we do not always know. But one does not need to look through the crystal ball or the tarot cards or the pendulum to define the future. One needs to look within themselves and to see what they are doing, what they are creating, and how they are responding to life's teachings to know what path they are taking upon earth leading into the spirit being. That does not mean that because good people suffer there is something wrong. It is just the way they have chosen to learn life's lessons.

Energy in geographic locations

How is the energy of past events on earth retained in a geographic location such as Gettysburg?

No matter where an individual has been upon earth, no matter what events have taken place, there is always a residual energy that is left at that time and place of that individual. It is not a draining of your energy. It is just that you have been there and it's like walking and leaving your shadow there, in a way. When such events take place, such as what just happened with your World Trade Center, with Gettysburg, with Oklahoma City, plus all wonderful positive events that have happened in your life-- always there is a residual energy that is left in those places. Depending on the energy and the trauma of what events take place has a lot to do with how much energy is left there. But by both those who have lived and survived those tragedies and by those who have not lived, that energy remains in those spots.

Future human growth

Are there portions of the human brain or DNA strands that aren't in use now but will be in the future?

We believe that the answer to that is yes.

Cloning

What dangers could result from the possible future cloning of human beings by renegade scientists?

We believe this is a very bad procedure for you on earth to do. You will be losing an energy connection that you will not have in anything you have cloned and will have unpleasant future circumstances both for the man-made clone and for men and women on earth itself. This is a very complicated and detailed message that could go on for quite a long time but we believe that we have given you enough information at this time. Again, we do not believe that this is a practice that should continue.

Does this answer mean that a spirit will not join or go into the body of a cloned human?

We believe that there will be certain links that are missing in a cloned human that is not now experienced in humans and could possibly lead to a civilization with links of humanness missing. We would not at this time like to go into this any farther.

On Earth, some renegade scientists are planning to try to clone humans. Their assumption is that a clone is the exact replica of the original person. However, each human has a different soul. Therefore, could the two humans, clone and original, be embodied by spirits with very different past lives and spiritual development from birth?

The only thing we have to say about that process now is that you as humans do not know what you are messing around with and that it is very dangerous and we would highly recommend that you have nothing whatsoever to do with that.

Are humans naive for wanting to clone in the first place?

We believe we have answered that question.

Given your negative view of human cloning, is there any application of genetic engineering that is beneficial?

This is not a subject that we wish to discuss, for you upon earth continue to make this such a controversial subject. And we cannot get into the depth, the dimensions and the understanding and explanations that you would choose to hear. That is all we have to say at this time.

Healing

How can a human "heal" another person by spiritual means?

One human can never heal another human. It is the choice and responsibility of the individual who perhaps is not even seeking to be healed. We can never assume that a person is choosing to be healed. We can never put ourselves into their situation. But as we view an individual who we view needs to be healed, whether it be physically, emotionally, spiritually, mentally, whatever that healing is, however we view it, we can call forth and ask for the highest good of that individual and pray that that individual receives its highest good. The highest good for that individual might not be what we see. We might selfishly wish for that person to be physically healed and to continue life with us but for the person who we view that needs to be healed, maybe it is not what is right for them. Maybe it is a time for their crossing, so we can never take the responsibility of knowing what is the highest good for each individual. We can only pray for their highest good and pray that we as their loved ones are doing what is best for them in praying for their highest good.

Do all humans have the capability to learn to perform this healing?

Again, it is the choice of the person that we see needs to be healed. There are many, many healers upon your earth and the person who is seeking a healing may go to someone who has the ability to heal, whether it be a doctor, a mechanic to heal their car--whatever the healer is--they may choose to see a financial healer, a mental healer, it does not matter what the healer is. If the individual goes to the healer and is seeking healing, it is then their choice to be healed and they along with the healer have the responsibility of working together. And in the healing, again, you ask for the highest good at that time. Generally speaking, it is the person who wishes to be healed's responsibility to work with the healer and oftentimes that healing can take place.

But the simplest form of the question is, do all humans have the capability to learn to perform this--to be a healer? For example, could I heal someone?

Every individual has that ability to form a healing. Yes, whether with themselves or with others. We are all given upon your earth, all the spirits within the humans have certain strengths and these strengths work in different types of healing abilities. The simple answer to your question is yes. Everyone has the ability to be a healer. Not everyone is willing to take the responsibility of being healed, though. Please know it is not the healer that is doing the healing. It is the person's responsibility who has come to the healer to be healed.

Collective thought

What is the power of collective thought?

As we have said many times before, everything is nothing but a vibration of energy and no matter what the collective thought as those who have this come together, regardless of the distance they are from one another, this thought is vibrating at an energy level. And as it vibrates at an energy level higher, or in some cases unfortunately lower, it has the ability to change events that could take place. And, generally, lower levels of consciousness cannot vibrate enough to change any event, but those that worship in the negative low energy fields do still have a collective consciousness such as satanic worshippers. But they are not coming from a place of love and they are not coming from a place of God. So therefore their vibrational energies are extremely low compared to those who come together in collective consciousness of love and God's name and creating a higher vibrational energy force.

Can it be used to create physical effects on a large scale?

As individuals come together in a collective consciousness of love, of peace, of harmony and good will towards everyone, yes, most definitely this could be used to affect large worldly events.

Could it, for example, affect weather, or affect the path of an asteroid or even of a planet?

We would say yes except that there are few of you on your earth that have enough of that belief and who vibrate at that high of an energy level. Though, when you come together with a collective consciousness we do know for a fact that it has changed some earth events. But events such as you are talking about require such an enormous group at one time thinking thoughts of love and wholeness and wellness and healing that we do not know if you could have enough of those energy thoughts together at that high a vibrational level at one time. We are sorry that we can't help you with that. We're not saying that it can't be done but at this time we would say the possibilities are fairly low of such an enormous group coming to make earth changes stop.

Where does the negative energy currently felt on earth come from?

It comes from everybody who has a low energy thought, whether it's just an individual such as yourself who has anger, or someone such as the terrorists who create such terrible acts, or groups of people coming together who are satanic worshippers. The low energy comes from those who do not know the light and the love of God and that can be any of you at any time when you are in a negative thought--that you're not good enough, that you're not healthy, that you don't have enough, any negative emotional feeling that an individual has creates a low negative energy.

Can you elaborate on how one's thoughts, words, and emotions affect everyone and everything?

Not at this time. This is a question that we would like to take some time with and respond to later.

Time on earth

Is time on earth accelerating, that is, are things going faster?

The manifestation of events is happening faster because all of you on earth have the ability to move into higher vibrational energy fields and, as you do that, you create the ability to manifest things in your life, and events in your life, and healings in your life, and so in that respect, yes, things are moving faster upon earth.

Earth disasters

What caused the dinosaurs to become extinct?

Afterlife 101

We see great earth changes that happened upon your earth at that time that destroyed many of the living beings upon your earth and reconfigured so-to-speak much of your lands from these gigantic earth changes that took place.

Was there a great flood in prehistoric times, and if so what caused it?

Yes there was a great flood. It was created by an earth shift, a shift in your earth, and what was ice areas melting very quickly and creating this flood. Many of your religious texts say that it was God who created the flood. God does not create things such as that. It is the energies of the people upon earth that creates such things by their actions and their amount of respect and disrespect and their morality. You do understand how you on earth can make these things happen just by your thoughts and by your actions, but as you have these thoughts and then you act upon them, many times you help them--you create a different vibration that affects everyone and everything upon your earth. This is the best way we can describe it to you at this time.

You indicated that it was an earth shift. Would an alternate way of saying that be that it was a pole shift, a shift of the axes on which the earth rotates?

Yes, we could say that at well.

Whales and dolphins

How would you compare the intelligence and spirituality of whales and dolphins, as opposed to humans on earth?

They have within them a gentleness, though they can be fierce for survival, but they have within them a gentleness in accepting and somehow they vibrate in many ways at a much higher spiritual level than many of you humans. And they see the goodness in humans and even though many have been destroyed by humans they continue to trust and want to share in the communication and the knowledge they have. But you as humans have not been able to achieve that level of understanding with them.

So in general would you say that their intelligence and spirituality was of equivalent levels to humans?

Yes. In many ways we would say that, though most people would disagree with that. We see that they have a knowledge and an understanding far beyond what you humans think they have.

Are animals regarded as lower forms of life from a spiritual perspective?

From a spiritual perspective nothing should ever be considered a lower form of life. Your plants, your animals, every aspect of your life is spiritually based. And one considers an animal to be a less valuable and have less thinking power but if you would often look at many of your small animals you would see how much thinking power they truly have. And again it is a matter of consciousness and because you humans are able to attain so much more knowledge and wisdom you often block out the life that is going on and being experienced right in front of your eyes in your plants and in your animals.

Animals have such a loving and accepting way about them and they are given to you humans so that you can find what true unconditional love is and respect, because in having a four-legged addition to your family, regardless of what kind of four-legged addition, it brings another dimension of love and understanding, patience, and respect for other individuals than just humans. So there is a great reason for them to be part of your human life.

Animal pets

Do animal pets have an angel?

Yes, most definitely. All animals, whether they are pets or not, have an angel.

Insects and plants

Isn't it unfair that insects and plants don't have the consciousness of humans and can never evolve into this higher form?

The answer to that question is no. There is an evolution that takes place on your earth and all things follow this evolution. Just because you feel concerned that plants and animals do not move to a higher consciousness does not mean they have ignored consciousness for they all have their level of consciousness just as humans have their level.

Physician-assisted suicide

How is physician-assisted suicide regarded in the spirit world, when, say, human life has become intolerable?

Well, we do not consider that the physician has committed a murder as you would expect on earth. But we would say this--both the physician and the human who has decided to quicken their release from earth will experience how those events affected the people around them when they cross over. And the person who has chosen to cross over realizes in their spirit world that they did not continue their life experience and perhaps did not learn lessons they would have continued to learn, even in a body that was ailing and of great distress to them.

And so, is this as bad as somebody who might commit suicide early in their life without great pain or sickness causing it?

No, we don't believe that it is quite at that level because generally the person who has agreed to cross over at such an illness state has learned many life lessons. But we do know that they have not continued their life path by doing that.

Walk-ins and possession

Do walk-ins or replacement spirits ever replace with agreement the spirit of humans during their life?

If we understand this question, you are asking that, if a walk-in comes into another human being, does the human being agree to that? Is that correct?

Well, the real question is, do walk-ins exist?

Yes, they do.

And they can replace a spirit in a body with that spirit's agreement to be replaced?

This is true. We will say that this is a very rare thing when it happens but it can and you will begin to see an increase in this happening.

Can a walk-in be sent by loved ones that have passed over?

The answer to this question is no. The condition of a walk-in taking place is only between the two spirits that are involved in that process.

Does possession of a human ever take place by an evil spiritual entity?

If an individual is in an extremely low energy field and a low vibration, more in darkness than in light in their life, we would have to say that yes, occasionally this can happen. Again, this is not an instance that happens regularly, but yes it can happen and it is an agreement again with both spirits that this happens.

Is there such a thing as a zombie, where very limited human behaviour accompanies a state of life, often called the "living dead"?

Again as you speak of a zombie it is a three-dimensional image that you upon earth have created. There are many people who are walking around in such states upon your earth because they have not connected to their spirit within them. Many of your people upon earth who have become addicted to drugs and who have very little sense of morality would be more what we would consider a zombie upon your earth for they have lost their connection to their spirit self. We have not said they are disconnected, we have just said they have lost it and they need to find a path back to it. What you are referring to about zombies is often a person's vision of a spirit who has remained upon earth and has not continued their journey to their true spirit self and these are many, many times very confused spirit energies and they are not necessarily negative as the word zombie implies. They are lost and don't know which direction to go. They are still very connected to earth but know that somehow they are not of the earth any more. And oftentimes when they are spirits they need a gentle help and a little love to show them how to continue that journey.

Divine will and free will

What is the meaning of free will?

The meaning of free will has to do with the level of consciousness an individual has. You have the free will to go out and kill someone, to rob a bank, you have the free will to go and support someone and to love them. You have the free will to turn your back on experiences that are happening. You have free will to move into your own higher consciousness. These are choices and God the Creator does not impose His will upon you but hopes as an individualized expression that you will come to see that you and the Creator are one and will move into a place of consciousness where you have no fear and you have trust and you have faith. Not only do you have it but you know that you have it. And you have the free will to accept that or not accept that. Every thought process, every action is a form of free will.

What is the difference between divine will and free will as those terms have meaning to you?

Everybody has free will and oftentimes you hear the expression, not my will but God's will. And in doing that you are giving your free will to God to do and follow in--it's letting go, it's stopping. Most people say it's giving up and going the easy way. Just saying--I'm not going to be responsible. That's not true because divine will, God's will, is a very responsible way and if you listen to your inner voice and quit struggling with events that are taking place, quit trying to take control of events, you are giving your free will to God and will follow the inner voice and be released from stress, be released from fear, be released from worry. And therefore you are moving into divine will which you trust and know that all things will be taken care of. That does not mean that you do not act responsibly, you do, but you are doing so under the guidance of God's will and divine will.

Natural calamities

What purpose does God have in allowing natural calamities to occur?

This is not God that is allowing these natural calamities to occur. These are events of the earth that create them--Mother earth in her distress over how things are taking place and she's being abused. This is again--those of you on earth do not understand--but earth is a living entity. Many times

environmental effects that you create on earth artificially cause storms to happen. In particular, in areas where there are low energies and people are struggling just with earth issues, it brings about an effect upon the atmosphere which can create storms. But God does not create the activities that take place on earth. You upon earth do and mother earth does oftentimes in her response to the treatment you are giving her.

Capital punishment

In your opinion will capital punishment be abolished among humans on earth in the future?

We most definitely hope it will. We do not see any point in the destruction of a life even though it has done very negative and destructive things to others. We still do not see the reason for you in turn to have the right to cut short the life experiences that that individual is to be experiencing.

Human virtue

What is the greatest virtue for humans on earth?

I guess we would say the greatest virtue is forgiveness, acceptance and of course above all those is love--that love with forgiveness, love with acceptance, and unconditional.

How can one spiritually help a fellow human being who is experiencing serious problems?

When an individual feels a desire to help another one your ability to let go of the energies of that individual and place that individual in light and love is the best way you could ever possibly help them. And by seeing them as healed, regardless of what the situation is, they're healed. As your bible often states, "when two or more are gathered in my name there you too shall find more power". This is true because you begin to create energy at much higher levels. But do not feel that you as only one individual cannot help another through your vision of seeing that person healed, through your love with the Creator, and visualizing the person pulling their inner power through and eradicating the situation they are in. But unless the other individual is willing to take responsibility and do their share of the healing process, you cannot do anything at all but to give them love and continuously visualize them in a healing energy field.

Negative use of mediumistic capability

How does the spirit world feel about mediums who use their gift in a negative way--to take advantage of other humans--rather than helping people in a positive way?

The spirit world does not pass judgment upon anyone. That is done to yourself by yourself as you continue your journey in your crossing over. You yourself create the world that you will be living in. You will see all your deeds upon earth regardless of what those deeds were in terms of earth judgments of being good or being bad. And your spirits from the other side will be with you on that journey on the other side but they will not pass judgment upon you. Only you do that by your level of consciousness. You can come to a point in your life, realizing that you have made many mistakes upon this human earth, and you can help by embracing yourself, your life in this life, by asking for forgiveness and by being willing to forgive yourself, by letting go of the guilt and the shame. That does not mean on the other side you will be free from your actions but you have begun the journey of asking for forgiveness, of accepting forgiveness for yourself. And you will be helped on the other side. Do not think that it is a free world to continue any negative or bad actions for it is not a free world. You do not go and say "Oh, I forgive myself--please forgive me" without heartfelt meaning, and move into heaven and your spirit guides will help you in heaven just by your saying I forgive. You will live through the energy of what you have created and will understand the consequences of your actions, both here and in heaven. So, though you are not judged on the other side, you are held accountable for what you did and there is always the price to pay for that.

Intelligence and personality

For a human, is intelligence a property of the spirit or of the physical body?

It is of the physical body. All spirits when they come to earth are equal. Though as all spirits come to earth, they know the lessons they are going to be learning. So, many choose to come in the form they're in, even though they have the opportunity to be more than what they are in every respect. They have chosen that life experience and that life form in this reincarnation.

But intelligence and the ability to have, say, a high degree of understanding about things--is this a property of the human body and not the spirit, and when that spirit crosses over, does he then lose reasoning or understanding capability because the intelligence is left with the body that has passed on?

No. Let us rephrase that. All spirits have the same abilities, the same opportunities, and it is with their free will that they choose to restrict themselves both on earth and in heaven. There has not been but several in the entire lifetime of earth who has ever lived to the capabilities of their mindpower. Intellect and mindpower are actually two different things. Everybody has mindpower but intellect is, we would say, more an earth experience. But mindpower, which is really the ability to be in soul, is in everyone.

And if someone who was generally regarded as highly intellectual, such as our Einstein, when he passed over, would he still retain or have a natural intelligence as a spirit that would be greater or less than would be associated with his human life?

He would reconnect in the spirit world the same as he was in the earth world because he has expanded his consciousness that way. You can take a person who lives in your mountains who has chosen not to move into that brainpower, that intellect, when they come to this earth. But perhaps that's because in this lifetime they chose to be in those life experiences--but yet when it returns to heaven it has a different level of mindpower or intellect as you would call it in heaven. It oftentimes is a choice that is made by the soul that is going to be crossing over to experience those life experiences that will help its spirit soul to grow larger to reach a higher consciousness. We're sorry that this is quite difficult to explain to you because it is almost beyond our understanding as well and it is not easily put into your three dimensional words.

Is a human's level of spirituality correlated with their intelligence?

Absolutely not.

Is their level of spirituality correlated with their ability to see auras or other spiritual manifestations?

Absolutely not.

In general, what personality traits do we inherit from the spirit who has reincarnated to form us? How do they relate to what we inherit genetically? For example, is a human's sense of humour related to his biological parents, to his spirit, to both, or even from other factors?

First of all, even though the new incarnated human is generally coming from many past lives and even though the reincarnated human is coming through parents which will have traits and like DNA connections, still the new reincarnate is its own person and has the ability to create its own personality in its new life. That personality is many times moulded by the environment that it is experiencing at its time on earth and like all things is given choice whether to accept traits that it has learned through the environment it grew up in or to make its own way and to create a very individualized personality from all of the family connections in this lifetime. There is a very different level in you as a human that knows all of its past lives and as you spiritually evolve in your current life you are able many times to experience those past lives or certain events from them which you can see would be when the individual could see the traits that it is carrying.

Immature spirits

Afterlife 101

Are backward earth cultures generally populated by immature spirits? By earth cultures I mean like countries in Africa or aborigines in Australia that are generally regarded as backward when compared with European or American culture.

Not necessarily. There are many aborigines who are highly spiritual beings and very much honor your earth mother and have an understanding of tribal connectiveness. Of course there are many tribes who do not have that, who can be cannibals, who can be very destructive within their own tribes. Again, this varies within your earth in different tribes as it does within different cultures that you consider civilized cultures.

And generally, the uncivilized backward cultures, not aborigines, but ones that don't have much demonstration of spiritual progression, are they generally made up by immature spirits, young, that have gathered together?

We could say that they are made up of two things. They could possibly be young, immature spirits, or they could be spirits who continuously return to earth to stay at that level and have no desire to move into higher consciousness levels.

Spirit visibility of human thoughts

Can spirits see our most secret thoughts as humans?

Most definitely, though they never judge or interfere with those thoughts. You can give your spirits permission to intercept those thoughts, to help you move into a higher level of consciousness, such as when an individual has seen a horrific crime done or atrocity that you have viewed on television recently in that special program. And you have nothing but a thought of getting hold of the person who was in charge of these events, these horrific crimes and destruction against humanity and your thoughts are equal to his thoughts of destruction. Oftentimes your spirits will step in and help you move from that negative energy field to one of higher vibration, one of looking at the individual with compassion and understanding and not condoning or believing that he did not do wrong. You do feel the acts were terrible but to move beyond the person who did the acts, but to look at the person's soul. That is how your spirit will help step in to your most intimate thoughts when those thoughts are being destructive to you as well as the individual they are projected towards.

Special spirit guides

Does a country such as the United States have a spirit guide or set of spirit guides that are concerned with the entire country and perhaps offers advice to national leaders as opposed to spirit guides that are for each individual in the United States?

To the best of our knowledge the answer to that is no. A city, a country is made up of the individuals and it is the individuals that make the city or the country, and a city or a country does not exist without the individuals. It is the individuals themselves that have the proper guidance from their spirit guides and their guardian angels that will help unite and form these countries and these cities.

Matter

What is your definition of matter?

Matter is just a form of energy that is vibrating and, depending upon the level of its consciousness, whether it is the energy that forms a rock or a blade of grass, an animal or a human being, depends on the level of energy that it will vibrate at that continues the extension of the consciousness of that form of matter.

Interdimensional beings

Does the term interdimensional beings have any meaning to you?

When you say interdimensional beings, they are those who can move from your third dimension into understanding the dimensions of other part of the universe, other spiritual experiences. There are many E.T.'s in other universes that move far beyond your three dimensional experiences and are able to experience life from other dimensions, other than the three dimensions that the general public of your earth experience.

Do humans who are currently in a three-dimensional form on earth progress to a higher dimension in their current or later reincarnations? In other words, from a three-dimensional form into a higher dimensional form?

As they are on earth?

Yes, on earth. In other words, do humans progress beyond a three-dimensional form to a higher dimensional form when they are on earth?

They progress spiritually and consciously into other dimensions. They are able to move their three-dimensional bodies into other dimensions, but if you are asking if they move while still incarnated from a human into another dimension--physically become another dimension? No, they are able to move into the other dimensions but their physical form does not change.

So that in subsequent reincarnations on earth they would come back as a three dimensional entity, human.

Yes, they do not come back anything other than that unless not in reincarnating but unless as a spirit they choose to come back to be a guardian angel or earth angel then they come back in another form but as of this time the majority of those upon earth do not see those other forms. But those that do come back in other forms such as angels, and generally that's what those that do come back come in the form of, are extremely highly evolved souls with much wisdom and knowledge to be able to help the earthlings with their lessons.

Extraterrestrials often claim that they are able to live in dimensions higher than the three-dimensional world that we live in and things like UFO's disappearing or people being able to move through walls are evidence of a higher dimensional existence. Is that true?

This is true.

But humans are not able to do that even though extraterrestrials can.

There are some humans upon your earth who have evolved enough to be able to move in spirit form through walls. There are probably even a few upon your earth who have the ability to move through the actual energy of solid matter because they have moved beyond solid matter and it does not exist. These are very wise teachers who have been sent to your earth who do not go around and do this as a spectator sport.

Crop circles

What is the significance of crop circles and who is responsible for their formation?

Crop circles are coming to earth as a form of art, as a form of communication--in the form of art to help you be aware that there is another dimension that is trying to communicate with you in love and peace, showing you through art the harmony and friendship that they can and will bring to earthlings.

And who is responsible for their formation?

Afterlife 101

These are beings from other planets, beings from other universes. They are all around you upon earth a lot of the time and you are just not able to accept this other dimension that co-exists with you upon earth all the time.

Dimensional shift

Is there a dimensional shift to be conducted with earthlings in the near future?

Yes, most definitely, and we actually see much of that happening with many of the people upon your earth now. We see they are beginning to move into the ability to accept, to understand, and to communicate such as you are now doing with dimensions beyond what the general people of earth experience.

Some people believe that the human race is now undergoing a transformation into a fourth density or dimension with significant spiritual and physical changes, including changes to DNA. Is this so, and if so, what does it mean?

Well, we can see that the opportunity is there for this to happen to move into other dimensions. What does it mean? It means that all of you would be tuned in with far more ability to tune into, we should say, to your other dimensions. To communicate with your spirits. To live in a more highly-evolved world. This is the time that this could be happening but it is a choice in your world that each individual has to make. And we are very concerned that it's not going to happen at this turn of events because there are more things at this current time pulling you away from allowing you to move forward into that other dimension. Even the thoughts of your churches and the religious dogma is something that is pulling away energies of individuals because they want the power within their church that is truly manmade and not just of God.

Will these changes occur one-by-one and are they occurring now or will they occur to everyone all at once, should they occur?

There will not be the spirit of Christ to come to all masses of people at one time as many of the religious sects believe. But if you on earth could just stop right now and see where you're headed and what's taking place in your whole environment you would see that you are so destructive, so disrespectful of one another and of the earth that at this time that out-weighs all of the good that much of you are doing.

So you believe that this transformation is probably being delayed because of our earth inhabitants' characteristics?

We see great changes taking place on your earth. Great changes. Some very powerful and very wonderful. Others powerful but not so wonderful. And that there will be a coming together of both of these energies and when they come together then will be the opportunity for earth to make a complete change in its way of life and yet we do not know which way that will go.

Will this change be related to earth changes ?

It all works together to create the events that are to be taking place.

Will there be a future transition of the entire earth and its inhabitants to another dimension?

We say yes, most definitely.

At the time of the shift, will aliens rescue some deserving and useful humans by disassembling their molecules and then reassembling them again on another planet until earth is sufficiently stabilized?

Again this is a question that we cannot answer.

Divisions and unions of spirit souls

Are human spirit souls part of a larger spirit soul entity?

All spirit souls are part of a larger entity. Every creation is part of the Creator. Whether it be earth beings or other universal beings, you are all part of one Creator and in essence you are all one. You come to understand this as you become a spirit soul and have a greater knowledge of what that means than you do as individual beings on earth and in other universal worlds.

More specifically, in my case, a human being containing--being--a spirit, having experienced my own earth life, is there another part of me, if you like, that remains in heaven and which contains what has been learned in all my lives, and in essence is a fuller representation of me than as an individual here on earth now.

There is an essence of all of your past incarnations that remains in the spirit world. It is the best way we can describe it. It is not an entity that is living, experiencing, and growing but it is the essence of all that you have ever been, waiting for your spirit soul to return to it.

So the real "me" is the spirit soul that is experiencing life on earth now, that has an essence in heaven that will ultimately join me when I cross over that will contain much more information about past lives than I presumably am aware of?

It will contain all that you have ever been and it does have an affect upon this life now for you have that connection always in terms of earth, if you want to think of it, of being an umbilical cord or a life cord that is connected to all other life.

But the real me, is within me living an earth life--the real me is not in heaven right now.

This is true.

And so when you say it's an essence you're saying its something, if you like, an adjunct or auxiliary aspect which would rejoin--

A shadow, but yes this is true. But that part of you, this part of you, all of you are connected and truly there is nothing but a oneness. It is as though all of you are connected by an umbilical cord to the Creator and all are one with the Creator always at all times so therefore you are all one together.

What is the spiritual meaning of those who are born identical twins?

When there are multiple births it is because the bonding for these two multiple souls upon earth is going to make a bond beyond your normal recognition and understanding of a connection with another individual. You always have those connections with all of your loved ones but those who have come from multiple births, whether identical or not, have come to create and help the earth understand that there can be experiences upon earth that go beyond your three dimensions. And those that have bonded together from one birth always have those special and what many times upon earth you would call extreme experiences but those experiences are there to point out to all of the others upon earth that they too can have those experiences.

Does a connection remain if one dies at birth and the other one continues in the physical?

Of course it does. That connection will be there forever. That connection is truly what people would call soul mates upon the earth. As humans, you like to use that term quite often, and those of multiple birth are truly soulmates, truly here to bring lessons to others. And those who are born at birth with an identical twin will generally throughout their entire life have experiences with that twin even though it has turned back into spirit form for that twin will stay with it until it crosses over. This is particularly true in identical twins.

Is there a way to determine if another human, for whom you feel a strong attraction, is a soulmate or otherwise has a past spiritual relationship with you?

We would refer to this in the sense that oftentimes there are unknown individuals upon earth that you feel are someone you would like to know, or you feel a connection with. These individuals do not necessarily have to be, as you on earth love to use the phrase, soulmates. There are many people that have connected to you in your life, even just passing through and stopping and saying a few words, who have connected to your soul and are therefore a mate of your soul for they have left you a valuable lesson. If you are speaking in the terms of three-dimensional love, as you on earth between individuals experience in couple relationships, there are those of you who have been together through many past lives and you on earth would call these soulmates. There might be lifetimes when you will not connect through several lifetimes and then there will be a connection to come together again to enhance and to heal the relationship from past lives. Those spiritual connections can be something very small and seem very insignificant but yet touched your soul and led you down the path to higher consciousness, to healing, to acceptance, to forgiveness. So, a soulmate can be someone who has just passed through your life very quickly without what appears to be any significant connection at all but yet has led you down a path. And in future lives you will oftentimes come in contact with such an individual and somehow you know that person and you will feel, as you have asked, that that person has been in your life before but it does not have to be in the love/ soulmate context that most people on earth think of.

On earth, are there forces of attraction between humans who are of adversary or contradicting orientation, just as there are forces of attraction between similar humans as in "like attracts like"?

In the human world, as you know, the majority of you have not been able to achieve the level of God or of a Jesus or of a Buddha or a Mother Teresa, reaching out to the world regardless of what an individual has in a three-dimensional appearance of being. A Mother Teresa, a Christ Jesus, could reach out to the vilest person you could think of on earth and offer them love and offer them help, whereas the majority of you upon earth reject those types of individuals. So, they therefore are attracted to other individuals who are at their level of energy. Many times there are those individuals who have had such unpleasurable experiences who would so much like to move from them but find the acceptance from others upon your earth as being almost non-existent. So again, it comes from the world rejecting and not able to give love unconditionally, for if you were able to give love unconditionally in your world, you would not see your wars, you would not see the homeless people, you would not see the killings and kidnappings and the destruction that you see, for you would find there would be no differences as you are talking about.

But are there in some cases attraction between people who are quite opposite and perhaps even adversaries?

As we have said, yes, there are levels of that. Such people as Mother Teresa was one of these individuals who would reach out to any level of an individual upon your earth and offer them love and many times in return this was a door or window, a pathway for someone you would say was in the negative energy to move forward. You are all upon this earth capable of doing that for one another. You just have not opened your energy levels to that degree yet.

Next is a set of questions and answers which deal with the spiritual entities, such as spirit guides and angels, that most directly interact with humans on earth.

Types of angels

Could you describe the various types of spirit guides and angels that work with people who are incarnated on earth and what their roles and functions are?

First, we would say to you that many people have many different concepts of spirit guides and angels. We will give you how we see and feel from our vantage point in heaven of the angels and spirit guides. Angels are forms of energy that deal everyday all day with those of you on earth. They are always with you for whatever circumstance you are experiencing. Angels are forms of energy that work most directly with everyday people, earthbound experience issues and events that are taking place in your life. They are forms of energy that are specialists in various fields of your human life.

Afterlife 101

There are angels who can help with simple issues, such as finding parking places or finding lost keys. They are just forms of energy that help nudge you in your everyday life. That is one form of an angel. There are angels then that become guardian angels, who help you in everyday forms of life but to help protect you from accidents and negative energies that could create harm to you.

There are spiritual angels who come to you when you are in your meditation and in your prayer to just be there, to be supportive as you move along your journey through meditation and through prayer. There are angels who come to be with you in times of health issues and then there are angels who come to be with you who help you during business issues, whether they be through work-related or issues such as you are working with regarding your future survival plans. These are angels that are there at all times. They are evolved forms that are more just for your human endeavors in life and are always there. You do not need to even call upon them for you often through various ways feel their presence in your life.

There is another form of an angel who is often a deceased person who will come and act as also an angel in assisting you. But these are truly human spirits who have crossed over and have taken a loving, protective stance in helping people that they have an attachment to, whether it be a family member and loved one or someone who lives on your property and feels a connection to you to help and protect you. So these are visiting spirits who often come and act as a form of an angel energy as well though their appearance is not on a steady continuous basis as angel spirits are. Angels then move higher up in a hierarchy of power and closer to their oneness with God their Creator as well and these various different levels of hierarchies you will often find described in many books regarding angels. But angels are for earthbound experiences and events that take place.

Angels and spirit guides

How do angels differ from spirit guides?

As we have mentioned before, angels are more totally earth related experiences. Spirit guides work with your thought process and your connectiveness to moving higher into your consciousness and as you continue to move and walk into a lighter consciousness your spirit guides become much more of an everyday experience. They work with you in your thought process and your consciousness growth. Angels are always with you regardless of what your consciousness is. They are there to help you with earth issues. Your wife often will say--"the little voice said"--such as when she was trying to find a lotion the other day. Oftentimes it is not the little voice as much as it is the angels that are talking with her regarding these earth issues. Because she has become so aware of knowing that there is a constant communication, the little voice to her becomes one and the same.

Many people are not aware of their spirit guides and teachers and are not aware that the voices are talking to them, whether they be teachers or angels. Because they are not so consciously aware of spirit teachers, it is easier for them to understand the concept of angels helping them. And in many earth type issues, that is who is helping them--the angels. Angels, again we would say are very earth experience oriented, such as finding things, protecting, guiding and directing. Angels again work on a more three dimensional level. Spirit teachers and guides are there to help you evolve to a higher consciousness level.

Vision of angels

Medium's Vision. I would like to give you the vision of what I am seeing when you ask about angels. I am able to see angels in two ways at this very moment. One is as we see them as humans here on earth, as these wonderful little beautiful creatures with wings and what we typically envision on earth as angels, and I am able to see many forms of angels from beautiful lovely feminine forms to wonderful little cherub children forms that are just bouncing around and happy and gay and add so much to life as well as seeing many strong big masculine forms. It is most interesting that in every form I am also able to see animal angel forms with these various different types of energies and that animal angels play a large role in the human life as well and we are less aware of that as what we see as angels in human lives. Beyond being able to see these angels as we see them in human lives, I see the angels

in the forms of energies and brightness and various forms of color in the light energies that they are and somehow I guess it's through the brightness--I'm not sure--but I see these forms moving, vibrating at various levels as well.

In what ways do spirits learn and thus progress in heaven?

The learning process for all spirits that make the transformation from a universal form, whether it be earth or other parts of the universe, the learning process in spirit form does not evolve as quickly as it does in a universal experience. And even in other universes the spiritual consciousness evolution does not happen as quickly as it does on earth. Earth is the place one can move to a higher consciousness quicker than anyplace else in the universe. For on earth lessons are thrown at each individual daily, hourly, and the individual on earth--a human being--is being given an opportunity through every single experience to see how they can evolve. As one moves into spirit form, this is not the case because you no longer have the earth experiences or the earth types of emotions.

Spirit life, though it is more highly evolved than human life, moves in words that best describe it as a much slower and less opportunity because spirit life does not move with the emotions that you have on earth and as many other universes do not experience the emotional levels and extremes that you on earth can move. This is why, by not experiencing these emotional levels, you do not move in your conscious evolution nearly as quickly as you would on earth. In spirit life to evolve into higher consciousness you are given the opportunity to view all past lives and all of the experiences you had and what lessons you learned in total from all of those lives. The best way probably to describe it to you on earth is that spirit life moves in slow motion compared to earth life.

Variations in spirit guides

Spirit guides are forms of energy which help you move in your spiritual path and your evolution such as we are now doing with you. We too are forms of energy. You on earth find it most important to always have a picture of a form to describe what it is. We on the other side do not take the forms as you often will visualize but our forms are various degrees of light and vibrations of energy. As with angels, spirit guides have various levels and move from higher vibrational levels as they too continue their own spiritual growth and knowledge.

Evolution of spirit guides

Where do spirit guides come from? Are they all from spirits that have incarnated on earth or are they separately created?

Spirit guides are highly evolved forms of energy. Generally, as with everything, we are all created by one Creator. Highly evolved spirit guides can come from many evolutions of a spirit, humanoid spirit. This does not mean it has to be an earth spirit but spirits that come from other worlds, other than earth, who have been created as highly evolved spirits initially and have lived many lives evolving through human experiences--or through not-necessarily-human experiences but through other planet experiences. This is quite an in-depth and very complicated question to be able to answer and we would like to be able to go back to that at another time. But there are essentially two forms of highly evolved spirits, those that are energies that have been created by the Creator and are never in a humanoid form and those who have been in a humanoid form but were put on these various planets by the Creator in these advanced forms to help those who are not so advanced become more evolved. Again, this is extremely complicated and we would like at some point to return to it.

Could I ask about my personal spirit guide? Have you ever had life as a humanoid on this or another planet? One or multiple times?

Yes, we have. We have not been upon your earth. We are higher evolved forms from many, many, many thousands of years ago from other living planets. We still have many levels of consciousness, as you on earth would call it, which we continue to evolve into even as spirit guides. Now, we will

Afterlife 101

never return to a three-dimensional form again but we will continue to move at our own consciousness and continue to move into higher vibrational energy forms.

Do spirit guides sometimes take the appearance of someone you really like to make you feel more comfortable when they get in touch with you, even if they know that you would be very disappointed if you would realise it is not the person you hoped for but a guide.?

We could never understand how you would be disappointed in knowing that a guide was there and not the person you were looking for. But you must be quite careful in assuming how you perceive spirit guides and if they are truly spirit guides. We often ask you to question your image, your answers even, and to verify those. Many individuals have various ways, when they receive an answer, and are not certain of that answer, of how to validate the answer or to validate the vision or to get a very direct answer and knowing that is coming from higher spiritual beings.

Do you ever, for example, in interaction with my wife, do you ever take the form, the image, of someone that she might know, other than yourself?

No, we do not with your wife. Oftentimes there will be individuals who are in her life who say or do something that are teachers that, from an earth point of view, a spirit guide has used to teach her something. But generally we do not take the form of someone you know, yet there can be experiences that happen between individuals that are of higher consciousness or a form of teaching, but as far as a spirit itself moving into the body of someone you know to teach you something, this generally is not the case.

Do angels or spirit guides ever reincarnate in a physical body on earth?

We would generally say no to that question, though you have had many highly evolved teachers who we believe were spirit guides who were the chosen ones to come and continue to be teachers on this earth. And they come with such a knowing of their abilities and unlimited power that you know they are not a direct reincarnation of a most recent human being. You have many teachers on your earth, you have Buddha, you have the teachings of the Tao and the Koran, you have the teachings of Christ Jesus, you have many individuals who have been able to cross over and live beyond the earth restrictions. Those that do come to earth in that form at that high conscious evolution without any restrictions in their knowledge of what you can create, what you can be, and how you can help--we would say, yes, there have been a few that have come from spirit guides but that sole purpose in that lifetime was for those teachings to follow through for centuries and centuries. This is not a normal reincarnation experience.

Was Mary, the mother of Jesus, the reincarnation of an angel?

We leave that to you as earthlings. If your religious philosophy is a strong Christian philosophy and you see Mary as the woman she was projected as, you would say yes. If your religious philosophies are of a different belief, you would most likely say no. We believe that this is an earth decision-making process for those of you who are on a spiritual journey.

Archangels

What are archangels?

Archangels are angels who are at the higher consciousness levels of angels. These are angels who are at the level far beyond earth angels. They help with global and universal issues. They are more than guardian angels but sort of universal guardian angels. They are angels that have not yet become the highest of all spiritual evolutions but are higher than many spirit guides and teachers, even though they are still connected with earthbound issues.

Spirit guide awareness of human activities

How are you able to maintain awareness of human activities, not just of your human, but generally of human activities, say, that are going on today or in the last ten years here on earth so that you can offer advice to us that is in the context of the world we live in and the events that are likely to take place on that world?

This is done through almost like a highway of light connecting your consciousness to our consciousness that is continuously vibrating. We are able to be connected to you through this highway of light of vibrational energy force and to help guide you on the path that you are on with questions such as now is happening. This is always an open channel and through a conscious or not-so-conscious thought process we are always in contact with you.

Does that mean first that everything that I see, read or information that I obtain, you automatically receive as well?

We would not describe it as that. We pick up your thought processes which connect to you personally as you are gaining information and knowledge through other human sources. We observe what seems to work for you and oftentimes will help guide you to that message and that understanding by helping to bring to your consciousness other information that will help process more of that thought. Though this connection of energy is continuously flowing back and forth it is not something that we often intrude upon or get involved with unless we see that we are able to help guide you and suggest on a telepathic level that oftentimes you are not even aware of that you are moving in the right path or in the right direction or here is additional information through ideas to help you.

Does everyone have a lifetime spirit guide?

If you mean a spirit guide that is with just this reincarnation, the answer to that question is yes. If you mean a spirit guide who follows them through all lifetimes, this is generally a spirit guide of higher spiritual consciousness who does watch over and participates within the person's current incarnation, but not as much as the spirit guide that is with you for this lifetime. You generally have many spirit guides but always have two what you would call on earth as main spirit guides, first, a very highly-evolved spirit guide which watches over you through all of your lives and rarely becomes actively involved except when great spiritual evolution is about to take place or great human events are taking place. They will then at times become active in the most recent life you are experiencing. And then there is the spirit guide who is with you during this lifetime who themselves are also on their spiritual evolution and will evolve as you evolve through this lifetime and as you are willing to open up to your spiritual lessons.

How may one attempt to connect with their spirit guide?

Your spirit guide is always there for you and attempts many times to connect with you and will do so when you are not even really aware. You oftentimes call things miracles, coincidences, and never connect with the fact that it is your spirit guide who is there with you, giving you information and helping you. There are those who have begun a spiritual journey who will invest in the time to learn of themselves and to quiet all earth activities and sit to just listen to the still, small voice and just as one would do training for jobs or sporting events or things such as that on earth, you go into training with your human self and your spirit self. The more you take the quiet time the more you will become connected to your spirit self and find that there becomes a constant open communication between you and your spirit guide. But it is something that either through an abrupt event, whether it be something that you on earth would call tragic or whether it be something that is absolutely joyous, you oftentimes find a breakthrough to your spirit guide then as well. But you really go into training to understand your human self and your spirit self so that communication can always be open.

The words are training, training, training and you can train yourself to the point that it will always be just something that is there for you and you will no longer even have to be thinking about the communication. You will just be open to receiving it. But it does take work on the part of each individual to achieve that level of communication. One should not be disillusioned or frustrated in their attempts but should continue to do so for one day they will just realize it is happening without any effort from themselves.

Afterlife 101

Are you interconnected with information flows that are obtained by other spirit guides about events, say, or things that I might not be aware of but which might be important to my future?

This is true. We are aware of all that you are connecting to, whether it be through earth changes or spirit consciousness or at true earth events, we are connected to you through those and through whatever you are connected to, we are then able to tap into other vibrational forms of energy to get additional information that will assist you.

For example, sometimes you might give advice as to what could happen in the future of the stock market. Using that as an example, what other information sources are available to you that might help about the probability of future stock market changes?

Well, actually no. We are not always totally accurate. We try to feel the financial conscious level of what is taking place within your earth and to move with that conscious level at that time, and, unless other great events take place or instant dramatic changes in consciousness due to events that happen on earth (whether they be earth weather related events or man-made events), we try to go with what we are seeing happening at that moment of consciousness and take into consideration other subtle changes in energy movement that we see happening that those of you upon earth cannot pick up at that time.

And are those events that you see, do you actually see events or are you provided information through other spirit guides that are directly connected or involved with them or both?

It is a combination of both. More than seeing events, it is feeling the vibrations of the energies rather than seeing events as you would see them on earth.

When psychic predictions by one who knows nothing about the other person become reality, is the person making the predictions being guided by an angel or spirit guide?

One must be very careful. There are many individuals upon your earth who have the ability, as you say, to do a psychic reading and tell you about future events. As you are having "this reading" through an individual and they are telling you about future events, oftentimes many of these events will fall into place exactly as they have told. But there have been many other elements of that experience left out. You have control at all times in your life if you choose to follow these events and let them continue to unfold as you see them happening as you have been told. We always, always say to you, question these events. Ask for the full experience of what these events are to be and never assume them at a superficial three-dimensional life experience. For again, you are totally and solely responsible for the choices you make and it is important for you to understand every situation you move into and to question with your spirit guides such situations and ask for the full complete understanding of what this experience is to be, if you have been given advance notice of these experiences.

Relationship between spirit guide evolution and their human's evolution

As you have evolved over the centuries, to what extent is your personal evolution tied to the spiritual evolution of the human or humans that you provide guidance to?

As your spirit guides we have been with you at all times. As with any spirit guides, we are always pleased to see you move into higher levels of your spiritual being. This is part of what we as spirits continue to hope will happen with all humans--that you all will continue to move into higher spiritual dimensions and find that you are vibrating at higher energy levels. As you begin this journey we find that it helps to assist us in what we are learning and moving into higher vibrational energies as well.

For example, would Hitler's spirit guide, after the terrible evil things he did on this earth, would his spirit guide have a 'black mark' and be treated poorly by other spirit guides and feel that he was a failure?

Absolutely not. We as spirits know that you as earthling have choices and you make those choices based upon your fears and the darkness that you create in your life. A spirit guide has no control over the choices that humans make except that as a human begins to evolve more spiritually they become more aware of their spirit guides and the direction and the assistance that a spirit guide can help with but as on earth as in heaven, as we have said many times over, you are responsible for the choices that you make and that responsibility is not reflected upon any other spirit form that is there to assist you at all.

Variations in spirit guide communications

Just as we are receiving information, there are many people who claim to and many people who are receiving messages from spirit guides, and sometimes these messages may not agree and sometimes they may seem to be of varying quality, some such as those from you seem to be of extremely high quality and intellectual content and others might seem to be much less so. How does this reflect on the nature or the spiritual level of the spirit guides that may be communicating?

It has nothing to do with the spirit guides that are communicating but with the individuals who are still too connected to their personality and their own ego and will not move beyond a personal gain in trying to receive the information. They have been able to move into various other dimensions and yet are not able to release themselves totally and are not willing to hear what the messages are because they want the messages to be what they wish them to be. And so their ego and their personality does not release itself and presents too much of a reflection in the communication that they receive from their spirits because they want to put it into what they see and they feel instead of releasing it and letting it be total spirit guide communication.

Are you saying then that the accuracy, the quality, the intellectual depth of messages received from spirit guides are all identical, that there are no differences in those features?

No, we do not believe that to be the case. But we believe that many who receive messages are not willing to let go of their personalities and their egos and so the communication that comes through is like communication full of static energy such as through CB radios or HAM transmission that do not come through clearly and are often misinterpreted through those who have begun to open the channel. We will say that, as we have said to you before, every individual on earth has their own perspective of things and as we communicate to you we try to communicate to you through this perspective that you see and feel and as you continue to open up more and more to your knowing that you are receiving these messages, you receive clearer and more highly evolved messages. But as an earthling of the United States, you receive messages perceived from being that earthling in the United States, versus someone from Russia or someone from China or someone from Japan. Though the messages are very similar, they are going to be perceived from the environment in which you have chosen to be involved with in this human life.

Spiritual aspects of terrorist attacks on the U.S.

The following questions and answers address the spiritual aspects of the recent terrorist attacks on the United States, including what is undoubtedly an unpleasant surprise for the guilty terrorists who crossed over in these attacks. They were created on September 15, 2001.

What could have motivated the terrorists who killed so many people in New York and Washington?

They are purely motivated by hatred.

And why do you believe that they hate Americans so much?

They see your lavish life style and your blatant immorality though they experience much immorality in their countries as well. They see the equalness of women as a downfall of a civilization. They do not know how to work together within their own world to create prosperity and abundance. And are in a place of greed for that as well, and this turns just to hatred. There are many other reasons that we ourselves don't understand.

Afterlife 101

What do you see as the major kinds of evil on earth today?

The lack of respect, the selfishness, the immorality that is there on earth creates the events that most recently took place and it is the lack of respect and acceptance of the different points of view, knowing that you can all live on earth as one even though you share a different point of view, and the hatred that that disrespect creates.

What will happen to those terrorists after they cross over, different from their victims?

As you know, each spirit that crosses over has a total life experience of every individual that they have touched in their life, regardless if it's just someone crossing the street, someone they see from a distance, every individual that has somehow touched them or those that they have touched. They will have a life review of what that experience was for them. These individuals that just created such destruction will experience what each one of those people that died experienced. They will see the pain, the confusion and agony and they will experience that for each one of those individuals that they destroyed. Their life review will be far more painful than the average individual for they will also see the pain they have created to their families as well as their victim's families.

Individuals who create such destruction from pure hatred will experience the emotions and the feelings. They will not just see the events as many individuals do, as spirits that cross over, but they will experience the emotions and the feelings and a far stronger energy field than those average spirits and souls who cross over. And that applies to anyone who creates any kind of agony and murder against any other individual.

As you know, in heaven there is no judgment. There is no judgment of acts of right or wrong or evil or good or bad. But when individuals such as these terrorists or such as Hitler have created the destruction that they have created, they are not judged in heaven but they do judge themselves as they see and relive their life experience. They themselves right now are experiencing these events.

And how about after their life review is over? What differences might there be in where they would go and what would happen to them as compared to their victims?

Please realize that what they will be experiencing will not be a hell as you on earth assume hell to be but their spirit experience for a period of time will not be the most pleasant experience for they have brought shame upon themselves. Their spirit family and loved ones who are already there feel a great sadness and their spirit lives will not be of a normal spirit life experience for a great deal of time as you on earth see it but they will not be living in a hell. They will just be experiencing this terrible life event that they created. Again, it is not a hell but it is not the spirit place that the average spirit goes to.

They will eventually move into their spirit souls and they themselves will judge their events and know whether their lessons were learned or not learned the same as any other soul spirit that crosses over. Their spirit life, as they know it, will be one hopefully of great lessons and understanding. And they will not return to earth with such destructive energies in their being. These destructive energies are not created in heaven but are because of choices that are made upon earth. They could have made the choice upon earth to affect many lives from a far higher spiritual consciousness but because on earth, as it is in heaven, you are given choices. Their choices to affect so many lives did not come from a loving spiritual support of world connections and unity but from the destruction of such events. We as your spirit guides cannot tell you why this happens. It saddens even those of us in heaven to see such events take place. Until you on earth achieve the level of spiritual consciousness and understanding, your brother-sister connection on a world basis, we realize that the three-dimensional world you live in will continue to have such evil forces in it.

If the United States and other countries kill many terrorists, is that an evil thing?

As we have mentioned before as spirits, we wish that the need to destroy such evil acts as were spread out in your country did not exist. We wish that all of your world had such a level of consciousness that it would not be necessary to wipe out such evil individuals that create such terrorism but we understand that your world has not moved to that level of consciousness. It is hard in

Afterlife 101

many ways to justify turning around and being as destructive as such evil ones were but we realize that this evil needs to be destroyed. And these are not the innocent people being destroyed, hopefully, though we believe that there will be innocents involved, but were this evil to continue it would continue being extremely destructive throughout the world to many, many innocents and it is time that it be destroyed. The individuals involved in that destruction--they too will face experiences when they cross over but these are not evil things that you are trying to do and so their life in heaven, once they become spirit soul, will be very similar to many others and they will not experience the agony and pain created as those who have done it for evil ways.

But please understand, we in heaven are very saddened by all of these events, not by just the event that took place but by many of the other events that are taking place within your world, and we pray each day for the evolution of your spiritual consciousness so that it would not be necessary to have to destroy such evil ways and actions. But we know that that is the world you live in and until you obtain these higher levels of consciousness that is the way of your world. As you continue to evolve, your world will become a place where that will no longer be necessary but for now we do understand that you have not reached that level of energy and consciousness.

What earlier messages about bad earth events have we missed, such as mothers killing their children, and what should we have done then?

There have been many events in the last several years. There have been many natural events, where tens of thousands of people were killed, and you as humans do not see that the energies that you create in your immorality, in your disrespect, in your hatred and in your inability to connect with your brothers and sisters who live around the whole world continue to create this and, as you have seen, it has now brought and will continue to bring more mass innocent destruction to your own country.

You have previously referred to these events as messages for people on earth. Who is sending these messages?

You. You the people are creating these messages. Nobody is sending them. Your own people are creating these events that happen and you are not joining together. You have never seen in these most recent generations a collectiveness of understanding that is worldwide that you are now receiving. And you as individuals create them yourselves. No one else is sending these messages. You continue in your lack of caring and understanding, and disconnection from your brothers and sisters worldwide create it.

What good can come out of these recent terrorist acts?

We believe that if the collectiveness of sorrow and grief, the collectiveness of how it has suddenly become okay within your world to pray and to talk of God and to reach out worldwide--if this continues you will see that, though it is difficult for you to understand, the cost of lives that were taken because of these events will have saved many, many more and those spirit souls who were involved in that will see that as the case and will be very thankful and grateful that they were able to help bring a world together.

Future terrorist incidents

Will there be more severe terrorist incidents in the future such as use of nuclear weapons or poisoning a city's water supply?

We believe that within your country right now--it has been infiltrated by many, many more individuals that do not appear upon your government records as terrorist or belonging to terrorist organizations and have been in your country for a great deal of time and have been living fairly normal American lives and will now be called upon to do what they were sent to this country to do. It can happen in many forms and we believe that you will begin to see this. Our concern with this happening is that this will create a panic against many nationalities within your country and that is our concern--that it will cause a backlash of destruction not only against you as Americans but against many of the other nationalities within your country.

You will see a time of turmoil. We do not believe it will be necessarily very immediate, depending upon the actions taken by your country and the world support, but we believe that this is the beginning of a very difficult time for your world. Not because of you as a country or the rest of the world but because the strong terrorist and evil forces that are out there are going to lash back, yet we do not think they are quite prepared for the cohesiveness and the support that has been created worldwide. And other world countries that have been covertly supporting these terrorists will be quite surprised at the amount of strength and support that is coming together and they are not quite sure they are ready to address that massive issue that would result in their participating in these events. We know that this is a bit confusing but all of the terrorists in support countries have been extremely taken back by the world support that has been brought forth because nowhere in the current time has any country seen such support as your United States are getting. And this was quite a surprise because this was not believed to be happening.

Is there anything people can do in a spiritual way to mitigate these possible future terrorists acts?

We are pleased to say that on a worldwide basis the prayers, the concern, the understanding, the reaching out has helped in mass to raise the spiritual consciousness of your entire world. We are hoping that this will continue and not be a short term but that you all as a world will see what you mean to each other and if this continues in the mass direction that it has you will be able to help remove much of what happens with negative events that could be taking place. But it is important that you as a world do not forget this so quickly and go about your business. And if you do you will see another such terrible event happen. We believe that in England, over in London, they too will experience some terrorism events.

What are we to do in a world of hatred and suicide bombings when one feels at times that you don't want to be a part of this life because of it?

With such dramatic events taking place upon your earth it is true that there is a lot of energy that you do not wish to be a part of. And you often feel weak in trying to overcome it-that what good could you do on such worldly issues? But by one saying that they have had enough and they want to leave the earth does not help the situation at all. One needs to continuously stay in a place of love no matter how terrible the events that are taking place are and by staying in your higher consciousness place of love that you send out to all of the world, to all of the universe, you are helping by overcoming the negative events that take place and as you do this with the collective consciousness oftentimes you will be changing events that you had no idea would be taking place. For they do not take place because the collective consciousness has overcome such events. It is not helpful again, we say, to say there is so much negativity and so many bad things happening that that you just do not want to be a part of it any more. Because by choosing suicide you truly become a part of it whereas standing your own ground and sending out universal love you are counteracting all of the other negative events taking place.

How might these demonstrations of human evil or human expanded consciousness relate to future earth changes either in a positive or negative way?

As we have said, if this spiritual consciousness and this collectiveness and understanding that has reached across your world and is being shared continues, it is a very strong positive force and it has the ability and the energy and the power within it to stop many events that could be taking place. But it is most important for your world to understand that this not be a short term collectiveness and we believe that if it is a short-term collectiveness you will see more events take place until you as a world come to know that you are here to support each other on a worldly basis. But do not underestimate the power of what has already taken place. We are not in a position to be able to tell you how much it has affected future negative events but we know beyond a doubt that it has had a very strong and powerful force on moving and changing events in your world. And if it continues it will have an even stronger and long-lasting effect.

People who lost their lives in the attacks

What has been the response in heaven with the arrival of so many souls at one time, after these recent terrorist events?

Afterlife 101

As you know and we mentioned earlier, as you bring out rescue squads to try to help the people in your cities, we bring out rescue squads to come and help with such large masses of individuals coming. Many are very confused. They do not know what has happened. Not only have they left their bodies, they have left bodies that are torn apart and scattered within debris and they are quite confused. There are many families who have gathered in heaven just as on earth to help these people. Every individual has their own angel with them right now as well as the spirit guides who are there. It is as though they have gathered in a park. They have gathered in a place that still has very strong earth connections for them in a place of peace and beauty and anything to help their confused spirit and souls. Those who are aware they came to earth for this event are helping counsel other spirit souls who are confused as well. There were those who knew that this was their role and their reason for coming to earth, that not only would they help these spirit souls but they would be helping your earth people as well unite. We will admit that as on earth as on heaven right now it is a place of unusual circumstances and events taking place. Though we have had this happen many times before and even in greater numbers with your earthquakes and your floods it is always events such as this that change the normal routine and the way individuals would normally be crossing over.

These many people who died this last week in buildings or on airplanes--did they experience pain before passing?

We are afraid that yes, some of them did experience pain before passing. There are many within the airplanes, for this is what we are seeing at this time, who knew why they were here and were able to keep a certain peace, a certain hope going, for there were others who did suffer, who were in great fear and on each one of these individual airplanes, though there were people who knew and stayed calm and understood somehow on another level that this was their mission. And in your buildings there was not time for many people to feel pain. The events happened so quickly and with such enormous force that there was not time for many individuals to feel pain. Nor was there a tremendous amount of panic because there was absolutely no concept and no thought of these buildings collapsing as these individuals moved through the exits in trying to leave these buildings.

Were many of these deaths expected by individuals in a spiritual sense?

As we have said before, yes, there were many of these individuals that knew before they chose this life that in some way the purpose of their life and their death was to bring a collective spiritual consciousness to the world, though many of them did not have any idea of the events which would take place to create such life experience on another level, and upon choosing this life they knew this would be their mission.

Is there anything else that you feel should be added to, if you like, a description of the spiritual impact of these events?

Do not see this as all evil and do not see this as all good. Try to see a balance and understand that there was a mission in this event that took place and if your world continues in the direction it is going as collectively joining together, you will see the mission itself was fulfilled. If it does not, it will be a great sadness in heaven for we will not feel that it is the end of such missions. You as individuals have your choice and we hope that you will continue as a world to unite as you have.

CHAPTER 7. POSSIBLE FUTURE EARTH CHANGES

This chapter deals with the possibility that the earth may experience extreme physical changes in the coming years.

Are there major changes to the earth which may occur in the next few years?

Yes.

What is the likelihood of those changes occurring?

We say without a doubt that there will be changes, extreme changes in the current conditions of living on earth. The physical earth changes that will take place we will say at this time are 75% to 85% definite, but the degree to which this will take place is not yet understood.

What is the physical nature of those changes and how will different areas on earth be affected?

Extreme physical changes will take place within a certain period of time (three days)--floods, high winds, earthquakes, and volcanoes interrupting and interfering with the sunlight of earth. They've already begun to happen. You will notice extreme changes in weather conditions throughout your entire world. At some point they will become extreme enough and affect enough people that finally people on earth will become aware that there are obviously events taking place that are disrupting earth life. This will happen before three days of extreme earth changes. Again, the degree to which these earth changes will take place is as yet unknown. Prior to the environmental earth changes, you will see many earth global political changes take place as well. Most likely you will see some wars taking place that will affect the northern hemisphere of your earth.

After this time that we see three days of extreme earth changes and earth conditions happening, the changes upon life on earth will be affected by the degree of those changes. Those on earth play an important role in determining their collective consciousness which will affect the severity or lack of extreme earth conditions. Obviously any land which is adjacent to the ocean will most likely (and this is on any part of your earth) be destroyed and the coastlines will come inland a considerable amount of distance. It is unlikely but possible that you may see an actual change in the direction of polar axes that is different from what you now know on earth. You will see many islands destroyed. You will see earthquakes in areas in which earthquakes have never been predicted. You in your United States will see them inland and in the midwestern part of your country. India will see earthquakes. And the obvious locations throughout your earth that are already susceptible will also be experiencing them.

There will be volcanic eruptions and many will occur in the oceans where it is not normally thought to have that type of event taking place. Let us say again, we can tell you that you can look at all of these earth changes from one extreme to the other in severity because we at this time cannot tell you how severe it will be. The only thing we can and will tell you is that beyond a shadow of a doubt there will be changes in everyone's lifestyle throughout your earth and it is important for everyone to become aware of this and to begin preparations for something that they do not want to believe will be happening. Beyond the earth changes, you will have much governmental changes and strife taking place.

What will be the amount of human life lost?

Again it depends upon the severity of these changes and on the willingness of people to become aware of how they can prepare and support one another and in their building survival communities and supporting life after that. This will be also a time of strife and you will see many people trying to take away from those who prepared. We would say that once you on earth become very aware that these changes are happening, for these are your signs and warnings of what is to come, you will be able to share in your communities and help support survival. How many people are affected depends upon what information individuals are given through the media and through accepting channeled communications such as this even though the government will try to deny that these changes are going to be happening. And yet governments throughout the world are already preparing for such changes.

Are governmental actions underway to deal with these earth changes?

There are many covert actions being taken place by governments at this very minute. At this time these preparations by government are being done with the idea of saving the governments and the population being secondary. So those who hold offices throughout the world are those who will be given first and immediate survival accommodations. The governments in many countries throughout your world are not giving any attention to the survival of the masses of people at this time. They are doing everything they can to deny and suppress any information that could be helpful and could validate that such changes are going to take place but your world governments do not want this to be known.

What is the physical cause of these earth changes?

There is an unknown planet which will probably induce some earth changes because of its passage but probably not to the extent that it would cause the earth's polar axes to shift. There will also be objects from the universe falling, causing meteorite destruction as well and most likely, as we see your world in the condition it is in now, you will see more wars and destruction by terrorists and bombs.

What is the spiritual meaning of these earth changes?

It has to do with how many times you on earth have been given the opportunities to evolve into different beings than what you have. There are many beings within your earth who continue to evolve in their connection with the entire universe but, generally speaking, and in your government in particular, there is no real connection between individuals and their inner Godself. The morality and the values, along with the wealth that your world continues to see, are terribly destructive and, instead of moving into higher consciousness in spiritual realms, the majority of the people of the earth are lost to their own inner self, their inner spirit and the connectiveness of all. We do not like to use the phrase evil and good, battling it out, but in essence this is what you will see. For your world cannot continue to live in the extremely poor value systems and lack of respect for one another that it is currently participating in at this time. There are many religious and spiritual organizations out there which are based more on man-made laws of their own religious organization and not on the truth of the spiritual laws.

The spiritual consciousness of many of these organizations on your earth is going to be confronted with the lack of spiritual consciousness found in many from the lack of morals and values and respect for the beliefs of each other. So, though we hate to use the expression, evil vs. good, the bottom line is that regardless of earth changes, to what degree they are the result of, all of it will come down to evil fighting with good. For you on earth have lost your way and instead of generally raising consciousness with all of the prosperity you are lost in less than desirable ways of life, in selfishness, in disrespect and in the demise of healthy morals and values.

When will the most severe of these changes take place?

As you know, things have accelerated since 2004. We see many changes upon your earth. We are seeing wars increasing. We are seeing planet changes increasing and weather changes taking place in different parts of your world that have rarely if ever happened before. We are seeing hundreds of thousands of people dying from these earth changes, weather changes. Yet it has not fully begun because there is much concern among the people upon earth--because there are many becoming more aware and are looking to their higher selves for help and understanding. They are raising the consciousness of this earth. We are seeing many people who are not currently experiencing severe earth change events beginning to help these struggling countries and people who are. We are seeing more and more people becoming aware and trying to communicate their awareness of the earth and weather changes that are taking place. Because of this evolvement and involvement of others in your world who can help those who are struggling, you are seeing the consciousness being raised and thus the more severe events that will take place are moving forward in time. So for now we see the dramatic changes happening between 2008 and 2010. We are pleased to see there are more people stepping forward to help the world in general that has been the case before. But it is still not enough. We believe still that there will be severe, severe earth changes taking place throughout your world. Governments, politics, financial systems, and wars will all be causing much additional confusion and failures.

We hope that people are beginning to become aware of these impending events and will begin to learn to support each other and form communities so that they will understand what is happening and begin to make preparations for their survival.

Is there any way that these changes can be ameliorated?

We believe as we mentioned earlier the values and the disrespect that is taking place on your earth at this time in every country is also accompanied by the acceleration of those wishing to evolve into a higher consciousness level, as people continue to reach out to their higher consciousness and to connect with it and begin to see that they do not exist on this earth as an individual but they exist on this earth as a oneness and that their actions, their thoughts, their words, their deeds, have an effect upon every level of energy on your world. More and more people will become aware of their oneness and as this continues to increase and they are willing to take responsibility for their spiritual evolution you will see that this energy of consciousness becomes more and more powerful and is able to help lessen the amount of severity in earth changes as well as in conflicts that will take place. As we have told you before, we cannot tell you how severe it will be and it is because of those who continue to help raise the consciousness and the vibration of energy upon your earth.

But have no doubt, there still will be great needs for survival communities and for these communities to support one another for your earth is about to experience great changes and as you continue in your spiritual evolution prior to these changes you will see how you can overcome many of the great challenges that will be affecting everyone. We will again remind you that these challenges will not only be earth change challenges but you will be facing global political and financial challenges as well.

Will unanticipated help be provided people on earth to deal with these changes?

Yes. This unanticipated help will come from many sources and from much of the spiritual evolution and higher consciousness of individuals upon earth. That is all we would like to say about that at this time.

Should humans make survival preparations for themselves and also help others to survive, regardless of the hardships prior to and after these changes?

We feel that those who become aware of these earthly challenges that you will be facing have a responsibility to share that communication with others. Everyone has a choice. There is no right or wrong in the choices that an individual might make. There are many people on your earth that will say--I will live to the fullest I can until it is time for me to make my transformation and I will cross over without becoming involved in any survival activities at all. These individuals are not afraid of what you on earth call death for they know there is no death. They know they are only going home. That is not a wrong decision and should not be looked upon as such but when you have been given the opportunity to know of these future events please look at the responsibility that you are also being given. You are being given the opportunity to help further life upon earth from a much higher spiritual experience of life on earth through those who willingly accept going through these challenges and hardships. And have no doubt that there will be hardships.

We see a period of four or five years of struggle to re-establish a more comfortable way of living--though it will never, ever be the way that it was prior to all these changes taking place. If you choose to help yourself, your family and your community to go through these challenges you will experience a life on earth of great love and great caring. But it will come with a price and that price is the higher collective consciousness of all, knowing of their oneness together, and the loss of self-centeredness. We cannot say how many will survive this regardless of what their spiritual consciousness is. We know that it will take strong individuals who are willing to survive all that will be thrown at them, but the strength is not in their physical abilities, their political abilities, or their financial abilities, their strength will come from their spiritualness. So that the poorest and the weakest will be as strong as any other one if they are willing to accept their oneness with all others for that is where the strength of survival will come from. And that is where the beauty of life on the other side of this survival will be.

How will human lifestyle and consciousness be affected in subsequent years after these changes?

After these physical changes take place on earth those who have survived and who have moved into their higher spiritual consciousness, higher than anything anyone on earth at this time could possibly conceive of, you will see an earth world that is loving and supporting, that is caring and thoughtful. You will see a world that is willing to work together and to accept the differences of all. The conflicts that you currently experience on earth from religious, political, financial, social differences--these conflicts will no longer be as they are today and different points of view and perceptions will be acknowledged and accepted or compromises be made for each individual's thoughts in a way that is not so now.

You will find a world that will be living with higher levels of telepathic communications, much higher healing ability and much fewer diseases, much more tolerance, acceptance and forgiveness. These will be everyday natural experiences and will not require any effort whatsoever to live in a world such as that. This does not mean that you will not be faced with challenges for you will continuously be faced with challenges and with choices. But you will be able to live through these and experience these from a different dimension than you now experience.

CHAPTER 8. KEY SPIRIT GUIDE INSIGHTS

This chapter contains a summary of the most important messages provided by the spirit guides throughout the book, in the opinion of the editor.

The Death Experience for Adults

- When a person dies, their personality survives and generally crosses over into spirit life.
- A person crossing over after a long life and without complications of disease or trauma will generally have a sense of peace and be prepared to be met by some form of energy on the other side. They know that they are going to be met by spirits of their past loved ones.
- Persons with Alzheimer's disease may make the choice to move into the spirit world or alternately may choose to continue to live in the childlike world resulting from that disease, because they are not in any great distress and are being provided for.
- Individuals who are experiencing their transition through great physical difficulties and disharmony may experience anger and disbelief at artificial means being used to prolong their physical discomfort and not allow them to move into their transition naturally.
- When death occurs from a sudden illness, the spirit of this person generally is aware that this is going to happen to them and is prepared on a spiritual level for this happening.
- Those adults who die from an illness that has continued on for an lengthy amount of time are truly being given the opportunity to explore their life on earth, their connection with God and the new adventure that they are facing more imminently than the majority of people on earth choose to face death.
- A person who is suddenly stricken down from an accident that they knew would most likely occur and agreed to when they came back into this human life knows that this has happened to them for the reason of helping those left on earth.
- Those who cross over from sudden accidental death would love to be able to tell their loved ones to please use any part of their body that could be used for they are no longer that body and it does not matter to them one iota of what happens to it.
- Some people die a sudden death from the interference of the energy of another individual, including murder, which changes one's entire destiny, and are not prepared for it. They are often confused when they first cross over and will feel that this was not meant to be.
- Those who have crossed over with many other spirits all at one time are greeted in their collective place of confusion and lack of understanding, not only by loved ones, but by many guides and angels to help them make this transition. They remain together for a small amount of time before beginning their individual spirit journeys.

Afterlife 101

- Some individuals who have been murdered cannot move from those feelings of anger and sadness and cling to their human life and are not willing to accept their transformation into spirit. No matter how much the spirit guides and angels and loved ones try to help them cross over, they are unwilling to do so. This is one source of the souls that are known as ghosts.
- Other individuals experience a murder who have agreed upon this as a circumstance of their life prior to reincarnating, often in order to help many other people.
- Some individuals are highly evolved spirits who have had many different lifetimes, often as different types of beings, and when they cross over again, have a very specific place in heaven. They have, so to speak, jobs that they know they are going to come home to--a place in heaven--and have an abbreviated crossing-over process.
- At the time of crossing over, individuals are generally thrown into an initial place of darkness and then are met by a very bright light. They enter a tunnel and move through this tunnel with the assistance of loved spirits and move into an area where earth loved ones in their most current incarnation have formed ahead of them. They find themselves immediately in a place of love and comfort and warmth, safety and release, and protection. It becomes like a large family reunion on the other side.
- Those that are crossing over from a long term illness often are out of their bodies watching all the experiences going on around them and have guides and teachers and angels with them as well. This process could take place in earth time for several days.
- At the end of their lives, some individuals hold on and fight to stay alive because of fear and guilt.
- People who cross over during a near-death experience are given a glimpse of what it is like on the other side but they do not feel the full experience of death. The tunnel they experience is smaller than is the case for those who are making a final transition. People will often experience different types of bright light but only those who are crossing over for good in this lifetime will experience the pure white light. An abbreviated life review is generally experienced before return from a near-death experience.
- Their beautiful guardian angel who has been with them all during their human life meets the departing spirit at the moment of death because it has experienced all its human experiences with it. It goes with the spirit as a sort of security blanket as the human moves into the spirit world and is greeted by other human spirits they have known.
- When death is caused by a potentially painful and sudden event, often the spirit of an individual removes itself from the body and the body does not have any physical pain and discomfort.
- There is not a silver cord or some other physical attachment means between the soul and the body which is severed at the moment of death and departure of the spirit soul.
- When the spirit leaves the body there is something almost physical that drains from the heart and as this leaves the heart there can be, it appears, a minute change in the physical body.

Afterlife 101

- An early cremation does not hamper the process of arriving into the spirit world.
- After death, a spirit will often stay around earth until after the memorial services and their immediate loved ones have gone back into their normal way of life, will keep their earth bound connections, and will visit their homes and their loved ones.
- When an individual crosses over and is met by loved ones, they are going to visualize these loved ones as they remember them. They will see them with vitality, with great joy and in complete peace. They will see them at a time of life that they choose to remember them best.
- When an individual makes their crossing over, they will often see people and not remember initially who they were, why would they be there to greet them and be so happy to see them, but it is because of the impact that that individual made on their life. They may encounter spirits who were related to or who played major roles in their entire existence over many past lives, including beings from other communities than earth.
- People with strong Christian beliefs when they cross over may feel that they are being greeted by Jesus the man even though they are actually perceiving an energy of Christ consciousness.
- No matter how evil a person was during their life, they will always be greeted by spirits when they cross over.
- Earth is a place for a person to come to accelerate their spiritual evolution through experiences in a limited dimensional world.
- Deaths are generally "pre-programmed" except under circumstances where an energy crosses or intersects with an individual's energy to make death happen at a time that was not originally programmed.

The Death Experience for Children

- A spirit before reincarnation chooses an environment that they will be able to move into that will help them best evolve in their spiritual journey. They have a general overview of what's going to be happening to them and observe the experiences they will have to evolve spiritually. Once upon earth they do not recall this life preview.
- A miscarriage will often occur when the arriving spirit realizes that it was just too soon for it to reincarnate and that it could not handle the experiences it would be having. It may feel terrible emotional struggles the mother is going through, feeling them through the mother, and realizes that this would not be the time for it to be here, not only for itself but for the mother in that family as well.
- Souls who are aborted by the mother are often sad souls for being returned because they see many times the love and the support that the mother could be, but the mother feels so overwhelmed by earth conditions that she doesn't feel capable of handling a child for whatever reason. There are times when a spirit soul will agree to that happening because

Afterlife 101

they know that they are part of that mother's evolution and spiritual lessons and it is for the spiritual growth of both that mother and that spirit to have that experience.

- Abortion is not considered a spiritual crime.
- Infants who die from sudden infant death syndrome are often infants who, once they got to earth, have said "This isn't right, I've picked the wrong family, I'm not ready to come".
- When an infant and when a baby who has not been delivered yet return to heaven so quickly, they do not go through the death process as we would think of because they are still so fully connected to heaven and have not made that earth attachment. They are often greeted with counselors and spirit support teams who help them to understand what the experience was that they just went through and why they went through it and why they made the choice to return to heaven.
- Many times when an infant is born with what you on earth call a deformity, or a malfunction of some part of its systems or organs, the infant has chosen to go through those experiences because it was challenges that they were to experience and lessons even as an infant that they were to learn that would help them in a future long-term life on earth.
- Any child who dies from an accident of any sort, whether it be a car accident, a drowning, any sort of accident, knows generally that this is what is going to happen to them and that their life span on earth was to be a shortened life span.
- Children are most open to being able to share a physical part of themselves with other beings who will be remaining on earth. The spiritual evolution of all are raised when such an event occurs.
- Many times a child who has experienced several years as a child upon earth will come back after crossing over and feel a sense of distress over the inability of their loved ones to recover from their loss.

Transformation From Human To Spirit

- As soon as they leave their human life, all individuals are met by angels and spirit guides, pass through a tunnel, and they are greeted by loved ones on the other side with various degrees of love and warmth and light and welcomed back to their spirit self so that the death experience initially is never frightening to anybody.
- One making the transition is always greeted with love and a sense of safety and a sense of protection, a sense of freedom and always in a light so bright and so warm and so encompassing as they have never experienced before in human form. As a spirit soul progresses into its new life form, it will progress into various shades, tones, colors of this bright light.

Afterlife 101

- Once you have moved into your soul spirit you go through your most current life review. After one has had their greeting and their life review what then becomes heaven then becomes much of the spiritual consciousness that the individual brought with them from earth during this most recent past life on earth.
- Once a new spirit moves through the different phases of releasing from its earthbound life it begins to gradually move into the spiritual consciousness that it has obtained and finds that it is losing earthbound forms and earthbound dimensions and begins to experience things telepathically and through various forms of energy rather than through three dimensions as it has experienced on earth.
- There are those spirit souls who are so evolved that they do not find it necessary to remain connected to those on earth for they know that there are other angels and spirit guides with those who have remained on earth and they are ready to move into their more highly evolved true selves.
- When you have finally made that crossing over from earth and are in heaven, you are allowed to experience heaven as you would like to think of heaven being and that has to do with many different conscious levels. Initially your heaven experience is still an experience of something that you connected with when you were on earth. You eventually move beyond that sense of earth pleasures and begin to move within your own spiritual consciousness and spiritual place.
- Your spirit guide is an overseer of bringing together all your loved ones upon your arrival in heaven because many of the people that you have been in contact with on earth are at various levels of spiritual consciousness. Spirit guide is there to continue their direction and guidance and helping you as you make this change from earth to the other side.
- When you cross over you do not take pain, anger and bitterness with you, but will oftentimes be quite confused as to your new experience. You take all of your knowledge with you-- everything you have learned through books, everything you have learned through your experiences, everything you have learned through your emotions, for these are all things that help you evolve as a spirit.
- Initially, after an individual dies and makes its transition, its spirit can choose its appearance which will often be similar to that experienced during the prime of their life. Alternatively, those who have evolved so quickly in this lifetime spiritually will simply evolve into a form of light or angelic form and not find it necessary to go into any past physical form.
- The spirit is the true essence, the true energy of who you are. The soul is like the connection between your spirit and your humanness. And your soul is with you in your human body, together with your spirit, and when you depart from your human body your soul moves into your spirit and that soul remains with your spirit.
- The soul of each incarnation carries the energy of every incarnation but is not necessarily predominant in the soul as it attaches to a new incarnation. For each incarnation has its own energy, its own personality, its own ego and that's what forms in the soul to help connect to the spirit of your humanness. Many times you have things that are happening to you in your current life which you have no understanding for why it is happening, and it can be a deep-seated carryover from a past life which could go back for many past lives.

Afterlife 101

- The higher self is your spirit that continues to live through all three-dimensional lifetimes and is always there.
- Every individual upon earth has a spirit guide to help them in their consciousness evolution at all times. You have many, many other spirits who are around, spirit guides who are teachers or who have become more highly evolved than you are, and they are there. They are your teachers. You can call upon any spirit guide of any level at any time.
- Many times when you think you are calling upon a spirit guide, when you are looking at earth situations, you are really calling upon the earth angels and they are there to help you for what you on earth consider mundane energy help, other-dimensional help. Oftentimes you call upon your angels for protection and many times the protection is needed--more than an angel, a spirit guide is needed.
- Initially after crossing over individuals still see themselves in the body that they had on earth and they see their individual loved ones as they remember them and see them in those bodies they had on earth.
- A life review is not done with pain or with emotion. It is done with fact to see what your life experiences did in either helping you to evolve more consciously or putting hindrances in that energy flow and thus not allowing you to move into a more spiritual concept while on earth. You will see how every thought, every action, every experience you had on earth affected you and affected those around you.
- A life review is often the way all spirits are able to be released from their actions and their emotions with their earth life. It is not always a negative experience, either. There are many things that all of you on earth do that are actions of love and compassion and support, that you never even always realized that you affected someone else and you are given the opportunity to experience those as well.
- During the life review, the individual is experiencing its most current past life and not other past lives.
- Once an individual loses its earthbound connections and begins its true spirit journey, it then becomes aware of all of its lives and all of its experiences.
- A Council of Elders, wise spirits of both male and female energies, is present the majority of the time during the life review there to help support the new spirit energy as it looks at all of the events that took place in its lifetime.
- The individual crossing over will soon see that the loved ones that have met them while crossing over will generally leave them and go to wherever their place in heaven is. Some will continue to be with them because they are at the same spiritual consciousness level. And yet their presence is more in the background for a considerable amount of time because the new spirit crossing over has many phases to move through until it reaches that vibrational level of its true spirit.
- Each spirit soul that crosses over and moves into its full spirit soul energy of all lifetimes does continue to remain in contact with the energy of all their loved ones from this most current

Afterlife 101

lifetime. They are often there to help loved ones in difficult situations and in joyous times. Though they are not with those loved ones on a continuous basis they are able to at free will choose when to be with those loved ones.

- Once an individual has gone through their life review they are given the opportunity to experience things from earth that they either enjoyed very much or hoped to enjoy. Those experiences that they are having in heaven now do not affect anyone upon earth. Also, if there were individuals upon earth at any time during this incarnation that an individual would have really liked to have known, they are given an opportunity to ask permission to meet with that life force energy that they saw.
- As a being leaves their body and their soul and spirit moves forward they are then greeted by their spirit guides along with their loved ones. The spirit guide will stay with the soul who has crossed over for a great deal of time. After it has made its crossing over and is becoming used to its life in heaven, once it leaves its soul and becomes then pure spirit, spirit will then no longer be as connected to it as it has through its journey.
- Angels are always in demand. In terms of your earth words they are never unemployed. They are there and will begin to help new arrivals on earth and are always kept busy helping you earthlings.
- Those spirits who do not cross over after they have had a physical death on earth are oftentimes spirits who have died from trauma and in anger. They are often within an environment trying to still find themselves and will make their presence known many times to the living, thinking that they are still a part of the living, and to continue on their path of fulfilling the needs the anger is driving them through. There are other occasions where spirits of like minds can be found in one earth location and can even have a sense of camaraderie.
- Oftentimes, the spirits that remain on earth can be assisted by individuals living on earth who have the ability to communicate with them and can help move them along and this is done quite often. Sometimes loved ones that have remained alive on earth will then cross over and then the connection that the spirit has been hanging around for will then be stronger and help to bring that spirit soul across then as well.
- Oftentimes the spirit souls that linger for such a long period of time with the earth connection are spirit souls who have been tormented souls and souls that have not had any type of spiritual consciousness and have lived the darker side of life.
- Oftentimes when earth beings think they are seeing a ghost or a spirit, that is not what they are seeing but will see the residual energy of the personality come forth. This residual energy will create the same kinds of experiences that people think they are having when seeing a spirit.
- Oftentimes hauntings get confused by residual energies which are present at locations of tragic death but which do not cause the same sort of disturbance associated with a haunting.
- An individual who commits suicide will find after the initial greeting process has been completed that they are in a place darker than in the place of an individual crossing over for any other reason. These individual souls are initially met by angels and guides and they can see the brightness and the light and the love of these guides coming through to them so that

Afterlife 101

they are not left into a complete hole of darkness though they are in a dim world compared to where they would have been under other circumstances.

- A majority of the time all spirits who have committed suicide eventually move into their rightful place in the spirit world for they are able to see how much love is sent to them from those on earth and from other spirits. Regardless of what they did, they are able then to move into their rightful journey of their spirit self.
- You on earth play a very big role in being able to help those on the other side no matter how they cross over, no matter what the circumstances are. But you on earth are able to help them move forward by the love and the forgiveness and releasing of them.
- An individual who has committed many evil deeds on earth, or who was negative and destructive and extremely manipulative to others, will feel after going through the life transformation, that their energy is being rapidly moved into a place that is a consciousness of where those who have committed evil are at. They often relive the events that they did in a much deeper, in a manner much more felt, than just in the life review. After this reexperiencing of its human life events, this spirit is given the opportunity to move into its home family in its spirit world.
- In both cases of individuals who have committed evil acts and those individuals who have committed suicide, they are not initially in a space where they have a spiritual experience with other spirits. Though they can feel the presence of others around them within the environment they are in, they have no actual contact with these spirits.
- There are those though who have been so evil, and so destructive, that it seems that their life back in the spirit world will be in this place of isolation for an infinite amount of time. There are also those who will never have remorse or ask to be forgiven, who cannot break the earthbound ties and emotions. This is not a punishment to them. This is their choice for not being able or willing to let go of those destructive energies that created all of their experiences on earth.
- Those who cross over with a lack of inner self love move into a place where they are tenderly helped to open up to seeing what lesson on earth this time that did not get completed. This is true even for an individual who was a very good, loving, giving, compassionate person on earth in actions and words in their contribution to human life. And they are gently taught to see that strong lesson of self love that they did not come to know and understand in this lifetime.
- Once a human crosses over they no longer carry that low energy level of mental or physical or emotional attachment with them, or human disforming attachment, with them into the spirit world.
- When you die, the consciousness that you have has been manifested in your own thoughts, whatever those thoughts of death are that you have come in connection with in your lifetime. That will be the type of crossing over experience you will have. Those individuals who have a concept of death as being nothing will experience their crossing over as being nothing. But this earth consciousness after one crosses over is gradually replaced by the reality of the spirit world and loved ones, angels, and spirit guides greet and welcome them to their spirit life.

Afterlife 101

- Those who had a vision that they were going to go "to hell" have many different versions of what hell could mean to them. There will be those who have a typical vision of what hell is, and that is what they will experience. There are those who will think hell was certain events or circumstances in their life and that is what they will experience for a period of time. This is not something that lasts for any great deal of time because spirit will come to those and those experiences and give them the choice to see that they can move out of those experiences and that is not what life after life is all about.
- A spirit cannot exist simultaneously in heaven and in a body on earth, or in two bodies on earth. However, when a spirit reincarnates, a residual energy is left in heaven that is able to communicate but this is not really the spirit itself that is there.

The Afterlife

- Generally, once a spirit has crossed over into heaven, it is met by loved ones, goes through a life review, and then moves to its spirit home.
- Your spirit home is where you are as a form of spirit energy, living with other spirit energies of the same consciousness, the same level of energy, and of the same like mind and thought that you carry as a spirit. You are a form of energy that interacts with other energies within your spirit home, but not all the time, and often you are in your spirit home with your own spirit guides.
- After you have been transformed from human to spirit you begin to more and more expand your energies, more into your spirit life than into what your human life was. Energies of only supporting and loving and caring and teaching will be energies that you will experience, for you have left your earth energies and emotions behind and so you do not have to experience fear and hate.
- Spirit families can change somewhat and the reason that they change is because there will be spirits within your spirit family who will have chosen not to evolve, not to move on. There will be new family members who come into your family because they were able to evolve and move much faster into your group through their actions and spiritual evolution and the life lessons they learned in this most recent reincarnation.
- You never feel alone when you return to your spirit life for you are met often by past family members in your most recent human life. Many of those family members will not be in your spirit family, however. But they are there because you still have your earth connection and they are there to greet you.
- Though you are in this wonderful large spirit family that you have returned to and you are initially greeted and reconnected with all of your spirit family, you are then given a time to more-or-less have solitude and a time to become more comfortable in your own spirit being again.
- A spirit can request to meet with an individual in heaven with whom they have a strong heart connection and wish to express thankfulness and gratitude for that impact that individual has had on the spirit's past life. It is not necessary that that individual have had an earth acquaintance with the arriving spirit.

Afterlife 101

- After a period of time one begins to totally disconnect from the physical connection that they still have with earth, and by that we mean the desire to go and explore, and recreate events that they experienced on earth. However, there will be times later in your spirit life when you can use your mental capacities to create a scene that you would like to be experiencing from earth.
- As you move into your spirit life your connection with your loved ones is always there. You continuously have a capability for at least one-way telepathic communication and can see what is going on with all of your loved ones simultaneously regardless of their location. Though you have a knowledge that a new baby has been born into your former earth family, your connection to this infant is not nearly as strong as the bond that you have made with those that were there on earth when you were there.
- As you have gone through your life review when you first crossed over, you now become part of a schooling about those lessons that you went to earth to learn about this last time and have a much more in-depth understanding about why you went and what you did and why you didn't do it. And the spirit guide is there to help you understand the choices you made or the reasons that you did not learn that lesson or the reasons that you didn't even become aware of the fact that you were there on earth to learn lessons. There will be no judgment.
- One can finally say I am tired and I no longer choose to move from this place that I am in. I am happy right where I am. Oftentimes that means that you will have an entirely new spiritual family because many of your spirit family members do seek to move further ahead.
- One can ask permission to go and visit other spirit families, whether they are of a stronger spiritual evolution or one that is not as strong spiritually as you.
- You do not move around in your spirit life in the form of a human body though you can take that form when it is time to greet loved ones or if you are going to go and do a spirit visitation with a loved one. You will take that form for that is what the human still remembers you as. But you really are a form of energy light and depending upon your spiritual evolution you vibrate at different energy frequencies and light.
- In heaven you pass no judgment of any sort and none is passed upon you. For those humans who live on earth who have a sense of hopelessness and helplessness, who have no deep connection to their mankind and feel this sense of emptiness, they no longer have that when they return to heaven.
- There finally becomes a time in spirit's evolution that you lose a sense of individuality. This is not as you on earth would consider it to be a negative experience but one where you are moving and vibrating at such high levels of energy that you know that you are vibrating as the oneness with the creator and all universal beings.
- All the things that you love and enjoy and wish to be a part of from your earth experience no longer take on the same form they did on earth but instead you move into the energy that is created in those experiences.
- Energy is what everything is made of. Energy is just the vibrational force that your spirit is evolving at at any given time. And the higher your vibrational forces are the higher amount of

Afterlife 101

energy one has. And one tends to always have a high amount of energy when they are working within the love circle of God and are being positive.

- One form of work that spirits do is to help the transformation from human life to spirit life.
- Many times that what one will have found in their life on earth is something that was always a continuous theme from one life to another because they are actual workers in heaven and that theme is what is carried out in heaven as well as what was carried out on earth.
- As a spirit you begin to move into energy levels of vibration that are words that you hear about on earth all the time--words of peace, words of contentment, harmony, forgiveness, compassion. As a spirit you are moving more into becoming all of those things at one time. As you begin to become these things you begin to move into your own higher spiritual being.
- A spirit family grouping has a location that might be described as a collection of distinct spiritual energies, somewhat like lights on a Christmas tree. Energy vibration might be weaker, slowly pulsating, and others might be very bright, pulsating much faster.
- Usually the current of energy as a spirit family unit moves fairly similarly when they all reincarnate though they don't all necessarily reincarnate at the same time. Many family members may reincarnate and have similar experiences and similar likes.
- Until a spirit has moved into its total knowingness of oneness with the Creator it will always continue life within spiritual family and groups.
- You tend to share your primary spiritual family with those who have the same type of creative energies that you do and thus there are many secondary families in that consciousness level who have different creative energies but the same spiritual energies.
- All spirits live within a spirit family and do not live as couples. The love that you would have felt for a mate on earth is not the same kind of spirit love you feel for that mate or that child or that parent.
- Within a spirit soul family there are many spirit souls who are soulmates, and not just in the term of male and female, romantic love as you experience on earth, but soulmates of the heart who have shared different lifetimes together as perhaps friends, or sisters or some form of very close connection. It means that they share a special bond but the love that is on the other side is the love that cannot be comprehended from earth and that love is shared by all spirits.
- Sex is not an issue in heaven. You have moved beyond that dimension in heaven and it is not an important role. It is not even, after a period of disconnect from earth, a part of the thought process for love is shared in many other ways.
- Spirits that cross over as children do not stay as a child. They move quickly into their spirit being for they can much more readily accept their spirit being than those of adults.

Afterlife 101

- Individuals upon earth, whether they are presidents, great leaders, not-such-great leaders, or entertainers, do not cross over into heaven with any more acknowledgment than any other individual. All spirits are accepted into the spirit world with love and equalness.
- A spirit in heaven can communicate and/or induce effects on humans on earth in many ways. The spirit soul can make very definite contact with those left on earth, and occasionally can communicate through an object. Spirits can share a thought at the same time with the individual and the individual just knows that it has communicated with a loved one. Then there are those spirit souls who have not actually made the complete crossing over who will also make their presence known, often on a far more earthly level than any of the others.
- Spirits occasionally make changes in electronic equipments or cause lights to flicker or some other mechanical or electrical effect because they are vibrating at such a different energy level it creates a disturbance within the electromagnetic field. Oftentimes individuals themselves who are experiencing the spirit souls can give off such an energy that they too can be the cause of electromagnetic disturbances.
- Spirits occasionally cause scents that humans can detect, such as cigar smoke or perfume.
- Spirits can communicate with earthlings by means of tape recorded noise or even television or through telephone calls that seemingly do not originate from any place on earth.
- Spirits have a great connection with their loved ones on earth from their most recent reincarnation. However, they do not sit and continuously watch the events taking place in the lives of each one of their loved ones. They have a very telepathic way of knowing when big events are taking place, when their loved ones are celebrating or in distress. They can have this telepathic connection with several family members throughout the world at the same time and are aware of what is taking place in each loved-one's life.
- At the time of human death you are immediately and even in the state of human coma of human beings you are immediately removed from the state of pain and fear, discomfort, sadness. You are able to observe what you are experiencing without having to feel the physical and emotional state that your body was in just prior to crossing over.
- Some spirits monitor events on earth that may not be related to their immediate loved ones. Unless they have a loved one involved in it, though they may have an awareness of what is taking place, they do not connect to that event.
- War is a man-made event and spirit guides and angels do not interfere with such events on a global issue. They do go and protect individuals but are not a part of the outcome of any war.
- The biggest influence the past loved ones on earth have upon spirits who are crossed over occurs when those that remain on earth hold on with such grief and to such a degree that it does not allow the person on earth to move forward and it keeps the spirit on the other side too earthbound to move forward in their life as well--into their new spirit life.
- Expressing love and forgiveness from a human on earth can often help a spirit who has committed suicide be released to move into a full spirit being.

Afterlife 101

- A human can make contact with the essence of a spirit in heaven even though that spirit has since returned to earth in a human form.
- Communication in the spirit world takes place by a telepathic type of communication.
- There are elements of privacy for spirits in heaven. It is an unspoken rule that, though everyone can telepathically read another individual's thoughts and desires, there is no trespassing or violation of the telepathic abilities of spirits. They know immediately to the level that they can explore and communicate with any other spirit and do not use powers that they have to invade someone else's privacy.
- Once a spirit has obtained the actual level of a spirit guide and teacher they no longer make the transitions to and from the nonspirit world.
- A human involved in a creative process often will have teachers and guides who will be assisting the human's thought process on another consciousness level.
- A spirit does not learn from the experiences of other spirits and does not become involved in the viewing of each spirit's past lives. Its lessons are for it and it alone.
- Within a spirit group there is a communication and a sharing of telepathic love and support to all of those within its group. It is not direct conversations such as you share on earth. Love is the biggest experience that spirits share together.
- Spirits appear to each other as forms of light and different shades of light. As souls begin to advance in their spiritual consciousness, their light becomes different colors but, unlike on earth, one is not judged by the color that they are as a spirit soul in heaven. So there is no judgment or no sense of achievement when one moves from one vibrational level to another.
- The essence of a spirit can move from one place to another. The actual spirit itself does not move from place to place but exists in one place. It can have observations in several different places at one time.
- All humans return to earth with the energies of both male and female within themselves. The form that one returns to earth in, in a reincarnation of male or female, generally indicates which energy will be the more dominant one within this lifetime.
- Music in heaven is an energy vibrational force and as on earth it is the vibration of a color or a vibration of a sound of music that is something that the spirit itself resonates with. On the other side you will enjoy music just as you enjoyed it as an earth being. You not only will hear it at your private times but you can be joined by other spirits who share the same form of music as you do.
- A spirit gradually moves away from earthly experiences and three-dimensional pleasures and towards experiences which far exceed anything which might have been anticipated, including the vibrational energy of laughter and joy and pleasure. Creativity and fun and experiences of enjoyment do exist as a spirit whose energy has all of one's experiences from every lifetime.

Afterlife 101

- It is not necessary for spirits to eat and when spirit first crosses over it may desire to experience those earth sensations. But spirit does not eat food as you on earth experience it and, as it becomes more its own spirit being, the need for those sensations is no longer necessary.
- Everything in heaven is done telepathically and so as a spirit chooses to visualize what it is they wish to be a part of, it is done telepathically and in a far deeper dimension. It vibrates at a much higher level and is felt more than seen.
- Oftentimes, as on earth, when a spirit is working through levels of inner growth they will find their energy will reach a very strong high and then they will find that they will need to withdraw from such a feeling of high vibrations. It is not fatigue as you experience on earth but it is not a continuous way of life living in that high vibrational level.
- A spirit can travel in heaven as though there were telepathic means of transportation that move at incredible amounts of speed. Sometimes a spirit may choose to experience a light shadow of earthly transportation forms, an essence but not a three-dimensional solid transportation experience.
- If a spirit wishes to move anywhere, it always asks permission before it would make an actual transport. Spirits can move at a consciousness level lower than their own without any problem. Rarely do they move to higher consciousness levels but it is not a normal experience until a spirit is ready to move forward.
- During a short period of time after arrival in heaven many spirits will still experience three-dimensional earth home connections which are thought processes, spirit energy form, as to what home is, what home means, what the feeling about home is. These are not any type of three-dimensional experience but consist of the essence of a home, the essence of success, and the essence of good health. Spirits soon move totally into their spirit self and there is no need for a spirit to place itself in a three-dimensional environment in its everyday existence.
- The very first thing that is created for a spirit as it makes its transition to the spirit world is a life review. It will move into every experience, every word, every look, every smile, every cry, every tear, every pain, every joy--everything that it ever experienced upon this earth and every individual it passed upon this earth whether it was just someone passing on the sidewalk. This will be done not in pain, or not in guilt or not in shame but just be reviewing what the totality of life on earth was and to see what lessons were learned and what lessons which still have to be worked with, both as a spirit being and again when you are another human being.
- A spirit family group can decide that they wish to share a common environment which they would create, but generally each spirit reflects what it chooses to experience.
- God is each and every item, each and every animal, each and every rock and tree, each and every individual being. God is in everything and everyone. The Creator has always been and always will be.
- Everything on earth is just an individualized expression of who God is, but the actions that individuals take are not who God is. That is the actions of the ego and personality of the individuals.

Afterlife 101

- Every living thing and every living thought is a manifestation of the Creator of everything. When you become aware that you are connected to everyone and everything, you become aware that you and the Creator are one. That is how your spiritual evolution evolves.
- The concept of levels in heaven is useful for human understanding of the spirit world, but is not meaningful when one actually is in heaven. Spirits have different vibration levels of their energy which is transformed into light. Spiritual evolution occurs when a spirit moves into more of that oneness and more of that connectiveness to the Creator, influenced strongly by lessons successfully learned on earth.
- There is no time in heaven. There is no measurement of time. It is just an advancement in one's level of consciousness.
- Spirit always lives within at all times every aspect of every being it ever was. Time travel, in the sense that you think of it on earth, is a continuous experience of every spirit soul being as they progress more and more into being their own spirit soul.
- A spirit can often telepathically feel events that are going to take place in its past loved one's lives. There are times when it will have seen enough into a loved ones' immediate future to help give it a warning or to nudge it in another direction. But as far as individuals seeing into the future of what is going to be taking place in world events or universal events, they are not able to experience this future.
- A spirit will not be destroyed. Some spirits may have a very low level of consciousness and be unable to evolve spiritually despite many earth lives. They may remain in heaven in that low level without further return to earth.
- One's spiritual consciousness does not evolve as quickly when remaining in heaven as it can through the life experiences in a three-dimensional earth-bound experience. Nevertheless, a spirit may choose not to reincarnate. Alternately, some spirits who have evolved from many lifetimes and who have reached a level of not needing to return to earth will continue their spiritual growth from their spirit self in heaven.
- Spirits have no gender. Every individual upon earth has been both male and female but generally incarnates in most lives as one or the other gender.
- Spirits have no names in heaven.
- There is an animal heaven as well as a being heaven. Animals have their own place in heaven and their own evolution that they are experiencing about lessons they learned on earth. They too choose to evolve and when they reincarnate back on earth as pets they will become even more loving and more connected to their humans.
- When on earth a human has shared a deep loving relationship with a beloved pet and that pet has crossed over before that human, it is always there to greet them.

Afterlife 101

- There is a council in heaven of the highest spiritual beings. It is a council where spirit guides and teachers go to ask questions. It is the council of highest spiritual oneness and a council of the highest vibrational force before one moves into their total oneness with the Creator.
- Heaven can be visualized as a gigantic sphere with an energy field, vibrations of energy, and coming from it could be called sunbeams, lifelines that connect to the planets where beings live. Heaven has no locational relationship whatsoever to any planets.
- The number of spirit souls that live in heaven is very large, including those that have come from many other universes.
- The Creator is aware of every single event, every individualized thought, and one can visualize the Creator as being this gigantic storeroom of knowledge. Also, each individual spirit that moves into its spirit soul carries the experiences of its life. And this is all a form of consciousness of events that have taken place within your world as well as those from other worlds. A spirit can tap into this collective consciousness of all experiences.

Reincarnation

- Spirits reincarnate on earth because they are being given the opportunity to accelerate their learning process to achieve higher consciousness levels. This occurs because they become involved with so many more experiences in the physical world.
- Oftentimes those who have not reached higher spiritual consciousness do not return to life nearly as quickly as those who have reached higher levels of consciousness.
- When a spirit does choose to return to earth, it is because they have had a very good understanding of the lessons that they were to have learned in their past life and what they did learn or what they did not learn and what they will go to earth to do in a new life.
- The learning process as a spirit being is quite slowed down for a spirit being that freely chooses not to incarnate.
- When a spirit would like to return it will often sit and talk with its spirit teacher about what it had lived in a past life and what it would like to live in a future life. And spirit teacher and spirit guides will help direct that spirit to the environment that will help it best continue its journey.
- You always return to earth at a later date than when you left earth.
- In the past the typical times between death in one life and birth on earth in another life could have been centuries. Because earth is evolving so much quicker and manifesting events almost instantaneously, those who had made great progress in their most recent past life are given an opportunity to return much sooner than had been the case in the past to help those who are struggling with their spiritual evolution.

Afterlife 101

- In just about every reincarnated life, individuals return to an environment and experiences that they have always felt and shared and wanted to evolve into. And so they are given the opportunity to move back into environments where those desires and experiences in previous lives can be enhanced and can be fulfilled.
- A child comes into a family generally because it is to help that family as well as that family to help it. And there are families that are selected that can help encourage them.
- A reincarnating infant who is destined to be put up for adoption understands prior to leaving heaven that this will happen and has the opportunity to select both its birth and adoptive parents.
- One can reincarnate into another nationality, but the majority of the time one reincarnates back into where it has spent most of its lifetimes, whether it be Christian or Jewish or Arab, it does not matter.
- An incarnating spirit does not choose its physical appearance but it does see its appearance prior to coming back to earth.
- Spirits often like to nudge their new family it is coming to to choose a name that it would like to have, but name-choosing is generally done through the three-dimensional world for in the spirit world, names are not important.
- Spirits who are reincarnating do not experience competition in the spirit world over the same earth life.
- The first and most important lesson for every spirit that comes to earth is for it to learn its own spiritual lessons and to have a knowing of the individual it is and also to help others to understand their inner beings as well. This effort is more important than acting in a way which would help humans generally to progress in their earthly existence.
- It is not true that an individual will necessarily experience an energy that they have created in a former life, so-called Karma. Instead, one will be given the opportunity to learn from the lessons and the energy created in the past to wipe the slate clean, so to speak, and move beyond that and not have to re-experience it.
- It is an infrequent occurrence that a child would die, go back to heaven, and then be reincarnated back into the same family. If it did occur, that spirit returning a second time would have the benefits of the experiences that the family went through in losing a child.
- Spirits in the same family grouping in heaven can reincarnate simultaneously into lives that will have a great deal of interaction. A strong bond is often felt when these individual have paths that cross.
- A most general life plan is prepared before a spirit is reincarnated. Once it reaches its human level it is generally disconnected from its spiritual level and any pre-knowledge it has been given, because it does not have to follow that path--it is being given the choices.

Afterlife 101

- Humans do not reincarnate as animals. Animals do not reincarnate as humans. Every living object reincarnates in the form that it is in but may reincarnate in a higher vibrational energy form of that same form.
- Oftentimes a spirit who originated in a form other than an earth form will not reincarnate back to earth for their next lifetime but will decide they want to go to their original place of creation and will go back for maybe several lifetimes in that original place of creation in a humanoid type form.
- Those individuals who originated from a world other than earth are very highly evolved beings and often find themselves very confused as earth beings but have made that choice to bring that wisdom, that knowledge and the ability to communicate other existences to earth in one way or another, to help the earth's spiritual evolution become so much more powerful than what it currently is.
- People who have always reincarnated on earth generally do not choose at some time to go to a planet other than earth for reincarnation.
- Inhabited planets are often found throughout the universe.
- You on earth are envied by many from the other worlds for you have in your humanness ability to still feel and express those feelings, to have a beauty upon your world that many other worlds in the universe do not have.
- The earth is a living entity and has a soul which was created to be highly spiritually evolve. Earth is quite dismayed at the amount of disrespect and destruction that is being done in the name of progress.
- Both humans and extraterrestrials have much to offer and the creation of a hybrid form of these races in the future will be most beneficial to both the humans and ET's. This hybrid form will be more resistant to all forms of dis-ease including health, mind, and spiritually.

Life On Earth

- Part of your evolution is to learn how to live and make your life convenient and easy and harmonious. But to do it with the harmony of working with mother earth and not being destructive to her.
- Earth life will never be heaven life and the whole purpose of earth life is for spirit souls to come and learn lessons. But even though earth life can never be like heaven life, it can evolve to a much higher spiritual consciousness than it is now experiencing.

Afterlife 101

- You on earth have not learned to live together as one unit. You have not learned to accept and respect the individuality of each person upon earth, whether it is within your own country or in other countries.
- Earthlings are not the least evolved inhabitants compared with people who inhabit other planets. Though you have a long way to go there are other beings at other places who are at much lower consciousness and very three-dimensional in their consciousness. These people can be very dangerous if they would choose to come to your earth world.
- Man did evolve from a simpler form of life and you can in this day and age see the likeness between yourselves and your forebearers within the apes and gorilla families. You had a great deal of assistance from other planets also in your development to where you have become much more highly developed than your original forebearers were.
- You on earth abuse your bodies terribly, either through drugs or through alcohol, through excess eating, and smoking.
- Humans can contribute to global spiritual evolution by not judging, by not being fearful, and by forgiving. Your thoughts and your emotions that you give out towards other individuals will come around back to you in another form or another low-level energy.
- Embrace this learning process that you are going through on earth and continue to turn within and ask your spirit guides about the lessons you are learning about, what you should learn about feeling your own feelings, about feeling your own emotions.
- Many times what prevents any human being from moving beyond their current spiritual consciousness level is because of one of the biggest human restraints, the feeling of fear-- fear of the unknown, fear of not being good enough, fear of being laughed at, fear of not being accepted.
- The spirit guide is there in the birth process to help the infant gradually become consciously disconnected from its spirit form and move into the fullness of its human form.
- Before its birth a spirit is still experiencing its spirit life, moving into another form. It is beginning to feel certain physical restrictions that it does not feel as a spirit. It is beginning to feel life connected in a more solid form than it did not feel as a spirit. It maintains its connection to its own spirit life though it begins to decrease.
- The spirit enters and is inside the infant's body from time to time while it is in the womb. As it becomes a new soul, it is experiencing the gradual restrictions of a body and the growth of moving from spirit into a human body.
- When the spirit decides it is going to be that human, the soul begins its development then inside the fetus, even at the beginning of conception. The transformation from spirit to human is the aspect of a new soul, a new personality, a new ego being created. Though spirit is always who you are and is always with you, it is not in a conscious form as your soul is. And your soul is the makeup of your humanness.

Afterlife 101

- Spirits can bring physical imprints such as birthmarks from past earth lives to the new infant's body.
- If a child crosses over, after a period of time it will move from its soul to its spirit form and will continue life not as an infant but as the mature spirit that it has become through many incarnations.
- When a soul returns to heaven into its spirit form, the number of incarnations it has undergone does not necessarily have anything to do with its level of spiritual consciousness.
- There appears to be children who come into this earth, those who you would say were bad seeds, who are often spirits who made the wrong choice in coming to earth in the time they reincarnated. They are oftentimes children who are born into families of extreme distress, extreme anger, and to use your earth words, extreme dysfunctional environment.
- To those children who come to earth who are suffering from extreme physical and mental disabilities, they have made that choice. Though they will appear to be extremely mentally and physically disabled, there is another part within them that is moving forward at a very high evolutionary experience.
- We cannot express enough how important the initial connection between the mother and the spirit soul who is going to be coming to earth--how important the acceptance of caring for that child is and the love that is being given to it as it is being carried. This bond of love is so vital and so important to the evolution of that spirit soul and will help determine how quickly its lessons and challenges on earth are often met.
- There are so many dynamics and so much misplaced energies upon your earth, the abuse of a young child being one of the worst that one could experience. Generally speaking, a child who has been so abused is here to learn the lesson of forgiveness and is here to learn the lesson of compassion.
- Fear is generally the motivating factor for all negative acts that you see upon your earth. It is all based on fear of one form or another, fear of not being accepted, fear of not being good enough, fear of being eliminated. Fear is the biggest contributor to the dark side of mankind, followed by anger. Those are the two largest reasons.
- In many of your countries in your world where there is continuous strife and struggle, where there is much anger, where there is a great underdevelopment of all sorts--in those worlds these are spirits who are still immature and young spirits, coming to earth learning earth's lessons from nursery school and kindergarten.
- You can block out or protect yourself from negative vibrations from other people by believing and connecting with God in whatever environment you are in, asking for the love of God and the protection of God to completely surround you and to be with you at all times.
- Many humans do not come close to achieving their lessons in their lifetimes because they are not open to the higher consciousness, and they are not open to other dimensional worlds. They are strictly living within their three-dimensional world and are not understanding the consequences of every action and every thought that one has in the three-dimensional world.

Afterlife 101

- Acceptance and love and forgiveness are three very big missions for any soul upon earth to be able to acquire within their life to bring them to high spiritual levels.
- During sleep, some people are able to experience astral soul travel, travels to other places within your world or travels to other dimensions. Oftentimes your soul will stay within your body and you will communicate with others from other dimensions, or you will interact with other souls upon the earth that you have a deep connection with.
- During astral travel one could encounter energies, for there are many energies in the astral plane, varying from those with very high spiritual consciousness to those of far, far less spiritual consciousness. You can encounter any of these energies and unless you are well prepared and have a complete understanding of how to protect yourself these can have emotional as well as physical effects upon your life at your return to your three-dimensional life.
- Spirits never live parallel lives on earth simultaneously.
- It is most important for you as humans to realize that you do not have to go beseeching and asking and begging for something you want. To come to true prayer with God is to come and give thanksgiving for anything that you wish in your life, knowing that it has already been done.
- During meditation, be still and know that you are God, be still and listen to God, listen to what information is being given to you by God, and let yourself release all energies that have been creating an upset in your life.
- You on earth tend to worship Christ the man instead of Christ the teachings. The whole point of Christ coming to earth was for his teachings. And He did not live a life of fear, He did not live a life of guilt, He did not live a life of anger. He lived a life of love and compassion and understanding and acceptance and as Christians that is what you should come to know and understand your Jesus to be.
- The bible should be viewed as a form of history that was written at the time that many of the events took place. It is a story of religious belief, religious belief that was created by man as well. Your spiritual or religious philosophy will determine what your belief is in such matters.
- There have been major spiritual teachers who preceded Jesus Christ on earth and there have been major spiritual teachers since Him who have returned to earth. None of these early spiritual teachers later reincarnated as Jesus.
- The spirit world does not view the many organized religions of the world in any manner whatsoever. This is strictly a human form of organization looking at religion and many times forgetting the actual spiritual connection. We are connected to the individuals and their connection to us and to God.
- All past lives, all past experiences, all past wisdom and knowledge, carry forth with you into the time you are now living. Oftentimes when an individual travels back in time, they are actually just there observing the events that happen and do not have the ability and the depth of energy within them to change those times and events that are taking place.

Afterlife 101

- Every once in a while an individual is given a glimpse into the future, for one reason or another, to help them change the life path they are on, to help save a future soul, but generally speaking when you move forward it is not something that you touch and have concrete tangible evidence that you have been there, even in the spirit world.
- No matter where an individual has been upon earth, no matter what events have taken place, there is always a residual energy that is left at that time and place of that individual. It's like walking and leaving your shadow there, in a way.
- There are portions of the human brain or DNA strands that aren't in use now but will be in the future.
- Human cloning is a very bad procedure for you on earth to do. We believe that there will be certain links that are missing in a cloned human that are not now experienced in humans and could possibly lead to a civilization with links of humanness missing.
- Everyone has the ability to be a healer. Not everyone is willing to take the responsibility of being healed, though. Please know it is not the healer that is doing the healing. It is the person's responsibility who has come to the healer to be healed. Healing should ask for the highest good of that individual, which might not be what we see.
- As individuals come together in a collective consciousness of love, of peace, of harmony and good will towards everyone, this coming together could most definitely be used to affect large worldly events. However, we would say that the possibilities are fairly low of affecting a major happening such as altering the path of an asteroid or of a planet because such an enormous group would be required to come together.
- Dinosaurs became extinct because of great earth changes that happened at that time that destroyed many of the living beings upon your earth.
- A great flood took place in prehistoric times, created by a pole shift in your earth, resulting in ice areas melting very quickly and creating this flood.
- Whales and dolphins have intelligence and spirituality that in many ways are equivalent to those of humans.
- From a spiritual perspective nothing should ever be considered a lower form of life. Your plants, your animals, every aspect of your life is spiritually based. Animals have such a loving and accepting way about them and they are given to you humans so that you can find what true unconditional love is.
- All animals, whether they are pets or not, have an angel.

Afterlife 101

- There is an evolution that takes place on your earth and all things, including insects and plants, follow this evolution. All have their level of consciousness just as humans have their level.
- With physician-assisted suicide, both the physician and the human who has decided to quicken their release from earth will experience how those events affected the people around them when they cross over.
- On rare occasions, a spirit can replace a spirit in a body with that spirit's agreement to be replaced. This is called a walkin.
- The meaning of free will has to do with the level of consciousness an individual has. Every thought process, every action is a form of free will. These are choices and God the Creator does not impose His will upon you but hopes as an individualized expression that you will come to see that you and the Creator are one and will move into a place of consciousness where you have no fear and you have trust and you have faith.
- God does not create the natural calamities that take place on earth. You upon earth do and mother earth does oftentimes in her response to the treatment you are giving her.
- We hope that capital punishment will be abolished among humans on earth We do not see any point in the destruction of a life even though it has done very negative and destructive things to others. We still do not see the reason for you in turn to have the right to cut short the life experiences that that individual is to be experiencing.
- The greatest virtues for humans on earth are forgiveness, acceptance and of course above all those is love--that love with forgiveness, love with acceptance, and unconditional.
- All spirits have the same abilities, the same opportunities, and it is with their free will that they choose to restrict themselves both on earth and in heaven. There has not been but several individuals in the entire lifetime of earth who has ever lived to the capabilities of their mindpower. Intellect and mindpower are actually two different things. Everybody has mindpower but intellect is, we would say, more an earth experience. But mindpower, which is really the ability to be in soul, is in everyone.
- A human's level of spirituality is not correlated with their intelligence nor their ability to see auras or other spiritual manifestations.
- Even though the new incarnated human is generally coming from many past lives and even though the reincarnated human is coming through parents which will have traits and like DNA connections, still the new reincarnate is its own person and has the ability to create its own personality in its new life.
- Backward earth cultures are generally made up of two things. They could possibly be young, immature spirits, or they could be spirits who continuously return to earth to stay at that level and have no desire to move into higher consciousness levels.

Afterlife 101

- Spirits see our most secret thoughts as humans though they never judge or interfere with those thoughts.
- A country such as the United States does not have a spirit guide or set of spirit guides that are concerned with the entire country. It is the individuals themselves that have the proper guidance from their spirit guides and their guardian angels that will help unite and form these countries and these cities.
- Matter is just a form of energy that is vibrating at a level which depends upon the level of its consciousness, whether it is the energy that forms a rock or a blade of grass, an animal or a human being.
- There are many E.T.'s in other universes that move far beyond your three dimensional experiences and are able to experience life from other dimensions, other than the three dimensions that the general public of your earth experience. UFO's disappearing or people being able to move through walls are evidence of a higher dimensional existence. There are some humans upon your earth who have evolved enough to be able to move in spirit form through walls.
- Crop circles are coming to earth as a form of art, as a form of communication from beings from other universes --in the form of art to help you be aware that there is another dimension that is trying to communicate with you in love and peace, showing you through art the harmony and friendship that they can and will bring to earthlings.
- There will be a future transition of the entire earth and its inhabitants to another dimension. All of you would be have far more ability to tune into, we should say, to your other dimensions. To communicate with your spirits. To live in a more highly-evolved world. And we are very concerned that it's not going to happen at this turn of events because there are more things at this current time pulling you away from allowing you to move forward into that other dimension. You are so destructive, so disrespectful of one another and of the earth that at this time that out-weighs all of the good that much of you are doing.
- All spirit souls are part of a larger entity. Every creation is part of the Creator. Whether it be earth beings or other universal beings, you are all part of one Creator and in essence you are all one. You come to understand this as you become a spirit soul and have a greater knowledge of what that means than you do as individual beings on earth and in other universal worlds.
- There is an essence of all of your past incarnations that remains in the spirit world. It is not an entity that is living, experiencing, and growing but it is the essence of all that you have ever been, waiting for your spirit soul to return to it.
- When there are multiple births it is because the bonding for these two multiple souls upon earth is going to make a bond beyond your normal recognition and understanding of a connection with another individual. This connection remains even if one twin crosses over.
- Oftentimes there are unknown individuals upon earth that you feel are someone you would like to know, or you feel a connection with. Somehow you know that person and you will feel that that person has been in your life before but it does not have to be in the love/ soulmate context that most people on earth think of. There are those of you who have been together through many past lives and you on earth would call these soulmates.

Afterlife 101

- Angels are forms of energy that deal everyday all day with those of you on earth. They are always with you for whatever circumstance you are experiencing. They are forms of energy that are specialists in various fields of your human life. There is another form of an angel who is often a deceased person who will come and act as also an angel in assisting you.
- Spirit guides work with your thought process and your connectiveness to moving higher into your consciousness and as you continue to move and walk into a lighter consciousness your spirit guides become much more of an everyday experience.
- Earth is the place one can move to a higher consciousness quicker than anyplace else in the universe. For on earth lessons are thrown at each individual daily, hourly, and the individual on earth--a human being--is being given an opportunity through every single experience to see how they can evolve.
- Spirit life, though it is more highly evolved than human life, moves in words that best describe it as a much slower and less opportunity because spirit life does not move with the emotions that you have on earth.
- Spirit guides are highly evolved forms of energy. Generally, as with everything, spirit guides are all created by one Creator. There are essentially two forms of highly evolved spirits, those that are energies that have been created by the Creator and are never in a humanoid form and those who come from many evolutions of a humanoid spirit and were put on these various planets by the Creator in these advanced forms to help those who are not so advanced become more evolved.
- Generally, angels or spirit guides do not reincarnate in a physical body on earth. There have been a few individuals that have come from spirit guides, such as Buddha or Jesus, but the sole purpose in their lifetime was for those teachings to follow through for centuries and centuries.
- Archangels are angels who are at the higher consciousness levels of angels, far beyond earth angels. They help with global and universal issues and are higher than many spirit guides and teachers, even though they are still connected with earthbound issues.
- Spirits are aware of human activities through almost like a highway of light connecting your consciousness to our consciousness that is continuously vibrating and always open.
- You always have two main spirit guides, first, a very highly-evolved spirit guide which watches over you through all of your lives and rarely becomes actively involved except when great spiritual evolution is about to take place or great human events are taking place. And then there is the spirit guide who is with you during this lifetime who themselves are also on their spiritual evolution and will evolve as you evolve through this lifetime and as you are willing to open up to your spiritual lessons.
- Your spirit guide is always there for you and attempts many times to connect with you and will do so when you are not even really aware. There are those who have begun a spiritual journey who will invest in the time to learn of themselves and to quiet all earth activities and sit to just listen to the still, small voice. But it does take work on the part of each individual to achieve that level of communication.

Afterlife 101

- Spirits are aware of human activities through almost like a highway of light connecting your consciousness to our consciousness that is continuously vibrating and always open. And we are then able to tap into other vibrational forms of energy to get additional information that will assist you. We try to go with what we are seeing happening and take into consideration other subtle changes in energy movement that we see happening that those of you upon earth cannot pick up at that time.
- As your spirit guides we have been with you at all times. As with any spirit guides, we are always pleased to see you move into higher levels of your spiritual being. This is part of what we as spirits continue to hope will happen with all humans--that you all will continue to move into higher spiritual dimensions and find that you are vibrating at higher energy levels. As you begin this journey we find that it helps to assist us in what we are learning and moving into higher vibrational energies as well.
- A spirit guide is not responsible for the choices made by its human.
- Messages sent by spirit guides are often modified by the ego and personality of the individual receiving these messages.
- Terrorists after they cross over will experience what each one of those people that died experienced. They will see the pain, the confusion and agony and they will experience that for each one of those individuals that they destroyed. Their life review will be far more painful than the average individual for they will also see the pain they have created to their families as well as their victim's families. They will experience the emotions and the feelings and a far stronger energy field than those average spirits and souls who cross over.

Copyright 2002 by webmaster of Afterlife 101 website