

Things To Know



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Before You Go Home

THINGS TO KNOW BEFORE YOU GO

The World of Earth and Spirit According to Spiritualism

Here presented are the generally accepted understandings of our world and the 'After Life' ('Home') as Spiritualists have found over the last 170 years according to evidentiary automatic writing and other work through mediums around the world.

All Beings Survive Death

1 All humans survive physical death, irrespective of their beliefs. Love, unconditional love, is the most powerful force in the universe. It is the link with our loved ones in the afterlife.

2 Some people on earth have a much better transition to the afterlife than others. The more knowledge we have about the afterlife, the easier the transition. It also helps if you are able to control your mind, think positively and concentrate on one thing at a time.

3 All animals also survive death. You can expect to be reunited with loved pets who are usually cared for by someone close to you until you arrive. If they are no longer loved they return to their group soul. Undomesticated animals continue to exist in their own spheres in parts of the Spirit World set apart for them with thousands of all kinds of animals that existed on earth.

Immediate Feelings After Death

4 Once you are freed from the body and enter the afterlife, you will experience a feeling of enormous lightness. Some communicators liken it to taking off a heavy divers' suit.

5 The state of mind at the point of death can seriously affect result. In the areas nearest to our world, the mind creates reality. So those who expect to find nothing may well stay in a deep sleep. Some pass over consciously and are fully aware of the loved ones who come to welcome the new arrival; others are unconscious and are taken to a special place of rest. These thoughts typically are comforting hallucinations arising out of memories of home. Others do not know they have died and need help to move forward.

Status After Death

6 At the point of death we take our mind with all its experiences, our character and our spirit body - which is a duplicate of the earth body. It comes out of the earth body at death and is connected to the earth body by a silver chord. Death occurs when the silver cord is severed from the physical body. In the afterlife the astral body and our surroundings will be just as solid as our world seems to us now and very clear.

7 Spirits are not naked, but clothed. Astral clothing is fashioned by the mind, usually without any conscious effort. Clothes are actually part of the astral body. A spirit's clothes automatically reflect their character because they are part of the total self and because the subtle body automatically responds to their habitual thoughts and feelings.

8 Spirits cannot overreach in the astral. They cannot enter a vibration or cross a boundary they are not ready for, unless under an invitation from a higher being and escorted by such. There is justice in where they end up at death. According to their character, they gravitate to the rightful place for their vibrational level. They can move ahead only when they are changed enough to do so. Each level is completely invisible to the inhabitants of the spheres below it, and thereby provides its own boundary.

9 The newly "dead" are thoroughly themselves when they pass. Their personalities and habits and character, for better or worse, are completely intact. Nothing miraculous happens to them when they pass. Their astral body is not a resurrected body, but was always present as the soul's inner envelope while embodied in earthly flesh. Once the physical body dies, the inner body quite naturally becomes the outer – as a snake's inner skin becomes the outer skin once it sheds the old. There is nothing miraculous about the process of surviving death.

10 In the afterlife, there is no need to eat or drink or go to sleep. There is no night-time, no rain or bad weather. In the normal and higher regions all is light. Dependent on the sphere the spirit is in, it is possible to create a "local surround" where the spirit can create breezes, rain, and sky and clouds, etc., of various sizes and colours.

Recovery of Physical Status

11 Any physical disabilities people had on earth will disappear. Once they have adjusted mentally there will be no such thing as deformity, sickness, blindness or any other thing that adversely affected them on earth.

12 Ordinary reasonable people are met by their loved ones - soul-mates are reunited. In the afterlife our appearance can regress to our best age - for many people, from the early to mid twenties.

13 Those people who have been ill for some time may need to be helped to change their mental picture of themselves and create with their minds a healthy etheric body. Hospitals exist for this purpose.

14 Physical danger does not exist in the astral. Neither does physical illness. Eating is optional and sleep unnecessary. The calls of nature do not occur. Spirits may retain their outward appearance, but the inner composition of their bodies is of no consequence.

15 The old or decrepit or injured bodies left behind at passing do not have to follow spirits into the next world. The physical leg that was shortened by polio can be quickly restored to normal size. The damaged brain no longer need cage the spirit. The wrinkled old body can be young again in its astral vigour. The mind has full control over the body when the mind realizes it.

State of Mind Matters

16 Some people get stuck in the realm nearest earth. Because they still feel themselves solid, they do not accept that they have actually died. Some are afraid of going to the light. Many get into mental confusion and get lost for decades and even for thousands of years.

17 When spirits first come over, they tend to spend some time in a memory world of their own making. The things they think about seem like vivid realities rather than dreams. They might live with these self-created hallucinations for quite a while before they break free of their trance. Eventually or rapidly, most souls, depending on their readiness, leave these hallucinations behind and move into the objectively real world of the afterlife. When individuals stop using the

memories of their last life, and they can learn to consciously create matter and can cause the body to travel at the speed of thought, e.g. you can imagine you are at any place in the world and you are there instantly.

18 The afterworld is composed of astral or etheric matter, which is largely malleable by thought, and can be manipulated with ease. Buildings can be made swiftly by master masons who know how this works. The mind has enormous power in the afterlife.

The Lower Levels

19 There are hellish regions in the astral, and large populations make their home there. What is sometimes referred to as the Shadow Lands, is a vast world of many conditions. The landscapes vary from sordid city neighbourhoods to parched, grey scrubland to dark, lifeless deserts. The vivid clarity of higher realms is missing. Instead there is a dull overcast of a depressive nature. Temporarily lost or confused or stubbornly unrepentant souls populate these regions until each finally finds the understanding to begin the slow process of recovery through atonement.

20 The worst of these souls can aggressively seek to harm vulnerable humans on earth. These aggressors can band together to resist progress and truth, and fight against the dissemination of what advantages humanity. Other souls are enslaved to their addictions and become earthbound. For example, an earthbound spirit who was an alcoholic/drug user is still pestered by the craving for alcohol and/or drugs. So he hangs around bars and drug dens on earth and “drinks through” other alcoholics or drug users he temporarily possesses, making it all the more difficult for his victim to conquer the habit. Spirits surround us, and they are not all our friends.

Relatives, Friends and Family

21 Immediately after transition, spouses, relatives, friends, and former teachers, some from earlier lives, some long forgotten, turn up and may renew old friendships. If two persons linked by love to each other on earth want to continue the relationship after death and are, roughly speaking, spiritual equals, there is nothing stopping them. Ties that were deep don’t disappear with death. Remorse can happen when someone believes they have expressed too little love to their children and friends.

22 Many spirits are members of large spirit families, or group-souls that await them when they pass. They feel as if they have come home when they are received by the familiar group. Souls in a group can be a part of us. Their connection with us is deeper and far more permanent than earth contacts could make it.

Addictions Here and There

23 Those who on earth are deeply caught in very strong addictions - drugs, alcohol, gambling, tobacco, or overindulgence in sex - can get caught and delayed on the astral level trying to satisfy them. Some hallucinogenic drugs have the potency to lift the duplicate out of the physical body. Drug takers can have pathetic looks as if they had no soul and can be vacant behind their eyes. When out of the body, other lower entities try to enter the drug-taker's body – which can become possession.

Suicide Effects Vary Widely

24 Suicides do not end up in an eternal hell. Some suffer relatively little. There isn't a single rule that covers all cases. There are warnings against suicide in most channelled literature. Yet there is redemption for all cases, especially from spirits doing social work.

25 What will happen to a person who suicides will depend on a number of things. Motivation is always very important. For example, there will be a big difference if one commits suicide because of inevitable death and one who suicides to avoid responsibilities. Those who take their own lives to avoid problems and responsibilities are likely to increase their problems and responsibilities in the afterlife.

Afterlife Activities

26 You will have the opportunity to mix with others of the same vibrations and join with them in co-operative endeavours. Lifelong habits may continue, such as knitting and gardening. The Afterworld is a broad-based society of every conceivable kind of person, all flawed and incomplete in some way or another. Many are no more motivated to improve themselves than they were back on earth. But many are determined to advance and do so. Ultimately, all will do so.

27 You can continue to pursue your favourite interests. You can continue to read, enjoy art, music, attend concerts or play sports. The astral world provides opportunities for every wholesome interest or avocation – from science to music to theology to astral architecture to home-building. You will usually find yourself in a house, often the exact replica of a favourite house from your life. If you have a clear mental picture of the house you have always wanted, and you have earned it, you can create it. It is a joyful, endlessly fascinating place, full of challenges, for those mature enough to value it.

Afterlife Light Celebration

28 Some spirits describe themselves as surrounded by an all-pervasive, penetrating Divine Light, full of understanding and love. So pervasive is this Light it appears alive with a loving intent that is instantly felt and experienced in a direct manner. This Light does not judge spirits, as they actually judge themselves. As they advance, they move ever closer to the heart of the Light. Spirits do not meet an embodied personal God in the astral world.

29 Spirits celebrate the presence of that Light in powerful rituals involving supremely grand music and displays of light, described in astonishing language. Music seems to be the supreme art of the astral, with most communicators noting its inspirational quality. Special delight is afforded by theatre that places history as earth understands it, next to history as it really happened. Sometimes the actual characters, if they are available, act their parts as they really occurred on earth. It is safe to say that the more refined a person's aesthetic taste is on earth; the more at home he or she will feel in the higher realms of the astral.

Attitude Matters

30 There are no masks in the astral. You cannot hide from others what you are: the quality of light shining forth from your body tells all. These facts can be humiliating at first, but spur spirits on to a greater effort to improve themselves.

Spirit Development Continues

31 One can learn spiritual lessons in the afterlife and progress to higher, even more beautiful spheres. You will have the opportunity to go to the Halls of Learning, and continue to do spiritual work

32 Ultimately, there will come a time when you have to increase your vibrations by increased spirituality to continue to spiritually refine and graduate to a higher realm where circumstances would be much more beautiful and better than the one you were in before. Transition to the next sphere happens gradually and naturally. You find yourself going into a deep sleep and awaken on the next level.

33 As spirits progress in the next world, they eventually slough off their astral body, just as they sloughed off their dense physical body at physical death. Then they operate out of a spiritual body of lesser density with a greater capacity for joy and awareness. Matter is never transcended completely, though it goes through huge refinement.

34 Consistent with the Law of Progress, eventually, even if it takes eons of time, those with lower vibrations will progress to the higher spheres as they obtain higher vibrations.

35 The ultimate future of all spirits is stupendous beyond imagination. Words cannot begin to do justice to such beauty. Any visits to higher realms require guidance by advanced spirits. When "normal" spirits try to describe realms they've only heard of, but never seen, their language becomes vague and not up to the job – as you would expect.

Akashic Records

36 The phenomenon known as the akashic or etheric records contains the history of all people and places. In the higher spheres, you will be able to access the akashic records to recall and see any event, in any period of your existence, three dimensionally. They reveal in detail the pasts of all souls but are kept in a realm beyond the humbler realms of souls newly come over.

Different Afterlife Levels

37 There are different levels or "spheres" in the afterlife - from the lowest vibrations to the highest. On physical death we go to the sphere which can accommodate the vibrations we accumulated throughout our life on earth. Simplistically put, most ordinary people are likely to go to the "third" sphere - some people call it the "Summerland." The higher the vibrations, the better the conditions - this will take us to the higher spheres. We are informed that the higher spheres are too beautiful to even imagine. For those with very, very low vibrations, very serious problems do exist.

38 Hell for eternity and eternal damnation were invented by men to manipulate the hearts and the minds of the unaware - they do NOT exist. Whilst there ARE lower spheres in the afterlife that are particularly dark, unpleasant and even horrific - some call them "hell" - ending down there is NOT for eternity. There is always help available for any soul willing to learn the lessons of kindness and unselfishness.

39 No one judges you or condemns you to the lower spheres. You adjust yourself to the lower horrific spheres ("hell") by the low vibrations (low spirituality) you acquired during life on earth.

40 Those who were consistently evil are, on their transition, either left alone or are met by those others of the same very low vibrations and with the same very low spirituality. They are naturally attracted to the darker lower spheres. Like attracts like in the afterlife. Unlike on the earth plane, those with lower vibrations cannot mix freely with those in the higher spheres.

41 Spirits in the astral can meet Christ-like beings, Beings of Light far advanced, who are teachers who come down from higher worlds to inspire progress toward realms of incomparably greater joy and awareness. These beings are too advanced to communicate to us through a medium. Occasionally they use "relays"—spirits less evolved—to get their message across to us.

42 The afterworld begins at the earth's surface and extends outward. Earth is the nucleus of the entire world system that the spirits describe. The spirit world begins very near the earth and extends millions of miles beyond, and surrounds you on all sides, like the atmosphere does the globe, and every nation has its counterpart in spirit, surrounding it, in connection with that part over or nearest its earthly place of residence.

43 Though they are recognizably themselves, life in the higher astral - where spirits free of comforting hallucinations tend to reside - is more vivid and intense than on earth, not more ghostly. They often describe their world as more real than ours: Ours is the copy of theirs, not the other way round. Astral beings have fewer limitations. They can communicate telepathically and with much greater precision than through the cumbersome medium of speech. They can move from place to place by willing to be at their destination, though they can walk if they wish. Their minds are sharper, their emotions more acutely felt, both

positive and negative. They see and hear as before, but in a far greater and more intense way.

44 The kind of life to be lived in the afterlife - the beauty, peace, light and love that await most decent people - is unimaginable.

Earth Incarnations are Tough

45 Many spirits had ambitious plans for self-improvement before they descended into flesh, but the density of earth's matter, including their own dense brain, caused them to forget what they came for. Subject to material concepts, they lost their way. They died only to discover to their disappointment that they mostly failed to accomplish the goal they had set for themselves. Nevertheless, as we saw above, spirits greatly value their time on earth, often because of the lessons they learned from their mistakes!

46 Spirits greatly respect time spent on earth. One says, "Your world is the hardest school of your round of experiences. Prizes won here are won for eternity. The very density of the material in which you work makes the overcoming of it a finer conquest. Experience on your planet is a unique opportunity and a privilege. Make the best of every opportunity. A strenuous life on earth is of immense value."

47 Spirits come to the difficult environment of earth because they wish to grow in wisdom, love, and power. The only way to bring out the best in a soul is to challenge it, in the same way that a good teacher challenges students. Ultimately we shall grow into near divine-like stature. Soul-building, or character development, is the whole point of our sojourn, both on earth and beyond. The use we make of our free will is absolutely crucial to our progress at all levels.

48 You do not come into this world to have a dream run - without pain, suffering, without problems. The more varied your experience, the more learning from many mistakes, the more valuable your lifetime.

Effective Prayer

49 We are at liberty to call the powerful protectors from the afterlife to assist us in coping with our everyday problems, but they will not make decisions for us.

50 Prayers for spirits are often efficacious and deeply appreciated. If forgotten by their earth friends and family, spirits can experience loneliness. Such attentions delight spirit friends, yet so many never receive attention. Prayer can be a great source of comfort and can encourage afflicted spirits to reconsider their attitudes and perhaps shorten their sorrows.

Free Will and Responsibility

51 Self-responsibility - ultimately, you yourself are responsible for all acts and omissions during your time on the earth plane.

Growth of Character

52 Human dilemmas turn up in the astral just as they do on earth. Murdered Jews can be riveted by hatred of Nazi persecutors; persons can be desired by more than one deceased wife. Problem-solving is as necessary in the astral as on earth.

Immediate Feelings After Death

53 Earth's slow vibrations dumb down our ability to sense the presence of spirit, including the Divine. A quickened vibration, such as we find in the afterworld, or what we shall call the astral, greatly increases one's sensitivity to spirit. The Divine is no closer to the astral world than to our own, but spirits can discern or intuit the Divine more cleanly.

54 So natural is the process of dying that many souls do not realize at first they have died. That is because the difference in appearance between the physical and the astral body is relatively slight; so is the difference between the near earth plane they've entered and the old one left behind.

Immortality is Real

55 Materialists and others spend too much time worrying about their last ten or twenty years on earth and do not spend a tiny fraction of their time thinking what's going to happen to them in the next ten, twenty thousand years, fifty thousand years ... and even much longer.

Importance of Social Work

56 If you helped just one person to attain the true knowledge you would have justified your existence on earth - Silver Birch.

57 You can help those crossing over and/or help others less informed. You may like to do rescue work - informing those lost in the darker realms and who qualify to be in the next sphere of the light to come up towards it. You can be creative in how you spend your time.

58 Children of all ages are raised in the afterworld. They are not magically transformed into adults just because they died prematurely. One of the noblest professions in the astral is nurturing and educating spirit orphans. Great numbers of spirits are engaged in this satisfying form of work. Also, great numbers of spirits do not know they have died, and need guidance to correct their thinking and help them forward.

59 This theme of unity is stressed. The physical body, while permitting the development of individuality, facilitating the formation of mental habits and encouraging the development of initiative, tends to hide the fact that we are essentially members of one another. When earth-life terminates and the body is shed, this fact becomes abundantly clear in the course of the life-review experience.

Interchange to and from the Afterlife

60 There are certain dangers in communicating with entities from the afterlife as they can sometimes put thoughts and ideas into our minds. Lower, mischievous entities can put negative thoughts and ideas and the positive more enlightened entities assist us with positive thoughts and ideas. A great deal is left to the exercise of free will.

61 In the afterlife, communicating is done by telepathy. Communicating from and to the earth plane with those in the afterlife can be (and is being) done by telepathy.

62 Loved ones from the afterlife, recently arrived and others, do have the power to visit loved ones still living on earth and some of them may even become their "guides".

63 Many astral inhabitants maintain a lively interest in the events of earth and long to help it progress. They claim that many or even most of earth's most brilliant achievements were inspired by spirits telepathically projecting their ideas.

64 Recently arrived loved ones, usually within three months earth-time of transition, are permitted to transmit visually - by way of dreams or by apparitions and other means - evidence that they are still alive. Many choose to attend their own funerals.

65 Spirits do not forget their loved ones back on earth, whom they often seek to help with what we might call prayer in reverse or by personal visits. Some spirits enjoy sitting unseen next to their loved ones back on earth, whom they miss just as we sometimes miss each other. Others try to communicate with loved ones back on earth through mediums. Their motive is often to try and convince the loved ones that they are still alive in spirit.

Karma is Real

66 Energy - positive or negative - is a "boomerang." When you send out good energy towards someone, that good energy is returned sooner or later. If you send out negative energy by unfairly being dishonest against someone, or by cheating, lying, harassing, discrediting or causing harm to someone, that kind of negative energy will inevitably return to you. "You will reap what you sow" - the Law of Cause and Effect - is the recognized universal spiritual law. Karma means you will not get away with it. All negative deeds against others have to be experienced for the purpose of continuous spiritual refinement.

67 Soon after crossing over you will experience a life-review. In your life review you will experience all of your thoughts, words and deeds and how they affected others. Nobody judges you. You judge yourself by seeing the actions of your life and the effects it had on others. You will NOT be excused for your evil behaviour by claiming that you were just obeying orders.

68 The universal laws operate whether or not you are aware of them. On earth, any of you can be cheated, maligned, unfairly harassed, but justice will be done - not on earth, maybe, but certainly in the world to come. Cruelty - mental or physical against humans or animals - is highly karmic and is never justified.

69 Most spirits mention some kind of Judgment. No other person could be so just a Judge as we ourselves can be when facing the truth. For some it is a

terrible hour and wonderful for others. Yours is the judgment. You make your own decisions and take your own credits for selfishness and unselfishness. You are the accused, the judge, and the jury. There is no inquisitor deity sitting on a throne.

70 Selfishness is one of the greatest transgressions against spirituality and is highly karmic. Abuse of power and systematic harassment of others are two of the most karmic actions. Horrific karma awaits those whose task it was to protect society but themselves wilfully abused their power.

71 Those who consistently abused and harassed others will have to face their victims in the afterlife to ask for forgiveness. The transgressors will have to apologize and seek forgiveness by the victims before they are allowed to make any progress. If such victims cannot be found atonement must be made by social work.

72 Because experience is heightened, pain as well as pleasure is intensified, and sometimes the pain is acute. It comes from an awakened awareness of all the pain inflicted on others by one's cruel or insensitive actions or words, which are now experienced in one's own person. Spirits urge us again and again to seek and offer forgiveness before we die, not wait until after.

73 Millions of other inhabited planets revealed a divine plan very much like the one on earth. Moral struggle and spiritual development among these inhabitants takes place thereby. The divine plan is consistent throughout the universe.

Redemption through Expiation

74 Helper spirits do social work helping souls in the Shadow Lands. Residents can free themselves if they are willing to face up humbly to their errors and crimes and repent them. Some do sooner; and all will eventually repent and seek atonement. But many jeer at their would-be helpers and seem to prefer their dull or chaotic lives over the challenges of higher worlds.

75 No spirit is condemned forever to the dark regions. There is no interference with our free will. Acting through higher spirit social workers seek to lead the laggards out of their self-imposed exile. Many spirits actually prefer their dimmed-down world to the higher Light-filled worlds they were created for, and that someday they will choose to enter.

76 There are three parts for progress in the afterworld: admitting defects in one's character, service to others, or social work, and yearning for higher states. Service to others demands effort, work, and sacrifice. Nowhere do the spirits describe a deity who requires us to flatter or glorify him with our prayers. That is not the way to progress.

Reincarnation

77 Not everybody has to reincarnate. Everyone makes their own choice. You can elect not to return, and many do, after they have achieved a certain spiritual development. But the physical plane is a school for learning and development, and so most souls do desire to return for a series of incarnations.

78 While it is not accepted by all, it happens nonetheless in myriad ways, which include all spheres of lives on earth. Reincarnation is a fact and includes elementals, sprites, fairies, gnomes and all beings. Most modern accounts reaching us from the Other World mention it. Many view it as essential. The fact is that persons grow faster spiritually while incarnate, because the incarnate energy is denser and physical lives have big challenges. A return to earth might resemble the experience of a student starting a new term after summer vacation – not always a prospect to be relished; but the lack of challenges in the afterlife mean slow growth of spirit and most wish to speed things along.

Religions Have it Wrong

79 Atheists, agnostics and others may not be encumbered from passing on to the higher spheres - what they did in their lifetime and the motivation for what they did will be important, not what they believed in.

80 Deathbed conversion? We have been and we are repeatedly being informed by Higher Sources that immediately after we die our vibrations do not change - not even if one repents shortly before death. We take with us the accumulated vibrations (spirituality) we gained or lost during our whole lifetime on earth. Baptism as repentance is absolutely meaningless as a way of getting "a better deal" immediately after death.

81 Many spirits continue to observe the man-made forms of religion they practiced on earth until they discover a deeper, fuller spirituality purged of every trace of meaningless creed, of doctrines and dogmas.

82 No one is “saved” by faith in Jesus as Lord and Saviour, as Protestant Christianity teaches, and deathbed conversions have no impact on the quality of life in the world to come. No one is damned because he believes in the Trinity, in spite of Islam’s warning. Character alone counts, not beliefs. Good atheists are not disadvantaged, though they are not likely to remain atheists once they come over! Correct beliefs are helpful insofar as they encourage good lives. And they often do. But they are not what determine one’s place in the afterlife. Spirits are unanimous on this point.

83 Not participating in religious rituals, e.g. baptism and confessions, and non-belief in creeds and dogmas does NOT encumber anyone from attaining higher spirituality and the higher afterlife spheres.

84 Our present ideas about heaven and hell are illusory. Hell is hellish, yes, but it’s not a place of physical pain, nor is it everlasting, nor is it a place where there is no help. And heaven is not one place but a spectrum of worlds stretching from the lowly joys of souls newly arrived to spheres of unimaginable bliss and perfection for souls far more advanced. The afterworld is not some fantastic vision of infinity where souls are locked in poses of permanent rapture gazing at the face of God. And no one floats on a cloud while playing a harp. Rather it is a place with landscapes and seas and houses and cities reminiscent of our own world. It is an objectively real material world, but made of matter vibrating much more rapidly than our earth senses can pick up. There are gardens, universities, libraries, and hospices for the newly dead - but no factories, fire stations, sanitary landfills, or smokestacks.

85 Spirit realms vary from culture to culture. We should not expect the Turk’s, Hindu’s or Eskimo’s afterworld to look like the Maori’s. Nor should we expect Sunni and Shia Muslims to be living comfortably side by side in the same sector of the afterworld - or Han Chinese entrepreneurs and Tibetan peasants. Physical violence is not possible in the afterlife, but old habits of mutual suspicion and animosity don’t disappear just because we die. Progress takes time, both here and over there.

86 There are no rigid creeds or magical beliefs that souls have to accept. Whether you are a Baptist or a Catholic, a Mormon or a Hindu, a Buddhist or a Muslim, or an Anglican; is of no importance. Many of earth’s favourite religious dogmas are off the mark anyway, and the sooner they are forgotten, the better.

Experience in the afterworld will generate, as a matter of course, a more enlightened set of beliefs that will better reflect the way things really are than any of earth's theologies.

87 There is no such thing as heaven "up in the sky" or hell "down below": the location of the afterlife does not change from the earth plane. Just as there are different radio frequencies within the same room different worlds or "spheres" or "planes" inter-penetrate - from the highest vibrations to the lowest.

Spirit Guides

88 Spirits say that all of us have a spirit guardian and guide and that we are wise to seek help. Helping a particular earth inhabitant is a common assignment - a way of serving selflessly - for spirits. We are free to ask their help, though their powers are strictly limited. They have no power to direct but can guide, aid, comfort, and support, when asked.

Time is Different

89 There is duration, but nothing like clock-time with its schedules and deadlines. Seeking to demystify those of us tempted to think of the afterworld as timeless (as many of us have been taught), we must realize that time is nothing but sequence, and that as long as past and future exist, there is time. During meditation, one may find a silent place where all things seem to exist in unison; but as soon as attempts are made to examine things separately, then sequence returns. Events in the afterworld are sequential, thus there is time.

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