

AECES - Afterlife - Guide

**Extracted Descriptions
from Afterlife Sources**

Prepared & Produced

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www.aeces.info

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FOREWORD

The evidence is objective, consistent, voluminous, and amounts to technical, irrefutable proof for the afterlife that is unconcerned with religion or dogmatism of any kind. No sceptics have given any alternative explanation for any demonstrated afterlife phenomena. As Sir William Barrett said, "It is hardly possible to convey to the inexperienced an adequate idea of the strength and cumulative force of the evidence." And that was 100 years ago. Up-to-date reviews are available on www.nikmot.com at the 'geopsychics' page among hundreds of other places on the web.

It therefore makes perfect sense to accept the information presented by these excerpts from afterlife communications as a truthful description of the larger picture. They were collected by AECES personnel, brought over from their site and are presented here unchanged. The purpose is for us to know more about the larger picture, and thereby better decide our own course of action during this Earth life. Who better to provide such guidance?

We should begin to understand that we are immortal beings, and adjust to the reality that our lives go on for thousands of years, not 30 or 80, and that what matters is development of our characters in service to others, not wealth or power. The best part of these varied quotes is their differences; however the overall picture is perfectly clear - so, please! Calm down! We are immortal beings, and there's plenty of time to find answers. To paraphrase Jaladin El Rumi from about 400 years ago "First you were mineral; then you became plant; next you became animal and now you are human. Just look how far you have come! Have no fear for the future!"

Please note these items were copied from www.Aeces.info during Dec 2011 and as their work continues, more will be added to their website. The spelling switches between American and English, and has been left as it was found. Please visit there for the latest updates. Enjoy!

Best Wishes! - Giles

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THE TRANSITION -----

Sensations & Emotions

"When you die — as you call it — your spirit body is really born. It begins to rise from your natural body at your breast, just over the heart, and it forms like a luminous vapor while you are 'dying' until the last moment, when your heart ceases to beat. Then you are standing on your old body with your feet upon its breast, and you open your eyes and see a crowd of relatives and friends waiting to greet you and accompany you to some of their homes. They tell you you are in the Spirit World but you cannot believe it."

"The kinds of deaths have much to do with ... the development of the consciousness itself, and its overall characteristic method of handling experience."

"In many cases, immediately upon leaving the body there is ... a recognition of the situation. The body itself may be viewed, for example, and many funerals have a guest of honor amidst the company - and no one gazes into the face of the corpse with as much curiosity and wonder."

Souls often have little interest in what happens to their bodies once they are physically dead. ... However, many other souls want to hover around the place where they died for a few Earth days, usually until after their funerals. ... Soul entities appreciate the respect given to the memory of their physical life by surviving relatives and friends.

"The body often suffers more during life than at the moment of death, when the soul is usually unconscious of what is occurring to the body. The sensations experienced at the moment of death are often a source of enjoyment for the spirit, who recognizes them as putting an end to the term of his exile."

"How does a spirit regard the body he has just quitted? As an uncomfortable garment that hampered him, and that he is delighted to be rid of."

"The lightness, the freedom from restraint, the heavenly elixir of being without the heavy flesh was beyond description. What a relief!"

"To human beings, death should seem as a night at an inn, as a halt on the long road home. It may be a night of feverish insomnia, or heavy with fear; a night full of strange dreams, or a period of almost undisturbed peace. Always there is, contained in it, a time of stillness, of sinking gloriously into rest. Nevertheless, the soul eventually awakens, to a new day."

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"The average man or woman when he or she is dying suffers no pain. They have become so dissevered already from the body that when the flesh seems to be in agony the actual soul merely feels very drowsy and has a sensation of drifting hither and thither, to and fro, like a bird resting on the wind."

"I had been struck by a shell splinter. There was no pain. The life was knocked out of my body ... It was as if I had been running hard until, hot and breathless, I had thrown my overcoat away. The coat was my body, and if I had not thrown it away I should have been suffocated."

"The last physical sensation that I recall was one of falling, but I had no fear - it seemed so natural. At the same time I heard voices speaking words of encouragement, voices that I recognized as those of loved ones that I thought dead. For a time I had no recollection. Then I awoke in this spirit sphere, and never will I forget the joy that was mine. I found myself, saw my body, which appeared as usual, except lighter and more ethereal."

"Dissolution is simply the throwing aside of the physical garment, the outer covering composed of flesh compounds, whereupon the individual becomes an inhabitant of another sphere of usefulness, differing only in its intensity."

"Having approached the portals of death, [the human] disrobes himself of the exterior form as he would put away a worn-out garment. The gross and cumbrous physical machine, which was given for the purpose of developing his more beautiful and excellent spiritual body, and of bringing him into more immediate relationship with the outward world, can serve his purposes no longer."

"Many people who have 'died' do not believe it - because they do not have the experience of being dead."

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Location

"We that come back to you live in the second sphere, but it extends a great distance from the Earth."

"The spheres nearest the Earth [revolve with it] because we belong to this planet."

"These after-death environments ... do not take up space, so the question, 'Where does all this happen?' is meaningless ... These environments exist unperceived by you amid the physical world."

"Spirits sympathize with masses of men as they sympathize with individuals. They go to the region of the Earth with which they are most in harmony."

"We are here!...We are as much of the Earth as you are, except that because we have shed the physical bodies, we are not tied to the basic laws which operate for you."

"[Some] souls exist in the etheric zone which is about the Earth. They are inhabitants of the world of illusion. ... there is an almost entire absence of conflict and effort, accordingly there is an absence of any true creation. Many human beings regard such a state as the most desirable condition of being."

"The spirit spheres, are built round the Earth plane, and seem to revolve with it."

"This spirit world is in reality just as much a part of your planet as the Earth and rocks you tread upon. Around and about your globe, and forming a part of it, are separate, material, concentric belts or zones, varying in width and vibratory action, and therefore in density, into which all mankind and all planetary life passes, on the happening of that event you call death."

"The spheres or degrees in spirit life are only conditions and are not confined to a limited space."

"Interpenetrating your world is another world of substance in a higher state of vibration to the one you sense. The universe is one stupendous whole, but you only appreciate what you see and hear and feel. Believe me, there are other worlds of substance, finer than physical matter, in which life exists and of which you on Earth can form no conception. ... Encircling your world are planes of different density, and these move in rotation with the rotation of the Earth."

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"The astral world is not an independent world. It is not severed or cut off from the material world. It is just as much a part of this Earth that you live on as the material world is. ... Your life in the astral is just a continuation of your life in the physical."

"I might say Mars, or Jupiter, or Venus; but your mind would tire were I to lead it where spirits of the sixth sphere dwell. I can not locate it. Suffice it to say, far beyond the confines or limits of any star or planet of which you have knowledge."

"Where is the boundary between the Earth world and the spirit world? Upon the instant of my passing ... when I arose from my bed in response to a very definite urge, at that moment I was in the spirit world. The two worlds, then, must interpenetrate one another."

"Now, about this element in which we live. It undoubtedly has a place in space, for it is all around the Earth."

"Your world and mine occupy about the same space. ... The plane of the Earth's surface is one of the lower and more material planes of our world, using the word 'plane' as you would use the word 'layer.'?"

"The world beyond is not up there somewhere. It's here -- a change of condition."

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Destinations

Organization/Layout

"No fabled dreamy heaven of eternal inactivity awaits you, but a sphere of progressive usefulness and growth to higher perfection."

"You ask them which heaven they inhabit, because you have the idea of several heavens, placed one above the other, like the stories of a house, and they therefore answer you according to your own ideas; but, for them, the words 'third,' 'fourth,' or 'fifth' heaven, express different degrees of purification, and consequently of happiness."

"Many and varied are the conditions that prevail when the soul comes alive in this world, or in one of the states to which we are subject after death."

"I have observed that there are innumerable states and conditions and diversified experiences in spirit as on Earth... Having different experiences here, as with you; and, on returning to you, we have different experiences and different descriptions of the spirit world to relate to you, according as each has realized for himself."

"The spheres revolve with the Earth on a common axis, forming the same angle with the plane of the ecliptic, and move with it about the ponderable sun."

"Spirits, after leaving the body, are conducted to localities adapted to the capacities and the condition of their minds, in reference to education, society, and progress. ... Localities are selected in which the attributes, desires, and characteristics of the spirit may be more distinctly developed. All good and pure spirits, therefore, do not reside near this Earth, if, indeed, anywhere near it. Some reside millions of miles distant, others on planets near the Earth, but all assume the characteristics of the inhabitants of the planet or globe in which they are to reside ... whose organization is, of course, more ethereal and spiritual than if born on this Earth."

"Many globes, spheres, or planets contain inhabitants of far inferior organization to man."

"The second sphere embraces not only this Earth, but many worlds, and to each of the globes in this circle do spirits most adapted go. Some are confined to Earth, many good spirits from missions of necessity; but the seventh sphere is among the orbs where the presence of God is most manifest. And the

gradations or steps until this point is reached, are in circles of worlds, not miles."

"As the [residents of the] higher spheres had created all the beauties of those realms, so had the denizen of those lower spheres built up the appalling conditions of their spirit life."

"Souls, when they come out, usually remain in the neighborhood where they have lived, unless there is some strong reason to the contrary."

"The world in which we find ourselves immediately after death we call the 'astral world.' From this point we can progress to higher planes-to higher levels of consciousness. By 'higher' planes I do not mean spatially higher but rather those planes which have a finer vibration."

"Heaven and hell are not places -- they are spiritual states of being. They are not static states but are states in which there can be growth and progress toward ultimate wholeness of being."

"Human souls have always spent far longer on these planes than on the Earth itself; the tenure on each plane here has no set period. Those who develop quickly may pass on within a few years of their coming, others who mature more slowly may spend centuries here. So these planes of being are really to be thought of as the true home of the human race."

"One goes through the door of death; a physical body is left behind and all the rest of the being goes through. One has then a short interval in a kind of anteroom and here another body, the etheric, is left behind. This is the second death. Then yet another door opens which lets us through into this glorious world of the astral planes where a long period is usually passed without further change."

"You'll look back at the first stage and call it purgatory. The second stage, when you can have anything you want with the speed of your thought, you'll call heaven. The third stage, when you experience the bliss of the Oneness, you'll call Nirvana."

Determining Factors

"This world affords every man just exactly the place that his nature and conduct in life have fitted him for."

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"Each spirit is so situated that he is happy in proportion as he is developed and good."

"Each experience is different ... For example, there is an initial stage for those who are still focused strongly in physical reality and for those who need a period of recuperation and rest. On this level, there will be hospitals and rest homes. ... There are also training centers [where] reality is explained in accordance with an individual's ability to understand and perceive it. ... some individuals do not undergo any such periods, but because of development and progress during their past lives, they are ready to begin more ambitious programs."

"When you return to us, you will have a choice: do you accept our love and God's love fully and return to Him or don't you? No onus will attach to you if you do not. We are not told that we must do anything. God lets us find our own way."

"Between each plane or new chapter in experience there is ... an intermediate state [the astral plane or 'Hades' as Myers calls it], when the soul reviews his past experiences and makes his choice, deciding whether he will go up or down the ladder of consciousness."

"Take a bird's eye, dispassionate view of all your worldly interests. Master them or they will master you. In the latter case, when you get here, you will be miserable. Life will seem empty, a wilderness. Earth ties tighten their grip, yet you will be unable to respond. Confusion will result - that is purgatory."

"You gravitate to a place you are fitted for. Mother, there's no judge and jury, you just gravitate, like to like."

"Both heaven and hell and all of their modifications are conditions of one's own soul. ... A soul or person or spirit of dark, undeveloped conditions would at any place in all the realms of space be in darkness."

"I find here a glorious country, but glorious only to those who are in condition of its appreciation."

"People are not on our sphere because they are more clever than those below them; for there are very clever people on lower spheres. It is a question of goodness, of spiritual development. Some here are quite stupidly good, their every impulse is pure and good, yet they are quite incapable of organising or thinking clearly."

"Upon entry into the spirit life, a person will naturally and automatically gravitate to his state in spirit which corresponds to his acts and thoughts throughout life."

"By the working of the natural law you gravitate to the place for which you are suited; what is within you draws you automatically."

"Each soul as it passed into spirit passed into that realm for which it had fitted itself when upon the Earth-into that realm and no other."

"By man's thoughts and inspirations he weaves for himself his future place in this dimension."

Lower Realms

"There is no such thing as a literal Hell of fire. Hell is in a man's soul and is simply remorse for a bad life on Earth. Those un-repentant dwell in a place apart until they desire to do better, and progress."

"Today ... we went to a part of the world I had never been before. It was to a much lower plane of existence than ours and is called the Sphere of the Unprogressed. Here is where a great mass of the low class come when they first come over. Not only these, however, but I was told that many who had occupied high positions on Earth, but who had spent their lives in defrauding or oppressing their fellow men. They were not half so unhappy as you would think, though to me their country is dreadful. They suffer no sickness, nor want for the necessities of spiritual life, but the whole face of nature there is the same dull lead color, and entirely without beauty."

"Others may insist that because of their transgressions they will be cast into hell, and because of the force of such belief, they may for some time actually encounter such conditions."

"If the soul should be tainted with horrendous sins against others (the only true sin) then that soul will lie fallow for a long time, unless it is so beset by evil that it returns to trouble those left behind."

"The man or woman who has never deeply loved or cared for any other human soul may, at death, rise from the body of clay into loneliness and into a night that, in its impenetrable blackness, is like no night on Earth."

"The belts or zones that lie close around your Earth are designed for the habitation of undeveloped spirits when out of the body; as they outgrow the

passions of Earth and become more refined, they pass to another or higher zone. Many remain in the first or Earth zone for years."

"After a time, when as it seemed, I grew accustomed to the darkness, I could see people about me, poor men and women who did not realize they had left the physical body.... The guide spoke gently to them. Some answered with coarse jests, others with mirthless laughter; but a few came close and listened while he told them of their condition and what must be done to work out of this darkness, which was of their own creation. We have as much trouble in making these poor spirit people understand conditions beyond their sight and touch, as you have with Earth people."

"A large number of the human race come here with both body and mind sunk in the lowest depths of ignorance and vice, ... They are what you would call the scum of the Earth and have passed their lives in vice and crime. There is but one such place for this class, but its extent is incredible and its population immense. They live in discord and misery and everything is dark and forbidding, and a dull leaden fog pervades the air at all times."

"The spirit of the hangman, the murderer, the wrongdoer, is related by strongest ties to all his criminal acts on Earth, to all that he has made miserable on Earth; and ... so the spirit of the wrongdoer hears in itself an image of all connected with his wrongdoing, continually revolving upon his inner consciousness, and though locally in purest heaven, his relations to his Earth life make for himself the gloomiest hell. Thus he hears the carpenters erecting a scaffold and the avenging words of the one he hanged, and feels the pangs of the bereft home which he made desolate."

"The very worst of criminals can rise. When first reaching the other side they think that theirs is the only place. They cannot even see us when we visit them. I am aware that there is an essential difference between my body and that of a person on the lower sphere. My body is so etherialised that it is almost as invisible to those people as it is to you, and the mental barriers set up by those unhappy souls preclude them at first from even sensing my presence."

"A man who has been very cruel, thoughtless and selfish ... finds himself with no other friends, and no one else near him, save those who are exactly like himself. The whole atmosphere and the very scenery of the place is tinted with the hopeless drabs and grays of their mental and spiritual outlook. How truly poets and the great writers have symbolised the darkness of evil, the grayness of

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misery. I have visited it and I have seen the grayness, I have seen the darkness. It surpasses that known on Earth."

"If I go down to [the Lower Realms] it becomes murkier and murkier until it is so creepy that I scoot back here where I belong."

"Some people, whose spiritual faculties have dwindled till they have become atrophied ... can see no beauty here."

"Some people are Earth-bound. All their interests are there, and they return for that contact with men and the old conditions they crave."

"We passed into the second sphere; on entering which a tremor seized me. A moral darkness pervades the atmosphere, which renders it gloomy and uncomfortable in the extreme. The inhabitants are dark and dismal in their appearance, and are continually tortured with the pangs of a guilty conscience."

"If this place we were now could be called hell -- and no doubt it would be by theologians -- then there was certainly no evidence of fire or heat of any kind. On the contrary, there was nothing but a cold, dank atmosphere."

"There are also Hells though certainly differing from the physical hells and everlasting fiery torments of man's warped imagination. There are hells of the spirit and the mind, confining states of misery; dark, depressing and as real as the tortured consciousness of the dweller therein makes them. Yet these hells are not eternal. The man (or woman) in these mental torments need stay there no longer than his desires keep him."

"The Shadow Land is a very real place indeed; a gloomy murk covers it to which one has to become accustomed; squalid dwellings inhabited by unhappy, tormented beings who jeer and mock and pursue their warped existences."

"Hell is a state of being heavy, dull, dismal, gray, and glum -- as when you are heavily depressed and self-centered."

"Some people find themselves 'Earth-bound' after death. This is a lower astral state."

"The lower astral plane where we all begin our experiences is the place for adjustment and cure. It is a kind of sorting house, a place of training and purgation to fit one for the more exacting conditions of the higher astral planes."

"Hell does not exist as this place you have fantasized, where you burn in some everlasting fire ... Yet there is an experience ... that to your soul would be hell. ... Yet even this experience is never eternal."

"If there is no hell, yet I am experiencing hell, what the hell is the difference? There wouldn't be any, as long as you remain in your created reality. Yet you will not create such a reality forever."

Mid-Realms (General)

"Never doubt for a moment that this world is a thousand times better in every way than yours. When I compare even my happy life on Earth with what I now have, I can but see the contrast."

"The conditions in which we find ourselves depend on the condition of our mind. If we wish it we can be surrounded by beautiful country."

"Some may inhabit [a conventional heaven] until they learn through their own experience that existence demands development and that such a heaven would be sterile, boring, and indeed 'deadly'."

"To be happy, one must know of a condition that is the opposite of happy, and there is no such condition here."

"Summerland ... is a very happy medium. The very highest can come to visit you. It is just sufficiently near the Earth plane to be able to get to those on Earth."

"It is a wondrous land of light, where the beauties of nature, as seen on the Earth, are brought to perfection. ... The great pity is that it is so long before some spirits even begin to see it as it really is. Some of these spirits, who have not progressed far enough to see and realize the beauty about them, when communicating with their friends on Earth, give them quite wrong and dissimilar impressions of conditions over here."

"We cannot express to you more than a very faint idea of the thrilling delight in which a spiritually enlightened soul on this side of life perpetually basks."

"I might talk to you of that country, of its grandeur, of its happy inhabitants, of its rich and sweet aromas, of its music-its delightful strains of sweet music, of its flowers in endless bloom and variegated colors in infinite profusion, its mountains, hills, dales, plains, and beautiful streams. But I might talk to you and get hosts of the most advanced immortals, dwelling in the eternal beauty and

grandeur of that glorious country, to stand here with me and speak and sing of its ambrosial gardens, all your days on Earth, and yet you could only have a dim idea of that beautiful country awaiting you on this side of life."

"Ours is such a wonderful life in comparison to that lived on Earth. Nothing I could say through this channel would give you any idea that was comparable to the reality. It is so much more wonderful, bright and enjoyable than we can express."

"The astral world is almost a replica of your world, except that it is of a finer substance and we are not 'bound' by our objective reality as you are."

Higher Realms

"On the higher spheres there is the perfect operation of Divine law or principle. The people do not need keeping in order. They are nearer to the actual governing court, or seat of activity, and therefore can see the perfect workings of law."

"These worlds above us are even richer in light and happiness. ... If I go there, and I can, I find it too bright; the light hurts my eyes. And the vibrations are so refined that I can't respond to them!"

"Are there worlds in which the spirit, ceasing to inhabit a material body, has no longer any other envelope than the peri-spirit? Yes, and this envelope itself becomes so etherealised that, for you, it is as though it did not exist. This is the state of the fully purified spirits."

"I receive my ideas of the fifth, sixth, and seventh spheres from the spirits who dwell therein, having never visited them in person. What a magnificent panorama is there presented to the spirit's gaze! There are colossal temples, and 'houses not made with hands, eternal in the heavens.' As far as the vision can extend may be seen cities and palaces, whose lofty domes sparkle like diamonds in the sunbeams of heaven; ... The parks are of great magnitude, and abound with the most beautiful animals. ... There are congregated millions of spirits, who are associated together like a harmonious and happy family. ... How shall I describe to you the transcendent glory of the seventh sphere? Let us contemplate it. In it all the beauties and joys of the lower degrees are combined, but in a much more refined and sublimated form."

"There are other realms immeasurably more beautiful than that in which we were now happily living; realms of surpassing beauty into which we cannot

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penetrate until such time as we have earned the right to enter, either as visitors or as inhabitants. But though we may not pass into them, the glorious souls who dwell in them can come into realms of less celestial rarity, and can visit us here."

"At the border to the higher realms ... a soul thus unprepared would find itself in much the same situation as upon Earth when one emerges into brilliant sunlight after prolonged stay in complete darkness. But as in the case of the earthly sunshine one can, after a suitable lapse of time, become again perfectly at ease in the normal bright light, it is not so in the case of the higher realms. There is no such adaptability there. The 'blinding' effect will be continuous to one of a lower state."

"No soul coming here from Earth's limitation, however advanced it may be in spiritual truth, is able to stand the stepped-up vibrations or the translucent Light of these High Planes."

"On numerous occasions since I arrived here, I have been permitted to go into the higher planes where there is a unity of God-praise, not a segregation of the praise of God."

"Heaven is a state of being joyous, light, loving, harmonious, vibrant, God-centered and others-centered."

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Arrival/Awakening

I have been told by my instructors in the Spirit World about those who left this world a thousand years and more ago, who are only now beginning to appreciate their new surroundings. But such cases belong to those of low development in this world, who cannot adjust themselves at once to their new conditions and environment. The average man and woman of intelligence perceives the new environment without much delay, some almost immediately, ... though with others it may take days or weeks, as we measure time.

"You may or may not realize immediately that you are dead in physical terms."

"You may, after death, utterly refuse to believe that you are dead."

"The most common type of reaction I hear is a relieved sigh followed by something on the order of, 'Oh, wonderful, I'm home in this beautiful place again!'"

"My subjects are full of exclamations about rediscovered marvels of the spirit world. Usually, this feeling is combined with euphoria that all their worldly cares have been left behind, especially physical pain."

"Ofttimes the ones who are freed from the physical body will go into a state of oblivion These ones are cared for in what is known on this side of life as a 'rest home'. ... A rest home can be any suitable place that can protect the astral body of the newly arrived entity until it is fully awake."

"Some people who come over here ... don't even believe that they are here. ... when they open their astral eyes they think they are dreaming them ... Many of them will flatly refuse to accept it. ... Some awaken in a state like that and carry on something frightfully."

"It is very difficult to describe the sensation and the feelings that you will likely have the moment when you come over here for the first time. ... Your mind is clearer. You are not contaminated. ... you do have a sense of freedom -- a sense of lightness in the astral world that certainly is not experienced while moving that physical body around. In other words, the astral world is very similar to the material world but it is brighter, finer, and keener in all of its aspects."

"At first the average individual will explore, walk around, and get acquainted with his new surroundings in much the same way that one would act in moving into a new community on the Earth plane."

"What sensation is experienced by the soul at the moment when it recovers its consciousness in the world of spirits? That depends on circumstances. He who has done evil from the love of evil is overwhelmed with shame for his wrongdoing. With the righteous it is very different. His soul seems to be eased of a heavy load, for it does not dread the most searching glance."

"At the first moment, [a soldier killed in battle] may still be excited against his enemy, and even pursue him; but, when he has recovered his self-possession he sees that his animosity has no longer any motive. But he may, nevertheless, retain some traces of it for a longer or shorter period, according to his character,"

"For a time the soul in transit may slumber, particularly if there has been undue shock or mental weakening. On this side they let it sleep until it stirs and seems to feel need, of its own accord, for contact with those on this side."

"When [an atheist] finds himself on this side of the open door, he will not accept the fact, for he knows that there's no such place...For a long time this soul may lie in stupor, waiting for the so-called hallucination to pass away. He is vaguely conscious of activity around him, but to him it has no reality. Sometimes a soul wastes eons in this state."

"There is no sudden jump which will transform you. ... It's a smooth beautiful thing, this continuity. The division between lives is an imaginary line, like the equator."

"Those who are passing over in the war... Some even go on fighting; at least they want to; they don't believe they have passed on."

"I was ... dazed. I could not realize that the something called death was behind me, and that in me there had been no change, for I was the same in appearance and thought as before."

"I meet some wandering ones who do not realize that they are out of the mortal body, and whom it sometimes takes their guides a long time to lead to a consciousness of their true condition."

"I, in common with hundreds of other men here, go down to the battlefields to help to bring away the souls of those who are passing out of their bodies. ... I feel quite tired sometimes of explaining to men that they are 'dead!' They wake up feeling so much the same; some go about for days, and even months, believing they are dreaming."

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"Our guide told us that it was a home of rest for those who had come into spirit after long illness, or who had had a violent passing, and who were, in consequence, suffering from shock. ... Immediately after their dissolution they are sent gently into a deep sleep. In some cases the sleep follows instantly-or practically without break-upon the physical death."

"There is a surprising number of people who do not realize they have passed from the Earth in the death of the physical body. Resolutely they will not believe that they are what the Earth calls 'dead'. They are dimly aware that some sort of change has taken place, but what that change is they are not prepared to say."

"The shock of an unnatural death sets the invisible being in a mad turmoil and makes adjustment to a new environment impossible for a while. One finds oneself in a fantastic dream world with no continuity of experience."

"Where death comes gradually and naturally, one wakes quietly in the new conditions after an interval of a few days. One is fully through, as we say, and although the newcomer has to be cared for and kept quiet until the new rhythms of his body are fully established, he soon becomes strong and vigorous and ready to begin his new life."

"In the first moments of what you call the afterlife, ... given all that you are seeing around you (which may be unbelievable to you) ... you will be tempted to hold to your own individual understandings, whether they serve you or not."

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Greeters & Guides

"There are teachers to explain the conditions and circumstances. You are not left alone, therefore, lost in mazes of hallucinations."

"You may or may not be greeted by friends or relatives ... you may be far more interested in people that you have known in past lives than those close to you in the present one."

"To be such a guide requires great discipline and training. ... Delicate probing of the psychological processes is necessary, and the variety of hallucinations in which you may become involved is endless. You may, for example, take the form of an individual's dearly beloved dead pet."

"It is of great benefit if friends are waiting for you. In many instances, however, these friends have progressed to other stages of activity, and often a guide will take the guise of a friend for a while, so that you will feel more confident."

If a soul has been traumatized by unfinished business, usually the first entity it sees right after death is its guide. These highly developed spiritual teachers are prepared to take the initial brunt of a soul's frustration following an untimely death.

I have never worked with a subject in trance who did not have a personal guide.

"It is very interesting to note the interest that people in the astral world take in awaiting the arrival of their loved ones on Earth. ~ These preparations go on for days, and they talk about it and carry on long conversations about what they are going to do and where they are going to take ~ whoever it is to be freed from the body ~ when he does get here."

"You encounter a goodly number of people because the word spreads rapidly -- in the particular division over here which is your division, we might say -- that you will be arriving soon in the astral world."

"There are many of us here -- many souls -- who have chosen to serve as welcomers for returning souls. All souls who come home are welcomed with a great outpouring of love and care."

"Does the spirit find himself at once in company with those whom he knew upon the Earth, and who died before him? Yes; and more or less promptly according to the degree of his affection for them and of theirs for him. They often come to meet him on his return to the spirit-world, and help to free him

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from the bonds of matter. Others whom he formerly knew, but whom he had lost sight of during his sojourn on the Earth, also come to meet him."

"After the initial greeting, the souls are introduced about and made acquainted with the laws which govern their transport and conversation with each other."

"My companion was greatly amused by my enthusiasm, which, he declared, was equal to a schoolboy's. It was not his first acquaintance with it, however; most people when they first arrive are taken in the same way! And it affords our friends a never-ending pleasure to show us round."

"Spirit guides constitute one of the grandest orders in the whole organization and administration of the spirit world. They inhabit a realm of their own, and they have all lived for many centuries in the spirit world."

"Our work is to be on hand when those newly arrived entities awake to awareness. Sometimes their friends and loved ones already in these realms have been 'alerted.' Then we wait in the background until the greetings are over. In other cases ours are the first 'countenances' they see; ours are the words of comfort, assurance and welcome."

"There is even a large organization of souls who call themselves a League. Their special work is to take hold of those who have just come out, helping them to find themselves and to adjust to the new conditions."

"There are many who make it their pleasure to help the souls of the newly arrived. They never leave a newcomer entirely to his own resources. Help is always offered, though it is not always accepted."

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Review & Judgement

"Not only must you use your abilities after death, however, but you must face up to yourself for those that you did not use during your previous existence."

"Then there is a period of self-examination, a rendering of accounts, so to speak, in which they are able to view their entire performance, their abilities and weak points and to decide whether or not they will return to physical existence."

"Is it nothing that we tell you that words and deeds are as the pebble thrown into the stream which causes an ever-widening ripple, ceaselessly enlarging in its effects, and that for such influence you are accountable; that every word, every act, is of incalculable import in its results and influence; that the good which your influence produces is to you a source of gratification hereafter, while of the ill you must view the baleful effects in agony and remorse?"

"After souls arrive back into their soul groups, they are summoned to appear before a Council of Elders. While the Council is not prosecutorial, they do engage in direct examination of a soul's activities before returning them to their groups."

"If you have done wrong things ... your soul will know this. When it returns home, that knowledge will sadden your soul and it will grieve for those wrong things that were done. ... It will be helped through this period of suffering by those other souls whose work it is to help in the transition ... God does not punish. He waits."

"Consciousness is its own judge. So there must be individual unhappiness - until that consciousness is appeased."

"Eventually every soul arriving in the astral world will gravitate to the level that it had earned for itself through its actions and deeds upon the Earth plane."

"A master who had been cruel to his slaves might become a slave in his turn, and undergo the torments he had inflicted on others. He who has wielded authority may, in a new existence, be obliged to obey those who formerly bent to his will. Such an existence may be imposed upon him as an expiation if he has abused his power."

"[The soul of the cruel man] becomes gradually purified through his identification with the sufferings of his victims."

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"The spirit of the hangman, the murderer, the wrongdoer, is related by strongest ties to all his criminal acts on Earth, to all that he has made miserable on Earth; and ... so the spirit of the wrongdoer hears in itself an image of all connected with his wrongdoing, continually revolving upon his inner consciousness, and though locally in purest heaven, his relations to his Earth life make for himself the gloomiest hell. Thus he hears the carpenters erecting a scaffold and the avenging words of the one he hanged, and feels the pangs of the bereft home which he made desolate."

"When one comes here, one enters into the judgment directly one becomes conscious; and no other person could be so severe or just a judge of us as we ourselves can be when facing the truth. For many it is a terrible hour."

"The story of my life was being told ... the impression made upon my mind was as if all senses had united in one grand effort to place my past life in its true phases before me. I sat appalled and dismayed."

"Death does bring a man into his own estate. That is, he sees his own characteristics and abilities in a clearer light and after the first shock of surprise he usually views himself with a more generous, lively compassion than he did before."

"Here, there is no compulsory confinement, and no punishment, except what you mete out to yourself!"

"There is no compulsion, of course, to review one's past life on Earth as soon as one arrives and the new life here begins. Some take a long while to tackle the problem. They dread to see the effects of mistakes and failures."

"Somewhere in the depths of my mind two 'blueprints' are brought forward into my consciousness. ... One is the Perfect Idea with which my spirit went bravely into incarnation. The other is the resultant of only a partially understood Plan ... in fact, my life as it was actually lived. It was a shock to me, and a very salutary experience, to find that these two plans differed exceedingly. And yet, one learns so much by facing the results."

"During this experience the whole cycle of your life-term unfolds before you in a kaleidoscopic series of pictures. During this crisis one seems to be entirely alone. Yours is the judgment. You stand at your own bar of judgment. You make your own decisions. You take your own blame.... You are the accused, the judge and the jury."

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"Persons who commit suicide before the time they are meant to die find themselves in a state of heavier vibrations and closer to the Earth than those of us who died natural deaths. They remain in this state of density until the time when they would have normally died."

"The state of his astral body judges him and decides the nature of his after-death experiences. One needs no worse hell than the torment of living in a diseased and suffering astral body."

"The fact of not having developed certain powers that are needed here carries its own penalty. It is the doom of what one is and from that there is no escape."

"In this process of recollection, as an incident comes back to one's mind it brings with it the actual feelings, not of oneself alone but of the others who were affected by the event. All their feelings have now to be experienced in oneself as though they were one's own."

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CONDITIONS & ENVIRONMENT -----

Physicality & Realness

"We do not live in a dream world. As I have said, we live in a real, tangible world, though the atoms composing it differ from the atoms which make up your world. Our minds can act on this tangible substance in a way yours cannot do on your world. You live in a world of slower vibrations."

"This etheric body is just as substantial to us now as the physical body was to us when we lived on Earth. We have the same sensations. When we touch an object we can feel it, when we look at something we can see it. Though our bodies are not material, as you understand the word, yet they have form and feature and expression."

"The next is a very real world-no floating on some fleecy cloud in some disembodied state which has no form or feature.... The word Spirit is only an Earth term."

"What would happen to you if this Earth came into collision with another star or planet and was destroyed? -- It would make no difference to us, our world is quite independent of physical matter."

"The after-death environments ... are generally far more intense and joyful than the reality you now know."

"An astral world is, therefore, the world that is created through the thoughts of men and by the actions of men from any given planet -- and it immediately surrounds that planet. ... it is then a world of reality to those who inhabit it and whose senses are attuned to it."

"The astral world ... is just as solid to us as the physical world is to you. ... If I am sitting in a chair, I am sitting in a solid chair. And when I am talking to John Jones here in the astral world, John Jones is just as solid to my senses as he was to your senses when he was in the physical plane and you spoke to him there."

"The place where I am doesn't look any different. It's just here. ... There seems to be a fluidity to endeavor, to space, to time, to everything. It flows, some way. The only difference is that it is unobstructed."

"The spirit-world is pre-existent to, and survives, everything else."

"We awaken into a realm of pure beauty and song. The trees are real trees here, not the reflections which you in the flesh see. The flowers are pure thought

form and therefore much more exquisite than anything actually in the form seen by physical man. The birds, animals, spirits, yes, the many mansions are perfection here, for they are thought forms."

"When in a finer shape they take flight from it, they frequently do not realise the fundamental unreality of Earth. ... they enter into a dream that, in its main particulars, resembles the Earth. But now this dream is memory and, for a time, they live within it. All those activities that made up their previous life are re-enacted, that is, if such is their will. ... Some call this memory-dream 'Summerland'- quite an apt term, for the soul, freed from the limitations of the flesh, has far greater mental powers, and can adapt the memory-world to his taste. He does so unconsciously, instinctively choosing the old pleasures, but closing the door to the old pains. He lives for a while in this beatific, infantile state."

"Nearly every soul lives for a time in the state of illusion. The large majority of human beings when they die are dominated by the conception that substance is reality, that their particular experience of substance is the only reality."

"[Some] souls exist in the etheric zone which is about the Earth. They are inhabitants of the world of illusion. ... there is an almost entire absence of conflict and effort, accordingly there is an absence of any true creation. Many human beings regard such a state as the most desirable condition of being."

"I am in a state of consciousness not far removed from Earthly existence. ... My life seems quite as real as it did on Earth, even more real."

"Such a lot of people think it's a kind of thought-world, where you think all sort of things -- that it's all 'think.' But when you come over you see that there's no thinking about it; it's there, and it does impress you with reality."

"Your Earth and all things of your Earth have their exact counterparts in the great spirit world, just as real, just as tangible, just as substantial to the inhabitants of the spirit world as ever the Earth and material things and forms thereof are to the inhabitants in mortal form upon your Earth."

"Dissolution is but unfettering the man, and opening to him the gateway of a more realistic existence than any person ever experienced in the mortal."

"Many people think that we must be living in a kind of dream state, or in a world which is mental only. It is not so. Even in a world where one can create

mentally there must be some material to work upon. On whatever sphere you may be living you have material on which to work."

"I asked one of my guides if it was a 'thought-world' we were in, though the ground felt quite substantial to my feet; and he said, 'It is more real and permanent than the one you have left.' I bent down and poked my finger in the soil and found it left a hole, and the soil stuck under my nail."

"The six spiritual spheres ... are not shapeless chimeras, or mere projections of the mind, but absolute entities, as much so indeed as the planets of the solar system or the globe on which you now reside."

"Instead of being, as many of you imagine, mere shadowy and unsubstantial entities, we are possessed of definite, tangible, and exquisitely symmetrical forms, with well-rounded and graceful limbs."

"We do not feel at all like transparent angels sitting on damp clouds. Were it not for the quickness with which I get over space, I should think sometimes that my body was as solid as ever."

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Light & Climate

"The water here is always pure and clear with no rain to make it muddy."

"We have no night here as you would understand night. We have no sun, yet we get all the light we need. We get our light from the source of all light."

"The elements do not go on the rampage in the astral world ... The atmosphere is always that which is desired by the collective group."

"We do not depend on your sun in the astral world, ... The light and darkness that we have over here is constituted by ... the power of the mind. Well now, you certainly couldn't say, 'I am tired of it being dark, therefore I am going to turn the sun on.' Speaking as an individual, that would be ridiculous. But our environment or atmosphere can be set up so that at certain periods of the so-called day, we may also have the evenings and the mornings the same as you have upon the Earth plane, if it is so desired."

"[Spirits] see of themselves. and have no need of any exterior light."

"The light here is pure and unceasing, since the sun does not control it."

"Your etheric body is nourished by light which is not the light of the sun."

"Do you have rain? 'Well, you can go to a place where rain is.'"

"Although the spheres revolve with the Earth on a common axis, forming the same angle with the plane of the ecliptic, and move with it about your sun, they are not dependent upon that sun for either light or heat."

"The light we have is obtained from the action of our minds on the atmosphere. We think light, and there is light. That is why people who come over in evil condition are in the dark; their minds are not competent to produce light enough for them to see. There is greater intensity of light as we go up through the spheres, which comes from the blending of the more spiritual minds."

"The [spirit] spheres ... are not dependent on [the sun] for either light or heat."

"They have fire, I am told, in the dark spheres; but even those spirits residing near the Earth require no fire, as the climate they live in is exactly adapted to the condition of their organization, and having but comparatively little of matter to protect, they feel none of the changes of climate, which are very rare."

"The mellow light is constantly shedding its mild rays over the whole landscape; where, too, the brilliant tints of that gorgeous brightness which emanates from

the spheres beyond, illumines the blue space above with the sparkling radiance of a brightness greater than the sun."

"Here there is no night and day by the alternation of which time can be measured. It is perpetual day. The great celestial sun for ever shines Here we have no recurrent seasons of spring, autumn. and winter. Instead we enjoy the glory of perpetual summer-and we never tire of it!"

"And over all was the light of heaven shining evenly and uninterruptedly, so that nowhere were there dark places."

"Spirituality means warmth in the spirit world; lack of spirituality means coldness."

"There was no sun to give its light from one quarter only and to cause that change of aspect when the direction of the sunlight changes. The overspreading of light from the great central source of light in the spirit world, constant and unmoving, gives us perpetual day"

"One is not conscious whether there is a sun or no sun. There is simply glorious light."

"The light radiated from no one direction, it was a glowing, universal fact, bathing everything in its soft radiance so that the sharp shadows and dark edges which define objects on Earth were missing. Each thing glowed or sparkled with its own light and was lighted as well by the circumambient splendour."

"This life-giving light of ours has its own scale of frequencies which differ for each plane. That means that the senses of the inhabitants of the various planes are able to register that particular range of frequencies as light."

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Landscape & Vegetation

"As far as we could see below lay a landscape of woods and vales, winding streams, villages dotting the plains. Here and there were large cities. The whole was tinged with that peculiar magnetic or electric glow which makes everything here look as if it were edged with gold."

"We were at Tompkins today and saw an arbor covered with a vine like your Mexican vine, so I went home to our place and in a short time made an arbor, planted the vines, and magnetized them, and before I came here the whole thing was a mass of flowers."

"Here we have no decay in flower or field as you have. Vegetable life just stops growing and disappears. It dematerialises."

"You know flowers, how they decay. We have got flowers here; your decayed flowers flower again with us - beautiful flowers."

"The six spiritual spheres ... are diversified with an immense variety of the most picturesque landscapes; with lofty mountain ranges, valleys, rivers, lakes, forests, and the internal correspondence of all the higher phenomena of Earth. The trees and shrubbery, crowned with exquisitely beautiful foliage and flowers of every colour and variety, send forth their grateful emanations."

"The beauty of the third sphere far transcends that of Earth. The scenery is endlessly diversified with spiritual objects, corresponding to things of your planet. Mountains and valleys, hills and dales, rivers and lakes, and trees and plants, lend their enchantment to the scene."

"In the fourth sphere the scenery is characterized by still more beautiful landscapes: the grass appears of a greener green, and the flowers are more gorgeous in their hue, and the birds sing still more sweetly."

"Once the garden was created there was not the incessant toil that is necessary for its upkeep, as with large gardens upon Earth. It is the constant decay, the stresses of storm and wind, and the several other causes that demand the labour on Earth. Here there is no decay and all that grows does so under the same conditions as we exist. I was told that the garden would need practically no attention."

"We followed a path that led for part of the way beside a brook, ... It seemed to be almost like liquid crystal, and as the light caught it, it scintillated with all the

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colours of the rainbow. I let some of the water run over my hand, ... it had an electrifying effect which extended from my hand right up the arm."

"Never had I expected to behold such a sea. Its coloring was the most perfect reflection of the blue of the sky above, but in addition it reflected a myriad rainbow tints in every little wavelet. ... From where we were, I could see islands of some considerable size in the distance, ... Beneath us was a fine stretch of beach upon which we could see people seated at the water's edge"

"After a flower reaches its perfection, it can remain like that for a very long time. We create it...When we have kept it as perfect flower for the length of time we want, we then disintegrate it."

"Grass, trees and flowers were so lighted inwardly by their own beauty that the soul breathed in the miracle of perfection."

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Buildings & Infrastructure

"Today, we ... started out to visit Mount Delight ... When we reached the top, we found the greenest lawn ... in the center stood a large pavilion with marble columns and an immense dome ... It seems it was built many thousands of years ago by a lot of early Grecian artists, ... who have now progressed to higher spheres. Their very names are lost from memory but it all stands just as they left it."

"As far as we could see below lay a landscape of woods and vales, winding streams, villages dotting the plains. Here and there were large cities."

"In the higher planes of the astral world we find large cities comparable to London, we will say, but without commercial or industrial areas, for none are necessary."

"We have much more ornament than you have and precious stones are used for trimmings of houses. It is a common sight to see the front steps of precious stone. I have the promise of a large sapphire for our house."

"You can go into a home where it is very comfortable. You step into it and you see a fireplace. The fire there is burning just as comfortably as if it were right there on the Earth plane."

"Some planes of consciousness are literally studded with glittering diamonds, and gold shines here and there in great abundance. In this respect, these higher astral planes have a grandeur that is beyond comparison to the most magnificent palace of the Earth plane."

"I left him, and followed a multitude who were just entering a magnificent temple, where a teacher was to address them. This structure is immensely large and exquisitely symmetrical in its proportions. Many stately columns support its roof, each surmounted by a cap of chaste design. The material of this temple is similar in appearance to alabaster, but transparent. The seats are semicircular, forming an amphitheatre."

"The surface of each [building was] smooth as of marble, yet it had the delicate texture and translucence of alabaster."

"It was a home of rest for those who had come into spirit after long illness, or who had had a violent passing, and who were, in consequence, suffering from shock. It was built in the classical style, two or three stories high, and it was

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entirely open upon all sides. That is to say, it contained no windows as we know them on Earth."

"I 'woke up' here in this hospital of the Rest Home. My room had no walls and the sunlight seemed to flow over one all the time."

"Gleaming palaces and temples and beautiful cities built in elaborate form in surroundings of surpassing loveliness do exist. They satisfy the artistic and creative among us, so have a legitimate place in life after all."

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Time

"We always keep our engagements promptly for we see that it is right to do so, and as we can go anywhere in a minute we are always on time. We know time by instinct, but we do have time pieces as you do because we had them on Earth. Eight o'clock is the beginning of our evening and our so-called night is from twelve midnight until five in the morning."

Age there is not measured in years; there time differs from ours. There, time differs from ours. We count our time by the revolution of a physical globe round a physical sun, but when we leave our Earth we enter a new environment where time, such as we understand it, does not exist.

"There are three kinds of time: sidereal or clock time; psychological time; and ... orthic time. ... Orthic time is the reality. Sidereal time, which is a reality to you, is only an attribute of matter."

"Our method of contracting time is our individual attitude toward it. ... We, because we want a given period to be long or short, make it so."

"Time, of course, is different. There's no such thing as clock time here, for we are able to eliminate time as well as space, since we are able to will ourselves to be anywhere at any moment of Earth time and are able to look ahead so far into what you call the future that this also transcends the earthly idea of time. For things are planned ahead -- make no mistake."

"There is no night here, and consequently no day, at least not as I once measured, and as you still measure, time. Time here is measured only by emotions, events and deeds."

"We have no divisions of time, therefore, into days, weeks, months, or years; nor alternations of season, caused by the Earth's annual revolution; those periods being observed with reference only to the affairs of Earth."

"Time, as we reckoned it, does not exist here. Consciousness has taken its place. By the degree of consciousness of the Spirit can we measure the extent of, the habitation of varying states in our onward progress."

"We don't talk about time here. We talk about opportunity. We cannot think about time here because it is not measured off in days and nights and months and years."

"In truth, there is only one 'time' and one 'place,' and you are in all of it, always. You may thus experience any part, or parts, of it you wish, whenever you choose."

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Technology

"We take pictures on silver plates and they look just like yours."

"We know time by instinct, but we do have time pieces as you do because we had them on Earth."

"He records his progress with a kind of camera, adding his thought to it, and the picture and words come out on one plate, which he can then project."

"He ushered me to a very comfortable chair to which earphones were connected. This chair had very broad arms with control knobs on them ... Controlled the visual information projected to this screen and also controlled the sound commentaries which came through the earphones to accompany the visual picture. Through these controls, I could also make a duplicate recording of all of it, if I wished, so that I could take away the information and replay it later."

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PARTICULAR POPULATIONS -----

Children & Infants

"The children are watched over and cared for by the most beautiful and motherly spirits who in their Earth-life were especially fond of children. ... These children are educated in every branch of knowledge and those who have special tastes for music, painting, and other accomplishments are given every opportunity to cultivate these talents."

"In talking to these little ones, it was easy to tell those who had had no Earth life or experience. They seemed more spiritual, but not so sympathetic and affectionate, as the others who had known a mother's love on Earth."

The child who leaves this Earth as such grows to manhood or womanhood, and when this stage is reached remains a fully-grown developed man or woman.

Children in the etheric world are carefully cared for and educated; there they have their schools and colleges.

"Do children pass at once to a high sphere? No: the experience of the Earth-life cannot so be dispensed with. The absence of contamination ensures a rapid passage through the spheres of purification, but the absence of experience and knowledge requires to be remedied by training and education, by spirits whose special care it is to train these tender souls, and supply to them that which they have missed."

"Is the spirit of a child who dies in infancy as advanced as that of an adult? He is sometimes much more so; for he may previously have lived longer and acquired more experience ... If such a spirit belongs to a high degree, it is not because he was a child, but because he had achieved that degree of advancement as the result of his previous existences."

"What benefit can a spirit derive from his incarnation in a body which dies a few' days after birth? In such a case, the new being's consciousness of his existence is so slightly developed that his death is of little importance. As we have told you, such deaths are often intended mainly as a trial for the parents."

"The so-called baby ... needs little re-instruction, but if he had been a physical baby for two or three years, there would be souls here ready to help him adjust psychologically, to bring him out of baby syndrome and into adulthood again."

After Life - Particular Populations

"Some with great love of children find ample opportunity for the use and enjoyment of this attribute of their natures in the kindergartens for the many thousands of children continually arriving on these shores."

"Here little ones grow up but never become old, for they have no cares and worries nor the pains of a material body to trouble them. Many women here care for these little ones. Some have left children on Earth they loved; others, the childless, who love children, look after them. Every child, even if unwanted on Earth, can find a loving mother here."

"When a child dies free from sin or impurity, it is taken by spirits of some near relative and conducted to a sphere where ... it is placed under the teaching of individuals who are specially charged with the education of children, and thus they are taught all the primary knowledge necessary and suitable to their young minds."

"In this [children's] sphere, our new friend told us, there were to be found children of all ages, from the infant, whose separate existence upon the Earth-plane had amounted to only a few minutes, or who even had had no separate existence at all, but had been born 'dead', to the youth of sixteen or seventeen years of Earth time."

"The mental and physical growth of the child in the spirit world is much more rapid than in the Earth world."

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Stillbirths and Abortions

"There is no rule ... that the reincarnating personality must take over the new form prepared for it either at the point of conception, in the very earliest months of the fetus's growth, or even at the point of birth. The process is gradual ... In the early days of infancy, there is not a steady focus of the personality in the body."

At some point prior to birth, the soul will carefully touch and join more fully with the impressionable, developing brain of a baby. ... The connection may be early or late in the mother's pregnancy. ... Even those souls who join the baby early seem to do a lot of traveling outside the mother's womb during her term.

"What becomes of a spirit, if the body he has chosen happens to die before birth? He chooses another body."

"The spirit who is to animate [the fetus] exists, as it were, outside of it; strictly speaking, therefore, it has no soul."

"What are, for a spirit, the consequences of abortion? It is an existence that is null, and must be commenced over again."

"The entity, here being the soul, which enters the body, occurs usually very close to the birth time. It can come prior to the birth. It can come very shortly after. Or it can come at the moment of birth. There can even be a two or three week leeway here."

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Aliens & Non-Earthlings

"There are countless other souls who have developed while on other planets throughout the firmament ... Some more primitive and some more advanced, but all are souls with the pulse of God within."

"Human beings exist on certain planets, but their... physical parts are either vibrating slower or faster than yours and may not be discovered through the medium of man's senses."

"There are millions of worlds inhabited by human beings in that space you call the sky. Don't for a moment think that yours is the only world, and that God made the universe for you alone."

"You will never meet other than the 'son of man', for in the boundless universe, whether low spheres or higher spheres, the only personages above the animal kingdom to be found are of the human race, and none other than men and women and children are there, and none other will meet you in any land or world or sphere."

"Do other types of beings exist in space also, or in other worlds? Yes, there are many which would be recognizable to you and many which would not be recognizable, for their form is so completely different from that which you recognize. But even at that, they have a mentality of form."

"It is likely that there is no physical life as we understand it on these other material planets, but their etheric zones are peopled by spiritual beings of many kinds."

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Pets & Animals

"The flowers ... are full of honey and thousands of little humming birds come and nest in the leaves. ... they do not lay eggs, but were hatched on Earth, then 'died' and came here."

"There is another part of the Spirit World set apart for the use of wild animals that were wild on Earth. They still seem afraid of men. Their forest is vast and dense and there are thousands of all kinds of animals that existed on Earth. Great monsters that lived thousands of years ago are among them."

"The water is clear as crystal and you see the fish playing about and so tame they come up to the surface to let us stoke them. Yes, our world is full of animal life which has lived on Earth."

"For the first time I went to that part of the Spirit World which has been set apart for the use of animals that were wild on Earth. This forest is a vast and dense one into which they fly on the approach of man. [Why aren't the hummingbirds there?]"

"We went to another part of the Spirit World where there are innumerable islands which are very low and mostly covered with long tall grass and rushes. This is the part of the world for all wild water fowls that lived on Earth. You cannot conceive the countless millions of ducks, geese and that class of fowls. Some flew away but many times they just swam off and seemed to watch us with great curiosity. There were low trees and on one side a vast rocky cliff on which were curious looking birds that lived on Earth before men."

"No life becomes extinct, but [animals] do not survive in the spirit world, as we term it. They have a spirit world of their own making. They do not exist in a spirit world as man exists. If, however, say a dog has affection for a human being, it can get into his or her surroundings if both have left your Earth."

"Only the volitional reasoning creature comes back to its degree as an individual. An amoeba does not come back as an individual. It hasn't the volitional reasoning power, and is absorbed into its degree. ... Dogs — my dogs are here — they do have fairly high volitional reasoning."

"There is, between the soul of the animals and that of man, as great a difference as there is between the soul of man and God."

"Sometimes a faithful pet is so advanced in the physical state that its soul need not return to physical body, but that soul ever remains a canine."

After Life - Particular Populations

"He hasn't seen any lions and tigers, but he sees horses, cats, dogs, and birds."

"Animals have souls, but they are not that type which becomes a human soul. They have their own realm and universe and purpose."

"We could see scores of the most wonderful birds, whose plumage presented a riot of color. ... But all of them were unafraid of us.... They seemed to know us, to know that any harm coming to them was an utter impossibility. They did not require to make a constant search for food nor exercise a perpetual vigilance against what on Earth would be their natural enemies. They were, like ourselves, part of the eternal world of spirit, enjoying in their way, as we do in ours, their eternal life."

"All the dogs that we've had in our family, I can find here, -- all of them. They are still individualized. However, the dogs that I knew when I was a boy are no longer here ... They have gone back to the group soul."

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MIND AND BODY -----

Character & Emotions

When we pass on, our Earth memories pass with us, but slowly they fade and we are guided and governed by [our] greater mind which has been with us all our lives building up our bodies, performing its inward functions, and making us what we are, though we know it not.

The etheric duplicate carries over with it ... everything but the physical covering. Character, memory, affection, personality, etc., go with the etheric, because they pertain to the etheric body on Earth.

"You will not be automatically wise ... but neither will there be a way to hide from your own feelings, emotions, or motives."

"As the soul lives in the Earth-life, so does it go to spirit-life. Its tastes, its predilections, its habits, its antipathies, they are with it still."

"Many spirits are prematurely withdrawn from the body. They then pass before they are fit; and at the moment of departure they are in an evil state, angry, bloodthirsty, filled with evil passion. They do mischief great and long in after-life."

"When a soul chooses to leave here for a learning experience, it forgets all it knows. That is so the learning experience will not be influenced in any way. When the soul returns to God and to us, it remembers all it ever knew and adds its Earth experience to its knowledge."

"There are some utterly earthbound souls who plot revenge against some so-called enemy in the physical plane ... Such a soul retards his spiritual growth by tens of thousands of days or years, until he comes to realize that what is even worse than murder in the physical plane is the continued seeking for revenge in the spirit plane."

"[A soul] is born into the next world with all his limitations, with all his narrowness of outlook, with his affections and his dislikes. He is, in short, thoroughly human."

"Dissolution is a step in evolution, and involves no mental change, adding nothing, subtracting nothing, but simply increasing the opportunities for observation and learning."

After Life - Mind & Body

"After the death of the body, the spirit has a loftier aspiration for the good and true, a stronger desire to develop the germ of its nature."

"Do you not understand that what you believe you are going to be out here is largely determinative of what you will be?"

"There is much pride out here in the accomplishments of the Earth life, especially among those who have recently come out ... Men and women do not cease to be human merely by crossing the frontier of what you call the invisible world. In fact, the human characteristics are often exaggerated, because the restraints are fewer."

"The inner voice of conscience is still with us here. I had a feeling that, when I stepped out of my physical body, my conscience would be me, but it isn't. It is still a separate part of me which cautions and guides me."

"This law of suffering as the result of emotional disease is a great regulator of society. You know that fire burns and so avoid putting your hand into the fire. With just as much conviction we avoid anger because we know that it will burn us in just the same actual sense."

"Anger, cruelty and malice inflict positive injury upon the bodies of those in the vicinity ... It is no joke being a physician here; but the fact that one has to experience in one's own body the illness from which one's patient is suffering, certainly makes for easier diagnosis!"

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Memory & Knowledge

"You bring your mind over here with you. You leave your physical brain on Earth. Our mind here acts on our etheric brain and through it on our etheric body, just as your physical brain acts on your physical body."

The mind never grows old, only the brain, the mind's instrument, which becomes impaired as the physical body grows old. Nothing we have learned, no intellectual wealth acquired, is ever lost.

"Does the soul, when it has returned into the world of spirits, still possess the perceptions it possessed in the earthly life? Yes; and others which it did not possess in that life, because its body acted as a veil which obscured them."

"[A spirit] remembers the things of his life more or less distinctly and in detail, according to the influence they have exercised on his state as a spirit ... He has the power of recalling the most minute details of every incident of his life, and even of his thoughts; but when no useful purpose would be served by exerting this power, he does not exert it."

"A spirit's ideas undergo very great modifications in proportion as he becomes dematerialized, He may sometimes retain the same ideas for a long period, but little by little the influence of matter diminishes, and he sees more clearly. It is then that he seeks for the means of advancing."

"Our life with each other - every scene - is never lost, and can be recaptured and played again in the spirit world."

"Some people think that because we are here, we have only to go anywhere we choose, and find out anything we like. But that's Tommy-rot."

"Many here require teaching. So little of Earth's teaching counts after one leaves the physical behind. ... So long as a mind is trained so that it can concentrate and control the desires - that is more important than anything else. "

"Can you explain to me how you recall your memories? On our own sphere we do not recall memory because it is present. All is upon the one page. Past is present in that sense with us. It is impossible to forget anything; not that we are always looking at the past, but it is there for us to read in our memory. It is there without any striving for it. You would not experience that memory as vividly as when the event had just happened? -- I could do so if I wished, by an act of will -- Then one might almost live over again the happiest scenes of Earth life? Yes,

After Life - Mind & Body

we can and do. It is especially wonderful and beautiful when two recall such things together."

"I gather, from what you have told me, that it will be possible some day to re-enact all the brightest and best scenes of one's earthly life." "Yes, and also those which one has missed on Earth; all that which once was possible, but which did not come to fruition. When you come here you will find that which is difficult for me to express. You will realise the good of what you have done, and the happiness which you had, and beyond that, also, the happiness which you might have had, and which, just because you might have had it, is still yours."

"Your feelings, your memory, your love, your interests and ambitions remain; all you have left behind (and even that one cannot at first realize) is the physical body, which proves to be merely the covering of the spiritual to enable it to function in a material world."

"We know and remember in the spirit-world everything that has happened in our Earth-life (that is, if we wished to remember we could do so), as the subconscious mind is so active here."

"I can experience any season of my life in an expanded fashion, using a heightened memory that actively recreates events, giving me awareness of an event as I once experienced it — but expanded to include all of those personal details that escaped me at the time."

"There are many, many things here which we do not understand -- and it will take eons of time before we even have a faint gleam of understanding them. But we are not asked to understand them; we are asked to take them as they are. It makes no difference whatever to our soul's progression. We shall be able to progress far -- and far beyond that -- before we shall ever need to think about understanding such things."

"It is wonderful to remember, to let the mind go back year after year, life after life, century after century, back and back till one finds oneself -- a turtle! But one can also look ahead, forward and forward, life after life, century after century, eon after eon, till one finds oneself an archangel. The looking back is memory; the looking forward is creation."

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Structure & Functions

"The spiritual body is flesh and it is blood. It may not be the same kind, but it is as real, as warm, as living as your own."

"Bodily substance is fibreless, but definitely cellular ... It is a finer-grained substance than flesh. It is not fluid, but mobile. It is more sensitive, more easily acted upon, and at the same time more indestructible, more durable, more self-protecting. You would recognize it as a refinement of matter."

... the etheric body is in every way a duplicate of the physical body, both as regards all internal and external organs.

"I have a body which is a duplicate of what I had on Earth, the same hands, legs and feet, and they move the same as yours do. This etheric body I had on Earth interpenetrated the physical body. The etheric is the real body and an exact duplicate of our Earth body. At death we just emerge from our flesh covering and continue our life in the etheric world, functioning by means of the etheric body just as we functioned on Earth in the physical body. This etheric body is just as substantial to us now as the physical body was to us when we lived on Earth."

Not only are our etheric bodies similar in every way to our earthly ones, but they are as real and tangible to their owners as ours are to us. For instance, it might seem strange to be told by an inhabitant of this world of finer matter that he took pride in keeping his finger nails polished; but, as he has finger nails, why should he not be as careful of them as we are of our physical nails? Just because he has discarded the physical covering his etheric nail becomes no less real.

"You will find yourself in another form, an image that will appear physical to you to a large degree, as long as you do not try to manipulate within the physical system with it."

"After leaving the physical body, you will immediately find yourself in another. ... this image is not a new one. It is interwound with your physical body now."

"My physical body was made up of a lot of little cells. My beta body is simple, atomic {i.e., indivisible}. All matter is atomic here, and of course it has form."

"This body in which one finds oneself after death ... seems to be very much more a material body than I had supposed would be possible."

After Life - Mind & Body

"My body is very similar to the one I had before. I pinch myself sometimes to see if it's real, and it is, but it doesn't seem to hurt as much as when I pinched the flesh body. The internal organs don't seem constituted on the same lines as before. They can't be quite the same. But to all appearances, and outwardly, they are the same as before."

"My present body is made of chemicals, and gases, and atoms - atoms certainly of a finer kind than one gets on the Earth-plane. These are held together in much the same way as the atoms of the physical body, but this body does not disintegrate in the same way as the physical one does."

"The spiritual body is a perfect human form, originating in, and analogous to, the corporeal organization in its several parts, functions, and relations. The heart beats in rhythmic pulsations, the lungs fulfill their office of respiration, and the brain generates its vitalized magnetic fluid, whose life-giving currents permeate every portion of the spiritual organism."

"[When the spirit departs the physical body] Does it take that body with it from its old body, or is it a new creation independent of the former body?" "It does not take the materials from the old body, but it is a new creation."

"Strange, but I seem to myself to have quite a substantial body now, though at first my arms and legs seemed sprawling in all directions."

"We don't think of putting food into our mouths, because it isn't needed. Therefore, the whole of the astral digestive tract and the elimination organs, like the kidneys and colon, cease to function."

"The spiritual bodies are whole and perfect. Even a person who has lost a limb by amputation while in the physical body can function as a whole person in the spiritual world."

"I have a body which is a duplicate of what I had on Earth, ... We have the same sensations. When we touch an object we can feel it, when we look at something we can see it. Though our bodies are not material, as you understand the word, yet they have form and feature and expression."

"Our astral bodies possess all the senses of physical ones, and more besides."

"All the faculties are retained in spirit life. Not one of them lost or dropped at transition; but, gradually, the functions are so changed as to subserve the uses and needs of the spirit as advancing conditions allow and demand. So, whatever

After Life - Mind & Body

legitimate and natural desires you may have will all be susceptible of complete fulfillment in the life eternal."

"The unseen body has a real existence all the time you are in the physical body, and it has much greater power when freed therefrom. While in the physical body its power is small, because your personality functions in the physical body. ... When your soul is freed from its earthly body it finds itself living in one that is similar, but which has indeed added powers of feeling and of movement. I wish to emphasise that not only am I surrounded by greater beauty and happiness, but that my powers of appreciation are greatly expanded."

"The music is there, but we please ourselves entirely whether we wish to hear it or listen to it. We can completely isolate ourselves from all sound, or we can throw ourselves open to all sound, or just hear that which pleases us most."

"I realized then that I could both see and hear as before, only now in a more intense way."

"The sense of smell is still with us. We can smell all the wonderful perfumes of the flowering trees and flowers."

"Color is sound and sound is color."

In our physical world the real, or enduring, body is an etheric or spirit body, ... This etheric body is composed of matter quite in tune with the etheric matter of the next plane, but so long as it is attached to physical matter it is limited by the limitations of such matter. At death, however, the etheric body is released from its physical covering and continues functioning quite naturally in the etheric world, where everything is as real to it as it was when in the physical.

"In some cases, the idea of illness is so strong that they ... project ill conditions upon the new body as they did upon the old one."

"We create, in a way, the quality, the strength, the power of our spirit-body during our Earth lives. We pass into it, the body that we have made, and it is there, and, believe, me, it is more difficult to shape it and alter it after than it is during the Earth life."

"This physical body has only a temporary existence in the nature of things ... But this other body, this spirit body, it is within the power and the will of man to create and shape so that it will have immortal and eternal existence. ... so that he will thoroughly enjoy living in it from the moment in which his physical body collapses."

After Life - Mind & Body

"When you are done with the Earth life and that old worn-out body, and have reached our side of life, you'll feel young as when you were children; old age and the toils of life on Earth all gone in exchange for one glorious morning of perpetual youth."

"It is impossible to convey, even in a small measure, this exquisite feeling of supreme vitality and well-being. When we are living upon the earth plane we are constantly being reminded of our physical bodies in a variety of ways -- by cold or heat, by discomfort, by fatigue, by minor illnesses, and by countless other means. Here we labour under no such disabilities."

"He is recapturing the enthusiasm and dedication of his youth, and consequently his body has molded itself with all the strength and vigor of a young man."

"I believe that old people grow younger here until they reach their prime again, and that then they may hold that for a long time."

"A party of us went boating and rowed for miles. ... No, we can't get drowned. We can't even get wet. And of course we can walk on water too."

"You will find yourself in another form, an image that will appear physical to you to a large degree, as long as you do not try to manipulate within the physical system with it."

"On Earth the mind has some degree of control over body and health; a bending of the mind to one's task, and a determined cheerfulness under difficulties, can accomplish a good deal. But here our body is perfect, perhaps on account of the mind's perfect control over it."

"I anticipated the customary effect of water upon one in similar circumstances on Earth. Great, then, was my surprise-and my relief -- when I discovered that the water felt more like a warm cloak thrown round me than the penetration of liquid. ... the revivifying force enveloped the whole body, pouring new life into it. It was delightfully warm and completely buoyant. It was possible to stand upright in it, to float upon it, and of course, to sink completely beneath the surface of it without the least discomfort or danger."

"My body has wonderful lightness and resilience and it is as though the thought and desire of motion can move it without any cumbersome machinery of muscular action."

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Appearance & Clothing

... the spirit body has still the form it had on Earth.

The individual mind in the Etheric world obtains in time such control over the Etheric body that all bodily deformities can be removed and cured by thought.

When the old and tottering body is cast aside, the etheric duplicate stands erect, freed from its outward physical handicap. The old die old only in the physical sense, but enter the next life young.

"You can manipulate this [spirit form] so that it takes any appearance that it had when it was connected with your physical form in the immediately previous physical life. ... Most individuals after death choose a more mature image that usually corresponds to the peak physical abilities ... Others choose instead to take the form they had at the particular point when the greatest mental or emotional heights were achieved."

In the minds of my subjects, every soul generates a specific color aura.

"We have no bodies. ... If we wanted to look like we looked on Earth, we can do so."

"One of the things that interests me most is the beautiful bodies the people here inhabit. ... [they] shine with light and color."

"Have souls a determinate, circumscribed, and unvarying form?" "Not for eyes such as yours; but, for us, they have a form; though one only to be vaguely imagined by you as a flame, a gleam, or an ethereal spark. ... If you could see it, it would appear to you to vary from a dull grey to the brilliancy of the ruby, according to the degree of the spirit's purity."

"[After death, the soul] still has a fluid peculiar to itself, which it draws from the atmosphere of its planet, and which represents the appearance of its last incarnation -- its perispirit."

"Some primp before mirrors which their thought forms have created, wearing fancy clothing which they have wished into seeming reality."

"Most of the people here wear white robes."

After Life - Mind & Body

"There is an inner, etheric body, composed of minute particles, of such substance that it can, and does, pass into spirit life. ... It is in the semblance of the material body; but whether beautiful or ugly, strong or weak, depends upon the inner life of the person."

"In Earth life I gave all for wearing apparel; and when I reached the spirit world, I did not have rags enough to cover me, and the beauty of my form had vanished. I was misshapen and distorted. At first I could not understand that it was my spiritual body that was so deformed, for I had not given the spiritual part of me a thought while on Earth. ... A spirit came and offered to clothe me, but no sooner did the garments touch my body than they were discolored. My progress has been slow, but after many years of suffering I have developed my spirit and restored its beauty."

"I dress as I did with you, but some people wear white robes because they think when out of the mortal body it is the correct thing to do. If I chose to wear a tunic and sandals, or a 'Beefeater's' getup, no one would laugh and jeer; they would realize it made me happy, and that is reason enough."

"We are, moreover, endowed with all the beauty, loveliness, and vivacity of youth, and are clothed in flowing vestments of effulgent nature suited to the particular degree of refinement of our bodies. Our raiment being composed of phosphorescent principles, we have the power of attracting and absorbing or reflecting the rays evolved, according as our condition is more or less developed."

"The new spirit often finds it necessary to shelter its body from the sun or storm; not because it gives it pain, or that it would induce sickness or disease to expose its body to all the variations of temperature, but that its pleasures are enhanced by its compliance with all the laws of nature and to expose the body to cold or wet, with its organization not entirely freed from all admixture of Earth, would diminish the real pleasure it would receive from shelter or protection. Consequently, it erects its habitations, and clothes its body."

"It is the law that, as we progress spiritually ... we become younger in appearance, while we grow older in knowledge and wisdom and spirituality. I am not suggesting that we assume an exterior of extreme juvenility, nor do we lose those external indications of personality. To do that would make us all of a deadly uniformity, but we do, in truth, return-or advance, according to our age when we pass into spirit - towards what we have always known as 'the prime of life!'"

After Life - Mind & Body

"They had the right to wear their spirit robes by virtue of the fact that they were inhabitants of this realm we were now in. And the robes they wore were eminently suited to both the place and the situation. ... all outward appearances are produced, not by the texture of the material, but by the kind and degree of light that is essence of a spirit robe. ... They looked very comfortable to wear, and like everything here, they require no attention to keep them in a state of perfect preservation, the spirituality of the wearer alone accounting for that."

"There are many people here in costumes of the ancient days. I do not infer from this fact that they have been here all those ages. I think they wear such clothes because they like them."

"People who die at a young age can mature and progress to what they consider a 'prime' age."

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Food & Drugs

"The vines are trained in all kinds of curious shapes around a great many summer houses. A company of Frenchmen live here and make the grapes into wine. Of course. But our wines do not intoxicate."

"We eat and drink, but it is not what you mean by eating and drinking. To us it is a mental condition. We enjoy it mentally, not bodily; as you do."

"You do not have to have food or drink in order to sustain the astral body. You never get hungry or thirsty. ... the astral body extracts the prana or the life-giving force from the atmosphere."

"He says he doesn't want to eat now. But he sees some who do; he says they have to be given something which has all the appearance of an Earth food."

"Some want meat, and some strong drink; they call for whisky-sodas. Don't think I'm stretching it, when I tell you that they can manufacture even that. But when they have had one or two, they don't seem to want it so much -- not those that are near here. He has heard of drunkards who want it for months and years over here, but he hasn't seen any."

"Our life is ten times more replete with interest than that of Earth and no time is wasted in sleep, eating, or the preparation of food."

"You want to know how I eat? Well, my body absorbs all the nourishment it requires from the atmosphere."

"The Earth brings forth spontaneously most of the food required for our bodies. And I would say, the advanced spirits do not require as much food as those who are below them. Their bodies, in every sphere to which they are elevated, lose a portion of their grossness, and as they are more refined, they become more like the spirit itself."

"Now, we eat, and drink, and sleep, but these absolute necessities of organic life are not performed in the same way as on Earth; that is, the fact of eating is merely to support matter, and when there is but little matter, or matter refined, it requires but very little food to support it. When the spirit has ascended to the higher spheres, it casts off, as a garment, the grosser part of its body, and, consequently, the spirit distinct is the governing principle of its existence. I should say that the spirit is the greater proportion of the two: thus the spirit-necessities are paramount, and sometimes such spirits scarcely eat once a week,

After Life - Mind & Body

and only when the demands of the material part of their combination require support from food."

"During the first days the habit of earthly hunger often held her, and he tried to appease it by giving her the softer substance which we know here."

"We are no longer bothered by hunger and thirst; though I, for instance, still stay myself occasionally with a little nourishment, and infinitesimal amount compared with the beef-steak dinners which I used to eat."

"Almost unconsciously, we infer that the light which pours down on our world is a kind of life. It renews our being, and satisfies and feeds us; in fact, we need no other food."

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Rest & Sleep

"If we feel we want rest we can get subdued light; not so subdued as you understand it, but sufficient to enable us to rest."

"You have rest, so do we. ... the beta body has to be replenished, to rest."

"Do you sleep? 'Well, I doze.'"

"Our life is ten times more replete with interest than that of Earth and no time is wasted in sleep."

"I don't actually sleep but I do sometimes feel tired, and then I lie down and rest, and refresh myself by bathing in the lake."

"The spirit's need of rest depends on its particular degree of development, diminishing in proportion to its advancement from the material plane."

"Sleep is necessary only so far as the material portion requires it, and as the spirit develops, there is less and less required."

"Do not think...that it is necessary for me to rest on the solid matter of your world. Not at all. We can rest on the tenuous substance of our own world."

"If you have no night, do you never feel the need for sleep? 'No. Rest perhaps, but not sleep. You only crave for sleep so that your astral and ego bodies may be set free for refreshment in our living air.'"

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OPERATING AND FUNCTIONING -----

Communicating

In spirit life, communication takes place in the same way as in Earth life. The vocal organs vibrate their atmosphere, the tongue moves, the lungs draw air, everything proceeds here as it proceeds on Earth, the only difference being that it is all taking place in matter of a much finer structure at a much more rapid rate of vibration.

"Question: Does each of you live in a world of your own?"

Answer: Everyone does, you do and so do I, but if you mean can each of us see and feel the same thing, I answer - Yes. All in the same plane can sense the same things."

"There are the various Earth languages spoken here, such as English, French and German, but they are conveyed from mind to mind mentally. Communication takes place mentally from one to another, not only by the spoken word as on Earth."

There is a universal language: each and everyone can understand the other. It is inherent. Nationalities generally live together and speak their own language, but there is one language common to all.

"Telepathy operates without distortion in this after-death period, so you must deal with the true relationships that exist between yourself and all relatives and friends who await you."

Without exception, souls who wish to contact each other, especially when on the move, do so by just thinking of the entity they want.

"Q: How do spirits hold communication with one another?"

A: They see and comprehend one another. Speech is material; it is a reflex of spirit. The universal fluid establishes a constant communication between them; it is the vehicle by which thought is transmitted, as the air, in your world, is the vehicle of sound. This fluid constitutes a sort of universal telegraph, which unites all worlds, and enables spirits to correspond from one world to another."

"It is true that we are able to think ourselves into any locale to see almost anyone, but ... If no one wants to see you, you are not able to intrude on his solitude or other activities. It must be a two-way street."

After Life - Operating & Functioning

"We think in universal symbols and need no words in this language or that. Reading is reserved only for those who wish to scan akashic records, which are of course in universal symbols. Writing is the same."

"[We communicate with each other] by words if we wish, or by projecting our thoughts. But there is more privacy, because the thoughts are only projected at will."

"In the spirit-world, too, we can speak by thought, by telepathy; that is how we overcome the difficulty of different languages. This does not mean that I have no privacy of thought, and that my mind is open for all to read. I have to project a thought when I want to communicate it."

"Thoughts, being motions of the mind, assume specific and definite forms, and when distinct in the mind can be clearly perceived and understood by any spirit who is in sympathy with the mind in which they are generated."

"When we focus our thoughts upon some person in the spirit world, whether they be in the form of a definite message, or whether they are solely of an affectionate nature, those thoughts will reach their destination without fail, and they will be taken up by the percipient. ... Although we can thus send our thoughts, it must not be assumed that our minds are as an open book for all to read. By no means. We can, if we so will, deliberately keep our thoughts to ourselves."

"I was able to have a word or two with Pierre Curie, even though on Earth he was a Frenchman and my French was never fluent. Language affords no difficulty over here; and I yet do not know if I spoke in French or he in English. Or even if, in the earthly sense we 'spoke' at all!"

"I find, as time goes by, that I converse more and more by powerful and projected thought than by the moving of the lips."

"He has been over here a long while and he could very easily communicate by thought instead of speech, but he enjoys talking."

"Nations keep their own languages and customs but they are less defined ... our sympathies are wider and knowledge of each other fuller. The language barrier begins to be removed because it is so much easier to pass thought between us."

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Travelling

"We often think of a person or place, and in a moment we are there, and the beauty of it is, we are never attracted where there is no congeniality."

Movement on each [spirit] plane ... is just as possible as here on Earth; in fact, movement is much more rapid.

"We move from place to place as you do but much more quickly than you can."

"[Your spirit body] can do anything that you do now in your dreams. Therefore it flies, goes through solid objects, and is moved directly by your will."

"If I were to walk down an astral block in a city or community in the astral world, it would take the same apparent time that it would take you to walk down an equivalent block in your world. This would be so because I would walk ... in a very normal manner. ... However, if I were to travel from one community to another, then neither the time nor the space consumed in going from one given point to another would be considered. ... It is done through the power of will. We have to learn how to will ourself [sic] there. ... you have to train yourself in using the power of will, pretty much as when on Earth you have to learn to crawl before you can learn to walk."

"Q: Do spirits employ any time in transporting themselves through space?"

A: Yes; but their motion is as rapid as that of thought."

"A spirit can ... take cognizance of the distance he passes through, or he can rid himself entirely of the sense of distance. This depends on the spirit's will, and also on his degree of purity."

"Here there are no barriers, no barricades, no blocks to our free passage. The mind wills where we will be, and there we are."

"It's the thought that transports us, and since all solid objects on the Earth's surface are merely thought forms, we move through them."

"Q: How do you folks over there travel?"

A: Well, sometimes we walk, the same as you do. Then, again, we float about in spirit ether, our desires being the propelling power, the very thought fixes a magnetic point of attraction at the destination that leads us thither."

"The spiritually developed soul is enabled to travel and traverse great distances and behold the glories and inhabitants of vast regions in very little time."

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"If it is someone on a higher sphere whom I wish to see, that person must share my wish or nothing will come of it. On the other hand, when I wish to see one who is living on a sphere lower than my own, the desire need not be mutual."

"How do I get about? I walk very often, at other times if necessary I generate sufficient power, which I concentrate by effort of will within my body, to take me anywhere with the speed of thought."

"When we desire to be with our friends on Earth, we have only to will it, and our desire is instantly gratified. We can visit the spheres below, but not those above us until we are prepared for admission into them by a gradual process of development."

"If we think ourselves into a certain place we shall travel with the rapidity of that thought, and that is as near instantaneous as it is possible to imagine."

"All places are not open to us here. There are many realms where we are not able to enter except in very special circumstances, or only if our state of progression permits. That, however, does not affect the method of locomotion here; it merely restricts us in certain well-defined directions."

"As a rule, I do not walk about as formerly, nor do I fly exactly, for I have never had wings; but I manage to get over space with incredible rapidity. Sometimes, though, I walk."

"So, little energy is required here to move myself about that at first when I started to go a short distance-say, a few yards -- I would find myself a mile away. But I am now pretty well adjusted."

"To say baldly that I can be wherever I desire is to give an over-simplified impression. Yet space has indeed become more relative to our consciousness of it. There is a kind of telescoping of near and far."

"In a very short time the soul learns that it can go anywhere -- with the speed of thought."

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Creating & Controlling

"There is no dust nor dirt here and everything can be changed in a moment when we will to change it."

"We do not live in a dream world. As I have said, we live in a real, tangible world, though the atoms composing it differ from the atoms which make up your world. Our minds can act on this tangible substance in a way yours cannot do on your world. You live in a world of slower vibrations."

"I have told you that thoughts and emotions form physical reality, and they form the after-death experience. This does not mean that the experiences are not valid, any more than it means that physical life is not valid."

"You still have to earn your way in the astral world ... by serving humanity through your individual efforts in helping to create whatever it be of a creative nature. But this is not accomplished by just wishing for things in the astral world, and thus thinking that the force sent out will then materialize them for you. It is not so simple as all that."

"That which you so laboriously take from the Earth below, we precipitate from the etheric clouds above."

"Animatical forces are constantly passing through the astral body and replenishing the various divisions of the astral world. They are to us what oxygen is to you. ... The minds of the inhabitants are constantly creating and recreating the animatical forces."

"Since thoughts are definitely things, we are the co-creators with God of what we find for ourselves here."

"There's something perpetually rising from your plane; practically invisible -- in atoms when it leaves your plane -- but when it comes to the ether, it gains certain other qualities round each atom, and by the time it reaches us, certain people take it in hand, and manufacture solid things from it."

"Thought plays a very important part in manufacture here, but ours is not an entirely mental world. We can make things by other processes than thought, if we choose to do so, and many on coming here would not be happy in doing purely mental work."

"Man conceives the idea and thus is able to create from that. The other beings are those which can create by mental image, and thus cause it to manifest in

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what appears to be space. All the materials or ions are within the atmosphere above them. It is just a matter of conversion."

"The power of thought is almost unlimited in the spirit world, and the greater the power of any particular effort or concentration of thought the greater the results. Our means of personal locomotion here is by thought, and we can apply that same means to what the Earth world would call 'inanimate objects'. Of course, in the spirit world nothing is inanimate, and because of this, then our thoughts can have a direct influence upon all the countless things of which the world of spirit is composed."

"It must not be concluded that anyone can move a boat through the water merely by thinking that it shall do so. It requires, like so many other things, the requisite knowledge, its application upon well-ordered lines, and practice in the art."

"He carefully showed me how to create garments such as I desired: to fix the pattern and shape clearly in my mind, to visualize it, and then by power of desire to draw the subtle matter of the thought-world round the pattern, so as to actually form the garment."

"All effect is created by thought, and manifestation is a result of intention ... Newly departed souls learn to monitor their thoughts very carefully, because whatever they think of, they experience."

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Waste and Recycling

"It may be asked, what becomes of the objects which are no longer wanted when their makers and owners rise higher and leave them behind? Others who come here may want just those things. But there is with us a process of transmutation or substitution, by which objects may be made finer. It is possible to change the appearance of an object by mental force, entirely altering it without taking it to pieces. This process can be effected by those who have developed on constructive lines."

"While standing within [my house] I was fully aware of its permanence as compared with what I had left behind me. But it was a permanence that I knew I could end; permanent only so long as I wished it to be so."

"The adornments of the home, such as the hangings and upholstery do not ever need renewal, because they do not perish. They endure until we wish to dispense with them for something else."

"These severed flowers will survive their removal for just so long as we wish to retain them. When our interest in them begins to wane they will quickly disintegrate. There will be no unsightly withered remnants, for there can be no death in a land of eternal life."

"Here every man's home is an index of his character."

"Our houses are just as we care to make them. Your Earth houses first were conceived in your mind and then physical matter was put together to make them as your mind first saw them. Here we have the power to mould etheric matter as we think. So our houses are also the products of our minds. We think and we construct. It is a question of thought vibration, and so long as we retain these vibrations we can hold the object, which during this time is objective to our senses."

"We are able to live in houses of thought forms, or on sunny slopes beside streams, or wherever we like to think of ourselves as being. But they are totally non-essential, since we need no habitation."

"[Homes in the spirit realm] are the abiding places of spirits who gather into them the objects of beauty which they love, and there harmonious spirits come and go, as in Earth life. They are as real to them as yours are to you."

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"You want to know about our houses? Well, they are built by bricklayers and designed by architects as they would be on Earth."

"Both the house and the garden, he told me, were the harvest I had reaped for myself during my Earth life. Having earned the right to possess them, I had built them with the aid of generous souls who spend their life in the spirit world performing such deeds of kindness and service to others. Frequently this work is undertaken and carried out by those who, on Earth, were expert in such things, and who also had a love for it."

"A party of us went boating and rowed for miles. We can materialize boats at will in a few minutes."

"I saw the old hat I used to wear, and I have the first one I materialized here. It looks just as it did then. We materialize from the elements. Everything in the shape of clothing, and we make them in a few moments."

"There is nothing we want that we cannot think into being at this point, except for another body of flesh, for this latter is not ours to command at any instant, but a right to be earned."

"On Earth he longed for a superior brand of cigar. He can have the experience ad nauseam of smoking this brand. He wanted to play golf, so he plays golf. But he is merely dreaming all the time or, rather, living within the fantasy created by his strongest desires on Earth."

"The task of actually constructing a craft is highly technical, and the methods of the spirit world, so entirely different from those of the Earth-plane, have to be mastered. Although we must earn the right to possess in the spirit world, we have the aid of our friends in the actual building. We can form in our minds, when on Earth, the shape of something we long to have -- a garden, a home, or whatever it may be. It will then be a thought-form, and will be converted from that into actual spirit substance by the help of experts."

"Here you think up your clothes, they materialize, and you put them on. When you want to change what you are wearing, you can thought-power off the clothes you have on and create something else. We all tend to wear the kind of things that we enjoy. ... Whatever we create remains as objective reality as long as we wish it to."

"Each kingdom of the astral world has been set up by a group of people who were desirous of creating that particular atmosphere. ... The trees, the flowers,

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in fact everything that is there that enhances the beauty of that particular atmosphere was created ... through the concentrated thought processes of billions of souls bringing all of these things into manifestation. Thus everything is just as it was intended to be: a replica of that which exists on the Earth, but created out of a more sublimated or finer material."

"The united thoughts of the inhabitants of the whole realm will sustain all that grows within it, the flowers, and the trees and the grass, and the water, too, whether of lake, river, or sea -- for water is fully alive in the spirit world."

"I have a corner of flowers ... I pour Light and Love into them and over them, rather in the same manner as watering and nourishing them; and they answer (or respond) by growing profusely and gloriously golden."

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SOCIAL ASPECTS -----

Gender & Sexuality

"[Gender changes] are necessary. Some individuals alternate their sex in each life. Others have a series of female lives and then a series of male lives ... but the entire reincarnational framework must involve both sexual experiences."

I am repeatedly told that the soul is androgynous, and yet, in the same breath, clients declare sex is not an unimportant factor. I have learned all souls can and do assume male and female mental impressions toward other entities as a form of identity preference.

Truly advanced souls have balanced gender preferences in their physical life choices.

"A man is still a man and a woman is still a woman in every sense of the word. You absolutely retain every component part of the human anatomy."

"If you were to make the statement that no mortal love can equal the pure joy that is experienced during 'union' in the higher planes, you would be coming somewhat close to the truth, although it is not strictly 'sexual' in the sense that the average mortal would understand the term."

"If you define sex as the gratification of lust, there is no sex here because there is no lust."

"Those of us who have lived on Earth or elsewhere usually consider ourselves as male or female in our own thoughts. We can project our image to another soul in that form. But we have no gender, not really."

"Q: Have spirits sex?"

A: Not as you understand sex; for sex, in that sense, depends on the corporeal organization. Love and sympathy exist among them, but founded on similarity of sentiments."

"Q: Does the affection which two spirits have felt for each other upon the Earth always continue in the spirit-world?"

A: Yes, undoubtedly, if that affection were founded on sympathy; but, if physical causes have had more share in it than sympathy, it ceases with those causes."

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"Although no such institution as marriage exists here, the melding of souls is infinitely more sublime."

"Here, as we told you, there is no sex act since there are no sexes, but we are able to meld with those we love to such a degree that the union is far more perfect than in physical form."

"The beauty of physical mating is not lost, but intensively increased in the spiritual realm."

"This spiritual passion sounds almost erotic to me. "Of course, but it is so much more. ... The rapture we feel for each other comes from all our contact together in hundreds of lives combined with memories of the blissful state we spend reunited between lives."

"There are men here, and there are women here, I don't think that they stand to each other quite the same as they did on the Earth plane, but they seem to have the same feeling to each other, with a different expression of it."

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Personal Relations

"You may find after death a much stronger relationship emotionally with a personality from a past life. If you are married, for example, and have no true rapport with your mate, you may find a past wife or husband waiting for you."

"I asked whether the marriage ties were perpetuated. "That depends entirely on similarity of taste and equality of development. In the case of this being attained, the spirits can progress side by side. ... The union of soul with soul which in the body has been a source of support and assistance is developed and increased after the spirit is free. The loving bonds which encircle such souls are the greatest incentive to mutual development, and so the relations are perpetuated, not because they have once existed, but because in the eternal fitness of things they minister to the spirit's education. In such cases, the marriage tie is perpetuated, but only in such sort as the bond of fellowship between friends endures, and is strengthened by mutual help and progress."

"We could not obtain really close union with any spirit unless the intelligence be absolutely on the same mental and progressive plane. [However,] soul may be linked with soul in bonds of affection, without any intimate connection such as we mean by being on the same plane of development. Love unites spirits at whatever distance."

"With us union means identity of development, community of interest, mutual and affectionate progression. We know no such indissoluble ties as exist with you."

"Let us say that you have married three women on the Earth plane and that you have three wives. They are all in the spirit world. Now when you come over here, which one are you going to go to? You may not go to any of them, ... all four of you may have grown in completely divergent directions. ... However, you will visit with all three of them from time to time."

"Q: Does the affection which two spirits have felt for each other upon the Earth always continue in the spirit-world?"

A: Yes, undoubtedly, if that affection were founded on sympathy; but, if physical causes have had more share in it than sympathy, it ceases with those causes."

"There is no such thing as any special and fated union between any two souls."

"Q: What is meant by a twin soul?"

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A: It is nothing more than a melding together of two souls through deep affinity, where each feels strengthened by the proximity of the other."

"I found also that my own condition of spirituality and that of my second wife are so nearly congenial that she and I can harmonize together in the same home over here; and therefore she and I will be united here as on Earth. I have met my first wife and find that she is in harmony with other conditions just suited to her case, and that she is entirely satisfied that it is so, leaving no unpleasant regrets with either of us."

"As regards the institution of marriage, I would observe that on Earth it is a civil contract, entered into by two persons, male and female, mutually or otherwise, as the case may be, for and during the term of their natural lives, but which is legally annulled on the demise of either party; so that whether or not it be renewed in the spiritual world, is determined by choice, not obligation. Celestial marriage, however, is ... a true and indissoluble bond of spiritual union."

"The marriage contracted in this world loses its binding power in the spirit world, yet may endure if mutually desired. If a husband has had several wives, or a wife several husbands, the tie endures only between the most congenial pair."

"Now whether one male is formed for another female and they twain go hand in hand through the various stages of eternity, I cannot say, but reasoning from what I know, I should say, No. For in one stage of existence the affinities which attract male to female, and otherwise, might act as a repellant in another stage. Besides, when the soul leaves the body, it might be attracted by its affinities to some part of the universe where the mate of this soul would not -- could not follow."

"There does seem to be a good deal of mating and rejoining of former mates. The sex distinction is as real here as on the Earth, though, of course, its expression is not exactly the same."

"He may learn that really, essentially, fundamentally, he does not 'belong' to either of these women. The souls out here seem to belong to themselves, and after the first few years they get to love liberty so much that they are ready to yield a little of their claim upon others."

"As the Bible says, there are no marriages in heaven, but the bonds of true love and affection we have had with people on Earth still remain. These ties draw us together here -- to share, to love and to BE."

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"There is ... no sense of possession in even the more intimate relationship."

We will find our friends and homes and live with those most congenial, a person under a natural law of attraction drifting to his proper sphere and surroundings.

"The children are watched over and cared for by the most beautiful and motherly spirits who in their Earth-life were especially fond of children. These are entirely orphans, as we call them, or children whose parents are still on Earth, but who will take them home when they themselves come over."

"Just as we live in surroundings suitable to our mental development, so we also attract to ourselves minds of the same type as our own. Like attracts like in this world."

"We can sit down together and enjoy each other's company just as you can on Earth."

The family tie unites again those whom affection held together on Earth.

"Telepathy operates without distortion in this after-death period, so you must deal with the true relationships that exist between yourself and all relatives and friends who await you."

"There is no rule saying that in each life you must meet again those whom you have known before; and yet, through the nature of attraction, that is often the case."

"Oftentimes four or five individuals will set themselves a given challenge, and assign to the various members different parts to play. Then, in a physical existence, the roles will be worked out. ... Yet this does not mean that you travel through various existences with the same limited and familiar number of friends and acquaintances, merely altered like actors with a change of face or costume."

"New relationships are always encouraged, however, for you can have ingrown re-incarnational 'families'."

"If one [friend or relative] is further advanced, and progresses more rapidly than the other, they cannot remain together: they may see one another occasionally, but they can only be definitively reunited when he who was behind is able to keep pace with him who was before."

"Those who are fond of you never go too far to come back to you -- sometimes too far to communicate -- never too far to meet you when you pass over."

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"Close friends meet quickly, if upon the same sphere. But if one is on a lower sphere, his friends may not know of his arrival there."

"Yet individuals united by the ties of consanguinity are not always linked together, even here, by the golden chain of love and benevolent affection, since it not infrequently happens that there is much more harmony existing among those who are not members of the same family. Notwithstanding that persons who were intimately acquainted with each other in the natural world, and those who are akin, may be and often are separated, sometimes for long periods, still they do occasionally meet together."

"Spirits visit much, and it seems as much a part of their lives to visit their friends, as it is faithfully to perform their other obligations. Thus they visit their friends in the sphere to which they belong, or the sphere below them."

"The meetings with relations and friends are something that must be experienced in order to grasp the full significance and joy of reunion. Such meetings will only take place where there is mutual sympathy and affection."

"You may or may not be greeted by friends or relatives ... you may be far more interested in people that you have known in past lives than those close to you in the present one."

"If you hate another person, that hate may bind you to him through as many lives as you allow the hate to consume you."

"The succession of their corporeal existences establishes among spirits a variety of relationships which date back from their former existences. ... In your neighbor, or in your servant, may be incarnated some spirit who has formerly been united to you by the closest ties of consanguinity or of affection"

"Souls which once avoided each other like poison on Earth [can] become devoted partners here, after each has gone through this cleansing experience of smoothing out the rough spots of his manner and behavior and conduct."

"Many people have servants, but they are old servants who are attached to them, and who are not spiritually and mentally ready to emancipate themselves for other work here; so they may live for years in pleasant companionship with their masters and mistresses before they evolve on definite lines of their own."

"Great organizations exist to help every single soul who is living in [the lower realms] to rise out of them into the light."

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"Did you suppose that no one quarreled here? Many do. There are even long-standing feuds among them."

"This plane is so full of different people, so many different people, that one must learn tolerance very quickly. Otherwise you meet someone and, if you are not tolerant toward them, you are immediately consumed by annoyance and your spiritual body becomes upset. You can get mental indigestion."

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Race & Ethnicity

"Yes, the Spirit world surrounds yours 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."

"Each kingdom of the astral world has been set up by a group of people who were desirous of creating that particular atmosphere. ... The trees, the flowers, in fact everything that is there that enhances the beauty of that particular atmosphere was created ... through the concentrated thought processes of billions of souls bringing all of these things into manifestation. Thus everything is just as it was intended to be: a replica of that which exists on the Earth, but created out of a more sublimated or finer material."

"The Chinese people resemble very much their earthly bodies and their faces have the same almond eyes and flat noses, and they dress for all the world like they did on Earth. In fact, I believe every nation, when its people first pass over, keep the same characteristics that marked them on Earth."

"I have seen many [Native American] Indians and they often visit among the white race and control at séances. The reason is because having lived in a simple way and in the open air a great deal their bodies and spirits are more charged with magnetism. Some of them dress like we do, only in very bright colors, but many take pride in dressing as they did on Earth."

There is a universal language: each and everyone can understand the other. It is inherent. Nationalities generally live together and speak their own language, but there is one language common to all.

"I have traveled a great deal in spirit life, and I find spirits live as they did on Earth. The Hollander does not change his odd dress or his quaint ways for something that would appear more modern to the Anglo-Saxon visitor. I have often seen the picturesque Swiss homes in spirit life. The Indian villages are here just as on Earth, and Red Feather has even treated me to a ride on his pony, and I, in return, took him to a Chinese home. So I find that different nations have different ideas of what constitutes the beautiful in their spirit homes, the same as they had in Earth life."

"Yes, people here live in 'sets' or 'colonies,' because those of like interests and nationalities gravitate naturally to each other, and to their own people. Otherwise, one can imagine, it would not be very happy if you found yourself mixed up with people of every nationality, with dissimilar tastes and experiences,

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and with nothing in common between you, for the fact of dying does not change you in any way."

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Status & Competition

"The great charm here is congeniality. We never have a misunderstanding, or any unpleasantness."

"When you remember there is no dust nor dirt here and everything can be changed in a moment when we will to change it and that we make our garments in a flash you will see we need no servants."

"On Earth, as you know, if a man has money, dress, and good manners, he may be able to go with the best, but the same man might not be admitted to the first ranks here. With us, it is worth, character, education, refinement, and goodness."

"Kings and queens and many such people find on coming here that their importance is gone. If they are intellectually great, or good, however, of course they are prominent. If otherwise, not."

"Earth titles mean nothing to us. As soon as those bearing them arrive here these prefixes are dropped, they are meaningless to us."

In a climate of compassion, there are no power struggles for control among these peer groups whose members are unable to manipulate each other or keep secrets.

"Titles are nothing; intrinsic superiority is everything."

"Rank doesn't count as a virtue. High rank comes by being virtuous."

"We acknowledge no aristocracy but that of mind and merit."

"We felt -- because we knew -- that everything was in perfect order; that everyone knew what to do or where to go; that there was no question of another's superiority over ourselves for reasons of privilege."

"I was told that many people, whose public favor was considerable when they were incarnate, discovered, when they had shed their earthly bodies that their fame and high favor had not preceded them into the world of spirit."

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Government & Authority

My informants were insistent on the point that with them discipline was rigid and all had to obey those in authority. Everyone is under the authority of higher spirits whose laws and instructions must be carefully obeyed. It is a well ordered and well governed state.

"Spirits, good and bad alike, are subject to the rule of commanding Intelligences."

"The authority of spirits over one another, in virtue of their relative superiority, is very great, and gives to the higher ones a moral ascendancy over the lower ones which is absolutely irresistible."

"There is no reward for behaving correctly here in spirit, because there is nothing to tempt us otherwise."

"This plane, and all planes, I am told, are governed by law -- nature's law, the same as yours -- and it is the privilege and duty of every one to develop the spirit by study and helping others."

"Everything is governed by law; nothing happens by chance; cause and effect are as potent in the spirit plane as in the Earth plane."

"Discussion along general lines brings out new ideas. We have discussions the same as you have, but we have no politics."

"There is a government, but not one which limits and restricts; it is more in the nature of an inquiry bureau to which one can apply for advice and guidance when needing it. There will be an area which corresponds in general to a county. In this is one of these bureaux. It is managed by a band of experienced people who have been here for some considerable time, and who do not belong wholly to our sphere, but return periodically for work. They know exactly where the newly arrived are most likely to make mistakes."

"There is a law which acts automatically; should a thing not be right for us, it could not happen on our sphere, even though we tried by thought to bring it about. So that, if it does not come to pass, we are not disappointed, knowing that its happening would interfere with higher and more important plans."

"In the spheres, the decisions of those whose authority is intuitively evident in moral or legal questions meet with acquiescence."

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"Our laws are meted out in the scale of exact justice, from whose awards there is no appeal. Punishments are but the natural consequences of violated laws; being invariably commensurate with offences, and have reference as well to the reformation of the offender, as to the prevention of future crime."

"Q: In your government, do your little communities band together and form larger ones, over which, also, there are governors, and so on, like system upon system of worlds?"

A: Circle within circle, winding spirally upward, until it centers in one ruler over all."

"The government is patriarchal, and the head of a sphere is a spirit invisible, who communicates his wishes to those higher spirits by absolute oral statements, or by impression."

"Q: Are beings truly self-governing at the higher levels?"

A: Not on an individual basis, for as they reach the higher levels there is more of a communal governing or a governing by general consent, so that it is not an individual thing or an I-am-my-own law."

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Trade & Money

"The subject of money is never considered here. Everything is done for accommodation and is a gift instead of a sale."

"What astonished [the children] most was that you raised pears 'to sell.' These had not known Earth-life, and here, as you know, all is gift. And when we told them money was little round pieces of metal, they could not understand why anyone wanted it, and we had to laugh at the curious questions."

There is no working for money, and the absence of money is about the only thing different from this Earth.

"In the astral world there is no monetary exchange. There is never any commercial activity, but things are created and then put on display... and we have what might be termed bartering."

"As food, or its equivalent money, is not the principal object of their existence, ... they are in a position in which they can reflect at their leisure and begin to reach towards this strange and marvellous life of the mind."

"There are no charitable institutions here. That is to say, no spirit ever gets something for nothing, or without effort on his part. Though we older spirits can and do help newcomers, we cannot give them spiritual riches -- we can only show them how they may acquire them for themselves."

"We have no occasion for gold or silver, which perisheth with the using, but the currency of moral and intellectual worth."

"There is no money, and the land is subdivided into communities or neighborhoods, and in them the land is also again laid out in parcels for each to till for the benefit of all."

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ACTIVITIES -----

Religion & Morality

"There is no such being as the Devil or Satan or whatever name you give to him. I always liked 'Beelzebub.' Satan or the Devil is an invention of man. ... Some religions use it to frighten people into being good, which is self-defeating of itself."

"There is no evil except that which we create, for I have seen no signs of a devil on this side of the veil. We are our own devils, with our thoughts and subsequent deeds."

"In the kingdom of the mind ... there is no God but universal good; no Savior but oneself; no trinity but matter, force and mind."

"There are as many paths as there are branches on a tree, where each branch leads to the same trunk, from the pliable and brittle twig to the solid trunk -- the trunk in this metaphor representing God. But, although on Earth there are the many branches, it is not so in our higher world; with us it is as one great open road to God."

"I have never seen a spirit yet who has seen God, and yet here you know that you live because you are just a particle from the Divine."

"God is not limited, nor existing only in the seven spheres, He is also in the space beyond, for He fills all space."

"The churches -- of whatever denomination -- have built up a monstrous conception of the Eternal Father of Heaven. They have made of Him, on the one hand, a mountain of corruption by shallow lip service, by spending large sums of money to erect churches and chapels to His 'glory', by pretending a groveling contrition for having offended Him, by professing to fear Him -- fear Him Who is all love!"

"The idea that a King of Evil exists, whose direct function is to oppose the King of Heaven, is stupid; it is primitive and even barbaric. The Devil as a solitary individual does not exist, but an evil soul might be called a devil, and in that case there are many devils."

"If I say that now I understand the meaning of the phrase 'Rest in the Lord' that might help. Yet there is no personality about this experience. God is Light, Energy and Joy to me."

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"This is the statement which I have to make: that there are many gods, and that the One God is the sum total of all of them. All gods exist in God."

"God is in the sadness and the laughter, in the bitter and the sweet. ... God is the up and the down. The hot and the cold. The left and the right. The reverent and the irreverent."

"This is both the goal and the glory of God: that His subjects shall be no more, and that all shall know God not as the unattainable, but as the unavoidable."

"People do often cling to their Earth religion, whatever it may be, after coming here, but the mistaken ones finally find their error and change their views. The true religion is to love God, who is our father, and to do all one can to help make others happy and better."

"Yes, we have parties and celebrate Christmas because we did on Earth and because it commemorates the birth on Earth of Christ, the one pure Spirit, whom we cannot see, because he is so high above in the heavenly spheres."

"We went yesterday for the first time to a part of the Spirit World occupied by Turks and Hindus, and others who believe in the Mahomet faith. ... You will be surprised when I tell you that many of these people still believe in their prophet, and it is a subject of great interest to the minds of other believers to try and change their views."

"Some seem to think that the spirit world we enter immediately after death has but a single religious form but this is not so."

"Today we went to a different part of the country. It was high and mountainous, with beautiful groves of trees, and in these were large temples where were collected thousands of spirits who had been priests of Buddha and Brahma on Earth. Some of their wise men were lecturing on the future prospects of their religion on Earth. Of course their conception of God is very different from ours and they keep their same notions when they first come here. In talking with one he seemed to think that the greatest happiness was in the contemplation of God's goodness, and we learned that all these priests spend a larger part of their time sitting silently meditating in these temples."

"Every known religion is practiced in the astral world. ... Many of the temples, mosques, synagogues, and cathedrals are truly magnificent. And strangely enough, there are still those who are endeavoring for other 'lost souls' to come under their own particular religion."

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"When people come into the astral world, they do not know any more about religion or God, in the sense of the word, than they did when they were on the Earth plane."

"In all cases of yearning souls thirsting for true knowledge of God and of their destiny, the opinions of Earth rapidly fade, and the spirit sees how baseless and unreal they were."

"Knowledge does not make a wise man. A great Indian Yogi, a Chinese sage, a learned or holy Christian father may dwell for aeons of time within the Third and Fourth Super-terrestrial States. ... They cling to the line of thought which was theirs on Earth, and so they remain sadly individualised in it; they are caught in its dream, and are snared in the many errors thereof."

"Our religious teachers belong to that class of persons who were noted, during their probation on Earth, for their philanthropy and deeds of moral bravery; those who, regardless of the scoffs and sneers of the time-serving multitude, dared to promulgate and defend the doctrines of 'civil and religious liberty.' These practical reformers and saviours of the race, instead of worrying their hearers, as is the custom with many on Earth, with horrible denunciations and awful threats of eternal vengeance for their misdoing, admonish and exhort them to higher and nobler aims and aspirations; to the study of Deity as manifested in his stupendous works."

"There are spirits who imagine that heaven can only exist where they are. They are not wicked. They are good; but they suppose, from a kind of vanity, that the place where they are must be holy ground, from the ideas which they learned in life, and which it will take many, many years to eradicate."

"There is as much conflict of opinion on the true nature of Christ here as with you."

"Because people take with them all their characteristics into the spirit world, the fervid adherents to any particular religious body will continue to practice their religion in the spirit world until such time as their minds become spiritually enlightened."

"I have since seen them for myself -- whole communities still exercising their old earthly religion. The bigotry and prejudices are all there, religiously speaking. They do no harm, except to themselves, since such matters are confined to themselves. There is no such thing as making converts here!"

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"The holders of different opinions on religion are often hot in their arguments. Coming here with the same beliefs they had on Earth, and being able to visualize their ideals and actually to experience the things they are expecting, two men who hold opposite creeds forcibly are each more intolerant than ever before."

"Here we continue to practice the rites of our respective churches, for on this plane we are conscious of our earthly personalities and modes of living."

"On numerous occasions since I arrived here, I have been permitted to go into the higher planes where there is a unity of God-praise, not a segregation of the praise of God."

"We are all walking. We Christians walk here, the Hindus walk there, the Buddhists walk in another place, and so forth. All have their own paradise, goals, aims, and objectives for so long. Then suddenly they are into the tremendous experience of knowing that all is one under God and that there is no division in purpose."

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Spirit Views of Earthly Practices

"We abjure and denounce that most destructive doctrine that faith, belief, assent to dogmatic statements, have power to erase the traces of transgression; that an Earth lifetime of vice and sloth and sin can be wiped away, and the spirit stand purified by a blind acceptance of a belief, of an idea, of a fancy, of a creed. Such teaching has debased more souls than anything else to which we can point."

"We fight against that crude human view which renders God contemptible, and makes him a cruel tyrant who needed to be propitiated by His Son's death."

"I meet some who are absolutely lost and in total outer darkness because of a false theological training. Such go wandering and moaning about in search of a personal God seated on a great white throne, and their Savior, the only begotten Son of God, sitting at the right hand of God; and great convoys of angels flying in the midst of the heavens and round about the great white throne, with golden harps in their hands. From the time they were born until they reached the hour of death they never knew or heard or dreamed of any possible different condition to meet them in the great beyond. These are the hardest of all cases to be led to the real and saving truth and light."

"Do not think to rest your case safely on mere belief in Spiritualism. Faith will no more save the nominal Spiritualist than it will anybody else."

"Men cannot now be frightened with tales of hell fire. They have learned that many roads lead to God. There is no 'right of way' which is a perquisite of any particular form of religion. The only one that, will influence men at all is one that is full of common sense, that makes everyday life worth living, and death no longer a dreaded visitor but even a friend, for indeed it may be that."

"I believe that Christ is a great and wonderful personality, a great Spirit in the form of a man, as near as possible to God, because the God-force plays so strongly in and through Him. ... But He did not come to save men from the results of their sins. It is a comfortable theory, but not true. Here we learn that every man has to earn his own salvation."

"According to the divine moral economy, there is no such thing as pardon for sins committed -- no immediate mercy, no possible escape from the natural results of crime -- no matter where or by whom committed; no healing of a diseased moral constitution by any outward appliances, or ceremonial

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absurdities; and finally, that the only way whereby to escape sin and its consequences, is by progressing above and beyond it."

"Many of the so-called religious teachings are but impositions on the credulity of mankind, being founded on the grossest absurdities and palpable ignorance of the nature of things."

"The very fact that I was lying there where I was, constituted a complete refutation of so much that I taught and upheld during my priestly life upon Earth. I could see volumes of orthodox teachings, creeds, and doctrines melting away because they are of no account, because they are not true, and because they have no application whatever to the eternal world of spirit and to the great Creator and Upholder of it. I could see clearly now what I had seen but hazily before, that orthodoxy is manmade, but that the universe is God-given."

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Work & Study

"A large number of the human race come here with both body and mind sunk in the lowest depths of ignorance and vice, ... at times all of us receive impressions to go to their aid and to help them out of the darkness the past few months have been a time of unremitting labor with these poor spirits, for their good. It is indeed a thankless task, for many of them ... resist every effort that is made on their behalf."

Great activity prevails; everyone has his or her own work to do. Service to others and love are the ethical standards which prevail here to a higher degree than there.

"[Spirits] cooperate in the production of the harmony of the universe by executing the volitions of God, whose ministers they are. Spirit-life is a continual occupation, but one that has nothing in common with the painful labor of the earthly life, because there is in it neither bodily fatigue, nor the anguish of bodily wants."

"There are among spirits, as among men, some who live only for themselves; but their idleness weighs upon them, and, sooner or later, the desire to advance causes them to feel the need of activity, and they are glad to make themselves useful."

"There is work here, but only that which is purposeful, necessary, and congenial. No one is forced to work at any task."

"Here we have different avocations assigned to us according to our needs and desires. Some engage in teaching and training the intellect of those who need and desire such training. Some with great love of children find ample opportunity for use and enjoyment of this attribute of their natures in the kindergartens of the many thousands of children continually arriving on these shores. Some are most happy in endeavoring to assist the friends of Earth into higher and better conditions and in counteracting the abnormal influences of undeveloped and misdirected spirits over the minds of mortals."

"Every one works here as he is best fitted. In helping others in some way or other, many help those they love and have left on Earth, if they can get through to people there as I can to you; but for those whose relatives, either through ignorance, fear, disbelief, or religious bigotry, do not desire to get into touch with them, there is work to be done by helping less developed spirits on the lower spheres."

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"[A spirit] finds the land or Earth which it inhabits organized like your own, requiring labor to develop its resources, and that it is incumbent on it to labor for its own good as well as others."

"As there is choice of occupation on Earth, so there is even greater choice of occupation in what you may like to call 'heaven.' I find the latitude in our choices here to be quite incredible. ... Here we don't work so much as individuals. We work in bands and groups."

Around the intermediate level of learning, souls demonstrating special talents (healing, teaching, creating, etc.) are permitted to participate in speciality groups for more advanced work.

"Incarnation has also another aim, namely that of fitting the spirit to perform his share in the work of creation; for which purpose he is made to assume a corporeal apparatus in harmony with the material state of each world into which he is sent, and by means of which he is enabled to accomplish the special work, in connection with that world which has been appointed to him by the divine ordering. He is thus made to contribute his quota towards the general weal, while achieving his own advancement."

"Each experience is different. ... For example, there is an initial stage for those who are still focused strongly in physical reality and for those who need a period of recuperation and rest. On this level, there will be hospitals and rest homes. ... There are also training centers [where] reality is explained in accordance with an individual's ability to understand and perceive it. ... some individuals do not undergo any such periods, but because of development and progress during their past lives, they are ready to begin more ambitious programs."

"If [the newcomer] is a well-thinking individual and not too enmeshed in atheistic attitudes, he will eventually enter one of the great halls of learning and endeavor to find out a little more about life."

"The day comes that they ... begin to wonder more about their present circumstances. If of a studious nature, they will want to join classes, for we have them here."

"He's been attending lectures, at what they call, 'halls of learning': you can prepare yourself for the higher spheres while you are living in lower ones."

"Earth people, as a rule, think that when they have passed through high school and universities, they are through with study. When they arrive here and

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appreciate that knowledge is the stepping stone of their progression, they attend our temples of learning."

"In a sense,' he said, 'one soul is as much worth helping as another; in a deeper sense, perhaps it is not. Do not think that I am indifferent to the sufferings of the weakest ones because I give my time and attention to the strong. Like the ministering angels, I go where I am most needed. Only the strong ones can learn what I have to teach. The weak ones are the charges of the Messiahs and their followers."

"In other parts of this same building were rooms wherein students of art could learn all that there is to be learnt. The joy of these students is great in their freedom from their earthly restrictions and bodily limitations."

"Yes, there are schools here where any who wish for instruction can receive it-if they are fit. But there are only a few great teachers. The average college professor is not a being of supreme wisdom, whether here or there."

"They from above come to us to assist and advise and teach us on this sphere."

"We have schools here for the development of the soul of man, and to teach him his relation to mankind; to instruct him in the wonders of creation, impart to him knowledge of the inhabitants of the numerous worlds in space, to aid man, also, in experimenting in chemistry and all other branches of science, for in this life we can explore the uttermost extent of the universe. We also instruct in political economy and laws governing humanity. We also point out conditions and means whereby to help the unprogressive and helpless portion of mankind."

"Each society has teachers from those above, and not infrequently from the higher spheres, whose province it is to impart to us the knowledge acquired from their instructions and experience, in the different departments of science, and which we, in turn, transmit to those below."

"Our scientific researches and investigations are extended to all that pertains to the phenomena of universal nature; to all the wonders of the heavens and the Earth, and to whatever the mind of man is capable of conceiving: all of which exercise our faculties, and form a considerable part of our enjoyments."

"Spirit-guides ... try literally to inspire those on Earth. This does not mean in religious matters only; it applies to art, science, engineering, medicine, or any other subject."

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"Knowledge and learning, education or erudition do not connote spiritual worth, and the inability to read and write do not imply the absence of it. But when a soul has passed into this life, when he sees the great, broad spiritual thoroughfare opening before him with its opportunities both manifold and multiform, he sees also that knowledge can help him on his spiritual way."

"The teachers themselves do not cease their own studies because they are teaching. They are ever investigating and learning, and passing on to their pupils what they have gained. Some have progressed to a higher realm, but they retain their interest in their former sphere, and continuously visit it and their many friends to pursue their teaching."

"We are free, of course, to follow our own pursuits. There are no college rules or compulsory attendances but I, for one, find myself at the Halls of Learning almost continually."

"We took our seats in the hall where a lecture on electricity was being delivered by Benjamin Franklin. He is one of the greatest masters of that subject and still continues to give it his closest attention. They were discussing the subject as applied to moving of trains. It will be impressed on the brain of some inspired man on Earth who will work it out there."

"It is in the more advanced field of chemistry and philosophy that spirit people seek to enter, and here millions labor to understand and comprehend the laws of Nature, and how to apply them."

"I am studying science, which I always liked -- really and actually the science of life, the cause of things -- and something of the marvelous universe and of the natural laws which govern everything."

"The noble and sublime sciences of astronomy, chemistry, and mathematics, engage a considerable portion of our attention, and afford us an inexhaustible subject for study and reflection."

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Entertainment & Art

"Amateur ... concerts take place continually and every locality has its own. But sometimes there are grand concerts by the great artists."

"We had a concert today and instead of going to a hall we fancied to be romantic, so we went by will-power to a beautiful cave that was hung with stalactites. We improvised seats and a stage and hung it full of flowers, and after the company were seated we made a curtain and all the performers went behind and we dressed ourselves in costumes we materialized to represent the gods and goddesses of Greece. I was Apollo, Elsie was Diana... We had fine music and lots of fun."

"Here, music is the very highest and noblest of the sciences and those who are proficient in it are looked up to and their company is always sought."

"We have just been to the Hall of Music where there was a grand concert. Mozart played on the piano and Ole Bull and Paganini on the violin, which was certainly the finest music I ever heard."

"I cannot describe to you what a beautiful little musical sanctum we found. It was built of the purest blue crystal with rare figures of old paintings cut in the glass and on the top was a statue of the Goddess of Music. A splendid piano was in the room and here his wife took her seat and on a table were a dozen of the finest violins. Mason took one, I another, and he a silver cornet. We four played and made the very air ring with melody for more than two hours."

"The concert was a 'grand affair' and the garden was crowded. Their dress was very much like on Earth but much finer. We got very close to the stand as I was greatly interested in hearing what sort of music the fine artists of China would make. The leader ... said something to the band and all at once they broke out into a sort of overture that made me jump. Of all the hideous groaning and growling and creaking, you never heard the like. And just to show how people's tastes differ, I looked around after the overture was concluded, and the whole crowd was in a broad grin of delight and was applauding for all they were worth."

"There are vast musical consciousnesses where entire operas, symphonies, and the like are in constant production."

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"Heard sounds are sweet, but those unheard are sweeter. So, it is with our music here, for we are aware of rhythms and harmonious blending of notes which transcend any thing heard there in the highest quality."

"There are places on my sphere where they can listen to beautiful music when they choose. Everybody, even here, doesn't care for music, so it's not in my sphere compulsory."

"There is always plenty of beautiful music to listen to. All kinds of instruments are played, and those who desire to do so can play in this great orchestra."

"The music of your world is crude, indeed, compared to celestial compositions and songs. Here we have harmonious vibrations, expressed in what is called music. It elevates the soul, and we devote much time to its cultivation and to instruments for its expression."

"We derive much pleasure from the exercise of our talents in vocal and instrumental music, which far excels the noblest efforts of musical genius on Earth."

"Music is looked upon by many on the Earth-plane as merely a pleasant diversion, a pleasant adjunct to the earthly life, but by no means a necessity. Here it is part of our life, not because we make it so, but because it is part of natural existence, as are flowers and trees, grass and water, and hills and dales. It is an element of spiritual nature. Without it a vast deal of the joy would depart out of our lives."

"The air seems to be full of music. Not everybody has to pick it up, though. You only pick up the music if you want to. You don't need to have it if you don't want it. You can shut it out and be in silence."

"We were at the Hall of Painting today ... to see a new painting by Rembrandt. It was Christ on the Mount. There is a wonderful cave which was once devoted to Art by Hindu spirits. The walls are a mass of the funniest looking carvings."

"This hall was of very great size and contained a long gallery, on the walls of which were hanging every great masterpiece known to man. ... There were many groups listening to the words of able teachers, who were demonstrating the various phases in the story of art as exemplified upon the walls ... What we had seen was an earthly counterpart, which was perishable from the usual causes -- for example, from fire or the general disintegration through the passage of time. But here we were viewing the direct results of the thoughts of the painter,

created in the etheric before he actually transferred those thoughts to his earthly canvas."

"I think the happiest people I have met on this side have been the painters. Our matter is so light and subtle, and so easily handled, that it falls readily into the forms of the imagination"

"I cannot describe to you what a beautiful little musical sanctum we found. It was built of the purest blue crystal with rare figures of old paintings cut in the glass and on the top was a statue of the Goddess of Music."

"When we reached the statue we found it represented 'Free Thought and Religious Liberty' and had been erected hundred of years before by a large band of free-thinkers who had denied the supremacy of the Pope on Earth and had been burned at the stake in the time of the Inquisition."

"There are sculptors in this world who mold for the love of the work more beautiful fountains than your sculptors mold for money."

"We have books and we can read them."

"He went into the library ... and he says the books there seem to be the same as you read."

"[No books] are permitted in our libraries that are not founded upon truth. It is interesting to see the vast number of spirit people thronging our libraries, studying the works of the more advanced spirits."

"We have books, and people who delight in making them very much as do authors on Earth. Perhaps we do not read quite so much as you do; because we are now able to converse personally with the authors. ... Still, we have the books and there are libraries. In those libraries are many books which have never been published on the Earth."

"The volumes with which the shelves of this section of the great library were filled, would prove illuminating. The reader would be able to gain, for the first time, the truth about the history of his country. Every word contained in these books was the literal truth. Concealment is impossible, because nothing but the truth can enter these realms."

"The books ... are works of art; they are beautiful creations which, apart altogether from their literary contents, are lovely to look upon. ... But the books thus produced are not dead things that require a concentration of the whole

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mind upon them. They live just as much as the paintings we saw were living. To pick up a book and begin reading from it meant also to perceive with the mind, in a way not possible on Earth, the whole story as it was being told, whether it be history or science, or the arts. The book, once taken in the hand by the reader, instantly responds."

"We can study in libraries, which are very much like the libraries we have on Earth. ... The time comes when you no longer want to go around in a regular library. ... We can then go to memory-bank reference libraries, which contain records of everything that has ever happened."

"We have no tickets of admission and no reserved seats, and the plays differ greatly from those enacted upon the earthly plane. Our plays are taken from real life, and there are countless tragedies and comedies enacted around you each day."

"We have artists and musicians, and in fact we have people following every art and profession which makes for beauty and happiness."

"The plays themselves are frequently vastly different from those that are customary upon the Earth-plane. ... We can go to see comedies where, I do assure you, the laughter is invariably much more hearty and voluminous than is ever to be heard in a theatre of the Earth-plane. ... We have witnessed grand historical pageants showing the greater moments of a nation, and we have seen, too, history as it really was, and not as it is often so fancifully written about in history books! But surely the most impressive, and, at the same time, interesting experience is to be present at one of these pageants where the original participants themselves re-enact the events in which they were concerned."

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Gatherings & Celebrations

"When we progress and love God we get better from day to day, wiser and happier, but at the same time taking an interest in all kinds of social pleasures and amusements."

"We have parties and celebrate Christmas."

"Well, we had our tree. It was ornamented with real jewels as well as toys and we had little images of all kinds of birds and beasts. The children all stood around and sang beautiful Christmas hymns, and when all the presents were off the tree, we dematerialized it, and it melted away into a green vapor, and disappeared."

"After my last life, my group organized one hell of a party with music, wine, dancing, and singing. They arranged everything to look like a classical Roman festival with marble halls, togas, and all the exotic furnishings prevalent in our many lives together in the ancient world."

"We have our great meetings, our vast assemblies, our meeting-houses, our grand assembly halls. ... Our meetings are for the purpose of our own good and for the purpose of devising ways and means whereby all below us may be brought up to our light, to our homes, to our achievements."

"We have various societies here, some of which are for the purpose of assisting needy souls into better conditions. These are called benevolent societies. And these societies work by means of committees very much the same as your societies, except these committees work somewhat differently. We do not solicit financial aid as on Earth, but visit the needy with spiritual food."

"We do not need holidays. Our life is a feast of work; not a labour, but a feast, more enjoyable than any holiday."

"In addition to our studies we have many other sources of intellectual, moral, and heartfelt enjoyment, from which we derive the most ineffable pleasure: one of which is social reunions and convivial meetings; a coming together of dear friends, brothers, sisters, children and parents; where the liveliest emotion and tenderest affections of our nature are excited, and the fondest and most endearing reminiscences are awakened; where spirit meets in unison with spirit, and heart beats responsive to heart."

"In the spirit lands both Christmas and Easter are looked upon as birthdays: the first, a birth into the Earth world; the second, a birth into the spirit world. In

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this realm the two celebrations synchronize with those upon the Earth, since there is then a greater spiritual link between the two worlds than would be the case if the festivals were held independently of season."

"Ceremony we still perform, in a fuller and wider sense, for there is ever a need for the upliftment of the soul by dedicated and meaningful action correlated with intense thought and aspiration."

"This festival of Easter has been a most uplifting experience. Here we continue to practice the rites of our respective churches, for on this plane we are conscious of our earthly personalities and modes of living."

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Leisure & Hobbies

"As fond as I was of hunting on Earth I now feel almost disgusted at the idea of taking the lives of innocent little birds."

"We can have a long walk in the country, and meet a friend whom we have not seen for a long time. We all smell the same aroma of the flowers and the fields as you do. We gather the flowers as you do."

"In some communities a group of men have created replicas of particular models of automobiles, and they ride them around and about for sport and pleasure. In other communities there are lakes, and there are boats on the lakes, and the many get in the boats and sail around in the same manner as if they were right back here on the Earth plane."

"I wish it could be realised that there will be this opportunity for visiting and studying. It is far superior to the hurried and often wearying sight-seeing of Earth. Those who wish to travel, but are bound by duty to their homes, will be able, on arrival here, to visit all variety of interesting places and to enjoy them fully. The inability to travel, which so many on Earth lament, would take a brighter aspect if it were understood that the opportunity does not end with bodily death, and that the pleasure is merely postponed."

"I go boating and golfing, but one must not take life in any form, so I no longer fish."

"Floating upon this superb sea, some close at hand-others standing a little way out, were the most beautiful boats."

"It must be ever remembered that fun and humor are not, and never will be, the sole prerogative of inhabitants of the Earth-plane, however much they may like to claim a monopoly of them, and however much they may like to deny us our lighthearted merriment. We shall continue to laugh in spite of their possible disapproval!"

"I wished that I had cultivated the acquaintance of some of those ladies who crochet and gossip in this world as they crocheted and gossiped in yours. Do not be shocked. Did you fancy that a lifelong habit could be laid aside in a moment?"

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RELATION TO MATERIAL REALM -----

Awareness of ...

"... often, when I make a mistake in writing down a word I have mis-heard, I am instantly corrected, although Betty herself is lying below the level of the writing table, on the side opposite my pencil hand, and with her eyes blindfolded. 'Attitude of mind' I once wrote down, and was instantly stopped in mid-sentence. 'No, no!' interrupted Betty, 'Altitude of mind'."

"... we cannot see you, as you see yourselves, without your physical eyes. Our eyes are for the enduring different kind of body. ... Only strainingly do we perceive the material."

"I am with you every day, walk with you and look at the flowers and trees and listen to you talk."

"We see your spirits, which seem like a kind of rainbow shining all over your body and head."

"We cannot see your world until we take on Earth conditions. In taking these on, we slow down our vibrations and come through from one plane to another until we get our vibrations down more to a level with those of which your world is composed."

The mind acts on the etheric brain, the etheric brain on the material covering which we call the physical brain. Those who have made the change called death can see our minds at work, and study our etheric brain working under the influence of mind in a way we cannot. The pictures formed by our mind can be seen, and so everything we think can be read by those in the etheric world as easily as we can read a book.

"Those in the astral division are constantly working with and helping those in the material division. If an astral being wishes to enjoy a major sports event such as the World Series of baseball, for instance, he watches it through ... through the eyes of his loved ones on the physical plane. ... They are certainly much more aware of you and your activities than you are of them and their activities."

"Q: Can you see me? "

A: When you want me to see you, I can see you.

Q: Can you tell me what I am thinking?

A: Only if you want me to know."

"Q: Is a spirit ever present at the meetings of his heirs?

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A: Almost always. Providence has so ordained it for the spirit's own instruction, and for the chastisement of selfishness. The deceased is thus enabled to judge of the worth of the protestations of affection and devotion addressed to him during his life and his disappointment on witnessing the rapacity of those who dispute the property he has left is often very great. But the punishment of greedy heirs will come in due time."

"[Spirits] often see what you would gladly hide from yourselves; neither acts nor thoughts can be hidden from them. ... Practically, each spirit sees only those things to which he directs his attention; for he pays no heed to those which do not interest him."

"We are not all-seeing, all-knowing on this side, and many things are unknown to us on the physical plane unless they penetrate the intelligence of one with whom we work closely."

"We coexist with the physical beings and they with us, but the essential difference is that they are unaware of us, while we are totally conscious of them."

"Do you know how that a spirit such as I can look right through your bodies? We can see the bones and everything composing your bodies just as well while the bones are in the body as you can when the flesh is removed."

"He drew a distinction between the occasions when he actually came to me, and the times when he was en rapport with me without coming to Earth. He explained that, in the latter case, he would more easily get my subconscious thoughts, whereas, if present with me, my conscious thoughts would be more easily received by him. He further added that this difference depended upon the condition he assumed; that whereas in his own sphere he was in 'the subconscious or all-conscious plane of thought,' on coming to Earth he changed for the time being into 'a conscious plane of thought.' The difference, he added, was not easy for me to grasp, but it was very real."

"Thoughts, being motions of the mind, assume specific and definite forms, and when distinct in the mind, can be clearly perceived and understood by any spirit who is in sympathy with the mind in which they are generated."

"I listen to your conversation with your friends or visitors; but the advanced spirits never witness any act of man which is improper to be noticed by any other person, that is, any necessary or proper act of life."

"Music on Earth is much enjoyed on this side. ... Of all earthly things, sound reaches most directly into this plane of life."

After Life - Relation to Material Realm

"There is a privacy around all people on Earth which cannot be violated. Those of us in the astral world are not allowed to go around and see what is going on in a person's life unless we are called to do so by that person."

"It is seldom that a dweller on Earth becomes fully visible to us. It is as rare a happening as for you to see a ghost."

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Communicating with ...

"I have seen many [Native American] Indians and they often visit among the white race and control at séances. The reason is because having lived in a simple way and in the open air a great deal their bodies and spirits are more charged with magnetism."

"The higher and more developed we become the less are we in touch with your world."

"Those who have passed through the second death ... do not often come and speak to you on Earth directly ... but they can pass their messages on to me or someone in my plane and we pass them on to you."

"[Spirits] who are nearest to the Earth, in the three lower spheres or states of being [can] converse most readily with you. Of the higher spirits, those who are able to return are they who have what is analogous to mediumistic power on Earth. ... we higher spirits find it very difficult to find a medium through whom we can communicate. Many spirits would gladly converse, but for the want of a suitable medium."

"A body wasted by fasting is not in any way profitable, but neither is a body which is clogged and loaded by over-indulgence. Temperance and moderation are what help us [to communicate]."

"Souls [in Summerland] frequently communicate with Earth when they are in a state almost analogous to the Earth sleep. They will then endeavour to describe their memory world."

"One reason why we have found it so easy to get into touch with each other is because we are both psychic."

"In communicating, the spirit-message comes first from the spirit, who has to concentrate to give it to the control ... who has to impress it on the medium's brain to such an extent that the nerves and muscles of the mouth and tongue of the medium will respond to the action of the brain, and will speak the message as it has been given. I often think it wonderful how much does come through, when one realizes the many difficulties. The bias of the medium's mind, impressions from the sitter's subconscious self, unconscious telepathy from other minds, and so forth, all have to be taken into consideration."

"As there are no words in the human language in which spiritual ideas may be embodied so as to convey their literal and exact signification, we are obliged oftentimes to have recourse to the use of analogisms and metaphorical modes of expression."

After Life - Relation to Material Realm

"There is no difficulty in reading the mind without articulating words. Thought is articulation ; it exists before the words are formed. And it is this interior thought we get at, not mere words of thought."

"I have discovered that I can use telepathy both ways, to receive and to relay. There are not the difficulties here that we experienced on the Earth...I am already able to contact your mind, and what is more important, to hold that contact so as to pour ideas out to you!"

"There are Stations on this plane where communication with the Earth plane is possible. ... The technique employed, I understand, is quite 'special' and very difficult at first to follow, even by those who desire to use it. But there are Stations, there are Directors for this work, there are administrators and (in a sense) technicians to run them."

"In this communion between the outer and inner worlds, you in the outer world are apt to think that we in ours know everything. You expect us to prophesy like fortune-tellers, and to keep you informed of what is passing on the other side of the globe. Sometimes we can; generally we cannot."

"Spirits do not come to overthrow religion, as is sometimes asserted; they come, on the contrary, to confirm and sanction it by irrefutable proofs. But, as the time has arrived to renounce the use of figurative language, they speak without allegories, and give to every statement a clear and precise meaning that obviates all danger of false interpretation."

"If mortals desire the companionship of spirit-friends merely for purposes of material gain, it does not, of course, do either of them much good; but when love is the motive and mutual help the desire, it is good for both, for helping others is the way of progress."

"We are not, for good and wise ends, which in due time will be fully explained, permitted to reveal all our knowledge to those below us, as the consequences of such a procedure would be perilous to the happiness of all, and subversive of order."

"I will briefly call your attention to a few of the most prominent among the beneficial results which will flow from spiritual intercommunion. ...

It will reduce the fact of the immortality of the human spirit to a certainty, so that the world's knowledge of the fact will not be the result of a blind faith, but a positive philosophy.

It will expand and liberalize the mind far beyond your present conceptions. It will fraternize and unite all the members of the human family in an everlasting bond of spiritual union and harmonial brotherhood.

After Life - Relation to Material Realm

It will establish the principles of love to God and your fellows.

It will do away with sectarian bigotry.

It will show that many of the so-called religious teachings are but impositions on the credulity of mankind, being founded on the grossest absurdities and palpable ignorance of the nature of things.

It will give man higher and infinitely more exalted views of God, and bring him into closer communion with the Author of his being. ...

In fine, it will be a help to the soul in the hour of its adversity, and enable it to bear up under affliction with noble and heroic fortitude; and, when about to launch its barque on the river of eternal life for the fair and beautiful land of promise, it will be its stay and sheet-anchor."

"We rarely say anything about your personal affairs. We can not judge more correctly of the consequences of your acts in life than can you."

"The object of spirit-intercourse is to purify and elevate the nature of man, and one great feature of these revelations is to disabuse the mind of errors, which have been engrafted on their hearts, as the results of an overweening faith in the doctrines erroneously inculcated as of God, and as found in the Bible."

"What, indeed, is the object of this new revelation? It is that man has not been taught his true relation even to the life he now enjoys, or his connection with that other state of existence beyond the grave. ... Death is the continuance of life; it is life without the restraints imposed upon it by the limits of a single planet. Now, though it is important that the designs of life should be investigated and understood, it certainly is of as much importance that that life in its continuance should be perfectly appreciated, for the one is of short duration, and the other is for eternity."

She [Betty] constantly complained of the dilution caused by this transfer. What reached the paper was, according to her, but an unsatisfactory pale shadow of the actuality.

"Q: Are merely personal communications deterrent to your scheme?

A: The conditions on both sides are so inexplicable that satisfactory communication seems sometimes to decrease instead of progress, owing to ... scattering of concentration on really important subjects. ... Much trouble and muddling results from indiscriminate communication."

They tell us that we are not yet educated to comprehend fully what they might tell us, and that we would interpret it into our own Earth concepts. The result would be a distortion.

After Life - Relation to Material Realm

"If mortals would only give their friends a chance they would be only too happy to return and make themselves known. But, alas, how few do it."

"I was telling some [other] spirits about these séances here, how that spirits could here converse with people of Earth, and one man told me that such talk as that and such an idea was all foolishness."

"I'm not going to tell you that you were 'Boadicea,' 'Cleopatra,' 'Helen of Troy,' or any other famous or infamous female of past history, as I sometimes hear spirit-wags telling other women, for they make fun sometimes at the expense of those on Earth if they are vain or gullible."

"The dead in their way are jealous of their freedom, and sometimes their communications take the form of hasty, 'Yes, I'm all right' messages, shouted over a mental shoulder. Some people forget to send letters when they travel, caught up as they are in new experiences. Similarly, the dead are so involved in their own adventures that sometimes they ignore the nagging of the living, whose thoughts rise up like mental kites with reminders, saying, 'Why haven't you written?'. "

"I suggested that perhaps I could go back to the Earth-plane and tell others of this new life and the truth of communication between the two worlds. Many, many people, he said, had tried, and were still trying, to do so, and how many were believed? Did I think that I should have any better fortune? Certainly none of those who read my books would ever come within miles of receiving or crediting any communication from me. And did I realize, also that if I were to present myself to such people they would at once call me a 'devil', if not the very Prince of Darkness himself!"

"No two mediums seem able to make contact with the same person with any certainty. This is because differences in development, in astral make-up, and in thought affinities are translated for us into actual differences in space."

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Attraction to ...

"A number of spirits do live and spend most of their time near the Earth, but they are the very un-progressed and find their pleasures in mingling with mortals."

"Earth-bound spirits retain much of their earthy passion and propensity. The cravings of the body are not extinct, though the power to gratify them is withdrawn. The drunkard retains his old thirst, but exaggerated; aggravated by the impossibility of slaking it. It burns within him, the unquenched desire, and urges him to frequent the haunts of his old vices, and to drive wretches like himself to further degradation. In them he lives again his old life, and drinks in satisfaction, grim and devilish, from the excesses which he causes them to commit. And so ... the Earth-bound spirit lives again its life of excess in the excesses of those whom it is enabled to drive to ruin."

"The spirits who are antagonistic to us are massed together in great force whenever any occasion is offered for them to operate successfully on men who are gathered together for the purpose of gratifying their bodily passions."

"Some are so overly fond of the bodies they left behind that they are scarcely able to wait for an opportunity to form another body and set to work indulging it."

"Drunks on this side hover around the Earth souls who drink too much, lusting after the pleasures of alcoholism and unable to break the bond of habit which binds them to physical body."

"The only thing I miss is the use of the five senses in the obstructed universe for the expression of my love for people who are still there. ... I miss your response. And that is all."

"He wants to go back and fly in an airplane. I tell him that he can fly here without one, but that does not seem to be the same thing to him. He wants to get his fingers on machinery."

"Oh, the terrible curiosity to go back and look upon that thing which we once believed to be ourselves! The thought comes to us now and then so powerfully that it acts in a way against our will and draws us back to it. ... It is so easy to look into the coffin, because the body which we wear now is itself a light in a dark place, and it can penetrate grosser matter."

"There are souls here who are homesick for the Earth. They sometimes go back almost at once, which is generally a mistake."

"The heavens above your head now are literally swarming with souls who long to take a hand in the business of Earth, souls who cannot let go, who find the habit of managing other people's affairs a fascinating habit, as enthralling as that of tobacco, or opium."

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"The lower astral planes also contain people who have been alcoholics or drug addicts, who find these cravings still with them in the astral bodies. They stay near the Earth to be near alcoholics or drug addicts who are still in the physical body, in order to participate vicariously in the sensations which alcohol and drugs give."

"There are weak, malicious spirits here. ... When emotional disturbances accompany development they are attracted and will attach themselves so as to influence the person [on Earth] in wrong ways and to accentuate the suffering of both mind and body."

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How Affected by US

"Advanced spirits influence the thoughts, suggest ideas, furnish means of acquiring knowledge, and of communicating it to mankind. The ways by which spirits so influence men are manifold. They have means that you know not of by which events are so arranged as to work out the end they have in view."

"[Often] those who are most congenial to our purpose, and whose co-operation we most desire, are usually so hampered by preconceived theological notions, or are so fearful of what seems to contradict some things which they have learned, that we are unable to influence them."

"Sometimes we find those who need material aid in the mortal, and then we induce or try to induce someone having the ability to aid the needy ones."

"So far as friends refrain from that attempt to compel us, we are able to help them more and more; for we can get closer and closer to them."

"Undeveloped souls are not devils in any other sense than a bad man on Earth may be termed 'a devil.' No such un-progressed person has power over us or over you. Evil thoughts and habits might invite such a one but, even so, he cannot control you further than you may choose to act in accordance with his suggestions."

"I like your keeping my photograph on your mantel as you do; it helps me to come. There is a great power in a photograph."

"The power of the so-called dead to influence the living is immense, provided that the tie of sympathy has been made."

"We are just as much morally obligated to help our brothers on Earth when we are without a physical body as we were within a physical body."

"We took our seats in the hall where a lecture on electricity ... They were discussing the subject as applied to moving of trains. It will be impressed on the brain of some inspired man on Earth who will work it out there."

"You know the Spiritual world was once as ignorant as the Earth and that the two worlds are progressing together, only this is always ahead of yours, trying to impress your world."

"When engineers come here whose minds are bent upon engineering, and who may not be ready to take up another line of study or work, they continue experimenting in a limited way, especially with electrical engineering. They are sometimes able to discover certain things which they then endeavour to impress upon the minds of suitable people on Earth."

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"Spirit-guides ... try literally to inspire those on Earth. This does not mean in religious matters only; it applies to art, science, engineering, medicine, or any other subject."

"The laboratories of the world of spirit are many decades in advance of those of the Earth-plane. And it will be years before many revolutionary discoveries are allowed to be sent through to the Earth world, because the Earth has not yet sufficiently progressed."

"Some of our artists try to impress their pictures upon the mental eyes of the artists of Earth, and they often succeed in doing so."

"There are lovely lyrics composed out here and impressed upon the receptive minds of earthly poets."

"Some spirits who have had a good deal of experience are able to make their bodies in a second and can appear to Earth people, as at séances, all at once. Others have to begin slowly to collect the elements and the first appearance is a faint luminous cloud as thin as smoke. ... Of course what Earth people then see are only the elements as collected and 'materialized' in the spirit's form, not his real spirit."

"We can, at will, take on Earth conditions by lowering our vibrations. Our bodies become heavier and more perceptible to the human eye, which accounts for our being seen at times by those who have the faculty on Earth of sensing our vibrations."

"Having disposed of the external mechanism of flesh, we cannot come into direct contact with physical matter, but we are able, through the sphere of the medium, when natural conditions are complied with, not only to communicate our thoughts and wishes to our friends, but to move solid, ponderable bodies."

"There is now going on all over the Spirit World a most determined effort to force the truth on the minds of the educated men of all denominations and a great convention was held here last week to try to give the spiritual movement on Earth a new impetus."

"Here we have different avocations assigned to us according to our needs and desires. ... Some are most happy in endeavoring to assist the friends of Earth into higher and better conditions and in counteracting the abnormal influences of undeveloped and misdirected spirits over the minds of mortals."

"The spirit world works constantly to make its power and force and presence felt by the whole Earth world, not only in personal matters, but through individuals into a wider sphere for the good of nations and national policies. But so little can be done, because the door is usually closed to the higher beings of the spirit world, whose range of vision, and whose wisdom and knowledge and understanding are vast."

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SOUL DEVELOPMENT' -----

Birth / Creation

There seems to a kind of spirit-world maternity ward for newborn souls.

"Q: Is the creation of spirits always going on, or did it only take place at the beginning of time?

A: It is always going on; that is to say, God has never ceased to create."

"We souls were all created at the beginning of time."

"There are new souls, too, always coming into the world, and I am told much of the sin in it is due to ignorance and inexperience; so, too, is the narrow-mindedness."

"The soul of man is a part of God himself. It lives forever, and has lived since ere the morning stars recognized the glory of the Godhead."

"The spirit which enters the body of the child on being born is the principle or germ. It has not existed previously in a sentient form, but has existed, as a principle, from the beginning."

"Every soul that was ever created was created At Once. We are all here Now. But ... when a soul reaches ultimate realization, it has the option to 'start over,' to literally 'forget everything,' so that it can remember all over again, and re-create itself anew once more."

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Oversouls & Groups

"The whole self or entity or soul can never be completely materialized in three-dimensional form. A part of it can be projected into that dimension however, extending so many years in time, taking up so much space, and so forth."

When people in trance speak of being part of a soul cluster group, they are talking about a small primary group of entities who have direct and frequent contact, such as we would see in a human family.

Members of the same cluster group are closely united for all eternity. ... Usually they choose lives together as relatives and close friends during their incarnations on Earth. ... Although group size diminishes as souls advance, the intimate contact between original peer group members is never lost.

"The fact that we do appear on Earth to be paying for the sins of another life is, in a certain sense, true. ... A soul belonging to the group of which I am a part lived that previous life which built up for me the framework of my earthly life, lived it before I had passed through the gates of birth."

"Here, in the After-death, we become more and more aware of this group-soul as we make progress. Eventually we enter into it and share the experiences of our brethren."

"We are, to my limited knowledge, all members not of one Group but of many, and the many make up the Great Group or the Great Soul Being in which we live and move and have our being...and these great Beings unite to form further great Group Souls or Divine Beings in the Divine company of Heaven."

"Every soul belongs to a group and forms an integral part of a Group soul. ... One is part of a Group Soul as one is part of a family in the physical sense; a family relationship may be temporary, but a soul relationship is eternal."

"The entire complement of a Group Soul is never in complete incarnation at the same time, i.e., there is always an integrated part of the Group on this Side."

"The human soul ... is much larger than you have imagined. ... Some of the physical forms enveloped by your soul are 'living now,' in your understanding. Others individuated in forms that are now what you would call 'dead.' And some have enveloped forms that live in what you call the 'future.'"

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Choosing the Physical

"Spiritual consciousness strained through the Earth-consciousness is what we are after."

"Each soul can choose how it wants to develop. Earth is a good place to learn. It is one of God's newer experiments."

"There are those who come back because of greed, who desire to gain a name for themselves, even though the name would be fleeting in their time. There are those that desire to introduce new ideas that have been able to be developed in the interim time. There are those who choose to come back that they might be channels for higher beings, so that they will have an open voice upon the Earth. There are those who choose to come back so that they might serve their fellow man."

"This is the goal of your soul ... to fully realize itself while in the body; to become the embodiment of all that it really is."

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Reincarnation

"A man who hates always believes himself justified. ... but the hatred itself forms a very strong claim that will follow him throughout his lives, until he learns that only the hatred itself is the destroyer."

"There is no rule ... that the reincarnating personality must take over the new form prepared for it either at the point of conception, in the very earliest months of the fetus's growth, or even at the point of birth. The process is gradual ... In the early days of infancy, there is not a steady focus of the personality in the body."

"We have many more spirits over here than you have on the Earth plane in the flesh."

"He who advances quickly spares himself many trials. Nevertheless, these successive incarnations are always very numerous."

"Can a spirit which has animated a human body be incarnated in an animal?
"No; for such an incarnation would be a retrogradation; and a spirit never retrogrades. The river does not flow back to its source."

"The more hurdles that are overcome in a physical lifetime, the less often that soul will thereafter need to return to physical form to round off the rough spots in his character."

"No one is forced to return to physical form. If we so choose, we are permitted to remain here throughout eternity, although it is harder to advance."

"Souls don't return promiscuously to any body, in any family. There is a sequence in their lives that necessitates their coming to one particular environment. It is part of the natural law, and works automatically."

"Some individuals return to physical life many times. Others live a life or two of great intensity and then follow through with ideas from this end, watching as the physical seeds of that creativity sprout, but from a distance."

"Q: How soon does an entity reincarnate?"

A: This is not a set pattern or rule. It is dependent on the free will of that particular entity. Also upon the needs of that entity. If it is one that has been greatly damaged or hurt in one particular incarnation, and is not pliable or workable in the between-stage, it is then incarnated rather quickly and caused to have a short life so that it will come in as a more pliable form. It may then

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choose its time and place to relearn the lesson it missed. Or it may go on to new lessons if it perhaps chose some that were too difficult."

"I am more than convinced, as I observe stories of effort and success and failure, that the soul needs to 'project' some part of Itself back into the denser environment of Earth in repeated attempts to master the trials and stresses of those vibrations. But which part of Itself, and whether it is always the same part, is still a mystery."

"During the Earth life, I kept an open mind about this vexed question of what is called reincarnation. ... I let it be 'till I knew. Well, now I know that it is a fact. It is true."

"You do not have to do anything. Not in this lifetime, not in any other. ... You may 'come back' as anything you wish, or in any other dimension, reality, solar system, or civilization you choose."

"The answer to the question: Can a soul return as an animal? is 'Yes, of course.' The real question is: Would it? The answer is: Probably not. ... The soul's greatest desire is to experience higher and higher aspects of itself. And so it seeks to move upward, not downward, on the evolutionary scale, until it experiences what has been called Nirvana."

"Usually, between lives you choose ahead of time your children, and they choose you as parents."

"Decisions as to future lives may be made not only in between-life conditions but also in dream states in any given life."

"There is a definite reason that you were born into the family that you find yourself in. ... [just as] when you enabled many other souls to come into manifestation in other generations down through the millions of years in which you have re-embodied yourself upon the Earth plane."

"This spirit body is unable to adapt itself completely - in complete harmony, complete unity - and, therefore, happily with the conditions of this side until ... it has had certain experiences and benefitted by them. ... I think that there are few people who can get the sufficiently varied experiences and tests in one incarnation that will enable them to stay permanently on this side. They have to come back until the spirit body is built up."

"[A soul] looks up and he sees those who have, let us say, grown wings, those who can soar, those who can have adventures and experiences of a remarkably

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interesting kind from which he is debarred. ... He knows there is something wrong, and he usually acquiesces in the suggestion that he should volunteer to go back."

"The soul, in purifying itself, undoubtedly undergoes a transformation; but, in order to effect this transformation, it needs the trial of corporeal life. ... we all have many such existences. Those who maintain the contrary wish to keep you in the same ignorance in which they are."

"Because we are imperfect in our reactions and behavioral pattern, we must strive ever onward through many Earth cycles until we achieve sufficient perfection to rejoin God as co-creators. It is the law, for no imperfect thing will ever have the opportunity to become a part of the Godhead."

"Here we blend in harmony with those of similar interests and vibrations, but when we return to the flesh we are thrown into contact with those who are not in harmony with us or we with them. That is when the testing begins."

"His rebirths are not therefore to chosen parentage, because he fails to achieve that state between Earth lives when he is accorded that right."

"There is no reward for behaving correctly here in spirit, because there is nothing to tempt us otherwise."

"There are certain tasks which have been set for each soul to accomplish in a given lifetime. However, this is not a hard and firm rule. If that soul so chooses, it may take several lifetimes to accomplish these same things."

"The Blueprint of one's efforts, one's successes and failures on all the planes; physical, material, emotional, mental and spiritual does indicate that a definite line of advance is voluntarily accepted by the soul before incarnation."

"Those who do not believe in rebirth cannot forever escape the rhythm of rebirth; but they hold to their belief until the tide of rhythm sweeps them along with it and forces them into gross matter again, into which they go quite unprepared."

"There is no such thing as karmic debt. ... If karma is the innate desire to be better, to be bigger, to evolve and grow, and to look at past events and experiences as a measure of that, then, yes, karma does exist. But it does not require anything. Nothing is ever required."

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"When you realize the significance and meaning of the life you have just left, then you are ready for conscious knowledge of your other existences. ... What you are begins to include what you have been in other lives, and you begin to make plans for your next physical existence, if you decide upon one."

"The soul must forget all it knows when it chooses to go to Earth for a learning experience. ... Once the soul returns home, it remembers everything it knew."

"There have been many lives such as those of the cave dwellers, those of the early Indians, those of the lost-seeming souls that are seldom mentioned, for these are not important lives to the average soul in his particular progress. However, if one were to make a life-to-life experience drawing, he would find that all of these come forth. Each one has been all things at one time or another, even to the lowest of cavemen, even to the highest of the patriarchs."

"Many out here have no more memory of their former lives, before the last one, than they had while in the body. This is not a place where everyone knows everything - far from it."

"Oftentimes four or five individuals will set themselves a given challenge, and assign to the various members different parts to play. Then, in a physical existence, the roles will be worked out. ... Yet this does not mean that you travel through various existences with the same limited and familiar number of friends and acquaintances, merely altered like actors with a change of face or costume."

"Towns and villages may also be composed of the past inhabitants of other such towns and villages ... as the group tries different experiments."

"Families, friends, sections of nations in the revolving cycle of time reincarnate together very often, as they require the same experiences."

"[Gender changes] are necessary. Some individuals alternate their sex in each life. Others have a series of female lives and then a series of male lives ... but the entire reincarnational framework must involve both sexual experiences."

"A master who had been cruel to his slaves might become a slave in his turn, and undergo the torments he had inflicted on others. He who has wielded authority may, in a new existence, be obliged to obey those who formerly bent to his will. Such an existence may be imposed upon him as an expiation if he has abused his power."

"We might write a novel together too, and call it 'The Growth of a Soul,' and trace its evolution through various incarnations. You and I have been through

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many together (in different connections, relationships, and sexes); that's why we are so particularly in affinity with one another."

"Q: Do we re-incarnate again on Earth?

A: Now that is a question I find difficulty in answering. I have known no one who has. I passed over many years ago, and I have round about me those who lived thousands of years ago on Earth. That is all I can say, because my knowledge does not permit me to say more."

"Undoubtedly you have heard of reincarnation. We do not recognize it. It seems to us an impossibility, as you understand it."

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Advancement / Progress

"They fall into a deep magnetic sleep, and under the influence are carried up by friends who have already gone. There is no more death. They know when it is time for them to go higher by their superior knowledge, and progress."

"We are satisfied and that is what keeps us here. If we long for greater development and make the effort we might go sooner."

"Progression to the higher spheres depends greatly upon the desire of each person, and also upon the effort to acquire knowledge. We will stay here perhaps thousands of years. We feel that this is good enough and that is what keeps us here. The higher one goes the more elevated he is in knowledge and goodness. We are satisfied in this, the second sphere, and must stay here as long as we are satisfied."

What [the spirit] cannot do is rise to a higher plane of vibration than it is fitted to respond to.

"There is a similarity here to what you call death. We call it transition. In time, as we develop sufficiently, we pass on to another plane from which it is not so easy to come back to Earth. This we call the second death. Those who have passed through the second death can come back and visit us in our plane, but we cannot go to them until we have passed through it also."

"We can all come down, but we cannot go up beyond our own plane until we are prepared for the change."

"[The initial afterlife] is a state of becoming, for many will continue into other physical lives. Some ... in different systems of reality altogether."

"Throughout your reincarnational existences you expand your consciousness, your ideas, your perceptions, your values. You break away from self-adopted restrictions, and you grow spiritually as you learn to step aside from limiting conceptions and dogmas."

"Those who have left [the reincarnational cycle] have ... discarded material form. This group of entities still takes a great interest in Earth. They lend it support and energy. In a way, they could be thought of now as Earth gods."

My subjects state that souls end their incarnations on Earth when they reach full maturity.

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"You will always gravitate to your own level and be among your caliber in much the same manner that water will seek its own level. But you will not always have to remain in that particular consciousness if it is not of your liking. You will be given the opportunity of taking the initiative and aspiring to the higher. Thus through concentrated effort, you may then attain a still higher state or plane of consciousness if you so desire."

"God has created all spirits in a state of simplicity and ignorance; that is to say, without knowledge. He has given to each of them a mission, with a view to enlighten them and to make them gradually arrive at perfection through the knowledge of the truth,"

"Spirits acquire knowledge by passing through the trials imposed on them by God. ... When a spirit has finished with any given trial, he has learned the lesson of that trial, and never forgets it. He may remain stationary; but he never degenerates."

"The necessity of advancing is one which is felt by every spirit, sooner or later. All spirits have to ascend; it is their destiny."

"In order to complete our circle and return to Him, we must absorb the philosophy of the universe and come to understand its laws."

"When we grasp that each of us is as much a part of God as any other, then we are able to spread the good word that by helping these other parts of God we advance together to a higher plane of awareness."

"The higher planes that you ask about are essentially higher degrees of consciousness."

"Between each plane or new chapter in experience there is ... an intermediate state [the astral plane or 'Hades' as Myers calls it], when the soul reviews his past experiences and makes his choice, deciding whether he will go up or down the ladder of consciousness."

"The more advanced souls -- whom the Church may call the angels and whom I call 'the Wise' -- can exist in tenuous forms within vast vistas of space and lead within it an extraordinarily vivid existence."

"[Some spirits] move on a little from lower to higher, then drop back or slip back, to again take a step or two up the ladder, so that progress with such is very slow and tedious, requiring tact and patience in the teacher,"

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"Many here are doing good work and have no desire as yet for higher knowledge which might even distract them from their present work. But it is only a question of time; they will presently feel the appetite for the higher things. The lesser things are both useful and necessary until one develops mentally and spiritually; remember how children outgrow their toys."

"There are new possibilities and developments which one is always anxious to experience, and we know there is still more beyond."

"By analogy, you might term me an ant in spirit life; for in my world there are developed beings who know as much more than I as you know more than the ant. In time I shall grow to their state of knowledge, but it must be a gradual evolution."

"To place a pure spirit in a situation where it would retrograde, would conflict with the nature it derived from God itself. If it could not progress, what would become of it? No spirit, even the vilest, can be placed in a situation where it is impossible to progress."

"Can an entity, while advancing, fall further behind? "No."

"I thought I was real enough on Earth. Now I realize that what seemed important and substantial and worthwhile was but a shadow of a shadow! I'm not really Real here! This too is merely the shadow which is but a shell, or covering, of something else. I'm on a journey still... I've only peeled off the outer shadow yet, the outer skin ... rather like peeling skins from an onion. One goes on shedding; it seems an eternal process."

"Some souls settle down in one stage for years -- even centuries!"

"I am sorry to say that the person who has a clear idea of the significance of life and its possibilities for development is about as rare here as on the Earth."

"Who grieves that an acorn is slow in becoming an oak? ... If a man were to become an archangel in a few years' time, he would suffer terribly from growing pains."

"When a person has fulfilled his purpose and development on the astral plane, he may then proceed permanently to enter the mental plane and the higher planes, in succession, to work and develop more fully there. In that case, the astral body is cast off, as is the physical body at death, and its particles disintegrate to be reused in the creative processes."

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"Think of the whole man as being composed of four interpenetrating forms. The second of these is very near to the physical in substance and is very closely knit to it. It is the etheric or life-body and gives the power of sensory experience. It never leaves the physical body even in sleep but at death it parts from the physical along with the astral and ego bodies. It is too closely related to the physical to allow the higher bodies to pass clearly into their proper sphere, so it also has to be shed and this is the second death."

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Apotheosis

"Think of a countryside with glens and hills. The rain falls, and gradually trickles down into small streams, which streams gather volume until they enter a brook, which brook in turn enters a river, which in turn enters a larger river and sweeps onward to the sea. Each individual can be compared to an atom in the raindrop. The atom retains form and individuality throughout the whole course, from the hill to the sea, and even in the sea it does not lose its individuality. So with us, we move onwards and onwards, always retaining our individuality until we merge into the sea of full understanding, when we become part of the Divinity."

"Life is of two stages -- progressive and contemplative. We, who are still progressive, and who hope to progress for countless myriads of ages (as you say), after the farthest point to which your finite mind can reach, we know naught of the life of contemplation. But we believe that far, far in the vast hereafter there will be a period at which progressive souls will eventually arrive, when progress has brought them to the very dwelling-place of the Omnipotent, and that there they will lay aside their former state, and bask in the full light of Deity, in contemplation of all the secrets of the universe."

"Of the distant ages of the hereafter we say nothing, for we know nothing."

"All consciousness is limited by its degree until it evolves into the supreme."

"Are there worlds in which the spirit, ceasing to inhabit a material body, has no longer any other envelope than the perispirit? "Yes, and this envelope itself becomes so etherealised that, for you, it is as though it did not exist. This is the state of the fully purified spirits."

"You must not suppose that spirits of the highest order are absorbed in an eternal contemplation [of God], which would be both monotonous and stupid."

"Q: In what does the happiness of perfected spirits consist?"

A: In knowing all things; in feeling neither hatred, jealousy, envy, ambition, nor any of the passions that make men unhappy. Their mutual affection is for them a source of supreme felicity. They have none of the wants, sufferings, or anxieties of material life; they are happy in the good they do, for the happiness of spirits is always proportioned to their elevation."

"When souls near that final perfection they once again review not only their past lives but every thought and concept and idea which has touched them, or they it. ... They finally decide that no stone remains unturned that they have not

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repaid in some manner or thought or way, and that they therefore have atoned for misdeeds and are ready to join God."

"Lastly comes ... the merging of the journeying soul with its spirit. ... You enter into timelessness and become one with the Idea behind all life, one with God, one with that portion of His Spirit which has been connected with you in all the planes of existence."

"This merging with the Idea, with the Great Source of spirit does not imply annihilation. You still exist as an individual. You are as a wave in the sea; and you have at last entered into Reality and cast from you all the illusions of appearances."

"The angels of the 'Supernal Heavens' ... are those pure and comparatively exalted beings who, having advanced beyond the highest sphere of the planet to which they belonged, and attained a very high state of moral and intellectual development, have been admitted into that great and illimitable sphere of progression which lies outside of all other spheres, and in which the greatest conceivable degree of harmony reigns. It is composed of one grand harmonial society, whose members are privileged to go wheresoever they will through the boundless empire of space."

"The return of the soul to the source from which it emanated does not suppose it necessary that the Godhead should absorb it within itself. This would be incompatible with his nature; for while the infinite and numberless parts into which this principle may be resolved does not detract from the power of the Almighty, it adds to his majesty, his glory, and his praise. And as each germ possesses speciality, its separate existence is only in accordance with the nature of his laws, which may be termed Progression."

"Beyond the confines of our spheres, away far off in the illimitable distance of space, far beyond the comprehension even of spirit, we are told is the place where spirit is manifested tangibly. It is in this locality, surrounded by the evidences of that power which is capable of creating every thing which has life, or which is inanimate. Now we are told the glory, the beauty of this sphere, is beyond the comprehension of spirit; that the full flow of spirit is curbed by no material barriers, but gushes forth in one spontaneous stream of love and wisdom. ... We are told, too, that there is speciality in spirit, that each one retains the peculiar attributes of his nature, so changed by progression, so altered by its upward course, that it has become a god itself,"

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"The oneness that is achieved in eternity is more than can be given to the finite mind."

"Why, do you know that man may become a god -- or that which, compared with ordinary humanity, has all the magnitude and grandeur of a god? 'Ye are gods,' was not said in a merely figurative sense."

"After you experience the Oneness for an infinite time-no time, you will cease to experience it, because you cannot experience the Oneness as Oneness unless and until That Which Is Not One also exists. Understanding this, you will create, once again, the idea and the thought of separation, or disunity. Then you will keep traveling on the Cosmic Wheel, keep going, keep circling, keep on being, forever and ever, and even forever more."

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