

Jurgen Ziewe - Notes from Zoom Meetings - March 2021

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INTRODUCTION -

My travels are in person, and as real as physical reality, in fact more real, and are clearly no tricks of my mind, as the places I report are places that I have been to at least five times on different occasions. This is different from mediums, as they are generally must rely on what they are told, which is not the same as direct personal experience.

After my marriage to an English person, we moved to England. My early OBEs were a big surprise, happening during meditation. I was prompted me to read Carlos Castaneda's books which explained a great deal of what was happening to me.

My early OBEs were like a state of paralysis. You can find more good information by watching videos about Emanuel Swedenborg, Michael Tymn and Stafford Betty which largely reflect my own experiences. You could also listen to recordings of Leslie Flint.

MY OWN ROLE AND COMPUTER WORK -

I am apprehensive in my role as a teacher as I cannot be sure that everything I know is correct. What I do is to report what I see to the best of my ability, talking only as a reporter. In the early 1980s my early work in digital images caught attention, and I was asked to do cover for science fiction books. Then the Sci-Fi TV channel saw those, which led to more work. At last this became my agency doing 3-D illustration. My whole purpose was to re-create my own experiences so I could share them with others, as I really think it is possible to help people's understanding by being able to have my experiences. At last, I made my own videos, the first of which took thousands of hours, until around 2010 game computers started to get really good, and in 2012 home headsets for virtual reality (VR) became possible, and 6 years ago I had my first virtual reality headset. The technology continues to improve, and I believe I can reproduce experiences like the tunnel effect, moving into the light, and even going into the higher dimensions which are unbelievably fantastic and amazing. My VR work was shared on the special tech media. It was then downloaded many thousands of times - and the feedback was superb and very encouraging.

And onwards - So I started creating whole worlds, where a tree on screen became 20 m high once viewed in my VR headset.

In the last few years the tech has really taken off even more. Things that took multiple hours to render, now take seconds! Now the software and hardware has matured. Sadly, the game industry goes for horror and fear, instead of inspiring and uplifting as it can and should be.

Facebook bought this all out, and are now creating extraordinary scans and recreation of people's bodies, so that virtual meetings can have these "avatars" in the room; it's just wonderful.

Just like the Turner paintings in the Tate Gallery that give you uplifting experiences, the purpose of this VR that I am generating can help you to experience flying, and recreate what is possible.

But this is not really the end game. More work needs to be done to achieve the ultimate goal, which is to use VD to re-program the brain so that it can easily understand the OBE experience. It can help by teaching people prior to sleep, so they can more easily come to themselves in their OBEs, especially with inbuilt prompts into the VR experience - Am I dreaming?, which prompts are standard practice by most/many OBE teachers.

The idea is that we can become really lucid, and then go beyond the lucid dream, by taking it to another level, so the dream characters collapse, and we can genuinely focus on the astral environment, instead of the dream distractions.

By maintaining our here-and-now awareness, we can then experience the true reality of ourselves on another level of reality, where we are in a completely different environment, while meditating or sleeping, while maintaining our dual awareness.

There are many experiences at that level that have nothing like them on the material world.

DOCUMENTATION OF MY EXPERIENCE -

I started this project about 30 years ago, because once I started visiting the higher levels I needed to find a way to illustrate my experiences. At first I tried with water color and fairly fuzzy images like water color washes. After some time I realized I could use digital media, and was one of the first people to try this digitally.

Ten years later I started my own business making greeting cards; then poster cards; and book covers. I was always trying to recreate the images I had seen during my travels. This took on a momentum of its own and in the 1990s and 2000s I was able to start creating videos.

My desires were to make the images and videos as realistic as possible. In 2014 I thought I could make videos and images so real that people could also enter into these pictures, and get a feeling of what it is really like; even so it's very hard to get the feeling of being there.

Once in these astral levels, you get more and more the feeling of being at HOME; you feel intensely as though you are home. Others with similar experiences of NDEs say they felt absolutely secure and safe and at home, serenity and being at peace; and being Home. It just cannot be properly expressed on this plane; gates open and unfold, with the surprise at how can such things exist; and always this incredible feeling of love and home.

MEDITATION and HIGHER DIMENSIONS -

The way it happens to me is that first, a borderline state occurs between dreaming and regular awakening; then I open my eyes to the new dimension in which I find myself.

I often meditate at 4 or 5 am, and afterwards I get tired; then I go back to sleep either in meditation or OBE or lucid dream. If it is a lucid dream, I can leave it by focusing on my hands

or some object until it becomes an OBE. Among many other benefits, when in the Astral, I found I can "channel" healing power to my body.

But these remarks are not even scratching the surface. These areas are enormously wide and multiple, and our individual experience is solely dependent on our state of consciousness. Each feels totally real, and is the most miraculous thing.

I have read about dimensions beyond the regular astral planes, and have tried to compare them to each other, when I am usually totally wrong, because there are as many dimensions as there are humans. Higher and lower levels are to do with your own identification, and continue just as long as your ego desires certain identifications.

Among other things I became aware of my experiences on other planets, because previous lives can usually explain anything about our present life's situation.

There quickly comes a point when you realize you are not the sum total of your personal desires. When this happens, and you lose these desires, the energy released brings you to a very different type of experience, once again in millions of dimensions.

It's like waking up from a dream - again! Everything around you is full of life, brimming with spirit. The lower material and regular astral levels are very modest compared to these faster (higher) levels, where you can experience a heavenly estate of continuous bliss; during which your sense of ego and otherness disappears, while still retaining your individuality.

Dimensional levels are an infinity; the more you understand, the more you can see; Often I use mist to represent these infinite nuances, but in these dimensional levels there are huge variety of wavelengths within any given color range. Millions of shades in any given color type. A whole other world could be silver, also using millions of shades.

Whatever I try to express is hardly scratching the surface, because we just cannot grasp these nuances on this levels.

Sounds become visible, such as when a person sings we can see the song in beautiful colors. When walking around landscapes we see they are of a beauty we cannot conceive here; a brook makes a song with the flow of water; not just sound, actually a song, and we can identify with, and even become the brook during this experience.

This opens the gateway to an even higher consciousness. It becomes too much to explain, really, even if it were possible in earth terms. These dimensions need exploration and description by many, many more people.

DEATH DOES NOT HAPPEN -

During 1969 - 1970 - I realized for the first time that death does not exist; This was actually before my OBEs started. There's no end to life. Since then I have verified this time and time again. Sometimes it is simply like walking from one room to the next, with no break in consciousness. Over the next 40 years I saw this again and again.

When at first in the astral people just carry on with their religious and other beliefs, because people create their own realities. I can talk about this because I see how their realities have panned out on the other side and it is very much like here.

Ignorance on the Earth plane causes problems on the other side; because masses of people on the other side are unaware of their death, and just continue perpetuating their earth lives, no matter how stultifying. There is a big lack of awareness, on the lower near earth-levels, which compared to the others is a misty and dim place.

Our job here is to enlighten people, which we can try to do here in these meetings, and to use our lives to improve our outlook, so we see death as a new beginning, not an end. Life is a continuum.

I have met people who want to leave those dim places. To do so, they need to find a spark, which can happen by inspiring each other, when they can promote more positive feelings. This then changes their attitude, their environment become a bit brighter, and so they can make progress. This is a lot easier on the astral plane, things being much more dynamic. So, beings in a drab environment, will see leafless trees suddenly sprout leaves, - which they can notice and then this causes more positive changes. We are never condemned, unless we insist on keeping our selves in the same state. Helpers and friends often come to people's rescue.

The best way to describe life after death is to go out on a sunny day to a beautiful field or garden, and then to imagine you are recently dead. This is almost an exact replica of the actual experience. The only change is the frequency of perceived vibrations. Of course there are many degrees of vibration. This transition happens whether people believe it or not, so they really have to start adjusting their minds to the fact that life goes on and on. This is actually an incredible thing to get your head around.

Once the realization comes that "Now I am dead", with this knowledge comes the desire to participate, and usually we move to a more pleasant area; then our friends come and lead us.

The joy of being together with your loved ones enormously increases because the minutiae of daily annoyance is gone. The higher we rise, the more intimate becomes our relationship.

We cannot take our lovers or loved ones to the higher realms, because each has to work through their own challenges. Each must make their own way. Often a person does not want to move up to a higher level, because we are satisfied with our own level that we first tuned in to. It's hard to get people to move on, **because until they get bored**, they will not want to move on (upwards).

LUCID DREAMS AND OBEs ARE DIFFERENT -

A lucid dream is a dream that feels real, but its content is taken from the dreamer's mind. (Out of Body Experience) OBEs can be tested to distinguish them from creations of the dreamer's mind by concentration on some immediate physical object until the dream items disappear. I focus on my hand, or the ground, until I see the reality is a consensus reality and hence an actual objective experience.

My first virtual reality would be an OBE in these stages - (1) move out of body in bed (2) move out the window (3) And then a little travel. This could help people understand how to do it themselves.

LOVED ONES -

For loved ones that have passed over, the best we can do is to send LOVE – which always manifests as LOVE (light and blessing). One should send love as if the person was still alive. We should try to keep in mind that because we cannot see them does not mean they are not around and available. Things happen to us and others for a variety of reasons, usually an underlying network of energies are at play which in sum, cause the result.

Our loved ones can always see us as we appear in our astral body. We are usually not aware of such visiting. Astral bodies remain in the astral and can act independently from the material body – this is a complex subject which does not appear logical.

My own trips give me direct experience about the afterlife, and often I get telepathic information directly from loved ones I meet. My mother died in 1997, and she does not always appear as the way she looked when I knew her, but the welcoming hug she gives me is very clear.

Everything we experience here, we can also experience there. And more. Whatever we touch feels just as it is.

TRAUMA -

I was shocked by the My Lai massacre in Vietnam. Afterwards I became a conscientious objector. Years later in one OBE I was catapulted onto a battlefield in Afghanistan, just as a killing bullet hit a USA soldier who fell into my arms dead, and yet still living. In this case he went straight to a loving and wonderful place. So incidents are all unique and are results of their actions. No generalization can be made, as it always depends on motive.

When persons who have caused others harm pass over, they will suddenly will find their negative energies rebound and reflect on them. They will see their energies from the point of view of the person(s) they have wronged. This is a really important process.

Forgiveness is a powerful form of balancing out negative energy. Always useful, always positive. Always, do please mediate, find the LOVE within each of us, and be forgiving as best as possible!

The use of medication for treatment of trauma such as PTSD is not always a good solution; and yes, modern medicine just uses a short-cut with drugs. The best solution is analysis & counseling. These things can also be dealt with using meditation, which brings out the events

piece by piece, so they can be slowly and gently addressed and resolved bit-by-bit. This is how traumatic incidents can be undone piece-by-piece. Over time the negative energies can be dissipated by these methods. You can also use yoga, chi-gung and even fishing. Whatever brings you to the stillness inside, so the thoughts can appear and be resolved. Meditation is really the most recommended solution.

Certain moves in the astral levels appear to fix pains in the material body. The clients of mediums serve as a conduit for information, as long as you ask the right questions.

FOOD -

Astral travelers know that food is available on the astral levels, but there it is used as a means of social grouping. The senses are greatly heightened with more color, vision and taste – in fact more of everything. Astral food provides packages of energy, so is used on certain levels. Fruit from trees, clear streams of water, all provide refreshments.

When I met my mother, she brought me to meet her friends and we ate food together. Let me note that when you pick flowers on the astral plane, you get the LOVE energy, and that flower immediately provides you with energy as if it were food. Then the flower reappears again from the plucked stem. All the things happen in greater and greater effects on higher and faster levels. Food there is a kind of metaphor for energy, a kind of token, for an exchange of LOVE.

ACTIVITIES & SKILLS -

Astral levels vary from dull, dim and slow to high, bright and wonderful. Very often persons are just plodders, and their lives are not punctuated with bursts of high or low points. So let us understand that the nearest dimension is very much the same as on earth. If a person does mundane office work, they can and may just continue to do so in this very similar dimension. Mostly the office work is actually nothing but socializing, but sometimes there is real work. So bus drivers, taxi drivers, and so on, often just continue with their same work. Sometimes people accept money on the slower levels as a token of thanks.

In one example, a boat man was doing service for newcomers with a boat, and he found that his boat grew more wonderful after each trip as the positive energy earned had its effect. People with craft skills are desirable, because when they continue their craft, they are bringing themselves forward to a higher level of consciousness.

On slower planes near to the earth plane people mostly do not fly because it requires a big effort. I have visited there and found this for myself, as the surroundings affected me just like them. On the lower levels you still need a positive attitude to get into the air.

APPEARANCE -

The moment you die, your inner self becomes immediately visible to all. The more beautiful the people appear, the faster or higher is the level. I can always see what plane I am on

according to how the people look. When they are haggard, dirty, lame and aged in dim, dark, littered streets with nasty houses, it is a slower or lower plane. It is not so easy to get out of such a plane, unless a person's state of mind changes, then the surroundings will change. This is quite clear on the lower and slower planes.

As individuals, we have built a border around ourselves, and our earth world may be not congruent with our beliefs. In the astral, we may be separate from each other; but as our consciousness expands, we free ourselves from these shapes we have built around ourselves. However, those that remain within their own beliefs can only see their own beliefs. We have so many beliefs on this planet which keep us apart. As we grow, we see beyond, and start seeing the things in common in our appearances instead of the differences.

REINCARNATION -

During our past life review, we can actually find out how we did; Earth lives are really good and can be really helpful to one's spirit.

What prompts us when the time comes are energies that we do not and cannot feel or know right now. But once we progress to higher levels, we come to understand how past problems in previous reincarnations might require a reincarnation which may even be on other planet(s), according to where the problems were created.

At faster or higher levels, such problems can sometimes be resolved without a reincarnation. Even then, we may see and decide that the best solution will be another incarnation.

You can see the whorls of energies which suggest a direction for your next incarnation; The totality of your whole self is involved in how, when and where you will incarnate again. Your higher self makes the decision with the whole self. There is always a choice. I have even seen more than one person who changed their minds at the last second, and backed out. Generally, incarnations can be very similar to a previous life or take on a very new configuration.

So many people have reached a high state of consciousness, who do not want to continue (leave!) - they want to do social work, helping those who need help. The higher our consciousness gets, the wider are the possibilities for our activities; so, no, we do not get bored in the higher levels!

The Akashic records are total and complete, and completely accessible to anyone who really wants to get there. And the detail is beyond imagination. I once went back far enough to find an incarnation that part of me had as a glacier (!).

All life experiences can be re-experienced in a complete and full manner. I have also experienced this, and know it can feel physical just as it does now, while you, the astral person, watches, but cannot interfere or change anything in any way. I think this is only possible when above the astral level.

When we get onto the astral, we can easily become disinterested in our recent incarnation as being one among many. And again, we can pass beyond our astral level (body) - our awareness gets higher, the astral body fades away as we lose interest in it.

There is no such thing as death, because we translate to another point of view. This is a focus level change.

EARLY ASTRAL TRAVEL -

When I started meditation about 50 years ago (now Feb 2021) I had no idea the astral planes existed. I had read about them, but about 3 years after starting regular meditation was when my first big experience happened. I was eating breakfast and suddenly I could not relate to my hands and I became disassociated from my body, totally disassociated. The room became full of stunning, but not blinding, light. Then I heard a voice saying - Where have you been? - as if I had just arrived home. Somehow I felt that I had not been alive until this homecoming. I experienced a state of profound ecstasy, and full knowledge with absolute clarity, with a feeling of knowingness as a state of being. With this intense clarity I was a totally neutral being.

For weeks thereafter, I just could not be Jurgen because I was part of everything. Fortunately my sense of personal separation returned bit-by-bit, and then I started with OBEs.

Over the next years I became aware of greater things and this became the center point of my life, when at first I thought I was mentally ill until research showed me otherwise. So I understood that my physical body was NOT the only part of my existence, and I dedicated myself to finding my way back "home".

No one could relate to my stories, so I simply kept a diary, Years later my daughter discovered my diaries and made me type them all out.

GUIDANCE -

During my early travels, I became aware of a presence beside me which I could not identify. Somehow it was an aspect of higher awareness which was part of me, yet apart at the same time. I continued my meditation practice. This became my silent companion, like an awareness, or a stillness, which was yet active, because the moment I posed a question to this "spiritual space" I would get answers.

I also met a Chinese guide who took me on as a pupil. When first I met him, I understood him as a friend that I had known over one thousand years ago. At first our communication was spoken, then later became telepathic, and later still by symbols. Still later he gave me riddles to solve, including situations to overcome my fear of death. In 1980 or thereabouts, he gradually he introduced me to higher states of consciousness by giving me an insight to a higher set of levels for which we do not have language.

When painting, I went into a deep meditation, into different levels of consciousness, until arriving at a very different level, as though I had arrived home to a warm welcoming room. But I needed to leave my astral body behind to enter this higher state of consciousness, and once there, again achieved a state of absolute clarity.

I have a family and wife and children, but still I meditate every day for one or two hours. The silent companion continued to guide me and I was also reminded that progression in these levels requires that you abolish all fear, your own fear. So I was often confronted with scary things, such as my death in different forms.

Fear is a great stumbling block in our spiritual development. The causes of fear must be confronted, when they will be overcome.

In 2011 I was diagnosed with cancer which was indeed unexpected, but in fact became a great opportunity to focus on my dream work as I had largely overcome my fear. I was operated on, twice, with lousy physical results, except for OBEs which were wonderful.

Nevertheless, I always felt that I was at Home, and at last I went to Scotland to a hut to meditate, and wrote my experiences in a third book - *The Ten Minute Moment* -.

Some two years later I wrote *Vistas of Infinity* which covers more in-depth research of the afterlife states. For this I handed over the guidance of my experiences to my silent companion. I should mention that I no longer do this kind of travel any more, as I find I am no longer interested. I have started yet another book but am having trouble putting things into words.

If you would meditate regularly, you can address this space of silence within you and get all the answers you need. This way, you open yourself up to the inner knower, the knowing field, where we can get our answers.

There is nothing outside of consciousness. The way consciousness works is that a pencil, a flower, everything is made out of atoms which are intelligence. This intelligence organizes itself around certain systems, systems of energy. Consider that a mountain is actually a system of intelligent energy made of the consciousness swirling around and within it. Every cell in our body has its own surrounding system of consciousness.

STAGES OF SPIRITUAL DEVELOPMENT -

Yes, everyone began as gas and minerals, then became plants, thence to animal, and then to the human state, and our evolution continues as a greater consciousness. In the beginning it individualizes as an organization, a swirl of consciousness, and all of us carry all the information of all of these stages we have been through, and can thereby become aware of all the previous experiences. So once we get to full access to our previous experiences, we can understand that our true nature is "Unity Consciousness". Please read my book - *Vistas of Infinity* – where I show that our life is a tapestry because we are all a conglomeration of energy centers.

When we reach the higher state and can recognize our Unity of Consciousness, and we can relive these stages, over thousands of incarnations. In some sense this is quite scary. On one occasion I realized in a previous experience I had actually been a glacier, an actual glacier, formed out of two massive chunks of ice with water in the middle. There was I, living a feeling of total isolation that went on for thousands upon thousands of years.

Another occasion I experienced the suffering of every living thing - I was only saved by having already experienced the absolute opposite. Thankfully, this can only happen during an OBE.

When I travel, I rarely seek my direction deliberately . Happily my underlying state of joy never goes away. On one occasion I went into the place where suicide bombers go, and found that it was one of the worst places I have ever been. Usually it is inhabited by people who are victims of their own mind. As soon as I realized where I was, dead terrorists immediately tried to kill me for being different, but their bullets just plopped out of their guns, causing them all even more frustration.

Never have I seen attacking or threatening malignant enemies who have attacked me. Should you come across malignant entities, they may not even see you or even know you are there.

Actually, we are all made of the same stuff, as I am not different from any one of you, because each of us can access our own history when we reach a faster level. Each and every one of us has a universe unique to each of us, so there is a basis upon which we can build our knowledge. We can speed this up if we just meditate, for heavens sake.

Your experience in NDEs and OBEs is based on what you need to experience; it is the same for all of us, as bit-by-bit we are releasing our fears.

The best way for almost everyone is to meditate at 5am in the mornings. Then of course you may get tired and go back to bed. But you can set yourself an intent, an intent to meet whoever it is, and sometimes this is enough to get to meet those one wants. Generally, morning meditation clears the mind, brings clarity, helps place your attention on attention. This clears the mind, makes it much easier to have the desired OBE or dream. There's a whole field of research, methods and results about this, which you can find online.

Usually everyone thinks they are still on Earth because the perceptions are the same. However, the higher the vibration, the more beautiful the reality. The slower vibrational levels become increasingly dark and depressing. Each level, even the most sublime higher level(s) feel real, as real as anything else ever is. Compared to our higher-dimensional life, the regular physical life really feels like a dream.

Luckily our time here is short, but even though it is short, the lessons we learn cannot be learned on any other level, and these lessons help liberate ourselves from fear, fear of control, all of which need to be overcome for our progress in spiritual development.

UNEXPECTED BLESSING -

Once upon a time I visited a monastery in Greece which has been on an island for over one thousand years. The monks are incredible people with a daily routine that starts at 4am, with

prayers for hours. I was honored to be selected to visit an inner sanctum, where they held a special icon of a fourth century female saint who died 1700 years ago. Amazingly, I suddenly felt her presence in that room, which put me into an intense state of being blessed, which was a kind of very intense bliss. The monks introduced me to her as Anastasia.

Thereafter, for some months later her presence would appear around me any time I thought of her. Once, it occurred to me to ask where she lived, to show me her home, expecting a dream-like upper level. She then showed me the most dreadful slum town I had ever seen. She said - **My home is where I am needed most.**

So much so, that I may make this the centerpiece of a new book, after "*Vistas of Infinity*". Sadly, I lost the ability some months later.

Of course, Anastasia is not alone in this work; it appears there is at least one whole Buddhist sect of whom each reincarnates again and again to provide help.

MEDIUMS vs MY REPORTING -

My travels are in person, and as real as physical reality, in fact more real, and are clearly no tricks of my mind, as the places I report are places that I have been to at least five times on different occasions. This is different from mediums, as they are generally must rely on what they are told, which is not the same as direct personal experience.

Practicing meditation during the last 50 years allows me to keep my focus clear, well beyond that of normal persons. It allows me to extend the experience in these other dimensions, which are in fact closer to one's real home than life here on earth. Sometimes life on earth appears more as a dream; so much so, that sometimes I wonder if I have died, and feel I must go back to my sleeping body to check for signs of life.

PERSONAL APPEARANCE and SURROUNDINGS -

In other dimensions, a person's physical appearance may change according to their thinking. This is something a normal medium would have difficulty noticing. Their thinking can also change the appearance of their surroundings, for good or for bad, as bad thoughts can make the flowers around wilt; and of course the opposite is true. Even on earth, our emotions can affect our surroundings and the feelings of other people. If we are mostly negative, then our environment will be dull, and those will be our surroundings. The opposite is also true.

People create their own environment, usually bringing their earth experiences, so that it looks like nothing much has changed. Each identifies according to his own wishes and understanding. Human emotions express themselves in the environment, such as when beautiful thoughts actually change the surroundings while we are present; for example when a group of people are talking and have pleasant thoughts, a nearby tree can blossom. The negative affects work just the same, with unpleasant effects on the surroundings.

I have tried to create things myself, at first not successfully, but later on with more focused intent, I had some success.

People there who understand, just play with these phenomena with amazing effects.

On one occasion I met with a lovely lady living in a lovely house near the sea who had a bad boyfriend in her last life, who stole everything from her. While she was telling me about it, our surroundings reflected her changes in mood. Flowers in pots died, and came back as flowers with black and red blooms when she got really angry. Then at last, when she calmed down, everything went back to being as lovely as when I arrived.

In the afterlife mood clearly affects your surroundings. It happens to some extent on the earth plane, but a great deal in the astral regions.

ASTRAL LEVELS ARE MULTI-DIMENSIONAL -

The nearest level is very like this actual earth level, which means that often people die and are not aware of it. Mostly people are greeted by loved ones, and brought away to their suited environment. However, some others cannot move beyond these lower dimensional levels.

In all dimensions we create things. near earth astral levels. Chanting a mantra is often very helpful. My personal favorite is OM, which can help you fly out and upwards even though it does not always work. Others suggest spinning around can help get you to a higher level.

I have watched some of my relatives' progression on the dimensions over the many years that I have been visiting.

Just as our initial passing over usually feels like dropping the heavy coat of our earthly body, there is a second death, which requires the death of our ego, and it happens in the hereafter when a much greater aspect of ourselves becomes apparent. During meditation one day, I experienced this other aspect of myself, that was waiting for me, teasing me towards it. Finally I knew I had to surrender my "ego", and then I understood this greater aspect was the real me.

It's again like dropping a burden or getting rid of a heavy warm coat and leaving the ego identification behind. It's a true coming Home. So instead of losing something, we are gaining our real persona, more joyous, comfortable, with expanded senses.

The reality becomes even sharper and our previous ego-self experiences fade into insignificance. This higher state of consciousness allows us to see all of our previous memories of previous lives, where we may even meet old and good friends from a past life.

We can actually enter these past lives as though in that persona without that previous incarnation being aware of my presence. I once visited a previous life of mine in the 16th century. One has incarnations on other planets which can also be visited.

PAST LIVES -

I have never deliberately sought out my past lives, but sometimes I have been directed to see a previous incarnation. One that I particularly remember was the time that I was a petty tyrant who was only out for myself, making money. I learned to feel how I had wasted this life, feeling the emptiness I had left. On another occasion I was a church elder, and feeling so superior from normal people, it made me sick to see myself.

Not all were unpleasant, as I also experienced some positive lives, where I had done a lot of good, helping people. And the wonderful one where I met my Chinese master, who became my guide.

These kind of experiences help us to become liberated from the effects of these lives, and this applies to all of us. Our "shadow" side gives us contrast and we can work through these experiences, which everyone has somewhere in their pasts.

OTHER PLANETS, OTHER DIMENSIONS -

When we look at the many other planets on "local" star systems, they are completely inhospitable on this plane, our "earth" plane. But on other higher dimensions they are totally filled with amazing life. Once there, we can relate to their energies of life, in full sound and color, where each species has their own signature. There are also huge quantities of flora and fauna, so much so it would take centuries to describe and list them all.

There are also animals which have no counterpart on earth, such as lions with wings; butterflies that are intelligent and yes, you can actually talk with them. In the astral, we often know this by just treating them as if they were other human beings; and in the astral we can talk to them. Yes, they do understand us, and many have true wisdom. It is therefore so important to respect the animals that are here on earth. In higher states and dimensions that I have visited, I could see this intelligence directly for myself.

My heart breaks to see how we treat animals here. In the future, we really will have to accept them as intelligent beings, who actually have a great contribution to make to our lives here, and not just to be exploited as we so often do.

Nothing exists in the universe that has no intelligence. This actually means we are in an intelligent breathing universe, an understanding that has been totally lost in our materialism.

Even mountains are alive and speaking to us if only we would care to listen.

When we get beyond the normal astral levels, in fact even beyond our astral body after the death of our ego, and after losing all fear, sometimes it is really difficult to remember your original earthly self, which we can maintain only through love. We can actually see the structure of life, and see how the energies come together, expressing themselves in complex geometric shapes, forms that create all things.

THE EARTH DIMENSION -

The complexity of faster and higher levels diminishes when we are closer to the physical realm. While on earth, we should be following a path of mental hygiene, and developing positive attitudes of love.

I get depressed about the state of the world because of ignorance and hypocrisy at high levels.

We should every day lead a life on the basis of gratitude. And allow feelings to come and go without attaching too much importance.

CLOTHING IN THE ASTRAL-

The clothing of nearer levels are just the same as on earth; even on medium astral levels, clothing is much the same. Once I had bought some silly teenage trousers, and later in an out-of-body experience, there I was in these pants. Those I met actually commented on them and someone offered to make me a fancy jacket to go with the silly pants.

But as we move up higher, the energy which we radiate make our clothes an extension of our personality which are often very beautiful and extraordinary.

Higher beings with luminous skin show unearthly materials in their clothes which can change color, even sometimes automatically change according to the current actions required.

FAMILY LIFE -

Clearly families will vary according to the actual relationship. Often we or they see the afterlife as a chance for a new beginning. Where there is true love, the bond will be stronger, or at least maintained, because in the afterlife we can now focus on the things which are real instead of earthly troubles.

We can have a much better relationship, with greater understanding. Sometimes there are people who have been really really old friends, and sometimes we can connect to friends and relatives who have not incarnated while we were incarnating.

The families we had here that worked well together can carry on perfectly well in the astral and be much enhanced. Here, we focus on our limited perception.

LOSS and CHILDREN -

People who lost a child or a parent can continue in love, so instead of having a tragedy of bereavement, we can continue in LOVE, and also after we cross over to the afterlife.

Here children die just like anyone else and carry on in the astral level, usually with adoptive parents that never had children on this earth. There on the astral level, they are abundant and can be just as free-spirited. Sometimes their stories are very complicated when they have lost their lives through trauma. Generally they are really really well looked after.

ART and RECREATION -

Recreational activities in afterlife do include ball games where people push the ball with their minds. Things go much faster, and they have faster reactions at higher energy levels. This takes quite a lot to adjust to, and yes, Disney worlds are available to at least the tenth power!

On earth I am a digital artist; but on the astral, I am still a paint brush painter. Once I visited to find my friends were putting on an exhibition of my paintings.

Each aspect of ourselves creates an energy center, which then branches out into a network of experiences. Sometimes interactions with other person's centers and networking. We are not really aware until we go really very much faster, even beyond the astral body level.

KARMA FROM PAST LIVES -

Karma is simply an autonomous and automatic configuration, or reconfiguration of network energies which we then use to choose a new life for incarnation. Sometimes we are aware of "knots" in our subconscious, and this is why meditation is a very good system to unwind these knots bit by bit.

My Chinese teacher used symbols to explain things, which I gradually learned to understand. Each provided an insight into higher states of consciousness. Once he showed me freshly dead persons which were sometimes traumatic; such as our visit to a Chilean torture chamber to help a tortured to death person's transition.

MENTAL ATTITUDE and OTHER STATES -

Since 2013 when in Scotland, I have found that I (and you) do not have to travel in other dimensions, to experience bliss. For me, there is now little incentive to travel. I can experience the bliss of a higher state of awareness just sitting on the beach without leaving my body, yet having a dual state of awareness, something like when swimming, you put your head above water, knowing your body is in the water, knowing both states exist concurrently. Sometimes this occurs even while I am riding a bicycle. As long as I am not preoccupied with busy mundane matters I can experience the higher levels.

RELATIONSHIPS and SHARED CONSCIOUSNESS -

If we have conflict within a relationship, it is usually based on a lack of empathy, because we are paying more attention to ourselves than the other person. We need to realize that we actually share a consciousness at a basic level. Usually, this is known where there is a strong relationship. As long as people are uncertain about this, their relationship will be uncertain.

Even when such a relationship exists, no one is ever perfect, just as my wife jokes with our children about my own faults, we all must know that we all have problems we need to work with. My wife and I have been together 50 years now, and have long since agreed to work with each others' imperfections.

We can thereby show a sense of gratitude about ourselves, knowing that friction allows us to grow. We should still lead our lives on the basis of gratitude while allowing feelings to come and go without attaching too much importance to them.

You do not need to fear that loved ones will be lost because of reincarnation or moving on to higher levels. The astral body does not leave anywhere, even if the person is on a higher level, so the loved ones will always be available for communication.

At the root level of our consciousness we are already enlightened and we can connect to this in dreams and in meditation. The reality is that our ground level is Love - (bliss) - we do not experience it because the layers block it off until we learn more.

Everything that exists is carried by divine consciousness, so there is nothing random about any of it. Just look at the fractal geometry in Nature, which is a self-perpetuation principle of growth, which at last grows into areas of the unknown.

We can always return to the root of consciousness, being Love and Gratitude, which allow us to become participants in this divine process. Meditation allows us to combat and depression by tuning into the divine principle.

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