

Nearer My God to Thee:
New Maps of the Afterlife



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Introduction



When, during an interview, Wendy Zammit said I had posted a number of articles on crop circles, I said to myself, “I did?”

What else did I publish in these areas - the afterlife, OOBES, crop circles? And this book ultimately resulted from that look-see.

Over the years, I’ve had more and more experiences that make more and more things clear. An out-of-body experience in 1977 showed me I was not my body and, therefore, I am immortal. (That was quick and easy!) (1)

In 1987, I was shown the purpose of life, in a vision, and that put my research on overdrive. (2)

In 2015, I was given a visit to the Seventh Dimension of Christ Consciousness, when after a fourth-chakra heart opening I found myself first in a tsunami of love and then in an Ocean of Love. (3)

The sight of the Self followed in 2018, accompanied by an experience of my own purity and innocence. (4)

All of these combined - and many more - are the foundations for what I say here.

I apologize for what repetition there is; for example, Dr. G.’s Ascension from the Astral to the Mental Plane. Rather than break up the flow of an article, I’ve chosen to leave them in and rely on your discernment, whether to read again or skip.

I thank Wendy Zammet, Michael Tymn, Lee Pulos, Irene Griffey and so many others who either introduced me to spiritualism or else encouraged me in studies of the afterlife.

Footnotes

(1) See “The Disappearance of the Fear of Death,” November 14, 2023, at <https://goldenageofgaia.com/2023/11/14/349489/>

(2) See “The Purpose of Life is Enlightenment – Ch. 13 – Epilogue” in *The Purpose of Life is Enlightenment* at <http://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(3) See “Submerged in Love,” March 14, 2015, in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/An-Ascension-Ethnography-5.pdf>, and after.

And “Activating the Wellspring – Part 1/2,” March 14, 2015, at <https://goldenageofgaia.com/2015/03/14/activating-the-wellspring-part-1-2/>.

(4) See “Archangel Michael Explains What Happened at Xenia,” Sept. 22, 2018, at <http://goldenageofgaia.com/2018/09/22/archangel-michael-explains-what-happened-at-xenia/>

“The Heart is ‘the Seat of the Soul’,” December 17, 2018, at <http://goldenageofgaia.com/2018/12/17/the-heart-is-the-seat-of-the-soul/>.

“We Are, All of Us, Innocent and Pure,” April 7, 2020, at <https://goldenageofgaia.com/2020/04/07/307247/>

**The Love that Exists on the Higher Planes is
What Makes the World Work for Everyone**

Julia Ames: Never Lose Hold of This

December 18, 2023

<https://goldenageofgaia.com/2023/12/18/julia-ames-never-lose-hold-of-this-2/>



Julia Ames

I'd like to repost this account of the afterlife by journalist Julia Ames. Anyone who knows me knows I've emphasized that what is left out of most accounts of higher dimensions is the wonderful river, ocean, atmosphere of love that exists there.

It's water to the fish; air to the humans. It's omnipresent and perhaps that's why people don't notice it. They speak from it, but they speak naturally rather than incredulously, as we newcomers would.

But here is Julia Ames, radioing back to us from the afterlife in 1914, the only person I've read to date who fully acknowledges the river of love they exist in. Yay, Julia! This is what's missing from most accounts.



Julia Ames

Julia Ames: Never Lose Hold of This

Jan. 10, 2016

(<https://goldenageofgaia.com/2016/01/10/julia-ames-never-lose-hold-of-this/>)

I continue today to be in the experience of transformative love and, when one is *in* love, one can only write about love.

So far we've been looking only at channeled messages from our sources in the Company of Heaven. But I was doing some work on the *New Maps of Heaven* wiki and came across some really wonderful words from Julia Ames. "Julia" was an American newspaperwoman who died just before the First World War and communicated back through British journalist and friend William T. Stead.

She's describing the Higher Summerlands of the Astral Plane. She begins with the blanket statement that "the ozone of our life here is love." (1) She adds: "Heaven differs from earth most of all in this. There is more love in it; and ever love that throbs in the human heart makes Earth more like Heaven." (2)

She says that, unlike us, the residents of the Astral Plane are always conscious of love.

"The difference between what we feel here and on earth is that here the consciousness of love is everywhere. We see what we are and we often regret it and mourn for our shortcomings. But we know that we live in the very love of God and that our stumblings tend upwards. But we do stumble and fall short of the glory of God." (3)

Love is the secret of heaven, she tells us. Increasingly it's becoming the secret of the New Earth.

"I find it so difficult to explain how we live and how we spend our time. ... I think we can best teach you what we experience by asking you to remember those moments of exaltation when, in the light of the setting or rising sun, you look out, happy and content, upon the landscape over which the sun's rays have shed their magical beauty.

"There is peace; there is life; there is beauty; above all, there is love. Love, love is the secret of Heaven. God is love and when you are lost in love you are found in God." (4)

We don't find our existence in love as she does. Consequently we doubt that God exists. But of the Astral residents, she says: "We cannot doubt the love of God. We live in it. It is the greatest, the only real thing." (5)

She goes more into the differences between the physical and astral realities:

"There is nothing to which you can compare our constantly loving state in this world except the supreme beatitude of the lover who is perfectly satisfied with the one whom he loves.

"For the whole difference between this side and your side consists in this ... that we live in love, which is God, and you too often live in the misery which is the natural, necessary result of the absence of God, who is love." (6)

At one point she waxes philosophical and tells us:

"Love is God, God is love. The more you love, the more you are like God. It is only when we deeply, truly love [that] we find our true selves or that we see the Divine in the person loved. ... Love is the fulfilling of the law, love is the seeing of the face of God. ...

"If you wish to be with God - love! If you wish to be in heaven - love! For heaven differs chiefly from earth and from hell in that in heaven all love up to the full measure of their being and all growth in grace is growth in love. Love, love, love! That is the first word and the last word. There is none beside that, for God, who is love, is all in all, the Alpha and the Omega, the first and the last, world without end." (7)

At this moment, I'm feeling transformative love, which is the love she's referring to (not what passes for love on the Earth Plane), and it's yielding to bliss. The truth of her words brings on this mood.

Julia shrinks from considering that her words have done the desired job.

"I am ashamed of the poor, paltry, miserable words and metaphors with which I am trying to give you some idea of the abounding and overwhelming and all-encompassing sense which we have of the love of God. That, my friend, is Heaven; and when you have it Heaven is there. All is summed up in that: God is Love, Love is God, and Heaven is the perfect realization of that." (8)

She ends with an exhortation to us.

"Whatever else you may doubt, never lose hold of this: God is Love. The atmosphere of the universe is the realizing sense of the love of God and the more I live here the more impossible it seems to doubt it." (9)

I could as well go into [*From Darkness Unto Light*](#) and get a third view of love from terrestrial sages: that would make three sources, not all channeled: the Company of Heaven, afterlife communicators, and terrestrial sages. But I know what I'd find. Exactly the same words.

Love is itself the stairway to heaven, just as it *is* heaven, and as it is us.

Footnotes

(1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914. 82.

(2) Ibid., 83.

(3) Ibid., 82.

(4) Ibid., 46.

(5) Loc. cit.

(6) Ibid., 52.

(7) Ibid., 54.

(8) Ibid., 71.

(9) Ibid., 70.

Meeting Jesus in the 7th-Dimensional Christ Sphere

December 24, 2018

<https://goldenageofgaia.com/2018/12/24/297573/>



Julia Ames

We hear hymns that talk about meeting Jesus in the clouds and being saved. Are they true?

Yes and no. We don't meet Jesus in the clouds above the Earth. But we can and do meet Jesus in etheric planes that have cloud-like ambiances.

Here afterlife commentator, formerly American journalist, Julia Ames describes being taken to see Jesus on a higher plane (probably the Christ sphere, on the Seventh Dimension) and realizing him.

I've experienced the love that she talks about here (March 13, 2015) and so I can appreciate her enthusiastic desire to want to describe it and the impossibility of doing so.

Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914.

I found myself free from my body. It was such a strange new feeling. I was standing close to the bedside on which my body was lying; I saw everything in the room just as before I closed my eyes. I did not feel any pain in "dying"; I felt only a great calm and peace.

Then I awoke and I was standing outside my old body in the room. There was no one there at first, just myself and my old body. At first I wondered [that] I was so strangely well. Then I saw that I had passed over. ...

Then I felt as though a great warm flood of light had come into the room and I saw an angel. She, for at first she seemed to be a female, came to me and said -

"I am sent to teach you the laws of the new life."

And, as I looked, she gently touched me and said: "We must go."

Then I left the room and my poor old body, and passed out. It was so strange; the streets were full of spirits. I could see them as we passed; they seemed to be just like ourselves. My angel had wings; they were beautiful. She was all robed in white. (1)

When we were journeying I spoke little. My thoughts were busy and yet I was not conscious of even thinking, only of feeling and seeing, drinking in at every point new impressions.

When we seemed to be arriving at a new world, I spoke. I asked my guide, "Where is this? Is it Heaven?" He replied, "Wait and see. You will find those there who will teach you what you want to know."

The place was very pleasant to behold. The air was sweet and there was a delicious fragrance of flowers in June. The world - for it was a world we were approaching -

seemed not unlike our old world, but it was different - there was nothing to jar. The sense of restful peace and contented love was everywhere. The place had a placid smile of tranquil joy. (2)

I found myself in a great expanse of landscape where I had never been before. I was alone; that is, I saw no one. But you are never really alone. We are always living in the presence of God. But I saw no one.

Then I heard a voice. I only heard the words. "*Julia, He who saved thee would fain speak with thee.*" I listened, but no words other than these were spoken.

Then I said - "Who is it that speaks?" And, behold, a flaming fire - really like fire though in human shape. I was afraid. Then he spoke and said, "Be not afraid. It is I who am appointed to teach the secret things of God." Then I saw that the brightness as of fire was only the brightness that comes from the radiant love of the Immortals.

Then the flame-bright One said to me, "Julia, behold your Saviour!" And when I looked I saw Him. He was sitting on a seat close to me, and He said, "Beloved, in My Father's House are many mansions; here am I whom you have loved so long. I have prepared a place for you."

And I said, "Where, oh, my Lord?" He smiled and, in the brightness of that smile, I saw the whole landscape change as the Alps change in the sunset, which I saw so often from the windows of my hotel at Lucerne.

Then I saw that I was not alone, but all around and above were fair and loving forms, some of those whom I had known, others of whom I had heard, while some were strange. But all were friends and the air was full of love.

And in the midst of all was He, my Lord and Saviour. He was as a Man among men. He was full of the wonderful sweet mildness which you are acquainted with in some of the pictures that have been painted by the Italian Fra Angelico. He had an admirable look of warm affection, which was as the very breath of life to my soul. He is with us always.

This is Heaven - to be with Him. You cannot understand how the consciousness of His presence makes the atmosphere of this world so different from that with you.

There are many things I wish I could write to you, but I cannot, nor could you understand them.

I can only tell you that He is more than we ever have imagined. He is the Source and Giver of all good gifts. All that we know of what is good and sweet and pure and noble and lovable are but faint reflections of the immensity of the glory that is His. And He loves us with such tender love!

Oh, Ellen, Ellen, you and I used to love each other with what seemed to us sometimes too deep and intense a love, but that at its very best was but the pale reflection of the love with which He loves us, which is marvelously and wonderfully great beyond all power of mind to describe. His name is Love; it is what He is - Love, Love, Love!

I cannot tell you everything; you could not understand it. But I am in a state of bliss such as we never imagined on earth. (3)

It was beautiful and glorious, exceeding all my powers of description. There was no expectation of the meeting nor was I even able to realize the fact that I had met Him until I saw the whole landscape flame and glow as with the radiance of opened Heaven when He spoke to me.

The cause for this difficulty was, I suppose, the extreme naturalness of all that I saw and heard. There is such a difficulty in realizing that today, as yesterday, is the same. When there is something of what we used to call the supernatural order occurring in the midst of what seems so very natural it is difficult to realize it.

But, oh, my friend, when it is realized, what a change occurs! The whole world was transfigured in the realization of the intensity and constancy of His love. And from that moment I have never been sad, save from my own shortcomings and my own lack of love. Oh, my dearest friend, if only we could live more in the realized sense of His love. (4)

When I had seen the splendour of the love-light that flooded the world, I was beside myself with joy. All the many loves which I had known on your side faded swathed me about as with a garment and enabled me to see what marvelous possibilities, what undreamed-of powers were all the while in the heart of each of us. (5)

Footnotes

(1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 77.

(2) Ibid., 41-2.

(3) Ibid., 43-5.

(4) Ibid., 87-8.

(5) Ibid., 89.

Bodies That Seem Made Out of Air

April 12, 2021

<https://goldenageofgaia.com/2021/04/12/bodies-that-seem-made-out-of-air/>



Cosmic Children 2. Credit: kiplinggallery.com

What Elizabeth is pointing at here, but may not understand, is the wonderful love that exists on the higher planes and makes all the rest comprehensible. Hence I include it in this section.

I was looking for a particular quote on children on the Astral Plane designing flowers that might later be introduced into the Earth Plane, when I came across this delightful quote from a young, transitioned child, Elizabeth, describing life there in a nutshell.

In my opinion, Elizabeth explains in a few sentences how, when, and where the world will work for everyone.

Before we go there. I need to explain an aspect of the planes or dimensions.

We tend to equate the Astral Plane with the Fourth Dimension. It is and it isn't.

Even though we and the afterlife are both in the Fourth Dimension, as our young commentator notes below, we on what they call "the Earth Plane" are in dense physical bodies and they're not.

So we can't simply equate their abilities, free of the body, in the afterlife with ours, ensconced in and hampered by the body (as long as it's carbon-based).

With that note, here's a young, transitioned Elizabeth, on the difference between there and Earth:

"You know, a great many of the sins of people on Earth were the fault of their bodies; as soon as they get bodies here that seem made out of air, they are so light and easy to use, people don't feel the wish to do cruel and nasty things.

"There isn't any need to tell a fib when everybody understands and is kind. There isn't any need to steal when the air and light are food. There isn't any need for fights when people have everything they want. Besides, you see, the stupid old Earth bodies were made to make people want things dreadfully [that] they couldn't have." (1)

Out of the mouths of babes.

It'd take a book to unpack what she just said.

Did she not just describe a world that works for everyone? (2) Such a world is as close as the Higher Summerlands of the Fourth-Dimensional Astral Planes. All you have to do is die to get there.

Or ascend. In a new crystalline version of that same physical body. One free of defects.

That world isn't here for us yet for just the reasons Elizabeth gave: these dense physical bodies make our lives like moving through molasses, compared to theirs. Spiritual progress is difficult and, as she says, we're always hankering after everything we can't have! I want to visit India. I want a TR-6. I want to visit the moon.

"...as soon as they get bodies here that seem made out of air, they are so light and easy to use...."

Having been in my astral body, I've never been able to describe how light it is compared to this tank we rumble around in all day. "Made out of air" - perfect.

The astral body is a very strong conductor of emotion whereas the physical body, as it is now, is virtually a non-conductor in comparison.

"There isn't any need to tell a fib when everybody understands and is kind."

This is the result of the ocean of love they live in. All needs are satisfied. Greed is absent. There's nothing to protect or hide and everything to share.

"There isn't any need to steal when the air and light are food. There isn't any need for fights when people have everything they want."

We don't manifest with speed; they do. We don't draw sustenance from the air; they do. We don't have everything we want; they do.

We endlessly pine after what we don't have; they actually have a life - one free from all the health woes and unfulfilled desires that plague us.

Heavens, I don't think I could have put the matter better.

Thank you very much, Elizabeth. If you're still on the Astral Plane (it's only been about 120 years), you can probably hear me.

You give me the confidence to say what can sound like outrageous things, that are beyond our experience, in contexts unfamiliar to us, which need to be said and are just simply true.

Footnotes

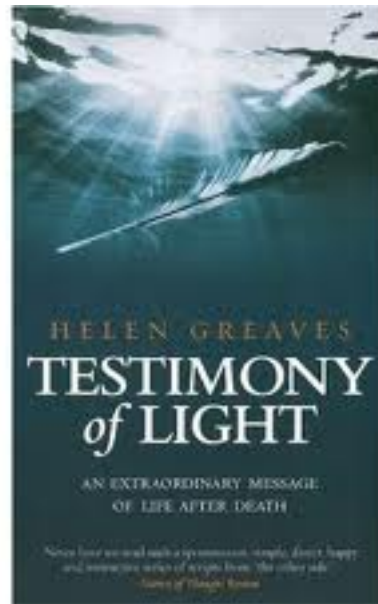
- (1) Child Elizabeth B. to E.B. Gibbes in Geraldine Cummins, *They Survive. Evidence of Life Beyond the Grave from Scripts of Geraldine Cummins*. Comp. E.B. Gibbes. London, etc.: Ride and Co., n.d, 74.
- (2) The actual phrase originated with Werner Erhard.

The Liberation We Call “Death”

We Already are Immortal

August 8, 2010

<https://goldenageofgaia.com/2010/08/08/we-already-are-immortal/>



Imagine how much our society will suddenly have to take in in a very short time once disclosure happens? We are not alone in the universe. Spirits are real. Angels are real. Invisible things still exist. There are many dimensions to reality. You are immortal.

It's enough to make your head spin.

The more solid we are in our appreciation of some of these facts, the more we can help society to remain stable while a conceptual earthquake occurs. That's one of the definite advantages of discussing so many of these topics together now.

Here I want to discuss the notion that death does not exist. I'd like to bring in some of the voices from *New Maps of Heaven* along with our usual spirit and galactic friends so you may see some new names and faces here.

The spirit Saul says that we immerse ourselves in “a meaningless struggle against death.”

“You cannot die — you are immortal beings of infinite perfection, and yet you continue to hide this knowledge from yourselves.” (1)

Immortal? Isn't “immortality” something we achieve once we are enlightened? No, that is freedom from needing to reincarnate physically. Even if we must continue to reincarnate physically, we are still immortal; we never die though our bodies do.

The galactic Kryon makes a cryptic comment that reflects this when he says:

“There'll come a day when I see you again. We will mesh our energies together and you will call it death.

“And I'll look at you and say welcome home.” (2)

Welcome home? Well, yes. What is death to the loved ones we leave behind on Earth is a homecoming to our loved ones in spirit. To make this point, let me now switch over to sources in *New Maps of Heaven*. These are spirits communicating after the death of their physical bodies. Again, I have eliminated from this account any communicators I deem to be not credible. What remains are, in my opinion, very credible sources.

South African spirit communicator Mike Swain tells his father, Jasper: “We on *this* side rejoice when the soul of an old friend comes here.” (3) The atmosphere is like a homecoming.

Canadian Grace Rosher's mother tells her: “When anyone from the old world joins the family circle we get a great thrill.” (4)

When Philip Gilbert, who reminds me very much of Matthew Ward, was asked to intervene to help cure an illness, he responded: “Do remember that, to us, your coming over here is no cause for grief – why *should* we interfere [with the course of an illness], in normal circumstances?” (5)

American journalist Julia Ames, who was very well known in her pre-WWI day for her *Letters from Julia*, reminds us that “death only exists for the living, not for us.” (6) “What you call death ... is really the entrance into life.” (7)

The entrance into life? Yes, and a life more abundant, as we shall see when we enter the Fourth Dimension, which I think will be similar to the Astral Planes.



Grace Rosher

Gordon Burdick, Grace Rosher's sweetheart, tells her that “death, as [you] call it, is nothing more than a new birth. ... We are even more alive than before.” (8)

In the nineteenth century, spirit teacher Mary Bosworth put it this way: “Death to you is a darkened way; to us it is a path of light.” (9)

Grace Rosher's grandmother tells her that “we do not die and there is nothing to fear when the change comes. If I had known what I know now, I should have had no fear.” (10)

“The death of the body is but a gentle passing to a much freer life,” Frances Banks tells us in *Testimony of Light*. (11)

Mike Swain tells his dad that birth is far more dangerous than death:

“Believe me, Dad, it is ten times more dangerous and unpleasant to be born into your world than it is to leave it! Being born is a painful, risky process and none of us contemplate it with any degree of pleasure. And yet all of you people on the earth fear death.” (12)

Given what they know, it seems a natural thing for spirits to want to return and tell anyone who will listen the glad news. Says Monsignor Robert Hugh Benson:



Msgr Robert Hugh Benson

“It is but natural that, with the opportunity presenting itself, we should visit the earth and, by bringing with us a little of the light of knowledge, we should be able to dispel the fears of death of the physical body that haunt so many people and, in place of those fears, give some knowledge and information of the superb lands of the spirit world wherein we now live and wherein you yourself will one day come to join us.

“In place of fears of a speculative ‘hereafter’ we try to show you something of the brilliant prospect that lies before you when that happy moment arrives for you to take up your true and undoubted heritage in the spirit world.” (13)

The “superb lands of the spirit world” relieve of us hunger, thirst, worry, fatigue, want ... well, many of the things we look to Ascension to relieve us of, really.

In order to give us a sense of what to expect after Ascension – at least to the Fourth Dimension if not to the Fifth, which will happen a short while after entering the Fourth – I’ll try to give some glimpses of life on the Astral Planes in a series of future articles.

The problem with giving some glimpses into the Mental Planes or Fifth Dimension lies with what occurs for the departed spirit. Just as a new immigrant from a

foreign country spends a lot of time writing those he (or she) left behind, so a new arrival on the Astral Planes spends a lot of time thinking about and perhaps trying to contact those he left behind on Earth.

He wants them to know that he is happy and that life for him is far more abundant and enjoyable than it was. But after a certain time, as with the new immigrant, his life becomes centered, not among his physical family, but among his spiritual family and his loyalties gradually shift.

Many spiritual travellers lose their desire to communicate with Earth and become wrapped up in the wonders and satisfactions of spirit life. By the time they reach the Fifth Dimension or Mental Planes, they may not be communicating with those they left behind at all.

What this means in practical terms is that we have far more accounts of life in the Astral Planes (4D) than we do of life in the Mental (5D). And the accounts we have of life in 5D lack the detail of the daily round or comparisons with Earth life. They are more about the service the spirit performs or the spirit's colleagues and learnings.

So it isn't as easy for the researcher to share details of life on the spirit Fifth Dimension as it is on the Fourth.

So, if we want to know what life will be like during the time we spend in the Fourth Dimension while ascending, which Matthew has said will be a short but necessary time, we can know that by looking at accounts of the Astral Planes. Life in the Fifth Dimension will be ... well, a lot better.

In summary, what we may want to take away from this article is that death is nothing to be feared. On the contrary, death will relieve us of much suffering and release us into a world that is beneficent and enjoyable probably past our imagining.

Footnotes

(1) Saul, March 14, 2010, at <https://johnsmallman.wordpress.com>.

(2) Kryon, "The Shift is Here," Oct. 20, 2008, at https://www.kryon.com/k_channel08_Chile.html.

- (3) Mike Swain to his father, Jasper, in *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 56. (Hereafter FMW.)
- (4) Grace Rosher's mother in Grace Rosher, medium. *The Travellers' Return*. London: Psychic Press, 1968, 87. (Hereafter TR.)
- (5) Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948, 235. Here Philip speaks through his mother Alice just as Matthew speaks through his mother, Suzy.
- (6) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 84.
- (7) Ibid., 64.
- (8) Gordon Burdick to Grace Rosher in TR, 66.
- (9) Spirit Control Mary Bosworth to Charlotte E. Dresser in Fred Rafferty, ed., Charlotte E. Dresser, medium, *Life Here and Hereafter*. Author's edition. Downloaded from <https://www.harvestfields.ca/ebook/02/001/00.htm>, 2 Feb. 2008, 91.
- (10) Grace Rosher's grandmother in TR, 93.
- (11) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 121.
- (12) Mike Swain to his father, Jasper, in FMW, 51.
- (13) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957), 128.

Do We Need to Fear Death?

April 9, 2019

<https://goldenageofgaia.com/2019/04/09/do-we-need-to-fear-death/>



In the course of our Ascension, we're invited to eliminate really deeply-seated fears.

I can't think of one fear that's more deeply-seated than the fear of death.

That fear evaporates immediately when one has an out-of-body experience.

I had one in 1977 and the minute I saw that my body was over there and I was quite happily existing over here, the fear of death evaporated. "I" was not my body!

Barring such an experience, we have to work up from the intellectual level (we have to "get the idea") and from there to the experiential and realizational levels.

Descriptions of people's experiences of death at least anchor the idea in us so let's begin by looking at some of those accounts.

They communicate through mediums, from the afterlife. They tell us of a variety of ways they transition and, if I have time, I'll describe a few.

The one I want to start with is people who are removed from their bodies *before* an imminent disaster, such as a car crash.

My purpose in starting there is to demonstrate that, as far as I know, in the majority of cases, we're not required to pass through catastrophes and fatal accidents; we're removed early so we don't suffer. And I think most people fear suffering so let's start there.

I state as a blanket hypothesis of all these articles that the transitioned - though they might be in pain before their transition - have no experience of trauma associated with their actual passing, sometimes even watching the physical body writhe in agony while they stand apart from it and feel nothing.

Few express any caring for the physical body once they've stepped outside it. They go on to their new life.

Typical is the case Quan Tse describes to medium Doris Heather Buckley: "[The subject] lost control of the car and went out of his body before the [fatal] accident."
(1) He was pulled from his body before the accident.

We'll see below that the folks on the other side who helped him are called transition guides. Matthew Ward served as one for a time.

Mike Swain provides a detailed description of being caught in what became a fatal accident with his young passenger, Heather.

"I see a black car coming towards us. As it approaches us, I see this other car coming behind it. I can see this other car clearly, because it is in the middle of the road, trying to pass the black car."

"Nina [Merrington, the medium channeling Mike Swain] paused a moment, and then said: 'The sun is glaring on the windscreen of the black

car, and reflecting back into my eyes. I can see nothing but a bright silver radiance. It is blinding me.

"All of a sudden, the radiance changes from silver to gold. I am being lifted up in the air, out through the top of the car. I grab little Heather's hand. She too is being lifted up out of the car.

"We have been lifted thirty feet above the Mini. And in one horrifying second, I see the little Mini and this large car collide head-on. There is a noise like the snapping of steel banjo strings. The little Mini bounces right off the highway, right over into the gravel verge. It is finally brought to a halt in a cloud of dust when it hits a giant anthill....'

"Nina stopped, obviously too agitated to continue." (2)

Neither Mike nor Heather suffered any pain from the accident,.

"What impressed her listeners was the fact that [their son] Mike [who is speaking through Nina] had never seen the other vehicle *until after the silver light had changed to gold*. He and Heather had felt no sense of impact. They had suffered no pain. Just a gentle ascent into the air. 'We feel vaguely sorry that this thing should have happened to them. And we both fully understand that we are, now, so far as mortals are concerned, dead.'" (3)

So no pain, no suffering. Even though their bodies went through fatal injuries, "they" did not. Persons who pass through a similar event immediately realize that the body is a "suit of clothes" we wear for a time.

They get it not at an intellectual knowledge; not at an experiential level; but as realized knowledge. The question is settled for all time: I am eternal. Death does not touch me.

Back to the rescued Mike and Heather. They were now surrounded by folks from the other side eager to greet them.

"We are also both aware that a lot of people have begun to gather round us. They are dressed in glorious colors. We recognize familiar faces, the faces of friends who passed beyond the Earth before us. We are still hand in

hand; now, guided by the one who first lifted us into the air, the two of us sweep towards the skies. We drift above the two round hills known as the Breasts of Sheba."

"In heartfelt joy, the [parents] listened, transported by the fact that the passing had involved neither fear ... nor suffering." (4)

This type of homecoming is typical of the accounts of the afterlife that I read to write *New Maps of Heaven*.

Mike emphasizes that "both Heather and I were lifted out of our bodies *before* the collision."

"There was no pain, no shock. This process is the same in all and every form of violent death. It appears violent from your end; believe me, it is *only* from your end; never from ours!" (5)

And if we add to this knowledge the fact that they go on to a blessed life in what is generally called the Summerlands, we need have no concern for those who leave this physical Third Dimension for the astral Fourth.

Mike Swain, like Matthew Ward, went on to be a transition guide.

"When [the transition guides] are given a case where two cars are about to collide, for example, we lower our vibrations until that soul can actually see us: thus his attention is diverted from the violence about to engulf him. Once we are sure that nothing more can be done to avert his death, we take him by his hands and lift him out of his earthly body." (6)

They're an entire spirit cadre serving to pull people out of potentially-painful transition circumstances.

John Scott acted as a guide to folks transitioning and tells his father of one case:

"Do you recall the young high school boy who was killed in Durban in circumstances similar to mine? Dad, we were there; it was us who helped him over. He and I had known each other casually while we were both alive so he was relieved and, believe you me, delighted to see me!

"He knew that I had already passed over, but it still took him a little while to realize the significance of it, when I showed him the mess made by the two cars after they had collided!

"They do not suffer, these people, in their passing. I think sometimes their friends suffer more, when they see the body writhing in apparent agony, while in reality the spirit is already tasting the first freedom from pain, or lies in a blessed insensibility." (7)

These "transition guides" know our time of passing for a certainty. An entire organization exists on the other side that takes care of "new arrivals," just as John, Mike, and Matthew did.

It substantiates what the well-known psychic Arthur Ford said, from the afterlife:

"Death is no more than the passage through a beckoning door.... Some go gladly, some reluctantly, but all in answer to the universal urge for peace and tranquility." (8)

The afterlife is a peaceful and tranquil place. It's a world that works for everyone. Love and bliss flow freely. No one would have a thought to harm anyone else; only to help. (9)

But getting back to "death," the conclusion most of the transitioned reach is voiced by "Hilda" to medium Geraldine Cummings: "When I [died], I found that the most foolish mistake in my life was my long, long terror of death."

"My message to the world is that, for me, one of the happiest moments of my earth-life was the moment of death. ...

"Other people may die differently - I don't know. I can only tell you that the word 'death,' judging from my experience, should have its definition altered in the dictionary to 'the first human experience of a peace that passes understanding.'" (10)

At an intellectual level, we've heard evidence that our transitions are closely watched and, if circumstances arise that might cause us pain and suffering, we're lifted out of our bodies prior to our actual "death." As Q, says, nothing to see here.

Next post we'll look at those who actually do die a violent death. Do they experience pain? For how long? We'll take a look.

Footnotes

(1) Spirit control Quan Tse to medium Doris Heather Buckley, *Spirit Communication*. New York: Award Books, 1967, 38. All quotes are from *New Maps of Heaven* at https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven

(2) Jasper Swain listening to his transitioned son, Mike, speak through a medium, in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 21.

(3) Ibid., 22.

(4) Loc. cit.

(5) Ibid., 51-2.

(6) Ibid., 57.

(7) John Scott in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 56.

(8) Arthur Ford through Ruth Montgomery, medium. *A World Beyond*. New York: Fawcett Crest, 1971, 15.

(9) The astral plane is organized such that people go to a level consistent with their spiritual evolution. Those who have achieved a certain level of peace and harmony live in the Summerlands; those who are committed to violence and disharmony reside at lower levels. Thus the world can be said to work for everyone who resides in the Summerlands.

(10) Hilda to Geraldine Cummins, *They Survive. Evidence of Life Beyond the Grave from Scripts of Geraldine Cummins*. Comp. E.B. Gibbes. London, etc.: Ride and Co., n.d, 139.

News of Our Death is Highly Overrated

January 19, 2013

<https://goldenageofgaia.com/2013/01/19/news-of-our-death-is-highly-overrated/>



Trying to get the message across

Listen. You're not going to die. Not to worry about it.

News of our death is highly overrated.

When you take off your clothes at night and get into your jammies, do you die?

Of course not.

Same thing here. When you step out of your body, or whoosh out of your body, or pop out of your body, you don't die. Not you. Not the *real* you.

Yes, you leave your body behind, just as it is. Perhaps not pleasant for others. But that's life. Nothing we can do about it. When it's time, it's time.

But you forget about your body within 21 seconds. Maybe 22.

If you know what just happened, chances are you can't wait to see what comes next.

My Dad turned to us in the hospital one day. He was 91. He said "I'm leaving tomorrow." My sister and I turned to each other and in whispers debated: Can a person predict when they'll die? Can they know? Yes, no, yes, no, yes, no.

And he did leave the very next day.

Now I don't believe in death so I wasn't alarmed.

I had a reading sometime later with Archangel Michael who said that there was no holding Dad back. He was off exploring almost as soon as he arrived.

And that fits. My Dad was riding a bike across Canada at 71; then on to Australia; then on to New Zealand. There was no holding him back.

Most people who cross over and communicate a book about it write perhaps one book, perhaps two books, and then we never hear from them again. Why?

Because it's so darn interesting over there (1) they don't want to hang out with us here in the Third Dimension, where, in these 100-pound wet suits that we wear, we have a bean-bag mentality compared to the way their minds and hearts work. It's just too darned exciting. We're left to fend for ourselves.

Julia Ames pleaded with medium William Thomas Stead to start what she called "Julia's Bureau," a group of mediums who would collaborate to get messages through to this side for their loved ones. She talked about it over and over again and then fell silent.

When she reported in again, she said it was like the situation of immigrants to a new country. But let me allow Julia to tell her own story.

"When in my earlier letters I spoke of the intense desire of those who had passed over to communicate with those who are left behind, I wrote truly. I was at the time but newly arrived, and I was amid the multitude of the newly arrived, and among them I did not exaggerate the grief, the indignation, the heart-break of a love which was doomed to see those whom they loved but were not able to communicate with them or to staunch their tears.

"Now, after more experience, and, with better opportunities for observation, I should say that the number of the 'dead' who wish to communicate with the living are comparatively few. With the exception of those whose influence by writing or acting persists, and is therefore a living link with the living world, there are few, possibly not one in a million, whose interest in the survivors is an active force.

"It is with us as with immigrants to my former country. When they arrive their hearts are in the old world. The new world is new and strange. They long to hear from the old home and the post brings them more joy than the sunrise. But after a very little time the pain is dulled, new interests arise, and, in a few years, sometimes in a few months, they write no more.

"With us here the change is even more rapid. For the new life is more absorbing and the survivors constantly recruit our ranks. When the family circle is complete, when those we loved are with us, why should we trouble to communicate? The whole planet with its 1,500,000,000 inhabitants is full of strangers, our life lies on our own plane. Therefore, do not think that what I said of the eager, passionate longing of those on this side to communicate with you is true of any but those in the midst of whom I was when I wrote [earlier]." (2)

Same thing with any of us who make the journey and with those who are left behind. There's so much to explore on the other side that most people forget about us after a while.

So you're not going to die. You can be anxious if you like but it isn't required. It's strictly optional and contributes nothing.

You're an eternal, immortal soul. That's who you are.

Rain cannot wet you. Fire cannot burn you. You cannot be destroyed and never will be.

You'll be alive when people forget about what Earth may have looked like. Maldek comes and goes. Atlantis, Lemuria, Greece, Rome.... But the soul lives forever.

In the face of that, what cause is there to worry?

Footnotes

(1) See *New Maps of Heaven* at http://goldengaiadb.com/index.php?title=New_Maps_of_Heaven

(2) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914 175-6.

Is Death Painful?

October 29, 2021

<https://goldenageofgaia.com/2021/10/29/is-death-painful/>



Credit: [starnewsonline.com](https://www.starnewsonline.com)

As a student of cross-cultural spirituality, I often face people with a fear of death.

I haven't had that fear myself since an out-of-body experience in 1977. The fear of death evaporates when we see that we're not our bodies, but something that exists independent of them.

Part of the fear of death is the fear of pain. It therefore is my pleasant task to report, based on my studies of the afterlife, that death is painless. (1)

I base that assertion upon passages such as these from the literature:

John Scott: They do not suffer, these people, in their passing. I think sometimes their friends suffer more, when they see the body writhing in apparent agony, while in reality the spirit is already tasting the first freedom from pain, or lies in a blessed insensibility. (2)

Julia Ames: With me the change [i.e., death] was perfectly painless. (3)

Gordon Burdick: I feel sure if people were to know that the actual moment of passing is not even noticeable, the fear of death that haunts so many people would vanish. (4)

Monsignor Robert Hugh Benson: The whole process of transition which is so much feared by the folk on earth is a natural, normal, and painless process. It is as natural and painless as removing your outer garment when you have no further use for it. (5)

The case that tests these assertions is a fatal accident. Surely, that would be painful.

Actually we find that people heading for a fatal accident are removed from their bodies prior to impact.

To fix that picture in our minds, here's an extended account of a car accident. It features an early rescue. The transitioned Mike Swain tells us:

"I see a black car coming towards us. As it approaches us, I see this other car coming behind it. I can see this other car clearly, because it is in the middle of the road, trying to pass the black car."

Nina [Merrington, the medium channeling Mike Swain] paused a moment, and then said: "The sun is glaring on the windscreen of the black car, and reflecting back into my eyes. I can see nothing but a bright silver radiance. It is blinding me.

"All of a sudden, the radiance changes from silver to gold. I am being lifted up in the air, out through the top of the car. I grab little Heather's hand. She too is being lifted up out of the car.

"We have been lifted thirty feet above the Mini. And in one horrifying second, I see the little Mini and this large car collide head-on. There is a noise like the snapping of steel banjo strings. The little Mini bounces right off the highway, right over into the gravel verge. It is finally brought to a halt in a cloud of dust when it hits a giant anthill...."

Nina stopped, obviously too agitated to continue.

What impressed her listeners was the fact that [their son] Mike [who is speaking through Nina] had never seen the other vehicle *until after the silver light had changed to gold*. He and Heather had felt no sense of impact.

They had suffered no pain. Just a gentle ascent into the air. "We feel vaguely sorry that this thing should have happened to them. And we both fully understand that we are, now, so far as mortals are concerned, dead.

"We are also both aware that a lot of people have begun to gather round us. They are dressed in glorious colors. We recognize familiar faces, the faces of friends who passed beyond the earth before us. We are still hand in hand; now, guided by the one who first lifted us into the air, the two of us sweep towards the skies. We drift above the two round hills known as the Breasts of Sheba."

In heartfelt joy, the [parents] listened, transported by the fact that the passing had involved neither fear ... nor suffering. (6)

Very convincing for me and on a subject of great importance to many people.

So even in our test case - a fatal accident - we see that death is painless thanks to the intervention of lightworkers (perhaps our guides) on the other side.

Given all this, you can imagine my interest when, in putting together a compilation of the Divine Mother's messages, I came across this passage from her.

On a tragic school shooting in 2012, the Divine Mother said:

"Each of these angels - human, child, adult - have been welcomed into my arms prior to them being injured in any form." (7)

"*Prior to them being injured in any form.*" That seems to indicate a merciful rescue and a painless passing, does it not?

Sounds like we can relax our concerns about the assumed painfulness of death.

Of course our fears also have a built-in "best before" date. After Ascension, reincarnation no longer occurs and we'll forget what it was that we were afraid of.

Ascension is liberation, moksha, mukti. Liberation from what? Liberation from birth and death.

Footnotes

(1) See *New Maps of Heaven* at https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven for the results of that research.

(2) John Scott in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 56. The afterlife commentators can be found in *New Maps of Heaven*, here: http://goldengaiadb.com/index.php?title=New_Maps_of_Heaven.

(3) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 64.

(4) Gordon Burdick in Grace Rosher, medium. *The Travellers' Return*. London: Psychic Press, 1968, 60.

(5) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957), 127.

(6) Jasper Swain listening to his transitioned son, Mike, speak through a medium, in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 21-2.

(7) "Divine Mother: You are in the Process of Ascension," December 15, 2012 at <http://goldenageofgaia.com/2012/12/divine-mother-you-are-in-the-process-of-ascension/>.

Death Is Painless

June 30, 2015

<https://goldenageofgaia.com/2015/06/30/death-is-painless/>



Credit: mararazari.wordpress.com

According to everything I've read and heard, death is painless.

One source of proof that probably all of us are familiar with is the near-death experience.

Have you ever read about a person who dies on the operating-room table, has a wonderful experience on the astral planes, only to be told that he or she must return?

Their experience is uplifting, inspiring, and magical. Not one that I've read has said the crossing involved pain. Usually they just lift up out of their body and that's the end of it.

If you ever find an account that says the passage was difficult, perhaps let me know.

In the meantime, a second source of proof are the accounts of afterlife communicators. Let's look at how they describe the transition from the physical to the astral.

American journalist Julia Ames, speaking from the turn of the Twentieth Century, reports that "with me the change [i.e., death] was perfectly painless." (1)

Canadian Gordon Burdick asserted that "if people were to know that the actual moment of passing is not even noticeable, the fear of death that haunts so many people would vanish." (2)

British Psychic Research Society president Frederick Myers confided that "death is ... a mere episode which we regard with a certain tenderness and not with any pain. ... There is contained in it a time of stillness, of sinking gloriously into rest." (3)

The body can be writhing and still the dweller within the body has departed and feels no connection to the body or its pain, says communicator John Scott:

"They do not suffer, these people, in their passing. I think sometimes their friends suffer more, when they see the body writhing in apparent agony, while in reality the spirit is already tasting the first freedom from pain, or lies in a blessed insensibility." (4)

"Sigwart" was a First World War soldier, killed in battle. He felt momentary pain and then it left.

"The last minute was terrible, but only for a moment and then it passed, which means the sleep of death relieved me of all pain." (5)

Psychic Arthur Ford tells us that death is so brief that many scarcely notice it.

"Death is no more than the passage through a beckoning door. It is so brief, so transitory as scarcely to be noted for it is what lies beyond the door that counts. The body, let us say, is tired and weakened. At a certain point the heart stops, not merely because the body mechanism will not function, but also because the soul has slipped off through the opening door. Some go gladly, some reluctantly, but all in answer to the universal urge for peace and tranquility." (6)

Monsignor Robert Hugh Benson calls "the whole process of transition, which is so much feared by the folk on Earth, ... a natural, normal, and painless process. It is as natural and painless as removing your outer garment when you have no further use for it." (7) He continued:

"Since my own advent into spirit lands, I have talked with many friends upon the matter and not one of them was aware by any internal or external incident that their magnetic cord had parted from their physical bodies. In this respect the actual process of dissolution is painless. Whatever suffering is endured by the person whose transition is imminent is purely physical.

"That is to say, it is the cause of physical death, from disease, for example, or accident, that may bring pain and not the actual death itself. If doctors can relieve the pain, and there is no reason why in all cases they should not, then the whole course of dissolution would be entirely painless. Why should the severance of the magnetic cord be a painful operation? If it were, it would surely suggest that there were some fault in the heavenly scheme of things. But there is no fault and 'death' is painless." (8)

Finally Joy Snell, who had psychic vision, describes a woman leaving her body. She arose as a sort of mist and then formed her body while others simply sit up and walk out of their body. Joy reports:

"It was the first death that I had witnessed. Immediately after her heart had ceased to beat, I distinctly saw something in appearance like smoke, or steam as it rises from a kettle in which the water is boiling, ascend from her body. This emanation rose only a little distance and there resolved itself into a form like that of my friend who had just died. This form, shadowy at first, gradually changed until it became well defined and clad in a pearly-white, cloud-like robe, beneath which the outlines of the figure were distinctly visible. The face was that of my friend but glorified, with no trace upon it of the spasm of pain which had seized her just before she died." (9)

So the belief that death is painful needs to join the belief that we're born in sin and only live one life as beliefs which were created to control us, keep our thoughts

Earthbound so to speak, and prevent us from realizing the true scope of life - that we are now and always have been eternal beings who go in and out of materiality on our journey back to the One Source.

Footnotes

- (1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 64.
- (2) Gordon Burdick in Grace Rosher, medium. *The Travellers' Return*. London: Psychic Press, 1968, 60.
- (3) F.W.H. Myers in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 57. [Hereafter LO.]
- (4) John Scott in LO, 56.
- (5) Sigwart, Joseph Wetzl, trans., *The Bridge Over the River. Communications from the Life After Death of a Young Artist Who Died in World War One*. Spring Valley: Anthroposophic Press, 1974, 10.
- (6) Arthur Ford through Ruth Montgomery, medium. *A World Beyond*. New York: Fawcett Crest, 1971, 15.
- (7) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957), 127.
- (8) Monsignor Robert Hugh Benson, HH, 16-7.
- (9) Joy Snell, *The Ministry of Angels*. Secaucus: Citadel Press, 1977; c1959, 18.

Violent Ends are Still Not Painful

April 11, 2019

<https://goldenageofgaia.com/2019/04/11/violent-ends-are-still-not-painful/>



Credit: Engineering News Record

Not all passings are peaceful. (1) Here's Clifford McLean, describing his demise in a car accident. However, even though he went through a jarring experience, there was no pain:

"There was a bit of ground mist and an approaching car dazzled me. I didn't realize I was so near the culvert and pulled over to the side to avoid an oncoming car and, of course, headed right over the side into the drain.

"It all happened so quickly. The next thing I knew, I was standing there looking at the mess of the accident. I was jolly worried about it and wondered how the dickens I could get the jeep out of that darned hole.

"It wasn't until I noticed that I was apparently there as well that I realized that I must be dead. But I couldn't accept that either and I decided it was probably a nightmare and that I would wake up and find I had dreamt the whole thing." (2)

Philip Gilbert, a young sailor, met his demise by tumbling off the road on his bicycle and down a ravine. He describes his passing in general terms:

"The easiest form of sudden death is the way I came - one minute happy, normal and in good health, and within five minutes: away from the Earth plane." (3)

Well, not quite the easiest form. But Philip found his violent exit at least short and painless. He goes on to describe the events in detail:

"There was a crash. I was going fast down that slope. There was a crash and a blackness and then I opened my eyes and saw trees glowing, illumined in an ivory golden light - they seemed alive....

"I opened my eyes again. I was surprised that I had no bruises after that fall, and I sat up and felt myself all over. ... Then I saw a car coming, and I jumped up to get out of its way, and I saw it brake, pull up and push something along the road.

"I looked and it was my body. I looked at myself and saw my own [spirit] body seeming quite real and solid. But there were streams of light coming from my finger ends. Suddenly I saw Grandpa, standing smiling, all lit up, and I knew I was killed. I said at once: 'Then Mother was right - I *have* got an etheric body.' " (4)

So even here just a "blackness" but no pain. Philip lingered a while in a "between stage":

"In my case, ... the betwixt and between stage ... only lasted a couple of hours. I seemed almost at once to get my power to think objectively, though for some hours I felt confused. I cannot recall any 'plane of illusion.' I was conscious of myself from the first as an entity able to enter your room at will and I was attracted also by your glow." (5)

That's not to say that people are not, as Philip puts it, "shot" out of their bodies, especially in times like the Second World War in which Philip served. He says:

"In these times, ... there are *so* many, so many who have been shot over here suddenly, in full earth vigour, hot-blooded, resentful in many cases, or

wracked by hideous memories, all their emotions going strong and to be subdued. All these constitute a great mass of the "Earth-bound" at present and we work amongst them." (6)

Again, like Matthew Ward, Mike Swain, and John Scott, (7) Philip Gilbert takes up work as a transition guide, sometimes helping to wake up the "earthbound."

Spirit leader "Imperator," a pseudonym of the prophet Malachi, tells us that "the mutilation of the body does not harm the spirit, except by the rude shock." (8)

The shock is not physical, as Private Thomas Dowding explains:

"If there be shock, it is not the shock of physical death. Shock comes later when comprehension dawns: 'Where is my body? Surely I am not dead!'" (9)

Julia Ames describes them as being stunned:

"There are some who suffer violent deaths, who seem, as it were, stunned when they come here and do not recover consciousness until the funeral rites are over and they are forgotten among men." (10)

Those who suffer long and painful illnesses find death to be a release, as did an unnamed source speaking to Charlotte Dresser:

"All pain is lost at last in the final peace. ... The suffering of Earth is so short compared with the eternity of bliss, that all thoughts of compensation are lost in the very reality." (11)

I could cite more examples, including those who die in war and in fires. I'll end by adding in the footnotes a long account of a man and a group of children caught in a very large fire. Again they report no pain. (12)

So even if our end is violent, we experience more shock and dismay than we do pain. Death, again, offers little for us to fear.

Footnotes

- (1) On peaceful passings before a violent demise, see "Do We Need to Fear Death?" April 9, 2019, at <https://goldenageofgaia.com/2019/04/09/do-we-need-to-fear-death/>
- (2) Cliffy McLean in Lesley May, med., *Letters from Mother. A Family Biography in Two Worlds*. Ed. Edmund Bentley. London: Psychic Press, 1964, 78.
- (3) Philip Gilbert through Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948, 206.
- (4) Ibid., 89-90.
- (5) Ibid., 140.
- (6) Ibid., 24.
- (7) See "Do We Need to Fear Death?" *ibid.*
- (8) Spirit leader "Imperator" (Malachi) speaking through Stainton Moses. *Spirit Teachings*. London: Spiritualist Press, n.d. (Prior to 1883), 149.
- (9) Private Thomas Dowding in Wellesley Tudor Pole, medium, *Private Dowding. The Personal Story of a Soldier Killed in Battle*. London: Neville Spearman, 1966; c1917, 15.
- (10) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 161.
- (11) Unnamed spirit to Charlotte E. Dresser in Fred Rafferty, ed., Charlotte E. Dresser, medium, *Life Here and Hereafter*. Author's edition. Downloaded from <https://www.harvestfields.ca/ebook/02/001/00.htm>, 2 Feb. 2008, 132-3.
- (12) "The fire was roaring over our heads and, as we reached the entrance, a great beam or block of concrete fell on us. It was so sudden I was knocked out instantly and so were the children. The next thing I knew I found myself standing outside on top of the wreckage. It was burning furiously but it didn't touch me and one by one the children joined me and covered close together. We were all standing on the glowing embers, but we weren't being burnt.

"I couldn't understand it. I didn't dare to move as there was fire all round us and the children were terrified. I wasn't somehow, this was all so strange. Some queer draught, I thought, had taken the heat from the spot where we were and, if we could only stay quite still until the fire might burn out, or rescuers reach us, [we would be OK] so I told the children to stay quite still and wait.

"We did so - the fire blazed and we were all caught up in a strange way by the beauty of it and, out of the fire seemed to come shapes, and forms, and living people. Others joined us, seeing that we were unhurt and we became quite a large group.

"Then suddenly we heard voices calling us, "Don't be afraid, walk out. Lift yourselves. You are free of the fire." We took no notice at first - how could we lift ourselves out of the fire? Then a girl of about fifteen came up to me and said, "This is exciting. It's like the astronauts walking in space. Have you tried it?"

"Well, no,' I said, 'how can I?"

"Like this,' and she took my hand and seemed to be stepping into the air. Quite unconsciously I followed her and so did the children who were clinging to me. We were all a bit light-headed when we found ourselves walking in the air over the fire and looking down into it. "Don't look down. Look up."

"I did so and saw a whole mass of people like ourselves, actually walking on air! I thought: this is the strangest phenomenon. No doubt there is some quite natural, physical explanation of a gap in the gravitational pull caused by the fire. I was still very wary. I thought it might close in suddenly and we should all fall down among the blazing ruins so I told the children to hold on to me and we would move as carefully as we could while this strange pocket of air held us. ...

"The current, as I supposed it was, seemed to be bearing us gently upwards, It was a very pleasant sensation. I was quite enjoying it and so were the children. Then a stillness came upon us. The roar of the fire and the screams and shouts of people died away and we were alone in space. ... This was rather terrifying. What should I do next? ...

"Whenever I tried to drop down, my efforts were firmly resisted. I was growing desperate. Were we sailing off to the moon on some strange current of air? Then I

began to hear voices telling me not to worry. I could see no one at this stage and I thought I must be imagining things or getting delirious. The children were quiet and looked confident.

"Let yourself go. Relax. You are in safe keeping,' was shouted into my ear and a short time after that I began to see we were in a large party being escorted, if you can call it that, on and on, into another layer of ether. I longed desperately to feel firm ground beneath my feet. 'You will soon,' said the same voice and then my hand was seized by a firm grip and, before I knew what was happening, we were among trees and flowers and standing, as I'd hoped, on firm ground in a sort of garden.

"Where on earth have we got to?' I asked.

"Well, you'll see,' said the voice. 'It's not exactly on Earth any more.' ...

"Then suddenly, in front of me, I saw the form of a man. He seemed to grow into my vision. At first only a blurred object, which crystallized into a human form.

"Who are you and where am I?' I asked in amazement.

"He was still gripping my hand. 'Take it easy, son,' he said. 'You've passed over. You and the children have reached the next stage of living. You are now what the world calls dead.'" (Unnamed spirit communicator in Cynthia Sandys and Rosamund Lehmann, *The Awakening Letters*. Jersey: Neville Spearman, 1978, 52-4.)

The Disappearance of the Fear of Death

November 14, 2023

<https://goldenageofgaia.com/2023/11/14/349489/>



Credit: the-line-up.com

I keep searching for an account of my 1977 out-of-body experience and I realized finally that there isn't one. So I'd like to correct that deficiency and write an account here.

I had been away in India in 1977, visiting a sage who would later become my guru for twenty-five years.

Somewhere along the line I contracted Hepatitis C and had to fly home.

I had to spend a month off work and one night during that time I had an out-of-body experience that changed my life.

I awoke in the middle of a lucid dream, on the other side. Where exactly I did not know nor did I even know I was on "the other side" at first.

But then I saw two fellows being mean to a third man, whom I knew well. I remember his name to this day. I was crying out, don't hurt my friend! But no one could hear me. And so I was weeping.

Well, you can't bawl your eyes out on the other side and remain where you are. You have to go back a more appropriate level and back a level when you're outside your body means a return to your body.

I found myself flying backwards through space until I entered a kind of tube. I tapped it with my knuckle and said "what's this?" It was my body.

My body felt like India rubber - like a lacrosse ball - compared to my spirit body, which felt like the down at the base of a feather.

Oh, my gosh, I said. I am not my body.

The minute I realized that, my fear of death instantly disappeared.

I compare it to living on a ground-floor apartment facing the lawn out back. I go out at night and hear something coming towards me through the thick grass. I'm afraid. It may be a raccoon that's going to bite me, give me rabies, and then I'll die! Then the animal comes out of the grass and ... *it's Kitty! It's Kitty*. My fear instantly vanishes!

In the same way, the fear of death instantly vanishes when we realize we're *not* our bodies.

I remember standing in my body looking at the openings that were my eyes as if they were a foot or two in front of me. When I approached the eyes, the transition from vision inside to vision outside happened quickly. All of a sudden I was now seeing, hearing, smelling, etc., through the body's faculties rather than as a spirit inside a body.

It's the spirit inside the body that is operating the Ironman suit.

One of the things the experience showed me was that the body is relatively non-conducting. I was wailing away from my body because someone was hurting my friend. But when my consciousness transferred from inside to outside my body,

what was a wail was now a whimper. My body was not letting my feelings through. *THAT is density.*

But most of all it showed me that I would survive the death of my body. Since that time I've learned that death itself is not painful. (1)

That's all I remember from the experience, now 46 years ago. Since then I've had other experiences of the soul within the body.

On June 6, 2021, for instance, I had a second experience of standing inside my body. This time I was joined by a second unidentified energy that merged with me, causing a creative explosion in the months that followed. (2)

In an experience at Xenia Retreat Center on Sept. 18, 2018, I experienced my own native and natural innocence and purity while standing in the presence of the Self. (3)

But no more astral travelling ... for the moment.

Footnotes

(1) See "Death is Painless; Most People do not Suffer" at https://goldengaiadb.com/index.php?title=Coming_Home#Death_is_Painless.3B_Most_People_do_not_Suffer

(2) See "Mapping a Possible Soul Merge" in *An Ascension Ethnography* at <https://goldenageofgaia.com/wp-content/uploads/2023/03/An-Ascension-Ethnography-8.pdf> .

(3) See "Original Innocence," loc. cit.

Ascension to Higher Dimensions

What is the Divine Plan for Life?

September 29, 2010

<https://goldenageofgaia.com/2010/09/29/what-is-the-divine-plan-for-life-part-22/>



Silver Birch

The Process of Spiritual Evolution in Detail

Now that we've established that terrestrial and extraterrestrial, embodied and disembodied sources recognize the Divine Plan of spiritual evolution, let's look at the plan in more detail.

First of all, the process of creation, preservation, and transformation that serves the Divine Plan is infinite and eternal. Silver Birch says:

“The Great Spirit is infinite, and so the process of creation is infinite, progressing always in its multitudinous expressions from imperfection to perfection, from immaturity to maturity, through all the countless grades of evolution.

“That process is timeless. It had no beginning; it has no end, for it belongs to infinity. It is part of the infinite Great Spirit, and that self-same spirit finds its expression in human life at varying stages of unfoldment.” (1)

Moreover, Silver Birch continues, nothing stands still in life but all is in constant motion away from or towards the Divine.

“Life, because it is life, cannot ever be static, for that way lies stagnation. Life is rhythm, motion, progress, unfoldment, development, the reaching out towards perfection all the time. Unless there were constant gradations of life, unless there was a constant pilgrimage on the rungs of the ladder of progress, life would not be life. It is in the variety of evolution, with its multitudinous stages of development, that life becomes life.



Prophet Malachi

“If all were at the same stage, if perfection were attained, if there were no necessity for further striving, no need for new attainments, no need for still greater expression, then the incentive to live, to achieve, would gradually become extinct. The motivation of life is always onward, striving to reach out to clasp that which is at present beyond its grasp. And it is always in the striving, in the attempt to conquer, seeking to triumph over difficulty, that the spirit finds itself and God is at work amongst you. (2)

Third, from the evolutionary point of view, according to spirit leader “Imperator” (the pseudonym adopted by the prophet Malachi), we come to recognize Earth life “as a school of training.” (3)

“Ye are spirits placed for a while in a garb of flesh to get training for an advanced spirit-life, where the seeds sown in the past bear their fruit, and the spirit reaps the crop which it has prepared.” (4)

Psychic Researcher Frederic Myers extends that by telling us, from his vantage point in the astral planes, that education and evolution are the reasons for the creation of all worlds, both physical and spiritual:



F.W.H. Myers

“The reason, therefore, for the universe and for all appearances, for even the little mundane joys and sorrows of human beings, is to be found in the term ‘evolution of spirit,’ the need for complete fulfillment which can be obtained through limitation, through the expression of the spirit in form. For only through that expression can spirit grow, developing from the embryo, only through manifestation in appearance can spirit obtain fulfillment.

“For this purpose were we born, for this purpose we enter and pass through myriad worlds or states, and always the material universe is growing, expanding, giving fuller and fuller expression to mind. The purpose of

existence may be summed up in a phrase--the evolution of mind in matter that varies in degree and kind--so that mind develops through manifestation, and in an ever-expanding universe ever increases in power and gains thereby the true conception of reality.

“The myriad thoughts of God, those spirits which inform with life all material forms, are the lowest manifestation of God, and must thus learn to become God-like -- to become an effective part of the Whole.” (5)

In the Earth school, we learn by experiencing, as Betty Bethard's teacher tells us. Knowing the Self is the object of all lessons.

“[Earth] is nothing more than a school which we go through, each incarnation [being] like a grade. Many times we don't 'pass,' but we aren't going to fail either. We just may remain on a particular level without progressing. In time, we begin to progress at our own rate of speed.

“And, of course, the more you change inwardly, the more you can comprehend. The more clarity and understanding you have and the more love you are able to bring into your aura, the faster your tests can come. You can be allowed three grades or three lifetimes in one incarnation if your soul is truly advancing and learning.

“To know Self is to know all things. If you watch how you handle things, how you are working with others around and about you, you are given more clarity, more tests, more obstacles. But there are more opportunities for growth so that you can speed things up, too. This is the soul's choice.”
(6)

We heard Betty Bethards' teacher and John Heslop say in another article that much more can be learned on Earth than in Heaven. Here T.E. Lawrence, known to Earth-dwellers as Lawrence of Arabia, explains why:

“There is ... a reason for stressing the importance of the earth experience. It seems that in the cycle of growth [earth life] is the formative stage when alone any real growth in essence takes place. When the earth life is over and one comes here, the law of affinity takes one into congenial conditions and the general alleviation of circumstances removes all outer sources of

conflict. There is no more struggle for existence. Our work here is a kind of mopping-up operation.

“We can, in fact we must, graduate from regions where our faults and temper and our sense of guilt are tolerated to those where we have to clear ourselves of these stains of earth. But although we may clear ourselves and in the ascent of the planes gradually purify our being until we are again essential spirit, still no actual growth in this spirit will have been made here.

“What we bring from earth remains our all, so our fate is bound up with our earth experiences; only in the struggle and turmoil of life there are we able to make any real difference to our spiritual stature. So, although this in-between period is a wonderful interlude, the real work has to be done on earth.” (7)

Fourth, spiritual evolution features more than one movement. We have now heard several people say that, in life, to quote Ibn Arabi, “sometimes [man] rises; sometimes he goes low.” (8) In fact, if we remember that Ibn Arabi described life as an arc in the first part of this article, away from and back to God, we see that he has in fact been describing two movements – a sacred arc and a spiritual spiral. The rising and falling in the course of the arc is the spiral.

The sacred arc is the overall parabolic descent into matter and ascent into spirit over countless lifetimes. The spiritual spiral is a periodic rising and falling in any one lifetime as the being responds to its “many tribulations” due to karma. Sage Vasistha, millennia ago, referred to this second movement as the “rise and fall in evolution” that is brought about by “the law of cause and effect.” (9)

Twentieth-century Christian Master Beinsa Douno described this arc as a “partial rise and descent in an oscillating curve.” (10)

Let us now combine the two movements — the sacred arc and the spiritual spiral. As we travel through the sacred arc over evolutionary periods of time, we follow a spiritual spiral on a day-to-day basis. While the movement of the arc may be away from and back to God, the movement of the spiral is through the same situations again and again until we learn our lessons. In the course of this parabolic and spiral

journey of many lifetimes, says Al Ghazzali, the individual being “rises from the rank of beasts to that of angels.” (11)

We'll find the use of this combined metaphor of arc and spiral common in the literature on the divine plan. South African Mike Swain uses the image of a spiral staircase to convey it: spiritual evolution is “a circular staircase of ever-evolving self-perception.” (12)

Englishwoman Frances Banks also offers it when she says “consciousness is on an upward spiral and progresses onward.” (13) Silver Birch uses the image as well. “Evolution is not in a straight line,” he says. “It is a spiral. At the top, things look beautiful; at the bottom they don't look so beautiful.” (14)

Another thing about spiritual evolution is, as Silver Birch says, the more we learn, the more we see there is to learn:

“The higher your soul evolves the greater is the progress it has made -- but the more it knows there is to be evolved. That is its disadvantage, it is more dissatisfied. The more sensitive you become to beauty, the more sensitive you are to ugliness. The higher you rise, the lower you can sink.” (15)

Moreover, simply passing over into the spirit world widens the horizon, as Betty's teacher says.

“Here we know better the meaning that lies behind it all, and realize that it is a small matter as compared with the wonderful scheme that lies behind all effort, all evolution. ... When all is known it will be seen that the evils of the earth life are for one purpose only, to train humans in the way to understand right from wrong, and to educate them to choose the right.

“In the process of evolution many fall by the wayside, many strive and fail, many endeavors are frustrated. But the lesson remains, and the individual has grown to a slight extent. Life may be lost, time may be wasted, apparently, but the end has been achieved in some fashion.” (16)

We've discussed in other articles the few souls who do not succeed at all in evolution. Betty's teacher also refers to them:

“There are cases where evolution has failed in some individuals, and the result is downward instead, because of some perverse trait that turned the effort in the wrong direction. But this is far less than is generally believed. All failures, so-called, are not failures. Many prove to be the greatest successes; for an impress has been made on the soul that will last through eternity.” (17)

Philosopher William James reveals that our view of life changes dramatically once we free ourselves from the body and enter the afterlife.

“We get different viewpoints on many of these [matters] because of our ability to understand some things that were beyond our grasp there. We see that many things which we looked upon as evils there, appear to us now as problems that were placed in our path for us to solve. We find that many things which we considered blessings were only some of the more cheerful events of our life. The real evils we did not fully understand, the real blessings have been left for this life.” (18)

Thus we can see that the Divine Plan of spiritual evolution can be described in the long term as a sacred arc as it moves away from and returns to God, and in the short term as a spiral motion which sees life rise and fall in response to karma. In the course of this journey, we pass through infinite experiences that school us in righteousness, maturity, and self-identity, until we find ourselves in a position to fulfill the purpose of life, which is to realize ourselves as God.

This is the grand design of life, the Divine Plan, the architecture of spiritual evolution, one step of which is now about to be realized in the process of Ascension.

Footnotes

(1) Silver Birch, *Silver Birch's Teachings*. Located at <https://www.angelfire.com/ok/SilverBirch/Tcon.html>, n.p.

(2) Loc. cit.

(3) “Imperator” (Malachi) speaking through Stainton Moses. *Spirit Teachings*. London: Spiritualist Press, n.d. (Prior to 1883), 52.

(4) Spirit leader Emperor in Moses, ST, *ibid.*, 65-6. Scot John Heslop: “Earth is the training ground of the spirit.” (John Heslop through F. Heslop, medium, *Speaking Across the Border-Line. Being Letters from a Husband in Spirit Life to His Wife on Earth*. London: Charles Taylor, 9th ed., n.d, 22.) American journalist Julia Ames agrees that physical life is an essential part of the process of spiritual evolution.

“For reasons known to Him who is over all, it is deemed essential that the soul should be passed through the training of physical life. It is part of the process by which the soul attains its ultimate evolution.” (Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 156.)

(5) Frederick W.H. Myers through Geraldine Cummins, medium. *The Road to Immortality. Being a description of the after-life purporting to be communicated by the late F. W. H. Myers [Frederick William Henry Myers, 1843-1901]*. Located at <https://www.trans4mind.com/spiritual/cummins/cummins1.html>, n.p.

(6) Unnamed spirit teacher through Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 8-9.

(7) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman, 1964., 91.

(8) Muhyiddin Ibn Arabi, *Kernel of the Kernel*. trans. Ismail Hakki Bursevi. Sherborne: Beshara, n.d., 20.

(9) Venkatesananda, Swami, ed., *The Concise Yoga Vasistha*. Albany: State University of New York, 1984, 94.

(10) “Brother of the Smallest One,” *Lectures*, 1 January 1917, www.beinsadouno.org., downloaded 7 March 2005.

(11) Al-Ghazzali, *The Alchemy of Happiness*. trans. Claud Field. Lahore: ASHRAF, 1971; c1964, 32.

(12) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 86.

- (13) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 40.
- (14) Silver Birch, *Light from Silver Birch*. Comp. Pam Riva. London: Psychic Press, 1983, 19.
- (15) Silver Birch, SBT, *ibid.*, n.p.
- (16) Unnamed spiritual teacher to Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 11-2, 264.
- (17) *Ibid.*, 264-5. On Irma Grese, who was liquidated after descending too far, see "[Verifying SaLuSa on the Dark Planes,](https://goldenageofgaia.com/2010/09/15/verifying-salusa-on-the-dark-planes/)" at <https://goldenageofgaia.com/2010/09/15/verifying-salusa-on-the-dark-planes/>
- (18) Philosopher William James in Fred Rafferty, ed., Charlotte E. Dresser, medium, *Life Here and Hereafter*. Author's edition. Downloaded from <https://www.harvestfields.ca/ebook/02/001/00.htm>, 2 Feb. 2008, 107-8.

“Ready to Receive the Spirit”

September 30, 2016

<https://goldenageofgaia.com/2016/09/30/ready-receive-spirit/>



The Fourth Dimension in the afterlife - which the not-dead ... or still-living ... call the Astral Plane - sees people sort themselves out.

The darkly inclined are irresistibly pulled to the Dark Planes or Winterlands.

Lighter souls gravitate to the Summerlands.

Movement is usually upwards. Except for the seriously dark, sunk in resentment, most other people find themselves yearning to progress.

Now here we are, allegedly in the Fourth Dimension, but handicapped in a way that none of the denizens of the Astral Plane are. They're free of this dense, carbon-based physical body; we're not. Their spirit doesn't walk around in an Ironman suit. But we clank around inside these flesh-and-blood machines.

The will of those in the Summerlands causes things to happen and appear, in their malleable domains; our thought may cause them to happen but the process is so

slow as to usually go unnoticed. Compared to a resident of the Higher Summerlands, we live a deprived existence.

We have to deal with the exigencies of living in a dense, carbon-based body. With the energies rising, we become like a dog with a heavy coat in summer.

We're uncomfortable. It feels as unbearable and uncontrollable inside as it appears to be outside. That probably reflects the fact that the outside world is mirroring our chaos in the face of the rising energies.

With Ascension, we're in a totally-new situation. Soon these dense, carbon-based bodies will transform into lightbodies. Not too many lightworkers have reported back what life in a lightbody is like. But some of us have had moments, or spells, of transformative love and bliss.

Apparently transformative love is where we're headed, according to Archangel Michael. But let me come to that in a minute.

For now, let me illustrate our process over the last four years.

Picture a road that leads from a city called Anger to a city called Love.

Anger -----> Love

Some people don't live in Anger. Perhaps they live in Resentment or Jealousy or Fear. But all roads still lead to Love.

We've been, in this last four years, on a journey of cleansing ourselves of our core issues and conditioned behavior - deconstructing the constructed self - to become more normal and natural (Sahaja = natural), higher-dimensionally speaking. This is the journey from Anger to Love and we've been on it.

On that road, everyone will be where they are. There's no schedule, no clock to punch. It's perfectly acceptable to choose not to ascend.

Many of us have just been keeping up recovering from what the rising energies release in us or draw out of us. For many others, the cleansing processes are

speeding up or getting simpler. We're beginning to taste our first experiences of what Jesus called *real* love, what I call transformative love.

Archangel Michael described that love for me in my last reading with him through Linda Dillon, Sept. 23:

"When we speak of love, we speak not only of romantic passion [what I, Steve, call "ordinary love"]. We talk about a depth of perception and connection of balance and sincerity, of trust and the ability to expand, and latitude and permission that goes far further than what many human beings are talking about." (1)

Definitely. Way farther than what many human beings are talking about. Most human beings have had little or no experience of real love and so they don't have a reference point for understanding. Michael went on to discuss the situation facing us.

Archangel Michael: Many human beings thus far ... don't have a reference point and the human psyche, again thus far, has difficulty comprehending things when there is not a reference point.

Steve: Well, yes, of course, that does make sense. But even if there is a reference point ... I've had many peak experiences in which I, for a short period of time, experienced that love. But I'd never been able to walk around in it [prior to my heart opening on March 13, 2015] and be with it for hours and see how it comes and goes, the way it keeps anger and jealousy and resentment away. I'd never luxuriated in it and observed it. So that's what's missing for people.

AAM: Yes, and that is what is coming. That is the focus of this rebirth.

When the Mother talks about, when we talk about the rebirth of love upon this planet, that is what we are talking about. (2)

Well, whoooopeeeee! Where we're going is into transformative love. I can certainly welcome and speak to that.

We are in for a good time.

Transformative love is a love so strong that it holds feelings like anger and hatred at bay. We're buoyed up by this non-ordinary love and, though we may have started its flow by thinking of a single person, when it arises, it cannot be contained in the channel of personal love. It overflows its banks in a second. It has to be universal. It has to be sent out to the world, to all and everyone.

Transformative love is a different world, a big cut above our ordinary state of being. In transformative love, we want to hug the whole, wide world. How can we not have the world work out for those around us?

All the discussion of cosmic orgasm? Transformative love and bliss are really what they're pointing at.

Conscious awareness? Transformative love goes on in the space of conscious awareness. The two go together.

Transformative love is above-the-line consciousness, universal love, etc. I'm trying to locate it using the terminology of different movements.

We'll be drowned (that is, the ego will be drowned) in a sea of love. We won't have to earn it or work for it or stand on our head for it. It'll simply be the accepted background and predominant quality of life.

And "that is what is coming"? Hallelujah.

All of this cleansing, purifying, deconstructing has been - if you'd like it in a Biblical context - to make us fit vessels to receive the Spirit. What is "the Spirit"? Well, the Divine Mother is the Holy Spirit and receiving her Spirit must mean exactly what's happening: We receive the Mother's tsunami of purity, discernment, love and grace and allow ourselves to be transformed.

God is love and the Mother's energies are all and only love. To receive the Spirit is to allow in, digest, and assimilate the love the Mother is sending us at the heart of the Ascension process.

It's been a slog. We've been separated from our gossamer spirit bodies all our lives. We've carried on in heavy bodies susceptible to disease, decline, and death.

And for the last four years, we've been in rehabilitation and recovery.

Ready to receive the Spirit.

Ready to blossom. Ready to unfold. Ready to ascend.

Footnotes

(1) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Sept. 23, 2016.

(2) Loc. cit.

Sitting with Jesus among His Angels – True or False? – Part 1/2

February 13, 2021

<https://goldenageofgaia.com/2021/02/13/sitting-with-jesus-among-his-angels-true-or-false-part-1-2/>



Julia Ames

You know, so much to do with Ascension has been regarded by the general public as hooey.

Sitting with Jesus among his angels? Have another one, buddy!

Now that we've become accustomed to the idea of Ascension, I can actually post an example of an Ascension in which the ascender ended up sitting with Jesus among his angels. We're now ready to entertain such things as life after death, dimensions of reality, meeting our chosen ideal or savior in Seventh-Dimensional Heaven, and so on.

In recent years, an awful lot of what we dismissed as fanciful, in scripture particularly, is now coming back revealed to us as, at least in some cases, literal.

For instance, American journalist Julia Ames' meeting with Jesus, probably in the Seventh Dimension of Christ Consciousness, is literal. (1) In those days one had to transition from the body to ascend.

I post her account at length because it challenges our beliefs that such a meeting is fanciful, fictitious. Notice her amazement at the quality of the love she feels in the higher dimensions as well as with Jesus.

Is this amazement not a recurring theme? Do we even suspect what the love of the higher dimensions feels like?

We join Julia immediately upon her having left her body.

Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 41-44.

I found myself free from my body. It was such a strange new feeling. I was standing close to the bedside on which my body was lying; I saw everything in the room just as before I closed my eyes.

I did not feel any pain in "dying." (2) I felt only a great calm and peace. Then I awoke and I was standing outside my old body in the room. There was no one there at first, just myself and my old body. At first I wondered [that] I was so strangely well. Then I saw that I had passed over.

I waited about a little; then the door opened and Mrs. H. came in. She was very sad; she addressed my poor body as if it was myself. I was standing looking at her, but all her thoughts were upon the poor old body I had left behind. It seemed so absurd I could not help laughing. I did not try to speak at first; I waited to see what would happen.

Then I felt as though a great warm flood of light had come into the room and I saw an angel. She, for at first she seemed to be a female, came to me and said: "I am sent to teach you the laws of the new life."

And, as I looked, she gently touched me and said: "We must go."

Then I left the room and my poor old body, and passed [beyond]. It was so strange; the streets were full of spirits. I could see them as we passed; they seemed to be just like ourselves. My angel had wings; they were beautiful. She was all robed in white.

We went at first through the streets, then we went through the air, till we came to the place where we met friends who had passed on before.

There were Mr. M-, and Mr. N-, and Ethel A-, and many others. They told me much about the spirit world. They said I must learn its laws and endeavour to be as useful as I could. The angel who remained with me all the time helped to explain.

The spirit friends had their life much as it was here; they lived and loved, and if they had not to work for their daily bread, they had still plenty to do.

Then I began to be sad about you [probably to her friend, Ellen], and I wanted to go back; the angel took me swiftly through the air to where I came from. When I entered the death-chamber, there lay my body. It was no longer of interest to me, but I was so grieved to see how you were all weeping over my worn-out clothes [i.e., her body].

I wished to speak to you. I saw you, darling, all wet with tears and I was so sad I could not cheer you up. I very much wanted to speak and tell you how near I was to you, but I could not make you hear. I tried, but you took no notice. I said to the angel - "Will it always be thus?"

She said: "Wait. The time will come when you will speak with her. But at present she cannot hear, neither can she understand."

(To be concluded tomorrow.)

Footnotes

(1) I don't think we should overlook either that Jesus made a number of appearances on *An Hour with an Angel*. He is not an unapproachable being. But if we did meet him, he would probably veil his light whereas for Julia, as we'll see tomorrow, he gives her a strong experience of it.

(2) Death itself is said almost universally by afterlife communicators to be painless. Most beings just step out of their bodies. See "Death is Painless; Most People do not Suffer" at http://goldengaiadb.com/index.php?title=Coming_Home#Death_is_Painless.3B_Most_People_do_not_Suffer

Sitting with Jesus among His Angels – True or False? – Part 2/2

February 14, 2021

<https://goldenageofgaia.com/2021/02/14/sitting-with-jesus-among-his-angels-true-or-false-part-2-2/>



Julia leaves the death chamber after having tried unsuccessfully to offer solace to her grieving friends.

Her guardian angel takes her to a higher-dimensional garden rendezvous where she meets Jesus. She experiences a deeper level of Realization on meeting him.

Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 43-5.

I was then called away [from the death-chamber]. I found myself in a great expanse of landscape where I had never been before. I was alone; that is, I saw no one. But you are never really alone. We are always living in the presence of God.

But I saw no one. Then I heard a voice. I only heard the words. "*Julia, He who saved thee would fain speak with thee.*" I listened, but no words other than these were spoken.

Then I said - "Who is it that speaks?" And, behold, a flaming fire - really like fire though in human shape. I was afraid. Then he spoke and said, "Be not afraid. It is who am appointed to teach the secret things of God." Then I saw that the brightness as of fire was only the brightness that comes from the radiant love of the Immortals.

Then the flame-bright One said to me, "Julia, behold your Saviour!" And when I looked I saw Him. He was sitting on a seat close to me, and He said, "Beloved, in My Father's House are many mansions; here am I, whom you have loved so long. I have prepared a place for you."



And I said, "Where, oh, my Lord?" He smiled and, in the brightness of that smile, I saw the whole landscape change as the Alps change in the sunset, which I saw so often from the windows of my hotel at Lucerne.

Then I saw that I was not alone, but all around and above were fair and loving forms, some of those whom I had known, others of whom I had heard, while some were strange. But all were friends and the air was full of love.

And in the midst of all was He, my Lord and Saviour. He was as a Man among men. He was full of the wonderful sweet mildness which you are acquainted with in some of the pictures that have been painted by the Italian Fra Angelico. He had an admirable look of warm affection, which was as the very breath of life to my soul. He is with us always.

This is Heaven - to be with Him. You cannot understand how the consciousness of His presence makes the atmosphere of this world so different from that with you. There are many things I wish I could write to you, but I cannot, nor could you understand them. I can only tell you that He is more than we ever have imagined.

He is the Source and Giver of all good gifts. All that we know of what is good and sweet and pure and noble and lovable are but faint reflections of the immensity of the glory that is His. And He loves us with such tender love!

Oh, Ellen, Ellen, you and I used to love each other with what seemed to us sometimes too deep and intense a love, but that at its very best was but the pale reflection of the love with which He loves us, which is marvelously and wonderfully great beyond all power of mind to describe. His name is Love; it is what He is - Love, Love, Love!

I cannot tell you everything; you could not understand it. But I am in a state of bliss such as we never imagined on earth.

What Julia describes here is the world we'll enter after that moment of snap, Ascension, Sahaja Samadhi. It exists at a higher frequency of vibration, which we'll then be attuned to. The choice of whom we want to meet us is ours.

I assert that higher-dimensional love and bliss are, to our ordinary, everyday hearts and minds, unimaginable.

Dimensions: Differences and Similarities

July 23, 2012

<https://goldenageofgaia.com/2012/07/23/dimensions-differences-and-similarities/>



The Third Dimension or Physical Plane is the only one where saints rub shoulders with sinners.

In the Fourth Dimension or Astral Plane you'll find both saints and sinners but the saints live in the loft (the Higher Summerlands) and the sinners live in the basement (the Dark Planes or Winterlands). Never the twain meet save if the saint travels down to the Winterlands for the upliftment of the sinner.

So on the Third, we all share the same environment and on the Fourth we're all there but segregated into different environments. To the Fifth or Mental Plane, the sinner has no access. And the entry requirements just go up from there.

That having been said, much about each dimension remains the same, with differences mostly in quality. The same grass, the same trees, the same flowers, the same lakes and oceans, houses and buildings. But with each dimension, everything the same is now more marvellous. The grass, trees and flowers sing. The atmosphere radiates bliss. The colours are more radiant. The houses and buildings are more translucent, crystalline, and so on.

But only here in the Third Dimension could you have a mass tragedy such as the shooting in Denver. And it's that way, as I understand it, because the Third Dimension is the place where karma is rapidly cleared. The afterlife is where the fruits of karma are enjoyed or suffered, as the case may be, but not where radical cleansing can take place. That must wait for reincarnation.

A denizen of the Dark Planes who killed people must stay in the Winterlands for perhaps 250 years, depending on the severity of the crimes. One who tortured people during the Inquisition might still be in the Dark Planes. But they'll at some point be released to ascend the ladder of planes. But they won't be released as quickly from their karma as they might be if they reincarnated in 3D and met their objective lessons more dramatically in the flesh, so to speak.

The dimensional environments on the other side are plastic and designed by higher spirits, often archangels. The astral planes are also attached to planets. How many times has Matthew Ward said that he was away helping another planet redesign its astral settings? He began his service on the other side as a guide to the newly-transitioned and went from there to actually participating in the planning and design of the afterlife environment.

One can read extensively about the afterlife environment and the different dimensions in the online book, *New Maps of Heaven*. (1) One might ask, well, if one can read about the Fifth Dimension there, why do we not see more about it on GAoG?

The reason relates to how the transitioned report back to us.

There is some information on the Mental Plane or Fifth Dimension but not nearly as much as on the Astral Plane.

The reason is that, when spirits relocate to the Astral Planes, they're excited by what they see. They want to write home and tell the folks they left behind that they survive and what wonders they can expect. Their family is largely here in 3D and they feel a strong desire to share their excitement and enthusiasm.

Then as the years pass, they gradually integrate into society on the other side and forget about the folks they left behind. They climb up the higher subplanes of the Astral or Fourth and then ascend to the Mental Plane or Fifth.



Here's an account of an ascension to the Fifth Dimension from the astral side. "Dr. G." is an associate of T.E. Lawrence, known to us as Lawrence of Arabia. Dr. G. confesses to Lawrence that he is nearing the end of his stay on the Astral Plane and soon will ascend to the Mental, which we know as the Fifth Dimension. Dr. G. discusses the nearness of his Ascension:

"The timelessness of our life,' [Dr. G. said to T.E. Lawrence], 'misleads us into thinking that there is no longer any period to our happiness. We have no lengthening shadow of old age to put a natural limit to our activities and so, when we are happy and easy, we think it can continue indefinitely.

"But I know there are natural periods in our time here and that I am approaching one of them. I could perhaps disregard the intimations and stay on here [in the Astral Plane], but, if I did so, I should be perverting the pattern. So you see, even this paradise may not be enjoyed for too long lest it thwart one's proper growth. ...

"I am growing old in this [astral] body and shall soon be done with it. Then I shall go on to explore this wonderful universe on another level [i.e., the Mental Plane or Fifth Dimension].'" (2)

"[As Dr. G. spoke,] the illumination of his wise spirit made a glory around him and was more convincing than many words." (3)

Lawrence is given the opportunity to watch Dr. G. ascend from the Fourth to the Fifth Dimension.

"I had heard about this second death and transition to the next sphere.... Now it seems that I may be privileged to watch it happening to another. (4)

"The end came suddenly. I called on him and was told that he was sleeping. We stood around and watched his still form and the light which waxed and waned there. In a breathtaking second the change came. The light gathered itself together and burnt itself to a keen thought of light so intense and inward that we gasped and turned aside. Then it had gone and

only a wraith of our friend remained which shrank away and disappeared as we watched.

"We sat speechless, absorbed in the beauty and meaning of the transition. It was long before anyone broke the silence and then one said: 'I have heard that some time is needed for a spirit to get used to the new conditions, just as we needed time to adjust when we first came here, so we must not expect our friend to come to us yet. I suggest that when an interval has elapsed we should meet here again and wait and hope for his coming.' We agreed to do this and went off full of thought to our various occupations." (5)

After the passage of some time, Dr. G. returns to the Fourth Dimension to revisit his friends.

"Dr. G. has kept his promise to come to us but he appeared when we were least expecting him. Some few of us were sitting quietly talking when his voice suddenly took up the parable and as we looked up, startled, we saw the outlines of a form which speedily filled in and took substance and there he was among us again.

"He brought with him an exalted air and we felt his presence as a spiritual baptism, a stream of pure joy absorbed hungrily by our thirsty beings. Light and happiness glowed up in us too with the pleasure of heightened being. He stayed only a short while ... and left us again." (6)

By the time spirits like Dr. G. ascend to the Fifth Dimension from the Fourth, they are entirely integrated into spirit life and give very few thoughts to the ones they leave behind. Gone is their desire to describe the wonders of the afterlife.

Thus fewer send back messages and the messages they do send are devoid of the elaborate descriptions of the newly-arrived.

What that means is that we have far fewer descriptions of the higher planes and the descriptions we do have are less detailed. And that's why I haven't given copious descriptions of the Fifth Dimension from afterlife sources but have instead given some of the Fourth, about which the newly-arrived enthuse and which they extol.

But you can read all about the formation of the soul group on the Fifth, the dedicated work that people do, the wonderful expansion of consciousness that comes with ascension to the Fifth, and so on, in *New Maps of Heaven*.

Footnotes

(1) *New Maps of Heaven* can be found at <https://www.angelfire.com/space2/light11/nmh/nmh-index1.html>

(2) T.E. Lawrence, PMJ, 76.

(3) Loc. cit.

(4) Ibid., 77.

(5) Ibid., 78-9.

(6) Ibid., 83.

The Reality of Ascension on the Spirit Planes – Part 1/4

Nov. 12, 2012

<https://goldenageofgaia.com/ascension-as-of-2012/the-mechanics-of-ascension/the-reality-of-ascension-on-the-spirit-planes-part-14/>



I'd like to look at the process of advancement on the spirit planes. If we advance, say, from the Lower Summerlands to the Higher Summerlands, that can be called progress.

But when we advance from the Astral Plane or Fourth Dimension generally, of which Lower and Higher Summerlands are subplanes, to the Mental Plane, or Fifth Dimension, then we can be said to have ascended.

This particular Ascension on the spirit planes involves a dropping of the astral body leaving us in the mental body like a Babushka doll that has dropped one casing.

In our Ascension, we will not have to drop the body. It has changed from a carbon base to a crystalline base, capable of enduring higher vibrations. That is one new development in the process of Ascension.

“There are many deaths and many births,” Silver Birch, the well-known British spiritualist guide once said. (1) “You 'die' and are born again and again.” (2) By “deaths and births” at the physical level he meant reincarnation, but on all higher

dimensions “death and birth” would have to refer to ascensions from one dimension to another.

When the spirit, for instance, passes from the Astral Plane to the Mental Plane, or from the Fourth to the Fifth Dimension, it drops the astral body and enters the higher plane in the mental body. This could be considered a death and a birth.

Frederic Myers, the first President of the Psychical Research Society, says that "for the most part, we dwell in each state or world during the time we are attached to the appearances that constitute that world. ... However, I would urge that no fixed rule should be applied to our sojourn in each world or state." (3)

So long as we're attached to our desires, we remain in the Astral Plane, which Hindus call the Kamaloka or Plane of Desires. Once we tire of simply catering to our wants and whims, we're ready to pass into the Fifth Dimension or Mental Planes.

The unnamed teacher of Betty Bethards communicates this lesson in slightly different terms as well: “You experience the level to which you have learned to attune your consciousness. When you learn the lessons of a particular vibration, you may move to a finer vibration of experience.” (4)

This is why our sources like Archangel Michael tell us to finish with our desire for Third Dimensionality. When we do so, we detach from it and are ready to move higher.

Silver Birch puts the lesson of advancement in more general terms, but shines the light on how all is a question of learning and evolution: “As you advance beyond [one plane], you leave it behind. As the spirit qualifies itself, by growth, progress and evolution, so it naturally passes to the next stage of spirit life.” (5)

He says that advancement is not so much a matter of climbing as one climbs a mountain, but of evolving: “You do not climb from one sphere into another; you grow, you evolve. The lower gives way to the higher.” (6)



Silver Birch

The spirit teacher “Imperator,” actually the prophet Malachi, emphasizes how the way we live now in the Third Dimension, the realm of experience, determines where we end up on the spirit planes and how fast we rise. “May you so live now,” he suggests, “that hereafter you may pass easily through the intermediary spheres, without pain, to the realms of joy.” (7)

The realms of joy are higher than the Mental Plane or Fifth Dimension, but we may consider it a realm of joy compared to Third Dimensionality.

The residents of the spirit planes are usually conversant with these facts, whereas we on the Physical Plane often are not. T.E. Lawrence, “Lawrence of Arabia,” tells us they are: “We know that our stay on any one plane is temporary and, however our estimate of time may compare with the earth calendar, this notion of progress from plane to plane as development justifies it is common knowledge here.” (8)

They still retain different opinions however about the ultimate purpose of life and many don't concern themselves with such questions but choose to remain on the Plane of Desires, the Astral Plane.

“There is room for much speculation and difference of opinion as to ultimate ends, of course. Much of the thought of higher spheres is open to those who care to know, but there are many here who are satisfied to enjoy the easy satisfactions of their care-free lives without speculating upon any further development.” (9)



T.E. Lawrence

Those who are concerned with the wider matters of life usually make the most progress the quickest, he says.

“In general, I think that those who have the farthest to go are most concerned with the journey. As I have said before, among thoughtful people at the university [here] much study is given to the progress of the human spirit, its ascent of the planes, and its probable return to earth when purification is complete.” (10)

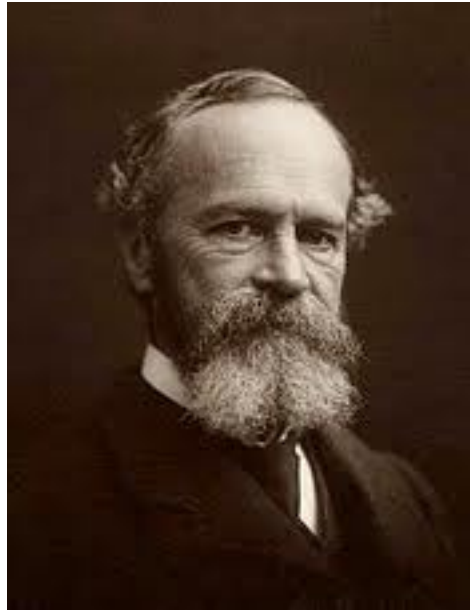
The individual's growth, progress, advancement, or evolution is seen as the most important matter by spirit dwellers, Arthur Ford says.

“Growth of spirit as well as development of soul are essential whether here or there. We are the ones who must put forth the effort to grow. Nothing will grow in our behalf. That is why I would have you picture each of us as God, for you and we are gods who decide whether we grow or remain as embryos.” (11)

Professor William James discusses how the inquiring individual soon finds him or herself outgrowing their form and understandings.

“I feel myself growing out of myself in a certain fashion. My adopted characteristics are becoming too small and cramped to contain my new

growth and development, and I will move on most certainly to larger psychological quarters.



William James

“It is not only the physical body we outlive, but the psychological house we have chosen. First after death we add new rooms and suites to accommodate our greater experience, but it is soon obvious that the entire structure has had its day. We must move out of it completely.” (12)

When he leaves the physical and psychological house he has long lived in, he will ascend from the Fourth or Astral Plane to the Fifth or Mental Plane.

“I do not know when I will finish this composition, but I will suddenly know that I had added my last comments, written my last words as a tenant of my present psychological manse, and will then move into the larger framework of myself which I feel is being constructed.” (13)



Bishop Wilberforce

Bishop Samuel Wilberforce reflects the attitude of so many on the spirit planes, who are impelled to advance by the longing for liberation, a design feature built-in to sentient beings.

“Already, under the guidance of my guardians, I have passed through the first sphere, where are gathered those who are bound to earth by the affections or are unable to rise as yet. There I saw some whom I had known in the body and learned from them, and from others, much that I needed to know. My work will be of a similar sort till I reach my appointed sphere.”
(14)

Periodic visits by higher-dimensional beings inspire residents of the Astral Planes and higher to continue evolving, as Philip Gilbert discusses in his comments on the high being he “works for,” whom he calls the Chief.

“Here we at least know by personal experience that there are higher strata and higher still: people like the Chief, for instance. ... They look as if they were made of radium. We rarely see them but now and then one appears, to inspire us.” (15)

An unnamed spirit communicator summarizes the process of Ascension on the spirit planes to medium Charlotte Dresser:

“What constitutes a 'higher plane?'

“I think you will understand it better as a sort of higher grade, like college after high school. It is a different plane or sphere or space where those of a certain degree of advancement can remain for a time.

“These spheres or planes are separated more by spiritual advancement than by distance, though the latter is sometimes great. We ascend as we grow, or we remain to teach others.

“But it is all normal, and like the different grades of advancement in college or school, if I may use the comparison.

“Each grade has its peculiar work or degree of advancement, not set by any rule except that of congeniality.”” (16)

So although Ascension is a new phenomenon to us, it is known much more widely to spirit communicators who look forward to ascending into the higher realms of the spirit life. They spend years studying in spirit universities or with higher beings to perfect themselves and move on to higher planes before needing to reincarnate on Earth in the Third Dimension again to “prove” the permanence of their learnings.

Like us, they too will ascend when the time arrives and need no more to descend into the Third Dimension. Duality is wrapping up all over the universe and will cause the progression of their world as well as ours.

Footnotes

(1) Silver Birch, *Silver Birch Anthology*. Ed. Wm. Naylor. London: Spiritualist Press, 1974; c1955, 57.

(2) Ibid., 58.

- (3) Frederic W.H. Myers through Geraldine Cummins, medium, *Beyond Human Personality*. Downloaded from <https://www.trans4mind.com/spiritual/cummins/cummins2.html>, n.p.
- (4) Unnamed spirit teacher through Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 15.
- (5) Silver Birch, SBA, 57.
- (6) Ibid., 58.
- (7) Spirit leader Imperator in Stainton Moses, *More Spirit Teachings*. Electronically published by Meilach.com. <https://www.meilach.com/spiritual/books/morest/mspteach.htm>. [No longer operative.]
- (8) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal*. Communications from T.E. Lawrence. London: Spearman, 1964, 122.
- (9) Loc. cit.
- (10) Loc. cit.
- (11) Arthur Ford through Ruth Montgomery, medium. *A World Beyond*. New York: Fawcett Crest, 1971, 17.
- (12) William James through Jane Roberts, medium, *The Afterdeath Journal of an American Philosopher: The World View of William James*. Englewood Cliffs, NJ: Prentice-Hall, 1978 159.
- (13) Loc. cit.
- (14) Samuel Wilberforce, Bishop of Winchester in Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914., 86.
- (15) Philip Gilbert through Alice Gilbert, medium. *Philip in the Spheres*. London: Psychic Book Club, n.d, 45.
- (16) Unnamed spirit communicator to Charlotte E. Dresser, medium, and Fred Rafferty, editor, *Spirit World and Spirit Life*. Los Angeles: Rafferty, 1922., 169-70.

The Reality of Ascension on the Spirit Planes – Part 2/4

Nov. 12, 2012

<https://goldenageofgaia.com/ascension-as-of-2012/the-mechanics-of-ascension/the-reality-of-ascension-onthe-spirit-planes-part-24/>



I have in other articles described the Ascension from the spirit side of life of people like “Dr. G” and “Jeannie.” (1) One of the pieces of work I wanted this series to accomplish was to depict what happens to people if they temporarily ascend to a higher vibratory plane without being spiritually equipped to handle the vibrations permanently.

Such a situation occurs when a person approaches a higher plane more or less as tourists or visits a higher plane by invitation. Today we'll look at spirits approaching the border of the next higher plane; tomorrow we'll look at spirits visiting higher planes.

Even though an Ascension is in reality the passage from one dimension or plane to another, here we'll look at passages from one subplane to another as well.

Monsignor Robert Hugh Benson undertook to travel widely about the Astral Plane and describe what he saw as a way of compensating for his earthly life. Even

though a psychic, he chose to disavow what he knew and toe the line demanded by his church in denying spirit life. Now, having passed over into it, he made amends by dictating several books that corrected impressions his religious colleagues had spread about the spirit planes. In this article we'll stay with Benson's descriptions.

On one occasion, he traveled to the borders of his own Summerlands realm and looked out over the expanse into the next higher subplane.

“We traversed the distance [between our own realm and the one above ours] that we were unable to observe the gradual alteration in our surroundings. Otherwise we should have seen the country taking on a higher degree of etherealization, a greater intensification of color and brightness, observable not only in the physical features of the realm, but also in the spirit raiment of those whose homes approximated the more closely to the border.” (2)

Each succeeding plane is not different in the sense of having something different than grass, trees, lakes, etc. It is the character of these features that changes, as Benson suggests.



Msgr Robert Hugh Benson

“As we draw closer to the higher realms the particles of the soil become finer, the colors more delicate, with a hint of translucency. A greater degree

of resilience is at once observable underfoot when walking upon the thresholds of these higher realms, but the resilience comes as well from the nature of the realm as from the distinct change in the ground.” (3)

“As one approaches the boundaries to the higher realms, the pavements become noticeably more translucent in character and they seem to lose some of their appearance of solidity, though, indeed, they are solid enough.” (4)

“We found ourselves upon grassland, but with a striking difference. The turf upon which we were walking was infinitely softer than that of the interior of [our] realm. The green of the verdure was even brighter than we had thought possible.

"The flowers were growing in still greater profusion, and the intensity of color, of perfume, and of health-giving power transcended anything we had encountered. The very air seemed to be imbued with rainbow tints. ...

“Just as we had been heavy with chill and oppression at the borderline of the dark spheres [which he had visited earlier], so were we now warmed and filled with such an elation that we were almost silent in wonderment. As we moved along, bathed in radiance, we felt such a spiritual exaltation that Edwin’s description of the visitations of personages from the higher realms at once came to mind, and I almost knew what to expect when I should be fortunate enough to witness such a visitation.” (5)

But now one of the difficulties asserts itself – he cannot breathe in this more refined atmosphere.

"We walked a little way forward, but we could proceed no farther. There were no visible barriers, but we felt that we could not breathe if we went onward. The whole atmosphere was becoming so much the more rarified the farther we penetrated, that in the end we were bound to retrace our steps on to our own ground.” (6)

But Benson had seen what he wanted to see and took back with him welcome memories of the loving souls who inhabited that higher plane.

“I could see many souls dressed in the most tenuous of garments, the soft colors of which seemed hardly to belong to them but to float about the fabric of their robes – if fabric one could call it. Those of them who came sufficiently near smiled to us with such a friendly greeting that we knew we were not in any way intruding, and some waved their hands to us.

“My friend told us that they were aware of our purpose there, and for that reason they would not approach us. They would allow us to enjoy our experience by ourselves, and quietly to absorb the beauties and splendor of this wonderful borderland.” (7)

Seeing the beauties of the higher realms excites Benson's desire to advance.

“Standing here, one had the overwhelming desire to strive for that progression that would entitle one to inhabit one of the lovely houses [I saw around me], and to qualify for the honor of serving one of the dwellers in this higher sphere at whose gateway we were standing.” (8)

Unlike embodied souls, people on the spirit planes know that advancement is what life is all about and work hard to ensure their own progress, as Benson reports.

“We in this beautiful realm of light are all working for our spiritual advancement. It is not restricted to those who live in the dark regions. The people who inhabit the magnificent spheres above this wherein I dwell are all moving forward and upward in their triumphant progressional march. It never ceases and spiritual progress is the birthright of every single soul.” (9)

Thus, what Benson has shown us is that souls on one subplane cannot advance to the next higher subplane until they are spiritually ready. If they try to do so, they encounter difficulties such as a feeling that they cannot breathe in the higher setting.

They can descend if they like without difficulty, and many do, as we shall see later, to serve. But they cannot ascend as easily. Tomorrow we'll look at how people from lower realms are enabled to visit the higher realms with assistance from the beings who live there.

Footnotes

- (1) See “The Reality of Ascension on the Spirit Planes,” Sept. 26, 2012, at <https://goldenageofgaia.com/2012/09/the-reality-of-ascension-on-the-spirit-planes/> ; “What is Ascension Like on the Spirit Side of Life?” at <https://goldenageofgaia.com/ascension/the-mechanics-of-ascension/what-is-ascension-like-on-the-spirit-side-of-life/> ; “The Second Death: The Process of Ascension from 4D to 5D on the Spirit Planes,” at <https://goldenageofgaia.com/spiritual-essays/life-death/death-process-ascension-4d-5d-spirit-planes/> ; “The Judgment and the Second Death Explained,” at <https://goldenageofgaia.com/spiritual-essays/life-death/the-judgment-and-the-second-death-explained/>
- (2) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 62.
- (3) *Ibid.*, 108.
- (4) *Loc. cit.*
- (5) *Ibid.*, 61.
- (6) *Loc. cit.*
- (7) *Loc. cit.*
- (8) *Loc. cit.*
- (9) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957), 19.

The Reality of Ascension on the Spirit Planes – Part 3/4

November 12, 2012

<https://goldenageofgaia.com/2012/11/12/the-reality-of-ascension-on-the-spirit-planes-part-34/>



In this part of our series we look at actual visits to the next subplane or plane. A visit to a subplane is not actually an Ascension. A visit to a different plane altogether is an Ascension.

In the spirit world up till now an Ascension from the Astral Plane to the Mental Plane meant shedding the astral body. A mere visit did not. But a visit required some preparation.

The reason I cite these visits is to demonstrate that people cannot permanently reside on a higher plane unless they are first spiritually suited to do so. And I examine this circumstance because it makes plain why terrestrials today will not be able to ascend unless they too are spiritually and constitutionally suited to the more refined vibrations.

Let's start with Philip Gilbert's discussion of how he visits higher realms for a short period of time but cannot stay there.

“Then having finished my 'welfare work' (it is difficult to say how long it takes, as time is not the same) I go for a little light relief to one of the

places of instruction. I do maths or I listen to music and often, when doing that, I use it as a sort of funnel and go out into a wider space circle and increase my power so that I breathe for a while the 'air' of a further plane of existence.

“Music is one of the 'corridors' for evolving upwards. Even a very unspiritual entity can, if he *comprehends* music, flash upwards for a brief period, but he can't stay there, if his whole being is not in tune.” (1)

On another trip he had to leave because his mother, who still occupied a physical body, could not stay long. Some readers will say that this outcome is explained by the mother still being incarnated, but Phillips says that the reason they could not stay was that the mother was “not strong enough” to breathe the air except for a brief time.

“We were in a luminous plain of encircling white light with faintly outlined domes and pinnacles reaching upwards into infinity. These are the thought worlds of the advanced – the creations of mind immeasurably stronger than ours. Music seemed to be emerging from each breath of air: at one moment, it was a ‘cello and we blended with it and tried to increase our power even more.

“An indescribable joy was in our hearts. We seemed to be one person, yet we each perceived, heard and felt. Flecks of radiant power floated around us.

“But we could not stay long, for you, tied to the earth plane, are not strong enough to breathe this air save for a brief flash.” (2)

Frances Banks was allowed a visit to the Mental Plane from the Astral but also found that she could not stay long.

"I went with Doctor X to 'visit' some of his contemporaries and his friends in another part of this new life. I suppose you would call this the Higher Planes. Anyway, we found ourselves within a 'medical circle' of souls. There were many souls and they radiated a joyous concentration that was catching. We found ourselves chatting away eagerly in groups. ...

"[The] Leader said that soon He would have the pleasure of welcoming Doctor X on to his 'staff.' I was thrilled for my new (yet old) friend. I was so happy for him. It was a moment, I felt, of supreme achievement." (3)

"It was my most marvelous experience of this new aspect of Life. I felt *filled* with Light... That is the only way I can express it. But neither of us could hold this great intensity of vibration for long. We felt (so to speak) used up by this High Frequency so that presently I, for one, had the strange experience of dwindling. And then we were both back in my garden....

“But we both had a taste of the beauty of the Higher Spheres and of communion with progressed souls... I felt as though I was shining. The Light stayed with me.” (4)

So Frances Banks, who had lived a pure life on Earth, still could not hold the vibrations of the Mental Planes for long and had to retreat and retire back to the Astral.

Claude Kelway-Bamber is close to his transition to the higher plane but still is aware of the changes needed and must exercise great control to spend some time in the higher setting.

“I have told you before how the body of a spirit going from the third to the higher spheres undergoes certain changes. On those occasions I have to control my conditions mentally. I am aware of a dual consciousness within myself; part of my mind is occupied in soothing and controlling my body and maintaining the correct poise, while the spiritual part is praying, and I feel as if I were reaching up to try and touch God and to pull myself up to Him.” (5)

To be sure, residents of the spirit world can go lower but not higher as Silver Birch and Astriel tell us.

“The sphere or plane on which you exist in our world contains individuals at the same stage of spiritual development as you are. You can’t go higher spiritually until you are ready. You can go lower, as many of us do to perform missionary work among the unenlightened beings in the lower spheres.” (6)

“When I am in the tenth of these zones, my cognizance is limited, more or less, by that Tenth Zone as to its outer or superior boundary. I may, on occasion and by permission, visit the Eleventh zone, or even go higher; but residence in those higher zones is not permitted me.

“On the other hand, the zones inferior to the Tenth are not impossible to me; for the zone in which I dwell, being a sphere, includes within itself, even geometrically considered, all the nine inferior spheres.” (7)

Robert High Benson states that the right to go higher is something that is earned, whether for a visit or for residence.

“There are other realms immeasurably more beautiful than that in which we were now happily living; realms of unsurpassing beauty into which we cannot penetrate until such time as we have earned the right to enter, either as visitors or as inhabitants.” (8)

Even for a visit, a person must approach the vibrational level. The higher realms are not open to sightseers.

“A traveller like me who wishes to go to some particular heaven must first feel in himself what those souls feel who enjoy that heaven; then he can enter and commune with them. He could never go as a mere sight-seer.” (9)

To close off this article, let's look at the difficulties that Benson had to surmount to visit the “ruler” of his plane, who lived on a much higher plane.

“[Ruth and I] have ... visited the high abode of the greatest of them all,” he tells us. (10) Of him Benson writes:

“No earthly king throughout the whole narrative of the history of the earth world ever presided over a state so vast as that presided over by this illustrious personage of whom I am speaking. And his kingdom is ruled by the great universal law of true affection.

“Fear does not, could not, exist in the minutest, tiniest fraction because there is not, and cannot be, the slightest cause for it. Nor will there ever be.

He is the great living visible link between the Father, the Creator of the Universe, and His children.” (11)

The ruler's assistant, Omar the Chaldean, prepares them for their visit by instilling power into them:

“[The Chaldean, Omar] came behind us and allowed his hands to rest upon our heads for a brief moment. ... The Chaldean told us that by placing his hands upon our heads ... would ... have the effect, in addition to giving us power to travel, of adjusting our vision to the extra intensity of light that we should encounter in the high realm. ...

“The Chaldean asked us to make ourselves completely passive and to remember that we were upon a journey for our enjoyment and not as a test of our spiritual endurance. ‘And now, my friends,’ said he, ‘our arrival is awaited. So let us be off.’” (12)

However, though they visit the immensely-beautiful palace of the ruler for a time, soon the power that Omar has bestowed on them wears off and they must leave:

“Our good friend, the Chaldean, then mentioned to his ‘master’ that our stay had almost reached its limit. The latter said he was sorry to observe that it was so, but that such powers as had been invoked for us had their limitations, and, so, for our comfort, we must work within them.” (13)

In some instances spirits who wish their charges to visit the higher realms cloak them; others hold their arm while they ascend to purer settings. Those who wish to ascend permanently are told that their astral bodies must “die” for the passage to be made, as Ethel McLean tells us.

“I am told that, when the time comes to pass on from this sphere to a higher one, a similar process [to physical death] takes place. But as there is no dust or decay here, the elements that compose the vehicle of expression in which we now function are simply absorbed back into the ether. We shall again find ourselves in a yet more refined body on a higher plane of consciousness. This process continues until ultimate perfection is achieved.” (15)

In our next part in the series, I'll give examples of Ascensions from the spirit planes to the higher realms that corroborate Ethel's description.

So far what we've done is to illustrate why sources like Matthew Ward or SaLuSa might say that one has to be sufficiently prepared so that one can hold the light of the Fifth Dimension. We see here that souls who cannot hold the light or endure the vibrations of a higher plane cannot remain there. And that is the reason why we, now, prepare ourselves for our Ascension.

Footnotes

(1) Philip Gilbert through Alice Gilbert, medium. *Philip in the Spheres*. London: Psychic Book Club, n.d., 33.

(2) Ibid., 69.

(3) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 48-9

(4) Ibid., 49.

(5) Claude Kelway-Bamber in L. Kelway-Bamber, ed., *Claude's Second Book*. New York: 1920, 48-9.

(6) Silver Birch, *Light from Silver Birch*. Comp. Pam Riva. London: Psychic Press, 1983, 19.

(7) Astriel in G. Vale Owens, medium, *The Life Beyond the Veil. Book I: The Lowlands of Heaven*. New York, 1921, 216.

(8) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 55.

(9) Judge David P. Hatch in Elsa Barker, medium, *Letters from a Living Dead Man [probably Judge David P. Hutch]*. Mitchell Kennerly, 1914, Letter XLVIII.

(10) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *More About Life in the World Unseen*. San Francisco: H.G. White, 1956; c1968, 90.

(11) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 192.

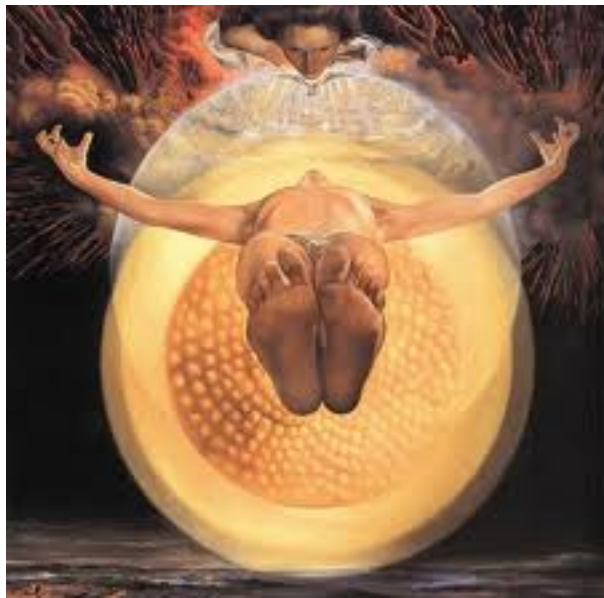
(12) Ibid., 194.

(13) Ibid., 201.

The Reality of Ascension on the Spiritual Planes – Part 4/4

November 13, 2012

<https://goldenageofgaia.com/2012/11/13/the-reality-of-ascension-on-the-spiritual-planes-part-44/>



In this last part of this series, I have a difficult task ahead of me. I'd like to furnish us with instances of Ascension on the spirit planes. I grant that these examples have appeared in these pages before.

And I also grant that these Ascensions are of the old variety, which our present Ascension is designed to supplant. They require a person to die to their astral forms and shed them, coming alive again, so to speak, in their mental bodies.

Our Ascension does not require us to die to our physical bodies. Instead our bodies change from a carbon base to a crystalline base, which can withstand the higher vibrations.

The Astral is the Fourth Dimension; the Mental is the Fifth. (The Mental Plane is a misnomer and does not mean a "plane of the mind.")

Theologian Archie Mattson discusses the prospect of advancement from 4D to 5D on the inner planes.

“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.

“However, a person who has gone into the higher planes in this way can still communicate through to earth and can still manifest himself in the astral plane through materialization.” (1)

The unnamed teacher who speaks through Betty Bethards also describes this "second death."

“When one advances through the various levels of the higher planes, there is an initiation which takes place which allows the soul to shed his ‘outer layer’ (as when he shed the physical body). The heavier matter which makes up your coat for one level is shed for a lighter coat when you move to the next. You shed your old beliefs and lessons and attune to your new body, a little like a snake shedding its skin.” (2)

American philosopher William James intuitively felt that his second death was going to happen. He felt premonitions of becoming too small for his psychological quarters.

“I feel myself growing out of myself in a certain fashion. My adopted characteristics are becoming too small and cramped to contain my new growth and development, and I will move on most certainly to larger psychological quarters. It is not only the physical body we outlive, but the psychological house we have chosen. First after death we add new rooms and suites to accommodate our greater experience, but it is soon obvious that the entire structure has had its day. We must move out of it completely.” (3)

Her work finished in 4D, Frances Banks considers leaving the rest home she has been attached to and entering 5D.

“I am like a creature hibernating and yet, at the same time, sloughing off a skin which I no longer will be needing. I feel, sometimes, like a snake gradually shedding its skin. These coils of lower density are slipping away from me. I am emerging from regrets of earth memories, from disillusion, from idealizations which become illusions, ephemeral and of no true worth.

“I am viewing each piece of skin which peels off from me in its right connection with the true Self which it served to obscure. And more and more I become thankful for the Reality which, God be praised, was there beneath the skin, all the time.” (4)

She continues to observe the dissolution of her astral body. Most people lie down and go to sleep, so to speak, during this process, but not psychologist Frances. She observes the whole process.

“I realize that what is passing from me, like sloughing a skin, is insubstantial, impermanent, decomposing, as it drops from me into a dusty nothingness. What is left is essentially Light, is Reality, is permanent and is true. I call this my new Body of Light and that, indeed, is what it truly is. A Body of Light, not dense and material and dull and heavy as the physical body, not insubstantial, shadowy and unreal as the astral body in which I have been sheltering, but brilliant, ‘enclosed’ with Light, ethereal in that there is no weight, no dragging down into matter but is enmeshed with colour and beauty and form and substance.

“Is that a difficult conception? You must remember that I am forming this, my spiritual Body, or should I be more correct in saying I am merging into it. That sounds a paradox but then much to which I am becoming adjusted here is paradoxical when viewed in the light of the restricted thinking of the human mind. I still have a mind, I still have a body, but both are inevitably changing and because of that I feel as if I am emerging, like a grub from a chrysalis, to a butterfly. Gradually I can function more readily and for deeper periods in my Body of Light, and, in it, can commune with more advanced Souls and imbibe their wisdom.” (5)

Is this not a description similar to what is happening for us right now?

And finally Dr. G., who is sensing that his time for transitioning is drawing near, tells T.E. Lawrence (the post-mortem Lawrence of Arabia):

“‘The timelessness of our life,’ he said, ‘misleads us into thinking that there is no longer any period to our happiness. We have no lengthening shadow of old age to put a natural limit to our activities and so, when we are happy and easy, we think it can continue indefinitely.

“‘But I know there are natural period in our time here and that I am approaching one of them. I could perhaps disregard the intimations and stay on here [in the Astral Plane], but, if I did so, I should be perverting the pattern. So you see, even this paradise may not be enjoyed for too long lest it thwart one’s proper growth. ...

“‘I am growing old in this [astral] body and shall soon be done with it. Then I shall go on to explore this wonderful universe on another level [i.e., the Mental Plane].’” (6)

As Dr. G. spoke, “the illumination of his wise spirit made a glory around him and was more convincing than many words.” (7)

Lawrence comments: “I had heard about this second death and transition to the next sphere.... Now it seems that I may be privileged to watch it happening to another.” (8) In fact Lawrence does watch it.

Lawrence describes here the sudden Ascension of Dr. G. from the Astral Plane to the Mental Plane:

“The end came suddenly. I called on him and was told that he was sleeping. We stood around and watched his still form and the light which waxed and waned there. In a breathtaking second the change came. The light gathered itself together and burnt itself to a keen thought of light so intense and inward that we gasped and turned aside. Then it had gone and only a wraith of our friend remained which shrank away and disappeared as we watched.

“We sat speechless, absorbed in the beauty and meaning of the transition. It was long before anyone broke the silence and then one said: ‘I have

heard that some time is needed for a spirit yto get sued to the new conditions, just as we needed time to adjust when we first came here, so we must not expect our friend to come to us yet. I suggest that when an interval has elapsed we should meet here again and wait and hope for his coming.' We agreed to do this and went off full of thought to our various occupations.” (9)

Later Dr. G. descended to pay Lawrence and his friends a visit. Lawrence describes it:

“Dr. G. has kept his promise to come to us but he appeared when we were least expecting him. Some few of us were sitting quietly talking when his voice suddenly took up the parable and as we looked up, startled, we saw the outlinbes of a form which speedily filled in and took substance and there he was among us again.

“He brought with him an exalted air and we felt his presence as a spiritual baptism, a stream of pure joy absorbed hungrily by our thirsty beings. Light and happiness glowed up in us too with the pleasure of heightened being. He stayed only a short while ... and left us again.” (10)

So, in this series, we've seen that going higher up the spirit planes can only be done once one has progressed sufficiently to tolerate the higher vibrations. Those who cannot tolerate them must return to their allotted place. Once one is ready to ascend, one experiences what is often called on the other side "the second death," letting go of the astral body and awaking in the mental body.

However our Ascension will not be like this. For the first time in history, we'll ascend in our physical bodies which will have changed from a carbon to a crystalline base.

Footnotes

(1) A.D. Mattson in Ruth Mattson Taylor, ed., *Witness from Beyond. New Cosmic Concepts on Death and Survival from the Late A.D. Mattson, S.T.D.*, through the Clairvoyant Margaret Flavell Tweddell. Portland, ME: Foreword Books, 1975, 45.

(2) Unnamed spiritual teacher in Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 17.

(3) William James through Jane Roberts, medium, *The Afterdeath Journal of an American Philosopher: The World View of William James*. Englewood Cliffs, NJ: Prentice-Hall, 1978, 159.

(4) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 124.

(5) Loc. cit.

(6) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman, 1964, 76.

(7) Loc. cit.

(8) Ibid., 77.

(9) Ibid., 78-9.

(10) Ibid., 83.

The First Death: The Transition from 3D to 4D

March 17, 2011



(For more on this subject, see New Maps of Heaven, at <https://www.angelfire.com/space2/light11/nmh/nmh-index1.html>)

In his March 12, 2011 message, Matthew Ward described how the transition teams in the afterlife receive those who have transited. He wanted us to be reassured that the victims of the Japanese earthquake are being looked after.

So many of us fear death. We fear it so much that we will live as long as we can to avoid it, even if we are crippled and lose our mobility and most of our senses.

In my opinion, we are so afraid of death because we are fraudulently led to believe that we won't survive death and that death is a terrible thing. In fact these assertions are not true and, to prevent ourselves being manipulated by this false knowledge, we might want to consider what I regard as the truth. So here that is: Another piece of the truth about death.

If one understands deeply what is being said in this article, we may become impervious to being manipulated by an unnecessary fear of death. At least that is my hope in publishing it.



What most people fear when they think of Earth changes, the Illuminati, or Ascension is either death or suffering.

Suffering I can't say much about. People do suffer while they are alive. That suffering is for our education and has been agreed to prior to our entering this incarnation.

Everything I've said about clearing vasanas is very, very important if you're suffering.

("Vasana" is a Vedantic term for a persistent reaction pattern triggered by a current upset, which resembles a past upset.)

If you don't resist suffering, and we resist it because of our vasanas, you may be able to reduce the pain of suffering a great deal.

But I can say much more about death.

In speaking of death, I need to say that many of the features of death are common to most people but some few features of death are individual. Just when I think I have a common feature down pat, I come across an experience that departs from the pattern. What this departure often reflects is a special intervention on our behalf by a guide or higher being. However, one common feature of death is that the vast preponderant number of deaths are painless.

Having said that, the first thing to be aware of in regard to our fear of death is that we probably fear not the death of our bodies as much as the extinction of our consciousness, our awareness of ourselves, life, the world, etc.

The second thing to be aware of is that, though we'll depart from our bodies, that consciousness of ourselves will never, ever, ever be extinguished for 99.99999% of

us – not even for an instant - with a few exceptions and even those will be of temporary duration (I'll come to them in a second).

So there are two things to deal with right away here: (1) what do I mean by "99.99999% of us"? And (2) what do I mean by “even those will be of temporary duration”?

Almost everyone survives death ...

So (1), “99.99999% of us.”

As it happens, .00001% of us may be so evil that our existence is taken away from us. Spirits refer to this as being liquidated, recycled, returned to Source.

How would we know we are one of those? Well, have you taken someone's skin recently and turned it into a lampshade? No? Then you're not among that 00001%. If you wish to read how evil one must be to be “liquidated,” go [here](#).

So, except if you're presently raping, torturing, and shooting large numbers of people, and none of you will be involved in those things I'm sure, your consciousness will never, ever, ever be extinguished - except in a few, temporary exceptions.

... without an interruption in consciousness

Now (2), “temporary exceptions.”

The temporary exceptions I'm referring to are short interruptions in consciousness, which include a period of rest after death if we've been subject to a long and debilitating illness before leaving or a time of foggiess and unconsciousness after departure if you took your own life (that is, suicided). (See footnote 1)

Even here, you'll probably retain some degree of awareness of yourself and your surroundings. And you'll feel only a very manageable amount of discomfort, similar to a head ache. This doesn't constitute an “extinction” of consciousness. You've merely undergone a period of semi-consciousness because it's needed for recuperation or is mandated for those who exited before their time (i.e., suicided).

Apart from these localized, temporary suspensions of awareness, we'll never, ever, ever lose our awareness of ourselves, our world, life, etc.

The loss of the body is freeing

Yes, we'll lose our bodies. But the new body we'll immediately and seamlessly find ourselves in will be lighter, freer, more refined, not subject to weariness, fatigue, hunger, thirst or any other debilitating or tiring conditions. We'll be so pleasantly surprised, we'll probably want to dance around in it

It's like taking off a heavy, rain-soaked overcoat and feeling immediately lighter and relieved. No different. I was aware of my spirit body during an out-of-body experience. It was so light that I might compare it to the finest down you see at the base of a feather. You know, that fluffy stuff that offers absolutely no resistance to the touch?

That only leaves the event of death as something to fear, right?

If the body suffers a violent death, most leave it before the suffering

Apparently the exact moment of death for each of us has been set and is known to people on the other side. In fact there are institutions on the other side that specialize in alerting your delighted friends and relatives over there that you'll soon be coming home. (See footnote 2.) They'll all be there waiting to welcome you, happy, cheerful, excited. Yayayayayay!!!

Spirits who do the work of assisting with transitions also know when it's our time, as Matthew explains:

“We can determine by the auras who will be leaving Earth lifetime as the souls of the individuals know and their knowledge is a slight energy emanation that is apparent to those who know how to identify it.” (3)

Given that the moment of death is set and agreed to, when we actually do die, we usually leave our bodies just prior to the exact moment of death. In most cases, we do not experience the pain that the body goes through but are well on our way to the etheric planes (the Borderlands, where we rest). Even if our body is thrashing

on the ground or walking around wailing, we'll have left it, if it is our time to depart, and will know nothing of what it goes through.

Since many people's biggest fear is the pain accompanying the moment of a violent death, let me give a few more examples than I might ordinarily do to assuage people's fears. There is actually no pain attached to dying just as there is no pain attached to taking off your coat.

John Scott: "They do not suffer, these people, in their passing. I think sometimes their friends suffer more, when they see the body writhing in apparent agony, while in reality the spirit is already tasting the first freedom from pain, or lies in a blessed insensibility" [i.e., sleep or rest]. (4)

Julia Ames: "Some [whom I have spoken to] say that they left the body before it ceased to breathe." (5)

Quant Tse: "He lost control of the car and went out of his body before the [fatal] accident." (6)

Mike Swain: "I see a black car coming towards us. As it approaches us, I see this other car coming behind it. I can see this other car clearly, because it is in the middle of the road, trying to pass the black car."

Nina [Merrington, the medium channeling Mike Swain] paused a moment, and then said: "The sun is glaring on the windscreen of the black car, and reflecting back into my eyes. I can see nothing but a bright silver radiance. It is blinding me."

"All of a sudden, the radiance changes from silver to gold. I am being lifted up in the air, out through the top of the car. [Spirit attendants have removed Mike from the car before impact - a common occurrence if the individual has reached their time of departure.] I grab little Heather's hand. She too is being lifted up out of the car.

"We have been lifted thirty feet above the Mini. And in one horrifying second, I see the little Mini and this large car collide head-on. There is a noise like the snapping of steel banjo strings. The little Mini bounces right

off the highway, right over into the gravel verge. It is finally brought to a halt in a cloud of dust when it hits a giant anthill....”

Nina stopped, obviously too agitated to continue.

What impressed her listeners was the fact that [their son] Mike [who is speaking through Nina] had never seen the other vehicle *until after the silver light had changed to gold*. He and Heather had felt no sense of impact. They had suffered no pain. Just a gentle ascent into the air.

"We feel vaguely sorry that this thing should have happened to them. And we both fully understand that we are, now, so far as mortals are concerned, dead.

“We are also both aware that a lot of people have begun to gather round us. They are dressed in glorious colors. We recognize familiar faces, the faces of friends who passed beyond the earth before us. We are still hand in hand; now, guided by the one who first lifted us into the air, the two of us sweep towards the skies. We drift above the two round hills known as the Breasts of Sheba.”

Mike's father, Jasper Swain: "In heartfelt joy, the [parents] listened, transported by the fact that the passing had involved neither fear ... nor suffering." (7)

Mike Swain: "My actual passing I have already described to you. Both Heather and I were lifted out of our bodies *before* the collision. There was no pain, no shock. This process is the same in all and every form of violent death. It appears violent from your end; believe me, it is *only* from your end; never from ours!" (8)

Mike Swain: "When [the transition guides] are given a case where two cars are about to collide, for example, we lower our vibrations until that soul can actually see us: thus his attention is diverted from the violence about to engulf him. Once we are sure that nothing more can be done to avert his death, we take him by his hands and lift him out of his earthly body." (9)

Mike Swain: "Heather and I have specialized in this kind of 'first aid' for about four months of your earth time." (10)

Mike Swain: "Do you recall the young high school boy who was killed in Durban in circumstances similar to mine? Dad, we were there; it was us who helped him over. He and I had known each other casually while we were both alive so he was relieved and, believe you me, delighted to see me! He knew that I had already passed over, but it still took him a little while to realize the significance of it, when I showed him the mess made by the two cars after they had collided!" (11)

For almost all the rest, death is painless

Here is what some spirits say who did not suffer violent deaths, looking back on the event of their departure. Notice the absence of any references to pain.

Julia Ames: "With me the change [i.e., death] was perfectly painless." (12)

Gordon Burdick: "I feel sure if people were to know that the actual moment of passing is not even noticeable, the fear of death that haunts so many people would vanish." (13)

Frederic Myers: "Death is ... a mere episode which we regard with a certain tenderness and not with any pain. ... There is contained in it a time of stillness, of sinking gloriously into rest." (14)

Arthur Ford: "Death is no more than the passage through a beckoning door. It is so brief, so transitory as scarcely to be noted for it is what lies beyond the door that counts. The body, let us say, is tired and weakened. At a certain point the heart stops, not merely because the body mechanism will not function, but also because the soul has slipped off through the opening door. Some go gladly, some reluctantly, but all in answer to the universal urge for peace and tranquility." (15)

Msgr Robert Hugh Benson: "The whole process of transition which is so much feared by the folk on earth is a natural, normal, and painless process. It is as natural and painless as removing your outer garment when you have no further use for it." (16)

Some very few experience a short moment of pain, as SaLuSa indicates:

“The trauma of violent death is short lived. Soon after they reach the other side, where loving helpers attend them until their emotional reaction is healed.” (17)

Here is Sigwart, a German soldier in WWI, on that subject:

“The last minute was terrible, but only for a moment and then it passed, which means the sleep of death relieved me of all pain.” (18)

Sigwart slept but many who depart do not sleep but are continuously aware and awake.

Now what's this we hear about a “second death”? Well, lots of people talk about it. The first conversation about the subject concerns enlightenment. Jesus said we would not be hurt of the second death. Let me cut and paste from *The Purpose of Life is Enlightenment* on what I think Jesus meant by the second death:

“In fact, we shall find Jesus (and his disciple, Paul), referring to two types of 'death' and two types of 'resurrection.' The first is ego death and is followed by the resurrection of enlightenment. The second is physical death and is followed by the resurrection of the afterlife. They often do not tell us when they are referring to the first and when to the second, a practice which may sometimes prove confusing.

“For example, Jesus said to a would-be disciple: 'Let the dead bury their dead.' (Luke 9:60.) Here he uses the word 'dead' to cover two situations. The first is the situation of the unenlightened; all of us who are not alive in the resurrection of enlightenment. The second is the situation of the deceased, those whose physical bodies are dead but who are alive in the resurrection of the afterlife. If we were to put his teaching another way, we might say, let the unenlightened, who believe in physical death, bury the bodies of those they think have died.” (19)

So if we experience the first death, or the death of the ego or self in enlightenment, while we yet live, then the second death of the physical body will not hurt us in

any way because we will consciously and intentionally drop the body prior to death.

There is a second meaning of the term "second death," but I'll save that for the next article because that meaning covers the same territory as what we today call "Ascension."

Taken together, these are two meanings of the term "second death." There are more but they needn't concern us here.

The last matter to discuss concerns immortality. We are always, always, always already immortal. What Jesus meant when he said that we shall attain immortality was not that we will somehow cheat death. We always, always, always cheat death. He meant that we shall, through becoming enlightened in the experience of *sahaja samadhi*, (21) not need to descend any more into matter and material bodies again. We shall return to the temple of spirit and go no more out, as he said in Revelation. (22)

However, even if we need go more out (that is, reincarnate), that does not mean that we are not always, already immortal. We are. You will never die. There is no death. Death hath no sting. Death is not triumphant over us. We are triumphant over it, always, always already, forever.

So to summarize, death is not a painful event for most people. We seldom experience a cessation or even a temporary loss of consciousness, except perhaps a recuperative period for those who have been ill prior to departing. The new bodies we find ourselves in are infinitely more acceptable to us than our old. We need not fear death, period. That is the last word on death. Let there be no further fear of death.

Footnotes

(1) On "The Situation of Suicides, see <https://www.angelfire.com/space2/light11/nmh/border1.html#suicides>

(2) On these institutions, see <https://www.angelfire.com/space2/light11/nmh/hierarchy1.html#hq>.

- (3) Matthew's Message, March 1, 2004, at <https://www.matthewbooks.com/mattsmessage.htm>
- (4) John Scott in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 56. (Hereafter LO.)
- (5) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 162. (Hereafter, AD.)
- (6) Spirit control Quan Tse to medium Doris Heather Buckley, *Spirit Communication*. New York: Award Books, 1967, 38.
- (7) Jasper Swain listening to his transitioned son, Mike, speak through a medium, in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977. 21-2. (Hereafter FMW.)
- (8) Mike Swain in FMW, *ibid.*, 51-2.
- (9) *Ibid.*, 57.
- (10) *Ibid.*, 57.
- (11) *Ibid.*, 58.
- (12) Julia Ames, AD, *ibid.*, 64.
- (13) Gordon Burdick to Grace Rosher in Rosher, medium. *The Travellers' Return*. London: Psychic Press, 1968, 60.
- (14) F.W.H. Myers in LO, *ibid.*, 57.
- (15) Arthur Ford through Ruth Montgomery, medium. *A World Beyond*. New York: Fawcett Crest, 1971, 15.
- (16) Monsignor Robert Hugh Benson, through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957), 127.
- (17) SaLuSa, Oct. 29, 2008, at https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

(18) Sigwart in Josphe Wetzl, trans., *The Bridge Over the River. Communications from the Life After Death of a Young Artist Who Died in World War One*. Spring Valley: Anthroposophic Press, 1974, 10.

(19) At <https://www.angelfire.com/space2/light11/reincarn.html>

(20) On “The Second Death, see here <https://www.angelfire.com/space2/light11/nmh/second-death1.html>

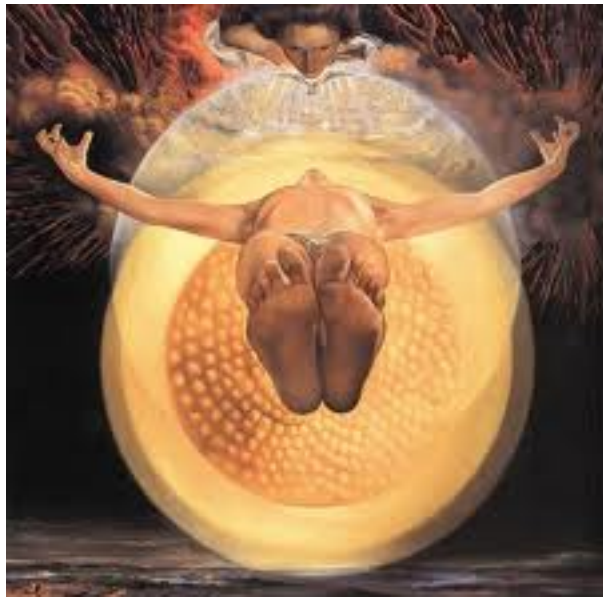
(21) On *sahaja samadhi* as liberation from the cycle of reincarnation, see [Enlightenment – \(4\) Stages beyond God Realization \(Brahmajnana\) - Liberation occurs at sahaja nirvikalpa samadhi](#)

(22) Rev. 3:12. "Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out." That is, him that attains enlightenment (*sahaja samadhi*) will God relieve of the necessity of any more leaving the kingdom of spirit and descending into matter.

The Second Death: The Process of Ascension from 4D to 5D on the Spirit Planes

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<https://goldenageofgaia.com/2011/03/17/death-process-ascension-spirit-planes/>



In the literature on the afterlife, the "first death" is regarded as the death of the physical body while the "second death" is regarded as the dissolution of the astral body. (1) The first death moves us from the Physical Plane (3D) to the Astral Plane (4D) and the second death from the Astral Plane (4D) to the Mental Plane (5D).

The second death on the inner planes of life is the nearest equivalent I can think of to what we call "Ascension."

Physical Ascension itself is a new phenomenon in the physical universe. As things stand at this moment, a person's consciousness could evolve while the person remained in the physical body. We call that "enlightenment." But the person as an individual living entity would remain in this physical or Third Dimension.

But if a person ascended to the Mental Plane or 5D in the past, he or she had to leave or be outside the physical body. As with all things, there are a few

exceptions. Jesus and Elijah ascended to the inner planes physically. But even Elijah ceased to exist in his physical body.

Jesus did not cease to exist in his physical body. He reappeared in it to his disciples if the version in the New Testament is to be believed (and I cannot say for sure that it is). But you recall that his disciples could not touch that version of his physical body. It may be that our mass Ascension will not have that drawback. (For those who ascend, there won't be anyone around in a 3D body to test our hypothesis on.)

Ours will be the first generation for whom Ascension in the physical body becomes a normal event without the need to leave the body first and with no other limiting circumstances imposed on the body. In this way, Jesus may have been the "type of the New Man" (or "New Human"), as is maintained in the sacred literature. This improvement in Ascension may be one way in which Jesus intended to be understood when he said that we would do greater than he.

The passage from the Fourth Dimension to the Fifth, for most souls, occurred on the inner postmortem planes and is more often referred to as a passage from the Astral Plane to the Mental Plane. It involves a process called the "second death," where the astral body dissolves revealing the mental body, which is often also called the light body.

Because Ascension in the physical body is new, we have no descriptions of it. The descriptions of the second death are the closest we can come to it, as far as I'm aware. Most of these descriptions are of the second death itself, but there are a few descriptions which compare what the individual being was like in its astral form compared to what it is like in its mental form. Later I will publish more accounts of life on the Mental Plane, or "Heaven" as it is known more generally, without reference to the Astral Plane.

All of life is spiritual evolution, from God to God. On the inner planes, spirits pass from 3D to 4D to 5D, etc., or from the Physical Plane to the Astral Plane to the Mental Plane and so on. But here on Earth, if we rise in dimension, we call the process "enlightenment" and it does not result in our leaving the Physical Plane. Here in 3D we are and remain all bunched together but after death we are all sorted out, so to speak.

However, now, with the new process we refer to as "Ascension," we will again be sorted out - some going with the New Earth to 5D but others remaining in 3D and travelling to new settings where they will either be born or awaken with no conscious remembrance of this Earth.

From hereon I will speak only of 4D and 5D, but you know that I am referring to the Astral and Mental Plane.

So let's consider what Ascension looks like on the inner planes even if it differs in important respects from our Ascension.

Theologian Archie Mattson discusses the prospect of advancement from 4D to 5D on the inner planes.

“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.

“However, a person who has gone into the higher planes in this way can still communicate through to earth and can still manifest himself in the astral plane through materialization.” (2)

The unnamed teacher who speaks through Betty Bethards also describes this second death.

“When one advances through the various levels of the higher planes, there is an initiation which takes place which allows the soul to shed his 'outer layer' (as when he shed the physical body). The heavier matter which makes up your coat for one level is shed for a lighter coat when you move to the next. You shed your old beliefs and lessons and attune to your new body, a little like a snake shedding its skin.” (3)

American philosopher William James knew when his “second death” was going to happen. He felt premonitions of becoming too small for his psychological quarters.

“I feel myself growing out of myself in a certain fashion. My adopted characteristics are becoming too small and cramped to contain my new

growth and development, and I will move on most certainly to larger psychological quarters. It is not only the physical body we outlive, but the psychological house we have chosen. First after death we add new rooms and suites to accommodate our greater experience, but it is soon obvious that the entire structure has had its day. We must move out of it completely.” (4)

Her work finished in 4D, Frances Banks considers leaving the rest home she has been attached to and entering 5D.

“I am like a creature hibernating and yet, at the same time, sloughing off a skin which I no longer will be needing. I feel, sometimes, like a snake gradually shedding its skin. These coils of lower density are slipping away from me. I am emerging from regrets of earth memories, from disillusion, from idealizations which become illusions, ephemeral and of no true worth.

“I am viewing each piece of skin which peels off from me in its right connection with the true Self which it served to obscure. And more and more I become thankful for the Reality which, God be praised, was there beneath the skin, all the time.” (5)

She continues to observe the dissolution of her astral body, comparing it to a snake sloughing its skin. Most people lie down and go to sleep, so to speak, during this process, but not psychologist Frances. She observes the whole thing.

“I realize that what is passing from me, like sloughing a skin, is insubstantial, impermanent, decomposing, as it drops from me into a dusty nothingness. What is left is essentially Light, is Reality, is permanent and is true. I call this my new Body of Light and that, indeed, is what it truly is. A Body of Light, not dense and material and dull and heavy as the physical body, not insubstantial, shadowy and unreal as the astral body in which I have been sheltering, but brilliant, ‘encelled’ with Light, ethereal in that there is no weight, no dragging down into matter but is enmeshed with colour and beauty and form and substance.

“Is that a difficult conception? You must remember that I am forming this, my spiritual Body, or should I be more correct in saying I am merging into

it. That sounds a paradox but then much to which I am becoming adjusted here is paradoxical when viewed in the light of the restricted thinking of the human mind. I still have a mind, I still have a body, but both are inevitably changing and because of that I feel as if I am emerging, like a grub from a chrysalis, to a butterfly. Gradually I can function more readily and for deeper periods in my Body of Light, and, in it, can commune with more advanced Souls and imbibe their wisdom.” (6)

Frances emerges into the 5D body of light for periods of time, and realizes that this movement from 4D to 5D is itself only a temporary thing and that she will go on to even higher dimensions. The “judgment” she refers to is the process of reviewing one's entire life that Frances has just completed, which is the prelude to exiting 4D or the Astral Plane and full entry into 5D or the Mental Plane in the afterlife.

“I am trying to function more and more in the Body of Light. I cannot sustain it for long yet, but I have the joy and bliss of the certainty of a further expansion which is available to us all. This is the next step in progression, the stepping out of illusion into the consciousness of the functioning of the Higher Self, an emergence into a wider consciousness and an awareness of Spiritual Beings and of Forces from the All-Creative Mind of God.

“This [full entry into and journey through the Mental Plane] is a gradual process and may take years (in earth consciousness of time) to fulfill. I feel as though I am starting on a Path of Light which leads upwards and onwards into Realms of unimaginable beauty and wonder and of which I have, as yet, but the faintest glimmer of comprehension. The journey itself is compensation enough for the trials of earth existence and for the emotion of judgment in action of those trials and my individual response to them, from which judgement I am now emerging.” (7)

Ivy Northage's “Chan” describes the more usual form of the second death, where one lies down and surrenders to the process of sloughing the astral body, rather than observing it as Frances does.

“[The second death] is not a separation ... but a feeling of complete serenity and peace, with no concern for anything, or awareness of people

around you. ... You are supported by something that is almost unidentifiable, you have lost your own identity without any concern or anxiety about it. ... It is a true spiritual release, and for a little while you don't really know where you are. ... There is no feeling of distress. It is a kind of oblivion, but a conscious oblivion.

“Then you become aware of what I can only describe as a harmonic reverberation around you, a beautiful ecstasy. ... You feel this divine, ecstatic, unified power with such indescribable joy that you just don't know what is happening to you.” (8)

Here is Rosicrucian Max Heindel describing his second death. The “Desire World” refers to the Astral Plane, the plane where desires are worked out.

“The change is made from the first heaven, which is in the Desire World, to the second heaven. ... Then the man passes into a great stillness. For the time being everything seems to fade away. He cannot think. No faculty is alive, yet he knows that he *is*. He has a feeling of standing in “The Great Forever”; of standing utterly alone, yet unafraid; and his soul is filled with a wonderful peace. ... In occult science this is called 'The Great Silence.' Then comes the awakening. The spirit is now in its home-world – heaven.” (9)

Sir Arthur Conan Doyle, creator of Sherlock Holmes and a long-time spiritualist, describes how, with the second death, one leaves behind one's narrow personal self.

“That Second Death [is] so marvelous and yet so terrible an experience. For in this life we cling with all our might to – Self. ... Why not, when it seems desirable to enrich that personality with all the treasure we can gather by labour of hand or brain. ... We do not pass naked into the astral, but rather bear with us many an earthly treasure of knowledge, strength and pride of accomplishment.

“And then ... crown and climax of all our striving comes utter relinquishment – such is the marvel and miracle of the human soul and spirit.

“To relinquish knowledge, power, accomplishment, all that goes to make our personal self of claims and assertions; to relinquish self-pity, self-centredness, the hope of accomplishment for self; to bare oneself, to become nothing; to restore to the Giver of all ... *all that one has and is.*”
(10)

The fullest description of the second death I've seen is from A. Farnese, but it is a long passage. Farnese describes how this passage is often accomplished while the soul “sleeps.”

“The meetings for materialization were held once a fortnight, and from the number of them I judged that about three months had passed, when I was told by Ahrinziman to prepare myself for a great change which was about to take place in myself and my surroundings, and which would mean my passing into a higher sphere. ...

“I was now told that I had so far freed myself from the earth's attractions and overcome my desires for earthly things, that I was able to pass into the second sphere.

“The passing from the body of a lower sphere into that of a higher one is often, though not invariably, accomplished during a deep sleep which closely resembles the death-sleep of the spirit in leaving the earthly body. As a spirit grows more elevated, more etherealized, this change is accompanied by a greater degree of consciousness, till at last the passing from one high sphere to another is simply like changing one garb for another a little finer, discarding one spiritual envelope for a more ethereal one. Thus the soul passes onward, growing less and less earthly (or material) in its envelopment, till it passes beyond the limits of our earth spheres into those of the solar systems.

“It happened, then, that upon my return from one of my visits to the earth, I felt overpowered by a strange unusual sense of drowsiness, which was more like paralysis of the brain than sleep.

“I retired to my little room in the Twilight Land, and throwing myself upon my couch, sank at once into a profound dreamless slumber like unto the unconscious sleep of death.

“In this state of unconsciousness I lay for about two weeks of earthly time, and during it my soul passed from the disfigured astral body and came forth like a newborn child, clothed in a brighter, purer spiritual envelope, which my efforts at overcoming the evil in myself had created for it. Only I was not born as an infant but as a full grown man, even as my experience and knowledge had been those of a mature spirit. ...

“In a state of perfect unconsciousness my newborn soul was borne by the attendant spirit friends into the second sphere, where I lay sleeping my dreamless sleep till the time came for my awakening.

“The discarded astral envelope I had left was by the power of attendant spirits dissolved into the elements of the earth plane, even as my earthly body left at my first death would decay into the earthly material from which it had been taken,--dust returning unto dust again, while the immortal soul passed on to a higher state.

“Thus did I pass through my second death and awake to the resurrection of my higher self.” (11)

Finally, South African Mike Swain shows his father the difference between his astral and mental bodies. And when he does his attitude shifts and he ceases being Jasper's son and becomes his “brother.” I would expect that Matthew Ward also showed this same side to his mother, Suzy Ward, at one point in his progression. However, I believe that Matthew resides on a plane far higher than the Mental. Here is Mike revealing his Light Body to Jasper.

“Mike continued to look at his father with an affectionate smile on his face: then, suddenly, Jasper was looking at a mature and wonderfully beautiful soul. In a flash he realized that his son's life had been the final link in a long, long series of lives and that it had been Jasper's privilege to have been his father while he was alive.

“‘At last you can see me as I really am,’ Mike greeted him. ‘Now you can see me with the dark glasses removed from your eyes. You are doubly my brother for every human traveler is the brother of his fellow.’

“The joy that Jasper experienced flooded throughout the whole of his mind.

“‘But for the time being,’ continued Mike pleasantly, ‘I think we’ll all feel more at ease if I retain the outward form of Mike!’

“Jasper could only nod, inarticulate with happiness at the sight of this golden figure.” (12)

“I see it still makes you self-conscious to see me as I really am. *But as I am, so are you!*” (13)

Given that our Ascension is a new process being tried out in the universe for the first time, I'm not aware that we have any accounts of it. I've mentioned to readers several times that I know of two souls who are here to observe Ascension and report back on it. One is Ellie Miser in Oklahoma, who reports to her father, who is Pleiadian royalty. And the second is a Throne or angel, who resides in Ontario, and reports back to Kuthumi on it. What they learn will be incorporated in future Ascensions of this type.

Footnotes

(1) These quotes have been taken from *New Maps of Heaven: The Conditions of Life on the Spirit Planes*, a cartography of the afterlife, available at <https://www.angelfire.com/space2/light11/nmh/nmh-index1.html>

(2) A.D. Mattson in Ruth Mattson Taylor, ed., *Witness from Beyond. New Cosmic Concepts on Death and Survival from the Late A.D. Mattson, S.T.D.*, through the Clairvoyant Margaret Flavell Tweddell. Portland, ME: Foreword Books, 1975, 45.

(3) Unnamed spiritual teacher in Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 17.

(4) William James through Jane Roberts, medium, *The Afterdeath Journal of an American Philosopher: The World View of William James*. Englewood Cliffs, NJ: Prentice-Hall, 1978, 159.

(5) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 124.

(6) Loc. cit.

(7) Ibid., 125.

(8) Chan in Ivy Northage, *Trance Talks by Chan*, 9-11.

(9) Max Heindel in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 131.

(10) Arthur Conan Doyle in Paul Beard, LO, 127.

(11) A. Farnese in Franchezzo (A. Farnese), *A Wanderer in the Spirit Lands*. (1896) downloaded from <https://www.sacred-texts.com/eso/wsl/index.htm> <https://www.sacred-texts.com/eso/wsl/wsl14.htm>.

(12) Mike Swain to his father, Jasper in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 72.

(13) Ibid., 73.

Hints of Life on the Fifth Dimension

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<https://goldenageofgaia.com/2012/12/15/hints-of-life-on-the-fifth-dimension/>



Many of us are trying to envision what the Fifth Dimension will be like. The closest we may be able to come to it are descriptions of the Mental Plane, which is the equivalent of the Fifth Dimension on the spirit side of life.

Before we turn to descriptions of the Mental Plane, let's ensure that we agree that it's the same as the Fifth. Here Archangel Michael confirms that the Fifth Dimension and Mental Plane are one and the same:

Steve: Can I just confirm with you that the Fourth Dimension is the closest equivalent, not exactly equivalent obviously, of the Astral Planes, and the Fifth Dimension is the closest equivalent in the physical world (1) of the Mental Planes [in the spiritual world]. Is that correct?

Archangel Michael: Yes. (2)

And here he again specifies that the Mental Plane is the Fifth Dimension

“You must ... strive to establish emotional harmony and serenity within the illusionary world of the fourth dimension as you seek wisdom and endeavor to become acclimated to the mental plane of the lower fifth dimension.” (3)

However, the descriptions of it are not as fulsome as are those of the Astral Plane. This may be because people usually arrive in the Astral Plane first after the transition we think of as death and eagerly communicate back with their loved ones. Therefore we get detailed descriptions of their initial setting, much as a recent immigrant will communicate back to their loved ones in the old country.

But by the time they reach the Mental Plane, they are less oriented towards those they left behind and they may already have given their most detailed descriptions. Consequently they mostly describe their internal reactions to the more elevated state of the Mental Plane, rather than their setting.

The designation “Mental Plane” should not be interpreted as meaning a plane of thought, as Helena Blavatsky advises us:

“When I say mental, by the way, I usually mean 'of the mental plane' – which is not the same as 'being intellectual'.... When I say 'of the mind,' I'm talking about a level of consciousness that I equate with being spiritual – 'of the mind of God,' really.” (4)

Let's see what we can gather from their accounts. One communicator called the Mental Plane “the Creative Sphere.” (5) Frederic Myers called it “the world of Eidos -- pure form -- to the human soul the Heaven World, the ultimate goal. For while on earth the human soul has, in rare moments, perceived that world but has not passed beyond it even when in the loftiest mystic trance.” (6)

He calls it “heaven” after the practice of early Christian mystics who knew and characterized the Mental Plane as “heaven.” For instance, St. Paul spoke of meeting a man in the third heaven, which would mean the third subplane of the Mental Plane.

“I knew a man in Christ above fourteen years ago, (whether in the body, I cannot tell; or whether out of the body, I cannot tell: God knoweth;) such an one caught up to the third heaven.” (7)

Of the Mental Plane, Philip Gilbert says: “Having progressed out of the 'astral' or 'plane of illusion,' a being becomes little by little more radiant because the form is gradually 'at-oneing' itself with creative force.” (8)

Just how radiant Philip himself was in the Mental Plane was described by an unnamed medium his mother went to: “There is a most wonderful young man building up, but in a blaze of light – brilliant white light – he is very advanced.” (9)

While still on the Astral, Philip took trips to the Mental.

“I was allowed to expand my consciousness for a longer period. I found that I could bear the increased light frequency and the surge of power for a much longer space – at least, it seemed to me. ... Anyhow, I ‘rose,’ though it is not really rising in height and, much to my pleasure, I found I could actually float and function for a time as an entity in this higher phase. I spent most of the time trying out motions and thought power. It was terrific.” (10)

Once in the Mental Plane, Philip describes the bliss he feels: “My consciousness seems to be more and more in that luminous glow which is an ecstasy.” (11)

“There are hardly words to give the nature of my new experience – I glow; the body which is the static ME is a form still; very powerful but composed of light irradiated particles – it is of the nature of flame. But this flame is creative.

“It can be moulded by my Ego at will or consolidate into an ordinary astral shape or blend in an ecstasy of mutual comprehension with others like me or with the more advanced. An inner withdrawal into a focus is the secret for acquiring transcendental knowledge.” (12)

Julia Ames also describes the bliss on that plane: “The lowest heaven [i.e., the first subplane of the Mental Plane] is higher than the most wonderful vision of its bliss that you ever had.” (13)

Adyashanti once said that he retains just enough ego to know when his name is being called. Philip Gilbert describes something similar: “I lose the individual that

you knew to an extent – but a pin-point remains and the thought image it builds is what you would see now – an ovoid glow.” (14)

Arthur Conan Doyle tells us that there is no need for sleep.

“Here you can talk for days for there is no night. It stays light all the time, and you do not need sleep. It is like one long sunny day. The only word to describe it is Paradise, for nothing on earth is remotely like it.” (15)

“You may sit at the side and chat to your acquaintances, for no one here would think of snubbing you as on earth. Indeed they are all too ready to speak and invite you back home to partake of refreshments.” (16)

On the Mental Plane, Philip can be in two places at once doing different things.

“There is a new phase of existence beginning for me – very interesting. I am learning to keep two minds going, in a manner of speaking. I just don’t know how to explain it. I can function mentally in two aspects of myself. I can be with you keeping an eye on your doings and I can also be having a Maths. Lesson!

“I have not yet tried to do my helper job as well as doing Maths. That would be more than I can cope with yet, as it demands all my resources. ... Advanced people here can actually project a sort of shadow image (equipped with power to think) of themselves into several situations, whilst their real Being is somewhere else. I think your Teacher once said something similar, but I am now trying this out and it is very queer. The project image of me is attached by a thought-ray to my real Entity.” (17)

He describes to his mother the settings created by higher beings for the enjoyment of residents of the Mental Plane.

“Come into my world for a few minutes now and try to visualize it. It is a shimmering world, shifting and blending. ...

“There are many ... spots of thought-created environments made 'permanently' for our use by the higher people. An advanced being can develop enormous powers of exteriorizing thought without it turning into dense matter.

“He can hold such images fixed, and yet withdraw his surface attentions from them – leaving them in the background of consciousness. They project these images so that other people can live in them.” (18)

He adds: “We are not dependent on the sun for light – we ourselves are, to an extent, luminous – in ratio with the degree of our advancement.” (19)

Mike Swain identifies it as the first plane on which we realize our true nature: “When you wake on the mental plane, you will realize that you *are* and *always have been* a son of God.” (20) Residents of the Mental Plane are aware of unity, as Frances Banks tells us.

“That which I am learning here, in this wider state of consciousness, is a joyous apprehension of the vast wonder of the unity of Creative Mind in which all, every atom, every soul-fragment, every Group Soul, every creative thought, is One.” (21)

What do residents of the Mental Plane do? Frances tells us they are free to follow their own pursuits.

“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. Again, you notice, I repeat the pattern, that avid desire for spiritual knowledge which I now realize characterized all my excursions into different experiences on Earth.” (22)

People still work, William Stead tells us.

“Many of us carry on with our same work as on Earth. Here we have no need to work in order to obtain daily livelihood. We work here solely for spiritual refinement and progress; at the same time we keep in touch with our Earth interests as a form of recreation.” (23)

One can study whatever one wishes, Donald Macleod tells us: “Teaching faculties of every faculty known and unknown to mankind are available here, and one can study whatever subjects one wishes to master.” (24)

Frederic Myers hints at what scientists do there.

“A great scientist may at once seek those surroundings in which he will have full liberty to pursue further scientific studies, though these will naturally now be of a rather different character. In life, for him, the thing and not the person roused and stirred his imagination. So he chooses to travel alone and thereby satisfies the fundamental passion or desire of his nature.

“Equally men and women who care more for some particular work, pleasure, or pursuit, than for any human soul, or circle of souls, will continue to be engrossed in it until the point of satiation is reached. Nor do they require intimate companionships of the usual kind although, when conditions are satisfactory, they can meet and hold intercourse with dwellers on the same plane who are kindled with like enthusiasms. Or they may be drawn together because mutual interest has been aroused, or because each is necessary to the other in a wider and more intellectual sense.” (25)

“Sigwart” describes a concert on the Mental Plane which he was asked to give:

“The loftiest spiritual beings were present at [this concert]. Very few could see them because here too, these sublime [souls] remain hidden from the less developed souls. I was able to catch a short glimpse through a kind of mist and this proved to be the culmination of these magnificent hours.” (26)

“A roundelay by a community of the most radiant spiritual beings was the finale. They all had to float in groups through space as the crowning of the greatest event ever.” (27)

“The clearest essence of these spiritual harmonies will penetrate the earthly spheres and should influence mankind. Much illness will be healed, pains of soul will be relieved, and good seeds will be encouraged to germinate and sprout.” (28)

And what about love and marriage on the Mental Plane? Stewart Edward White tells us:

“It’s been said that in heaven there is no marriage because our ordinary contact with each other is more like a completely merging into someone else. Instead of having a conversation, it is as though both parties become one for awhile. ...

“Sex, particularly in marriage, is as close as this merging can be approached while in the physical life – except by the enlightened person who has learned to focus his awareness in heaven even while he’s alive in a physical body.” (29)

Frederic Myers tells us that women do not bear children on that plane.

“Women do not bear children though the illusion of sexual passion may be experienced as long as it is the soul's desire. ...

“In uttering that famous saying, 'But they which shall be accounted worthy to obtain that world and the resurrection from the dead, neither marry, nor are given in marriage,' Christ spoke of the circumstances that prevail on the higher planes of consciousness. ...

“The problem of marriage, of two husbands or of two wives, is usually solved after death by the pull of the stronger, finer affection. Each soul is either drawn to the one who is most akin and sympathetic to it, or is absorbed by whatever special passion or desire fills its nature.” (30)

The sexual love that Myers referred to earlier is unencumbered by the physical body - pure and passionate, harmonious and free - says Myers.

“A pure but passionate love experienced by a certain number of normal men and women on earth is creative in character. It enlarges and inspires the imagination so death does not put out this fire for ever.

“On the contrary, in the world of Illusion [the Astral Plane] and in the world of Eidos [the Mental Plane] such men and women know pure yet passionate love again. Thus they create with their whole being and because of their greater sensitiveness such self-creative experiences are often heightened and intensified, and increase the vigour of the soul.

"There exists in the higher regions of the sphere of [the Astral] and in Eidos a harmony and freedom that may not be the lot of true lovers when their minds are dulled and they are weighed down and oppressed by a heavy material body." (31)

Since the mental body does not have organs like the physical, love on the Mental Plane must resemble what on the Astral Plane is described as "a sort of temporary merging of one with another" (32) or "a glorious mingling of the vibrations of the auric fields" which "widens one's aura and field of contact and leaves a deep glow and warmth of affection." (33) One spirit communicator describes it this way:

"What you know as a sexual relationship is a higher merging of souls and is not limited to husband and wife. This is a total merger with anyone you choose to give the love energy to. It's just stepping inside of one another's auras, a total blending of energies. It's a way of expressing love and sharing." (34)

All of the quotes above, except the few relating to the Astral Plane, describe the first subplane of the Mental Plane. One's experience simply grows more sublime the higher up on the Mental Plane one goes.

Footnotes

(1) Strictly speaking all realms up to the transcendental could be called material or physical. The matter of which they are made is simply more and more refined. But I am referring here to our physical world, where we call the Mental Plane the "Fifth Dimension."

(2) "Archangel Michael: Creating a World of Peace," Sept. 15, 2011, at <https://stevebeckow.com/2011/09/archangel-michael-creating-a-world-of-peace/> .

(3) Archangel Michael,"A Clarion Call for World Servers," May 2010, through Ronna Herman, at <https://www.ronnastar.com/latest.html> . The Pleiadians through Hannah Beaconsfield also affirm that the Fourth Dimension is the Astral Plane. Although they don't say that the Fifth Dimension is the Mental Plane, it follows in that the Mental Plane is next after the Astral.

“We will give you our view on your numerical designations. What you call 4D is what we see as the astral or etheric plane that surrounds you, the level to which you ascend after death.” (“The Pleiadian Light” through Hannah Beaconsfield, February 29, 2012, via email.)

SaLuSa also does not equate the Fifth Dimension with the Mental Plane but he does equate the Fourth Dimension with the Summerlands, which is a way of referring to the subplanes of the Astral. The next higher would be the Mental.

“Ask anyone who has been into the astral realms known as the Summerland what it is like, and they will inevitably tell you that you are surrounded by an energy that is peaceful and of love. Yet that is what you call the 4th. density, and when you ascend you are going even higher to the 5th. density.” (SaLuSa, March 7, 2012, at https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(4) H.P. Blavatsky in Robert R. Leichtman through the mediumship of D. Kendrick Johnson, *H.P. Blavatsky Returns*. Columbus, OH: Ariel Press, 1980, 69.

(5) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 131. [Hereafter TOL.]

(6) Frederic W.H. Myers through Geraldine Cummins, medium. *The Road to Immortality. Being a description of the after-life purporting to be communicated by the late F. W. H. Myers [Frederic William Henry Myers, 1843-1901]*. Located at <https://www.trans4mind.com/spiritual/cummins/cummins1.html>, n.p.

(7) 2 Corinthians 12:2.

(8) Philip Gilbert through Alice Gilbert, medium. *Philip in the Spheres*. London: Psychic Book Club, n.d, 67. [Hereafter PTS.]

(9) Unnamed medium to Alice Gilbert of Philip Gilbert in Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948, 224. [Hereafter PTW.]

(10) Philip to his mother, Alice Gilbert, in PTW, 177.

(11) Philip Gilbert in Alice Gilbert, medium, *Into the Everywhere*. Tunbridge Wells: World Spiritual Council, 1968, 7. [Hereafter ITE.]

(12) Philip Gilbert in ITE, 8.

(13) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 52.

(14) Philip Gilbert in ITE, 9.

(15) Arthur Conan Doyle through Elizabeth Mary Thompson, medium, *Life in the Hereafter*. London: Regency Press, n.d, 17. [Hereafter LH.]

(16) Arthur Conan Doyle, LH, 21.

(17) Philip to his mother, Alice Gilbert, in PTW, 207.

(18) Philip Gilbert in PTS, 68.

(19) Ibid., 31.

(20) Mike Swain, Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 88.

(21) Frances Banks in TOL, 144.

(22) Ibid., 143.

(23) William Thomas Stead, *The Blue Island. Experiences of a New Arrival Behind the Veil*. Estelle W. Stead and Pardoe Woodman, eds. London: Rider, n.d, 132.

(24) Donald Macleod in P.I. Phillips, *Here and There. More Psychic Experiences*. London; Corgi Books, 1975, 12.

(25) Frederic W.H. Myers through Geraldine Cummins, medium, *Beyond Human Personality*. Downloaded from <https://www.trans4mind.com/spiritual/cummins/cummins2.html>, n.d. [Hereafter BHP.]

(26) Sigwart in Joseph Wetzl, trans., *The Bridge Over the River. Communications from the Life After Death of a Young Artist Who Died in World War One*. Spring Valley: Anthroposophic Press, 1974, 69.

(27) Loc. cit.

(28) Ibid., 68.

(29) Stewart Edward White in Robert Leichtman, *The Psychic Perspective*. Columbia: Ariel press, 1978 211.

(30) F.W.H. Myers, BHP, n.p.

(31) Loc. cit.

(32) Rev Charles Fryer in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 118.

(33) Rev. A.D. Mattson in Ruth Mattson Taylor, ed., *Witness from Beyond. New Cosmic Concepts on Death and Survival from the Late A.D. Mattson, S.T.D., through the Clairvoyant Margaret Flavell Tweddell*. Portland, ME: Foreword Books, 1975, 46-7.

(34) Unnamed spirit teacher through Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 24.

A Glimpse of the Fifth Dimension

January 1, 2016

<https://goldenageofgaia.com/2016/01/01/glimpse-fifth-dimension/>



No pictures of the Fifth Dimension exist

On the other side of life, the Fifth Dimension is known as the Mental Plane. Let's listen in on a few conversations from discarnate folks who've arrived there and want us to know a little of what it's like.

The Fifth Dimension is not a static realm but is being improved and perfected all the time by higher beings.

Matthew Ward has said many times that he advises other civilizations about the design of their afterlife settings, which he calls “Nirvana.” Other residents of the afterlife discuss the same matter.

Here the discarnate, Seventh-Dimensional John Heslop tells us that “many of the higher spheres and interior states have originated by the combined thoughts of Exalted Beings from Higher Worlds.” (1)

And Philip Gilbert also refers to them: “There are many ... spots of thought-created environments made ‘permanently’ for our use by the higher people.” (2)

God thought and the worlds came into existence and here “exalted beings” and “higher people” think and spheres within it come into existence. In that they act as Mother/Father God's conduit for the love from which these worlds are created.

Heslop also tells us, very significantly, that “none are permitted to enter [these spheres] until they have been purified and are advanced in Spiritual perception.” (3)

The clearing that we’ve been doing, first of vasanas or core issues and second of our conditioning or programming, is what Heslop is talking about.

He adds that “those who by Prayer, Faith, and especially Love, have their feet firmly planted on the right road while still on earth, rise rapidly from sphere to sphere.” (4)

Well, that describes lightworkers and lightholders. Heslop might have added “Service” and many other divine qualities and actions as well.

He continues that “the increasing beauty and radiance of the Higher Spheres can hardly be described in words. Every faculty and bent of mind receives its fulfillment here.” (5)

We won't need to work but according to British journalist W.T. Stead:

"Here we have no need to work in order to obtain daily livelihood, we work here solely for spiritual refinement and progress; at the same time we keep in touch with our earth interests as a form of recreation." (6)

Nicola Tesla tells us that “the plane of thoughts [the mental plane] is much more refined and powerful than the astral plane. It's free of the emotional, sentimental swill most people thrive on, but which must be transcended if you are going to develop clear thought.” (7)

As if to validate what Tesla says, “Sigwart,” a soldier who died in WWI, tells us: “My true life has begun now; the dream condition [of the astral plane] has ended.” (8)

Deep spiritual realization comes along with and wins us residency in the Mental Plane in the afterlife. South African Mike Swain reports: “When you wake on the mental plane, you will realize that you are and always have been a son of God.” (9)

William Stead tells us that “it is impossible to over-emphasize the degree of freedom in this new world, or the joy each and all has in it.” (10) In American journalist Julia Ames's opinion: “The lowest heaven is higher than the most wonderful vision of its bliss that you ever had.” (11) That's encouraging.

“The lowest heaven”? Each Plane has several subplanes - some say seven; some ten; some twelve. “Heaven” was the name the early Christian Fathers gave to the Fifth Dimension.

The lowest heaven therefore is the first subplane of the Fifth Dimension. I call that the vestibule. Sahaja Samadhi, signifying our departure from all ties to the Third/Fourth Dimension, happens a little ways after the “lowest heaven” or vestibule.

Of course we're not shedding our bodies but taking them with us in more refined form (our Merkebah or Light Body). But the implication is that, if we're engaging in a physical Ascension, then we're going to a space that was not in existence before.

Perhaps the same “exalted beings” or “higher people” are even now busily crafting the thought-based outlines of that new environment into which we and Gaia are to find ourselves.

I'll try to report on other accounts of life in the Fifth Dimension or Mental Plane, to give us a preview of what to expect.

Footnotes

(1) John Heslop through F. Heslop, medium, *Further Messages Across the Border-Line. A Continuation of "Speaking Across the Border-Line."* London: Charles Taylor, n.d., 9. [Hereafter FMABL]

- (2) Philip Gilbert through Alice Gilbert, medium. *Philip in the Spheres*. London: Psychic Book Club, n.d., 68.
- (3) John Heslop, FMABL, 9
- (4) Loc. cit.
- (5) Ibid., 9-10.
- (6) W.T. Stead, *The Blue Island. Experiences of a New Arrival Behind the Veil*. Estelle W. Stead and Pardoe Woodman, eds. London: Rider, n.d, 130. [Hereafter BI]
- (7) Nikola Tesla in Carl Japikse through medium Robert Leichtman. *Nikola Tesla Returns*. Columbus: Ariel Press, 1980, 58-60.
- (8) Sigwart in Joseph Wetzl, trans., *The Bridge Over the River. Communications from the Life After Death of a Young Artist Who Died in World War One*. Spring Valley: Anthroposophic Press, 1974, 35.
- (9) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 88.
- (10) Stead, BI, 130.
- (11) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 52.

Entering the Mental Plane – Part 1

July 23, 2013

<https://goldenageofgaia.com/2013/07/23/entering-the-mental-plane-part-1/>



The nearest equivalent we have to the Fifth Dimension is the plane of the afterlife that corresponds with it: the Mental Plane. Archangel Michael said to me in a personal reading recently that I was in the Fifth Dimension and I replied:

Steve: How could I be Fifth Dimensional and not have had sahaja nirvikalpa samadhi?

Archangel Michael: You are looking to the Fifth Dimension as simply being one place or another and you do not know that you are not in training and that you are ... on the verge of samadhi.

So it is a preparation and those preparation phases ... as we have said, there are many levels to each dimension. (1)

The first sub-lane of the Mental Plane, which I consider the vestibule, sees us not fully integrated into the Mental Plane. The correlate is that here on Earth, Michael seems to be suggesting that I'm in the vestibule of the Fifth and thus have not had Sahaja Samadhi yet. That's my guess.

If this is the case, then it suggests that we can also look at the first subplane of the Mental Plane, about which a certain amount is written, to get some clues as to Fifth Dimensionality.

I say a certain amount is written because, by the time travellers have passed through the Astral Plane and into the Mental Plane, they feel less of a desire to communicate back to their loved ones on Earth.

Julia Ames explains:

“It is with us as with immigrants to my former country. When they arrive their hearts are in the old world. The new world is new and strange. They long to hear from the old home and the post brings them more joy than the sunrise. But after a very little time the pain is dulled, new interests arise, and, in a few years, sometimes in a few months, they write no more.

“With us here the change is even more rapid. For the new life is more absorbing and the survivors constantly recruit our ranks. When the family circle is complete, when those we loved are with us, why should we trouble to communicate? The whole planet with its 1,500,000,000 inhabitants is full of strangers, our life lies on our own plane. Therefore, do not think that what I said of the eager, passionate longing of those on this side to communicate with you is true of any but those in the midst of whom I was when I wrote [earlier].” (3)

Consequently the literature on the planes above the astral gets smaller and smaller as we progress.

Eventually we’ll hear about the Second Death, (2) which is the elimination of all traces of the astral from us, during which we experience our complete anchoring in the Mental Plane. My guess is that this experience is similar to our Ascension, but it is only a guess. We shall look at that experience later in this series of articles.

Other names for the Mental Plane are “Heaven,” (4) “the Creative Sphere,” (5) “the plane of thoughts,” (6) the “Devachan,” (7) and “the world of spirit.” (8)

But we do know some things about the first subplane, which would correspond to the first level of the Fifth Dimension that we’re in presently.

The Mental Plane vibrates at a higher frequency than the Astral Plane as A.D. Mattson attests to:

“I have taken a number of trips out into the mental plane and it is most interesting. You get there before you know it whereas in the astral plane you are conscious of your going. This is due to the difference in the rate of vibration of the two planes.

“For example, if you can send a thought around the world in no time at all, this can be compared to the mental plane. If you send a picture around the world, it takes longer than the thought - and this can be compared to the astral plane. In the astral body, you are slower when you are moving because you are moving through denser atmosphere - denser vibrations but not as dense as the physical world.” (9)

Mike Swain also speaks of “the more rarified mental level.” (10)

Arnel calls the first subplane of the Mental Plane “Sphere Five.” Of it he says:

"It is a critical sphere where attunement has to be made in a man's various traits and all unharmony done away. ... It is a kind of sorting-room, as one should say, wherein are the inhabitants, in the course of their sojourn there, classified into their proper groups, and proceed onwards in that special branch of service for which they most properly are fitted." (11)

Is this not a good description of what we’re going through now? All unharmony is being done away with and soul groups are forming dedicated to various missions.

(Continued in [Part 2](#).)

Footnotes

(1) Archangel Michael in personal reading with Steve Beckow through Linda Dillon, July 16, 2013.

(2) See “The Second Death” at https://goldengaiadb.com/The_Second_Death

(3) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914 175-6.

- (4) Philemon [Archdeacon Wilberforce] in Henry Thibault, *Letters from the Other Side*. [*Letters from Archdeacon Wilberforce or "Philemon."*] London: 1919, 45.
- (5) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 131.
- (6) Nikola Tesla in Carl Japikse through medium Robert Leichtman. *Nikola Tesla Returns*. Columbus: Ariel Press, 1980, 58-60.
- (7) Sigwart in Joseph Wetzl, trans., *The Bridge Over the River. Communications from the Life After Death of a Young Artist Who Died in World War One*. Spring Valley: Anthroposophic Press, 1974, 28.
- (8) Silver Birch in *Silver Birch Anthology*. Ed. Wm. Naylor. London: Spiritualist Press, 1974; c1955, 57.
- (9) A.D. Mattson in Ruth Mattson Taylor, ed., *Witness from Beyond. New Cosmic Concepts on Death and Survival from the Late A.D. Mattson, S.T.D., through the Clairvoyant Margaret Flavell Tweddell*. Portland, ME: Foreword Books, 1975, 42-3.
- (10) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 77.
- (11) Arnel in G. Vale Owen, medium, *The Life Beyond the Veil. Book III: The Ministry of Heaven*. New York, 1921, in Air Chief Marshal Lord Dowding, *Many Mansions*. (London, etc.: Rider and Co., n.d., 59.

Entering the Mental Plane – Part 2

July 24, 2013

<https://goldenageofgaia.com/2013/07/24/entering-the-mental-plane-part-2/>



(Continued from [Part 1](#).)

Yesterday we introduced the First subplane of the Mental Plane. We suggested at that time that the first subplane of the Mental Plane was comparable to the dimensional level we're in at the moment, which is the first level of the fifth Dimension.

Today we continue to look at its characteristics and our experience of it.

Philip Gilbert suggests that we do not become exceptionally bright all at once on our arrival in the Mental Plane but grow into it:

“Having progressed out of the ‘astral’ or ‘plane of illusion, a being becomes little by little more radiant because the form is gradually ‘at-oneing’ itself with creative force.” (1)

This again mirrors our process of becoming ever more brilliant, so to speak.

Philip called the astral the “plane of illusion”; Sigwart calls it “the dream condition.” His sentiment is often echoed by others: “My true life has begun now; the dream condition has ended.” (2)

Nikola Tesla compares the Astral and Mental Planes: “The plane of thoughts is much more refined and powerful than the astral plane. It's free of the emotional, sentimental swirl most people thrive on, but which must be transcended.” (3)

Passage from the Astral to the mental Planes is often accompanied by or caused by spiritual realization. Spirit guide Silver Birch said: “When spiritual realisation dawns they are dead to the astral world and they begin to live in the world of spirit.” (4) The world of the spirit is the Mental Plane.

Mike Swain informs us that “when you wake on the mental plane, you will realize that you are and always have been a son of God.” (5) This realization of who we are is the purpose of life and will unfold more and more as we progress from one sphere to the next.

Usually a person throws off the fascination with his desires that characterizes life on the Astral Plane immediately before transition to the Mental Plane. Frederic Myers describes it:

“The hour comes when his spiritual perceptions awaken, when he seeks to escape from the memory-dream, when, in short, he realizes his own increased intellectual powers, and, above all, his capacity for living on a finer plane of being. Then he passes from the State of Illusion and enters upon an existence which few communicating intelligences have ever attempted to describe to man.” (6)

Philip Gilbert describes his existence on the Mental Plane in terms that should be familiar to us, as glowing and ecstatic: “My consciousness seems to be more and more in that luminous glow which is an ecstasy.” (7)

His further description of his experience of life should be of interest to us, who will soon be in it:

“There are hardly words to give the nature of my new experience - I glow; the body which is the static ME is a form still; very powerful but composed of light irradiated particles - it is of the nature of flame.

“But this flame is creative. It can be moulded by my Ego at will or consolidate into an ordinary astral shape or blend in an ecstasy of mutual comprehension with others like me or with the more advanced.” (8)

Frances Banks describes an aspect of life which is very similar to what has been promised us: freedom from drudgery. Frances found herself drifting towards the Hall of Learning.

“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.” (9)

Former journalist W.T. Stead says that there is no need to work on the mental Plane.

“Many of us carry on with our same work as on earth. Here we have no need to work in order to obtain daily livelihood, we work here solely for spiritual refinement and progress; at the same time we keep in touch with our earth interests as a form of recreation.” (10)

There is no need for sleep. Arthur Conan Doyle tells us that one can sit for days and chat.

“Here you can talk for days for there is no night. It stays light all the time, and you do not need sleep. It is like one long sunny day. The only word to describe it is Paradise, for nothing on earth is remotely like it. (11)

“You may sit at the side and chat to your acquaintances, for no one here would think of snubbing you as on earth. Indeed they are all too ready to speak and invite you back home to partake of refreshments.” (12)

And finally the most obvious feature of the mental Plane, as it is of the fifth Dimension, is unitive consciousness, the consciousness that all are One. Frances Banks describes it:

“That which I am learning here, in this wider state of consciousness, is a joyous apprehension of the vast wonder of the unity of Creative Mind in which all, ever atom, every soul-fragment, every Group Soul, every creative thought, is One.” (13)

Tomorrow we'll continue with our overview of the first level of the Mental Plane.

(Continued in [Part 3](#).)

Footnotes

(1) Philip Gilbert through Alice Gilbert, medium. *Philip in the Spheres*. London: Psychic Book Club, n.d., 67.

(2) Sigwart in Joseph Wetzl, trans., *The Bridge Over the River. Communications from the Life After Death of a Young Artist Who Died in World War One*. Spring Valley: Anthroposophic Press, 1974, 35.

(3) Nikola Tesla in Carl Japikse through medium Robert Leichtman. *Nikola Tesla Returns*. Columbus: Ariel Press, 1980, 58.

(4) Silver Birch in *Silver Birch Anthology*. Ed. Wm. Naylor. London: Spiritualist Press, 1974; c1955, 57.

(5) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 88.

(6) Frederic W.H. Myers through Geraldine Cummins, medium. *The Road to Immortality. Being a description of the after-life purporting to be communicated by the late F. W. H. Myers [Frederic William Henry Myers, 1843-1901]*. Located at <https://www.trans4mind.com/spiritual/cummins/cummins1.html>, n.p.

(7) Philip Gilbert in Alice Gilbert, medium, *Into the Everywhere*. Tunbridge Wells: World Spiritual Council, 1968, 7.

(8) Ibid., 8.

(9) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 143.

(10) William Thomas Stead, *The Blue Island. Experiences of a New Arrival Behind the Veil*. Estelle W. Stead and Pardoe Woodman, eds. London: Rider, n.d. 132.

(11) Arthur Conan Doyle, Elizabeth Thomson, *Life in the Hereafter: Automatic Writings and Dictation from Sir Arthur Conan Doyle, Sir Walter Raleigh, Mary, Queen of Scots, Lady Jane Seymour, Catherine of Aragon*, 17.

(12) Ibid., 21.

(13) Frances Banks in TOL, 144.

Entering the Mental Plane – Part 3

July 25, 2013

<https://goldenageofgaia.com/2013/07/25/entering-the-mental-plane-part-3/>



Sir Alvary Gascoigne

(Continued from [Part 2.](#))

Two features of entering the Mental Plane which, while not being surprising, are still very unusual are the reunion that takes place with one's own greater Self and the drawing together of the soul group.

While many of us are experiencing the drawing together of the soul group, we may need to wait till after ascension before we experience a reunion with the greater Self (I don't know).

Today's let's look at that reunion. Description of it are only to be found in Cynthia Sandys' *Awakening Letters*. A sample of only two from the same book suggests that we approach the subject with a degree of caution and discernment.

Re-uniting with the Greater Self

Father Andrew Glazewski was a much-loved Polish priest, mystic, scientist and musician, who communicated telepathically with English psychic Cynthia Sandys in 1973. He met his higher Self and did not at first recognize him.

I'm not sure if this is the ascended Self that one meets when one enters the Second Heaven, or second subplane of the Mental Plane.

Notice that he meets himself as if he were outside of himself; i.e., an object.

“Now I want to speak about the greater self. This was a discovery for me of enormous importance. I had always glimpsed the possibility of there being a more advanced Andrew somewhere, but he was so elusive. I didn't really know how or where to look for him - then we met!

“I was slightly embarrassed. I was a new boy. He was myself grown wiser, but how were we to co-operate? He was tall - I am short. He was strong and athletic - I was wrinkled and puny. He was like an elder brother and yet he was like himself and then he looked at me and took me in his arms as you would a small child and breathed on me - that was all, and I, Andrew, became as one with this great being.

“It is beyond understanding or explaining but it is true. We are only a very small reflection of the self we leave outside the earth body and, when we have accepted death and entered into the majesty of passing out of the physical, this wonderful enlargement of mind and spirit is awaiting us.” (1)

Diplomat Sir Alvary Gascoigne also made contact with his greater Self in this first subplane of the Mental Plane. His son Douglas had made contact earlier.

The discussion between him and his greater Self seems to suggest that full reunion awaits the Second Death, which would suggest that that greater Self is the ascended Self.

“I had no idea about our greater selves. Douglas has made complete contact with his, but most of us are broken pieces; the earth life body seems only to have held a small part of me and there is a much nicer Joe [nickname of Sir Alvary] - in fact, far too nice a Joe, who is waiting for me, the imperfect Joe, to take over.” (2)

“Though D. [Douglas] has only been over a short time, he is already united to at least a part of his greater self and this part spoke through him.” (3)

He describes his experience at length. He mistakes himself for his brother Oliver.

“Suddenly, as the sense of expansion grew, I was conscious of a being beside me fashioned in some ways on the same mould. I turned and looked at him and I said at once, ‘Oh, you must have been my brother Oliver whom I never saw in earth life.’

“‘No,’ he replied, ‘I am yourself.’

”‘But,’ I stammered, ‘I’m still me. What do you mean?’”

”‘Yes, and I’m still you and myself, one and the same. I have been your light reflection all through your earth life and now we can be re-united.’”
(4)

The thought initially disturbs Sir Alvary.

“I wasn’t at all sure I was in favour of this getting together and said so. He merely laughed and said, ‘Don’t quarrel with your hands and feet and you’ll be a much more complete Joe if we are united.’” (5)

Nonetheless he gamely ventures on. His greater Self reveals that the process will take time, suggesting that he is indeed talking about what we would regard as post-Ascension.

”Well, how do we do it?’ I asked.

”‘Don’t be in a hurry. You must learn to accept me first as your shadow or reflection. But I only reflect the highest in you.’

“This disturbed me greatly. ‘There isn’t very much of the higher as you call it in me.’

”‘Well, I find there is,’ was the unexpected reply; ‘I am the result of your effort and industry and uprightness, together with your fundamental love for the people around you. Oh, I know, lots of them irritated you beyond bearing, but you did bear with them and all that has built up an entity

which is me. Now you see I am entirely you, so you can't throw me out or brush me off. I am you cleaned up and ready to receive the higher vibrations: how do you take that? I'm a sort of bank balance on the credit side.'

"'Well, I'm awfully glad to hear that I have a bank balance and of course I accept you as part of myself; I suppose as you are the upper boy you'll take command.'

"I didn't like the idea of jettisoning my way. But he only laughed and said, 'Trust me. I won't usurp your will. We can co-operate quite easily.'

"And so the oddest sort of marriage began between the two me's, and I found I was enormously but enormously changed, stronger, happier, richer by far in understanding and in correlating events and the purposes behind them. And so I was able to take on these missions to and from Everest and Chartres, which the lesser Joe could never have undertaken." (6)

This meeting of one's higher Self as if it were an object and merging with it later stands alone in the literature of the afterlife and, since it's found in only two examples in one book, we may want to accept it only provisionally, as we'll have to do with much that is novel and strange in the times ahead.

Tomorrow we'll look at the reunion with the group soul that begins in the first subplane.

(Continued in [Part 4](#).)

Footnotes

(1) Father Andrew Glazewski in Cynthia Sandys and Rosamund Lehmann, *The Awakening Letters*. Jersey: Neville Spearman, 1978, 92.

(2) Sir Alvary Gascoigne in AL, 112.

(3) Ibid., 59.

(4) Ibid., 168-9.

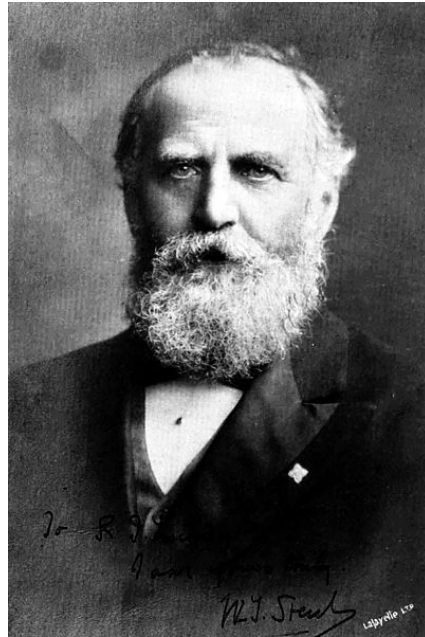
(5) Loc. cit.

(6) Loc. cit.

Entering the Mental Plane – Part 4

July 26, 2013

<https://goldenageofgaia.com/2013/07/26/entering-the-mental-plane-part-4/>



William Thomas Stead, well known journalist and spiritual researcher in his day

(Continued from [Part 3](#).)

Many of us are experiencing the reconvening of the soul group prior to Ascension. The members of the Nova Earth Foundation team are privileged to be able to ask Archangel Michael or our other guides about our connections.

We've found that we've been in all manner of connection and relationship together in other lifetimes - siblings, spouses, spiritual companions, etc., during lifetimes with Jesus, St. Francis, in Atlantis, and so on.

I'm sure the same will be found by others as their soul groups also coalesce.

Frances Banks and Donald Macleod encountered their soul group while still in the Astral Plane or on visits to the Mental Plane, but visits like these may be

exceptional. Or they may prove the spur to arouse the individual from a happy life on the plane of desires, kindling the urge to progress.

Let's listen to afterlife residents describe the coming together of their soul group. This section is so large that we'll need to make two articles out of it.

Re-uniting with the Group Soul

Archdeacon Wilberforce describes the bonds that tie people together in groups on the other side of life.

“All who are in the sphere of love and light dwell in families, communities, groups, the binding force of which is love, love alone, sympathy, mutual affection. There you have less one-sidedness than on earth. It is a world of mutual loves and affections and pursuits.” (1)

Journalist William Stead tells us that personality subsides and impersonal love binds all on the first subplane of the Mental Plane. Notice the tie between impersonal love and unitive consciousness.

“Those who stand the tests ... pass to another and altogether different and lighter land - and each becomes impersonal. Impersonal in the sense that they are no longer Jack Brown and Madge Black; they are now pure spirit people and their former love, which had been a personal and individual thing, is no longer for one but equally for all. All are alike to all. The purest tissue of God Love binds one and all.” (2)

Independence means less and less to us on the higher spirit planes, “Magnus,” a pseudonymous member of "Imperator's" (Malachi's) group, tells us.

“In spirit-life we do not talk of independence. That is a fallacy of earth. Spirits are in union and communion mutually interdependent. They are joined in rapport with those from whom they have learned, or to whom they have taught somewhat.” (3)

An anonymous teacher makes implicit reference to the Second Death, which we'll look at in a later article (not necessarily in this series), as being an important factor in the drawing together of the group.



Frances Banks during her time as a nun

“Men will lose all the shells of unwanted matter accumulated around them ... of a soul kind ... and will become a spiritual and blessed company of brethren.” (4)

The Second Death is when “the shells of unwanted matter” will fall away, just as Ascension will see the remnants of our lower dimensionality fall away from us.

Donald Macleod was approached by members of his soul group while he lay relaxed on the Astral Plane:

“As I lay entranced, soaking in the reflected glory of the heavenly fields, I was approached by a number of souls. They greeted me kindly and told me that they were members of my group.” (5)

Frances Banks was also contacted while she was working in a rest home in the higher Astral and taken for a visit to her soul group on the lower Mental. Her description is of enough interest to cite at length.

"Do you recall that in the early communications from the Rest Home to which I first graduated for service, I recounted the story of a certain doctor, the surgeon who had, whilst in the earth body, fallen victim to drug addiction? You remember that, with him, I visited a Group and was in communication with a number of advanced Souls.

"On several visits I met and communed with these Minds which have reached high standards of consciousness and wisdom. Sometimes they patiently explained Group workings to me. One, a fine and illumined Soul instructed me: 'Seek for your own place. Ask that Light may open your mind to that which is for you, that your vibratory rate may be increased to respond to the vibration of your Group, that you may become aware of them, for they are very close beside you.' ...

"Suddenly, as I looked upon my old friend, Father Joseph, when we were attending a patient in the Home, I beheld, not the usual brown habit with which I have always associated him, but a 'surround' of glorious blue which clothed him. It seemed that I looked right into him. My inner eyes were opened. I knew. His smile was gentle but all understanding as he said: 'My child! Welcome home!'

"The words were sufficient, the contact was made. It had been necessary for me to await enlightenment, but he had always known. I found it difficult to leave the Home and Mother Florence where I had been so happy. But the prospect of progress was inspiring.

"Besides, I was comforted by learning that Mother Florence would be visiting the Group to which I was going from time to time, as she too was one with it, yet perforce chose to remain at her duties in the Home until all her 'flock' had been safely welcomed to this side of life." (6)

Sometime after her visit, she joins her soul group permanently.

"I cannot make explicit to you the 'mechanics' of my move to the Group, partly because I yet am not entirely cognizant of all that occurred myself, and partly because there is no pocket of thought in your mind which could 'receive' such information.

"This I can offer for your consideration and that of the readers: whilst I was meditating in my golden garden, I found myself 'transported' back to that Temple of Learning where once before I dared to penetrate. Only this time, Father Joseph (I now know him by another name) was with me.

"Together we joined a cluster of entities about a Teacher. Immediately I experienced a rise of consciousness, an upsurge of joy, a mingling of unity and harmony which coloured my whole being. I cannot explain this in any other terms though I doubt whether they will have the same connotation for you.

"I knew this was right for me. I had come into my own. There was no definite acceptance, the entire operation was unobtrusive and simple, yet I had the conviction that all was well, that I was amidst my fellow-travellers on the Way.

"What is this Group called?" I flashed silently to Father Joseph. He smiled.

"What have you always sought, my child - Reality!" (7)



Frederic H. Myers, President of the Psychic Research Society

Psychic Research Society president Frederic Myers contrasts those who still cling to individuality with those who are drawing closer to their soul brethren. He predict that the group will draw closer and closer together until it functions as one.

“On the lower rungs of this ladder of consciousness dwell those souls who still cling to human habits of thought, to the earthly personality, to their own individual line of thought.

“The higher the ego climbs on the ladder of consciousness, the nearer it draws to other kindred souls. I have already told you that there may be a thousand, a hundred, or merely twenty souls all fed by one spirit. Their consciousness of comrade-souls increases on the higher levels of existence.

“In time they are able to enter into the other souls' memories, perceive their experiences and be sensible of them as if they were theirs. Mind becomes communal in the last stages, for the spirit, the unifying principle, is tending all the time to produce greater harmony, and therefore greater unity. These various individuals are merging more and more, becoming one in experience and in mind, and thus attaining to undreamt-of levels of intellectual power.” (8)

Some people wedded to individuality may not accept Myers' arguments, but the soul-group connection melts the selfishness we built up on Earth.

“Men and women may not care to accept these statements of mine. They long either for an indestructible individuality in the Hereafter or for a kind of spiritual swoon in the life of God. You will perceive in my analysis of the group-soul that we are individuals and members of one whole.

“And when you come to the Fourth [higher Astral], and more particularly to the Fifth stage [lower Mental], you will realize how fine and beautiful is this brotherhood within the one being; how it deepens and intensifies existence; how it destroys the cold selfishness so necessary to an earth life, where one living creature must continually destroy another's manifestation in matter in order to maintain its physical life.” (9)

Myers describes how his life on Earth was spent half as an individual and half as member of his incarnated soul group.

“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. You must understand, therefore, that existence for my soul -- as separate and apart from my individual ego -- is dual. I lived two lives, one in the world of form, and one subjective, in the community of which I am a member.” (10)

He introduces the notion that sometimes we may reincarnate and take on karma for the group.

“When I was on earth I belonged to a group-soul, but its branches and the spirit -- which might be compared to the roots -- were in the invisible. Now, if you would understand psychic evolution, this group-soul must be studied and understood. For instance, it explains many of the difficulties that people will assure you can be removed only by the doctrine of reincarnation.

“You may think my statement frivolous, but the fact that we do appear on earth to be paying for the sins of another life is, in a certain sense, true. It was our life, and yet not our life. In other words, 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.” (11)

(Concluded in [Part 5](#).)

Footnotes

(1) Philemon [Archdeacon Wilberforce] in Henry Thibault, *Letters from the Other Side*. [Letters from Archdeacon Wilberforce or “Philemon.”] London: 1919, 96-7.

(2) William Thomas Stead, *The Blue Island. Experiences of a New Arrival Behind the Veil*. Estelle W. Stead and Pardoe Woodman, eds. London: Rider, n.d., 147.

(3) Spirit communicator Magnus in Stainton Moses, *More Spirit Teachings. Spirit Writings*. Electronically published by Meilach.com. <https://www.meilach.com/spiritual/books/morest/mst02.htm>, n.p

(4) Anonymous teacher of the White Eagle Lodge in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 127.

(5) Donald Macleod in P.I. Phillips, *Here and There. More Psychic Experiences*. London; Corgi Books, 1975, 16.

(6) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 140.

(7) Ibid., 140-1.

(8) Frederic W.H. Myers through Geraldine Cummins, medium. *The Road to Immortality. Being a description of the after-life purporting to be communicated by the late F. W. H. Myers [Frederic William Henry Myers, 1843-1901]*. Located at <https://www.trans4mind.com/spiritual/cummins/cummins1.html>, n.p.

(9) Loc. cit. There is no consistent way of referring to the various planes of the afterlife, which is frustrating.

(10) Loc. cit.

(11) Loc. cit.

Entering the Mental Plane – Part 5

July 27, 2013

<https://goldenageofgaia.com/2013/07/27/entering-the-mental-plane-part-5/>



A soul group gathers on the higher planes

(Continued from [Part 4.](#))

The life of the group transcends all divisions, including planetary locales.

“The actual construction of the group-soul must be clearly visualised. Its spirit feeds, with life and mental light, certain plants, trees, flowers, birds, insects, fish, beasts, men and women; representatives of living creatures in varying states of evolution. It inspires souls who are on various planes, various levels of consciousness in the After-death. It feeds, also, creatures on other planets.

“For the spirit must gather a harvest of experience in every form. Gradually these intelligences evolve and merge. The experience necessary to the spirit is completed when all the souls necessary to the design have reached this Fifth plane [First Heaven]. Once they become sensible of their

oneness and their individuality they may go forward to the Sixth plane [Second Heaven].” (1)

He discusses what appears to be the Second Death, perhaps equivalent to our Ascension, separating the two spheres of the first and second subplanes:

“There is, then, a breaking of the threads, a casting away of the dross of emotional experience, a sifting and changing on the part of all these souls.” (2)

Frances Banks was a nun for a time on Earth and so has already a strong “belief in Group Work and in the evidence of Group Souls.” (3) She suggests that we are members of many soul groups.

“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.” (4)

She describes the higher beings in charge of the groups.



A soul group gathers in the American southwest, mid-assignment

“In the guidance of these Groups are great Beings, watching over the progress of their cell-like clusters of souls.

"They work on higher mental Rays of influence, for although I know very little about them as yet, I have questioned many souls who have contacted them and worked amongst them." (5)

And she describes their work and its impact.

"These Soul Groups are extensive, yet concentrated in their classes and workshops. They realize more than we can possibly do the Divinity inherent in every particle of the Cosmos.

"They are able to study Divine Laws beyond our understanding. They commune together with and in the Mind of the Higher Beings whose Soul Group they constitute.

"They work for progress in Divine Imagination and they work as Divine Inspirational Groups. They inspire lower groups with their findings, for they still contain the lower groups within their Centres as cell-points in a vast, intricate and beautiful organism.

"Amongst them are philosophers, scientists, researchers, priests, teachers. They are parts of Groups which influence and impress such movements on earth as Psychic Research, Healing movements, Religious Co-operation, the advancement of Science and all movements intended to bring Light upon future worlds." (6)

Donald Macleod describes the work of a medical soul group. Like Frances Banks, he met Louis Pasteur in the course of observing the group.

"For the last few years I have been one of a band who have been working on the cause and treatment of cancer and, in the fullness of time, we will give our reports and findings to mankind. It will interest you to know that Pasteur, Dr. Schweitzer, Madame Curie, David Livingstone, and some of the people who are working on this project are here. Others are working on heart disease, leukemia and other chronic illnesses." (7)

Everything inspiring originates from the work of the soul group, she says.

“All great aspirations, revelations and divine whisperings of intuition originate in and through the Spirit of the Group to which one belongs, i.e., the Highest Point of the Group.

"Thus, family sacrifices, family peace, love, harmony all originate from the Group Soul of the family; in the same way, great aspirations for service and for imparting knowledge to others and for the guiding and enlightenment of our fellows comes from the Great Spiritual Being who is the Centre Group Spirit of that particular group.” (8)

Group souls are at the forefront of all great movements and actions, she says.

“Group Souls preside over universal movements, over great causes and thus members of one Spiritual Family are often attracted to each other by mutual interests, by a special life work, as well as by external links. They work together, may indeed share their lives in partnership, or may only meet occasionally as they work in some particular project.” (9)

Their advance is unified, Banks tells us.

“The Group itself is made up of souls at all levels of consciousness, from the highest to the mediocre, but the Spirit of the Groups only Itself advances as the younger and less knowledgeable members make progress.

“It is a unified advance. No member of the Group can pass beyond the call and communication of other members. When the Group itself advances into the Divine Company, then there will be no 'stragglers.'

"But, as I am instructed, such an experience is far beyond the Group consciousness at this stage.” (10)

Banks informs us that everyone is always progressing back to God. Individuals wanting to progress into a group cannot do so until their expansion matches at least the group's fringes.

“All is expansion here, but expansion in stages. This Law is exact. No entity can propel itself forward into a Group until its emotional, mental and spiritual expansion at least is comparable with the fringe of that Group's awareness.” (11)

Moreover there is no way to fool the members of the group.

“Here, illusion, glamour and self-deception are of no avail. One reveals what one is. One advertises oneself even in one's apparel. The mask has been shed with the physical body. The developing Light body, its dimness or brilliance, is apparent, especially to members of the Group to which the quality of such Light permits graduation.” (12)

Notice that their light body, like ours, is developing in this first stage of the Mental Plane. Ours is developing as we enter the Fifth Dimension and will probably be fully developed with our Ascension, which for me is the equivalent of the Second Death on the spirit side.

Sometimes members of the group become separated but rejoin them on the other side.

“Sometimes, by what appears to be a perverse fate, members of the same Group are separated, born into the apparently wrong camps. Their lives become tragic, often futile in their repeated efforts to rejoin their similar companions and their rightful work. Strangely enough many never find their right niche. Often they live and die as outcasts.

“But, as 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 outcasts, after their transition here and after they have gained consciousness of their state and have attained to at least some measure of Light, rejoin their own Groups.” (13)

In Conclusion

This then is a preview of the full coalescence of the soul group, which we can expect to happen in the next few months as we pioneer a new form of Ascension - Ascension in and with the physical body.

Our soul groups have always been important to our work. We have incarnated as a group over at least thousands of years and perhaps millions. According to what Archangel Michael has told me, our soul groups have existed even when we inhabited other kingdoms.

What I've been exploring in this series of articles is some of the similarities between the first stage of the Fifth Dimension which we're apparently in now, according to Archangel Michael, and the first stage of the Mental Plane, which is the correlate of the Fifth Dimension on the spirit side of life.

The main similarity is that we can be in the first subplane of the Mental Plane and not have gone through the so-called "Second Death," which I believe is the correlate of our Ascension. I'll write an article or a series on the Second Death soon, to compare its features with Ascension.

I may look at more similarities between the "First Heaven," as this subplane of the Mental Plane is called, and our own current stage of development. But in order to keep this series from getting too long, I'm going to stop here for now. The next subject I want to turn to starting tomorrow is the question of changes in the Divine Plan.

FootnoteS

(1) Frederic W.H. Myers through Geraldine Cummins, medium. *The Road to Immortality. Being a description of the after-life purporting to be communicated by the late F. W. H. Myers [Frederic William Henry Myers, 1843-1901]*. Located at <https://www.trans4mind.com/spiritual/cummins/cummins1.html>, n.p. The First heaven is the First Subplane of the Mental Plane and the Second Heaven is the Second Subplane of the Mental Plane.

(2) Loc. cit.

(3) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 114.

(4) Ibid., 115.

(5) Ibid., 116.

(6) Loc. cit.

(7) Donald Macleod in P.I. Phillips, *Here and There. More Psychic Experiences*. London; Corgi Books, 1975,, 10.

(8) Frances Banks, TOL, 118.

(9) Ibid., 139.

(10) Ibid., 119.

(11) Ibid., 135.

(12) Ibid., 135-36.

(13) Ibid., 139.

Prophecies of the Golden Age

The Golden Age in Modern Prophecy

March 14, 2018



Journalist Julia Ames

Given the interest in Ascension, the Event, or a planetary heart opening, I've reworked two series from the past into one, going over all the voices I'm aware of who talk about the New and Golden Age.

This can also serve as an introduction to new readers.

Twentieth Century

Spiritual Awakening all the Talk on the Other Side



W.T. Stead, medium for Julia Ames

In the second decade of the Twentieth Century, discarnate journalist Julia Ames told editor and medium William Stead telepathically of the coming of a “great spiritual awakening among the nations:”

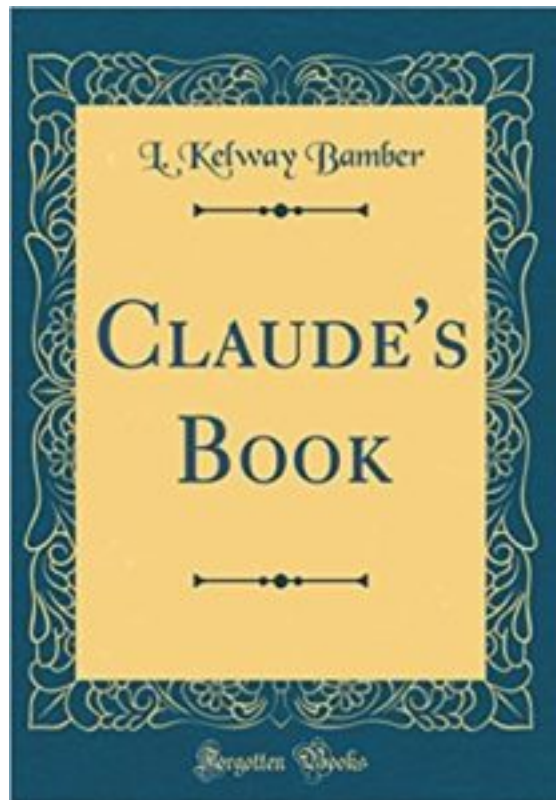
“What they tell me on all sides, and especially my dear guides, is that the time is come when there is to be a great spiritual awakening among the nations and that the agency which is to bring this about is the sudden and conclusive demonstration, in every individual case which seeks for it, of the reality of the spirit, of the permanence of the soul, and the immanence of the Divine.” (1)

Around the same time, John Heslop was telling his wife, from the Christ Sphere (Seventh Dimension?), that “a new heaven and a new earth” were coming:

“Angelic beings assist at the birth and development of these new worlds. They build up the conditions necessary for the ultimate production of life, though this process may take millions of years. At first the lowest forms only are produced. Gradually they rise in capacity till the world is ready for the highest intelligences. “It was so in your world and the angels are

still working, as they have been since its inception. Recently they have begun a further and higher work. As a race you will rise, till in very truth it will become for you a new heaven and a new earth, wherein dwelleth righteousness.” (2)

On another occasion, Heslop returned to the topic:



“My Beloved, I want to tell you that I am busy with some new work for God. It is not very easy to explain, but it is all connected with the opening of reservoirs of Spiritual Power, which will ultimately flood your world as the waters now cover the channels of the deep.

“Many are associated with me in this work and I can best describe it as a gathering up of the pure Essence of Prayer and Love, ever rising heavenward from your earth and these spheres and forging them into bands of 'Divine Energy.' Then we direct them as rays of illumination into the prepared hearts of mankind.

“Already the effect of our work is becoming evident in the awakening of the people to perceive Spiritual truth. This is, however, only the first ... of the outpouring that is to follow. ...

“But do not be afraid of the present conditions of evil and unrest, the Christ is coming, and then everything will fall into its rightful place. The Christ is coming! Let all the earth keep silence before Him!

“To those who have attained the Spiritual vision he is already visible and from every part of the world will they greet Him and evil and evil-doers will flee away from the Light of His Presence. Then will He reign upon the earth in Righteousness and Truth. Pray continually that the day of His Coming may be hastened for we here are also working to this end. The joy and glory of that Reign of Peace will far exceed anything you can dimly imagine.

“But I cannot tell you how heavy our work is just now; there are so many evil forces around your world, which must be counteracted or transmuted. It is a transition period of vital moment to all those who dwell on earth and to the many planes and spheres which impinge upon it. Legions of Angels are employed to uplift and purify so that the Christ may come and reign in your midst. Keep you faith *strong* in the Second Coming of the Christ.”
(33)

The medium's mother stopped by and gave a similar message:

“You must try not to get too depressed about the difficulties that still exist; they will pass away in God’s good time for the Christ’s Reign of Peace is at hand.” (4)

Her friend “Stella” also dropped in to predict the “end of time.”

“My special work on earth just now is in helping to prepare the way for the Coming again of the Christ and His Reign of Peace and Love, for He is coming and you are all helping to make the conditions necessary for His reception.

“He is never far from the soul that loves Him and to such He frequently shows Himself. But what you are longing for is – His Visibility to all – so that everyone must see and acknowledge Him. When the time is ripe, that is coming too, for never did the earth so need Him as it does now. This is the 'end of the time' spoken of in the New Testament, so pray and pray that these days may be shortened, as we too pray for you here.” (5)



Finally another friend also reported the Second Coming of the Christ Force.

“Not only is the Christ coming, but He is actually now in your midst, and here and there are those who see and feel Him and thus know that this is true. Now, those to whom this certainty is given will also be permitted the joy of welcoming the Christ, when His Presence becomes more fully known upon the earth.” (6)

“What an honour to assist in preparing the way for His Feet! Rise to this Noble Mission, be worthy of this Great Honour, and, as you dwell upon it, the darkness will flee away and the sunshine from these brighter spheres will flood your soul.” (7)

A few years later, in *Claude's Book*, Claude Kelway-Bember suggests an opening of the door between spirit and matter:

“There is a wedge now being driven in to open the door between the two worlds of matter and spirit, and I love to feel that I may be a tiny splinter of that wedge.” (8)

In 1922, medium Charlotte Dresser began publishing spirit communications from spirit control Mary Bosworth which also announced the new world coming:

“The time is coming, and coming fast, when there will be a reconstruction of the religion of the churches. Creeds will largely go, and love and service take their place.” (9)

Here an unnamed communicator predicts the New World through Dresser:

“We are a band of workers and wish to add our knowledge. We wait not only in hope, but in certainty; for we go far and near and see all sides of the work among many people and many nationalities. There is a slow dawning of a great day. It is coming, coming surely; and we can watch it from afar.” (10)

On another occasion, another unnamed communicator gave the same message to Dresser:

“Do you understand how different life would be there if all would try to give as well as to receive; if all would learn to serve unselfishly the world in which they live, and learn the higher happiness of spiritual thought and life? The coming of the new age is not for one or for two to bring in, but rather the mighty influence from here moving through the spiritually discerning ones there.” (11)

What better description of coming together to build Nova Earth?

Footnotes

(1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 49.

(2) John Heslop to his wife, F. Heslop, medium, *Speaking Across the Border-Line. Being Letters from a Husband in Spirit Life to His Wife on Earth*. London: Charles Taylor, 9th ed., n.d., 136-7.

- (3) John Heslop through F. Heslop, medium, *Further Messages Across the Border-Line. A Continuation of "Speaking Across the Border-Line."* London: Charles Taylor, n.d., 82-4.
- (4) Mother to F. Heslop in *ibid.*, 87.
- (5) "Stella," *ibid.*, 112.
- (6) J. W. Sharpe, M.A., *ibid.*, 134.
- (7) J. W. Sharpe, M.A., *ibid.*, 134-5.
- (8) Claude Kelway-Bamber in L. Kelway-Bamber, ed., *Claude's Book*. New York: 1919. Downloaded from <https://www.spiritwritings.com/claude1.pdf>, 18 Feb. 2008, 23.
- (9) Spirit Control Mary Bosworth to Charlotte E. Dresser in Fred Rafferty, ed., Charlotte E. Dresser, medium, *Life Here and Hereafter*. Author's edition. Downloaded from <https://www.harvestfields.ca/ebook/02/001/00.htm>, 2 Feb. 2008, 87.
- (10) Unnamed spirit in *ibid.*, 84.
- (11) Unnamed spirit communicator to Charlotte Dresser, Charlotte E. Dresser, medium, and Fred Rafferty, editor, *Spirit World and Spirit Life*. Los Angeles: Rafferty, 9.

Silver Birch's New World

Oct. 9, 2023

<https://goldenageofgaia.com/2023/10/09/silver-birchs-new-world-reposted/>



Psychic rendering of Silver Birch

I had occasion to address Wendy Zammet's afterlife group on New Maps of Heaven and was reminded of this article on Silver Birch. Silver Birch is to spiritualists what SaLuSa was to lightworkers a decade ago - a person who knew.

I wanted to repost Silver Birch's 1919 description of what these very years we're going through would be like.

It would have growing pains. There will be upheaval.

And here we are a century later, in exactly the situation he describes.

But first, let's let Silver Birch introduce himself:

"I am but a humble servant, an interpreter for those who have sent me to expound forgotten laws that must be revived as part of the new world that

is gradually dawning. Think of me always as a mouthpiece. I represent the voice of the spirit that seeks to make its presence felt in your world and which is succeeding in increasing measure. There is a vast concourse, all with wills perfectly attuned, with minds in harmony, with souls all at one. They use me, even as I use this instrument, to tell your world the truths that have been buried for too long but which are now being restored and given their rightful place in the lives of thousands of men and women.” (1)

Now here is Silver Birch on the “New World” coming which he announced to his generation.

From "Silver Birch's New World," January 31, 2019, at <https://goldenageofgaia.com/2019/01/31/silver-birchs-new-world/>

You are now in the midst of the crisis. As always happens before there is a birth, there is much pain. The birth of the new order means much pain. Even when the new order comes, there will be growing pains.

But there has been planted in your world a seed that will grow and the efforts of those in high places to destroy the seed will fail. It was said, a long time ago, “Thy will be done on earth as it is in Heaven.” That is going to happen.

There will be many big changes. There will be break-ups and there will be many upheavals. There will be what you think is darkness and difficulty. You will say, “Things are worse.” But, all the time, there is behind it all a power which is making for the progress of the world.

There are many of us who have been allowed by those who are higher and above us to see your world as it will be one day. That conception we try to transmit to those who are receptive, to inspire them to go on with their work. The pictures I have seen make your present world more ugly than it is. I see what it could be like – and what it must be like. It is only a question of time.

One day, there will arise a new race that will recognize that all politics, religion, science and knowledge are part of one thing. Then pain, sorrow, fear, mourning

and unhappiness will be banished and your world will be a place of smiles and happy laughter. ...

You have tried to build a world where, when one man has something, instead of using it to help the others, he tries to keep it for himself, with the result that in time he makes a system that must collapse because its foundations are wrong.

When you have people who develop their gifts, which all come from the Great Spirit, and use them for the benefit of all the others, then there will be built a system founded on that which is eternal. (1)

You are witnessing the birth of a new order and all around you are the signs that the old world, founded on selfishness, materialism, greed, avarice and cruelty, is dying. You who call yourselves Spiritualists are the custodians of a great truth, for you are the sentries guarding the outposts, helping to forge the new era.

Think of yourselves as soldiers of the Great Spirit, fighting the greatest fight of all, for you are helping to vanquish all the forces that belong to the darkness of man's ignorance and brought war, misery, chaos and bankruptcy to your world.

You are helping to shape a new world in which all the children of the Great Spirit will share to fulfil the richness of the bounty He has freely given. (2)

I do not care by what name you call the dawn of the new world, but it is the world of the Great Spirit coming into fulfillment, accompanied by His power, and the service of all faithful hearts who seek but to bring new joy, new life, new happiness into the world of matter, so that there shall cease coming into our world the wrecks of yours. (3)

We strive always to reveal the religious significance of spiritual truth for, when your world understands its spiritual import, there will be a revolution mightier than all the revolutions of war and blood.

It will be a revolution of the soul and, all over the world, people will claim what is their due – the right to enjoy to the full the liberties of the spirit. Away will go every restriction which has put fetters on them. (4)

The tide of victory rolls on. The old order dies, giving place to the new. The new world is coming. But do not think that, because of this victory, there will be no

more dark places. There will still be much shedding of tears. There will be many aching hearts. There is great sacrifice to be made. (5)

But after the storms and the wind have blown through the world there always comes the new life of the spring. When the snow lies on the ground and all looks very bleak, you are not able to see the freshness of the spring. But it comes. And gradually, as the great sun of life moves through the heavens of the Great Spirit, so the majesty of life comes to its fullest. Throughout the whole world of matter there is a great cloud of discontent. There *will* come the spring of dreams and the summer of fulfilment. ...

It will come quickly or slowly as the children of the Great Spirit exercise their free will. (6)

Like many others, I have come nearer to the earth vibrations to help push forward that great new world which waits just round the corner. I come to teach you the laws of the Great Spirit and to show you how, if you live according to them, the bounty of the Great Spirit can be poured into your hearts and minds. (7)

The New World is born, born in agony of birth, with a baptism of tears and misery and sadness. But the New World is here. Its rays are beginning to pierce the fog of your world. But even in this New World all will not have been achieved. There will be plenty to remedy, to improve, to strengthen. There will still be weakness to be overcome, there will still be troubles to be eradicated.

But there will be a new basis for life. Much of the needless misery, much of the needless deprivation, much of the needless starvation and sadness will have gone. The basis of life will be changed, for gradually selfishness will be overthrown and service will reign in its place.

The New World will come more quickly or more slowly, as more of you help us or hinder us in our efforts to co-operate with you. You will not get more than you deserve or less than you deserve, for so perfect is natural law in its expression that its scales are always evenly balanced. They are weighted down neither on one side nor the other. I tell you of conditions that are operating and, as they continue to operate, what will be changed. Do not forget that you will reap in your world the harvest of countless generations of labour wrought by many pioneers, idealists and reformers, who made sacrifices to advance the lot of mankind. (8)

We are striving always to teach the children of matter how to be free and how to bask in the sunlight of spiritual truth, how to cast off the serfdom of creedal slavery. That is not an easy task, for once the trappings of religion have mastered you, it takes a long time for spiritual truth to penetrate that thick wall of superstition.

We strive always to reveal the religious significance of spiritual truth, for when your world understands its spiritual import there will be a revolution mightier than all the revolutions of war and blood.

It will be a revolution of the soul and, all over the world, people will claim what is their due – the right to enjoy to the full the liberties of the spirit. Away will go every restriction which has put fetters on them.

Our allegiance is not to a Creed, not to a Book, not to a Church, but to the Great Spirit of life and to His eternal natural laws.

A great power of the spirit will descend into your world of matter. In all its countries a mighty force of the spirit will be felt, for there is a great work to be done to counteract the selfishness and the ignorance of your world. In time it will conquer, but, in the process, there will be much travail.

Plenty of workers have come to take their stand at your side. There are those who are known to you, those who are bound to you with ties of blood and others who are attracted to serve you out of the love that they bear for you. When you think of those whose names you know, try to realise the countless host of the unknown, who serve without any desire to be known or recognised but who give their power to be used.

The world will not be converted in a blinding flash like Saul on the road to Damascus. Gradually, the light of spiritual truths will break through, as more people become aware of the great knowledge and more instruments are available for the power of the Great White Spirit to use. You must remember that the things of the / spirit require careful nurture and progress. Sudden conversions would not be enduring, and our work is intended to be permanent.

Each soul that becomes an instrument for the Great Spirit, each soul that moves out of darkness into the light, out of ignorance into knowledge, out of superstition into

truth, is helping to advance the world, for each one of these is a nail that is driven into the coffin of the world's materialism. (9)

Footnotes

(1) Silver Birch, *Teachings of Silver Birch. Wisdom from the World Beyond*. Ed. A.W. Austen. London: Spiritualist Press, 1962; c1938, 42-3. [Hereafter TSB.]

Silver Birch, *Philosophy of Silver Birch*. London: Spiritualist Press, 1975; c1969, 27.



Silver Birch's medium, Maurice Barbanell

(2) Silver Birch, *Silver Birch's Teachings*. Located at <http://www.angelfire.com/ok/SilverBirch/Tcon.html>, n.p. [Hereafter SBT.]

(3) Silver Birch, TSB, 44.

(4) Ibid., 26.

(5) Ibid., 38.

(6) Silver Birch, *Silver Birch Anthology*. Ed. Wm. Naylor. London: Spiritualist Press, 1974; c1955, 51. [Hereafter SBA.]

(7) Silver Birch, *Philosophy of Silver Birch*. London: Spiritualist Press, 1975; c1969, 27.

(8) Silver Birch, SBT, n.p.

(9) Silver Birch, SBA, 39-41.

Life on the Higher Planes

No Humdrum Heaven: An Interview

October 2, 2011

<https://goldenageofgaia.com/2011/10/02/no-humdrum-heaven-an-interview/>



[Published in the Searchlight, a publication of the Academy of Spirituality and Paranormal Studies.]

Afterlife Cartographer Steve Beckow

Steve Beckow, a resident of Vancouver, B.C., has a very unusual pastime. You might call him an afterlife cartographer. A sociologist, historian, and a former member of the Immigration and Refugee Board of Canada, Beckow prefers to call himself a student of cross-cultural spirituality.

His primary interest now is in making sense of the afterlife from revelations that have come to us through various forms of mediumship, including the mediumship of the Bible and other sacred texts.

I [Mike Tymn] recently had the opportunity to interview Beckow by e-mail. Here are my questions and his answers:

Steve, what prompted your interest in charting the heavens?

I followed what must have been a common path for my generation in the 1970s – through encounter groups, off to India, into spirituality. At one point I spent time in a British-spiritualist development circle and at another time I had an out-of-body experience. It was these two latter influences that made me resolve to write a book on the conditions of life after death.

Other spiritual experiences and the writing projects they inspired intervened, but a few years ago I returned to the original promise I had made myself and, drawing on my sociological training, began to piece together a picture of life beyond physical death.

What did you find?

Well, first of all, working on the subject is a little like piecing together a gigantic jigsaw puzzle, all of whose pieces are in soft shades of blue. It is only by nuances that one can tell the pieces apart.

For instance, the flora, buildings, and art of the Astral and Mental Planes are alike dazzling and indescribable. How is one to distinguish between them from an earthly standpoint?

Unlike earth, which is arranged geographically, the spirit planes are arranged hierarchically. As Julia Ames said, “there are degrees in heaven.”

This has several impacts. First, examining the communicators themselves, I found that I was mostly reading accounts by the newly-arrived. They occupied planes nearest to earth and knew the least about what they were describing.

Second, the conditions of life become increasingly hard to describe as one mounts higher in the spiritual realms. Third, communicators lose their desire to communicate with us on this side the further up they mount the ladder of the planes. All this biases communication in the direction of the least well-informed, speaking on what is to them the most familiar territory.

Have you succeeded in drawing a new map of heaven?

Like all early explorers, I and other afterlife investigators so far have only mapped out known “continents,” mostly the Borderlands or the Higher Summerlands.

Most spiritual communications, in earlier times, were primarily proving that we survive. Following them was a raft of spirit teachings. It is only rarely that a spirit communicator actually turns his or her attention to the conditions of life on the other side.

Moreover, of the planes above the Astral (that is, above the Winterlands and Summerlands) and perhaps the Mental we know little at all. Theosophical commentators give only a general paragraph to what they called the Buddhic and Nirvanic Planes and confide that they are forbidden to say anything at all about higher planes. All of this means that afterlife cartography is very much in its infancy.

What are the “Winterlands”?

The Winterlands are the bottom planes of the astral – the Stony Plane and the Dark Plane. These are the equivalent of what Christians call “Hell.” The Stony Plane is described as resembling the American desert regions with much less heat and light.

The Dark Plane is a quite miserable place to land in, cold, dark, and, in many respects, noxious. Some people spend hundreds of years wallowing in self-pity before climbing their way back out of it. Others work hard and make a mad dash to leave it behind.

Nonetheless, they are not the same “Hell” as pictured in orthodox religion. In the first place, they are not everlasting; spirits are given the opportunity to mend themselves and leave.

In the second, there is no hellfire in which souls are tormented. The worst torment that occurs arises from the individual’s own mind. An example of that would be a murderer condemned mentally to endlessly relive his or her crimes, which is what I understand occurs.

Incidentally, one of the questions I had in the back of my mind that spurred this research was to discover what happened to the Nazis after death. Almost all of them ended up in the Dark Planes, but I learned something else that startled me.

I have encountered several spirits who say that the worst among evil spirits – Philip Gilbert even named one Nazi (google “Irma Grese”) – have been, shall we

say, re-assimilated back into the cosmic Spirit. They no longer exist as individuals. That was one of the sobering revelations from this work. Until then I thought not one sheep would be lost, but apparently this is not the case.

If there is a Hell, is there a Purgatory?

Purgatory is a state rather than a place. There are several purgatories. The Borderlands are a “place of purging,” where we undergo a “full-life review” immediately after death. You probably already know that some people may undergo this review during an out-of-body experience.

But there is a second place of purging, after one has become established in the “Mental Plane” or “Heaven” proper, which lies “above” the Astral Summerlands. Here one goes through a much more intensive review than the first, in concert with one’s spirit teachers, which communicators call “the Judgment.”

After this second review, there follows a time of making amends for one’s errors and then what is called the “Second Death,” when the remaining earthly traces fall away and one emerges in the mental body. I have heard that there are other purgations, or purgatories, as well.

Does your research confirm the existence of "earthbound spirits"? If so, exactly what are they? Do they know that they are dead?

Yes, there are large numbers of earthbound spirits. They share in common an unfinished longing for continued experience of mortal life. Some may not know they are dead; some may know.

Some may be malevolent spirits, spurring embodied people on to excesses and crimes so that the earthbound spirit can enjoy the sensations if even in a limited and vicarious fashion. Some may be loving spirits, unable to bear the pain of separation from loved ones. Others may simply miss their old castle or their old flat.

Others can be mistaken for earthbound spirits, but are actually souls who remain near the earth for exalted purposes. The fascinating Nirmanakaya are one example. The Nirmanakaya are incredibly-developed souls, who have renounced the right to enter Nirvana and agreed to remain more or less stationary in the spirit plane

showering it and the earth with love. Occasionally Theosophists would bump into one of these “stones in the guardian wall.”

What is the highest plane from which we have communications?

Again, spirits do not often say what plane they are communicating from. One who does is John Heslop, who communicates from an exalted region called the Christ Sphere. This sphere is mentioned by others, but Heslop actually describes as many details of it as can be captured in our language.

Unfortunately these details are fewer than I would like, but listening to Heslop we can, from his words, get a sense of the caliber of inhabitants of that exalted sphere.

Here I might add that two sources – John Heslop and Julia Ames – actually describe being taken up into heaven, Julia by an angel, meeting the Lord Jesus with a heavenly host behind him, and experiencing enlightenment at his hands.

I mention this because some people – incarnate and discarnate – debunk Biblical descriptions like the “Rapture” these days, but I have found interesting examples bearing these descriptions out. They simply do not happen to most folks (and so are little known to, and sometimes denied by, the average spirit communicator). They happen to more highly-developed beings.

This raises the interesting question of the fallibility of spirits. Because most communicators are recently transitioned, they can be mistaken in their assessments of what does and does not happen on the other side. It was the newly-arrived Monsignor Robert Hugh Benson who said that there was no “rapture” and no “judgment.” But in fact he was in error on both points.

The other source that is well worth studying is Stainton Moses’ *Spirit Teachings*. His chief communicator, “Imperator,” last incarnated as the prophet Malachi, who was one of those responsible for putting the Old Testament in the form it takes today. He is assisted by a band of 49 lofty souls and his teachings are fascinating. Unfortunately Imperator does not talk about his own plane specifically, but still gives much valuable information on spirit life in general.

I haven’t read the Seth books again since long ago, but expect the same high-quality information from that source too.

How many planes are there? Can you name them all?

No, I cannot name them all. No classification scheme I have seen so far takes them all in – not those of the Theosophists or the Rosicrucians or anyone else. A comprehensive map would have to include the Buddhic and Nirvanic Planes, the two planes above them that the Theosophists refuse to discuss, and the realms of the Dharmarajas, Elohim, Lipika, and nine orders of angels.

No cartographical scheme that I have seen shows where they all fit in or even names (or numbers) them in a consistent manner.

Most schemes of description go no farther than the Third Heaven or third subplane of the Mental Plane. There may very well be no words to describe planes higher than that even if they were named or numbered.

Moreover, there are no maps that I am aware of that also include the life streams parallel to but independent of humans that exist alongside our planes, such as fairies, sylphs, etc. I have not concerned myself with these or, for that matter, with the spiritual planes that are associated with life forms on other planetary and star systems. (Yes, they exist too.)

Not only can I not name all the planes, but I am faced with a plethora of names which appear to point to the same region while lacking spirit confirmation that they actually do. Thus, the Borderlands are called the Near-Earth Plane, Kamaloka, Hades, Purgatory, the Vestibule, and the “Blue Island.”

That would be well and good if someone like Annie Besant did not come along and extend the word “Kamaloka” to the whole of the Astral Plane or someone else point out that there are many Purgatories, etc. There is frighteningly little agreement on matters of prime importance in surveying the Heavens.

You mention a convalescence period in the Borderland realm. Does the time spent there vary for different souls? Do earthbound spirits undergo convalescence? If so, why are they still earthbound?

Spirits may or may not convalesce after their deaths. It depends on a number of factors. First, it depends on the degree of their familiarity with life after death. Those familiar may pass quickly through the Borderlands and take up their

residence on the higher Astral Planes – Robert Hugh Benson, for instance. Some will move quickly through the Astral Planes before taking their residence on the Mental Planes – W.T. Stead, for example.

It also depends on the nature of their death conditions. Those who have suffered a long illness or a sudden and violent death will generally need more time to convalesce than those who died, say, peacefully in their sleep. Some people may need only a day's sleep and they are ready to function. Benson is an example of this too.

In Grace Rosher's *The Travellers' Return*, there is a wonderful description of the joyous reception Sir Winston Churchill received on the Astral Plane from former prime ministers and other historic figures. Prior to that reception, Sir Winston was convalescing. One detail that was interesting to hear was that he was awakened temporarily from his rest to hear the trumpets at St. Paul's cathedral and then sent back to bed. What a nice touch!

Most earthbound spirits are surrounded by a mental wall of unconsciousness that spirits who help with transitions cannot penetrate. Sometimes these earthbound spirits do and sometimes they do not know they have died.

Others consciously choose to be earthbound and transition guides will not violate their freedom of choice. Most of us are "earthbound" in a manner of speaking. Even Julia Ames sought permission to leave Jesus and return to tell her loved ones on earth the good news. We all spend a certain amount of time around those we have left behind.

Again, certain spirits receive permission to work with their mediumistic relatives – Philip Gilbert, for instance, or "Sigwart" of *The Bridge Across the River*. While we don't usually consider them "earthbound," they do account for some sustained spiritual activity around mortals.

Which have been your best or favorite resources for this information?

I certainly have my favourites. I have mentioned some already. I have found invaluable the books communicated by Philip Gilbert through his mother Alice (*Philip in Two Worlds*, *Into the Everywhere*, and *Philip in the Spheres*), Julia's letters in W.T. Stead's *After Death*, T.E. Lawrence's *Post-Mortem Journal*, and

Benson's *Life in the World Unseen* series. F.W.H. Myers is informative but idiosyncratic. It is difficult to know where to fit some of his information. Again I have not finished my reading for this project.

Among the books by incarnate scholars, my favourite is Paul Beard's *Living On*. The Theosophists are also wide-ranging and informative. I should mention that there are a great number of primary and secondary texts available these days online.

What does this research show us?

Well, even more distinctly than research on earth life, research on spirit life shows us the Divine Plan: namely, spiritual evolution, from God to God. (All of what follows is covered in clearly-marked sections of my website.) We have all of us come from God and are destined, at some distant future time, to return to God after we have experienced a very advanced stage of enlightenment.

God's Will, as I understand it, is that, through Its created life forms, the Formless will enjoy the experience of Its own Bliss. And that moment of enjoyment occurs during enlightenment. The purpose of our lives therefore is enlightenment and our journey down and up the spirit planes, as depicted in Jacob's ladder, is to serve the Divine Plan of which our enlightenment forms a part.

Following spirit travel from plane to plane shows Jacob's ladder of spiritual evolution about as plainly as anything we could ever expect to see. The march from the Winterlands to the Summerlands to Heaven and beyond is a graphic illustration of the trajectory of our return to Divinity. Revealing a picture of the Divine Plan at work is one of the major contributions of afterlife research.

Is there anything else you are hoping to achieve by drawing new maps of heaven?

I know that spirits listen to us as much as we listen to them. While drawing maps, I'm also trying to convey to them the message that we need them to tighten up the process of communication.

One way would be to ensure that all communicators be required to tell us specifically from which plane (and subplane) they are communicating. Location on

the other side is of critical importance to us who are trying to fit the pieces together.

I also ask for the help of spirit teachers in correlating the different terminologies that spirits use. For example, I do not know what planes names like the “Christ Sphere” or “Empyrean Plane” refer to generally, but also how they correlate to numbering systems like “the seventh plane,” etc., specifically.

Even more importantly than that, I hope to persuade spirit and physical folks to get together on some really broad anthropological projects that would subject spirit planes to rigorous social-scientific study. Until recently, most accounts have resembled tourist guides.

We can do better than that and, I think, we’re ready for intensive, scholarly examinations carried out by groups on this side co-operating with groups on “the other.” I still don’t think this research should be affiliated with universities, though, who still appear to adhere to a paradigm of empirical materialism and can be influenced by the state.

I think of the various interviews carried out by Robert Leichtman in the Seventies, collectively called *From Heaven to Earth* (still available from the publisher, Ariel Press). Leichtman, through medium David Kendrick Johnson, interviewed Tesla, Churchill, Shakespeare, Cayce, and many others.

His work, while anecdotal, was still fascinating and showed the potential of organized, co-operative cross-border research, embodied spirits sitting down with disembodied.

We are all of us interested in a small area of the total picture. Just because I don’t mention something outside my own area of interest does not mean it is not important. The same cross-border research that I request for anthropological purposes will be used by others to receive in-depth spiritual teachings that may help us end the tremendous difficulties we are falling into these days.

Many of the chief problems of our era, and I mention the use of planet-threatening depleted-uranium weapons as just one example, are hardly mentioned in our press. We need spirit help with these problems too, even if I personally would not be prominent among the researchers carrying on that work.

In my view it's time to pick up the pace and get serious about cross-border communication. We've passed through the evidential phase quite some time ago, without having necessarily moved to much more intensive communication. I'm saying that the time has now arrived to begin the next phase.

New Maps of Heaven can be found at Steve's website:

https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven

The *Golden Age of Gaia* can be found at:

<https://goldenageofgaia.com>

Other databases can be found at:

https://goldengaiadb.com/index.php?title=Main_Page

For Want of a Name: Confusion about the Spirit Planes

April 9, 2011

<https://goldenageofgaia.com/2011/04/09/for-want-of-a-name-confusion-about-the-spirit-planes/>



When Michael Tymn interviewed me for the Academy of Spirituality and Paranormal Studies in 2007, he called what I did "afterlife cartography." I was after all creating "new maps of heaven."

But never did cartographer face greater challenge. No one I encountered used a consistent or very helpful naming or numbering system when referring to the planes of life after life.

Some people talked about seven Mental Planes - the "seven heavens." Others reserved the words "Causal Planes" for the last three of the Mental Planes. Many spoke about there being seven planes overall; others ten. Few named their seven planes or ten. In reality, there are probably countless planes receding into the vast distances above nine orders of angels.

Most people looking at the afterlife do not speak about "dimensions" or "densities" at all. They usually speak about "planes," often "spheres," sometimes "realms." That's alright as far as it goes, but what is the relationship between a "plane," a "sphere," a "realm," and a "dimension"? Introduce "subplanes" and the mapmaker nearly keels over.

They did all agree, with Julia Ames, that "there are degrees in heaven." (1) There are different levels. Most discarnate beings agreed with Archdeacon Wilbeforce that "we spirits are not a democracy but a hierarchy — an ordered grade of beings, ascending beyond our capacity even here to follow its upward ranges." (2)

They would probably agree as well with well-known spirit guide Silver Birch that spirits can go lower, but they cannot go higher, at will:



"The sphere or plane on which you exist in our world contains individuals at the same stage of spiritual development as you are. You can't go higher spiritually until you are ready. You can go lower, as many of us do to perform missionary work among the unenlightened beings in the lower spheres." (3)

Here is Astriel, in G. Vale Owens' popular *Beyond the Veil* series, discussing this same point from an operational perspective:

"When I am in the tenth of these zones, my cognizance is limited, more or less, by that Tenth zone as to its outer or superior boundary. I may, on occasion and by permission, visit the Eleventh zone, or even go higher; but residence in those higher zones is not permitted me.

"On the other hand, the zones inferior to the Tenth are not impossible to me; for the zone in which I dwell, being a sphere, includes within itself, even geometrically considered, all the nine inferior spheres." (4)

But having admitted grades or degrees, to which we all gravitate by the Law of Attraction, and having admitted that we can go lower but not higher at will, there the agreement would probably end.

Let's look at some of these schemes. Monsignor Robert Hugh Benson holds that there are seven spheres.

"The spirit world is divided into spheres or realms. These two words of designation have passed into current [acceptance] among most of those on the earth-plane who have a knowledge of, and practice communication with, our world. In speaking to you this, I have used the words interchangeably. They suffice for our purpose – one can think of none better.

"These spheres have been given numbers by some students, ranging from the first, which is the lowest, up to the seventh, the highest. It is customary among most of us here to follow the system of numbering. The idea originated, I am told, from our side, and it is a very useful and convenient method of conveying the information of one's position upon the ladder of spiritual evolution." (5)

But we heard Astriel discussing spheres above the Tenth. And here too is the well-known spiritualist, Air Chief Marshall Lord Dowding, discussing Sphere Ten, and saying that there are many more spheres beyond that, though we would not comprehend them:

"Sphere Ten is also of exceptional importance because it is the highest of those from which visitors commonly come down to earth level and below. After this stage it seems that some change occurs which makes visitations and communication with lower spheres more difficult.



"It is true that Manifestations of the Christ in presence Form often occur in the lower spheres, and occasionally some great angel may descend for a special purpose, but, broadly speaking, it seems that Sphere Ten represents the limit of human comprehensions as to its conditions. Beyond Sphere Ten, as I understand, human words are inadequate to give the remotest conception of spiritual life." (6)

Spirit oracle Emperor says that there are three domains of seven spheres each, Earth being the highest of the first seven (Emperor being in the Tenth Sphere). (7) I had never heard this numbering system before.

John Heslop says he lives in the Seventh Sphere the Christ Sphere, the Earth being far below it. Granted that Heslop is on a higher rung than the first seven, where is certainty about which rung he is referring to? And given that he calls his land a "sphere," what is its relation to other lands called "planes"? On and on the disagreements go until one is left with no confidence in any numbering arrangements or any other system of nomenclature.

Now leaving that aside, let's introduce the task of discussing so-called physical dimensions since we'll be ascending with our physical body into what our sources commonly call the Fifth Dimension.

Archangel Michael through Ronna Herman said on Nov. 3, 2010 that the Mental Plane was the Fifth Dimension, making the Astral Plane the Fourth, and ours on Planet Earth the Third.

"It is vitally important that you stay firmly grounded and balanced within the accepted range of duality while functioning within the reality of the third dimension. You must also strive to establish emotional harmony and serenity within the illusionary world of the fourth dimension as you seek wisdom and endeavor to become acclimated to the mental plane of the lower fifth dimension." (8)

And in July 2009 he made a somewhat similar statement:

"The ascension process entails mastering the physical plane, the astral (emotional) plane, the mental plane and, eventually, up through the higher dimensions." (9)

Lisa Renee's Guardians seem to agree with him in July 2009, calling the Physical the Third Dimension and the Astral the Fourth:

"There are intermediary transit stations and arrangements being made with other star races to support the shifting of the 3D and 4D group levels of humanities vibrational consciousness. (This is to cover both physical 3D embodied and 4D Astral embodiments.)" (10)

In case, like me, you're wondering what the first and second dimensions are, Jani King's P'taah informs us:

"That which is called first density, you may say, is the reality of what you perceive to be inanimate, like mineral, called rock, called your earth itself; that which you perceive to be of non-consciousness. Then of second density, you may say, is what you would call flora and fauna. ... Third density you can say is humanity and that which is Cetacean, that is whale and dolphin. Fourth density is what you are going to be, what you will transform yourselves into." (11)

But wait a minute! Where are the seven planes of which Earth is the highest, according to Imperator? Someone help me please!

Where all of this really starts to break down is that discussions exist in which it is said that the Annunaki exist in a higher dimension than us, even being regarded as

Gods by the Sumerians, and yet have ways of being that are anything but exemplary. Here is SaLuSa, for instance:

"In your ancient times ... the Annunaki allowed the people to hold them in awe because of their seeming ability to perform miracles. As you will realise not every advanced Being is necessarily spiritually advanced." (12)

How can beings in higher dimensions be dark? If we were on the other side, in the spirit planes, dark beings would not exist in the higher astral, called the Summerlands. They would only exist on the Lower Summerlands and not be represented as being somehow "higher" than us. How then can the Annunaki be more highly evolved and yet dark?

So you see where a tremendous amount of confusion sets in around "higher" and "lower," "planes" and "dimensions," "more evolved" and "less evolved."

All these difficulties exist unexplained at this moment. In frustration at this state of affairs when Michael Tymns interviewed me, I protested:

"I know that spirits listen to us as much as we listen to them. While drawing maps, I'm also trying to convey to them the message that we need them to tighten up the process of communication. One way would be to ensure that all communicators be required to tell us specifically from which plane (and subplane) they are communicating. Location on the other side is of critical importance to us who are trying to fit the pieces together.

"I also ask for the help of spirit teachers in correlating the different terminologies that spirits use. For example, I do not know what planes names like the 'Christ Sphere' or 'Empyrean Plane' refer to generally, but also how they correlate to numbering systems like 'the seventh plane,' etc., specifically.

"Even more importantly than that, I hope to persuade spirit and physical folks to get together on some really broad anthropological projects that would subject spirit planes to rigorous social-scientific study. Until recently, most accounts have resembled tourist guides.

"We can do better than that and, I think, we are ready for intensive, scholarly examinations carried out by groups on this side co-operating with groups on 'the other.'" (13)

Though that article was widely reprinted, no one ever took me up on my call for co-operative research or a standard nomenclature. But I think it will become vital for us at some point to straighten out the cartography of the heavens. Otherwise we'll be hopelessly confused.

I introduce the comment here because the original question that the reader approached me with is how could alien civilizations be more highly-evolved than us and yet still be acting darkly? To answer that question, I'd have to be able to resort to some commonly-accepted way of referring to the spheres and so of placing the civilizations in question in relation to each other and I know I have no way at present to do that.

Footnotes

(1) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 52.

(2) Henry Thibault, *Letters from the Other Side*. [Letters from Archdeacon Wilberforce or "Philemon."] London: 1919, 28.

(3) Silver Birch, LSB, 19.

(4) Astriel in G. Vale Owen, medium, *The Life Beyond the Veil. Book I: The Lowlands of Heaven*. New York, 1921., 216.

(5) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 128.

(6) Air Chief Marshal Lord Dowding, *Many Mansions*. London, etc.: Rider and Co., n.d., 59.

(7) "Imperator described the earth as the seventh sphere, with six below it, seven above (spheres of work and probation: progressive spheres) and seven beyond (spheres of contemplation)." (Rev. Stainton Moses in *More Spirit Teachings*.

Electronically published by Meilach.com. <https://www.meilach.com/spiritual/books/morest/mspteach.htm>, 17.) [No longer operative.]

(8) Archangel Michael, Nov. 2010, at <https://goldenageofgaia.com/2010/11/04/archangel-michael-the-physical-vessel-is-a-wondrous-creation/#more-23021>

(9) Archangel Michael, through Ronna Herman, July 2009, at <https://www.ronnastar.com/latest.html>

(10) The Guardians through Lisa Renee, "Surpassing the Glass Ceiling," July 2009, at <https://lightworkers.org/channeling/81069/surpassing-glass-ceiling-ascension-news-july-2009>

(11) P'taah in Jani King, *The P'taah Tapes: Transformation of the Species*. Cairns: Triad, 1991, 13.

(12) SaLuSa, Aug. 6, 2010 at https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm

(13) "No Humdrum Heaven: An Interview," at <https://goldenageofgaia.com/life-death/new-maps-of-heaven-an-interview/>

New Maps of Heaven

<https://goldenageofgaia.com/spirituality/life-death/new-maps-of-heaven/>

Oct. 25, 2009



[Published in the Searchlight, a publication for the Academy of Spirituality and Paranormal Studies.]

Afterlife Cartography

As our formal knowledge of the spiritual planes of life continues to unfold, the need for a new approach to cross-border communication is becoming clearer.

I restrict my attention in this article to communication that forwards our understanding of life after death, but I'm aware that everything I say here could also apply to communication that forwards our ability to live here on Earth.

Moreover, I write this article half to readers on this plane, but half as well to readers that I know exist on spirit planes, as eager as we are to realize the promise of greater co-operation between us.

If we're to arrive at reliable knowledge of the conditions of life after death, we'll have to give thought to how we, in cooperation with our discarnate colleagues, will address the difficulties we presently encounter.

The first difficulty is with many of our current sources. Many spirits who communicate today are newly-arrived and not in the best position to give us accurate reports of the conditions of the afterlife.

It's the spirits who've just departed - what the discarnate Philip Gilbert impishly called "the Syds and Minnies" - who are eager to communicate to their loved ones on Earth the fact that they survive and their wonderment at conditions across the border. Most have little or no immediate, reliable knowledge of the world they're attempting to describe.

The second difficulty is the flip side of the first. Once spirits have moved on from the near-Earth region to the astral or even mental planes, as journalist Julia T. Ames notes from the spirit side, "few, possibly not one in a million," retain an interest in communicating back after the passage of a few years. Thus, at present, we often lose some of our best sources on life after life.

One exception to this rule is a commentator like Monsignor Robert Hugh Benson who'd criticized spiritualists while in the body and given himself the task of setting the record straight or T.E. Lawrence whose Earth life had been highly introspective and yet conducted very much in the public eye, his afterlife memoirs being his "next installment," so to speak. Both have given us rare detailed observations of spirit life (the *Life in the World Unseen* series and *Post-Mortem Journal*).

However, even Benson and Lawrence eventually stopped communicating. We know much about their earlier years and little about their later years, by which time their knowledge would have expanded greatly.

Another notable exception is the advanced spirits or spirit groups who write under names like "Silver Birch" and "White Eagle." Their splendid writings are usually on how we can live the best possible spiritual lives here on Earth rather than on the conditions of life after death.

This is welcome and valuable material, but it does not always assist us to find what the student of the afterlife is looking for.

Behind all life lies a Divine Plan of spiritual evolution, from God to God, which is dimly seen by pondering the existence of ascending "planes" on the other side.

Degrees in Heaven

We're used to thinking democratically in the West, but spirit communicators will tell us without exception, in Julia Ames' words, that "there are degrees in heaven."

Sir Arthur Conan Doyle reports that "There are many Etheric planes to go to when you die and, depending on your life on Earth, it is up to you which one you enter."

This may sound moralistic to us, but a good deal of spirit commentary concerns the various levels we go to:

"For the very bad and corrupt there is the dark, cold plane...."

"If you are not too bad there is a stony plane with very little vegetation. If you live a life of good and helpfulness, love thy neighbour as thyself, you will go far."

In my studies, I've heard no spirit communicators who would take issue with Conan Doyle's very simple, homely description.

However, our third difficulty is that the higher the plane we examine, the more our commentators fall silent. Once we follow a discarnate spirit or an incarnate investigator (for instance, Annie Besant or Charles Leadbeater) to realms as exalted as the buddhic and nirvanic planes, they simply run out of words. Of the two planes above these, they will not speak a word.

Even on nearer planes like the so-called "Summerlands," there simply is no way to describe in our dualistic language many aspects of the conditions of life. The way spirits see is different. What they sometimes experience has no earthly equivalent. Colours have no correspondence to those on earth. Sound has no comparison. Flora is unique. Even water behaves differently.

No Agreement on Nomenclature

So early are we in our studies that cross-border communicators have not even agreed yet on a simple and universal nomenclature for the various planes of existence.

A septenary numbering system for planes and subplanes, with gaps, does exist, though most spirit sources who do refer to their plane don't use it but instead use unique descriptive terms that are often hard to match up.

Here on Earth we talk with precision about the "United States" or "Great Britain." But different spirit communicators use words like the "borderlands," "Hades," "purgatory" "Kamaloka," the "misty region," or the "grey world" for what we can only hope is the same region.

At a higher level, commentators use terms like the "mental plane," the "heaven world," the "devachan," and the "causal region," for realms which again we can only hope are the same. Some say "the Christ sphere" and others "the God plane," but are they identical? Do they signify plane or subplane? Spirit researchers usually do not specify. Establishing residency and equating descriptions takes painstaking research. (There must be a better way.)

We Must Lay Down a Common Vocabulary

At present, we continue to focus on the unavoidable and important task of convincing more and more people that consciousness continues after death. We're just beginning to look at the different planes that exist and the different conditions of consciousness after death.

We must now lay down a common vocabulary for talking about what we intend to study and enlist the help of spirit investigators in creating it and then in taking that study further.

It may sound startling to some. But I believe that we can go far beyond our current practice of using one medium and a small band of spirit communicators operating for a few hours a week to pursue this work. It is time to set up ongoing scientific groups of investigators who will formally and regularly collaborate with enclaves of dedicated spirit scientists.

I am convinced that we can initiate a long-term, formal project of investigation into life after death with our spirit colleagues and that it is not the scientists on the spirit side who will need the coaxing but the scientists on our side.

I encourage us to remember that eminent scientists like Sir Oliver Lodge, Albert Einstein, and Neils Bohr are alive in spirit and would probably be more than willing to join in such a cross-border investigation.

More Cross-Border Co-operation Needed

Monsignor Benson says that “the great scientists of the earth-plane” remain at work in spirit and “have a completely new world upon which to commence a fresh course of investigations. They begin with ... all their great earthly experience behind them.”

Earlier in the same book (*Life in the World Unseen*), he reveals that “the earth world has the spirit world to thank for all the major scientific discoveries that have been made throughout the centuries. The laboratories of the world of spirit are many decades in advance of those of the earth-plane.”

Spirit scientists already work with their earthly counterparts, albeit invisibly. Says Msgr. Benson:

“Our spirit scientists can – and do – impress their earthly colleagues with the fruits of their investigation.

"In many cases where two men are working upon the same problem, the one who is in spirit will be far ahead of his confrere who is still on earth. A hint from the former is very often enough to set the latter upon the right track, and the result is a discovery for the benefit of humanity.”

Sir William Rowan Hamilton’s inspired discovery of the equation for quaternions (see “Wikipedia”) may be just such an example of cross-border partnership at work.

I think we need to listen to the views of people like psychologist William James (*After-death Journal of an American Philosopher*) when he exhorts earthly science to “broaden its frontiers, which are too small to contain important elements of human experience.” And to Julia Ames (*After Death*) who urges us to “bring Eternity to the assistance of Time” in setting up cross-border investigations.

I have no idea how such a formal and long-term project, involving reputable scholars on this side, a number of the most capable mediums, and a band of

eminent scientists on the other side, could be commenced. Nor do I, as a retired person, have the funds or connections to initiate it. But I suggest that those who are in a position to look at the possibility consider it.

Perhaps the first thing we'll discover is what we cannot know, in view of the difficulties I've just mentioned. Nevertheless, I think we'll be surprised to see just how quickly we can agree on the basic conceptual tools that will allow us to produce "new maps of heaven."

The Result is a World that Works for Everyone

April 8, 2021

<https://goldenageofgaia.com/2021/04/08/319660/>



If you read *New Maps of Heaven*, we see a world in which many of the concepts that we apply in our lives don't apply.

For instance, the ideas that resources are scarce, there isn't enough to go around, there has to be some sort of market means of deciding distribution, etc., etc., are seen not to apply.

On the astral plane, and more so the higher we go, we're able to manifest whatever we need. If it's a building, it may take a pooling of energy, but we still create it.

And the same would apply here if we believed it to be so. Believing is seeing in this other realm. That's how powerful our thoughts are on other dimensions.

The idea that life must be a struggle for survival reveals that the person holding it has no idea of what we are at essence. At essence we're pure and innocent. Such a being does not - and cannot - struggle for existence. Not unless they cover over that innocence with a thick protective layer.

If we believe we must struggle, then that reality will arise. It'll embrace us and manifest as outward conditions and inward illnesses. And finally it'll take us. (1)

In the astral world, particularly in the Higher Summerlands and especially beyond them, people join together and collaborate, help and serve.

Yes, they spend an initial period sightseeing and enjoying themselves but they're soon shown the dimensional ladder, the higher domains that are open to them if they choose to advance. Hooked by these brief experiences, they eventually turn to meditation, worship, or service to progress.

The love they're bathed in and the absence of the drag of the human body means they're all loaded to the top with good cheer. The result is a world that works for everyone. (2)

This isn't some mystical invention or Hans Christian Anderson fairy tale. This is a dimensional reality, which most of us may not have been introduced to yet. But we soon will be.

Footnotes

(1) What ye sow, ye reap. Those that live by the sword die by the sword.

(2) The phrase originated with Werner Erhard.

Education on Nova Earth – Part 1/5

December 27, 2019

<https://goldenageofgaia.com/2019/12/27/education-on-nova-earth-part-1-5/>



As we contemplate building Nova Earth, we look to higher-dimensional planes to guide us on possible directions to pursue.

I've already given one suggested educational curriculum taken from an ascended source. (1)

I'd now like to take some pointers on education from a rather unusual source - the afterlife literature of education on the Fourth Dimension or astral plane - in particular the Higher Summerlands - and higher.

Some might say, well, I thought we were *in* the Fourth Dimension. Yes and no. We're in the Fourth Dimension *but* with a physical body. The afterlife folks are in the Fourth Dimension *without* a physical body.

What difference does that make? Well, from my own astral travel, (2) I know that wearing this physical body is like living inside a rubber tire - like the Michelin Man. It doesn't conduct feelings or sensations in the way that the astral body does and that makes a world of difference, pun intended.

Moving around in this body is like walking through mud up to our hips. These children are like nature sprites compared to us and their activities reflect this lack of density.

If we keep this difference in mind, then let's look at some aspects of their educational setting.

Centers of Elementary Education

Let's look first at their educational methods. Phyllis McLean tells us that:

"The education of children [here] is conducted on lines of self-expression and service. If this method were to be used on Earth, there would be far fewer cases of maladjustment.

"Your problem of juvenile delinquency would fall away. It is important to establish the knowledge that each soul is an individual idea of the Great Spirit of Creation; one who has been granted the gift of self-expression in his service and thus has a responsibility to God and his entire creation which can only be completed by the individual.

"This is achieved with greater rapidity on this sphere, as children are not restricted by hampering endeavours of their teachers to make them conform to a pattern, as unfortunately is the case in your schools." (3)

The idea that education is about self-expression may sound revolutionary to us. In our world, according to Archangel Michael, "the education systems are doing their best to try to shut [children] down." (4)

The teaching aids available are quite remarkable. G. Vale Owen's mother wanders over the schoolgrounds and draws attention to some of them.

"One especially engaged my attention. It was a large globe of glass, about six or seven feet in diameter. It stood at the crossing of two paths, and reflected them. But as you looked into the globe you could see not only the flowers and trees and plants which grew there, but also the different orders from which they had been derived in time past.

"It was very much like a lesson in progressive botany, such as might be given on earth and deduced from the fossil plants of geology. But here we saw the same plants alive and growing, and all the species of them from the original parent down to the present representative of the same family." (5)

Was the globe simply a static display, so to speak? No, the children were encouraged to project their knowledge of the plant's development into the future. The results can be amusing.

"We learned that the task set for the children was: to consider this progression up to this particular plant or tree or flower actually growing in that garden and reflected in the globe, and then to try to construct in their minds the further and future development of that same species.

"This is excellent training for their mental faculties, but the results are usually amusing. It is the same study which full-grown students are also at work upon in other departments here, and is put by them to a practical end. One of them thought it would be a useful method to help the children to use their own minds, and so constructed the ball for their especial use.

"When they have thought out their conclusion, they have to make a model of the plant as it will appear after another period of evolution, and fearful and wonderful some of those models are, and as impossible as they are strange." (6)

Children build through the creative power of thought. They're encouraged to create their own homes and gardens.

The children ... are encouraged to develop their individuality and take great pride in the creation of their own little houses and gardens. These remain in being just as long as they give satisfaction.

"But they are constantly replaced or altered, according to the desire of their creators. Thus we have an ever-shifting scene of kaleidoscopic colour for children quickly tire of their creations and are eager to replaced them with others.

"Just as on earth, children are eager to imitate the ideas of others, so for a time it may become the craze to live in wigwams and smoke pipes of peace. Accordingly the children devise appropriate costumes and head-dresses and games in pursuit of this idea, the woods being dotted with little Red Indian settlements and whooping bands." (7)

Let's continue our look at elementary education and then go on to examine centers of higher learning.

Footnotes

(1) "What will Education be Like on Nova Earth?" December 15, 2019, at <https://goldenageofgaia.com/2019/12/15/304980/>

(2) An out-of-body experience in 1977.

(3) Phyllis McLean in Lesley May, med., *Letters from Mother. A Family Biography in Two Worlds*. Ed. Edmund Bentley. London: Psychic Press, 1964, 89-90.

(4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon.

(5) G. Vale Owen's mother in Owen, medium, *The Life Beyond the Veil. Book I: The Lowlands of Heaven*. New York, 1921, 92-3.

(6) Ibid., p. 93.

(7) Phyllis McLean, *ibid.*, 88.

Education on Nova Earth – Part 2/5

December 28, 2019

<https://goldenageofgaia.com/2019/12/28/education-on-nova-earth-part-2-5/>



(Continued from Part 1, yesterday.)

Children on the higher astral planes are not forced into a numbing conformity or a path that fulfills their parents' wishes for them, Phyllis McLean tells us:

"[Children] are not influenced by the selfish desires of others to force them onto an uncongenial path, as so often happens on earth, when parents or guardians often endeavour to fulfil their own ambitions or retrieve lost opportunities through the lives of others.

"Here, the individuality of the soul is recognized and children are encouraged to make their own decisions. In this way, they achieve fuller development because they open their minds to the forces of inspiration without becoming clouded, of confused by the conflicting desires and emotions of others." (1)

Consequently education is not tedious, as it can be on our plane of existence.

"Education is not the tedious affair it is on Earth. Knowledge is absorbed without undue effort. The mind retains the impression it has received. You would be amazed at the extent of the knowledge of quite small children on this sphere. Yet they are in no way precocious. Laughter and happiness are the keynote of this life for the children are one with the spiritual forces of nature, which they know and understand. (2)

The young often surpass the old in mental agility and creativeness, she tells us.

"Their creative ability far surpasses that of adults for they have the necessary faith in their creations and require very little help or direction in their moulding of spiritual matter. The result may not always be perfect, according to architectural standards, but it is certainly picturesque and colourful. Towers and turrets are popular on houses. These are often placed at precarious angles, but that does nothing to detract from their beauty." (3)

Centers of Higher Learning

We've looked at elementary education. What does higher learning look like on the astral plane? Betty Bethards' source tells us:

"There are enormous libraries, universities, every type of creative outlet or knowledge all throughout history. Anything which the soul seeks to know, it can learn. All one has to have is the desire to learn and the belief that he can accomplish this." (4)

Mike Swain provides more details:

"When you want to study the law and learn how it operates, you go to the Hall of Logic. There are many Halls of Knowledge and Wisdom here. You can go to any university you choose, though the lectures are all very informal; you discuss the subject with the lecturer, face to face. You can stay all day if you like; except that that could be forever, because we have no day or night here!" (5)

Teachers are always readily available, Judge David P. Hartch reports:

"There are teachers here who stand ready to help anyone who wishes their help in making real and deep studies in the mysteries of life - the life here, the life there, and in the remote past." (6)

Study is unregimented and individualized, Mgr Robert Hugh Benson informs us:

"The school was very comfortably arranged; there was, of course, no hint of regimentation. Each student followed his own course of study independently of anyone else.

"He seated himself comfortably, or he went into the lovely gardens without. He began when he wanted, and he finished when he wanted, and the more he dipped into his studies the more interested and fascinated he became. I can speak from personal experience of the latter, since there is much that I have studied in the great library since my introduction to it." (7)

These teachers, Claude Kelway-Bamber tells us, often come down from higher dimensions to teach, much like the Company of Heaven is doing with us (but in form).

"I know these things definitely; they are not my ideas, or 'impressions,' for I am taught them by teachers and guides from the higher spheres." (8)

The higher colleges are not only open to those who've departed the Earth. Incarnated students also attend them at night. Nicola Tesla is an example:

"Every night for a long period of time I would leave my body while I was asleep and go to classes on the inner planes. I would participate in actual experiments in actual laboratories, attend lectures which would add to my understanding of the phenomena and principles of electricity, and then come back to Earth and wake up.

"I often did not have an immediate recollection of what I had done, but I knew even then that I had an enriched ability to make sense of problems. I had answers to questions that had been on my mind the previous day. I had new perspectives, new solutions, and new projects to work on." (9)

Moreover, after his transition, he himself became a teacher in one such university, teaching electricity to incarnated students at night:

"I teach in a sort of Electrical College on the inner planes. I instruct many people while they are out of their bodies at night. They do not remember this instruction consciously, but the information is placed in their minds and, at the right time, they are able to use it." (10)

Tomorrow let's look at some of the teaching aids on this higher plane. What constitutes a book on the astral plane, for instance? What might we find in a museum?

(Continued in Part 3, tomorrow.)

Footnotes

(1) Phyllis McLean in Phyllis McLean in Lesley May, med., *Letters from Mother. A Family Biography in Two Worlds*. Ed. Edmund Bentley. London: Psychic Press, 1964, 91-2.

(2) Ibid., 92.

(3) Ibid., 89.

(4) Unnamed spirit teacher through Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975, 22.

(5) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 25.

(6) Judge David P. Hatch, Elsa Barker, medium, *Letters from a Living Dead Man*. Mitchell Kennerly, 1914, Letter XVI.

(7) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 54.

(8) Claude Kelway-Bamber in L. Kelway-Bamber, ed., *Claude's Book*. New York: 1919. Downloaded from <http://www.spiritwritings.com/claude1.pdf>, 18 Feb. 2008, 74.

(9) "Nicola Tesla Returns" in Robert R. / Leichtman, M.D., *From Heaven to Earth: The Hidden Side of Science*. Atlanta, GA: Ariel Press, 1992; c1979, 49-50.

(10) Ibid., 43.

Education on Nova Earth – Part 3/5

December 29, 2019

<https://goldenageofgaia.com/2019/12/29/education-on-nova-earth-part-3-5/>



(Continued from Part 2, yesterday.)

Astral Books

What constitutes a book on the higher astral plane?

"There are books," an anonymous communicator reveals, "but of quite different kind from yours." (1)

Mary Bosworth explains the difference between an earthly and an astral book:

"We have books, or the spirit counterpart of books. They are composed of etheric substance, but can be read by spirit sight, and enjoyed by the students and teachers here. They are not quite as Earth books are, but are still something within the touch and sight of spirit, and can be read at any time.

"How could we store up the histories of worlds or the progress of other planet life if we only saw the present? Our teachers of history are

wonderful in their learning and their memory, but they prepare the lessons given to others from the books that are within the reach of all in the libraries here." (2)

These books are constructed by creative thought and without labor, as medium Charlotte Dresser's father describes:

"It is all so intangible to your way of expression, I do not know that I can describe it. But ... if you can think of thought expressing itself almost simultaneously, flashing itself on pages, perhaps you can get an idea of the way books are formed.

"There are such great minds here, and the greatest of earth's writers find their powers so exalted and so easily expressed, that books may appear without labor." (3)

Monsignor Benson describes the the mental process of creating a book:

"The method of reproduction here is wholly a process of the mind, as with all else, and author and printer work together in complete harmony. The books that result from this close cooperation are works of art, they are beautiful creations which, apart altogether from their literary contents, are lovely to look upon. ...

"The books thus produced are not dead things that require a concentration of the whole mind upon them. They live just as much as the paintings we saw were living. To pick up a book and begin reading 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 hand by the reader, instantly responds, in very much the same way as the flowers respond when one approaches close to them." (4)

The books on the astral plane, however, are not the self-serving accounts of people trying to ensure their place in history. They are what Mgr Benson called "the blunt naked truth":

"I have made another discovery that for the first time left me astounded. I found that side by side with the statements of pure fact of every act by persons of historical note, by statesmen in whose hands was the government of their countries, by kings who were at the head of some of those countries, side by side with such statements was the blunt naked truth of each and every motive governing or underlying their numerous acts - the truth beyond disputation.

"Many of such motives were elevated; many, many of them were utterly base; many were misconstrued; many distorted. Written indelibly upon these spirit annals were the true narratives of thousands upon thousands of human beings, who, whilst upon their earthly journey, had been active participants in the affairs of their country. Some were victims to others' treachery and baseness. None was spared, none omitted. It was all there for all to see - the truth, with nothing extenuated, nothing suppressed.

"These records had no respect for persons, whether it be king or commoner, churchman or layman. The writers had just set down the veridical story as it was. It required no adornment, no commentary. It spoke for itself. And I was profoundly thankful for one thing - that this truth had been kept from us until such time as we stood where we were now standing, when our minds would, in some measure, be prepared for revelations such as were here at hand." (5)

Not telling the truth on the astral pLane is impossible and therefore useless, he tells us.

"Who ... writes the book of truth in spirit? The author of the earthly volume writes it - when he comes into the spirit world. And he is glad to do it. It becomes his work, and by such he can gain the progress of his soul. He will have no difficulty with the facts, for they are here for him to record, and he records them - but the truth this time! There is no need to dissemble - in fact, it would be useless." (6)

Tomorrow let's take a stroll to a higher-dimensional "museum" and travel back in time....

(Continued in Part 4, tomorrow.)

Footnotes

(1) Unnamed spirit communicator in Sir Arthur Conan Doyle, *The Spiritualist's Reader*. London: Psychic Book Club, 1955; c1924, 54.

(2) Medium Charlotte Dresser's spirit control Mary Bosworth in Dresser, medium, and Fred Rafferty, editor, *Spirit World and Spirit Life*. Los Angeles: Rafferty, 1922, 76-7.

(3) Medium Charlotte Dresser's father, *ibid.*, 76.

(4) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 49-50.

(5) *Ibid.*, 48.

(6) *Ibid.*, 50.

Education on Nova Earth – Part 4/5

December 30, 2019

<https://goldenageofgaia.com/2019/12/30/education-on-nova-earth-part-4-5/>



(Continued from Part 3, yesterday.)

Astral Museums

Astral museums are very, very different from earthly museums, Mgr Benson suggests.

"Earthly museums are rather cheerless places. They have an aroma of mustiness and chemical preservatives, since their exhibits have to be protected from deterioration and decay. And they have to be protected from man, too, by uninspiring glass cases. But here there are no restrictions.

"All things within these halls are free and open for all to see and hold in the two hands. There is no mustiness, but all the beauty of the objects themselves sends out many subtle perfumes, while the light of heaven streams in from all quarters to enhance the glories of man's handicrafts.

"No, these are no museums; very far from it. They are temples, rather, in which we spirit people are conscious of the eternal thanks that we owe to the Great Father for giving us such unbounded happiness in a land of which so many upon earth deny the reality." (1)

I was always fascinated with the description, from G. Vale Owen's mother, of the way a globe of the Earth could almost come alive. And even historical scenes would come into view.

Let me cite that description at some length:

"The globe slowly left the pedestal, or pivot, or whatever it rested on and began to float out from the wall.

"As it approached the centre of the space it entered the blue mist and immediately on contact began to enlarge until it became a great sphere glowing with its own light and floating in the blue space. It was exceedingly beautiful. Slowly, very slowly, it revolved on its own axis, evidently in the same way the earth does and we were able to see the oceans and continents. These were flat patterns, like those on the terrestrial globes used on earth. But as it revolved they began to assume a different aspect.

"The mountains and hills began to stand out and the waters to sway and ripple: and presently we saw minute models of the cities, and even details of the buildings. And still more detailed grew the model of the earth till we could see the people themselves, first the crowds and then the individuals.

"This will be hard for you to understand, that on a globe of some perhaps eighty to a hundred feet in diameter we are able to see individual men and animals. But that is part of the science of this institution - the enabling of these details being seen individually.

"Still more distinct grew these wonderful scenes, and, as the globe revolved, we saw men hurrying about the cities and working in the fields. We saw the wide spaces of prairie and desert and forest and the animals roaming in them. And as the globe slowly circled we saw the oceans and

the seas, some placid and the others tossing and roaring, and here and there a ship. And all the life of Earth passed before our eyes....

"Soon the scenes began to change on the revolving sphere and we were taken back thousands of years of the life of the Earth and the generations of men and animals and plant life which had been from the present to the ages when men were just emerging from the forest to settle in colonies on the plains. ...

"When we had satisfied our eyes for a while, the globe gradually became smaller and smaller and floated back to the niche in the wall and then the light faded out from it and it looked like an alabaster carving, just as we had seen it at first, set there as an ornament." (2)

Moreover, displays of animals could "come alive:" and even become transparent, according to her.

"The animals about the walls were also used for a like purpose. One would be vivified by these powerful rays and brought into the centre of the hall. When so treated it could walk of itself like a live animal, which it was temporarily and in a certain restricted way.

"When it had ascended a platform in the centre space, then it was treated with the enlarging rays - as I may call them, not knowing their scientific name - and then with others which rendered it transparent and all the internal [organs] of the animal became plainly visible to the students assembled.

"Then it was possible to bring over the living model a change so that it began to evolve backwards- or should I say 'involve'? - towards its simpler and primal state as a mammal, and so on. The whole structural history of the animal was shown in that life-like process. ...

"Also it was possible for any student to take charge and continue the development according to his own idea and this not of the animals alone, but of the heavenly bodies and also of nations and peoples, which are dealt with in another hall, however, specially adapted to that study." (3)

Tomorrow let's look at the so-called temples of learning

(Concluded in Part 5, tomorrow.)

Footnotes

(1) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 51-2.

(2) The mother of G. Vale Owens quoted in Air Chief Marshal Lord Dowding, *Many Mansions*. London, etc.: Rider and Co., n.d., 57-8.

(3) The mother of G. Vale Owens quoted in Lord Dowding, *ibid.*, 57-9.

Education on Nova Earth – Part 5/5

December 31, 2019

<https://goldenageofgaia.com/2019/12/31/education-on-nova-earth-part-5-5/>



Credit: Jonathan Wiltshire

(Concluded from Part 4, yesterday.)

Temples of Learning

Ethel Mclean describes the structure and workings of a temple of learning - the Lodge of the Golden Lotus - as distinct from a more formal university such as Tesla attended. Let me cite her description at some length:

"There is one particularly beautiful temple where we frequently attend lectures, which are conducted by very advanced beings from a higher sphere. I use the word 'lectures,' yet there is no vocal delivery, as you

would understand it. I will try to give you an account of what actually takes place.

"It is, as you have guessed, the *Lodge of the Golden Lotus*, where Donald spends so much of his time, and this temple is, we are told, a reflection from the Spheres of Light. It has been created in meditation by those in this sphere who are attuned to the Brotherhood of Light.

"Its great golden dome dominates the landscape and, when power is being poured down to it from the higher spheres, its surrounding courtyard and beautiful gardens appear to have been dipped in pure gold. The cherished 'temple flowers' have a golden hue, as Donald has often told you, and give off an exquisite perfume.

"There are no organized meetings or services in this temple, as there are in the orthodox churches here. Anyone is at liberty to seek its sanctuary for meditation at any time and it is never empty; in fact, whenever we go, it is packed to capacity.

"The earnest thoughts of those who seek enlightenment attract the attention of the Masters who come to give their aid and encouragement. These visitors are not always visible to the congregation, though they are, sometimes, seen by some and not by others. But their presence is invariably felt by all.

"These teachers have the ability to contact the individual thoughts of the seekers and, from them, build up a theme of instruction which brings enlightenment to the whole audience. ... This temple is also a great powerhouse for directing enlightenment to the earth." (1)

"There are many centres of radiation on your earth that are sustained by the power from this beautiful temple of pure thought; their influence is gradually spreading, as more and more people open their minds to the outpouring of Divine Wisdom." (2)

The possibilities in the higher planes are endless, Ethel says:

"There are many here who devote their entire energies to learning. There are so many fascinating branches of study to which one's time can be devoted and we are taught that our efforts here open up new fields of progress for the earth as well." (3)

Furthermore, as her daughter, Phyllis McLean, notes, "education is not the tedious affair it is on earth. Knowledge is absorbed without undue effort. The mind retains the impression it has received." (4) This is very different than on Earth where much is forgotten the moment one leaves the lecture hall.

By the time one reaches the Seventh Dimension or Christ Sphere, angels and archangels begin to appear as teachers, according to John Heslop, a resident of the Seventh.

"The angels and archangels who minister directly to God through eternity have attributes and powers quite beyond finite understanding. To them are committed the behests of the Divine Father. These behests are then passed down from one High Intelligence to another, till they reach us in the Christ Sphere. By us they are communicated to various unfolded worlds.

"Angels from more exalted spheres frequently visit the Holy Temple [in the Christ Sphere] to instruct us." (5)

I could go on. But my purpose is just to whet the appetite to learn more of education in these miraculous settings so that we can know where to seek inspiration from in our own endeavors to discover new educational approaches for Nova Earth.

Footnotes

(1) Ethel McLean in Lesley May, med., *Letters from Mother. A Family Biography in Two Worlds*. Ed. Edmund Bentley. London: Psychic Press, 1964, 42.

(2) Ibid., 43.

(3) Loc. cit.

(4) Phyllis McLean in *ibid.*, 92.

(5) John Heslop through F. Heslop, medium, *Speaking Across the Border-Line. Being Letters from a Husband in Spirit Life to His Wife on Earth*. London: Charles Taylor, 9th ed., n.d., 97.

Mapping the Higher Dimensions - Part 1/2

Aug. 16, 2011

<https://goldenageofgaia.com/2011/08/16/mapping-the-higher-dimensions/>



Imperator (Prophet Malachi)

When writing *New Maps of Heaven* I found that mapping the higher dimensions was a very difficult process. Many observers used representational schemes that did not match up. Many planes did not have distinct borders or had transitional zones. Words failed spirits who wanted to describe some higher dimensions and others were prevented from saying things about the sacred higher spheres.

On and on the difficulties went making the task of creating a cartography of the planes of life above 3D complicated and the representational schemes of others difficult to compare.

Discrepancies Among Representational Schemes

Some commentators use a representational scheme that features seven planes, as Mike Swain attests to here: "There are seven planes of existence and each plane is more positive than the one below it." (1)

Others use a representational scheme that uses many times seven, as Emperor does, through medium Stainton Moses: "Emperor described the earth as the seventh sphere, with six below it, seven above (spheres of work and probation: progressive spheres) and seven beyond (spheres of contemplation)." (2)

Some see nine planes, as Donald Macleod did: "There are nine planes of spirit, dominated by the high spiritual powers." (3) Others see twelve or more, as A. Farnese tells us.

"I have heard the spheres divided differently by different spirit teachers. ... Some will tell you there are seven spheres and that the seventh means the heaven spoken of in the Bible; others say there are twelve spheres; others again extend the number." (4)

Some refer to Astral planes and some to Hindu or Theosophical terms like Kamaloka ("Astral Planes" and "Kamaloka" are the same thing). Stewart Edward White says that "I am informed [that] almost everyone here is used to the Theosophical set of labels." (5) That was then. I don't think it may be so now.

Words Cannot Describe

Another difficulty encountered is that the higher one goes in the planes or dimensions, the more refined is the vibration so that it becomes difficult for discarnate people in the lower spheres to say very much about the higher, as Psychical Research Society founder Frederic Myers explains from the spirit planes:

"There never has been and never will be an incarnate or discarnate being who has complete and certain knowledge of the realm of 'Divine Things.' For, even if he were capable of expressing the whole truth, yet he may not utter it for there is no language created by finite minds which can convey a clear and whole conception of God and universal life." (6)

If we rely on incarnate clairvoyants, like Charles Leadbeater and Annie Besant for instance, we find that their ability to actually go up and investigate the higher realms of Jacob's ladder of consciousness, no matter how advanced they are, is also limited.



Frederic Myers

Beings in higher-dimensional states say that they find it difficult to translate what they see into terms we'd understand, as Claude Kelway-Bamber suggests:

"I know you sometimes find it very difficult to follow my explanations, and I find it difficult to explain, for our experiences are limited, and language is limited and is inadequate to express spiritual things." (7)

"I understand why spirits don't return and give more about the 'make-up' of the spirit-world in a scientific way. There is so much that is so difficult to put into words at all, especially to have to imprint on another person (who is still in the limitation of the physical body—the medium) that which to us is a great shining light—the truth.

"We feel it, we move in it, we breathe it; but it's too great and vast a thing to explain in an hour or so, for no sooner do I start to explain one phase, than I find it leads me to have to explain another, and then another, and so on." (8)

Arnel expands on the difficulties.

"There is another aspect of this Sacrament we will treat of at this time, but with brevity. For it were not of any use to endeavour to give you a full account of its significance.... You would not understand our words that we should use, and there are none of your own which would serve us. This thing reaches far beyond where tongues of earth are remembered, and is spoken of, in its inner mystery, only in those forms of language proper to the Spheres far removed in sublimity, and near that of the Christ." (9)

Some are prevented from talking about higher spheres, which are regarded as too holy to be described in profane words. Here is John Heslop on planes above the Christ Sphere, in which he lives: "Beyond the seventh sphere there are other celestial states, but of these I cannot speak." (10)

We know from our own studies that galactics on higher dimensions are invisible to us though they can see us. This situation illustrates how we may find it hard to know about them, though the same is not the case in reverse.

All of these factors mean that dimensional cartographers have a great deal of difficulty mapping out the higher planes of life.

(To be concluded in [Part 2.](#))

Footnotes

(1) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977., 77.

(2) Stainton Moses, *More Spirit Teachings*. Electronically published by Meilach.com. <https://www.meilach.com/spiritual/books/morest/mspteach.htm>, 17.

(3) Donald Macleod in HT, 12.

(4) A. Farnese, WSL, <https://www.sacred-texts.com/eso/wsl/wsl14.htm>.

(5) Stewart Edward White in Robert Leichtman, *The Psychic Perspective*. Columbia: Ariel press, 1978, 213.

(6) Frederic W.H. Myers through Geraldine Cummins, medium, *Beyond Human Personality*. Downloaded from <https://www.trans4mind.com/spiritual/cummins/cummins2.html>, n.p.

(7) Claude Kelway-Bamber in L. Kelway-Bamber, ed., *Claude's Book*. New York: 1919. Downloaded from <https://www.spiritwritings.com/claude1.pdf>, 18 Feb. 2008, 41.

(8) Ibid., 70-1.

(9) Arnel in G. Vale Owen, G. Vale Owen, medium, *The Life Beyond the Veil. Book III: The Ministry of Heaven*. New York, 1921, 92.

(10) John Heslop through F. Heslop, medium, *Further Messages Across the Border-Line. A Continuation of "Speaking Across the Border-Line."* London: Charles Taylor, n.d., 10.

Mapping the Higher Dimensions - Part 2/2

Aug. 17, 2011

<https://goldenageofgaia.com/spirituality/life-death/mapping-the-higher-dimensions-part-22/>

(Continued from [Part 1.](#))



Silver Birch

No Fixed Boundaries Between Dimensions or Planes

Added to the problem is that fact that dimensions do not have fixed boundaries as we might expect and may even have transitional zones which are in effect mini-dimensions.

As Archangel Michael reminds us, "there is no firm demarcation between dimensions, for they ebb and flow in a wave pattern and interpenetrate each other to a certain degree." (1) A. Fareense elaborates:

"It is not very important that [the planes] should be all divided by the same standard, since these divisions are very similar to mapping out a country where the boundaries melt so imperceptibly into one another that it is not very essential to have the limits defined with perfect exactitude, since the

changes in the countries and the people will of themselves mark their different states as you progress on your journey." (2)

Spirit guide Silver Birch explains that "the astral world is part of the world of spirit. It is one life in many varying grades, from the lower reaches to the highest stages. It is not divided into watertight compartments." Describing it to Third-Dimensional beings is hard, he says: "We have to give you terms that you can understand." (3)

When people take a walk to another plane of existence, they find the planes shading off into each other. Here Arnel describes how the landscape changes gradually as he approaches the dark planes.

"So we took the path downwards and, as we went, the gloom became more gloomy and the chill more full of fear. But we knew we went to help and not to fear aught and so we did not hesitate in our steps, but went warily." (4)

On various occasions, Monsignor Robert Hugh Benson descended into the lower planes and testifies to how the gradation is gradual.

"When one draws near the boundaries of the lower realms, the pavements become heavy in appearance, they begin to lose their color until they look leaden and opaque, and they have the semblance of extreme solidity – almost like the granite of the earth-plane." (5)

"When we paid our visit to the boundary [between the Summerlands and the Lower Planes], we made our way there directly and rapidly, and we had no consciousness of the intermediate states through which we passed. ... Had we made our progress slowly we should have perceived the gradual decline of all those pleasant and enjoyable features that constitute the heaven of this realm." (6)

"As we proceed slowly from our own realm towards these dark lands, we shall find a gradual deterioration taking place in the countryside. The flowers become scanty and ill-nourished, giving the appearance of a struggle for existence. The grass is parched and yellow, until, with the last remnants of sickly flowers, it finally disappears altogether, to be

superseded by barren rocks. The light steadily diminishes until we are in a grey land." (7)

"The light steadily diminishes until we are in a grey land, and then comes the darkness – deep, black, impenetrable darkness; impenetrable, that is, to those who are spiritually blind." (8)

"The light rapidly dwindled, dwellings were fewer and fewer, and there was not a soul to be seen anywhere. Great tracts of granite-like rocks stretched out before us, cold and forbidding, and the 'road' we followed was rough and precipitous. By now, darkness had enshrouded us, but we could still see all our surroundings perfectly clearly." (9)



Monsignor Robert Hugh Benson

Here Julia Ames explains that lack of clearly-demarcated borders:

"Heaven shades off into Hell, Hell shades off into Heaven. Hell shades off to heaven by a million imperceptible gradations. Between the two there is

no great gulf fixed.... For the Borderland which divides the two is crossed by innumerable paths." (10)

Moreover some places are really transitional zones rather than discrete planes. The best-known transitional zone is the Borderlands, etheric planes, or "Blue Island," as William Stead called it, where we go to rest and relax before travelling on to our destination in the Astral Planes. (11) Here Raymond Lodge calls it the "Vestibule."

"The purpose of the time spent in the vestibule is to give the transition from the outer planes to the inner planes more continuity. Even though any given person lives more of his lifetime on the inner planes than on the physical, the transition of death is still very abrupt. It can be almost as frustrating as the transition involved in entering the physical plane; in that case, the frustration is being unable to function as you've been used to because you are now a tiny baby.

"But in the transition at the time of death, the vestibule experience permits you to continue your patterns of thought about life and afterlife – until you begin to see that these beliefs are all made out of tissue paper and smoke, as it were." (12)

This lack of fixed boundaries and the existence of transitional zones further complicates the mapmaker's work.

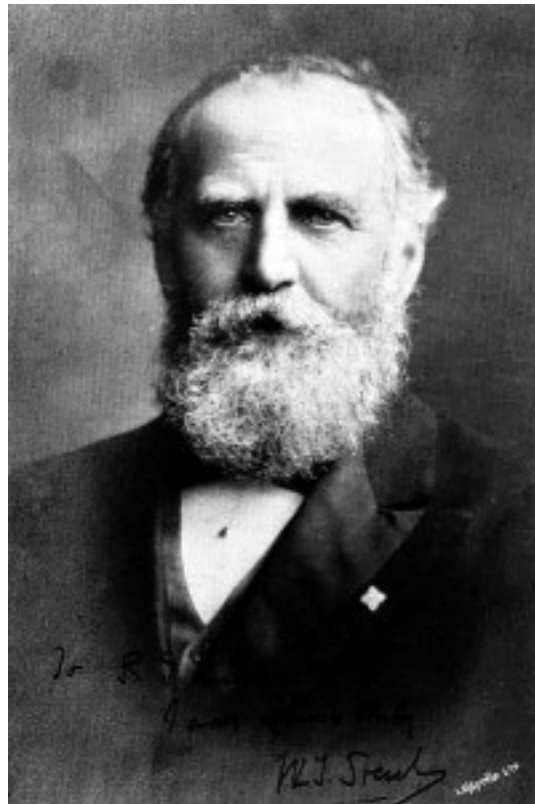
Willingness to Communicate

Another complicating factor for the dimensional cartographer is that higher-dimensional beings may only be willing to communicate with us while they are in planes closest to our own. That means that we may not often hear the testimony of beings from the higher regions.

Most spirit communicators communicate with the Earth during their stay on the Astral Planes (Fourth Dimension). By the time they reach the Mental Planes (Fifth Dimension), they've settled into life there and are much less interested, or not interested at all, in communicating with us. So the people in higher dimensions may not send us back the information we need to know about the higher planes. Julia Ames describes how this situation comes to be:

"It is with us as with immigrants to my former country. When they arrive their hearts are in the old world. The new world is new and strange. They long to hear from the old home and the post brings them more joy than the sunrise. But after a very little time the pain is dulled, new interests arise, and, in a few years, sometimes in a few months, they write no more.

"With us here the change is even more rapid. For the new life is more absorbing and the survivors constantly recruit our ranks. When the family circle is complete, when those we loved are with us, why should we trouble to communicate? The whole planet with its 1,500,000,000 inhabitants is full of strangers, our life lies on our own plane." (13)



William Stead, spiritualist and medium for Julia Ames

By a similar process, those who move on to the Buddhic and Nirvanic Planes have almost no interest in communicating with us unless they are instructed to as part of a divine mission. Imperator speaks of spirits passing "beyond the sphere whose

denizens operate directly with man." (14) After his work with Stainton Moses was complete, Imperator says he would pass into one of those spheres:

"I come from the seventh sphere to work out the will of the Almighty; and, when my work is complete, I shall return to those spheres of bliss from which none return again to earth. (15) But this will not be till the medium's work on earth is finished, and his mission on earth exchanged for a wider one in the spheres." (16)

Can't Name all the Planes or Dimensions

Therefore, we 3D humans can't name very many planes. And we can't set out to corroborate or disqualify those names. Climbing the ladder of dimensions is not like flying to France. We're not able to visit higher dimensions unless special precautions are taken and even then we can't go very high.

Michael Tymn, editor of a spiritual magazine, interviewed me in 2008 and asked me if I could name all the planes of life.

Michael: "How many planes are there? Can you name them all?"

Steve: "No, I cannot name them all. No classification scheme I've seen so far takes them all in - not those of the Theosophists or the Rosicrucians or anyone else. A comprehensive map would have to include the Buddhic and Nirvanic Planes, the two planes above them that the Theosophists refuse to discuss, and the realms of the Manus, Buddhas, Builders, and Lipikas that Annie Besant mentions in the *Ancient Wisdom*, as well as the nine orders of angels. No cartographical scheme that I've seen shows where they all fit in or even names (or numbers) them in a consistent manner.

"Most descriptions go no farther than the Second Heaven or second subplane of the Mental Plane. There may very well be no words to describe higher planes even if they were named or numbered.

"Moreover, there are no maps that I am aware of that also include the life streams parallel to but independent of humans, such as fairies, sylphs, etc. I have not concerned myself with these or, for that matter, with the

spiritual planes that are associated with life forms on other planetary and star systems. (Yes, they exist as well.)

"Not only can I not name all the planes, but I am faced with a plethora of names which appear to point to the same region while lacking spirit confirmation that they actually do. Thus, the Borderlands are called the Near-Earth Plane, Kamaloka, Hades, Purgatory, the Vestibule, and the 'Blue Island.' That would be well and good if someone like Annie Besant did not come along and extend the word 'Kamaloka' to the whole of the Astral Plane. There is frighteningly little agreement on matters of prime importance in surveying the Heavens." (17)

So annoyed did I become that I presumed to lecture the spirits in that interview:

"I know that spirits listen to us as much as we listen to them. While drawing maps, I'm also trying to convey to them the message that we need them to tighten up the process of communication. One way would be to ensure that all communicators are required to tell us specifically from which plane (and subplane) they are communicating. Location on the other side is of critical importance to us who are trying to fit the pieces together.

"I also ask the help of spirit teachers in correlating the different terminologies that spirits currently use. For example, I don't know what planes names like the 'Christ Sphere' or 'Empyrean Plane' refer to or how they correlate to numbering systems like 'the seventh plane,' etc. ...

"In my view it's time to pick up the pace and get serious about cross-border communication. We've passed through the evidential phase quite some time ago, without having necessarily moved to much more intensive communication. I'm saying that the time has now arrived to begin the next phase." (18)

And of course it *is* time to get serious about cross-border communication and, with Ascension, we'll not only do that but we'll get serious about intergalactic communication as well.

Footnotes

- (1) Archangel Michael, Sept. 27, 2009, through Ronna Herman, <https://www.ronnastar.com/latest.html>.
- (2) A. Farnese, *ibid.*
- (3) Silver Birch, *Silver Birch Anthology*. Ed. Wm. Naylor. London: Spiritualist Press, 1974; c1955, 58.
- (4) Arnel in LBV3, 170, quoted in Dowding, MM, 61.
- (5) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 108.
- (6) *Ibid.*, 62.
- (7) *Loc. cit.*
- (8) *Loc. cit.*
- (9) *Ibid.*, 134.
- (10) Julia [Julia T. Ames] through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914., 167-8.
- (11) William Thomas Stead, *The Blue Island. Experiences of a New Arrival Behind the Veil*. Estelle W. Stead and Pardoe Woodman, eds. London: Rider, n.d.
- (12) Raymond Lodge in Robert R. Leichtman, M.D. through medium D. Kendrick Johnson, *Sir Oliver Lodge Returns*. Columbus: Ariel Press, 1979, 68.
- (13) Julia Ames, *ibid.*, 175-6.
- (14) Spirit leader Emperor in Moses, MST, *ibid.*, 63.
- (15) Spirit leader “Emperor” (Malachi) speaking through Stainton Moses. *Spirit Teachings*. London: Spiritualist Press, n.d. (Prior to 1883), 22.

(16) He means that he will no longer need to reincarnate on Earth, which shows how high that dimension must be (if only I knew what the Eighth Sphere was!). But it is also a dimension from which most spirits no longer communicate with Earth.

(17) "No Humdrum Heaven, No Hellfire Either, Says Afterlife Cartographer," April 9, 2008, at at <https://www.angelfire.com/space2/light11/humdrum1.html>.

(18) Loc. cit.

Heaven, Hell, and Ascension in the Afterlife – Part 1/2

June 15, 2021

<https://goldenageofgaia.com/2021/06/15/heaven-hell-and-ascension-in-the-afterlife-part-1-2/>



All dimensions have subdimensions. Let me rephrase that using the language of the afterlife rather than that of the Company of Heaven.

Every plane has its subplanes. The only plane I'm familiar with is the astral plane, from my study for *New Maps of Heaven* (NMH). I don't consider that brief glimpses of the higher planes make me an "expert."

There's no agreement on nomenclature in the afterlife. What I'm giving here is what I used for NMH.

The differences in subplanes reflects the density of vibration. If we feel ourselves getting heavier, colder, coarser in every way, then we're heading towards the Dark Plane. If we feel ourselves getting lighter and more loving, we're heading towards the Higher Summerlands.

Moreover, there is no fixed line between subplanes. As Arnel says:

"Each sphere as you progress is blended into the next by a kind of borderland. So there is no shock to those who pass from one to another. Albeit, you will mark that each sphere is distinct in itself. Nor is the borderland between two spheres a neutral land. It partakes of the qualities of both. There is, therefore, no void, but a very real and continuous gradation all the way." (1)

What we think of as hell is really a very dark, dense, and cold place, as I understand it, called the Dark Plane or the Winterlands. It's the home of mass murderers, torturers, assassins, and other very malicious people.

Spirits from higher planes are constantly ministering to these souls to awaken the light in them, at which point they begin their movement out of darkness. (2)

The next higher plane - think of it as a different continent - is the Stony Plane, which is desolate. It'd be like living in a desert, without any amenities. But it would be warmer than the dark planes, with more light. (3)

The next higher would be the Lower Summerlands. They stretch all the way from the crudity of an Elizabethan pub to the decent family life of most people - very bearable, nice garden, delightful neighbors, plants that always bear fruit, etc. (4)

The Higher Summerlands are the launching ground for what? Yes! Ascension to the Mental Plane, our Fifth Dimension. (5)

Here the people are more than friendly. They're enquiring. They're contemplating. They're gathering in the groves of academe and the operating theaters and the orchestra pits and producing deep research and inspiring works.

What the Christian Fathers of old thought of as heaven we would today call the Mental Plane or Fifth Dimension. Occasionally a member of the group confides that they feel the transition to that higher plane coming.

Why not give an example? T.E. Lawrence recorded the Ascension of Dr. G, which I can take from *New Maps of Heaven*.

That quote is large enough to merit a separate post tomorrow. (See below.)

Remember: Our body goes with us; it's not the same for Dr. G, who doesn't wear a physical body.

If you're wondering how the process of Ascension could change, consider what Sri Ramakrishna tells us: "He who has made the law can also change it." (6) The Universal Law is a formalization, a concretization of the Mother's Divine Will.

She's at work changing the pattern of Ascension, blending realms, creating new ladders. As it happens, our Ascension differs from Dr. G's (and from Jesus's and from Buddha's) and whether his Mental Plane will be our Fifth Dimension remains to be seen.

(Concluded tomorrow, in Part 2.)

Footnotes

(1) Arnel in G. Vale Owen, medium, *The Life Beyond the Veil. Book III: The Ministry of Heaven*. New York, 1921, 84-5.

(2) See "The Astral Plane - The Dark Plane" at http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Dark_Plane

(3) See "The Astral Plane - The Stony Plane" at http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Stony_Plane

(4) See "The Astral Plane - The Lower Summerlands" at http://goldengaiadb.com/index.php?title=The_Astral_Planes_%E2%80%93_The_Lower_Summerlands

(5) "The Astral Plane - The Higher Summerlands" at http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Higher_Summerlands

(6) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 817.

Heaven, Hell, and Ascension in the Afterlife – Part 2/2

June 16, 2021

<https://goldenageofgaia.com/2021/06/16/321895/>



T.E. Lawrence (Lawrence of Arabia) describes an Ascension

(Concluded from Part One, yesterday.)

The Ascension of Dr. G.

"There are natural periods in our time here and ... I am approaching one of them. I could perhaps disregard the intimations and stay on here, but if I did so I should be perverting the pattern. So you see that even paradise may not be enjoyed for too long lest it thwart one's proper growth. ... I am growing old in this body and shall soon be done with it. Then I shall go on to explore this wonderful universe in another level." [Spirit whom Lawrence refers to as "Dr. G" discussing his approaching ascent to a higher plane.] (1)

Even as he spoke, ... the illumination of his wise spirit made a glory all around him and was more convincing than many words. [Not Ascension yet.] (2)

[Dr. G.] is continuing his usual work with his students and is always available to his friends but we watch the progressive concentration of his life into a glowing interior brightness. It is as though the light and warmth that normally flow out from him to bless his friends is being withdrawn and collected within so that this illumination burns through and is wasting away his outer lineaments. (3)

I had heard of this second death (4) and transition to the next sphere but my own development is as yet so imperfect that I had not given it any serious thought. Now it seems that I may be privileged to watch it happening to another. (4)

Death bears an aspect of gloom while one is on earth and cannot see beyond it, but now one can see that death [i.e., ascension to a higher plane] is a simple change of condition necessary for growth. As our present [spirit] body fulfils its purpose and is outworn the succeeding and more glorious form glows through it and a gradual metamorphosis begins which finishes in a period of unconsciousness and an awakening in a higher sphere (i.e., Ascension). (5)

The end came suddenly. I called on him and was told that he was sleeping. We stood around and watched his still form and the light which waxed and waned there. In a breathtaking second the change came. The light gathered itself together and burnt itself to a keen *thought* of light so intense and inward that we gasped and turned aside. Then it had gone and only a wraith of our friend remained which shrank away and disappeared as we watched.

We sat speechless, absorbed in the beauty and meaning of the transition. It was long before anyone broke the silence and then one said: 'I have heard that some time is needed for a spirit to get used to the new conditions, just as we needed time to adjust when we first came here, so we must not expect our friend to come to us yet. I suggest that when an interval has elapsed we should meet here again and wait and hope for his coming.' We agreed to this and went off full of thought to our various occupations. (6)

Dr. G. has kept his promise to come to us but he appeared when we were least expecting him. Some few of us were sitting quietly talking when his voice suddenly took up the parable and as we looked up, startled, we saw the outlines of a form which speedily filled in and took substance and there he was among us again.

He brought with him an exalted air and we felt his presence as a spiritual baptism, a stream of pure joy absorbed hungrily by our thirsty beings. Light and happiness glowed up in us too with the pleasure of heightened being. He stayed only a short time, made a characteristic remark about the "sordid fog" in which we chose to live and left us again. We knew how to interpret this; his finer being could only with difficulty tolerate our conditions and to try to detain him would have been unkind. (7)

As to the questions we put to [Dr. G., from a distance], they were at first mainly to do with the conditions of his new life and he did his best to describe them to us. He had the same difficulty in conveying the differences to us as I have in making our conditions clear to an earth intelligence. (8)

In the transition from plane to plane alterations in the scope of consciousness produce baffling changes in the very framework of thought; categories of space and time are radically modified so that to an unchanged consciousness, more limited in its scope, these are almost incommunicable. His world was like ours, he said, but matter was more fluid and more easily influenced by thought.

Here on this plane, as I have said before, a desire to find any person or place sets one's feet moving in the right direction; there, Dr. G. told us, transit is swifter and more independent of the time-space factor. One's movement is almost simultaneous with one's thought so that to desire to be with friends is to find oneself among them. The speed with which thought is translated into act and the lessening of material hindrances to desire is all part of the increased tempo of living and since one's body is now far lighter and more responsive, such a speed of living feels right and natural to it.

Language is less used and thought and feeling are directly and fully apprehended. Ease in all the processes of living speeds up its rate so that even the swiftness of exchange among [Lawrence's group] is to [Dr. G.] tedious and sluggish. Light, the concomitant of life and an index of its speed and intensity is far more keen and pure. Colour, he tells us, is less to be seen by the eye, but its essence is piercingly known by the spirit. So with all the joys of the senses; they are there in a purity of essence which makes all our slower, more outward enjoyment like a vague dream. We got here a swift glimpse of an entirely different way of sensing one's world: by a direct and immediate spiritual awareness of its spiritual qualities. (9)

Footnotes

(1) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman, 1964, 76.

(2) Loc. cit.

(3) Ibid., 78.

(4) Ibid., 77.

(5) Loc. cit.

(6) Ibid., 78-9.

(7) Ibid., 83-4.

(8) Ibid., 84.

(9) Ibid., 84-5.

Just for Fun on Christmas Eve

December 24, 2023

<https://goldenageofgaia.com/?p=350580>



I imagine the largest number reading this article on Christmas Eve will be, like me, "orphans." So we might as well have some fun, shall we?

Can we consider some matters of dimensionality, sitting by the fire, just for fun?

Until recently, we lived in the Third Dimension. When we left the body and passed through the Vestibule or Etheric Plane, we ended up, usually, on the Astral Plane.

(1) The Astral Plane is roughly equivalent to our Fourth Dimension minus the dense physical body.

We on Earth at this time are said to be in the Fourth Dimension. But because we're still in a physical body, you can't quite call it the Astral Plane. Linda Dillon's sources call it "the cleaned-up Third." We aren't as perceptive and sensitive as we'd be in our astral bodies because these physical bodies are non-conductive, dense. But Ascension will address that! (2)



What I just said doesn't apply to this generation, which the Mother has said is all angelic in order to make this ground-breaking Ascension happen (unlike Atlantis and Lemuria). That's a discussion that's already been had. (3)

Being angelic means we'll return to the angelic realm. Here's Michael describing how he'll return me there:

Archangel Michael: The dying piece is neither here nor there. You know that I would lift you up very rapidly and take you home, joyously. (4)

What he says to me applies to you angels as well. No need to evolve back up through the remainder of the ten dimensions; just whoosh again home.

Until this generation, folks left their bodies and went to the Astral. When they did, something interesting happened. While we're all mixed together on the Third Dimension (the only dimension on which this happens), (5) when we leave the body and transition to the Astral, we separate ourselves out.

A very, very small number, infinitesimally small are so cruel and evil that the kindest thing to do with them is a factory reset on the First Dimension. An example of one, identified by afterlife communicator Philip Gilbert, was Nazi death camp supervisor Irma Grese. (6)

A second group includes the lesser maniacs, tyrants, dictators, etc., who reside on the Dark Planes and later the Stoney Planes. As they address their unlearned lessons and rise, they pass through the Lower, Middle, and Higher Summerlands. (7)

On the Higher Summerlands, one will not run into a dictator or rapist. The Astral Planes are segregated, with the violent finding themselves in dank and dark surroundings, like old farm buildings, constantly reliving their misdeeds.

The virtuous find themselves in a setting where the plants and animals respond and communicate. Where it's always summer unless one wants to ski in the mountains. Where orchestras build beautiful sacred-geometrical structures in the air with their music. Where museums really "take you there." (8)

Oh, and I almost forgot THE most important feature. You live in an atmosphere of unending love, such that everyone you meet is your friend, whom you never snub but welcome and offer hospitality to. (9)

Even on the astral planes, the various ethnicities have their centers. But these are seen as myriad flower petals, countless representations of the One Divinity, not as "better than/less than."

The Astral Planes are like a metaphorical journey from our earliest brute beginnings (the Dark Planes) until our ultimate emergence as kindly and God-loving beings (Higher Summerland).



To wrap up, only here on the Third/Fourth Dimension of the physical world will we be obliged to face being assaulted, tortured, raped, jailed, etc. Only here.

When the Ring of Fire hits, temporarily we'll be in a higher dimension. When Ascension hits, we'll be there permanently. No longer will those who wish to harm us be able to reach us.

You're dying to get there and, now, you won't have to die to get there: One change in this brand, new Ascension is that we now lift up with our bodies.

So (I think that) living with all this ruckus and misery is only going to be asked of us for a short while longer.

Made shorter by the emergency broadcasts and all that the white hats have planned after that. But accomplished in big-brush, cosmic terms by the former two spiritual events.

Footnotes

(1) On the Vestibule, see "The Borderlands - Awakening" at https://goldengaiadb.com/index.php?title=The_Borderlands_-_Awakening and William Thomas Stead, *The Blue Island. Experiences of a New Arrival Behind the Veil*. Estelle W. Stead and Pardoe Woodman, eds. *London: Rider, n.d.*

- (2) Our bodies will be crystalline-based then, rather than carbon-based.
- (3) See *An Explosion in the Meaning of Humanness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/An-Explosion-in-the-Meaning-of-Humanness-12.pdf>
- (4) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 1, 2014.
- (5) That's what makes it so good for rapid evolution. Elsewhere there are no situations that challenge our values and behavior as much as the Third Dimension does.
- (6) See "The Suggestion that Some Spirits May Eventually Disintegrate or are 'Liquidated'" [here](#)
- (7) See "Discarnate Travellers" at https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven
- (8) See "On the Astral Planes, What Does a Museum Earth Display Show?" December 21, 2023, at <https://goldenageofgaia.com/2023/12/21/on-the-astral-planes-what-does-a-museum-earth-display-show/>

When the Storms are Stilled: Earth and Spirit Life Compared

April 3, 2011

<https://goldenageofgaia.com/2011/04/03/earth-spirit-life-compared/>



It's my belief that the Fourth Dimension is of the same vibratory frequency as the Astral Planes; the Fifth as the Mental Planes.

I thought it might be enjoyable for us to spend a few moments on the Astral and higher planes listening to residents there describe some of the differences between them and the Earth Plane.

I could write about how they don't eat, drink, sleep or breathe, to speak of. Sometimes they take food but not often. There certainly is no need to. But I'd like to get away from that kind of obvious discussion and look at some less obvious matters here. On another occasion, I'll look at the differences caused by leaving behind a physical body and emerging in our new spirit apparel.

Degrees in Heaven

One difference between physical and astral life is that on Earth we're all jumbled together but in the spirit planes we're separated out. That's what Julia Ames meant when she said “there are degrees in heaven.” (1)

Archdeacon Wilberforce explains that “we spirits are not a democracy but a hierarchy — an ordered grade of beings, ascending beyond our capacity even here to follow its upward ranges.” (2)

This isn't a concept that we may accept readily. To us, hierarchies represent class distinctions and other similar and similarly-objectionable structures that are seen as thrust upon us.

But on the spirit planes, everyone is sorted out. Those who led corrupted lives find themselves in disagreeable surroundings and those who led decent lives, whether rich or poor, honored or despised, find themselves in agreeable surroundings.

What these differing planes reflect is, as Silver Birch explained, “all humanity is at different stages of evolution.” (3) All of life is an evolution of the spirit from a position of unconscious awareness of its true identity to a position of conscious awareness. The more aware a person is of Self, the higher the plane on which they reside.

We'll encounter a similar phenomenon with Ascension, I believe. I think we think that everyone will end up on the Fifth Dimension. But I no longer believe that. I'm convinced that some will find themselves on the Fifth, some on the Sixth, some on the Seventh, etc., in much the same way that they would if they transitioned. How could it be otherwise given the nature of the higher realms?

People don't end up on the same plane there. Why would we when we ascend, given the variability of spiritual evolution? To think otherwise is to project our Third-Dimensional arrangements onto dimensions that are not Third-Dimensional.

Objective vs. Subjective



Depiction of Prophet Malachi (Imperator)

Judge David Hatch reminds us that humans in the body live objective lives whereas humans outside the body lead subjective lives.

“Now, remember that in this form of matter where I am men are living principally a subjective life, as men on earth live principally an objective life. (4)

“This use of the terms 'outer' and 'inner' may seem confusing; but you must remember that while you go *in* to come to us, we go *out* to come to you. In our normal state here we are living almost a subjective life. We become more and more objective as we touch your world. You become more and more subjective as you touch our world.” (5)

“It isn't that only the objective consciousness functions on Earth and only the subjective consciousness functions on the astral planes. It's more that

people prefer to use the objective side of the mind in Earthly life but the subjective in astral life.

“While man on earth has both subjective and objective consciousness, but functions mostly in the objective, out here he has still subjective and objective consciousness, but the tendency is towards the subjective.

“At almost any time, on composing yourself and looking in, you can fall into a state of subjective bliss which is similar to that enjoyed by souls on this side of the dividing line called death. ... When the storms and passions of the body are stilled, man can catch a glimpse of his own interior life, and that interior life is the life of this fourth-dimensional plane. Please do not accuse me of contradicting myself or of being obscure; I have said that the objective consciousness is as possible with us as the subjective is with you, but that the tendency is merely the other way.” (6)

The Astral Plane is malleable to thought whereas the Earthly plane is more obviously malleable to physical manipulation. Transport on the astral planes is by thought: Think where you want to be and there you are. Building structures, fulfilling needs, even communicating swiftly becomes all by thought on the Astral Plane. Thought is seen as subjective; physical manipulation as objective.

Increasing Impersonality

The higher we rise in the spirit planes, the more impersonal we become. “Imperator,” the prophet Malachi speaking through the Rev. Stainton Moses, describes the situation as we rise higher and higher in the spirit world.

“Learn to recognise the impersonality of the higher messages. When we first appeared to this medium he insisted on our identifying ourselves to him. But many influences come through our name.

“Two or three stages after death spirits lose much of what you regard as individuality and become more like influences. I have now passed to the verge of the spheres from which it is impossible to return to you. I can influence without any regard to distance. I am very distant from you now.” (7)

Also as we rise higher, the importance of the group increases and the importance of the individual decreases. Imperator explained the nature of some of the messages that Rev. Moses was receiving from higher sources. They could not be described so much as coming from individuals as from groups – our soul groups. Here an unnamed member of Imperator's spirit circle explains.

“In some cases the influence is not centralised; it is impersonal, as you would say. In many cases the messages given you are not the product of any one mind, but are the collective influence of a number. Many who have been concerned with you are but the vehicles to you of a yet higher influence which is obliged to reach you in that way. We deliberate, we consult, and in many instances you receive the impression of our united thought.” (8)

Gradually individuality seems to slip away. One of Imperator's circle of communicators, named Elliotson, describes his experience of Imperator.

“Some of the higher spirits have, as I know, almost lost their identity. There comes a time when the individuality is dissipated and enlarged, and becomes a centre of influence. The exalted spirit, Imperator, who directs this medium, bathes me in his influence. I do not see him, but he permeates the space in which I dwell. I have received his commands and instructions, but I have never seen him. The medium sees a manifestation of him, which is necessary in his case, not in mine.” (9)

Increasing Difficulty of Return to Earth

The reason most of our spirit communications describe the Astral is that only on the planes near Earth can spirits return to Earth and only on those planes do they want to.

Julia Ames explains the situation in one of her communications to W.T. Stead from the afterworld. Julia had been after Stead to start something he called “Julia's Bureau,” where many mediums would be available to get word to suffering relatives of what had become of their loved ones. Then gradually she stopped pushing him on the subject, finally explaining what had happened this way:

“It is with us as with immigrants to my former country. When they arrive their hearts are in the old world. The new world is new and strange. They long to hear from the old home and the post brings them more joy than the sunrise. But after a very little time the pain is dulled, new interests arise, and, in a few years, sometimes in a few months, they write no more.



“With us here the change is even more rapid. For the new life is more absorbing and the survivors constantly recruit our ranks. When the family circle is complete, when those we loved are with us, why should we trouble to communicate? The whole planet with its 1,500,000,000 inhabitants is full of strangers, our life lies on our own plane.

“Therefore, do not think that what I said of the eager, passionate longing of those on this side to communicate with you is true of any but those in the midst of whom I was when I wrote [earlier].” (10)

As spirits pass into higher realms, they cease to want to communicate with Earth-dwellers and may even find the task difficult and uncomfortable, as Elliotson explains to Rev. Moses.

“The return to earth is a great trial to me. I might compare it to the descent from a pure and sunny atmosphere into a valley where the fog lingers. In the atmosphere of earth I seem completely changed. The old habits of thought awaken, and I seem to breathe a grosser air.” (11)

Imperator found it even more difficult than Elliotson because he inhabited a higher plane.

“The higher spirits can only exist for a short time in your atmosphere, and it is often difficult for us to approach you. I myself am far away from the medium, and unable to draw nearer to him, on account of his mental and corporeal conditions. When out of health, I cannot approach him. Spirits recently passed from earth can more readily draw near to him, but we are able to influence from a distance – time and space not existing with us.”
(12)

Imperator last inhabited a body in his lifetime as Malachi and tells us that he seldom comes back to the near-Earth planes.

“I have left this earth a very long time [ago], and only returned to impress this medium. It is my mission. Very few spirits can return to earth from those distant spheres, but God has sent me for a special work.” (13)

After finishing his work with Rev. Moses, Imperator tells us that he will go to a plane from which return to the near-Earth environs will be impossible.

“After my ministry with him is over, I go whence I can never again personally return to earth. I shall only be able to influence through other spirits.” (14)

Air Chief Marshall Lord Dowding discusses how Sphere Ten is the last sphere from which spirits can return to Earth. After that, they cannot. It is impossible to know what “Sphere Ten” represents. There is no consistency among spirit numbering systems.

“Sphere Ten is also of exceptional importance because it is the highest of those from which visitors commonly come down to earth level and below. After this stage it seems that some change occurs which makes visitations and communication with lower spheres more difficult. ...

"Broadly speaking, it seems that Sphere Ten represents the limit of human comprehensions as to its conditions. Beyond Sphere Ten, as I understand,

human words are inadequate to give the remotest conception of spiritual life.” (15)

So the higher a spirit rises on Jacob's ladder of consciousness, the less likely he or she will be to communicate with Earth.

There are many more differences between life in the body and outside it. I'll continue the discussion at a future date, because knowing something of life on the Astral Plane will tell us a little bit about what life will be like for us in the Fourth Dimension, which we'll spend a little time in before going on to the Fifth.

But for now, I'll stop here.

Footnotes

(1) Julia T. Ames through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 52.

(2) “Philemon” (Archdeacon Wilberforce) in Henry Thibault, *Letters from the Other Side*. [*Letters from Archdeacon Wilberforce or “Philemon.”*] London: 1919, 28.

(3) Silver Birch, *Silver Birch's Teachings*. Located at <https://www.angelfire.com/ok/SilverBirch/Tcon.html>, n.p.

(4) Judge David Patterson Hatch (“X”), *Letters from a Living Dead Man*. Elsa Barker, med. New York: Mitchell Kennerly, 1914. Ebook downloaded from <https://www.earthlypursuits.com/LtrLDMan/LtrLDMan.htm>, 28 August 2008, Letter XXII.

(5) Judge David P. Hatch, LLDM, Letter XXI.

(6) Judge David P. Hatch, LLDM, Letter XXXI.

(7) Spirit leader Imperator in Rev. Stainton Moses, *More Spirit Teachings. Trance Teachings*. Electronically published by Meilach.com. <https://www.meilach.com/spiritual/books/morest/mst01.htm>, n.p.

- (8) Unnamed spirit teacher, member of spirit leader Imperator's group, in Rev. Stainton Moses, *More Spirit Teachings*. Electronically published by Meilach.com. <https://www.meilach.com/spiritual/books/morest/mspteach.htm>, 51. (Link no longer operative.)
- (9) Elliotson in Moses, MSTTT, n.p.
- (10) Julia Ames, AD, 175-6.
- (11) Elliotson in Moses, MSTTT, n.d.
- (12) Spirit leader Imperator in Moses, MSTTT, n.p.
- (13) Loc. cit.
- (14) Loc. cit.
- (15) Air Chief Marshal Lord Dowding, *Many Mansions*. London, etc.: Rider and Co., n.d., 59.

On the Astral Planes, What Does a Museum Earth Display Show?

December 21, 2023

<https://goldenageofgaia.com/?p=350501>



I was discussing evolution and how museum displays on the astral planes revealed much greater information than anything we have on Earth, going into the past or zooming in on the present. (1)

I wanted to cite the testimony of G. Vale Owen's mother on a museum display of the Earth she was shown in the Higher Summerlands of the astral plane (probably twelfth subdimension of the Fourth Dimension in our "New Map of Heaven").

Rev. G. Vale Owen was very well known in the mid-20th Century, especially in British spiritualist circles, for his series *Life Beyond the Veil*. Consequently his mother's testimony would have been accepted as very credible.

Clearly it was well received by Air Chief Marshal Lord Dowding, hero of the Battle of Britain, a well-known spiritualist in his day.

The mother of G. Vale Owens quoted in Air Chief Marshal Lord Dowding, *Many Mansions*. London, etc.: Rider and Co., n.d, 57-9.

We were told that a small demonstration would be made for our benefit in order that we might get some idea of the use to which these [musuem] things were put.

At length a blue mist began to fill the central space. Then a ray of light swept round the hall and rested on the globe which represented the earth. As it hovered about it the sphere appeared to absorb the ray and became luminous, and, after a time, the ray being withdrawn, we saw the earth globe was shining as if from within. Then another ray was sent on to it of a deeper and different kind and the globe slowly left the pedestal, or pivot, or whatever it rested on and began to float out from the wall.

As it approached the centre of the space it entered the blue mist and immediately on contact began to enlarge until it became a great sphere glowing with its own light and floating in the blue space. It was exceedingly beautiful.

Slowly, very slowly, it revolved on its own axis, evidently in the same way the earth does and we were able to see the oceans and continents. These were flat patterns, like those on the terrestrial globes used on earth. But as it revolved they began to assume a different aspect.

The mountains and hills began to stand out and the waters to sway and ripple: and presently we saw minute models of the cities, and even details of the buildings. And still more detailed grew the model of the earth till we could see the people themselves, first the crowds and then the individuals.

This will be hard for you to understand, that on a globe of some perhaps eighty to a hundred feet in diameter we are able to see individual men and animals. But that is part of the science of this institution - the enabling of these details being seen individually.

Still more distinct grew these wonderful scenes, and, as the globe revolved, we saw men hurrying about the cities and working in the fields. We saw the wide spaces of prairie and desert and forest and the animals roaming in them. And as the globe slowly circled we saw the oceans and the seas, some placid and the others tossing and roaring, and here and there a ship. And all the life of earth passed before our eyes....

Soon the scenes began to change on the revolving sphere and we were taken back thousands of years of the life of the earth and the generations of men and animals and plant life which had been from the present to the ages when men were just emerging from the forest to settle in colonies on the plains. ... When we had satisfied our eyes for a while, the globe gradually became smaller and smaller and floated back to the niche in the wall and then the light faded out from it and it looked like an alabaster carving, just as we had seen it at first, set there as an ornament. ...

The animals about the walls were also used for a like purpose. One would be vivified by these powerful rays and / brought into the centre of the hall. When so treated it could walk of itself like a live animal, which it was temporarily and in a certain restricted way. When it had ascended a platform in the centre space, then it was treated with the enlarging rays - as I may call them, not knowing their scientific name - and then with others which rendered it transparent and all the internal organisms of the animal became plainly visible to the students assembled.

Then it was possible to bring over the living model a change so that it began to evolve backwards- or should I say 'involve'? - towards its simpler and primal state as a mammal, and so on. The whole structural history of the animal was shown in that life-like process. ...

Also it was possible for any student to take charge and continue the development according to his own idea and this not of the animals alone, but of the heavenly bodies and also of nations and peoples, which are dealt with in another hall, however, specially adapted to that study.

“Hospitals” or Homes of Rest on the Other Side

June 6, 2021

<https://goldenageofgaia.com/2021/06/06/hospitals-or-homes-of-rest-on-the-other-side/>



"This great ray was the downpouring of life - a healing ray"

Losha posted a channeling from children aboard the Evergiven who did not survive. (1)

I wanted to add a note on the healing available to them and all others who transition. I'm simply going to lift a section of New Maps of Heaven and import it here.

"Hospitals" or Homes of Rest," at http://goldengaiadb.com/index.php?title=The_Astral_Plane_-_Arrival#.22Hospitals.22_or_Homes_of_Rest

Monsignor Robert Hugh Benson: In the great halls of rest there are expert nurses and spirit doctors ready to treat those whose last earthly illness has been long and painful or whose passing into spirit has been sudden or violent. (2)

Benson: In the halls of rest, ... the doctors and nurses are always in attendance whatever else may be taking place in other parts of the sphere. Their devotion to duty is always instantly rewarded, for during the general celebrations of the realm the illustrious visitors from the upper realms make a special journey to the rest homes where they personally greet every one of the staff. The latter can afterwards arrange amicably for their own family and friendly festivities. (3)

Benson: [We saw in the distance what turned out to be] 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. ... As we drew near I could see that the [stately] building was in no sense a 'hospital' in outward semblance, whatever its functions might be. It was built in the classical style, two or three stories high and it was entirely open upon all sides. That is to say, it contained no windows as we know them on earth.

Benson: It was white in color as far as the materials of its composition were concerned, but immediately above it there was to be seen a great shaft of blue light descending upon and enveloping, the whole building with its radiance, the effect of which was to give a striking blue tinge to the whole edifice. This great ray was the downpouring of life - a healing ray - sent to those who had already passed here, but who were not yet awake. When they were filly restored to spiritual health, there would be a splendid awakening and they would be introduced to their new land. (4)

Private Thomas Dowding: My brother helped me into one of these Rest Halls. Confusion at once dropped away from me. Never shall I forget my happiness. I sat in the alcove of a splendid domed hall. The splashing of a fountain reached my tired being and soothed me. The fountain 'played' music, colour, harmony, bliss. All discordancies vanished and I was at peace. My brother sat near me. He could not stay long but promised to return. (5)

Frances Banks: I suppose you could call this a hospital, a home of rest upon the Way and a 'kinder-garten' teaching-centre. All these terms would be correct. The weary souls, the frightened souls, the ignorant and 'fallen' souls, together with

those who have been 'rescued' from the 'Land of Shadows' require understanding and explanation of their sore states, and there are some to whom Survival has to be explained, even demonstrated. Many will not accept the fact of death or prefer to consider that they still dream. You see how wide is our work and how, by teaching, we ourselves learn. By demonstrations of the results of other lives, I myself have learned much and I am still learning. (6)

Banks: Sister Ursuline ... will be going on to work at another 'Receiving Sta/tion,' for ours, I understand, is only one of many such Homes for Healing. (7)

"I suppose this is ... a sort of Heaven."

"It's the *beginning* of Heaven, Jeannie."

"You mean we're only *starting*? ... We're not *there* yet?"

"Not in the Heaven you mean, Jeannie. But we're on our way there." (8)

Benson: Long illness has a tiring effect upon the spirit body - it would be more accurate to say an inhibiting effect upon the spirit body - and when, at last, the physical body is cast off, the spirit body usually goes to one of the numerous halls of rest with which the spirit world is plentifully supplied. There the new resident will pass into a state of pleasant sleep, ultimately to awake fully refreshed and reinvigorated. (9)

Benson: Occupying the whole of the floor space were extremely comfortable-looking couches, each of which bore a recumbent form, quite still and obviously sleeping profoundly. Moving quietly about were a number of men and women intent upon watching the different couches and their burdens.

I noticed as soon as we entered the hall that we came under the influence of the blue ray and its effect was one of pronounced energizing as well as tranquility. Another noticeable quality was the entire absence of any idea of an institution with its inevitable officialdom. ... Those in attendance on the sleepers did so, not in the attitude of a certain task to be done willy-nilly, but as though they were performing a labor of love in the sheer joy of doing it. Such, indeed, was precisely the case. The glad awakening of these sleeping souls was an ever recurrent joy to them, no less than to the people who had come to witness it. ...

Long illness prior to passing into the spirit world has a debilitating effect upon the mind, which in turn has its influence upon the spirit body. The latter is not serious, but the mind requires absolute rest of varying duration. Each case is treated individually and eventually responds perfectly to its treatment. During this sleep-state the mind is completely resting. There are no unpleasant dreams or fevers of delirium.

While gazing upon this perfect manifestation of Divine Providence, the thought came to me of those absurd earthly notions of 'eternal rest,' 'everlasting sleep,' and the many other equally foolish earthly conceptions, and I wondered if, by some chance or other, this sleep I was now beholding had been distorted by earthly minds into a state of eternal slumber, whither all souls pass at dissolution, there to await, in countless years' time, the awful 'last day' - the dread 'Day of Judgment.'" Here was the visible refutation of such a senseless belief. (10)

Footnotes

(1) "Message from the Children on the 'Ever Given'" Cargo Ship via Losha, June 15, 2021, "June 16, 2021, at <https://goldenageofgaia.com/2021/06/16/message-from-the-children-on-the-ever-given-cargo-ship-via-losha-june-15-2021/>

(2) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 169.

(3) Ibid., 179.

(4) Ibid., 34-5.

(5) Private Thomas Dowding in Wellesley Tudor Pole, medium, *Private Dowding. The Personal Story of a Soldier Killed in Battle*. London: Neville Spearman, 1966; c1917, 20.

(6) Frances Banks in Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 86.

(7) Ibid., 86-7

(8) Frances Banks explaining the hospital to twelve-year-old, newly-arrived Jeannie, *ibid.*, 92. The heaven that Jeannie means is probably the next stop, the

Mental Plane - which we call the Fifth Dimension. Jannie and Frances are on the Astral Plane or Fourth Dimension.

(9) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957, 42-3

(10) Monsignor Robert Hugh Benson, *Life in the World Unseen*. *ibid.*, 37.

Visiting Higher Planes in the Old Third

May 12, 2018

<https://goldenageofgaia.com/2018/05/12/visiting-higher-planes-in-the-old-third/>



In the Astral Plane connected to the old Third Dimension, one could not travel upwards or downwards without risking feeling intense discomfort.

But now we're told that were going to a new environment with our Ascension and that, in that new environment, we can travel upwards with relative ease. This is a definite change and supports St. Germaine and Michael's statements that the rules have changed.

St. Germaine tells us:

"You see all the rules have changed. You have decided to maintain form. That doesn't mean we're going to have you punished by not allowing you access to the 7th.

"That is the old paradigm. 'You can't come here, unless you die.' Well, that's not true! That's what enlightenment and Ascension is about. You can go as far, you can go and feel and be the Love that is the 7th Christ consciousness. You can have it all and then you pull it into your physical

form so that you are a walking, talking, working, creating Christ consciousness Being." (1)

At the same time, however, I think that people who remain behind in the Third Dimension because they are unready, unwilling, or unable to ascend will find that their way is still blocked from visiting higher dimensions. So let's look at what the afterlife communicators have to say about the situation.

Afterlife communicator, T.E Lawrence, "Lawrence of Arabia," reported from what I believe to be the Higher Summerlands of the Astral Plane. He's looking back on his experiences since arrival in the Middle Summerlands, including his attempts at travelling upwards and downwards.

He relates:

"Each group makes its own conditions and these are for the time being the only conditions in which its members can exist in comfort.

"Whatever our natural plane may be, to go down from it causes acute discomfort and even suffering; to go up before one is ready means an air too rarified and light too intense to be borne.

"So each must go to his own place and stay there until development draws him up into a higher sphere." (2)

Lawrence returns to the topic later:

"Should a man try to live in that rarified spiritual air [of a higher plane than Lawrence occupies] who carried still in his being the uncleansed stains of earth his sufferings would be terrible, as intense as the joy of which he would be capable when he is cleansed of them." (3)

I think we'd call "the uncleansed stains of earth" core issues or vasanas. A person not divested of their vasanas would suffer in a purer setting, on the other side.

Remember that Lawrence was describing the Astral Plane as it then was. It coincides with our Fourth Dimension, except that they're unencumbered by this dense suit of armor we walk around in, called a human body. They walk around in bodies that are like gossamer, compared to ours, even in the Fourth Dimension.

Mike Swain related the kinds of symptoms he experienced if he tried to travel higher or lower:

"The worlds above us are even richer in light and happiness. If I go up 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!

"So I reverse gear and return to this world - which suits me just fine!

"The planes below this one are denser, dimmer planes. If I go down to them, it becomes murkier and murkier until it is so creepy that I scoot back to where I belong!" (4)

If we travel with a higher-dimensional companion or if we're given a talisman like a protective robe, we can lengthen our stay, as Harry Dodd notes. His symptoms were such that he would lose consciousness in the higher realms.

"One cannot rise much higher because one loses consciousness. Accompanied by someone of greater development, one can go farther afield; but, if one goes much higher than one's own awareness, a dreamy state comes on and nothing registers clearly. I was taken traveling in this way so that I would understand it.

"One's awareness grows as one develops - quite naturally as a child becomes an adult in time. One grows mentally and spiritually." (5)

Monsignor Robert Hugh Benson goes into detail on the various aids that travellers can be given to allow them to visit higher planes without discomfort:

"At the border of the higher realms there is no need for such sentinels [as at the lower realms] to keep others from crossing, because the natural law prevents it.

"When those of a lower realm travel to a higher, it is always by authority, either vested in the traveler, or in some other person of a higher sphere, who will act as an escort.

"In the former case, such authority takes the form of symbols or signs that are given to the holder, who will always and upon every occasion receive -

even unasked for - every assistance he may need. Many of these symbols have the power in themselves of preserving the traveler from the overwhelming effects of the higher spiritual atmosphere.

"The latter would not damage the soul, of course, but a soul thus unprepared would find itself in much the same situation as upon earth when one emerges into brilliant sunlight after a prolonged stay in complete darkness.

"But as in the case of 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. ...

"When it is necessary to make a journey to even higher spheres, it then becomes imperative, in many cases, that an inhabitant of those realms should, as it were, throw a cloak over his charge, in just the same way as Edwin, upon a lower scale, threw his protecting arms about is when we journeyed to the lower sphere." (6)

These descriptions will probably continue to apply to those who remain in the Old Third, unascended. They will not apply to those who ascend.

We enter the new environment, but they remain in the old. And in the old, journeys to the higher dimensions continue, evidently, to be unfeasible.

Footnotes

(1) "Transcript: Heavenly Blessings – St. Germaine on Where to Look for Results," channeled by Linda Dillon, July 15, 2014, at <https://goo.gl/OxNpnG>.

(2) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman. 1964, 58-9.

(3) Ibid., 86.

(4) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 24.

(5) Harry Dodd in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 128.

(6) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 62-3.

What Would Happen if a 3D Person Attempted to Live in a Higher Dimension?

February 18, 2018

<https://goldenageofgaia.com/2018/02/18/what-would-happen-if-a-3d-person-attempted-to-live-in-a-higher-dimension/>



Msgr Robert Hugh Benson

The Arcturians raised the subject recently of the fate of those who don't choose to ascend or are incapable of adjusting to the more rarified atmosphere in the higher dimensions. (1)

In the past when I've been asked what their situation would be, I'd say that they'll feel as if they're unable to breathe in that more-rarified environment. So they'll have to - and want to - stay behind. I'm thinking particularly of those we call "recalcitrants."

The closest discussions I can find on the subject from a related field would be the evidence provided by afterlife commentators. They broadened my understanding of what would happen to one who tried to "go higher."

I need to make it clear that these discussions fit for Third-Dimensional beings looking to go higher, for a visit, etc.

The Divine Mother has told us that this will not happen to those who ascend into the new realm of our post-Ascension world. We'll be able to visit all the higher realms in our lightbodies.

But the same will not be the case for those who choose to remain in Third Dimensionality.

One last point before we begin.

Only on the Third Dimension do the "saint" and "sinner" rub shoulders together. On the Fourth Dimension, they're sorted out, the "sinners" going to the Dark Planes and the "saints" to the Higher Summerlands. Or so things stood.

To the Fifth Dimension and Higher the "sinner" cannot gain entry. It's precisely the processes described in this article that reveal the mechanism by which this sorting process occurs.

When we talk about the time of separation, the mechanism - the lack of ability to enter the higher realm - is described in what follows.

OK. Let's let our informants tell us what would happen if a lower-dimensional person tried to go higher on the old astral planes. This same mechanism will cause the separation between the ascending consciousness and the unascending one.

T.E. Lawrence, "Lawrence of Arabia," described how the lower-dimensional person would be kept out of the higher dimension.

He explained that not only would the air seem too rarified to the lower-dimensional person but the Light would be too intense for them to stand.

“Whatever our natural plane may be ... to go up before one is ready means an air too rarified and light too intense to be borne. So each must go to his own place and stay there until development draws him up into a higher sphere.” (2)

In another place, he carried the discussion further:

“Should a man try to live in that rarified spiritual air [of a higher plane than Lawrence occupies] who carried still in his being the uncleansed stains of earth, his sufferings would be terrible, as intense as the joy of which he would be capable when he is cleansed of them.” (3)

Those "uncleansed stains of earth" are exactly what we're addressing on this blog through advocating clearing our vasanās and forgiving others their trespasses.

Mike Swain testifies that he found the light of the higher realms too bright to be endured and so he had to vamoose the ranch.

“The worlds above us are even richer in light and happiness. If I go up 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! So I reverse gear and return to this world - which suits me just fine!” (4)

Harry Dodd in Paul Beard's *Living On* suggests one lapses into a dreamy state if one goes too high. I had not heard this allegation before.

“One cannot rise much higher because one loses consciousness. Accompanied by someone of greater development, one can go farther afield; but, if one goes much higher than one's own awareness, a dreamy state comes on and nothing registers clearly. I was taken traveling in this way so that I would understand it.” (5)

Monsignor Robert Hugh Benson describes what it'd be like for him to walk to the borders of a higher realm and then go inside a ways:

“As we draw towards a higher realm, ... we see the land around us becoming more ethereal, more refined, and this forms a natural barrier to those of us who have not yet progressed sufficiently to become inhabitants of that realm. ...

“To pass from this realm where I live to the next higher, I shall find myself walking along gently rising ground. As I proceed I shall see all the unmistakable signs - and feel them - of a realm of greater spiritual refinement.

“There will eventually come a point in my walking when I can go no further because I shall feel most uncomfortable spiritually. If I should be foolish enough to try to defy these feelings, I should, at length, find that I was completely unable to venture a foot forward without undergoing sensations which I could not possibly bear.” (6)

Not only would forward progress be impossible, but everything ahead of us would become invisible.

“I should not be able to see anything before me, only that which lay behind me. But whether we are standing at one of the boundaries, or whether we are well within the confines of our own realm, there comes a certain line in the bridge between the realms where the higher realm becomes invisible to less spiritual eyes.

"Just as certain light rays are invisible to earthly eyes, and certain musical sounds are inaudible to earthly ears, so are the higher realms invisible to the inhabitants of the lower realms.

“And the reason is that each realm possesses a higher vibrational rate than that below it and is therefore invisible and inaudible to those who live below it.” (7)

Nonetheless, arrangements can be made so that an individual can spend some time in a higher realm without being too uncomfortable.

The possession of a talisman, like a cloak or crystal, or the accompaniment of a more-evolved soul can buy us time with comfort in a higher dimension. If we are Third/Fourth-Dimensional in vibratory resonance - in pitch, as it were.

Monsignor Benson describes what some of the aids to visiting the higher planes were. In his time and astral place.

“When those of a lower realm travel to a higher, it is always by authority, either vested in the traveler, or in some other person of a higher sphere, who will act as an escort.

“In the former case, such authority takes the form of symbols or signs that are given to the holder, who will always and upon every occasion receive - even unasked - every assistance he may need.

“Many of these symbols have the power in themselves of preserving the traveler from the overwhelming effects of the higher spiritual atmosphere. The latter would not damage the soul, of course, but a soul thus unprepared would find itself in much the same situation as upon earth when one emerges into brilliant sunlight after a prolonged stay in complete darkness.

“But as in the case of 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.

“But with a perfect dispensation, means are provided so that the visiting soul shall undergo no spiritual discomfort or unhappiness. And that is just what one would expect, since such visits are made for happy reasons, and not as tests of spiritual stamina and endurance.

“When it is necessary to make a journey to even higher spheres, it then becomes imperative, in many cases, that an inhabitant of those realms should, as it were, throw a cloak over his charge, in just the same way as Edwin, upon a lower scale, threw his protecting arms about us when we journeyed to the lower sphere.” (8)

So a talisman or guide could buy us time for a visit to the higher realms.

The “recalcitrants” who tried to ascend to or visit the higher realms would find themselves unable to endure even the borders of it. They'd quickly return to the comfortable and familiar Third Dimension. (9)

Nonetheless the Company of Heaven are making every possible arrangement to have the greatest number of people ascend and so it becomes impossible to predict what the outcome will be.

But as the Arcturians point out, all of us here on the planet are already ascended. Once those still enmeshed in "power over others" divest themselves of those vasanas, they'd probably return to their native dimensions anyways.

I find it very difficult to predict how things will end. However, I do think it's safe to predict that the most people possible will ascend.

Footnotes

(1) "ReBalance the Earth with Planetary Healing – The Arcturians Through Suzanne Lie 2-2-17," February 16, 2018, at <https://goldenageofgaia.com/?p=292515>.

(2) T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman, 1964, 58-9.

(3) Ibid., 86.

(4) Mike Swain in Jasper Swain, *From My World to Yours: A Young Man's Account of the Afterlife*. New York: Walker, 1977, 24.

(5) Harry Dodd in Paul Beard, *Living On. How Consciousness Continues and Evolves After Death*. New York: Continuum, 1981, 128.

(6) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 131-2.

(7) Ibid., 132-3.

(8) Ibid., 62-3.

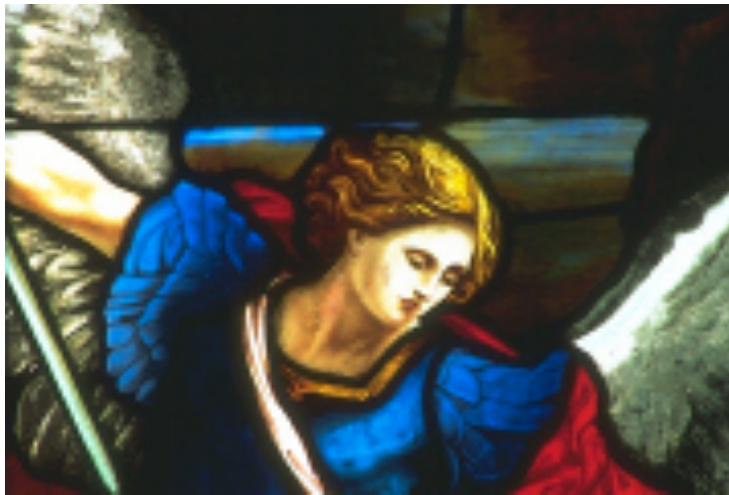
(9) Only on the Third Dimension do the "saint" and "sinner" rub shoulders together. On the Fourth Dimension they are sorted out. On the Fifth Dimension and Higher the "sinner" cannot enter. The processes described in this article describe the mechanism by which the sorting occurs.

Changes with This Ascension

Brand New World and the Rules Have Changed

Nov. 4, 2021

<https://goldenageofgaia.com/2021/11/04/brand-new-world-and-the-rules-have-changed/>



I'd like to look at how conventional enlightenment theory has been overtaken, by listening to the Company of Heaven on how the rules have changed.

When we listen to the celestials and the masters on the new realm we're headed for, they tell us that we'll see many operational changes.

For example, previously a resident of the Middle Summerlands could not visit the Higher Summerlands, never mind visit a higher dimension than the Astral Plane altogether.

But now all that is different, St. Germaine says:

"You see all the rules have changed. You have decided to maintain form. That doesn't mean we're going to have you punished by not allowing you access to the 7th.

"That is the old paradigm. 'You can't come here, unless you die.'" (1)

Anyone who thought matters were written in stone may wish to take notice.

Archangel Michael says this new development is a result of the newness of a mass, physical Ascension:

Archangel Michael: You are in a time of individual and collective Ascension that has never occurred upon your planet or elsewhere so many of the historic and accurate understandings with regard to heart openings have shifted, can we say, expanded. (2)

That "elsewhere" means anywhere, in any universe. Like the early explorers before us, ours will be the first venture into the new space.

Michael says that the realm we're going into is brand new as are its operating rules:

Steve: Is the realm that we're building and taking our physical bodies with us to altogether new?

Archangel Michael: Yes, it is brand new.

Steve: ... Brand new, and the rules have changed?

AAM: That is correct. (3)

I told him that what he was telling me was very different from what I'd grew up on.

Steve Beckow: It's very different from classical theory.

Archangel Michael: Classical theory has served you well. Now you are on a new course. (4)

Where was the oversight of these changes coming from? The archangels?

Steve: And this is all happening at the archangelic level, is it - this shifting of the rules or application of the rules, is that correct?

Archangel Michael: Yes, that is correct. (5)

In this, we're seeing an illustration of what Sri Ramakrishna said a century and a half ago: "He who has made the law can also change it." (6)

Matthew Ward has talked on a few occasions of his work in designing astral worlds. Why am I startled to think of archangels designing a whole new space?

Behind all this and informing it is a totally new approach to enlightenment.

Previously it was a guru/student relationship that worked on instruction and spiritual practice. Now, so many stand to ascend - or not ascend - that the process is meant to work now by entrainment, as Michael explains:

"Now [in olden times] that sense of bringing others along wasn't defined by dimensions. It was more a teacher/student, sage/novice relationship. So the framework was very different.

"What you have now, is the knowingness that you are, for purposes of explanation, moving forward dimensionally, flowing back and forth, and that sense also of the flow throughout dimensions, that you can flow back and forth, that it was not restricted, that it wasn't that you arrived at Heaven's Gate and that was it.

"This flow is new. Well, it is not new but it is new to human thinking and the sense that, yes, you are not looking for students or followers. What you are truly doing, yes, as pathfinders, you are showing the way, but you are also bringing along the collective in entrainment.

"Now the sages did not think of this, of their journey as a process of entrainment, of bringing the entire collective along. You do. And when I say 'you' I mean the current thinking and body of understanding and knowing in the lightworker community. So the fundamental premises have changed." (7)

The environment has changed, the fundamental premises have changed, and the rules have changed to keep up with them.

Many more changes to the rules probably await us as we move closer and closer to a dimensional jump and a brand new world.

Footnotes

- (1) “Transcript: Heavenly Blessings – St. Germaine on Where to Look for Results,” channeled by Linda Dillon, July 15, 2014, at <http://goo.gl/OxNpnG>.
- (2) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Aug. 3, 2015.
- (3) Ibid., Sept. 21, 2015.
- (4) Ibid., Feb. 20, 2018.
- (5) Ibid., March 10, 2017.
- (6) Paramahansa Ramakrishna in Swami Nikhilananda, trans., *The Gospel of Sri Ramakrishna*. New York: Ramakrishna-Vivekananda Center, 1978; c1942, 817.
- (7) Ibid., Feb. 17, 2017.

On the Fate of Evil Doers

What is the Fate of a Dictator? – Part 1/2

October 21, 2011

<https://goldenageofgaia.com/2011/10/21/what-is-the-fate-of-a-dictator-part-12/>



Muammar Gaddafi

A Libyan expatriate in London reacts to the death of Muammar Gaddafi. He says [paraphrase] he is gone and he is gone for good. If he were alive he could start an insurrection and the Libyan people would never have peace, never have rest. He killed 50,000 people. He implanted fear in the hearts of Libyans. Now we are rid of him for good and the Libyan people can get on with their lives in peace.

We look upon death as final. It *is* in terms of life in this world, but it isn't in terms of life as a continuing process. Part of the way in which the world has been controlled by religions has been by imparting views of death that aren't accurate.

Death is not the end. If it is not, then what is the fate of a dictator like Muammar Gaddafi?

After a time of recuperation on the etheric plane or Borderlands, when Gaddafi is again conscious and stable, he'll be escorted to the plane consistent with his level of vibration.

Gaddafi may go to the Winterlands. He may return to Second or First Dimensionality (the Astral Planes are the Fourth). Or he may even be liquidated, a fate that happens to a very small number of very evil individuals. On the fate of those who are liquidated, enter "liquid" in the search box on the site.

In the next two days, I'll reprint two articles on the likeliest destination of a dictator - the Winterlands.

The first, here reposted, was written on Sept. 15, 2010 and titled "Verifying SaLuSa: On the Dark Planes." (1) It looks at what life is like on the lowest levels of the Astral Planes, often called the Winterlands. The second article, to be reposted tomorrow, is "The Journey One Makes Once and Never Again," (2) and was originally written on April 13, 2011. It follows visits of higher-dimensional beings to the bottom planes.

Footnotes

(1) <https://goldenageofgaia.com/2011/10/verifying-salusa-on-the-dark-planes-2>.

(2) <https://goldenageofgaia.com/life-death/the-journey-one-makes-once-and-never-again/>

Verifying SaLuSa: On the Dark Planes

Sept. 15, 2010

SaLuSa is from the star system Sirius. Many statements that he makes about Ascension, the Golden Age, and the Fifth Dimension remain unverifiable by us. How do we know he is telling the truth?

Well, even if we cannot verify these statements, there are others we can.

We can examine a number of his assertions about the Astral Planes by comparing them with the accounts of Gaians (or terrestrials) who've died and have communicated from the afterlife on what conditions there are like.

I'd like specifically to take some of his quoted statements in the article, "[The Importance of Raising Vibrations to Ascension.](#)" and show that we can support them from Gaian sources.

In this article, I'd like to begin with the first statement he made that can be corroborated – a description of the “lowest astral levels” - which Gaian spirits call the Dark Planes, Shadowlands, or Winterlands. These levels are what are conventionally thought of as Hell, and they are indeed hellish, but not in the conventional ways the Bible describes.

First let's look at what SaLuSa says about the Dark Planes:

“If you have ever heard reports of what it is like in the lowest astral levels, you will know that the vibrations are so low that it is almost completely devoid of Light. More to the point matter is unable to hold its form and tends to fall apart. Imagine being a soul who has dropped to this level through their lack of Light. It is a miserable existence and is their Hell, because they have allowed their godsparks to become so dim.” (1)

American journalist Julia Ames, who died around 1892, tells us that “people don’t believe in the hell of fire any more and they have by their recoil forgotten that there is a real hell.” (2) Says psychologist Frances Banks, who died in 1962:

“There are ... 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.” (3)

She goes on to describe the dark planes:

“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. Sometimes these poor souls live in hatred and rebellion,

sometimes in apathy and sometimes with fierce denial that there is any other state of existence possible.” (4)

Monsignor Robert Hugh Benson, who, as a Roman Catholic priest, had agreed not to discuss what he knew to be true about life after death while alive, set out to undo his misrepresentations after he died in 1914. He visited the dark planes and found them to be, as SaLuSa said, devoid of light.

“Our visits [he traveled with two other companions] have carried us to what we verily believe to be the lowest plane of human existence.” (5)

“[If the light regions are called the Summerland,] the dark regions might almost be called the ‘Winterland,’ but for the fact that the earthly winter possesses a grandeur all its own, while there is nothing but abomination about the lower realms of the spirit world.” (6)

“[In] those realms of darkness and semi-darkness, ... all is cold and bleak and barren.” (7)

Benson described his descent into hell in the company of his guide and mentor, Edwin, and friend, Ruth:

“The light steadily diminishes until we are in a grey land, and then comes the darkness – deep, black, impenetrable darkness; impenetrable, that is, to those who are spiritually blind. Visitors from a higher realm see in this darkness without themselves being seen by the inhabitants, unless it becomes vitally necessary to indicate their presence.” (8)

His portrait of one of the inhabitants of the dark planes, a former magistrate in medieval times who tortured his prisoners, is finely drawn. I'll quote it at some length:

“We walked closer to one of the sub-human forms that lay sprawled upon the rocks. What remnant of clothing it wore might easily have been dispensed with, since it consisted of nothing but the filthiest rags, which hung together in some inconceivable way, leaving visible great gaps of lifeless-looking flesh. The limbs were so thinly covered with skin that one full expected to see bare bones showing forth.

“The hands were shaped like the talons of some bird of prey, with the finger nails so grown as to have become veritable claws. The face upon this monster was barely human, so distorted was it, and malformed. The eyes were small and penetrating, but the mouth was huge and repulsive, with thick protruding lips set upon a prognathic jaw, and scarcely concealing the veriest fangs of teeth.

“We gazed earnestly and long at this sorry wreck of what was once a human form and I wondered what earthly misdeeds had reduced it to this awful state of degeneration.

“Edwin, who was experienced in these sights, told us that in time we should gain certain knowledge in our work, which would enable us to read from the faces and forms of these creatures what it was that had reduced them to their present state.

“There would be no need to accost them to find out at least some of their life’s story, for there it was written for the experienced to read. Their very appearance, too, would be a safe guide as to whether they needed help or whether they were still content to abide in their sunken state.

“The object that was now before us, said Edwin, would warrant little sympathy as he was, because he was still steeped in his iniquity and was obviously showing not the least sign of regret for his loathsome earthly life. He was dazed at the loss of his physical energy and puzzled in his mind to know what had befallen him. His face showed that, given the opportunity, he would continue with his base practices with every ounce of power that remained to him.

“That he had been several hundred years in the spirit world could be seen by the tattered remnants of his garb, which bespoke a former age, and he had spent the greater part of his earth life inflicting mental and physical tortures upon those who had the misfortune to come into his evil clutches

“Every crime that he had committed against other people had, at last, reverted to, and descended upon, himself. He now had before him – he had done so for hundreds of years – the memory, the indelible memory, of every act of evil he had perpetrated against his fellows.

“When he was upon earth, he had acted under a false pretence of administering justice. In very truth, his justice had been nothing but a travesty and now he was seeing exactly what true justice really meant. Not only was his own life of wickedness continually before him, but the features of his many victims were ever passing before his mind, created out of that same memory which is registered unfailingly and ineradicably upon the subconscious mind. He cannot ever forget; he must always remember. And his condition was aggravated by the anger of feeling like a trapped animal.” (9)

Really Benson has said enough, but I continue with portraits of this realm in case we think he exaggerates. Here is American Lutheran theologian A.D. Mattson visiting the dark planes after his death in 1970:

“There is a condition which could be termed the ‘depths of hell.’ People who have deliberately chosen to live debased or cruel lives and have turned their backs on the light of God find themselves in a state similar to groping in a dark and depressing fog. Everyone there is wrapped up in his own cruel thinking. These souls wander around in this lost state until they, of their own volition, make an attempt to turn toward the realm of light. Some may be lost for eons of time.” (10)

As we saw with the magistrate, the inhabitants of the Winterlands are obliged to relive their crimes over and over again. Julia Ames says:

“The imagination, which here is far more powerful than with you, fills the solitude with specters, and the sinner feels he is encompassed by the constantly renewed visions of his deeds. Nor is this all; he sees those whom he has injured and he fears. If ever a soul needs a Saviour and Deliverer, it is when imagination and memory without love recreate all anew the selfish acts of a loveless life.” (11)

Mary Bosworth, who died I believe in the 19th century and was a postmortem leader of a spirit communication circle from the spirit side, also describes this condition among the dark ones:

“The spirits of criminals often return and live over again the atrocities for which they are still suffering. It is the law of cause and effect. Their

subconscious selves received the impressions of their acts and beliefs so strongly that they are still bound by the old sensations and criminal instincts, and they try to reproduce the semblance of the crimes or incidents that caused these impressions, in the surroundings in which they occurred.

“They live it over again as an actor reproduces a scene he has memorized. It is through the terribleness of these scenes that they discover themselves for what they are. It is sometimes a lifetime before they turn away from their evil impulses. But it is this earthwalking, this renewing of their past crimes in memory, that finally makes them determine to try for something better.” (12)

Bosworth describes the disappointment felt by those who suddenly find themselves in the dreary setting of the Dark Planes



“When those who have led evil lives first realize that they have left the earth life they are often very hard to manage because of their disappointment. They think of their earth life as gone forever, and they have no desire whatever for anything of a spiritual nature; there is nothing to live for, and yet they are alive.

“It is much the same as life imprisonment on earth, and knowing that it was impossible to get free. Their disappointment often turns to rage and they become for a time nothing but mad creatures. It is a very pitiful sight. Even when they begin to realize that their rage is useless, and they begin to listen to other spirits, it is still one of our most difficult tasks to arouse any ambition and get them started on the upward path.” (13)

SaLuSa said that matter is unable to hold its form and tends to fall apart. The malformations of the physical body, such as the prognathic jaw of Benson's magistrate, are due to the lower vibrations on the dark Planes. Here is Benson again:

“The spirit body can assume very hideous spiritual malformations. These have nothing whatever to do with the formation of the physical body, but are due solely to the kind of life that its owner led upon earth [Steve: which led him or her to the low vibrations of the Winterlands]. The malformations are various expressions of the hideousness that is resident within the mind, on many occasions that have found their outward expression in evil deeds of every description.” (14)

Philip Gilbert, speaking through his mother Alice Gilbert (the two often remind me of Matthew and Suzy Ward) also describes the malformed individuals in these realms.

“Yes, unfortunately, shrunken entities with black or dingy grey auras. Sometimes they seemed, at a distance, quite charming to look at, but when you saw clearly, the glow of malice from their eyes was appalling. They seemed so full of ill-will and they were striving to thwart and pain each other incessantly.” (15)

A person goes to these realms out of the working of the natural law of cause and effect. Says Benson:

“It is not a pleasant subject, but I have been advised that the facts should be given, not with the intention of frightening people – that is not the spirit world's methods or aims – but to show that such places exist solely by virtue of an inexorable law, the law of cause and effect, the spiritual reaping that succeeds the earthly sowing; to show that to escape moral

justice upon the earth-plane is to find strict and unrelenting justice in the spirit world.” (16)

And for those who think that Christ's vicarious shedding of blood relieves us of the burden of our sins, there is only further disappointment. Says John Heslop, resident of the Christ Sphere, a very high realm:

“Christ’s death does *not* remove the effects of sin from any human being. Direct, deliberate sin has far-reaching consequences, stretching even into eternity, and the evil must be undone and the soul make restitution itself for the evil done in the body. God loves the sinner; God forgives the sinner; but, 'as a man sows, so must he reap.' Christ does *not* bear away the *consequences* of man’s sin; every man must bear the result of his own sin here or hereafter.” (17)



Most shocking of all to anyone who believes that not a lamb shall be lost to the Good Shepherd, in fact there are reports of souls being liquidated on the other side. I offer one here, the case of Irma Grese, the “angel of death” of Bergen-Belsen. Grese sicced her dogs on prisoners, shot whomever she pleased, and turned human skins into lampshades.

Philip Gilbert had the task of escorting her from the gallows of Nuremberg to the Dark Planes. Remember the scene in the film *Ghost* where the dark angels escorted

the villain to the nether regions? Well, here is an actual escorting of a dark soul to her fate.

“We coped with the Belsen gang, but the details are difficult to describe. With some, it was easy for they were cowards and perverts and made no positive attempt to assert themselves. They all, of course, knew they were dead.

“The most evil, Irma, was absorbed at once into what is her kind, a descending whirlpool of, as it might be called, sewage. They tell me that there are, very, very rarely, entities who get so low that they can only descend – and be liquidated. We don’t like to think of it here. She has a strong will and there was need to exert power upon her – her aura was the foulest I’ve yet seen, or smelt... Yes – to us, the aura gives off a certain usually faint ‘odour,’ pleasant or otherwise. Dogs can sense this.

“Irma was an ‘old soul’ in the bad sense – she had been forced to re-incarnate as a last chance. “ (19)

On another occasion he said of Irma:

“The woman is a black magician and will be ‘liquidated.’ She had to incarnate first. Why, I don’t understand, but, before you can be ‘annulled,’ you have to re-incarnate – perhaps as a last chance.” (20)

One could say that Irma returned to God, but not in the fashion that is meant when we say we journey from God to God.

We can see that SaLuSa, though a Sirian, knows well what life on our lowest astral planes is like. While we cannot verify the accuracy of his comments on many themes, we can on the subject of the Dark Planes.

If I have time I'd like to look at more of the statements he makes in that article and demonstrate that his knowledge of those circumstances is also accurate.

Footnotes

(1) SaLuSa, July 28, at 2010. https://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm.

- (2) Julia T. Ames through W.T. Stead, medium, *After Death. A Personal Narrative*. New York: George H. Doran, n.d.; c. 1914, 110.
- (3) Frances Banks, Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969, 97.
- (4) Ibid., 97-8.
- (5) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 134.
- (6) Ibid., 133.
- (7) Ibid., 104.
- (8) Ibid., 62.
- (9) Ibid., 135-6.
- (10) A.D. Mattson, Ruth Mattson Taylor, ed., *Witness from Beyond. New Cosmic Concepts on Death and Survival from the Late A.D. Mattson, S.T.D.*, through the Clairvoyant Margaret Flavell Tweddell. Portland, ME: Foreword Books, 1975, 58.
- (11) Julia Ames, AD, 68.
- (12) Mary Bosworth in Fred Rafferty, ed., Charlotte E. Dresser, medium, *Life Here and Hereafter*. Author's edition. Downloaded from <https://www.harvestfields.ca/ebook/02/001/00.htm>, 2 Feb. 2008, 70.
- (13) Ibid., 121.
- (14) Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Here and Hereafter*. San Francisco: H.G. White, 1968 (dictated in 1957). 48-9.
- (15) Philip to his mother, Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948, 131-3.
- (16) Monsignor Robert Hugh Benson, LIWU, 133.

(17) John Heslop through F. Heslop, medium, *Speaking Across the Border-Line. Being Letters from a Husband in Spirit Life to His Wife on Earth*. London: Charles Taylor, 9th ed., n.d, 106.

(19) Philip to his mother, Alice Gilbert, in PTW, 197.

(20) Ibid., 107-8.

What is the Fate of a Dictator? – Part 2/2

October 22, 2011

<https://goldenageofgaia.com/2011/10/22/what-is-the-fate-of-a-dictator-part-22/>



Here is a second look at the region of the Astral Plane where a dictator like Muammar Gaddafi may be headed once he has convalesced.

Please let me emphasize that this is not the fate of one who simply rejects Ascension. To the best of my understanding, no negative karma attaches to that choice. After transition, decent people go to the level of the Astral Plane amenable to their vibrations - Lower, Middle or Higher Summerlands, as the case may be.

There may be a modicum of repetition between Parts 1 and 2, for which I apologize.

The Journey One Makes Once and Never Again

April 13, 2011

When asked if he had seen Herr Hitler, Winston Churchill responded that he did not know where in hell Herr Hitler was and didn't care. Here is that hell - the Dark Planes, the Winterlands.

This is a voyage that one need only make once to determine never to make it again.

You needn't abandon hope, all ye who enter here, but most residents had better prepare themselves for a long spell in the dark and cold. We'd better put on our winter overcoat and take along our happy pills because we're off to see the worst life gets. Thank heavens we're only passing through.

No one stays here forever, but leaving it requires individuals to apply themselves and raise their vibration, just as we must raise our vibration to ascend. Yes, these are the realms that George Bush Sr. and Jr. will inhabit, Dick Cheney, Donald Rumsfeld, and all their kind. Anyone who has engaged in mass murder as they have will end up here. Even killing one person with malice will have you end up down under.

They will be deprived of all amenities, comforts, light and warmth. But they will not burn in a lake of fire and brimstone or any other nonsense. It's just a very nasty, uninviting place and must be a real disappointment after the White House.

Knowing that this is where the dark will end up is what causes SaLuSa, Adamu and others to advise us not to trouble ourselves about justice and the fate of the dark. They will not escape the reach of the natural law.

Let's follow Monsignor Robert Hugh Benson, who has been asked to visit the dark planes and report back to us so that we can know what awaits those who flaunt the law and do harm to their fellow citizens.

"It is not a pleasant subject, but I have been advised that the facts should be given, not with the intention of frightening people – that is not the spirit world's methods or aims – but to show that such places exist solely by virtue of an inexorable law, the law of cause and effect, the spiritual

reaping that succeeds the earthly sowing; to show that to escape moral justice upon the earth-plane is to find strict and unrelenting justice in the spirit world." (1)



Benson travels the downward slope through the gray lands of the Lower Astral, through the Stony Planes, and into the dank, dark underworld of the Winterlands. First we'll follow him down, down, down the ladder of consciousness to the Stony Planes and then, after that, even further down to the Winterlands.

"We had only been on the threshold of the lower spheres, but we had gone far enough to gather more than an inkling of what lay beyond." (2)

"The light rapidly dwindled, dwellings were fewer and fewer, and there was not a soul to be seen anywhere. Great tracts of granite-like rocks stretched out before us [in the Stony Plane], cold and forbidding, and the 'road' we followed was rough and precipitous.

"By now, darkness had enshrouded us, but we could still see all our surroundings perfectly clearly. It is rather a strange experience this, of being able to see in the dark, and when one first undergoes it there seems to be an air of unreality about it. But, indeed, it is real enough." (3)

"The light steadily diminishes until we are in a grey land, and then comes the darkness – deep, black, impenetrable darkness; impenetrable, that is, to those who are spiritually blind. Visitors from a higher realm see in this darkness without themselves being seen by the inhabitants, unless it becomes vitally necessary to indicate their presence." (4)

Having descended into the Winterlands, Benson finds the bleakest spectacle he can imagine.

"[In] those realms of darkness and semi-darkness, ... all is cold and bleak and barren. ... [There] souls have their abode, souls who can rise up out of the darkness if they so wish ... and will work for that end." (5)

"As the higher spheres had created all the beauties of those realms, so had the denizens of these lower spheres built up the appalling conditions of their spirit life. There was no light in the lowest realms; no warmth, no vegetation, no beauty. It is in the power of each soul to [ascend], and nothing stands in his way but himself. It may take him countless thousands of years to raise himself one inch spiritually, but it is an inch in the right direction." (6)

Benson visits a town in the Winterlands. This is not the absolute bottom level, but is where most of its residents live.

"We arrived at the border and looked out. Oh! The sight was enough to put us off going any further. It was dark and smelly. We promptly made ourselves invisible (that is easy – you just have to think it and you are). We walked slowly to the town, around which are smelly bog lands. It looked just like a foggy day in London. It is always semi-dark here so there are no trees, shrubs and, needless to say, flowers. Oh, the misery! These poor, poor souls were all dressed in earth clothes and not very clean at that. They all looked miserable.... It was cold as well.

"They made their own amusement playing cards or musical instruments. There was a library full of books on learning, mostly for bettering themselves, but some never bother to read them. Here, as you may put it, live the villains who fight and quarrel among themselves. From time to time High Spirits come here and walk invisibly amongst them. On seeing

anyone making progress and thinking they would like help, they make themselves visible to help them. They have aided many hundreds to progress higher, but some alas will be here forever. ...

"I made myself visible to talk to one. He was very sad indeed and openly admitted that he did not believe in 'after-life,' for he said if he had, he thinks he would have led a different life, for he had been a gangster in America in the '20s, and had done much killing and stealing ... to make up for his poor upbringing. He said ... he would not have thought a place like this existed. This was certainly 'hell-fire and damnation.' It was far worse than any slums on earth could be. One top of that it was always cold and dark. At least on earth you did see the sun. He was making progress and I am sure will make the 'Summerlands' one day." (7)

Benson discusses the fate of women and children after death.

"There are many women here, but we saw on the whole far more men than women. Children do not come here no matter how bad they are. They go first to the stony plane and straight to school to teach them right from wrong, for a lot do not know, having had bad homes on earth they have not had the proper grooming. Most make good progress and soon enter the land of the sun where their relatives are waiting for them. If no one is there to claim them, there is a beautiful big home where most of them go. They are looked after by kindly men and women who spend all their time with them." (8)

There is very little to do here except sit around playing cards and board games year after year, until the desire to progress sets in.

"There is not much to do here. ... The main idea here is to get people out on to the next plane, so you cannot make it too comfortable. I am sure if I were here I would 'die of boredom' as the saying goes. I will never understand how they can sit around playing cards and dominoes for years on end. They have no ambition to go further, and yet on earth that is all they thought about, and that is what got them here in the first place, for they let nothing stand in their way, whether it be murder, corruption, or torture. Some did 'everything in the book.'

"I talked to one or two and tried to tell them of the wondrous sights on the other planes, but some alas thought I was joking and said nothing could be as beautiful as I had described it. I could see I was wasting my time. ... It is quite sad for many were very intelligent when on earth, but alas! I think they are too shaken at the whole thing and never get over the 'after-life' that they thought did not exist.

"We walked around the streets and thanked God indeed that we did not live here. ... Many, I am sorry to say, deserve this, for they were evil, and they seemed to pass on their evil ways to others weaker than themselves. Here you have to be strong, and say to yourself, 'I am not staying here for ever' and mean it.

"Many of the houses were dark and small, many having only two rooms. The furnishings were dark and cheap looking. No carpets or rugs on the floor. No nice pictures to adorn the wall, in fact nothing very much, only the bare necessities. ... I suppose you can understand the state of shock some are in when they first see their homes after living in the lap of luxury on earth, everything and everybody at their beck and call. You have no servants in the etheric planes – everyone is equal." (9)

Benson contrasts life here with life in the higher realms.

"You will recall my mention of the many heavenly perfumes and scents that come from the flowers and that float upon the air. Here in these dark places the every opposite was the case. Our nostrils were first assailed by the most foul odors, odors that reminded us of the corruption of flesh in the earth world. They were nauseating and I feared that it would prove more than Ruth – and indeed I, myself – could stand, but Edwin told us to treat them in the same way that we had mastered the coldness of the temperature – by simply closing our minds to them – and that we should be quite unaware of their existence. We hastened to do so and we were perfectly successful." (10)

"[If the light regions are called the Summerland,] the dark regions might almost be called the 'Winterland,' but for the fact that the earthly winter

possesses a grandeur all its own, while there is nothing but abomination about the lower realms of the spirit world." (11)

Benson now leaves the towns and passes to a region that is still more loathsome. This place is repugnant to every sense. Here he sees creatures that he barely recognizes as human. He descends to as low a reach of the Winterlands as anyone has. There may be lower but there are few spirits who wish to travel further.

"Our visits have carried us to what we verily believe to be the lowest plane of human existence." (12)

"As we climbed down through one of the numerous fissures in the rocks, I could see and feel the loathsome slime that covered the whole surface of them, a dirty green in color and evil smelling. There was, of course, no danger of our falling. That would be impossible for any dwellers in these realms.

"After we had journeyed for what seemed to be a great distance – I should imagine it to have been one mile of earthly measurement, at least – we found ourselves in a gigantic crater, many miles in circumference, whose sides, treacherous and menacing, towered above us.

"The whole of this area was interspersed with huge masses of rock, as though some enormous landslide or cataclysm had disrupted them from the upper rim of the crater and sent them hurtling down into the depths below, there to scatter themselves in every direction, forming natural caverns and tunnels.

"In our present position we were well above this sea of rocks and we observed a dull cloud of poisonous vapor rising from it, as though a volcano were below and upon the point of erupting. ... we could perceive with our intuitive faculties the degree of malignity of the whole place. Dimly, we could see through this miasma what might have been human beings, crawling like some foul beasts over the surface of the upper rocks.

"We could not think, Ruth and I, that they were human, but Edwin assured us that once they had walked upon the earth-plane as men, that they had eaten and slept, and breathed the earthly air, [and] had mixed with other

men on earth. But they lived a life of spiritual foulness. And in their death of the physical body they had gone to their true abode and their true estate in the spirit world." (13)

"Interspersed throughout the great area of this dreadful region were pools of some sort of liquid. It looked thick and viscid, and inexpressibly filthy, as, indeed, it was. Edwin told us that the stench that came from these pools was in keeping with all else that we had seen here. ...

"We were horrified to see signs of movement in some of the pools and we guessed, without Edwin having to tell us, that frequently the inhabitants slip and fall into them. They cannot drown because they are as indestructible as we are ourselves." (14)

Whoa! That's as far down as we go! Many people refuse to venture down into these domains, such as the mother of Rev. G. Vale Owens, who says:

"I have not been far into those dark regions, but I have been a little way; and the misery I saw was quite enough to suffice for some time to come. When I have progressed in my present work and have for some time helped those poor souls from the vantage point of this house, I may be permitted, and probably shall be, to go farther among them. But that is not yet." (15)

Finally, Clifford McLean tells us that nothing can be done for these denizens of darkness until they sicken of their surroundings and determine to better themselves.

"The slums, as I call them, are inhabited by the foulest type of humanity. They are not forced into this way of life by adverse conditions, as is often the case on earth. No, it is something they have earned, or should I say, desired. Many sanctimonious old people, who apparently led virtuous lives on earth, are now satisfying their secret passions and perversions, in the company of kindred souls.

"The lowest pits of degradation are much worse than anything you have on earth in the practice of vice, malice and cruelty. But, throughout them, the law of justice reigns. There are no innocent victims here, on whom human

venom can be vent. These poor souls are all alike and must work salvation out together.

"There is nothing much that can be done for these people until they become sickened or satiated through and through. They then feel a desire for a better way of life. But it may take them ages to desire this change. However, some time or other, they will start the journey to higher mental levels.

"If you will cast your mind back over recorded history, to all the crimes that have been committed in the name of religion and reform, the persecution and tortures that have been practiced by people of all nations on innocent victims, you will realize how these cesspools of darkness have been built up and you will, also, realize the justice of that law, demanding that they should be inhabited by those who have created such evils.

"These regions are, literally, dark and evil smelling as well. They are cold and dank and slimy. I, sometimes, think that the orthodox hell, with its pit of everlasting flame, would be quite cheerful in comparison. If there is such a place, I have not, as yet, seen it." (16)

So there you have it. Go out in the sun and look at the flowers and trees and thank God that you'll be leaving even these Third-Dimensional surroundings for the Fifth Dimension. The Illuminati who have ruined lives, murdered the poor citizens of Japan, Haiti and Chile, and caused one world war after another so that, for a brief time, they could enjoy eating off plates of gold and having whatever else from life they desired will soon enough be sitting at a bare table on a sparse wooden chair, bereft of light and utterly cut off from all sources of joy and pleasure.

There is nothing we need do. They will meet their fate without fail. Having such knowledge gives birth to the patience of saints. Meanwhile this is a world we may never see. It only takes one visit to firm up a determination to never come here again.

Footnotes

- (1) Monsignor Robert Hugh Benson, through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993, 194-201. All quotes are from <https://www.angelfire.com/space2/light11/nmh/dark1.html> [Afterwards LIWU].
- (2) Ibid., 60.
- (3) Ibid., 134.
- (4) Ibid. 62.
- (5) Ibid., 104.
- (6) Ibid., 84.
- (7) Ibid., 87.
- (8) Loc. cit.
- (9) Loc. cit.
- (10) Ibid., 86.
- (11) Ibid., 133.
- (12) Ibid., 134.
- (13) Ibid., 134-5.
- (14) Ibid., 137.
- (15) G. Vale Owen's mother in G. Vale Owen, medium, *The Life Beyond the Veil. Book I: The Lowlands of Heaven*. New York, 1921., 57.
- (16) Clifford McLean in LFM, 96-7.

What Happens to Evil-Doers on the Other Side?

August 21, 2021

<https://goldenageofgaia.com/2021/08/21/what-happens-to-evil-doers-on-the-other-side/>



Philip Gilbert, killed during WW2

In one of the emails I'm receiving, the reader is infuriated.

"I've read both your recent articles on this subject. I find them infuriating. I'm just glad you are not making any decisions for humanity. You should keep these ridiculous opinions to yourself. It's difficult to find this website credible when you spout such nonsense. ...

"Death to the cabal is merely slight justice for the incomprehensible crimes they have committed against humanity. Anything less is no justice at all."

Your email suggests that you've been actively fighting the cabal and I honor your military service.

I get your fury. I agree that the cabal's crimes have been incomprehensibly evil - and I don't use that word often. They "deserve" to be executed.

How many executions are being touted? I'm not saying where this quote comes from because I'm not wanting to shame anyone. It's the view I'd like to discuss.

"Nuremberg 2 Tribunals are in full swing: 2,700,000 executions have already been carried out." (1)

That's 2.7 million executions before you even heard they were happening, correct? I don't accept the statement as accurate but it's the cheeriness of the announcement of 2.7 million deaths that sends a chill up my spine.

Hitler fought a war of annihilation, but that's not our way. We don't annihilate our enemies. Do we?

What are we overlooking?

First of all, the energies are rising so that many of Team Dark will soon die of their inability to tolerate the higher vibrations. Mike Quinsey says today:

"The dark Ones cannot survive in such a high level as their vibrations are too low, and, if they tried, they would find it very uncomfortable." (2)

Secondly, I wonder if we're worried that the cabal will escape justice or get away with something if we don't execute them? However, the truth is, by the outworking of universal laws, no one gets away with anything on the other side.

What awaits the cabal's high-level members? Perhaps read about where they'll go - the Dark Plane - here: "The Astral Plane - The Dark Plane" at http://goldengaiadb.com/index.php?title=The_Astral_Plane_%E2%80%93_The_Dark_Plane.

Any life lived on the Dark Plane is miserable. The inhabitant must endlessly relive each dark event, experiencing the feelings of their victims as well as their own.

The place itself is undesirable in every way. The souls are ministered to and helped to progress out of this pit.

I once asked Michael about Hitler and I'll put that conversation in a footnote. (3)

For those who are absolutely evil and intransigent and have been given ample opportunity to pull back, there's a fate we'd think of as ultimate: A return to the First Dimension.

That means starting all over again from the bottom of the evolutionary ladder, which ultimately leads back to God for everyone, even the evil.

Do we have an account of it happening to anyone? Yes, we do. Philip Gilbert, who was to me on the afterworld what Matthew Ward is on this world (a credible informant, an honest witness to the truth), described his assignment to "cope" with "the Belsen gang."

The Belsen gang were Nazi SS officers who ran Bergen-Belsen concentration camp, deemed one of the worst of the Nazi death camps. Camp guard Irma Grese, formerly a black magician, was sent back from her Earth life to the First Dimension to start over again.

"We coped with the Belsen gang, but the details are difficult to describe. With some, [escorting them to their levels] was easy for they were cowards and perverts and made no positive attempt to assert themselves. They all, of course, knew they were dead.

"The most evil, Irma, was absorbed at once into what is her kind, a descending whirlpool of, as it might be called, sewage. They tell me that there are, very, very rarely, entities who get so low that they can only descend - and be liquidated. We don't like to think of it here.

"She had a strong will and there was need to exert power upon her - her aura was the foulest I've yet seen, or smelt....

"Irma was an 'old soul' in the bad sense - she had been forced to re-incarnate as a last chance." (4)

Complete annihilation would be what I'd call merciless. But the soul is never annihilated. It's always allowed to start over.

We can be assured that Heaven has educational opportunities aplenty for the cabal, when they transition. They won't be coming with us whenever the separation takes place. The problem will be taken care of regardless of what we do or don't do and probably in the near future.

Therefore, there's no reason for sullyng our entrance into the Golden Age by executing "millions" of our "enemies." I see no justification for it and cannot live with the idea of such an action.

Footnotes

(1) I notice the sentence has now been eliminated from the post - after I took a screenshot.

(2) Mike Quinsey's Higher Self Message, Aug. 20, 2021, at <https://goldenageofgaia.com/2021/08/21/mike-quinseys-higher-self-message-aug-20-2021/>.

And Matthew Ward:

"By the laws of physics that govern life in this universe, the low vibrations of darkness cannot enter the high vibratory levels of fourth density. Because individuals who persistently refused the light have carbon-based cells that can't survive in high vibrations, they will die and their dark activities will cease." (Matthew's Message, April 1, 2012.)

(3) Steve: What happened to Hitler after his death, Lord?

Archangel Michael: Well, he was brought back home, if you can think of it in that way. He spent a long time in review, deeper levels of understanding, might we suggest, what we would call reintegration?

It was a very sad situation and there was a great deal of repair work, I guess you would say, to be done and so this one has been contained [in a bubble of love] for a very long time. Well, a long time in your reference point, not a long time in terms of our reference point.

Steve: No, I've heard of people supposedly being down there [on the Dark Plane] for 250 years.

AAM: That is not unusual.

Steve: For him, we've only had about 70 years or so since....

AAM: So he is still in process.

Steve: Kathleen thought he was reincarnated.

AAM: No, he is not. No, there is much further yet to go. (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Jan. 20, 2017.)

We could learn from Michael's attitude. Notice that Hitler ended up on the Dark Plane while a concentration-camp guard ended up in the First Dimension. I'd have expected the reverse.

(4) Philip to his mother, Alice Gilbert, in Philip Gilbert through Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948, 197.

On Irma Grese:

"Irma Grese, The Angel of Death"

"Irma was captivated by Hitler and joined a Nazi youth group. She was later sent to Ravensbruck which was used to train female SS guards. Here she became a camp guard. She was then transferred to Auschwitz where in 1943 she became the senior SS-supervisor which is the second-highest rank a female camp guard could have. In this position she had virtually complete control of over 30,000 female prisoners. Many survivors provide extensive accounts of the murders, beatings, and tortures

that Irma engaged in. She was known for her arbitrary shooting of prisoners, sexual excesses, cruelty and her unrelenting half starved dogs that she would unleash on the prisoners. She was thought to be held accountable for nearly 30 murders a day. Many survivors remember her being dressed in heavy boots and carrying a plaited whip and pistol to beat her prisoners, often to the point of death. These atrocities continued in the Bergen-Belsen camp where she was transferred in 1945.... When Bergen-Belsen was liberated, there were three human lampshades found in her quarters.

"After the camp commandant Josef Kramer, Irma Grese became the most notorious defendant at the Belsen trial. Irma's only defense during the trial was that 'Himmler is responsible for all that has happened but I suppose I have as much guilt as the others above me.' Irma was sentenced to death and was hanged on December 13th, 1945." (Downloaded from <http://www.history.ucsb.edu/faculty/marcuse/classes/33d/projects/naziwomen/irma.htm>, 15 Jan. 2008.)

On the “Liquidation” of Souls

September 1, 2016

<https://goldenageofgaia.com/2016/09/01/on-the-liquidation-of-souls/>



Bergen-Belsen supervisor Irma Grese

I think I shouldn't let the following passage from a recent "intel" article pass without comment:

"If anyone reading this denies the truth of their organic human history and universal standing as it truly occurred, you will stop vibrating on this dimensional plane and cease human form existence.

"It is not death per se as death is also a concept created by the alien cabal to keep you vibrationally enslaved. Rather, it simply is a change of form and a simple return to Source Energy.

"Only an open acceptance to a radically new existence conceptually as well as a sincere historical review of your past will allow your eternal truth (soul) to continue with its current temporary human form." (1)

Certainly this version of Ascension-related events receives no support from the Company of Heaven.

First of all, let's look at the warning:

"If anyone reading this denies the truth of their organic human history and universal standing as it truly occurred, you will stop vibrating on this dimensional plane and cease human form existence.

"It is not death per se.... Rather, it simply is a change of form and simple return to Source Energy."

The fate of returning to a lower dimension than the Third Dimension or Physical Plane is referred to in the afterlife literature as "liquidation," "annulment," and "extinction." (2) It's only meted out to souls for whom there seems no way of going forward given the degree of evil they've practiced.

Let's look at the annulment of one of the few known cases: Bergen-Belsen senior SS supervisor Irma Grese. Recently-transitioned seaman Philip Gilbert was requested to assist with the reception of the Nazis after the Nuremberg trials.

"There will be a sticky mess of evil spirits let loose here soon when that Belsen crowd gets over. The woman [Irma Grese] is a black magician and will be 'liquidated.' She had to incarnate first. Why, I don't understand, but, before you can be 'annulled,' you have to re-incarnate - perhaps as a last chance." (3)

"The most evil] of the Belsen crowd], Irma, was absorbed at once into what is her kind, a descending whirlpool of, as it might be called, sewage. They tell me that there are, very, very rarely, entities who get so low that they can only descend - and be liquidated. We don't like to think of it here." (4)

Later Philip returned to the subject:

"The worst ones sink and sink until they become vacuum - and are 'liquidated.' It's not so much brutality of an animal kind [that brings on this fate], but real mental cruelty, a pleasure in hurting others, which, as you were told, cannot be escaped from." (5)

"Very, very rarely" do souls descend so low that they are reabsorbed into eternal Source energy, to venture forth again in a fresh start, without remembrance or karma. That rarity contradicts Anonymous' allegation that "anyone reading this

denies the truth of their organic human history and universal standing as it truly occurred" will be liquidated.

In the literature we follow, Matthew Ward has twice discussed the subject. In 2010 he described the spectrum of souls who have incarnated here, some of whom will devolve rather than evolve.

"There will be souls whose lifetime choices automatically will take them to first or second density placements; and at the other end of the spectrum are the souls who came from fourth, fifth and higher density worlds specifically to assist Earth in her ascension - when their mission is completed, they will return to their homelands." (6)

To devolve to the first or second density is to be extinguished or liquidated. In 2015, he explained what it means to be liquidated.

"If, after eons of linear time, a dark soul still refuses to accept the pinpoint of light, it becomes a 'lost soul' and its energy is reabsorbed by Creator, the source of its life force. When this happens to a root soul, the life force of all souls in its lineage wherever they are in the universe is cut off. You could liken this to a central power station that suddenly fails to function and no longer can transmit power to any of its innumerable facilities." (7)

The utmost effort is being made to bring these lost souls back at this time, Matthew tells us.

"Extraordinary happenings during this unprecedented time in the universe include the highest universal council's granting of dispensation petitions submitted on behalf of lost and nearly lost souls. Angels and soulmates volunteered to assist those souls to quickly gain enough intelligence and reasoning ability to understand the depths of darkness into which they had fallen and make enlightened choices henceforth, and this soul-saving mission includes restoring memory fields to all lineage of the "lost" root souls." (8)

(Concluded tomorrow in Part 2.)

Footnotes

(1) "Transition Facts" - RV Intel Update - August 28, 2016" at <https://inteldinarchonicles.blogspot.ca/2016/08/transition-facts-rv-intel-update-august.html>

(2) "The woman is a black magician and will be '**liquidated**.' She had to incarnate first. Why, I don't understand, but, before you can be '**annulled**,' you have to re-incarnate - perhaps as a last chance." (Philip Gilbert, Philip Gilbert through Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948, 107-8.) [Hereafter PTW.]

"One doesn't feel agreeable to the idea of **extinction**! Especially as, I'm told, '**liquidation**' only comes as a last step on a long path of misery, foul thinking and acting. (Philip Gilbert in PTW, 130.)

(3) Philip Gilbert, PTW, 107-8.

(4) PTW, 197.

(5) PTW, 131-3.

(6) Matthew's Message, Feb. 14, 2010, at <https://www.matthewbooks.com/mattsmessage.htm>.

(7) Matthew's Message, Aug. 17, 2015.

(8) Loc. cit.

Only Here

September 18, 2016

<https://goldenageofgaia.com/2016/09/18/281426/>



Only in 3D Credit: karengately.wordpress.com

There are always going to be a spectrum of people in a Third-Dimensional society.

Some will be into control; some will be into granting freedom; and others will be in between.

Some will practice violence, hatred, anger, jealousy; most will not.

In no other dimension would angel and devil, saint and sinner rub shoulders.

Matthew Ward, who works on the design of "Nirvana," as he calls the afterlife, explains:

"The energy of every person's thoughts, motives and deeds throughout the lifetime is registered in the infallible Akashic records, and, when the dense

body dies, the etheric body automatically is drawn to the part of Nirvana that corresponds to the energy in the person's records." (1)

A murderer on the astral planes would go to the Dark Planes or Winterlands. A saint might briefly stop in the Higher Summerlands of the Astral Plane, but would probably soon be off to the Mental Plane, which we call the Fifth Dimension.

This would all happen in a way that'd appear to us as automatic.

If a soul were to devolve to the Second Dimension, it'd return to nothingness. (2) To all intents and purposes, the Third Dimension - from which we allegedly recently departed (3) - is as low as we go.

It's here, with the physical body crying out to be fed, clothed, and sheltered, that we learn to get along and pull together. It's here that we see that everyone's the same in their suffering. It's here that we learn to get over our objections and forgive.

Footnotes

(1) Matthew's Message via Suzy Ward: February 8, 2015, <https://www.matthewbooks.com/february-8-2015/>

(2) See "On the "Liquidation" of Souls – Part 1/2," at <https://goldenageofgaia.com/2016/09/01/on-the-liquidation-of-souls/> and "On the "Liquidation" of Souls – Part 2/2," at <https://goldenageofgaia.com/2016/09/02/280792/>

(3) I can't say I "know" we've departed it. There are no road signs saying "Leaving Third Dimension."

Can Spirits from the Astral Planes Lie?

December 10, 2011

<https://goldenageofgaia.com/2011/12/10/can-spirits-from-the-astral-planes-lie/>



The question has been asked whether we can lie on the Astral Plane? And can sources who speak through mediums and claim to come from the Astral Plane lie?

Everything you want to know about the astral planes you "may" find, I think, in the website *New Maps of Heaven* at <https://www.angelfire.com/space2/light11/nmh/nmh-index1.html>

The thing that fools us about the Astral Plane is that we compare it to the Third Dimension and so its differences become obscured by the use of the word "Dimension." Most dimensions are uniform, except for the Astral Plane, which has many subplanes, hosting the vicious all the way up to the virtuous.

Here on the Third Dimension all types of souls mix and mingle in one plane, so to speak. We have the saint and the sinner, the statesperson and the assassin, Mother Theresa and Jack the Ripper.

Then they die and go to the Astral Plane, at least for a short while. The vicious go to the lower planes; the virtuous to the higher. But all can be said to live on the Astral Plane. That can be confusing to us. Jack the Ripper assumes his place in the basement - the Winterlands or Dark Planes - and Mother Theresa, if she doesn't go to a much higher plane altogether, goes to the Higher Summerlands.

So on the Astral Plane or Fourth Dimension, people are sorted out.

All Dimensions are designed or created in the last analysis by God, who is All there is. I imagine we can all agree on that. A Dimension can do any work He/She/It wishes it to do, simply by God's creative decree.

The Astral Plane has been designed as a temporary respite between incarnations for a wide range of people. It is sometimes called the "plane of desires," because on it we get to work out our desires before going to higher planes which are more often of selfless service.

We're able to create through thought, travel wherever we wish, do anything we want, rest, and take time off, so to speak. Many people spend perhaps 100-250 years on the Astral Planes before reincarnating; a very few reincarnate sooner for specific reasons.

We can tell a lie on the Astral Plane but, if we did, it'd be immediately visible in our aura as a darkish color so there's no sense lying if you're trying to pretend you didn't. All is known.

If you told enough lies on the Higher Summerlands, you probably could not stay at the level you're at.

The Astral Plane is designed in such a way (as are all dimensions except the Third) that, if one conducts oneself in a dense manner on a refined plane, one cannot remain on the higher plane. The more vicious one is, the farther down the ladder one might fall.

Just as people who make their vibrations dense in a refined environment must descend, so if people of a dense vibration are allowed to visit the higher realms they will find that, without some sort of protective measure, they cannot stand the higher vibrations there for very long.

I discovered this when I was outside my body in 1977 and began crying (watching a friend be insulted on the Astral Plane). Because I was weeping, I could not remain on that plane and had to return to my body. It's a law that one has to drop back a plane if one cannot live up to the requirements of the higher one, which is why we're all raising our vibrations now to gain access to 5D. When you're outside your body, the next lower plane is your body.

The spirits in the basement usually are unable to return to the Earth Plane and so they bother us no further. But the denizens of the Lower Summerlands may return and they can be entities who lie through mediums. It would have to be a fairly-coarse medium though because a refined medium would know he or she is channeling a low entity.

A spirit from the Middle Summerlands might not lie perhaps but may simply not know the truth. There would be a gradation of spirits returning to Earth and speaking through mediums and a gradation of mediums.

That accounts for only the spirits. It doesn't account for the "spooks" - namely, the CIA operatives and other black sources who imitate spirit sources or in other ways put out disinformation. Marshall Vians Summers is an example of this type. I don't mind mentioning his name.

If you read his declaration of human sovereignty, I think it's called, it exactly reverses the situation saying that the ETs here today threaten our way of life. It's exactly the reverse. The cabal and its operatives, like the CIA, threaten our way of life. The ETs are here to rescue us from them.

As far as I'm concerned, the best lie detector is the inner voice. How do we feel reading a source? This lie detection can also take the form of seeing how many times an inner alarm bell goes off when reading the source.

The second best lie detector is the comparative approach. How does the source stack up against the best sources, which for me would be SaLuSa, Matthew, Archangel Michael through Ronna Herman or Linda Dillon, the Arcturian Group, and so on.

The third best lie detector is one's own knowledge. Here is an example of applying knowledge. There is a supposedly-enlightened man who gave his cosmology once,

in which he said that the cosmic male created the Andromedan galaxy, because "andros" means "man" in Greek, and the cosmic female created the Milky Way galaxy, because "Milky Way" referred to a mother's milk, etc.

Give me a break. The creative powers didn't create by the Greek language. The Greek language would not even have been around at the time of the creation of the Andromedan and Milky Way galaxies.

And the cosmic male does not create anything. When I say "God" creates, I mean through the creative force, not by Him/Her/Itself. God has no gender and God is still. His creations are illusory, having no permanent status, like smoke in air.

Every thing is actually created by the cosmic female, who is not a female - the Holy Spirit, Shakti, the Divine Mother, through the creative universal vibration known as Aum/Amen, Procreatrix/Prakriti, etc.

The difference between the cosmic male and cosmic female is not gender-related because there is no gender at that level. It is a conventional distinction used by ancient sages to get across the difference between formlessness and form, silence and sound, stillness and motion. Hindu statues depict Shakti dancing on the recumbent body of Shiva, which conveys the idea that the cosmic female creates; the cosmic male does not.

And so matters went in assessing this "enlightened man's" cosmology - no, no, no, no. This use of knowledge then is, in my estimation, a third way of assessing a source.

And a fourth is to ask a trusted source. I used to ask Suzy Ward for Hatonn or Ashtar's opinion of channels regularly and was much helped. Archangel Michael has regularly commented, when asked, on various mediums and sources. He has also commented on elohim who've incarnated and avatars.

So we can actually hear lies from people claiming to be Astral-Plane sources. It would be difficult for Franklin D. Roosevelt to lie on the higher Astral Plane. It just wouldn't come easily to a person of his stature. But it would be easy for someone on a lower subplane.

All the articles to be found on this site on life after death have their basis in what is said in *New Maps of Heaven*. (1) You're welcome to dip into it and write your own articles. Or *First Contact*, which is on the same site, on Ascension. (2) Or *From Darkness unto Light*, which is on enlightenment. (3) All the primary research has been done and it just awaits someone to do the composition. No need to credit me. Just get the word out. What good is reputation, fame and fortune in 5D? No future for them.

Footnotes

- (1) https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven
- (2) https://goldengaiadb.com/index.php?title=New_Maps_of_Heaven
- (3) https://goldengaiadb.com/index.php?title=From_Darkness_to_Light

Bibliography

This is the bibliography of books - and abbreviations - used in *New Maps of Heaven*, which research forms the basis of the articles in this book.

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AFM: Krishnamurti, J. *At the Feet of the Master*. Adyar: Theosophical Publishing House, 1974; c1910.

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LIWU: Monsignor Robert Hugh Benson through Anthony Borgia, medium, *Life in the World Unseen*. M.A.P., 1993.

LLDM: Elsa Barker, medium, *Letters from a Living Dead Man*. Mitchell Kennerly, 1914.

LSB: Silver Birch, *Light from Silver Birch*. Comp. Pam Riva. London: Psychic Press, 1983.

LW: Helen Greaves, medium, *Living Waters*. Sudbury, Suffolk: Neville Spearman, 1978.

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"On Monday, 12th March 1917, I was walking by the sea when I felt the presence of someone. ... Suddenly I said to myself, 'It is a soldier. He has been killed in battle and wants to communicate!' That evening I happened to call upon a lady who possesses some degree of clairvoyant power. I had forgotten about the soldier until she described a man dressed in khaki, sitting in a chair near me. ... She said he was mature, wore a small moustache, and seemed somewhat sad. Not a very intelligent character apparently, but an honest one. ... I came home and sat down at my writing table. ...

"The messages I received in this manner from 'Thomas Dowding,' recluse, schoolmaster, soldier, are down exactly as they reached me." (Wellesley Tudor Pole, PD, 11.)

PMJ: T.E. Lawrence through Jane Sherwood, medium, *Post-Mortem Journal. Communications from T.E. Lawrence*. London: Spearman, 1964.

"In the early days of my work three communicators used my pen and of these 'Scott' was one. ... Scott's contributions were always recognizable for their vivid and tonic qualities and sometimes for the unconscious arrogance with which they were presented. ...

"The riddle of 'Scott's' identity [was] not difficult to guess. He is Colonel T.E. Lawrence. He first wrote for me in 1938 and from the beginning he used his own name. But as soon as any question of publication arise he demanded of me a promise to respect his anonymity. This promise I gave. ...

"In process of time this reaction [to his own fame] decreased in power and almost disappeared as though he had at last become indifferent to his fame. In *Post-Mortem Journal* he has taken very little trouble to conceal his identity and I think

we may conclude that it is no longer a matter of concern to him." (Jane Sherwood, medium, PMJ, 10-2.)

POG: Robert Leichtman, *Priests of God*. Atlanta, GA: Ariel Press, 1997; c1980.

PP: Robert Leichtman, *The Psychic Perspective*. Columbia: Ariel press, 1978.

PSB: Silver Birch, *Philosophy of Silver Birch*. London: Spiritualist Press, 1975; c1969.

PTS: Philip Gilbert through Alice Gilbert, medium. *Philip in the Spheres*. London: Psychic Book Club, n.d.

PTW: Philip Gilbert through Alice Gilbert, medium, *Philip in Two Worlds*. London: Andrew Dakers, 1948.

RR: Robert Liechtman, M.D., *Rembrandt Returns*. Columbus: Ariel Press, 1981.

RTI: Frederic W.H. Myers through Geraldine Cummins, medium. *The Road to Immortality. Being a description of the after-life purporting to be communicated by the late F. W. H. Myers*. Located at <http://www.trans4mind.com/spiritual/cummins/cummins1.html>

SABL: John Heslop through F. Heslop, medium, *Speaking Across the Border-Line. Being Letters from a Husband in Spirit Life to His Wife on Earth*. London: Charles Taylor, 9th ed., n.d.

"John, from whom these letters came, was a Scotsman and gloried in his nationality. Extremely reticent in the expression of his deeper feelings, he was a very Highlander in his genial nature and filled with love and hospitality.

"His character was a combination of strength and tenderness, strong in rectitude and every manly virtue, but tender and understanding toward the weaknesses of others. He had a well-balanced brain, clear, excellent judgment, and keen artistic perceptions. But the bias of his mind was toward the practical rather than the poetical, while for mysticism and all occult matters he had no toleration.

"A keen sportsman, he reveled in the beauty of river and loch. Few men ever won more affection from other men than did he and, when he passed, they told me with

one voice that he was the most loveable man they had ever known." (F. Heslop, SABL, xix.)

SBA: *Silver Birch Anthology*. Ed. Wm. Naylor. London: Spiritualist Press, 1974; c1955.

SBAN: Silver Birch, *Silver Birch Anthology*. Located at <http://www.the-synergy.com/silverb/contensb.html>

SBOS: Silver Birch, *Silver Birch's Own Story*. Located at <http://www.angelfire.com/ok/SilverBirch/SB.html>

SBS: Geraldine Cummins, *Swan on a Black Sea*. London: Routledge and Kegan Paul, 1965.

SBSP: Silver Birch, *Silver Birch Speaks*. Ed. Sylvia Barbanell. London: Spiritualist Press, 1980; c1949.

SBT: Silver Birch, *Silver Birch's Teachings*. Located at <http://www.angelfire.com/ok/SilverBirch/Tcon.html>

SOLR: Robert R. Leichtman, M.D. through medium D. Kendrick Johnson, *Sir Oliver Lodge Returns*. Columbus: Ariel Press, 1979.

SR: Robert R. Leichtman, M.D., through medium D. Kendrick Johnson, *Shakespeare Returns*. Columbus: Ariel Press, 1978.

SRE: Sir Arthur Conan Doyle, *The Spiritualist's Reader*. London: Psychic Book Club, 1955; c1924.

ST: "Imperator" (Malachi) speaking through Stainton Moses. *Spirit Teachings*. London: Spiritualist Press, n.d. (Prior to 1883.)

From an e-mail with Dr. Mike Timms, March 15, 2008: "[Stainton] Moses continually asked for the earthly identifications of Imperator and the others. Imperator initially refused, informing Moses that revealing their earthly names would result in casting additional doubt on the validity of the messages.

"However, Imperator later revealed their names, advising Moses that they should not be mentioned in the book he would write. It was not until after Moses's death

that the identities were made public by A. W. Trethewy in a book, *The Controls of Stainton Moses*. Emperor was Malachias, the Old Testament prophet. Rector was Hippolytus and Doctor was Athenodorus. Emperor took directions from Preceptor, who was Elijah. Preceptor, in turn, communed directly with Jesus. Other communicators in the band of 49 included Daniel, Ezekiel, John the Baptist, Solon, Plato, Aristotle, Seneca, Plotinus, Alexander Achillini, Al-Ghazzali, Kabbila, Chom, Said, Roophal, and Magus." (Mike Tymn to Brother Anonymous, E-mail, 15 March 2008.)

SWSL: Charlotte E. Dresser, medium, and Fred Rafferty, editor, *Spirit World and Spirit Life*. Los Angeles: Rafferty, 1922.

Mary has a lot of good, hard sense. Trust her and go ahead. (Professor William James to Charlotte Dresser of circle leader Mary Bosworth in SWSL, 241.)

I sent out messengers, and, though it has been a long search, I have found you in a circle who are well beloved by those of higher spheres. Mary is a safe teacher and friend. Dee is your dearest friend and a lovely spirit. Trust them. The others I cannot see so well; but all are fine, and I am grateful that you, my friend, are cared for so wisely. (Unnamed friend of Charlotte Dresser's, SWSL, 183.)

Then Sis [Charlotte Dresser] asked [her sister and spirit group coleader] Dee to tell her how Mary looked.

"Mary has dark eyes and is taller than I am. We are not alike in looks, but are alike in perceptions, tastes, and desires. We have different work, and each has different interests; yet we are closely related. Can you understand?" (Dee of Mary in SWSL, 50.)

TIH: Harry Homewood, medium, *Thavis is Here*. New York: Fawcett, 1978.

"'Thavis' is his Other Side name, Apparently all souls who work with humans adopt names by which they identify themselves.... Thavis lived in France during the eighteenth century and, he told me, he had lived here [on Earth] in a previous incarnation. He was a journalist of sorts and a politician in his last [i.e., the French] life here." (Harry Homewood, TIH, 26.)

TIND: Betty Bethards, medium, *There is No Death*. Novato, CA: Inner Light Foundation, 1976; c1975.

Betty Bethards, founder of the Inner Light Foundation, is a meditation teacher, mystic, and psychic channel. At several different sessions an associated asked Betty questions about death. Betty was in a state of light trance, which allowed answers to come through her from the other side or the next dimension of existence.

TOL: Helen Graves, *Testimony of Light*. London: Churches Fellowship for Psychical & Spiritual Studies, 1975; c1969.

TR: Grace Rosher, medium. *The Travellers' Return*. London: Psychic Press, 1968.

TS: Geraldine Cummins, *They Survive. Evidence of Life Beyond the Grave from Scripts of Geraldine Cummins*. Comp. E.B. Gibbes. London, etc.: Ride and Co., n.d.

TSB: Silver Birch, *Teachings of Silver Birch*. Wisdom from the World Beyond. Ed. A.W. Austen. London: Spiritualist Press, 1962; c1938.

VS: Helena Blavatsky, *The Voice of the Silence. Being Chosen Fragments from the "Book of the Golden Precepts."* Theosophical University Press Online Edition. Downloaded from <http://www.theosociety.org/pasadena/voice/voice.htm>

WASTAK: Mike Timns, "What the Advanced Spirits Told Allan Kardec," Gaia Community, 30 Jan. 2008. Downloaded from http://metgat.gaia.com/blog/2008/1/what_the_advanced_spirits_told_allan_kardec, 20 Feb. 2008.

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