BASED ON THE MATERIAL DISCUSSED IN MY BOOK

THE DEATH EXPERIENCE:

What it is like when you die

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ROAD MAP TO THE EXPERIENCE OF DEATH:

WHAT REALLY HAPPENS JUST AFTER YOU DIE

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What I will say today are my personal opinions, as a Near-Death experience survivor, a physicist, cosmologist, & consciousness researcher,

Also, the afterlife is almost indescribable. It is located in other dimensions, which are not at all like physical reality of 3-D space & time. The afterlife is ethereal and, our limited language is made to describe physical things.

You may already realize, from your own NDE or from having received an after-death communication from a deceased loved one, that **Death is not final, and that your consciousness will not cease to exist**. The Spiritualists say,…….

"There is no death, there are no dead"

You may have also come to the conclusion supported by NDE evidence that the entire concept of ***sin and retribution is a simple misinterpretation*** of how the law of attraction, or karma, operates and that, when you are ready, **your consciousness will simply move on to a new plane of existence where you will continue having additional experiences**. ……..

"to die is gain". St. Paul, Philippians 1:21

This road map is based on 20 years of research as a Professional Member of IANDS, IONS, FMBR, & studies with Morris Pratt Institute on mediumship and after-death communications. Also, the Tibetan Book of the Dead, the Egyptian Book of the Dead, and my own NDE. This map will show the correlations between ancient philosophy and the data of NDE's. Also, the death process described here is without the interference of drugs or other hospital procedures.

NOTHING TO FEAR: While it is human to fear death, study of the NDE has shown that **"the judgment**", or life review (weighing of the heart) which occurs immediately after death **is only a learning process. It is not a trial**. It may take place in the presence of a being of light (Christ / Maat?), but this review is only done **so that you can make your own judgment whether the life just ended was "*worth it*".** This knowledge is necessary to determine whether or not you received, from this most recent lifetime, what it was that you came to earth to receive. And, if during this *weighing of the heart* you find that the trials and tribulations have given you the lessons you came to get, then the *Final Judgment* you will personally pronounce on this life is that, ***"It was good"***

Saint Paul's NDE

This is how St. Paul described the life review after his own NDE which took place on the road to Damascus ***when he saw the light***. Unfortunately, his words which appear in the Bible have been misinterpreted by theologians to fit their own agendas,

"For we shall all appear before the judgment seat of Christ (the light); that everyone may receive (review) the things (he has) done (while) in his body, according to that which he has done."

St. Paul, 2 Corinthians 5:10 (KJV)

Today with the details of the NDE life review available to collate with St. Paul's statement it is clear that he saying that we all determine if we received everything we came to physical life to receive. But for many theologians who refuse to believe in the NDE, this simply can not be true.

After relating the story of my own NDE to Christian Pastors many would say to my face, **"That can't possible be true because it does not agree with scripture".** Each of them was too dogmatic to realize that **my story merely did not agree with the church's speculations** about what the scripture might have meant.

I give another talk about how the NDE agrees with scriptures, but not today.

STAGE 1- Facing Death & Experiencing the Near Death Approach:

THE ONSET OF DEATH: Many facing death have Near-Death type experiences during the final phase of their illness, called Near-Death awareness or Near-Death approach (NDA), these often take place without any sudden shift in physical condition, as occurs with an NDE, like an automobile accident or cardiac arrest. Instead, they just occur during a normal day as death draws near. NDA's will often include meeting wirh deceased relatives, and seem to be a form of preparation for death. Overall, NDA's are quite reassuring. Often, the NDA is the first notice the patient has that life goes on after death. NDA's can occur when a person is fully conscious, and also able to move back and forth from the afterlife returning into the present reality; talking with dead relatives on the other side, and then re-focusing here in this physical reality to begin talking to those attending them, bedside. Literally, bridging the gap between these two worlds at once.

VISITATIONS: The person approaching death also has vastly improved ESP and mediumistic skills. They may see a deceased loved one sitting nearby (but not visible to the attending family). Yet, it is obvious to the family that the dying are not hallucinating, but, are perceiving both sides of the veil. During NDA's the dying are fully conscious of present reality and the afterlife knowing what is happening in the both places at the same time.

LAST CHORES – GETTING READY TO EXIT: Dying Patients face several tasks, not understood by attending family. While family worries about impending death, funerals, bickering relatives, medical bills, inheritance taxes, etc. the dying patient is reviewing a lifetime, which seems way more important to them than family's money concerns. They are looking for themes and asking "What was it all for?"

They may want to identify what they learned or have contributed, intuitively, getting ready for that question the Being of Light will shortly be asking them' Forgiveness becomes a concern, realizing forgiveness for what they have done, and forgiving others, is important unfinished business. They also begin saying good-by to familiar parts of this life, letting go of things, one at a time…….

"I guess I won't be making that trip to Asia now?"……. "Who will be the Santa at the Lodge Christmas party after I am gone?"….. "I wonder whatever happened to Richard who fought with me in the South Pacific?"

HOW TO COMMUNICATE WITH THE DYING: Be straightforward and honest, but do let the dying lead the way. You still have time to get your affairs in order, but they are short of time so let them be "in charge". They may also start talking about "going home".

For example, A bereaved widow shared with me that during her husband's last days he would be collecting his things together. She repeatedly ask him, "Where are you going". He would always answer, …..*"I'm going home".*

She did not know what to think because they were already home in the house he had built for her some 50 years earlier. But, every day he continued to “get ready to go” Finally said to him, “Don’t you like it here in the home you built?” Then he answered, ….. *“This is not my real home…..And, I understand that you still like it here in this home, because you aren’t ready to go home yet, But, I am leaving”.*

Be sensitive to their needs regarding: how close they want you to sit, how much company they want, and how much talking is comfortable for them. Again, **let them be “in charge”**.

Often, gently holding their hand may be most comfortable and all they need. If they have had an NDE or NDA allow them to talk about it, and **be ready to believe what they report to you, knowing that what they are perceiving is real even if you can’t see it at the same time,** or even if it disagrees completely with what your church wants you to believe. **Just allow their experience to be real.**

Realize that as death approaches, they may need to withdraw contemplating deep thoughts. Often, they may be distracted and unable to focus on family members or what is going on around them. They may not want to visit as much with loved ones as they did before. When this is the case, do not have your feelings hurt. Just understand that they may need time alone as a necessary part of their preparation for their journey into death.

CHOOSING THE MOMENT: The dying often have the ability to choose the actual moment and **some actually want to die while their loved ones are out of the room**, finding it easier to let go when they are alone. Often, families do not understand this need for solitude and, quite unnecessarily, feel guilty that they weren't there at the moment of death"..

Other patients will like to have someone with them at death, yet they may not wish to (or be able to) interact very much. Your quiet presence may be all that they want. **Know that this last stage of life often provides the most powerful interactions that loved ones will have in their entire lifetime.**

APPARITIONS & NOTIFICATIONS: After the patient has died, it is not uncommon for surviving loved ones to sense the presence of the departed relative in dreams or apparitions. **This is quite normal, although not discussed much in modern society.** Friends and family not present for the death may be notified through an apparition or dream.

STAGE 2 - Beginning The Journey & The Near-Death Experience

1. ONE DAY IT'S TIME TO GO: This could all happen quickly if you are killed in an accident, but more slowly with a natural death. After a period of struggle with the decision to go, your consciousness decides to depart from the flesh. For some hours or days prior to this point you may have been catching fleeting glimpses of the other side, heard angels singing, or had distinct visions of dead relatives, etc.

But, you begin to be at peace knowing you are going "Home" as your conscious mind or ego starts to shut down and your spirit mind begins to take over.

Aware that peace awaits, you cease the tiring effort of holding this earthly illusion together. Feeling weak and sinking, melting back into spirit from the physicality of this material reality. Your body seems smaller (shriveled). Reflections of opposites (positive & negative) what Buddhists call mirror-wisdom, the transmuted energy of this earthly delusion, dissolves. Forms of matter become indistinct, your eye perception deteriorates, all sights are blurred. Things appear like a mirage of water in the distance on a highway. This condition may persist for minutes, hours or days.

In this apparent delirium you may see former relatives or angels beckoning you from the other side of the veil. You may be speaking to them, while also coming back to speak with attending family. There is no clear edge between worlds. There is the other side (reality) where deceased loved ones wait, and there is this physical illusion where living loved ones are going to be left behind. Nostalgia mixes with anticipation.

A better future beckons, but you hesitate to leave behind these living loved ones. Truly, parting is such sweet sorrow. But, by now you know you want to go and so start saying, “good bye”. Some relatives are pleading with you not to go, others are wondering, “How does he know it’s his time?” You call for certain people, waiting for them to arrive. Finally you depart. Slowly, water dissolves into fire, as bodily fluids dry out, sensations cease, you become numb, equalizing your wisdom no longer needing attachment to a physical body. Your energy pulls back into its subtle essence. **All feelings, pain and emotion melt away, sensations disappear. Hearing goes, yet not the sense of understanding. You begin to pick up the thoughts of others without hearing their words**.

ESP is better attuned now that you aren't dependent upon physical senses and true thoughts are no longer drowned out by "noise" of bodily sensations. "Second sight" (increased intuition), the tool of mediums and clairvoyants, has once again become a sharp sense for you too. Now communications are received in images not sounds. Frustratingly, people here in physical life can no longer hear you as you now have no voice.

"(I) appear to be standing behind a sheet of frosted glass—which blurs sight and deadens sound".. "A terrible feeling of impotence burdens me." Fredric W. H. Meyers, deceased January 17, 1901, speaking back from the other side in 1907.

"It is inconceivable to the conscious mind (that another place could exist) besides the earth world of matter bounded by time and space ….Instinctively, you fight to live….. P.H.M. Atwater.

Next, inhalation weakens, smell disappears, tastes are forgotten, breathing stops, energy circulation withdraws into the central nervous system. Individuating wisdom (the energy of desire) fades as all notions dim out from your mind, the energy of competitiveness dissipates as your body sense fades out and you depart the flesh.

BAPTISM BY FIRE: You now may feel surrounded by fire flies, sparks, or bursts of light feeling completely enveloped in small candle flames as your spirit separates from the flesh. 4,500 years ago Thoth-Hermes said "**Our souls are enveloped in fire".** Hellenistic Mystery religions describe these flames as the **"baptism of fire"** accompanying mystic enlightenment.

Tibetan Book of the Dead describes flames as you leave the body. I experienced these candle flames is as I re-entered the flesh returning from my NDE, seemingly enveloped in hundreds of small candle flames or sparklers. It was ***a definite feeling of flames and fire, but not being burned by it because at that moment I had no physical body to feel pain.*** **P.H.M. Atwater also describes these same sparklers or candle flames when returning to the flesh**. …..*"I floated ever so gently back into her body, moving as I went on a layer of large bright sparklers such as those used on the Fourth of July"* P.H.M. Atwater, Note: she speaks of her physical body in the third person.

Yet, most NDE survivors saw no flames, only a dark tunnel going to the light, and about returning say simply, "**Suddenly I was back in my body**".

2. CLINICAL DEATH: This is where you will probably be pronounced **CLINICALLY DEAD**, If you are in a hospital or palliative care situation. But, many Near-Death survivors have gone well beyond this point and then returned again to the former life. But, for many, to hear their doctor pronouncing them dead, is most distressing.

It usually occurs just at the most intense point of physical distress, heart stopping or cessation of breathing. Yet, at this same point many people describe extremely pleasant feelings and sensations of peace and tranquility. Others report that they experienced various auditory sensations. In some cases there is a loud buzzing noise coming, “from inside my head”, or a loud ringing noise, others hear a mighty rushing wind, as did St. Paul during his Near-Death experience with the light on the road to Damascus. Here is what P.H.M. Atwater remembers of this:

"Your body goes limp. Your heart stops. No more air flows in or out. You lose sight, feeling, and movement—although the ability to hear goes last…. Identity ceases. The "you" that you once were becomes only memory"….. There is no pain at the moment of death…. Only peaceful silence…. calm….. Quiet… But, you still exist……..

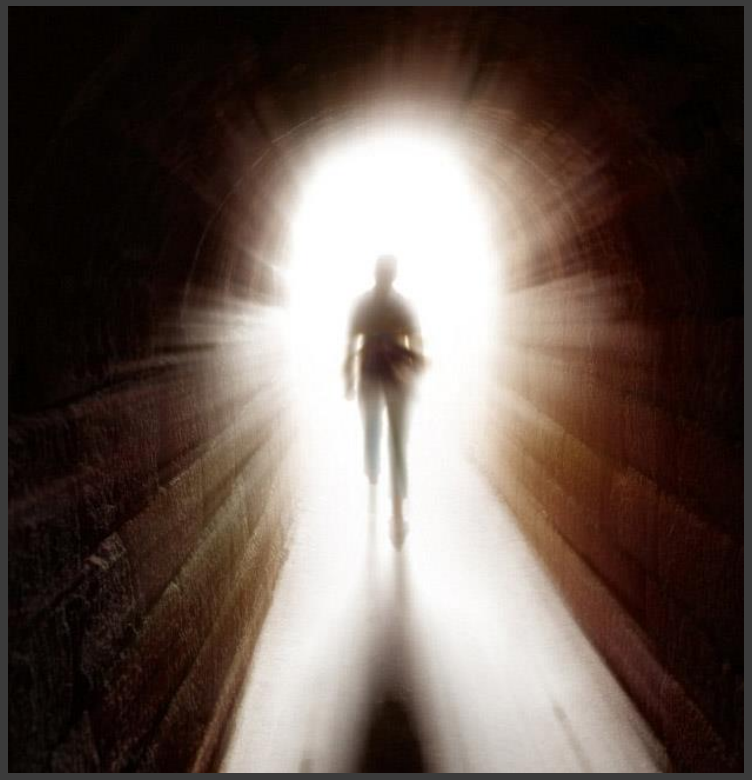
It is easy not to breathe. In fact it is easier, more comfortable, and infinitely more natural not to breathe than to breathe……The biggest surprise for most people in dying is to realize that dying does not end life……. Whatever comes next…. The biggest surprise of all is to realize you are still you. You can still think, you can still remember, you can still see, hear, move, reason, wonder, feel, question, and tell jokes—if you wish…. If you expected to die when you die you will be disappointed. The only thing dying does is help you release, slough off and discard the "jacket" you once wore (more commonly referred to as a "body)…..When you die you lose your body. That is all there is to it. " P.H.M. Atwater

In the Buddhist tradition the *male essence* or **WHITE awareness** descends from the brain down the central channel of the chakras to the heart, you perceive in the minds "third eye" a sky full of **WHITE moonlight**. I saw this "white moonlight". Next, according to the Buddhist tradition the **RED awareness** arises like a liquid as the spirit of enlightenment from the genital wheel toward the heart representing the *female essence and* covers the third eye vision with **RED**…… Personally, without reading the *Tibetan Book of the Dead*, I described this same color sequence in reverse, during my return to the body at the close of the NDE. I named this **RED essence** as **being the pain of this existence**, the feelings within this veil of tears. It was definitely liquid and definitely red to purple and represented the feelings of this life. **Jungian psychologists would call it the "Anima" the female feelings essence of physical existence.** During my return to the body this **RED liquid** blotted out the sky of GOLDEN-ORANGE light as it flowed down over my vision. The Buddhist tradition says it flows up from the genitals to the heart as you leave the body, and they also say that to re-enter this life we go through the stages in reverse. **My vision of these reverse stages is uncannily parallel to the Buddhist tradition.**

Nature revealing herself to Science
by Ernest Barrias, 1899, Musee d' Orsay , Paris

3. LIFTING THE VEIL OF ISIS: Buddhist death process describes this **RED** bringing on the **GOLDEN-ORANGE sunlight**. Then proceeding onward into the seventh dissolution called the stage of imminence, at which point the two drops of male (animus) and female (anima) essences meet at the heart. In the physical life these two halves have been separate. Here they enclose the consciousness and you perceive a sky full of bright dark-light, or pure darkness. Then you lose consciousness of time-space reality (the illusion), and enter the true reality of the afterlife. Finally, you pass from this darkness, of light energy 3-D, into the realm of clear light translucency (the true reality), gaining an unaccustomed kind of non-dualistic consciousness.

For many people concurrent with the "noise" or a mighty rushing wind they have the sensation of being pulled through a dark tunnel. Most NDE survivors say, we passed through the darkness and then, "we arrived with the light". Western traditions often describe this as a dark tunnel, with the Light at the end of the tunnel. **But, the singular image which I personally find most accurate is the 'Lifting of the veil of Isis"** ***"I am all that hath been, and is, and shall be; and my veil no mortal has hitherto raised"***. Plutarch, inscription at shrine of Neith-Isis-Minerva



This is the point at which the ***"Veil of tears"*** (our earthly life) is gone. For me at this point, time and space cease to operate. The polarization ceases to be in effect, male-female, positive-negative, all "forces" of separation which creates the $E=MC^2$ of our familiar 3-D simply cease. ***You now pass out of the quantum mechanics (matter) and into the quantum hologram (zero point field of dark matter) or pure thought.*** You are now solely the most subtle essence that your consciousness can occupy. Outside of space-time you have no weight, literally no matter. I remember this well.

No pain, no time, no space, just the peace which passes all human understanding. **Here is how P.H.M. Atwater described this state:**

"You are still alive, very much alive. In fact, more alive than since you were last born. Only the way of all this is different, different because you no longer wear a dense body to filter and amplify the various sensations you had once regarded as the only valid indicators of what constitutes life. You had always been taught that one has to wear a body to live." **P.H.M. Atwater**

4. OUT OF BODY:

Next, in the Buddhist tradition, your extremely subtle consciousness flies out of body driven by our evolutionary orientation. The REAL MOMENT OF DEATH, the Buddhists call it the “death-point between” when you enter the “bardo”. It is the subtlest state possible for a sentient being. It is a state so transparent that anyone unprepared for it will see right through it and not even notice it.

This Out-of-body condition is recorded in *Book X* of Plato’s *Republic*. (380 BC). A Greek Soldier Er, reported during an NDE, that his soul went “out-of-body”. Later St. Paul uses the term “out-of-body” in 2nd Corinthians 12 (57 AD). Now, your spiritual body (energy center) sheds the cadaver, like an old snake skin. This liberation, no longer being confined to matter, may be confusing at first. Many NDE survivors found themselves floating near the ceiling watching family members and doctors still paying attention to their discarded cadaver and wanted to speak out, ***“Hey, I’m up here, and I’m O.K.”*** But, being out of body you can no longer speak.

At this point, truly intuitive relatives attending your bedside, often realize that your consciousness is still here and hasn't left after the physical death of your cadaver and survives somewhere nearby. They may continue to speak with you for decades. And, as a disembodied consciousness, you can still see and hear (read the thoughts of) your loved ones.

They just can't hear or see you. Yes, if you will find ways to subtly communicate back to them, it will reinforce their gnosis that your spirit still survives on the other side.

HEROIC INTERVENTIONS: At this point during some NDE's, medical personnel, mistakenly believing they are "helping" by preventing physical death, courageously start to interfere with your transition to the afterlife.

Driven by their personal perception of ***saving you,*** they call for a defibrillator to attempt resuscitation of your cadaver, believing these "heroic" measures are "helping" you. Their lifesaving MO never considers that they may instead be interfering with a new life for your consciousness, or worse, sentencing you to an imprisonment in a now injured and crippled body.

"You don't die when you die. You shift your consciousness and speed of vibration. That is all death is…a shift" P.H.M. Atwater

5. DECEASED RELATIVES:

This is also the point at which many Near-Death survivors report **meeting deceased relatives or friends**, or in some cases entities (i.e. guardian spirits or masters) who were there to guide, assist and comfort them, and began welcoming them home.

Dr. Hosack speaking from the afterlife in 1906, described the death process exactly as we today describe NDE's.

"There was this meeting and greeting with my own (family) who came to welcome me, as naturally as one returning after a long journey in the earth-life would be welcomed. Their bodies were not so dense as when they were inhabitants of earth, but they were like my own. Then I was told that my body and the bodies of all those in that life were actually the identical bodies that we had in earth life divested of the flesh covering….. To me everything seemed perfectly natural to sense, sight and touch…. I found little bodily change, I had sensations and vision and my personal appearance was in no way changed except that my body was less dense… more transparent …, but … my form was definite, my mind clear, the appearance of age gone, and I stood a man in… fullness…, nothing gained or lost mentally". Dr. Hosack

6. THE BEING OF LIGHT:

The most profound element in the dying process is the encounter with the ***Being of Light***. Dr. Raymond Moody, M.D. interviewed over 150 NDE survivors, to give this synopsis description of the Being of Light, in his 1975 **book** ***Life After Life***. ***"Despite the light's unusual manifestations, however, not one person has expressed any doubt whatsoever that it was a being, a being of light. Not only that, it is a personal being.***

It has a very definite personality. The Love and the warmth which emanate from this being to the dying person are utterly beyond words, and he feels completely surrounded by it and taken up in it, completely at ease and accepted in the presence of this being. He senses an irresistible magnetic attraction to this light. He is ineluctably drawn to it. Interestingly, while the above description of the being of light is utterly invariable, the identification of the being varies from individual to individual and seems to be largely a function of the religious background, or beliefs of the person involved."

TIME WITH BEING OF LIGHT

In my personal experience of the ***Being of Light*****,** I also felt this being drawn in and loved beyond words, just like the NDE survivors Dr. Moody would later interview. Also, just after my NDE I noted this feeling in my journal along with the fact that this ***Being of Light***, which I saw as the "wisdom of the universe", the "Christ mind", or "Infinite Intelligence", never identified itself as any particular entity

When you encounter the ***Being of Light*** he/she will be asking you a single question, The central question is, ***"Are you ready to move on?"*** But, it comes across to different individuals in different phrases because it is transmitted as an ESP thought and not spoken, so when they later try to write it down each NDE survivor may say it differently. But, it never contains any judgment or condemnation. The ***Being of Light*** is asking how you feel about it. What is your assessment. Typical memories of the wording are expressed as:

"Are you prepared to die?....."Are you ready to die?"

"What have you done with your life to show me?"

"What have you done with your life that is sufficient?"....."Is it worth it? "

THE LIFE REVIEW – I-PHONE APP.

7. THE LIFE REVIEW

This is where the flashbacks start in preparation for the ***Being of Light's* question.** The life review assesses the completeness of learning in your life now ending. NDE survivors report that the review takes place in a few seconds yet covers their entire life, and feels all emotions of all participants in each life event.

This rapid memory illustrates the increased cognitive capabilities, which are part of the entire NDE experience. **Some people experienced the life review, but not the *Being of Light***, and vice versa. The thing being reviewed is the emotional and spiritual growth that occurred during each episode of the life. The conclusion sought is not whether it was good or bad, but was it worth it. The question seems to be, *"Was it complete?* or *"Did you learn all the lessons?"*

Apparently, the answer has much to do with **whether or not you are ready to, "move on".** Since, the majority of the first hand reporting available comes from NDE survivors who returned to the former life, in each case they found, after reviewing the data, that they were not ready to move on, or that they had some unfinished business left to accomplish. Hence, their return to physical life..

STAGE 3 - MOVING ON, into Afterlife Beyond the NDE:

WHERE DO WE GO, WHAT DOES IT LOOK LIKE? What happens after this point cannot be determined from NDE survivors who returned to the prior life. All data for this area is from After-Death communications and past life memories and time spent in the afterlife between lives. There has been a lot of speculation over the centuries but most literature in this area is considered occult by orthodox religion and materialist science.

Yet, it is significant how similar the cosmology of all the traditional religions are about this subject. Seven Heavens are found in all the major religions including Islam, Judaism, Hinduism, Hellenistic mystery religions, Catholicism, ancient Egyptian religion, and Christian Gnosticism.

Oddly, only Protestants seem to have a single heaven of clouds with angels plucking harps and singing praises. But, all the others agree on seven levels. And, in the Abrahamic religions (Judaism & Islam) the Throne of God is said to be above the seventh heaven. Some would say this then should include the Christians both Protestant and Catholic.

Spiritualists, analysis of After-Death communications postulate seven concentric spiritual spheres, each with slightly higher vibration. Quantum understanding of non-locality and the fact that space is an illusion indicates the accurate description of levels is that they are co-centric, non-local dimensions, interpenetrating each other and made of successively higher fields of vibrations .

Spiritualists also postulate that the seven spheres are each divided up into six social spheres or societies, in which kindred or congenial spirits congregate, coming together under the laws of attraction

THE DARK SIDE: There are NDE survivors who report “dark” or “negative” NDE’s. They traveled to a dark place on the other side. Hebrew scripture, Chapter 10, of 2nd Enoch also describes a level that is ***"a very terrible place***" with "***all manner of tortures"*** in which merciless angels torment ***"those who dishonor God***”, this is similar to the Roman Catholic Hell. Islamic tradition also places **Azrael, the angel of death,** in a third location in heaven. I locate this area in the First Level.

KARMA MATTERS: It is apparent that during an NDE, which level a person visits depends on spiritual development or personal karma. This gathering of like-minded people at the same level of spiritual development is clearly apparent from multiple ADC communications collected by the SPR, ASPR and the Spiritualist movement over the last 150 years..

FIRST LEVEL OR SPHERE: This rudimentary level is not far removed from the Earth plane, and is only one step higher in vibration. It really blends with the physical reality of earth. Some NDE accounts speak of being in the upper area of the room, and similar details are given in the recorded memories of time "between lives" by re-incarnated children. This is also where the haunting ghosts and poltergeists, who are so close to the physical plane of 3-D that they can' figure out they are dead, hang out.

One poltergeist, contacted by a medium was asked why he was disrupting things he responded. ***"Hey, this is where I live and I did not invite these squatters to move in here. If they leave I'll quit making trouble, but when I talk to them they don't hear me so I throw things."***

Also, in Ian Stevenson's story of Bongkuch Promsin's remembered past life, related in Chapter 4 of my book, Bongkuch remembers spending seven years in a tree, as a ghost essence, before following a man home and reincarnating as the man's next child. As the new child at age three he told the details of the murder which matched the police records. As he grew up he still disliked his murderers.

Bongkuch never left that first sphere a dimension so close to our three dimensional physical life that he never really left this life, He was without a body but still on this plane. This level is where poltergeists and ghost hauntings all occur, and it often seems to be occupied by spirits who are often entirely alone, and mostly by the consciousness of individuals who cannot figure out that they are dead.

How long you will stay in this first level is a big question. Spiritualist believe these apparently "stuck" spirits may not know they are dead. Through mediums they help these spirits to move on toward the light. Often, they haven't given up longing for the former physical life they have left behind.

SECOND LEVEL - LIMBO: This could be the same vibration (dimension) as the First Level, only slightly more removed from the earth life. People here have developed somewhat spiritually but are still earth-centered and are not developed to where they are ready to move on and escape the wheel of repeated lifetimes, They may wait here before reincarnating, This place seems a little more removed from the physical life than the first level.

These folks are like the Near-Death experience survivors, all of whom were also not yet ready to move on. So, these first two spheres may be filled with people whose consciousness is not ready to move on, but their prior body is no longer viable, so they wait for an opportunity to return to complete their earthly tasks.

Some NDE survivors who have described passing through these first spheres while moving on toward the light, recall it as being “in the mud”, Yet, it appears that when the spirit that is residing there can evolve beyond selfishness they will begin to move on. Sometimes it is previously deceased friends and relatives who come to help a person move on. Other times it is people on earth working through a séance who help the person stuck in this dark side, to let go and move on.

THIRD LEVEL – SUMMER LAND, LAND OF MILK & HONEY: This is the place most folks go. St. Paul described it in 2nd Corinthians 12 as where he went during his NDE. He was a Pharisee well-read in Hebrew scriptures. 2nd Enoch, chapter 8, describes this “Third Heaven” as a location **"between corruptibility and incorruptibility**" containing the **Tree of Life** "**wherein the Lord rests**, when he goes up into paradise." .

Also, Two springs are located there, **one of milk, the other honey**, along with two more of wine and oil,. They all flow into the Garden of Eden. Ancient scriptures say ***the Lord*** hangs out here, and this third level seems to be where NDE survivors meet with the ***Being of Light*** for the life review, which is the same as examining the tree of life. Many NDE survivors traveled through a dark area or dark tunnel on their way to the light, some speaking of coming through a muddy area. The Tibetan Book of the Dead describes passing through areas where zombie like spirits wait in the dark. Some NDE survivors have described moving past people begging to be taken with them, Yet, are instructed not to reach out to them. Dr. Alexander woke up out of the “mud”, which sounds like confused area of the first and second levels.

STAGE 4 – ETERNITY

WHAT IS ETERNITY LIKE?

Concrete descriptions of eternity are more difficult. NDE survivors cannot tell us much and data received by After-Death communications (ADC), is somewhat contradictory.

Skeptics count these contradictions as evidence ADC is a hoax. However, sufficient reports from the other side provide significant correlations. For instance; people visiting the same communities on the other side report similar things.

Yet, not ever NDE survivor is visiting the same community, so reports naturally differ. Unfortunately, our culture's religious past taught everyone (including those who think they have no religion) to believe that everyone visiting the other side *SHOULD* have identical experiences. So, even atheist skeptics expect that if it is real everyone's experience will be identical, regardless of how naïve the premise is. You might as well expect two friends traveling to Europe, one to Italy and one to Scotland, to have identical experiences. A real afterlife will present each traveler with a different experience. The following Q & A is a collation of data about eternity discovered through After-Death communications (ADC):

QUESTION 1 - "HOW LONG IS THE BETWEEN LIFE (Bardo) BEFORE WE CAN REINCARNATE AND GET BACK TO THE PHYSICAL LIFE?" This is a popular question because of our focus on material reality. We are "intoxicated" with matter, and so we logically can't wait to get back to "being real'. It is why reincarnation is such a popular subject. We are somewhat like a drunk anticipating his next drink

"How long before we can be part of physical matter again and re-enter this great illusion called physical existence?" i.e. How long before my next fix?" and "When does happy hour start again?"

Philosophically, we should instead ask, ***"Is there something coming next that is, in fact, better than this physical reality?***, and also that ***"Maybe we would not want to reincarnate immediately.*** Time ceases in the afterlife so, "How long", is not a concept there. After the initial shock of not having a physical body, you quickly enjoy being there more than being physical. There is no pain, no emotion, just "the peace which passes all human understanding". Most NDE survivors agree with me that ***"It was the best place I have ever been".***

QUESTION 2 – WHAT WILL MY SPIRITUAL BODY BE LIKE? Again this question shows our materialism (intoxication with matter). We can't imagine getting by without arms and legs to manipulate solid objects. The Internet has lately allowed us to comprehend what Pierre Teilhard de Chardin calls the **noosphere**, a strictly mental-informational non-physical existence. Evidence from NDE survivors, Psychical Societies SPR & ASPR, Tibetan Buddhists & my personal experience indicate that; **Most of the time you will have a "bubble like" essence**, more like ***an energy center*** within the quantum hologram

When you are out of body and located in this energy center (ghost orb, or ethereal body) you will usually hang out near the ceiling if indoors on the Earth plane. From this vantage point you will be able to see and hear everything going on around you both near and far through hyper ESP capabilities. Your essence can pass through doors and walls, because you are pure energy and will not have a physical presence in matter. On the other hand, if you need a, "hand" a non-physical one will appear for you.

QUESTION 3 - CAN I CALL HOME FROM THE OTHER SIDE? Apparently you can, but the ease with which you can accomplish this is going to be dependent upon ***how receptive your loved ones left in the physical life are toward such forms of communication.***

You simply can't call someone who refuses to answer the phone

Your loved ones can sense your presence if they are a sensitive person in touch with their own feelings. Unfortunately, you may only be able to "talk" to them through whatever medium they will allow (dreams, psychic readers, etc.). They also have to be receptive to the idea that you might be communicating and so take some initiative.

If they believe you are still alive, and want to communicate with you they may attend circles (séances) with mediums who can establish the necessary p-car resonance for you to contact them. Although, you can hear them speak, but they need a medium to hear you

After-Death communication at Home circle (séance)

WE COULD DO MORE ON THIS SIDE: Unfortunately, not everyone believes in ADC. Yet, ***ADC alone proves survival of consciousness.*** It requires some form of energy to communicate to us whether through apparitions, clairvoyance (speaking through mediums),dreams,tarot, automatic writing, all are evidence of energy transmission and all life is energy.

Whatever can transmit energy is alive and intelligent.

Consequently, if the communication is not merely static, but ***is at all coherent and intelligible then it is clear evidence that there is a living consciousness on the other side generating that message.***

After, carefully researching ADC as a scientist, I now attend Spiritualist churches where mediums provide *spirit greetings* during Sunday services. I often receive messages from the other side, which always contain solid evidentiary material identifying who the message is from. This is unequivocally clear evidence that the medium could not have guessed. Also, these mediums do their work for free.

GOLDEN GATE SPIRITUALIST CHURCH

One of my favorite examples of solid evidence from the other side is humorous while also intimate, it occurred recently at **Golden Gate Spiritualist Church** in San Francisco. at a private reading with a certified medium who knows me well, but knew nothing about the spirit who came through for me. The medium said,

'Alan, I have a woman here in spirit who wants to talk with you…. She seems to have been an architect…… She is from back east….. Maybe… Minnesota

I said, "I don't know any deceased Minnesota women architects"

Unflustered the medium said, "***Well she is not exactly your relative,…. but, she is like a mother figure……and she is not exactly an architect……but, she knows you and she draws pictures of houses…….***

Suddenly, I knew exactly who it was…. And I said, "***Oh, that is Helen, my mother in law, the developer who is not an architect, but drew the plans for the house I live in with my wife, her daughter, and yes she is from Minnesota, and yes she is a "mother figure, and yes we are not exactly related".***

Helen, deceased 1995

The comical part is that I needed an answer about the house which Helen, as a real estate developer had designed and built. So, I probably should have expected Helen to come through. But, **when the medium said there is a "mother figure" I began to think about my mother or one of my grandmothers**, all of whom are in spirit. I had also never met Helen. she had died two years before I met her daughter, my wife. So, I did not expect her**.** Yet, Helen was giving me exact, ***unmistakable details,…Minnesota…., draws houses, not a relative, mother figure***…..So, although I was already looking for someone else, I finally caught on, and then the evidence was overwhelming that It could only be Helen !!

During physical life Helen loved occult things; tarot, astrology and mediums, and now she comes through to me all the time, even during morning meditations very much like a morning cell phone call. She and I are developing quite an extensive relationship. Helen, never fails to gives me solid evidentiary things whenever she is working through mediums who never have any way to know who she might be.

Spiritualist mediums are like telephone operators handling calls from the other side, to whoever might be in attendance. Unlike paid psychics, who also receive messages from deceased loved ones, mediums do not indulge in fortune telling.

When I receive a message through a medium, even when the main message coming through is from spirit other than Helen, my father for example, another relative, or a deceased physicist encouraging me in my work, still the medium will conclude with***….”By the way, there is another woman here, standing off to the side, she is not your relative, but she says, “I will always be here for you, Alan”***, or, words to that effect.

I realize each time that these little quips, tucked into other messages are ***just an, “I love you” coming from Helen***, a soul mate I may not have known in physical life, yet, with whom will be spending eternity.

So, if you miss a departed soul-mate,… attend a *Spirit Greeting* session at a Spiritualist church ***open to the public where mediums work for free,*** and your soul-mate waiting to contact you will be able to call. Some of the most wonderful, profound communications of my life occur there. Heart-felt, verifiable communications with the other side. Your departed loved ones are ready to communicate. you just need to be willing to answer the phone, by working through a medium

LAND OF MYSTERY: Knowing what the undiscovered country of the afterlife is exactly like, while contemplating the shadowy and disconnected reports coming back from NDE explorers or deceased loved ones who have preceded us there, will remain difficult at best. The afterlife is like a newly discovered planet, and we are receiving seemingly conflicting reports about a very real place.

Moai watching sunset at Rano Raraku, Easter Island

Similarly, NASA has known there was no water on Mars, and sent exploratory probes there for years finding only rock. Suddenly in 2008 Phoenix found ice (water) just under the surface covering of dust that it landed on. This changed most of what we thought we knew previously. Until that moment ***the believed wisdom had been that there was no water on Mars.*** The fable of "canals on mars" had been disproved generations earlier. But, now the paradigm shifted and everyone knows there is frozen water on Mars. Excitedly, they are talking once again about space stations and colonies on Mars. We are currently experiencing the same type of sea change in our understanding of the afterlife**. What every self-respecting scientist used to know, *" that the afterlife is a fable",* is quickly being disproved.**