



# After We Die, What Then?

ANSWERS TO QUESTIONS  
ABOUT

## Life After Death

Long sought by  
scientists, philosophers, theologians,  
physicians, educators, ministers, priests,  
rabbis and most lay people.

**George W. Meek**

**\$10.50**

This book considers the centuries-old question of what happens AFTER death of the electro-bio-chemical mechanism we call the physical body. It provides insights which are specific, detailed, comprehensive and exciting.

In its opening pages it makes a promise:

If you will consider carefully the material presented here with an open mind, it is likely you will find more *factual* information about "the many mansions which are in My Father's house" than has been offered before.

To test the extent to which the book fulfills this promise, the original manuscript was submitted for critical review to a panel of 24 ministers, scientists, priests, physicians, educators, rabbis, editors and psychiatrists from Winnepeg to Capetown and from Tokyo to Zurich. A sampling of their comments is given on the back cover.

The book is written in simple and easy-to-understand language with 34 pictures and diagrams to make it possible to treat this complex subject in less than 200 pages.

By drawing on the latest laboratory research into the nature of man it provides soul satisfying answers to some of man's age-old questions.

Although confirming the validity of the basic tenets of the world's great religions, it does not preach any new gospel, dogma, creed, religion or "ism". It is as scientifically accurate as is possible at this stage of man's evolution.

It may be that the book's greatest contribution is to show why and how the life we live TODAY determines the quality of life we each will live AFTER we "die".

The author's background is detailed on page 185. Other contributors to information presented are listed under Acknowledgements, pages 11 & 12.

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## DEDICATION

This book is affectionately dedicated to:

all of the saints, prophets, sages, holy men, mystics and mediums and all of the enlightened intelligences on higher levels of being who helped to draw the composite picture of life-after-death which is presented here.

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THIS BOOK DOES NOT ATTEMPT TO PREACH ANY NEW GOSPEL, DOGMA, CREED, RELIGION OR "ISM."

IT DOES NOT ATTEMPT TO CONVERT YOU TO THE CONCEPTS IT DISCUSSES. IF ANY PORTIONS RING TRUE TO YOUR "STILL SMALL INNER VOICE," FINE. IF NOT, REJECT THEM!

Fig. 30: Interpenetrating Levels of Life & Consciousness —  
inside back cover



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Each of the following, in his own way, helped to construct the foundation on which this book is based:

- |   |  |
|---|--|
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AND OF COURSE this book would never have come into being without the 45 years of loving and capable collaboration of Jeannette D. Meek.

## WHAT THIS BOOK IS ABOUT

All of us, regardless of education, race, sex, color, or creed, and regardless of wealth or social status, have three things in common:

We have survived the birth process;  
 We are now alive;  
 We will die.

Each of us is traveling a road which has a funeral at its end. If we are honest with ourselves, we must wonder:

Is death REALLY the end?  
 After doing my best to struggle through this life, am I blotted out forever, as materialists say?  
 Do I lose my personal identity and become some formless non-entity, absorbed in a great unconscious?  
 Can I believe the Biblical and accumulated religious lore about life after death?  
 Will I, and my body, lie in a cold dark grave until some far-off and uncertain judgment day?  
 Is there truth about purgatory, and about a hell with fire and brimstone?  
 Is all this talk about a loving and compassionate God just utter nonsense?  
 Why hasn't my minister, priest, or rabbi answered these questions for me?

This book is concerned with providing answers to these age-old questions about life, the death experience, and life *after* death. It is written in simple language. It makes use of the question-and-answer format and of easily understood diagrams and photographs to convey its message.

I was born with an inquiring mind, and am a natural skeptic. I have spent more than half a century trying to resolve the enigma of life and afterlife. Quite frankly, most of what I read and what I was told was either conflicting or just didn't "make sense." It just didn't "add up."

So I took my quest to the far corners of the globe, making inquiry of the wisest ones I could find in any country to which I traveled. I pressed deeply into independent research, engaging the help of trained investigators. Finally I gave up a professional career to spend the remainder of my life, if need be, in the focused endeavor to find convincing answers and to put them into a comprehensive pattern which would resolve these uncertainties. I wanted answers to questions which have plagued all thinking persons since man became the thinking creature he is.

At last I found them! As I continued to travel, search, probe, I *found* the answers I sought. At last things began to "make sense," and "add up."

When I shared my conclusions with small audiences, of both young and old, the response was enthusiastic. They said, "This really *does* make sense. This answers the questions which have concerned us so profoundly."

Because so many of the pieces of the gigantic jigsaw puzzle of life and death have fallen into place only in this century, by virtue of the point mankind has reached in human evolution, I now make a promise:

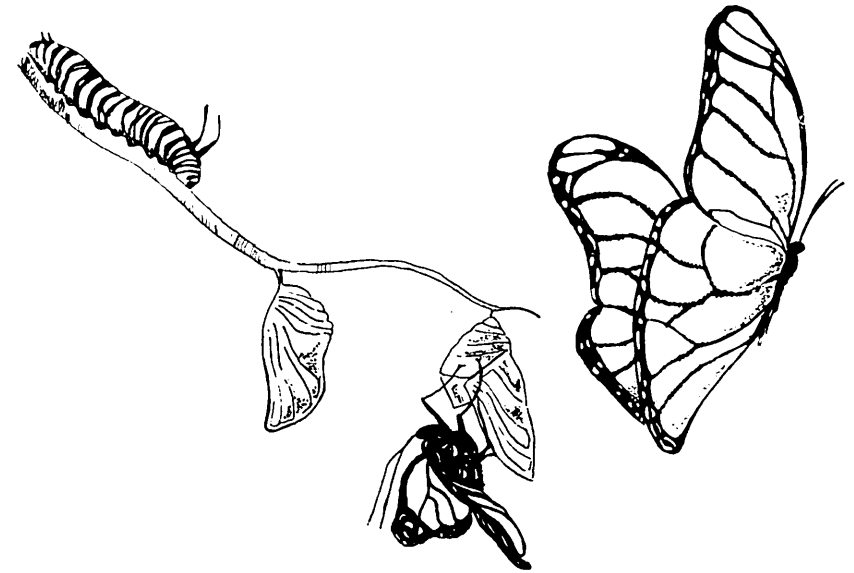
If you will consider the material presented here with an open mind, it is likely that you will find more factual information about the "many mansions which are in My Father's house" than has been offered before.

A careful reading of the material in this small book can strip away the fear, uncertainty and anxious foreboding you may have had about death. It can help you have more peace, contentment, freedom and personal satisfaction in *this* life. Equally important, it can lead you to do some simple things *right now* which will add more glory to the life you will be living *after* you move beyond your funeral!

For the truth is: YOU CANNOT DIE!

## PART I

### Am I Both Caterpillar and Butterfly?



Does doubt within him rise and grow,  
As he spins his cocoon?  
Is this the end of all he knows?  
Has darkness come too soon?  
Does he cry out to God in fear  
Of losing all he holds most dear?  
"Lord, why must I become as dust,  
and leave the world I love and trust?  
Ah, my Creator, now I see:  
It's this cocoon which sets me free!"

— Joyce M. Fox

## CHAPTER 1

**Not Back To School**

In writing this book, I have set for myself a most difficult task. I want to show you why it is not possible for you to die, even if you commit suicide.

I want to answer the dozens of questions you have about what happens *after* you leave your physical body . . . about what can be a glorious or a distressing experience.

I want to answer questions which are unanswered—and probably not even considered—by books you read in school, the reading you did in the Bible, or the Talmud, the Koran or other holy books.

In fact, I want to answer questions for which you would not find answers today in the best scientific libraries.

I want to share knowledge with you which will be the subject of more exhaustive treatment in books not yet written — books available ten to twenty years from now.

So it is obvious that this material could not be obtained by going *back* to school, nor—as present matters stand—by further study of the so-called hard sciences. In the pages which follow we are going far beyond the current restrictions of chemistry, physics, microbiology, neurophysiology, brain research, psychiatry and the findings of our best medical internists.

Skilled surgeons have been dissecting the body and brain for the last 150 years. No dissection has located the “spirit” or the “soul.” No surgeon has been able to isolate the *mind* from the brain, to throw light on the question of survival of the individual mind, personality and soul.

There *is* a vast contribution to be made by science—as you will see later in Part II—but it is still so new, so poorly understood and so narrowly recognized by scientists themselves, that the majority cannot tell you what will be happening after you leave the caterpillar-like body. This does not mean that they won't get the answers eventually. Dr. Fred Hoyle, the eminent British cosmologist, has said:

When science begins the study of non-physical phenomena, it will make more progress in one decade than in all the centuries of its experience.

However science may not make quite as rapid progress as Dr. Hoyle predicts. Dr. Hiroshi Motoyama made an interesting observation when he, as one of the reviewers of the early draft of this

manuscript, read Dr. Hoyle's statement. Dr. Motoyama, himself a scientist with an international reputation, is also a Shinto priest and psychic deeply schooled in spiritual matters. He is founder and president of The International Association for Religion and Parapsychology in Tokyo, Japan. Dr. Motoyama remarked, "In one sense the research will be more difficult than Dr. Hoyle anticipates. Science has limited means for its contact with and search of spiritual things."

But we need not wait ten, or twenty, or thirty years! The material assembled in this book will help to give you many of the answers right now.

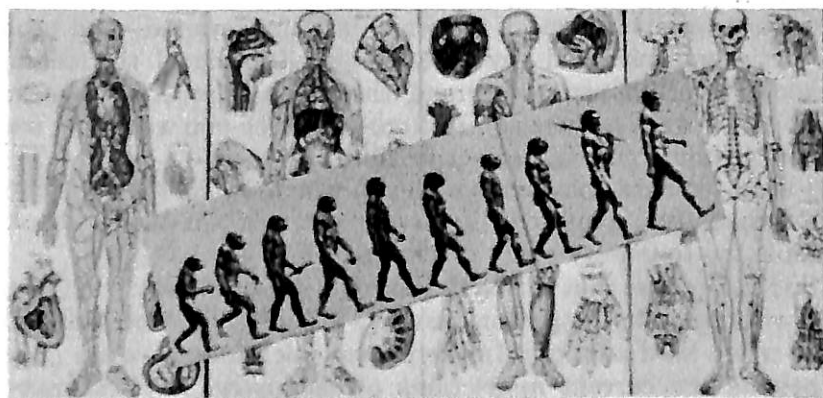


Fig. 1 — Evolutionary development of Man's physical systems

First it is necessary to recognize the physical body for what it is: an *electro-biochemical mechanism* of truly magnificent conception and design. It has evolved (Fig. 1) over the many millions of years since life first came ashore from the primordial seas. Think of its many "systems": the skeleton, the blood circulation system, the nerves, etc. Think also of its many important organs such as the brain, heart, lungs, pancreas, kidneys, liver, genitals, large and small intestines, etc., the two to three square yards of skin which make up the body's all-enclosing envelope, and the organs which provide our five senses. Individually, all of these are fantastically complex and perfected to an awesome degree. And, unlike any man-made mechanism or machine that must go into the repair shop even for a minor malfunction, the electro-biochemical mechanism which is the physical body has been endowed by its Creator with a built-in capability to maintain and even repair itself.

Most of what we know about our surroundings is a result of the working of man's five senses—touch, taste, smell, sight and hearing. In fact, almost everything we think we know about our

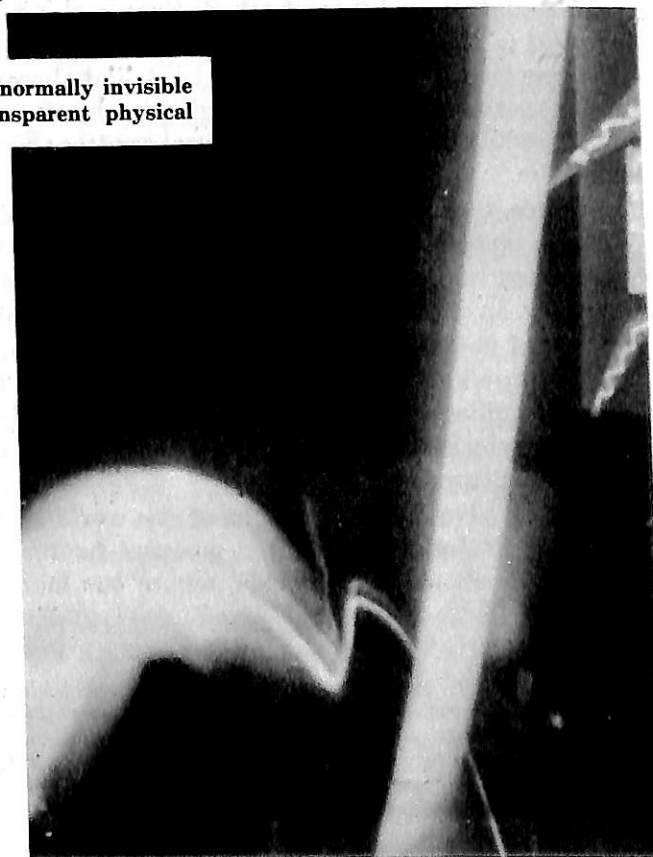
world and the universe has come to us through one or more of these sense organs. We feel quite content in our belief that we can rely on these sense organs to give us a completely factual, dependable, and highly accurate picture of the universe in which we are each immersed. But this is a *false* belief!

Consider the sense of sight. Our eyes can see the merest fraction of what is going on all around us. They can detect only matter which reflects light in the very narrow band of wavelengths we call the visible spectrum. Laboratory research has shown that there is much going on all around us in wavelengths that our limited sense organs cannot detect.

#### Supersensible Sight

In our laboratory at Metascience Corporation, I filter out all *visible* light so that as far as the eyes can tell, it is dark. But special photographic color films will record wavelengths of light from objects which the eyes cannot detect. Such color films record pictures of some very strange living forms that baffle my scientific friends. Fig. 2 is an example.

Fig. 2 — Photo of a normally invisible life form and a transparent physical body.





When Fig. 2 was taken, the room was dark except for certain wavelengths of light beyond the range of normal human vision. No flash was used. But when the film was developed, the unique object at the left was photographed in lovely shades of blue, pink, peach, red and violet. (This small black-and-white reproduction does not show the delicate inner workings or "organs" of this strange and normally invisible life form. They are much more apparent in the color enlargements.)

What is mind-bending is that such objects occupy space in our windowless laboratory and seemingly pass instantaneously through the "solid" brick walls. Such objects also pass through my body as if it were *transparent* — which, as a matter of fact, it is!

When the color negative of Fig. 2 was used to make color enlargements we were astonished to see that the film had recorded in good detail the *back, seat and front legs* of the chair on which I was sitting. It was even possible to see and count the upholstery tacks hidden behind my trouser-covered leg, as well as the chair back which was concealed behind eight inches of flesh, blood and bone!

Well, naturally I was shocked. Such a thing cannot happen *in the world of our five senses*. I showed this photo to scientists and photo specialists\* throughout the USA and abroad. They were at a loss to explain it. But there is a saying to the effect that "if you find even *one* white crow, that proves forever after that not all crows are black."

Science, quite rightly, makes a fetish of "replication." By this, scientists mean that it is necessary to be able to *repeat* a phenomenon under controlled laboratory conditions. Hence we persevered in our search for "white crow number two." Many months and more than 4,000 color photos later, we again succeeded in photographing the *transparency of the human body*. The reader who is unfamiliar with the trials and tribulations of research naturally wonders why it took more than 4,000 photos before the next white crow was captured. I'll explain.

Thomas Alva Edison was one of the world's greatest inventive geniuses. For forty-four winter seasons he operated a research laboratory in Ft. Myers, Florida, where our laboratory is located.

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\*If you are scientifically or photographically oriented, it is almost a mathematical certainty that you already have not one but several ideas for "explaining" the strange effects in Fig. 2. But consider these three points. First, I am not a photographic novice. I acquired my first 35mm camera 53 years ago, and in the following half-century I have used practically every type of camera and am familiar with all stages of the photographic process. Second, all qualified critics who have examined the color photographic blowups have found no error upon the closest of examination. Third, I pointed out on the opening page that this is a *non-technical* book. Documentation of our research will be the subject of later releases.

When Edison was trying to perfect the filament for the electric light bulb, his assistants became very discouraged. One of them said, "Mr. Edison, in trying to find a filament which will be satisfactory, you have tried more than 9,000 different materials. It's obvious that you're attempting the impossible," to which Mr. Edison is said to have replied, "Well, we now know 9,000 materials which will *not* work. Let's get busy and find the one which *will* work."

Pioneering on the edge of the unknown—whether it be to encapsulate light in a little glass bulb or capture spirit entities on film—is a slow, and sometimes discouraging, job. Nature does not give up her secrets easily. (This laboratory work is still progressing, but at a slow rate.)

### Supersensible Hearing

A similar situation exists with respect to what our *ears* are able to tell us about what we call "reality." The most acute hearing in an adult covers only the range of 20 to 16,000 cycles per second. A dog has a wider range of auditory perception. We are familiar with the "silent" whistle for calling dogs, the one which emits sound waves at vibratory frequencies beyond the range of the human ear.

In the past few years, scientific research in our laboratory and that of a colleague has been aimed at exploring phenomena beyond the sensory ability of our auditory system to detect. Just as we are pioneering beyond the capability of our sense of sight, we are exploring beyond our sense of hearing.

We were initially motivated to do this because of our research with healers. We became intrigued by the many healers encountered in our worldwide studies who said they "heard voices of departed spirits" who guide them in their healing work. As I explained in *Healers and the Healing Process*,\* this subject has been referred to for thousands of years in literature, both religious and secular.

We felt that the time had come to take a serious scientific look at the subject. After all, at least some souls have been today locked behind bars in mental hospitals all over the world because they committed the sin of "hearing voices" that no *sane* person could hear. Ipso facto, there are no such voices and the person is obviously quite crazy.

Well, Virginia, there *are* such voices, although few persons can hear them. Your auditory system can pick up the sound of your mother's voice as she asks you to help on some household chore. But that auditory system, marvel of perfection that it is, does not tell you that the room in which you are standing is filled with hundreds

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\*Published in 1977 by Theosophical Publishing House, Wheaton, Illinois.

of voices being carried on the air waves of radio and television stations. It does not tell you that the room is also filled with the voices of spirit entities who once lived in physical bodies just like yours. Their voices are at wavelengths or frequencies much much higher than even the radio and television signals which you cannot hear.

*Everything* in our world, this universe and the Cosmos, results from ENERGY, and ENERGY manifests as vibration at some specific frequency.

The sound energy imparted to the molecules of air from a spoken word is at a very low frequency — from a few hundred to a few thousand cycles per second. Our radios receive waves of energy which vibrate at *hundreds of thousands* of cycles per second. Our telephone conversation is carried across the country, across the oceans or to an astronaut in a spacecraft, by energy which has a vibrational frequency of *millions* of cycles per second. Light rays, with which we are able to see, have a frequency of roughly 12,000,000,000,000 cycles per second. That's twelve *trillion*! Soft x-rays, hard x-rays, gamma rays, etc., vibrate at progressively higher frequencies.

Just as it was necessary to supplement our hearing capability by inventing the radio to send and receive energy at higher frequencies than air-borne audio sounds, man must invent new devices which will allow him to "tune in" to the still higher frequencies of the voices of, say, the discarnate spirit doctors who are working with healers. Thus, Virginia, this is a parallel to our work in developing photographic "seeing" capability to go beyond the energy wavelengths which our visual system can detect.

This means that we *are using magnetic tape to capture sounds (voices) we never knew existed and photographic film to see things that we never knew existed.*

All of this knowledge is teaching us that we know very little about important aspects of our body, mind and spirit. Our ignorance of what we know about the "solid," everyday "material" world can be described in one word: *colossal*. As will be shown later, these normally invisible sights and unheard sounds have a most important bearing on the question of life after death.

#### A Wet, Squishy Body

Just as the caterpillar has a soft squishy body, so do you and I. Each of us is born in a sea of water (Fig. 3) and when we step on the scales, most of what we are weighing is water. As we see in Fig. 4, more than 60% of the young woman's weight is water. It would take at least nine gallon jugs to hold an equivalent amount, and her brain is at least 80% water by weight.

Since we are embarked on a search to see what part of us survives the death of our physical bodies, it would seem we can narrow

our search. Obviously that *water* will dry out *after* the person dies — it will evaporate. So whatever survives must be in the part which makes up less than 40% of the physical body.



Fig. 3 — Human embryo suspended in sea of water      Fig. 4 — Water content of human body

#### A body filled with "empty" space

Furthermore, the soft, wet, plastic mass which we are talking about is found to be "empty!" By this I refer to the fact that our present-day insights into the nature of matter show us that most of the space taken up by the human body is 99+% void (leaving aside the possibility of the so-called ether or equivalent). Andrew Glazewski, the late scientist-priest of Britain, explains it thus:

To illustrate this, imagine borrowing an atom from, for example, a hand. For the sake of convenience let us accept the Bohr model of the atom, magnified so that the nucleus is the size of an apple — where would the next atom be? Between 1,000 to 2,000 miles away! Looking upon our bodies on this scale we would see a vast universe containing many millions of trillions of atoms forming billions of galaxies. If the nuclei of those atoms were shining, as they are centres of energy, we would confront a vast, celestial, starry sky of unimaginable spaces. So you see, our body, of which we have only a statistical perception when using our senses, is actually a great "void" with little centres of energy in forms of atoms dispersed at enormous distances. One

biological cell contains many millions of galaxies of atoms.

Now we can begin to understand why it was possible, as I reported a few pages earlier, for a camera to look right through the flesh, blood, organs and bones in my chest and record a picture of the chair back. Like you, I am a wet, squishy mass largely filled with "empty" space.

#### How Much does a Soul Weigh?

Since we would like to identify that portion of the individual person which survives death of the physical body, it would seem we can now narrow our search. Obviously the water portion will *evaporate* during the days, weeks and months after death. Yet as we will see later, there is rather solid proof that the essence — that is the mind, personality and soul — depart the physical body within a period of *minutes* to a maximum of three days. Thus, although Biblical writings are replete with references to "the water and the spirit" it does not seem that water as such is the carrier for mind, personality and soul.

There have been a few serious attempts to measure the loss of weight which takes place at the instant of death. One piece of research stands out. While this work was done a long time ago, there has never been serious question of the methodology, the integrity of the scientist who did the research or the quality of the findings.\* McDougall found that the instantaneous weight loss at death varied between  $\frac{1}{2}$  and  $\frac{3}{4}$  ounce.

The research of McDougall seems to have been replicated in the work of 5 physicians at a Massachusetts hospital.\*\* These men built a large and very delicate balance. On one platform they would lay a person who was at the very point of death, while on the other platform they placed counterweights so as to bring the large pointer into a balanced condition. At the moment the heart stopped beating the doctors said, "With startling suddenness the pointer moved, indicating a weight loss from the now dead patient's body. The amount of the weight loss which we encountered over such tests in a six year period varied between one-half and one ounce."

Over the years, most of us familiar with these findings have found it difficult to believe that it could be possible to put the mind, personality and soul *into such a small package*. Recently, however,

\*Carrington, H. "Dr. McDougall's Experiments," Archives of the American Society for Psychic Research, Vol. 1, 1907. The later work of Crookall (see Bibliography) provided good correlation with the McDougall data.

\*\*John Langone, "Vital Signs - The Way We Die In America", 1974, Little Brown, New York

with the advances in solid state physics we have had dramatic indication of how man himself is able to put a vast amount of information into a very small package. A small crystalline chip weighing less than 20% of the above-mentioned weight loss can store 100,000,000 "bits" of information. So it no longer seems so preposterous that our Creator has devised an infinitely more compact and efficient method of "packaging" the individual human mind, personality and soul.

Thus we have arrived at the point where we see that the body *and* the brain are largely made up of water and that, in reality, both are largely "void" of any "solid matter." Physicists have now come to the conclusion that even atoms are *not* solid at all, but are disturbances in some non-physical continuum. Moreover, there seems to be a possibility that the surviving mind, personality and soul may be "contained" in a very small and perhaps almost weightless "package."

*These considerations have tremendous importance for us in trying to track down just what part of the caterpillar-like body it is that might have a chance to survive through eternity.*

But at this point it is only sensible for you to ask:

How can anyone answer my questions about life after death in a scientific way when medical science has not even proved that man *has* a mind or spirit?

Since medical science has not proved that the brain is anything more than a collection of perishable cells (which are 80% water), how can my mind possibly survive death of my physical body?

#### Your Brain is NOT Your Mind

Certainly one of the greatest blocks modern man has in understanding life after death stems from having been told that brain and mind are synonymous. However, a different picture emerges for those serious researchers into the nature of man who can look beyond conventional notions. For such scientists it has become increasingly obvious that the brain and mind are *not* the same thing (Fig. 5).

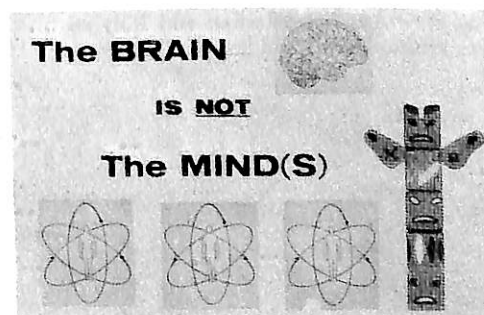


Fig. 5 — Diagram: The brain is *not* the mind(s)

One of the most conclusive pieces of research was provided by the work of the eminent Canadian neurosurgeon, Dr. Wilder Penfield. He was considerably surprised at how large a piece of the brain he could surgically remove with little or no effect on the ability of the patient to carry on living as usual. To use a now out-of-date analogy comparing the brain with a telephone switchboard, it was almost as though several of the "operators" went out for lunch but so long as even one was still on duty, the calls could come in and go out much as usual.

In this same connection, it must be noted that neither Penfield nor any other brain surgeon has been able to identify any specific brain cells or regions of the brain as being what psychoanalysts refer to as the id, ego, and superego; neither could the psychologist identify the brain's site for conscious, subconscious, or superconscious states of mind. Yet concepts attributing three levels or aspects to the human mind existed hundreds of years before psychiatry and psychology came into existence.

For example, both the native peoples of the Pacific and American Plains Indians recognized *three levels* of mind, and represented them in their tribal totem poles.

The totem pole shown at the right of Fig. 5 and in Fig. 6 was carved by a Cherokee Indian. It shows wings adjacent to the top-most level of the Indian's self. Years ago, the Indian knew that the highest level of his mind and spirit would leave the physical body at death, and like a butterfly, fly on to a higher level of existence. (Only today is the white man discerning a scientific basis for much of the knowledge of the "primitive.")

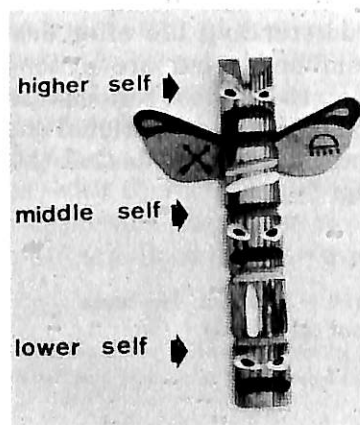


Fig. 6 — American Indian and Polynesian concepts of the 3 levels of being

In this age of the computer, we find another tool for helping to understand how the mind functions and can even operate as an entity distinct from the body and its brain. As the computer programmer, the mind works *through* the brain but IS NOT the brain.

We know that the brain controls all aspects of the body which it serves. We can say that the body, the "bio-electrical mechanism," is controlled by its computer, the brain. We can go further and say that the brain is infinitely more sophisticated than the most advanced computer yet built by man. But we also must say that the brain, like even the fanciest computer, is totally useless unless there is a *programmer* — some intelligence *separate and distinct from the computer itself*. It is only in the last three decades — a mere instant in humanity's long evolutionary climb — that science has given us a valuable tool which enables us to understand that the *mind* is the programmer, how it can interpenetrate the "empty space" in our wet, squishy physical body, and how it can control every single action of the more than 60,000,000,000,000 cells which make up the physical body. What is this magic and mysterious tool?



## CHAPTER 2

## The Mind and the Jelly Mold

A wise old fellow who wrote about death in the Bible, perhaps thirty centuries ago, used a beautifully poetic description for which only the most recent scientific research gives basis for understanding. The writer of the 12th chapter of the book of Ecclesiastes said: “. . . or ever the silver cord be loosed (severed) or the golden bowl be broken . . .” He was referring to the departure of the mind and soul from the bowl (skull). The separation involved the severing or cutting of the tenuous connection by which the mind and soul had been attached to the brain while cradled in the bowl or skull. To understand more fully the role the silver cord plays in life after death let us consider —

### 1. Jelly Molds and Energy Fields

If a cook wants to mold gelatin into an attractive shape for a salad or dessert, he or she must resort to the use of a mold made of plastic, metal or paper. The cook looks at the mold and knows what shape the watery jelly-like material will assume when it cools and hardens. If the mold is battered and bent, the molded product will be shaped accordingly. *Energy Fields* behave like jelly molds.

In beginning physics courses, there is an experiment in which a magnet is placed beneath a piece of paper on which iron filings are randomly sprinkled. The invisible energy field of the magnet becomes visible as the filings are molded into the pattern of the lines of magnetic force. Thus the iron filings are *molded into a shape* by an invisible field of magnetic energy. You can see a jelly mold, but your limited eyesight cannot see an energy field. Yet that *invisible* energy field of the magnet is just as real as the metal or plastic jelly mold.

In Fig. 7, I show how a powerful magnet will send its energy field through the cells and bones of a hand, and still organize iron filings. Even after passing through the hand, the energy field is so strong that it can overcome gravity and hold thousands of small pieces of steel in a precise pattern.

In Fig. 8, I performed a more modern experiment and placed a bar magnet in front of a color television screen. In brilliant colors a fascinatingly complex picture of energy fields around the magnet became visible to the eye and was captured on color film.



Fig. 7 — Magnetic lines of force passing through blood, flesh and bones

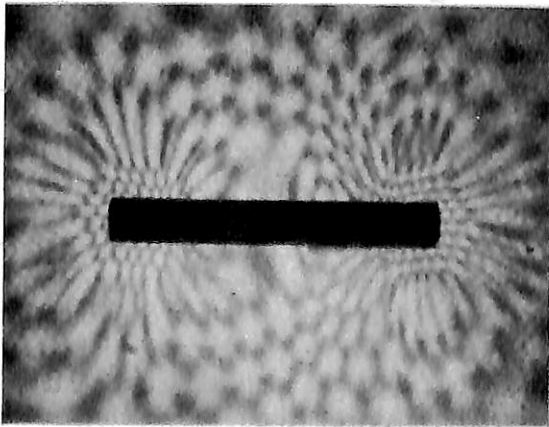


Fig. 8 — Energy fields around a bar magnet

Within the last fifteen years, researchers have begun photographing the energy fields which surround and penetrate living matter such as plants and people. Fig. 9, by two British scientists, Dennis Milner and Edward Smart, shows the energy fields around a freshly-plucked leaf and the magnetized needle from a compass. Notice that the energy field surrounding the leaf is drawn to the field which exists around the magnetic pole of the compass needle.

If you will turn back and glance at Fig. 2, you will be looking at

what is one of our first successful efforts in the USA to capture the energy fields of a living entity farther up the evolutionary scale than plant life.\* At the time I write this material, it is rumored that Russian scientists have now succeeded in photographing *man's* energy fields. (If true, the implications of this for diagnosing and treating man's illnesses are profound.)

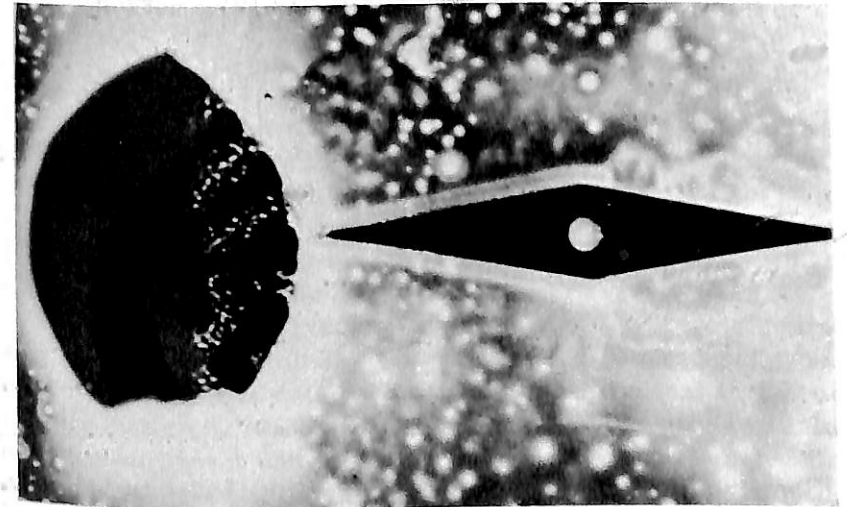


Fig. 9 — Interaction between energy field of magnetized compass needle and freshly plucked plant leaf

When I talk about "energy fields" you naturally ask, "What kind of energy?" I will try to answer this question simply — i.e., as non-technically — as possible.

First, you should know that the physical body utilizes electricity. The cells have the ability to generate electricity, using as fuel the food we eat. Some of this electricity flows through a network of nerves just as the electricity in your house or apartment flows through the electrical wiring system.

Second, there is a very subtle type of energy which the Chinese discovered more than 3,000 years ago. It seems to flow primarily on and near the surfaces of the body along what are called acupuncture meridians (Fig. 10). The Chinese made such drawings of these energies centuries before the time of Christ.

\*Another pioneering effort is that of Trevor James Constable as reported in his book *THE COSMIC PULSE OF LIFE*, Merlin Press, 1976.



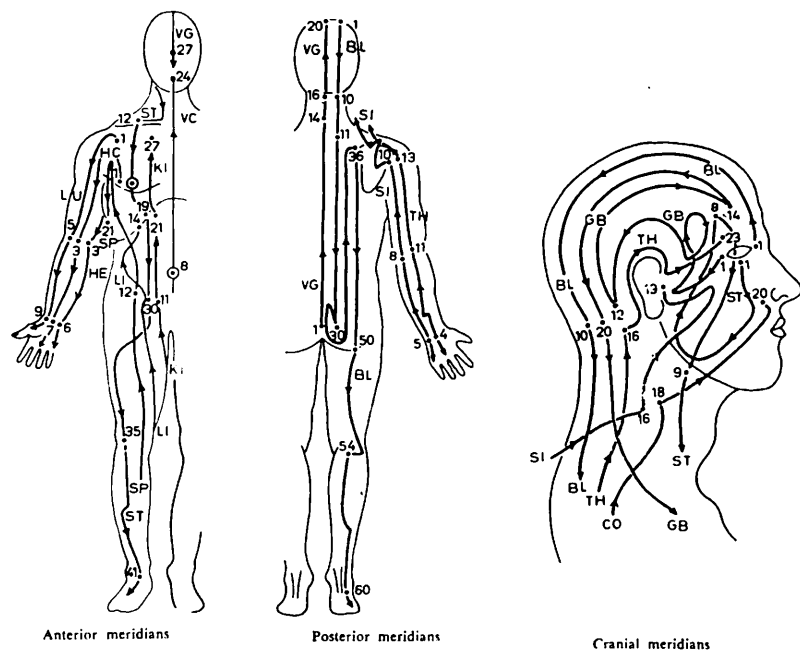


Fig. 10 — Acupuncture meridians

Shortly after writing the above paragraphs I was traveling in The Peoples Republic of China. In the museum in Soochow I stood before a large bronze figure of a man — taller than my six-foot-three frame — and learned how *two hundred years ago* the medical students were trained to insert acupuncture needles at the proper locations. A very small hole had been drilled through the hollow bronze casting at the precise location of each acupuncture point. The bronze figure was then covered with a thick wax and filled with water. A student instructed to insert a needle for a particular malady would know he had not hit the right place unless he was greeted by a spurt of water.

Traveling on to Nanking I got dramatic proof of the efficacy of acupuncture when used as an anesthetic. A small group of which I was a member visited the Nanking General Hospital. The general administrator, after giving us a talk on their use of acupuncture, took us on a tour of the out-patient and recovery wards and four operating rooms. Wearing surgical gowns and face masks, we proceeded to watch four operations, all major, in which acupuncture was the *only* anesthetic. I will describe one of these to give you a better understanding of the reality of these energies which I am discussing and about which our modern science knows very little.

The patient, a 40-year-old man, was being operated on for an

ulcerated stomach condition which had not responded to treatment. A few hours before the operation he was given orally a very mild tranquilizer to ease the perfectly normal fear of the dangers which might lie ahead once he was wheeled out of his room and into the operating room.

Upon arrival in the operating room a nurse inserted three small needles into the periphery of his left ear. Each needle had a small wire extending to a nearby instrument — about the size of a small tape recorder. This instrument supplied a six-volt direct current to each needle. These three needles provided the only anesthetizing effect.

Extending up from the patient's throat area was a cloth screen about one foot square which prevented the patient from observing the actions of the surgeons. However, we could see the patient's face as well as all the actions of the surgeons. With the hospital administrator serving as translator we were able to converse with the patient at all stages of the operation.

The two surgeons, standing on each side of the operating table, made the incision. Gradually they progressed to the point where they took the patient's stomach and lifted it up so that they could carefully inspect it. The condition they found apparently warranted their decision that it was necessary to remove fully sixty percent of the stomach. This they proceeded to do. Then they completed the many details and closed the incision.

At no time did the patient experience discomfort. He apparently had no knowledge of what was going on.

One of our group was an American surgeon in his sixties. Knowing nothing about the subtle and invisible energy systems and related energy fields of the human body, he was totally mystified. I observed him standing aside and through his face mask I heard him mutter, "Incredible. Absolutely incredible! There is just no anatomical basis for this nonsense." How right he was. None of the present day medical texts on anatomy discuss the invisible — but very real — energy systems of which the acupuncture meridians are one.

In the post-operative ward, we talked to patients who had had major operations in the preceding days. Most of them — providing their digestive tracts had not been operated on — were able to enjoy a full meal a few hours after the operation. Within 24 hours most were able to get out of bed and walk. Few needed to stay more than two or three days.

Further evidence on the new vistas opened for medical treatment through a growing understanding of the invisible acupuncture meridians and the part they play in the functioning of our bodies,

was given when I stopped off in Tokyo to get up-to-date on the scientific research of Dr. Hiroshi Motoyama, the parapsychologist and Shinto priest I mentioned earlier. Dr. Motoyama has used his knowledge of acupuncture to devise an electronic system for making a medical diagnosis of a person in fifteen minutes that would take days of detailed and costly hospital tests. These diagnostic machines are now in daily use in 22 large hospitals in Japan.

Ancient writings speak of still another type of energy as being involved in human life and have called it by names such as prana, od, odic force, ki, baraka, etc. This subtle energy from the cosmos enters the body through whirling energy vortexes known as chakras, located roughly as indicated in Fig. 11. Only recently have an American scientist, Itzhak Bentov of Boston, Massachusetts, and the Japanese scientist, Dr. Motoyama, invented equipment which can prove that these normally invisible energy centers actually do exist.

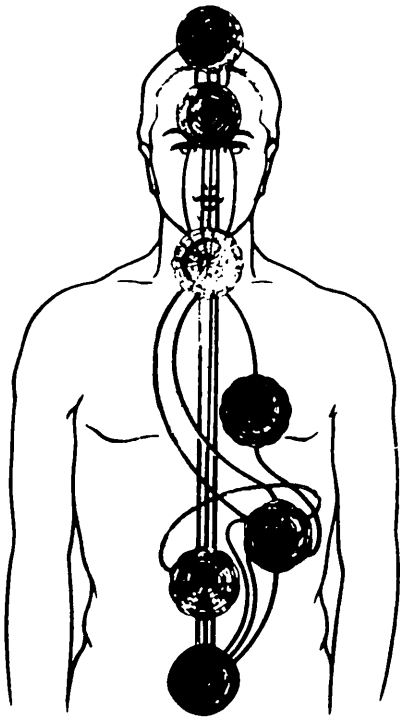


Fig. 11 — Diagrammatic representation of chakra energy centers

I have revised the final manuscript of this book to include the foregoing comments on acupuncture as they have a very direct bearing on our search for evidence of life after death. Since no surgeon

has ever opened the body and found a soul, we have to assume that the soul is not of the same material as the physical body and, if it exists, must be invisible. Since it is hard — almost impossible — for any of us to believe something unless we can see it, we can sympathize with my surgeon friend who could not even believe what he saw in the four operations because in a lifetime of surgical practice no one had taught him about the reality of the *energy fields* of man.

I have introduced you to the subject of these normally invisible and hard-to-detect energy fields for a very important reason. Without such knowledge you could not understand how it is that the most significant parts of you — your mind, personality and soul — *must* survive the death of your physical body.

I said in the opening pages that I would “keep it simple,” and present concepts largely through photos and diagrams. I feel sure that enough has been presented to make it clear that the brain is not the mind, that the mind(s) are energy fields, and that these normally invisible energy fields shape, control and animate all matter.\*

Now we are ready to face up to this seemingly preposterous statement —

#### We Live on Seven Levels and in Two Worlds

We have examined at some length the fantastically wonderful and complicated *physical* body. We have discovered that it is largely empty space. We have learned that energy fields can and do penetrate the physical body as though it were transparent and had little substance. We have learned that the brain is not the mind. We have learned that the body is electrically powered and that it also utilizes two other anciently-postulated energy systems of which twentieth-century science knows very little.

Hence it will not come as a great surprise that *interpenetrating* our physical body there is another “body” made up of a large number of energy fields, each of which collects and organizes cells into shapes or organs precisely the same way the magnet in Fig. 7 organizes the thousands of iron filings into a specific pattern.

In fact, there is an energy field for every major organ and bone in the physical body, and these control all of the individual cells. They provide what we might call the *intelligence* which builds the organ in the first place, provides it with the life force, keeps it running in harmony with the other parts of the body, and repairs and

\*For the technically-inclined reader, one of the most interesting scientific pieces of brain-mind research is the development of the holographic model by K. Pribram and D. Bohm. (See M. Ferguson, *Brain-Mind Bulletin*, July 4, 1977.) However, this new model does not recognize that the mind is something distinct from the brain and will survive and function normally long after the brain has returned to dust.

maintains the organ or bone.

For centuries occult literature has called this vast collection of energy fields the "etheric body." Western scientists have been very slow to investigate this body because up to now it has been invisible, and could not be weighed. (Science is largely dependent on the ability to *observe* and *measure* whatever it is that is being studied. Moreover, most scientists have been conditioned to pay attention only to those things which they measure and weigh and observe which fit in with their expectations — i.e., within the framework of thought of *contemporary* science.) Russian scientists have been more ready than Western scientists to undertake research on the etheric body of man. They have become convinced of its reality and have coined their own name for it — the bioplasmic body.

The physical body operates primarily on electricity. The bioplasmic body utilizes the energy systems which are involved in acupuncture meridians and the chakras.

But once we have started to take man apart and find that he is actually living on two levels of being, that is not the end of the matter. There are actually *five additional* levels of being!

How can we possibly picture in our minds *seven* levels of being? Well, we are certainly familiar with the physical body. Now that we have learned that it is largely empty space, we can even imagine there is another energy occupying the same space as the physical body. So, since we can think of "bodies," let us just *imagine* there are *five additional* bodies. After all, when we look at an onion we have no trouble discerning that there are many layers making up that onion. Or let us recall an experience most of us have had when we were purchasing a new dress or a new suit of clothes. We put the garment on and then stood between mirrors arranged so we could see over our shoulder in order to check the fit of the back of the garment. At the same time we could also see our image repeated several times, each image looking a bit smaller and farther away behind our back. Note the arrangement in Fig. 12 — an extension of a common experience.

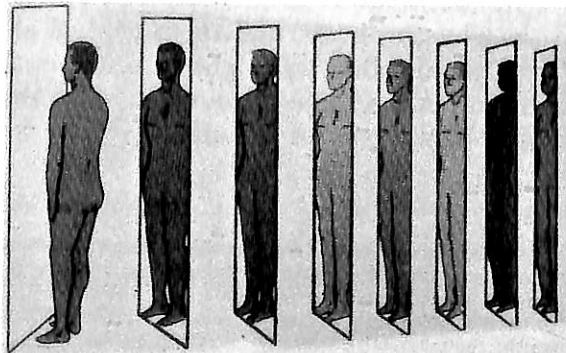


Fig. 12-A — Multiple image (body) concept

Our next step is to identify *these levels of being*.

We have already identified the physical body and its interpenetrating bioplasmic body. Then we come to the mind. From our earlier discussion of the mind you will recall that long before the writings of Dr. Sigmund Freud of Vienna, Austria, the American Plains Indians and the Polynesians knew about and utilized their knowledge of the *three* levels of mind.

Now it is quite appropriate for us to think of these three minds as being three separate bodies. This is not as fanciful as it might seem. Only in the last few years it has been discovered that most of the many millions of cells in the physical body have what the scientists call "communication capability." This means that the cells can receive and send messages. We are also learning that the cells go beyond this function and it is almost as though each cell has a mind of its own. Now we can begin to understand that not only is "the brain not the mind" but that the mind function extends throughout the entire body.

Also it seems that since the beginnings of the human race almost all religions on all continents have taught that man has a soul. Since we need some means of creating a picture of the soul, let us use just one more invisible body to represent the invisible soul.

But—and this is extremely important as we will see shortly—nature has put the soul and the levels of mind in a nice neat *package*. For the last few centuries occult and esoteric literature has called this "package" the "astral body." So now let us put it all together and arrive at Fig. 12-B.

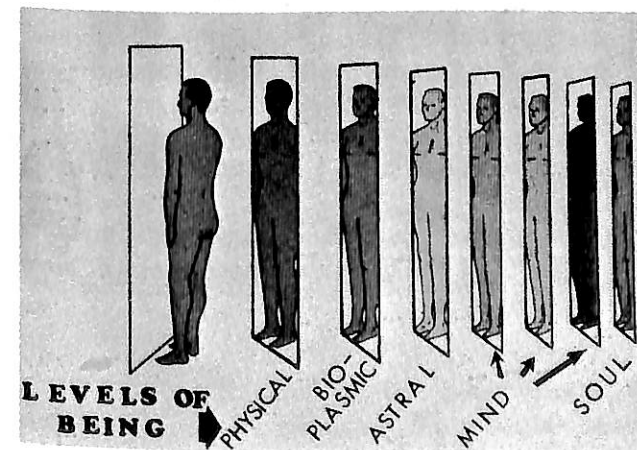


Fig. 12-B -- Man's multiple levels of being.

As of now, our scientific instrumentation is such that we can

detect and measure energy relating directly to *only the physical and the bioplasmic bodies*. The other so-called bodies or energy fields (Fig. 13) are "invisible." That is, we do not have instruments which will measure them. Actually this is not the serious barrier which it might appear to be. Modern physics includes many concepts which even today are not confirmed by anything more solid than informed speculation.

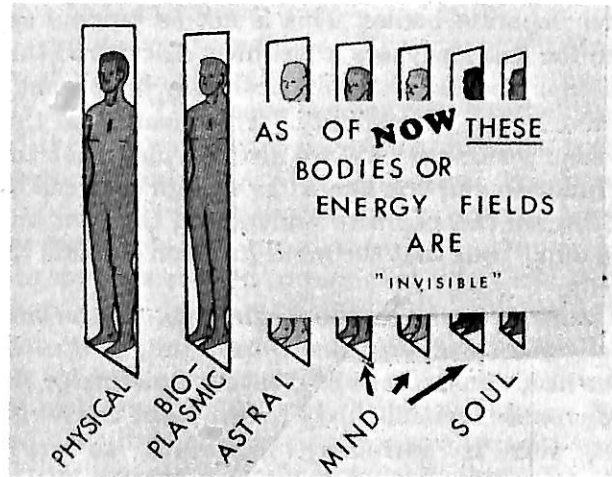


Fig. 13 — The invisible levels of being

NOTE: In some of the diagrams I use the word "spirit" and in some I use the word "soul." I do this because for most readers the terms are interchangeable. Properly speaking, however, the word spirit distinguishes the non-physical portion from the physical body, whereas soul relates to that *individualized portion* of the Creator which resides in each of us.\* The soul already resides in and will always continue to reside in what I will later refer to as "the worlds of Spirit."

But this concept of multiple bodies gives us a method of visualizing how parts of the individual person *might survive death* (Fig. 14).

\*Soul; that individualized spark or portion of spirit energy which originated in and emanated from what man has called The Creator, God, The Godhead, Cosmic Consciousness, Universal Mind, etc., and which manifested downward into the denser realms of Spirit where it is involved in working, learning, loving and growing back to the Divine source from which it came.

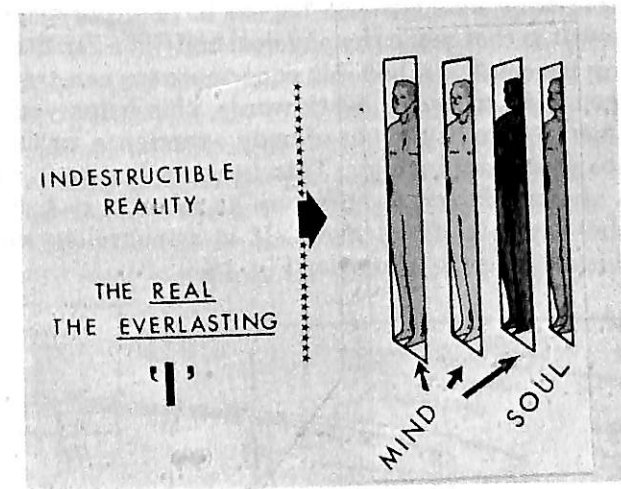


Fig. 14 — The real, the everlasting "I"

If the minds and spirit or soul of the individual person are *non-physical*, it is not such a strain on the imagination to conceive of this portion surviving the death of the physical body. Recalling the brain-computer analogy, the computer may become damaged or even totally destroyed, but the intelligence which acted as the programmer for that and other computers is still very much alive.

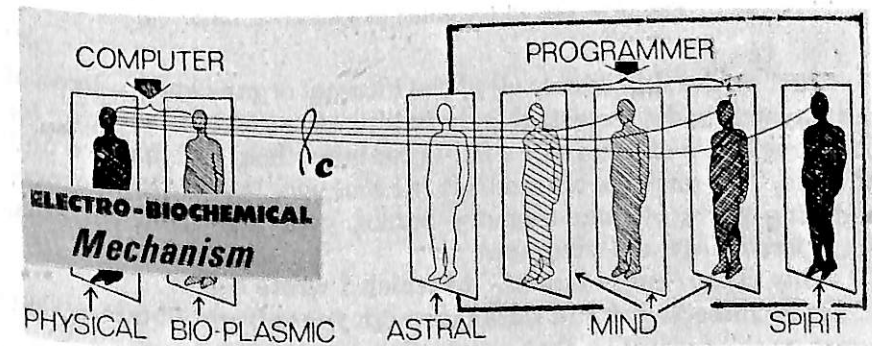


Fig. 15 — The programmer of the electro-biochemical mechanism we call the physical body.

In Fig. 15, I have separated the two sets of bodies to help you further visualize the above situation. This begins to suggest the mechanism by which a good clairvoyant sees what, since Biblical times, has been called "the silver cord" (c). Literature is full of accounts of how a good clairvoyant observes the gradual loosening and then the separating of the silvery energy cord as a person is dying.

This multiple body analogy also begins to help parapsychologists visualize how it is that while the physical body of a sensitive is relaxed and lying peacefully in bed, his consciousness can travel far and describe scenes en route. In other words, this helps you to understand the mechanism of the out-of-body experience, or OBE, to use parapsychological terminology. This is what has been known for thousands of years in occult literature as astral travel. Notice particularly that term "astral travel." It is a marvelous clue to the reality of life after death. Consider Fig. 16.

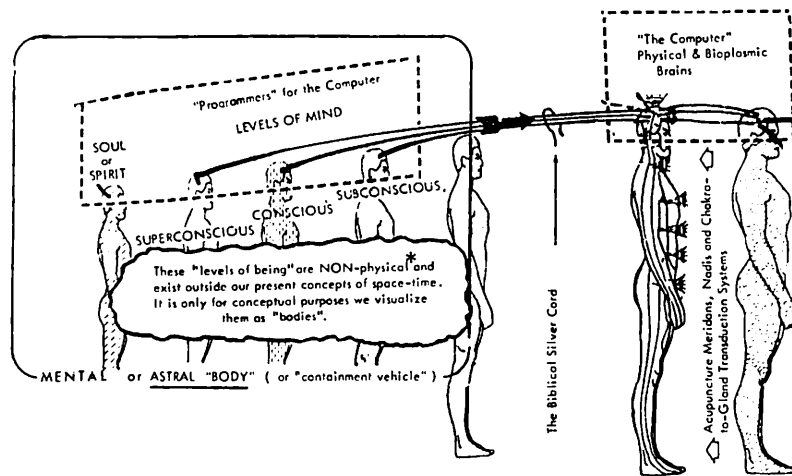


Fig. 16 — Fig. 15 presented in a different form

Just as the skin covers all of the internal organs and skeleton of our physical body, the astral body functions as a skin or covering for the three levels of mind and soul. It contains them and makes a unit of them. This package or bundle is *the real you*. It contains the more enduring parts of your memory banks, your emotional patterns, your personality and your soul.

This is the "programmer," of which I wrote earlier.

It is connected to and works through your physical brain — that quart or so of water — that personal computer you have.

It is still "material," but not in the sense of matter as you know it. It is of such a fine, rapidly vibrating energy that it is similar to what you think of as light rays.

Normally it stays well within the confines of the physical and bioplasmic bodies. But at night when you are in deep sleep, it can leave your body and travel. During life in the physical body it always remains connected to your physical body by an invisible elastic web-like "wiring harness" that is attached to the brain — the so-called silver cord.

Now, just as we have *bodies* interpenetrating each other, scientists tell us that we can have interpenetrating *worlds*. (The term they prefer is "space-time systems.") But for our purposes in discussing life after death, let's just say there is an astral world which occupies the same space as our physical world. And — wonder of wonders — our physical body lives in the physical world while our astral body lives and functions in the interpenetrating *astral world*.

In Part III you will see how this knowledge of the astral world makes it very easy to explore the mystery of life after death.

## CHAPTER 3

## All Packed and Ready to Fly!

Perhaps your mind is still reeling from all the theories about seven bodies and the statement that you live in two worlds at the same time. With so many problems and so much strife, all of us frequently feel like the person who called out, "Stop the world, I want to get off."

But it really isn't so complicated as it might first seem. We now have progressed to the point where we can think in terms of

the physical body } (plus) the bioplasmic body } (plus) the astral body } (containing) the levels of mind and soul

Perhaps it will help to recall how as a child you took scissors, folded a sheet of paper back and forth on itself three times and then cut out a paper doll. Now that you are older and a bit more creative, it is no problem for you to cut out dolls and label them as I've done in Fig. 17.

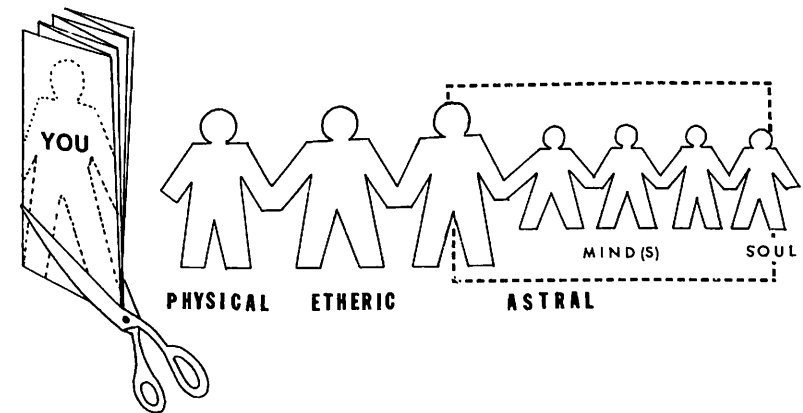


Fig. 17 — Fig. 15 presented in a different form

When we are born, we are all "folded" into one nice neat package. As we progress through life we continue to stay largely within the confines of the physical body, the package which also contains our bioplasmic or etheric and astral bodies. But every man, woman and child on the planet shares the same fate. *At some time the package breaks open.* At some time, sooner or later, the physical body reaches the end of its usefulness. From illness, from violent accident, from suicide or homicide or death in war, or from just plain old age, our physical body becomes inoperative — it dies.



What happens to the *etheric* body when the physical body dies? Well, the etheric body also dies. But usually it stays around for just a little while, sometimes for only a few hours. In the majority of cases it will have disintegrated completely within three days. It is reabsorbed into the great cosmic supply of the energies, normally invisible to people, which activated the acupuncture and chakra systems. The etheric body has served its purpose of molding matter into the many organs used to form the physical body and served to channel the cosmic energies which were required to keep the body operational.

And what happens to the *astral* body? Aha! That is the crucial question. *It is completely alive and functional* after the death of both the physical body and the etheric body. It is continuing to live in the same "second world" in which it has always lived — the astral world which completely interpenetrates and occupies the same space that the physical world does (Fig. 18).

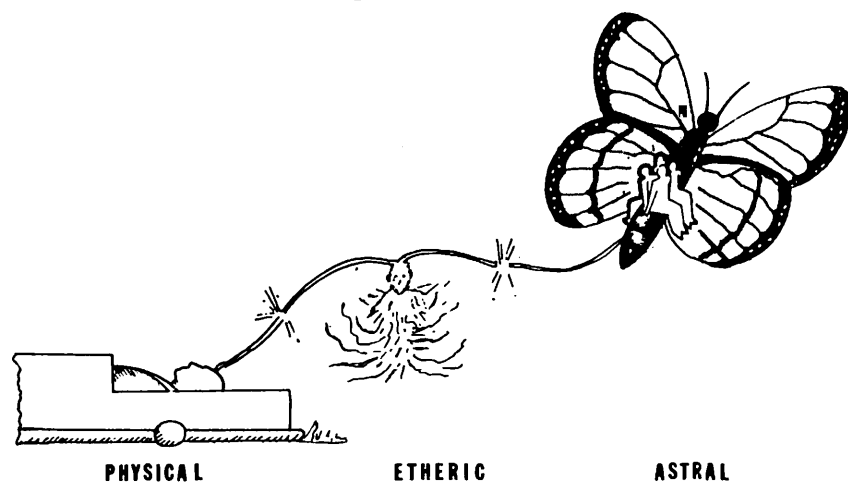


Fig. 18 — Symbolic survival of bodily death

This individual astral body contains all of the memory banks, emotional patterns, the personality and the soul which it had before it departed from the physical body. These are all neatly contained in one "package." When you someday find yourself without your physical body, you will find that your personal baggage is all neatly packed — and that you — like the butterfly — are ready to *fly*. You have left behind your caterpillar-like body. Unlike the caterpillar, you need not waste time spinning a cocoon. There is no need for you to spend a season or two before you can split your cocoon and emerge as a beautiful creature ready to enter on flights of exploration. In making man, our Creator surpassed even his handiwork in

making the caterpillar and butterfly.

*You are all packed and ready to fly!*

## SUMMARY OF PART I

If this were the conventional "how to" book, this space would contain a LIST OF THE TEN MOST IMPORTANT POINTS brought out in these three short chapters. Actually, these chapters are so short that you can review and summarize them by glancing at the numbered sub-headings in each.

I will merely point out that we have faced up to and suggested possible answers to these two questions:

How can anyone answer my questions about life after death when medical science has not even proved that man *has* a mind or spirit?

Since medical science has not proved that the brain is anything more than a collection of perishable cells (which are 80% water), how can my mind possibly survive death of my physical body?

As a welcome change from all of the serious and semi-technical jargon in these three chapters — and with a promise that I will not return to such investigations in the remainder of this book — consider the poem on the following page. It provides a whimsical summary in poetic language.

## A BUTTERFLY

A butterfly rested upon a flower,  
 Gay was he and light as a flake.  
 And there he met a caterpillar  
 Sobbing as though his heart would break;  
 It hurt the happy butterfly  
 To see a caterpillar cry.



Said he, "Whatever is the matter?  
 And may I help in any way?"  
 "I've lost my brother," wept the other,  
 "He's been unwell for many a day;  
 Now I discover, sad to tell,  
 He's only a dead and empty shell."

"Unhappy grub, be done with weeping,  
 Your sickly brother is not dead;  
 His body's stronger and no longer  
 Crawls like a worm, but flies instead.  
 He dances through the sunny hours  
 And drinks sweet nectar from the flowers."

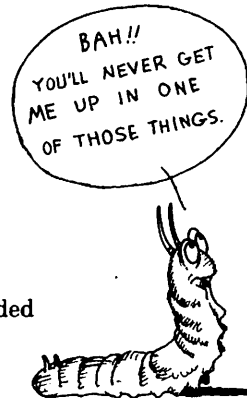
"Away, away deceitful villain.  
 Go to the winds where you belong.  
 I won't be grieving at your leaving,  
 So take away your lying tongue.  
 Am I a foolish slug or snail,  
 To swallow such a fairy tale?"

"I'll prove my words, you unbeliever.  
 Now listen well, and look at me.  
 I am none other than your brother,  
 Alive and well and fancy free.  
 Soon you'll be with me in the skies  
 Among the flirting butterflies."

"Ah!" cried the mournful caterpillar.  
 "'Tis clear I must be seeing things.  
 You're only a spectre sipping nectar.  
 Flicking your ornamental wings.  
 And talking nonsense by the yard.  
 I will not hear another word."

The butterfly gave up the struggle.  
 "I have," he said, "no more to say."  
 He spread his splendid wings and ascended  
 Into the air and flew away.  
 And while he fluttered far and wide,  
 The caterpillar sat and cried.

G. Eustace Owen  
 from *Children's Greater World*



## PART II

## What Evidence Of Survival Is There?

For the past 6,000 years most religions have promulgated the conventional belief in immortality. However, their leaders have done very little to convert faith and belief into actual knowledge of the reality of life after death.

Now, for the first time in human evolution, the picture begins to take full and comprehensive shape, for as man approaches the end of the twentieth century, pieces of the puzzle suddenly begin to fall into place. In Part II we examine twelve of the most fascinating pieces which make up this whole.

## FOREWORD

*"Bury — bury me just where you please if you can only catch me. Have I not often told you and the wise men that this body is not Socrates?"*

We have considered the wonder of the caterpillar which becomes a gorgeous butterfly. Easily we regard the human being as an even more fantastically marvelous creature which may be designed by our Creator to survive death, decay and dissolution of its purely temporary physical body.

Reports of rapidly emerging knowledge about the multi-dimensional nature of man further strengthened the basis for belief in life after death. But one may still ask, "Is there factual *evidence* that we will be alive after shedding the caterpillar body?"

Were you to undertake your own search for actual proof, the obvious approach would be to determine what has already been written on the subject. You would soon discover that there are many books about it. Very good collections are in England, where you could find 10,000 to 30,000 volumes in each of five libraries. In the United States three psychical research libraries list more than 100,000 books related to the subject.

Some of the most meaningful material, however, is found only in technical journals of many branches of science — particularly physics, microbiology, the neurophysiology of the brain, parapsychology, and parapsychology. Unfortunately many of the authors of these have not a broad enough knowledge in other scientific fields, nor in religion, metaphysical and occult lore, fully to understand the significance of their own findings as they might relate to survival.

To make it still more complicated, some of the most interesting research work being done is not yet in print.

In this section we assemble factual evidence from these wide-ranging sources.

## CHAPTER 4

**Historical and Religious Writings***Survival evidence — Area 1 (of 12)*

We begin with what has already been written.

It is doubtful that any subject has been better authenticated over the ages and in all literature than has that of spirit existence and a future life. Carl Wickland, M. D., in the monumental research work reported in his book *Thirty Years Among the Dead*, provides a good summation:

Fiske, the historian, says: "Among all races of men, as far as can now be determined, ancestor worship" (contact with the spirits of the departed) "was the earliest form of worship. . . prevailing in Africa, China, Japan, among the Aryans of Europe and the American Indian tribes."

Allen, in his *History of Civilization*, writes: "Rude tribes the world over are found to have ideas of a human soul, a spirit world, and generally a belief in immortality. Savages consider the next life simply a continuation of this; they also recognize another self which has mysterious powers. Death is the abandoning of the body by this mysterious other self, which is conceived of as still existing in the near neighborhood. The loves and hates of this world are transferred to the spirit world."

Confucius said: "Bemoan not the departed with excessive grief. The dead are devoted and faithful friends; they are ever associated with us."

The writers of classic times — Socrates, Herodotus, Sophocles, Euripides, Plato, Aristotle, Horace, Virgil, Plutarch, Josephus, Maximus of Tyre — repeatedly refer to spirit existence as a well known fact. Cicero wrote: "Is not almost all heaven filled with the human? Those very gods themselves had their origin here below, and ascended from hence into heaven."

Early Christianity's recognition of spirits is too well authenticated in the writings of St. Anthony, Tertullian, Origen and their contemporaries to require emphasis.

The Bible is replete with references to spirit existence. "We

also are compassed about with so great a cloud of witnesses." Heb. 12:1. "Beloved, believe not every spirit, but try the spirits, whether they are of God." 1 John 4:1. "The spirits of just men made perfect." Heb. 12:23. "There is a natural body and there is a spiritual body . . . First that which is natural, and afterward that which is spiritual." 1 Cor. 15:44, 46. Many other similar Biblical citations might be given.

Swedenborg contributed volumes on this subject. Dr. Samuel Johnson said: "I do not believe in spirits — I have seen too many of them."

Shakespeare, Milton, Wordsworth, Tennyson, Longfellow, and many other poets write with profound understanding of the continued existence of man.

We are all familiar with the convincing results of the psychical research work of modern scientists, philosophers, ministers, physicians, psychologists and other investigators — Prof. Crookes, Alfred Wallace, Sir Oliver Lodge, Sir Arthur Conan Doyle, Rev. R. J. Campbell, Archdeacon Colley, Rev. Newton, Rev. Savage, W. T. Stead, Camille Flammarion, Dr. Baraduc, Dr. Janet, Prof. Richet, Cesare Lombroso, Dr. Hodgson, Dr. I. K. Funk, Prof. James, Prof. Hyslop, Dr. Carrington and many others.

Dr. Thomson J. Hudson, author of *The Law of Psychic Phenomena*, wrote: "The man who denies the phenomena of spiritualism today is not entitled to be called a skeptic, he is simply ignorant."

The Rev. Dr. George M. Searle, Rector of the Catholic Church of St. Paul the Apostle, New York City, said: "The reality of the existence of spirits in modern spiritism is no longer an open question, even among scientific men who have examined the subject. Anyone who considers the manifestation of them as mere humbug, trickery or delusion, is simply not up to date."

"In our times no one denies the real existence of spiritualistic facts, except a few who live with their feet on the earth and their brains in the moon," wrote G. G. Franco, S. J., in *Civiltà Cattolica*. "Spiritualistic phenomena are external facts which fall within the range of the senses and can easily be observed by all, and then such facts are attested by so many well informed and credible witnesses, it

is useless, as well as foolish and ridiculous, to fight against proved evidence. The facts remain assured, even for reasonable men."

However, even if I gave page after page of such historical and Biblical quotations, it would not *prove* survival. All I endeavor to show in this chapter is that for thousands of years there has been, around the globe, a common thread of belief in both *spirits* and an *afterlife*. Hence it would be prudent to assume that where there is so much smoke there may also be fire.

## CHAPTER 5

**Deathbed, Near-Death, and  
Out-Of-Body Experiences**

*Survival evidence — Area 2 (of 12)*

Much of the search for evidence that one's mind, personality and soul survive death of the physical body is to be found in death-bed, near-death and out-of-body experiences.

The past few years have seen books on these subjects become overnight best sellers. *On Death and Dying*, by Elisabeth Kübler-Ross, M.D., and *Life After Life*, by Raymond Moody, M.D., have each sold more than 3,000,000 copies and have each been translated into more than 25 languages, while subsequent books by these and other authors have also received acceptance throughout the world. Their popularity testifies to a thirst for knowledge that reassures there is a life after death.

One might think that the above activities represent a completely new area for research, but this is not the case. The references in the Appendix show that writing on these subjects started more than 100 years ago. During this past century many persons labored to add to the great body of knowledge which now fully supports and substantiates the work set forth in the above-mentioned best sellers. In fact, it is most significant that Dr. Moody and Dr. Kübler-Ross had very little knowledge of the work of prior researchers. The fact that their work dovetails so precisely with the findings of Cobb, Crookall, Savage, Hyslop, Richet and others serves to add great significance to this area of survival research.

By comparison, the purpose of *this* book is to supply the reader with new knowledge of *what actually happens* in life after death.

Because of the ready availability of the Kübler-Ross, Moody, and Osis books (mentioned next), I will not make an *in-depth* report on deathbed and near-death experiences. I will, however, briefly review the subject. Then I will do something that has been widely overlooked. I will relate these experiences, particularly near-death ones, to the rapidly-increasing findings of researchers working with out-of-body experiences.

First, let's define our terms.

**DEATHBED CASES:** Observations by medical people and psychical researchers of what a dying person reports in the moments before death of the physical body. Often



these reports include visions of deceased loved ones, religious figures and afterlife scenes.

**NEAR-DEATH CASES:** The subjective reports of persons who, through illness or accident, nearly died or who clinically died and were revived.

**OUT-OF-BODY EXPERIENCES:** Experiences in which the consciousness of a person seems to get *outside* that person's physical body. This consciousness then reports what it sees, hears, does and where it travels during the time when it is seemingly displaced from its physical body.

### The Deathbed Experience

One of the most extensive pieces of research yet done on the deathbed "visions" was published in 1961 by Dr. Karlis Osis — a lengthy monograph, *Deathbed Observations by Physicians and Nurses*. Dr. Osis sought the experiences of 10,000 American physicians and nurses. An analysis was made of the detailed reports of 640 respondents. A high proportion of these had witnessed their patients' reactions to and reports of unseen deathbed visitors. Dr. Osis drew these major conclusions:

1. The dying often go into inexplicable exaltation before death.
2. They see visions of apparitions to a much greater extent than persons who are not approaching death.
3. Usually these apparitions are of persons who have died. However, visions of living or religious personages are occasionally seen.
4. Drugs or other aspects of illness seemingly do not account for these visions; and
5. Many of the dying persons intuitively realize that these apparitions are coming to take them into death and a continued existence.

In 1977, Dr. Osis and a colleague, Dr. Erlendur Haraldsson, published *At the Hour of Death*. This book extended the above studies and included reports of experiences of more than 1,000 additional doctors and nurses. Significantly, this work was based on the experiences of persons dying in India as well as in the USA. The deathbed visions were very similar in spite of racial, cultural and religious differences.

These scholarly and scientific studies in turn have been found to correlate very well with the pioneering work done over a period of 30 years and reported in the several works of Dr. Robert Crookall of England.

### Near-Death and Out-of-Body Experiences

Please recall that in Part I, Fig. 16, the *non-physical* part of a person was shown separately, outside of the physical body, but attached diagrammatically with a tenuous connection known since early Biblical days as the silver cord.

This ability of the mind, personality and soul to detach itself from the physical body should be kept in mind in reading through this short selection of excerpts of near-death cases reported by Dr. Moody in *Life After Life*:

A woman recalls,

"About a year ago, I was admitted to the hospital with heart trouble, and the next morning, lying in the hospital bed, I began to have a very severe pain in my chest. I pushed the button beside the bed to call for the nurses, and they came in and started working on me. I was quite uncomfortable lying on my back so I turned over, and as I did I quit breathing and my heart stopped beating. Just then, I heard the nurses shout, 'Code pink! Code pink!' As they were saying this, I could feel myself moving out of my body and sliding down between the mattress and the rail on the side of the bed — actually it seemed as if I went *through* the rail — on down to the floor. Then, I started rising upward, slowly. On my way up, I saw more nurses come running into the room — there must have been a dozen of them. My doctor happened to be making his rounds in the hospital so they called him and I saw him come in, too. I thought, 'I wonder what he's doing here.' I drifted on up past the light fixture — I saw it from the side and very distinctly — and then I stopped, floating right below the ceiling, looking down. I felt almost as though I were a piece of paper that someone had blown up to the ceiling.

"I watched them reviving me from up there! My body was lying down there stretched out on the bed, in plain view, and they were all standing around it. I heard one nurse say, 'Oh, my God! She's gone!', while another one leaned down to give me mouth-to-mouth resuscitation. I was looking at the *back* of her head while she did this. I'll never forget the way her hair looked; it was cut kind of short. Just then, I saw them roll this machine in there, and they put the shocks on my chest. When they did, I saw my whole body just jump right up off the bed, and I heard every bone in my body crack and pop. It was the most awful thing!

"As I saw them below beating on my chest and rubbing my arms and legs, I thought, 'Why are they going to so much trouble? I'm just fine now.' "

\* \* \* \*

"Boy, I sure didn't realize that I looked like that! You know, I'm only used to seeing myself in pictures or from the front in a mirror, and both of those look *flat*. But all of a sudden, there I — or my body — was and I could see it. I could definitely see it, full view, from about five feet away. It took me a few moments to recognize myself."

\* \* \* \*

"I could see my own body all tangled up in the car amongst all the people who had gathered around, but, you know, I had no feelings for it whatsoever. It was like it was a completely different human, or maybe even just an object. . . I knew it was my body but I had no feelings for it."

\* \* \* \*

"After it was all over, the doctor told me that I had a really bad time, and I said, 'Yeah, I know.' He said, 'Well, how do you know?' and I said, 'I can tell you everything that happened.' He didn't believe me, so I told him the whole story, from the time I stopped breathing until the time I was kind of coming around. He was really shocked to know that I knew everything that had happened. He didn't know quite what to say, but he came in several times to ask me different things about it."

\* \* \* \*

"This is sort of funny, I know, but in nursing school they had tried to drill it into us that we ought to donate our bodies to science. Well, all through this, as I watched them trying to start my breathing again, I kept thinking, 'I don't want them to use that body as a cadaver.' "

In the foregoing paragraphs we have been considering out-of-body travel only in relation to the experiences of persons who have come close to dying but recovered sufficiently to be able to describe their short out-of-body sojourn. Even better evidence of the ability of the mind, personality and soul to leave its physical cloak or overcoat has been given in recent years by persons who develop the ability to leave their bodies *whenever they so desire*.

One of the most accomplished out-of-body "travelers" is Robert Monroe, a former radio and television broadcasting executive and electronic engineer. In his book *Journeys Out of the Body* he tells

how he developed the ability, and of his actual experiences with out-of-body travel over a 20-year period.

Monroe is now teaching this ability to small groups of people throughout the United States. Two years ago, I spent ten days at a lovely ranch in Montana where Monroe conducted training sessions during which he acquainted fifty people with the basics of the technique. In the year since this indoctrination workshop approximately 20% of the people have learned to leave their bodies at will. To show the reality of this activity, consider this example from Monroe's personal experiences:

One Saturday in 1963 when Bob Monroe was 55 years old, he decided to see if he could contact a woman friend of the family who had gone someplace on vacation — but he did not know where. He lay down, relaxed, and left his body. He traveled until he found himself in the kitchen of a beach cottage where his friend was sitting, talking with two teenage girls. He tried to "communicate" with her but had no success. He decided to give her a pinch on her right leg. She suddenly jumped up in surprise. A week later when they met he asked her if she had felt anything at the time the incident took place. She exclaimed in surprise, pulled her dress just above the knee and showed a discolored spot, and said, "Don't you ever try that trick again without giving me warning!" The description of the kitchen, the teenage girls and many other details which he had written down upon returning to his body agreed precisely with what the woman was able to report.

The parapsychology literature is now full of reports of scientific research dealing with this new awareness of the mind's ability to leave temporarily its physical habitat. No distance limitation on such travel has yet been observed. Subjects at Stanford Research Institute report back from their travels around the state of California. The Russians are reported to have developed these *remote viewing* abilities for purposes of military surveillance. Experimenters have even "traveled" to some of the planets in our solar system and recorded their observations, which were later confirmed by American and Russian cosmonauts who made investigations.

It should be obvious that if the mind, personality and soul can take leave of the physical body and function in space adjacent to or far away from the body without losing consciousness, then it can remain outside of the body when the body decays in death, since it is obviously independent of the body.

These short comments on deathbed, near-death and related out-of-body experiences provide an important area for contributing to the feeling of reality of survival, as well as illuminating at least one of the means by which it is accomplished.

## CHAPTER 6

## Communications Through Individual Mediumistic Persons

*Survival evidence — Area 3 (of 12)*

The Christian Bible as well as most religious writings are replete with stories of people who “heard” voices, “saw” visions and foretold the future. In ages past these rare people were called prophets, sages, seers and mystics.

In the early days of the American colonies, people with such abilities were sometimes called “witches” and were, in some cases, tortured and even burned at the stake. Even in this century in England such people were ostracized and even imprisoned until the repeal of the Witchcraft Act in 1951.

It has only been in the last 140 years that much research into the abilities of such people has been conducted. Even up to *the present moment* such researchers are looked at askance by their peers. Hence, there are only a few intrepid souls in England, the USA, the USSR, and Brazil who are today seriously engaged in conducting research in the area of communications from spirits.

Since we do not yet have an electronic means for direct communication with inhabitants now occupying the “worlds of Spirit,” our present research is limited to the use of mediums. Because this is such a crucial area of research into life after death, I will take time to clarify what I mean by the term “medium” — our present terminology for a person who in centuries past was called a sage, seer, prophet or even a witch. I prefer to use the definition of mediumship given by Robert R. Leichtman, M.D. (an internist) who is himself one of the most accomplished mediums I have encountered in my worldwide search for such talents.

**MEDIUMSHIP:** The phenomenon of a non-physical intelligence, usually a discarnate human, assuming some degree of control of a physical body in order to communicate something useful and meaningful. Mediumship is usually used for the transmission of information or inspired guidance, but can also be used to transmit varieties of healing energies. There are varying degrees of trance associated with mediumship and differing qualities of information communicated, depending on the quality of the medium and the quality of the spirit using the process.

Mediumship is distinguished from the phenomenon of possession in that it occurs only with the deliberate cooperation of the medium and produces a constructive result.

Take special note that Dr. Leichtman says that the *quality* of the information transmitted is dependent on the quality of *both* the medium and the spirit communicator. It is precisely because of this crucial qualification that a *very high percent of all communications through mediums fall into one or more of the categories of inconsequential, garbled, useless, mischievous, and even false and harmful.*

Today we realize that the merest handful of people throughout the world *have disclosed that they* possess the capability to reach very far up in the worlds of Spirit to contact high levels of intelligence while still very much immersed in the nitty-gritty, materialistic world of everyday living. It is precisely this factor which has caused all of the disbelief and scandal associated with mediumship and messages from the worlds of Spirit. It is this — combined with the use of mediumship to make money—which has brought British and American Spiritualism to its present unenviable state. As soon as a medium sets himself or herself up as a paid channel for bringing through “messages” to bereaved family members, the trouble starts. Not being able to have uniformly good day-after-day contact with the communicators in spirit — but being expected to deliver a satisfactory message to the paying customer — the faking and deception starts. (This statement applies equally to much of the nonsense currently being brought through under the heading of the “hypnotic reading of past lives.”)

But just because some medical doctors are quacks, it does not follow that ALL doctors are quacks. Precisely the same is true of mediums. A Moses or an Elijah in olden times and a handful of mediums in the world today stand out as effective servants to their fellowmen.

During the past ten years my fellow researchers and I have searched the world over to locate and work quietly with *deep* trance mediums who are *not* in “the business of mediumship.” These are people who never advertise their abilities. In fact, some of our most useful and highest-level contacts with the worlds of Spirit came into our laboratory through a 60-year-old man who had gone into trance once each month for 20 years in the presence of only his two closest friends.

If the reader is interested in studying this area in depth, I can say that some books listed in the bibliography resulted for the most part from communications through reasonably good *mediums*. But only in a few cases were the *communicators* in spirit currently living

on some of the “higher levels” — which will be discussed in Part III. In the case of my laboratory research, my prime objective has been and still is to check — with *very high levels of intelligence* — that picture of the detailed workings of the worlds of Spirit which I had been painstakingly assembling over the years.

THEREFORE LET IT BE CLEARLY UNDERSTOOD THAT THE MATERIAL WHICH I PRESENT IN PARTS III AND IV ARE NOT JUST FANCIFUL IDEAS BROUGHT FORTH BY MY FELLOW RESEARCHERS AND ME.

The concepts set forth in Part III, “A Blueprint of Immortality,” have been confirmed by intelligences in the worlds of Spirit which can be reached by only a very small percent of the people who consider themselves mediums.

So this book in itself is a living testimony to the reality of *high level* communications with spirits through mediums.

In one of our laboratory sessions with a thoroughly tested trance medium, a spirit entity, introduced himself as Prof. Silas Roberts. He gave a very learned discourse on studies currently being conducted in the spirit world for the purpose of eventually helping man to solve the energy crisis by developing a solid form of hydrogen for use as a fuel in cars and trucks. At one point he reminisced about his work as a professor of chemistry in a small (unknown to us) college. He mentioned that a small bronze plaque had been put on the door of his laboratory by his former students after his death many years ago. I made it my business to visit this small college in Demorest, Georgia. Sure enough, on the chemistry lab door was the plaque with the date 1947 and words of esteem by the former students.

In the two years which have passed since the visit to the laboratory of Prof. Roberts, much additional evidence has accumulated to show that he is, in fact, who he says he is.

In this connection I should cite the admonition of John. In the early days of Christianity — before the Bible was rewritten in parts to tone down the references to dwellers in the worlds of Spirit — mediumship was common. But the tricky problems outlined above prevailed even then, and in his first epistle, John admonished his fellow Christians, “Try (test) the spirits (to see) whether they are of God.”

Our current research — when it is finally reduced to print in a few years — will, I trust, be one of the most fully documented cases of following John’s advice. Another former scientist, communicating through one of the mediums in our research group, introduced himself as a scientist who had “died” in 1967. We asked for *proof*

that he is in fact who he says he is. He obliged by giving his name, the address of the house in which he died, his social security number, complete details on his formal education and social activities at two universities, and a detailed year-by-year record of his professional activities up to his passing.

We obtained a copy of the coroner's death certificate which verified the facts which he had given regarding his death. Library research at the University of Wisconsin and at Cornell University agreed precisely with intimate details given of his academic activities during this period. Details of his long professional career also checked, including an aerospace activity which he directed with an annual budget of fifty million dollars.

A check through Social Security records showed that payments were being made to two former wives, one of whom has been most cooperative. We mailed her a True-False questionnaire based on details given us by the spirit communicator-scientist. She had been married to the scientist at the time of his death. She returned the questionnaire with each item marked "True" exactly as we had been told through the channel of a medium who could have had no prior knowledge that such a man ever lived.

For the past two years, this scientist has been collaborating with us on an idea which he has supplied for an entirely new development in the field of medical electronics.

It would be easy to expand this material with additional "hard" mediumship research such as the case just cited, but this segment is presented as just one of the twelve areas which should be considered when you embark on a study of the question of survival.

## CHAPTER 7

# Apparitions, Hauntings and Ghosts

*Survival evidence — Area 4 (of 12)*

Since the beginning of recorded history, people in all parts of the world have reported apparitions, hauntings and ghosts. To what extent, if any, does this throw light on the survival question?

There is considerable overlapping of these terms in many people's minds, so I will clarify them here. Webster's *Third New International Dictionary* defines *apparitions* as "the unexpected or supernormal appearance of someone living or dead." It is obviously unnecessary to consider the living apparitions; those of the dead will be included in my references to ghosts.

The term *haunting* is defined as "an act of frequenting, especially by a *disembodied spirit*." Here we come a bit closer to the survival question. Centuries of reports of hauntings establish two essential elements in the phenomenon: an old house or dwelling place of some kind, and the restlessness of a human spirit. The first represents an unbroken link with the past life of a former occupant. The second is believed to be caused by various factors. These include: the person's remorse over an evil life, his shock of a violent death, important unfinished business in the physical world, excessive attachment to material life, or his failure to realize that he has "died" and is now living in another realm.

Such hauntings provide many types of activity. Strange noises are heard, objects are displaced, lights are seen where none exist, existing lights are turned off and on, and objects are moved about. An actual temperature drop may be felt in the atmosphere. Sometimes an unbearable stench is detected and often people on the premises experience a feeling of discomfort or even horror. They sometimes report seeing insubstantial shapes, phantoms, apparitions or *ghosts*.

What are ghosts? Webster's dictionary tells us that a ghost is "a disembodied soul; the soul of a dead person believed to be the inhabitant of the unseen world, or to appear to be living in bodily likeness." A disembodied soul, inhabiting an unseen world. Yes, these certainly relate to the question of survival. At least this gives indication that perhaps *there is a soul* and that perhaps it can *leave the physical body at death*. So that brings us face to face with ghosts. Are ghosts real?

There is ample — and increasing — evidence that they are. The

evidence falls into two basic categories — what might be called “solid ghosts” and “vaporous, shadowy, indistinct or even invisible ghosts.”

The materialized forms of clothed human bodies which I will discuss in Chapter 11 are actually examples of solid ghosts. One of the finest pieces of research in this field is the seven years of work presented in *Ghosts in Solid Form*, by Gambier Bolton. This small book summarizes the official records of three research societies in London early in this century. It reports on the questions and answers exchanged with the solid ghosts. Here is an example of such verbal exchanges:

Q. (By Dr. A.C.) *From your appearance, and the firmness of your arms, hands, and bust, I assume that you are at this moment fully materialized. Please show us your lower limbs, so as to convince us of this fact.*

A. No, Doctor, I cannot do that now, but if you will give me time to return to “Florrie” (the Sensitive) for two minutes, I will get more power, and will then gladly do so.

She returned to the spot where the Sensitive was seated on her chair in a state of deep trance; and in less than two minutes she once again walked into our midst, and, lifting up her white draperies, showed us her legs bared from the knees downwards. She then placed one of her feet upon Dr. A.C.’s knee, and permitted him to touch both her leg and foot, in order to prove to him and to us that she was fully materialized in every respect.

Q. (By Dr. A.C.) *How is it that you had no lower limbs three minutes ago, and were obliged to return to the Sensitive before you could obtain them?*

A. Doctor, when we come to you people on earth in this way, our great desire is that we may be recognized first by *our voices*, then by *our faces*. That is why so many of us materialize only the head, throat, arms, and hands, and the upper portion of our bodies. That is quite enough for you to identify us by, as a rule, and in doing this we are able to save “the power” for the use of other entities who may wish to materialize as soon as we have finished. Tonight there is any amount of “power” here, as you seven men are all in such good health; and as only two of us intend to use it, I am able to show myself to you fully materialized from head to foot, just as my predecessor “Katie” used to do, through this very Sensitive, to Sir William Crookes. But you may take it from

me as a fact that *full-form* materializations in this country are rare, for the reason which I have stated; the vast majority being *partial* materializations only.

Literature is so full of accounts of ghosts in the *less* solid form that we need not bother to give examples. Many of us have encountered them ourselves or have relatives or friends who have. The fact remains that *for the past 4,000 years encounters with ghosts, both solid and otherwise, have been reported*. There is no way that all of these can be brushed off as imaginary — especially when they are *photographed*, as you will see in Chapter 10.



## CHAPTER 8

## Obsession and Spirits

*Survival evidence — Area 5 (of 12)*

This is one of the areas which provides some of the best evidence of survival. Literature for thousands of years has clearly reported the existence of obsession and possession.

To assure that we are all in accord with the usage of these terms, let's refer to Webster's *Third New International Dictionary*. (I have emphasized parts of the definitions.)

**OBSESSION** — 1. Siege; 2. The act of a devil or spirit in besetting a person, or impelling him to actions from without.

**POSSESSION** — the condition of being dominated by something (as an extraneous personality, demon, passion, idea), a psychological state in which one's normal personality is replaced by another.

Thus, by commonly accepted definition, a spirit can *obsess* a living person. The person is then in the *condition* of being possessed.

As we saw in Part II, the departure of one's mind and soul from the body at death on some occasions occurs so naturally and smoothly that it is quite common for a person at first to be unaware of what has just transpired. Many persons, particularly those *having no knowledge whatever of spiritual life*, are totally unconscious of having passed into another state of being. However, no longer having the physical sense organs, their eyesight is "turned off," and lacking any comprehension of the nature and purpose of their existence they are *spiritually blind*. The Bible calls this zone the "outer darkness." They actually are in a realm — a very real world of Spirit — which we today refer to as the *astral*.

The astral realm, as we will discuss in much greater detail later, is made up of various levels. Upon shedding the *physical* body, a person will normally awaken *within three days*, on that astral level for which his recent earth life has qualified him.

The lowest of these astral levels, zones, or planes is interpenetrating the earth and occupies the same region in which we live! Recall that in Part I we learned that modern science has shown that our senses have fooled us as to how "hard" and how "solid" is this world observed by our five senses. Actually even our physical

bodies were found to be 99.99999+% EMPTY space. So just lay aside for the moment your unbelief that a departed spirit can occupy the same space you occupy. In fact, you can now well understand how *many* departed spirits can occupy the body of just one living person. You can at last comprehend the truth of the story that Jesus drove so many "demons" out of just one possessed person that they went into the physical bodies of a *herd* of swine!

It has been observed that death does not make a saint of a sinner, or a sage of a fool. The individual carries over all of the old beliefs, the old habits, the old desires and all of his faulty teachings and religious dogmas. Those who believe that there is no afterlife are not at all prepared for what they find.

(Later I will discuss in detail what happens to those who find themselves arriving on the *higher* astral planes. Here in this examination of obsession and possession we are concerned *only* with those who because of their deeds — and *MISdeeds* — have arrived on the lowest astral plane.)

Those departing souls who arrive on the *lowest* of the astral planes find that they lack physical bodies and are bewildered by the almost total darkness which seems to surround them. Some may be attracted by the "magnetic" energy field which emanates from nearby mortals, and which is "seen" clairvoyantly as "light." (These mortals might even be the friends and relatives attending the funeral of the deceased!) Consciously or unconsciously a few of these attach themselves to the "magnetic" auras of those still in the flesh, thereby finding an avenue of expression by obsessing human beings. In such cases they will influence the possessed person with their own thoughts, impart their own emotions to them, and weaken the will power of the possessed person. In some cases this "takeover" can be so complete that they will actually control the possessed person's actions and often produce great distress, mental confusion and suffering.

*This is a fact of life almost totally unrecognized by present-day psychiatry.*

These *earthbound* souls are the supposed "devils" of all recorded history. There are "devils" of *human* origin — the direct result of lives filled with human selfishness . . . Lives warped by false teachings and ignorance . . . Lives thrust blindly into a very real type of "hell" or "purgatory" and in bondage to ignorance. There are also "devils" which may be elementary spirits, so-called elementals, which are not of human origin, and devils consisting of thought forms.

For some, references to obsession and possession must have an air of *unreality*. Therefore let's go back over recorded history so that

it can be seen that I am not trying to introduce some new and untested ideas in this search for evidence of survival. Here are just a few items to be found on the pages of history over the last 2,000 years.

Homer referred repeatedly to demons and said: "A sick man pining away is one upon whom an evil spirit has gazed." Plato held that demons obsessed mortals. Socrates speaks directly of demons influencing the possessed (insane). Plutarch wrote: "Certain tyrannical demons require for their enjoyment some soul still incarnate; being unable to satisfy their passions in any other way, incite to sedition, lust, wars of conquest, and thus get what they lust for." Josephus says: "Demons are the spirits of wicked men."

Obsessing or possessing spirits are frequently mentioned both in the Old and New Testaments. In I Samuel 16:23, we read: "David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him."

So common was the knowledge of spirits and spirit obsession in the time of the apostles that the ability to cast out evil spirits was considered one of the most important signs of genuine discipleship, and it must be admitted that a considerable portion of the work accredited to Jesus was the casting out of demons.

A few quotations from the New Testament will suffice. "Jesus gave his twelve disciples power against unclean spirits, to cast them out." Matt. 10:1. "Jesus preached . . . and cast out devils." Mark 1:39. "A certain man which had devils a long time . . . Jesus had commanded the unclean spirit to come out of the man . . . He that was possessed of the devils was healed." Luke 8:27, 29, 36. "Vexed with unclean spirits." Luke 6:18. "The evil spirits went out of them." Acts 19:12.

"Master, I have brought unto thee my son, which hath a dumb spirit . . . And He asked his father: How long is it ago since this came unto him? And he said, Of a child . . . Jesus rebuked the foul spirit, saying unto him, Thou deaf and dumb spirit, I charge thee, come out of him, and enter no more into him. And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. But Jesus took him by the hand, and lifted him up; and he arose." Mark 9:17, 21, 25-27. (Similar occurrences, labeled "psychopathological," are not at all uncommon in psychiatric research.) Tertullian with authority challenged the heathen to a trial of superiority in the matter of casting out demons. Minucius Felix, a Roman, wrote in *Octavius*: "There are some insincere and vagrant spirits, degraded from their heavenly vigor . . . who cease not, now that they are ruined themselves, to ruin others."

More recently, Dr. Godfrey Raupert, of London, who was

especially delegated by Pope Pius X to lecture on Spiritism to Catholic audiences in America, said in substance: "It is no longer possible to put the subject of psychic phenomena aside. The scientific men all over the world have recognized spiritism as a definite and real power, and to shelve it is a dangerous policy. Consequently the Pope has asked me to tell Catholics the attitude to take toward the subject . . . The Church admits the reality of these spiritistic phenomena and their external intelligences, in fact, it has always admitted their reality. The problem at present is to discover the nature of the intelligence. We are now on the borderland of new discoveries which may revolutionize the world. It is not the time yet for an explanation of all the phenomena. We must suspend our judgment until the subject is better known. The study of spiritism is a new one and therefore dangerous . . . A partial knowledge of the subject may cause grave dangers (resulting in obsession or possession)."

Julian Hawthorne wrote in one of the leading American newspapers: "Thousands of evil-minded and evil-acting men and women die every day. What becomes of their souls or spirits? They want to get back here . . . the increasing boldness and frequency with which they take advantage of their opportunities is illustrated in many ways . . . Two acts of defense are open to us. We may stop the source of supply of these undesirable visitors and we may close the doors."

Surely any reasonable person will find that the foregoing historical review documents the reality of obsession and possession. But most of us like to go from the general to the specific. Let us consider first one of Dr. Wickland's cases which he reported in *Thirty Years Among the Dead*, and then a case in which I have been personally involved.

Mrs. Wickland was a superb deep trance medium. Dr. Wickland would place the mentally disturbed patient in a chair beside his wife. Mrs. Wickland would go into trance, making her vocal cords available for use by the obsessing entity. Dr. Wickland would then carry on a conversation with the invader, gradually enlightening it as to where it was, and convincing it to depart — usually in the company of some helpful spirits summoned for that purpose.

(NOTE: If this procedure seems strange and hard to believe, let me report my personal contact with the Wickland work, although I never met them personally. When Mrs. Wickland died, Dr. Wickland could not find another medium in the USA who could function in the same way. He went to England in 1932 to see if he could locate such a medium there. He found that Mrs. Bertha Harris could function just as efficiently as had Mrs.

Wickland. Dr. Wickland and Mrs. Harris spent five days working with mental patients in one of London's hospitals. A large percentage of these patients were promptly enabled to leave the hospital. I personally conducted research for many months into Mrs. Harris' psychic abilities. I reported on a portion of this work in the last half of Volume I of this series — *From SEANCE to SCIENCE*.)

The following case history provided by Dr. Wickland demonstrates several of the matters I have discussed in the preceding pages.

Mrs. Wickland became entranced and fell to the floor, the spirit clutching at her throat and crying: "Take the rope away! Take the rope away! I am in the dark. Why did I do it? Oh, why did I do it?"

When the excited spirit had been somewhat quieted, she told that her name was Minnie Harmening, that she was a young girl and had lived on a farm near Palatine. As she was speaking brokenly, between sobs, it was difficult to distinguish her words, and I understood her to say; that she came from "Palestine," which seemed rather strange.

The spirit was in great grief because she had hung herself, and thought the body of the psychic was her own, and that the rope was still about her neck.

She said that on October 5th, without any cause or premeditation, she had been overpowered by a desire to take her life, and when alone had gone to the barn and hung herself.

"A big man with a black beard made me do it." [Spirit.] "He met me in the barnyard and hypnotized me, and made me hang myself to a rafter, but I don't know why I did it.

"My brother John found me and cut me down, and my parents were almost beside themselves. But I am not dead. I am at home all the time and I talk to my mother and father. I try to comfort them and make them know that I am not dead, but they do not notice me and do not answer me. My folks all sit around the table crying, and there is my empty chair, but no one answers me. Why don't they answer me?"

We could not at first convince her that she was expressing herself through the body of another, but after a lengthy conversation, she was somewhat enlightened and comforted, and left with spirit friends.



one of the best healers I had encountered in my worldwide studies of healers.

I got Henry out of bed at 3:30 a.m. and explained the situation. I gave him Bill's number and asked him to phone immediately. At 4:45 a.m., Henry phoned me back and reported the mission accomplished. But news of equal importance was that Henry had had presence of mind to turn on the telephone-attached tape recorder just a few minutes after making contact with Bill and his "visitors." The copy of that tape is one of my prized possessions. The conversation between Henry, Bill, the two entities and a friendly helper in the spirit world just has to be the strangest telephone "conversation" I have ever encountered!

(After this episode, five years ago, I undertook to help Bill learn how to prevent any further invasion by such low level spirits and to open himself to contact only from higher level spirits. Bill then developed into a good medium with specialized powers of clairvoyance and clairaudience. With these talents he became a very effective healer through the aid of a medical doctor in the middle astral planes. We will return to this subject of "Spirit Doctors" under Chapter 9).

The reference just made to Bill's mediumship brings to mind that many well-known figures were mediums without the matter being made public. A case in point is Mary Baker Eddy, founder of Christian Science. In her early life she was an accomplished medium and gave public sittings. Her natural sensitivity later made her receptive to teachings from higher levels of the worlds of Spirit as well as from Dr. P.B. Quimby — teachings that have done and are daily doing tremendous good in the lives of countless persons all over the globe. (And if you want some really interesting reading you should see what *she* has to say through mediums in the past 20 years! There are a few parts of *Science and Key to the Scriptures* which she has said she would like to re-edit.)

It would be worthwhile to put together a well-documented book on obsession and possession. Such is long overdue, if we are ever to stop the practice of sending thousands of wonderful human beings to the mental hospitals just because the psychiatric profession as a whole has refused to look beyond the tips of the noses of Freud and some of his successors.

Surely enough has been said to indicate that any research studies on survival must consider very carefully 2,000 years of authenticated experiences with obsession and possession.

## CHAPTER 9

### "Spirit Doctors"

*Survival evidence — Area 6 (of 12)*

During my intensive full-time research into the nature of man these past ten years, one of the key areas of study was investigation of the people known as healers. As I met and traveled with medical doctors, psychiatrists, scientists, and parapsychologists in many countries, we continually encountered the controversial question of "spirit doctors."

Almost none of the healers we met in Brazil, England, USA, USSR, Mexico, Scotland, South Africa, the Philippines, etc., had any medical knowledge. Relatively few had an education beyond high school — and most of the healers in the Philippines and South Africa had either no education or only one or two years of grade school. When asked, "How do you know what is wrong with the patient?" the answer usually was, "My guide (or "my protector" or "my spirit doctor") tells me what the trouble is and what should be done about it." This was very hard for the members of our various research teams to accept. Since we all knew about the capability of the human mind to put on a series of spectacular and often bizarre dreams each night — even in full color, with musical accompaniment and striking scenery — it was easy to smile deprecatingly and assure ourselves that here was merely a figment of the healer's imagination. But after encountering Arigó and his "Dr. Fritz" we were no longer so sure of our deductions.

You may have read in *Time* or *Reader's Digest* about the Brazilian healer Jose P. De Freitas, popularly known as Arigó. Two paragraphs in the *Time* story give the overall picture:

Even before he died last year in an automobile accident at the age of 49, the peasant known as Arigó had become a legend in his native Brazil. Claiming to be guided by the wise voice of a long-dead physician whom he had never known personally, the uneducated healer saw as many as 300 patients a day, diagnosing and treating them in minutes . . . He treated almost every known ailment, and most of his patients not only survived but actually improved or recovered.

A few years ago, reports on the exploits of such miracle workers would have drawn little more than derision from

the scientifically-trained. Now, however, many medical researchers are showing a new open-mindedness toward so-called psychic healing and other methods not taught in medical schools.

*Time Magazine*  
October 16, 1972

As a boy Arigó had no education except for two years at a parochial school from which he was dismissed because, in his own words, he was too stupid to continue. His subsequent career involved hard labor, either in the fields or mines, and later, a clerical job in a social security office. Nobody ever saw Arigó read a book, or even attempt to read one, as was discovered in an extensive sociological study of his background. For all practical purposes, Arigó could be considered an illiterate. Thus, it was necessary to consider very seriously the hypothesis that there indeed may have been a voice presenting itself in his head. The important question is: What was its source?

Arigó the healer was able to make a complete diagnosis by merely looking at a patient. A team of medical doctors and scientists from the USA took 3,000 pounds of medical diagnostic equipment with them to Brazil for the Arigó research. Andrija Puharich, M.D., the team leader, arranged to have a diagnosis made of each of about 450 patients, taken at random from the lines that daily formed to obtain Arigó's services. When comparing the team diagnosis with the instantaneous one which Arigó called out in Portuguese in the length of time that it took the patient to walk the few steps from the head of the line to stand before him, it was concluded that there was good agreement in 92% of the cases. (Puharich once confided to me, "George, we will probably never find out, but there exists the sneaking suspicion in my mind that Arigó may have been right in the other 8%!")

Equally beyond medical comprehension was the fact that Arigó was one of the few healers who prescribed every known modern molecular medicine. In two cases he dictated a prescription for medicine that had just been put on the market in Europe but which had not yet been imported into Brazil.

Arigó often treated a few hundred patients a day — patients who seemingly suffered the full range of human ailments. Usually Arigó would complete his handling of the patients in one to four minutes each.

How could this be? Arigó said that all of the credit was due to "Dr. Fritz" who spoke into his right ear. Since we were not able to come forth with any alternative explanation which fitted the facts as

they were gradually assembled from study of Arigó's many abilities, we decided to investigate the question in depth. Our research continues.\* I will share with you just one case which I have been following carefully for several years.

Earlier (Chapter 8) I told of my friend Bill who had become possessed by two entities. I mentioned that we had helped him learn how to ward off further attacks by low level spirits and to open himself to contact with more evolved spirits.

Later Bill did perceive, clairaudiently and clairvoyantly, a much more evolved intelligence. This spirit said he was a former medical doctor and wanted to help Bill become a healer. Bill was naturally quite mystified by the whole procedure. Under our close monitoring he developed into a very capable healer. All of his diagnoses and treatment instructions came from an entity who called himself "Doc Nick." Bill, knowing nothing about the practice of medicine, was continually struggling with the words which Doc Nick would speak into his right ear. Three years ago, on his fifty-ninth birthday, we gave Bill a medical dictionary so that he could look up the spelling and meaning of the medical terms which he was hearing clairaudiently.!

This is just another in the great and growing number of cases where former medical doctors on the middle and upper astral planes are able to continue doing what they are most interested in — helping suffering humanity.

(Robert R. Leichtman, M.D., an internist with highly developed clairaudient and clairvoyant capabilities, made an important point about help from Spirit Doctors when he read the first draft of the manuscript for this book. He said, "Dramatic as it is to observe a Dr. Fritz working through an Arigó or a Doc Nick working through Bill, we should point out that most of the help from Spirit Doctors is *not* of this variety. By far the greatest benefit comes from the Spirit Doctors working through both the patients and the medical professionals by influencing their thinking while they are in the waking or dream state — by ordinary telepathy.")

We are far from knowing as much about this situation as we want to know. Research is being pursued avidly. With every additional bit of research into the questions surrounding Spirit Doctors there is mounting evidence of survival.

\*Some results of this are presented in various parts of Volume II in this series, *Healers and the Healing Process*.

## CHAPTER 10

**Spirit Photographs**

*Survival evidence — Area 7 (of 12)*

If you have never heard of “spirit photographs,” the material in the following paragraphs may tax both your imagination and your credulity. However, after researching this subject over the past decade, I feel it is an area which certainly must be considered in any serious study of survival.

Perhaps a good way to get an introduction to this subject is to share with you some material I recorded in the home of Mrs. Bertha Harris of Golders Green, a suburb of London. Mrs. Harris has for more than 60 years been one of the finest mediums of this century. Her abilities, and her crusty and unvarnished habit of telling the truth as she sees it, resulted in her being a trusted friend of King George VI, Sir Winston Churchill and Charles de Gaulle. After two years of personal study of Mrs. Harris’ psychic abilities in the areas of psychometry, clairaudience, clairvoyance and precognition, I reported my findings in Part II of *From SEANCE to SCIENCE*. In a taped interview in 1972 Mrs. Harris provided this enlightening first-hand account of what “spirit photography” is all about.

Spirit photography occurs when a photograph, taken under any conditions, shows an “extra” when developed. Usually an extra face appears in addition to the one being photographed. These extras do not appear as frequently today as they did in the days of my youth when I learned the technique of psychic photography.

My father supplemented his income with photography. Regularly, as a child, I saw him emerge from the dark room in our house where he used the wet plates which were later to be superseded by films. He made his own sensitive paper, chemicals from his own formulas, enlargements and so on. At the age of sixteen, I was taught to retouch the negatives to make the people look more attractive. As a matter of fact, I went through the whole process of professional photography.

To my father’s astonishment, he used to get what he called “ghosts” on his film. This was rather a nuisance, for he often had to travel twenty miles to photograph a subject, only to return home and find that there was an intruder in



the picture. Some of these "damned ghosts," as he irately called them, were extraordinarily exciting to me.

Near our home, for example, lived Lady Yates, the owner of many high-stepping and temperamental hunters. One of them, named Becky Sharp, would be groomed only when the groom's little boy sat on her back, for the two were greatly attached to each other. At the age of four, the child fell ill and died not long afterwards, but during his convalescence he would be carried out to the stable to pet the horse. A few weeks after the boy died, my father was asked to photograph Becky Sharp in order that her picture could appear in an exhibition. When the negative came back from the dark room, it showed the dead boy sitting on the horse's back.

Even more staggering was the occasion when we went to photograph a bridal couple in a country church. The bride looked radiant on the arm of a handsome young soldier, and the photographs seemed likely to turn out well. When they were developed, however, the soldier was not there. Instead, a sailor stood in his place. Needless to say, this was very distressing to the bride's mother, who was especially worried about the groom. "What are we going to do with this?" my father asked her.

"Oh," she exclaimed, "It will kill him if he knows. A couple of years ago my daughter secretly married that sailor, and then he was killed."

It appeared that the sailor had come to the wedding and superimposed himself on the photograph. Not surprisingly, the bride's mother begged us to destroy the negative. Later my father said to the groom, "I'm very sorry, sir, but that photograph was a failure."

That was one photographic assignment which could not be repeated, but tremendous problems of embarrassment and expense were caused when ordinary portraits had to be repeated. The fact is that my father was a spirit photographer even though he knew nothing about Spiritualism or psychic photography. No wonder he was angered by the intrusion of these extras. "These ghosts are haunting me," he would cry. Then one day, I did not assist him in the dark room as usual, and no spirits appeared on the film. Suddenly we realized that my presence somehow caused the appearance of the extras, though we did not

understand why. The spoiling of film by these uninvited spirits was very costly, and I was henceforth barred from the dark room!

Some years later, after I had entered Spiritualism and was working as a medium, I went sometimes to the Crewe Church, about fifteen miles from my home in Chester. En route to Crewe on the train one time, I found myself in conversation with the woman who shared my compartment. It turned out that the woman was Lady Conan Doyle, and she was on her way to Crewe Church to see Billy Hope who, at that time, was one of the world's leading spirit photographers. Lady Conan Doyle invited me to accompany her and I accepted, though the evening did not unfold as anticipated.

Before the evening service, Billy Hope came to the church and lamented, "There are no spirit photographs for you. They just aren't coming anymore. Ever since Mrs. Buxton, my assistant, went into the hospital, the spirits haven't appeared."

"Do you think," I asked him, "that possibly you and Mrs. Buxton have some kind of power which causes the extras when you are together but fails when you are apart?" Then I told him of my father's experience with me.

"I am the same," he said.

Thus it happened that while Mrs. Buxton was in the hospital for several months, Billy Hope came to Chester to take his photographs in my presence. Wonderful extras appeared. If I took the photographs without Hope, however, no spirits were revealed in the developed picture. It was apparent that the power to produce the extras had to be drawn from two cooperating persons. This theory was confirmed by my spirit guide whom Billy questioned one day when I was in trance. Rather surprisingly, though, when Billy asked my guide about the mechanical process of receiving the extras, he was told that the lens played no part. The picture of the spirit was printed directly on the plate.

"In that case," Billy asked, "How do you always manage to get them right side up?"

"Oh, don't worry about that," my guide said obligingly. "We'll give you some upside down!" And they did.

"They've pulled a fast one on us this morning," Billy would remark on such occasions.

Over the years while working with Billy Hope and others, Mrs. Harris collected a large album of photographs which had faces and figures of people who had died. Unfortunately for science, this album was destroyed in the same bomb attack in World War II which broke Mrs. Harris' back. From the few photographs survived from this period, four are shown in Fig. 19.

Sir Arthur Conan Doyle, medical doctor and author of the Sherlock Holmes stories, spent the last 11 years of his earth life traveling the world speaking on behalf of the cause of Spiritualism. Two years after his death he made arrangements to "come back" in a series of 22 sittings with medium Grace Cooke of London. Doyle desired to tell how he found things in the new worlds which he was inhabiting, and in particular he wanted to correct some of the erroneous ideas he had presented in his lectures on Spiritualism. (He, along with other Spiritualists of his day, had said there was no reality to the concept of reincarnation. He wanted to testify to the fact that reincarnation is a reality.)

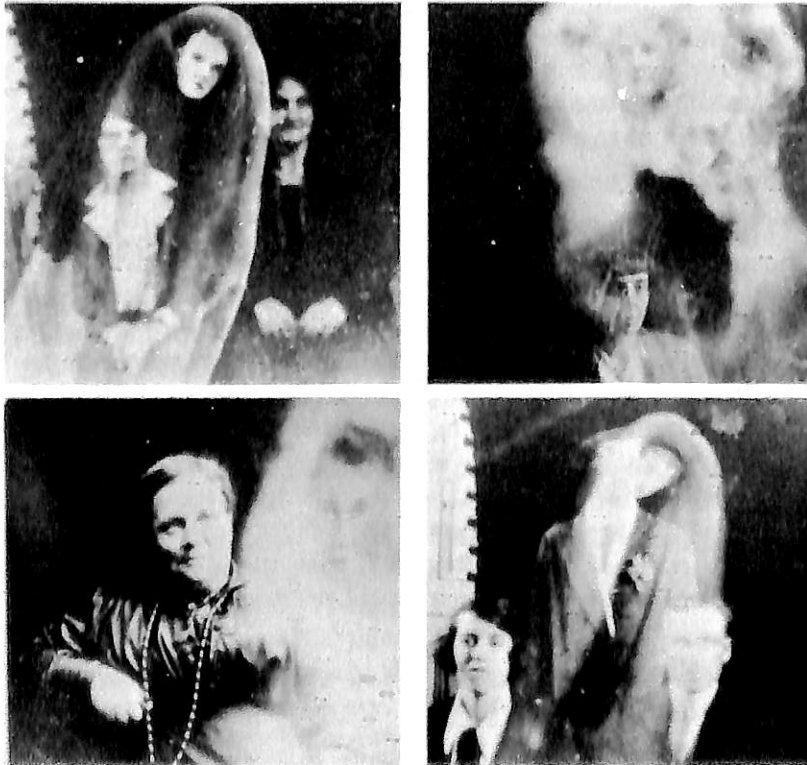


Fig. 19 — Typical early 19th-century spirit photography

At the end of the series of talks, Doyle himself made the arrangements from his level of existence to provide evidence of his survival of bodily death. Ivan Cooke, the medium's husband, in his book *Thy Kingdom Come* (revised edition entitled *The Return of Arthur Conan Doyle*) tells how Doyle said, "I am endeavoring to give you a proof on a photographic plate." He then describes the steps by which such a photograph actually was produced within the next 24 hours (see Fig. 20 and 21).

Perhaps at this point you may be inclined to say, "Well, this is interesting, of course, but the Harris and Doyle work was done a long time ago. It would help if there were some present-day experiences which have a bearing on spirit photography." Fortunately, only a few months before this was written, such a photograph was obtained here in the USA under circumstances in which there is no basis for fraud.

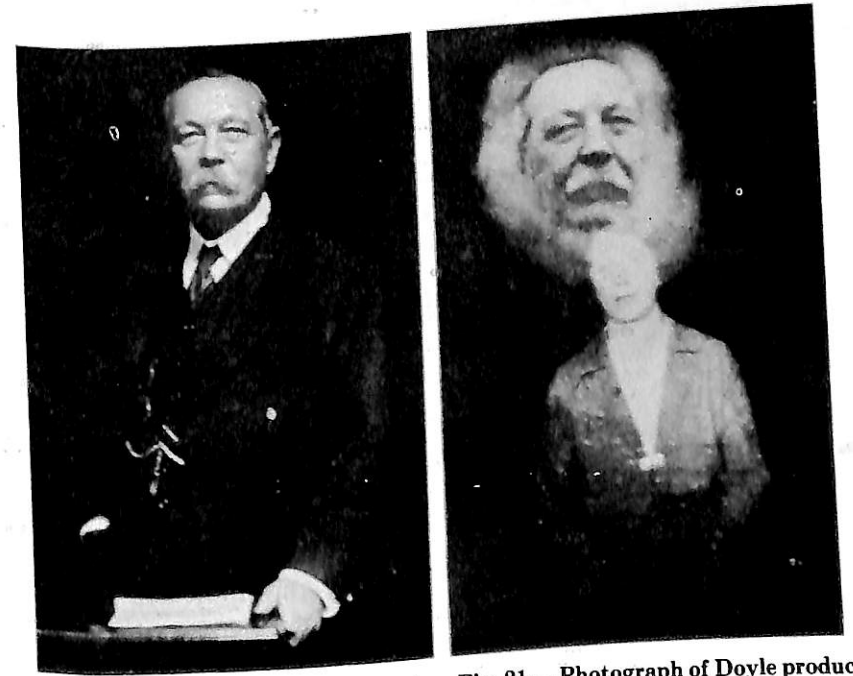


Fig. 20 — Sir Arthur Conan Doyle shortly before his death

Fig. 21 — Photograph of Doyle produced at his request by spirit helpers 2 months after his death

Jerry Gross of St. Paul Minnesota, began at the age of four to see and hear what the Christian Church would call his "guardian angel." Jerry is 45 now. He still sees and hears the "spiritual teacher" whom he calls Jeremiah Babolus. The fascinating story of

their four-decade relationship is being told in a book soon to be published.

Recently, Jerry, his wife Rose Ann, and a group of friends decided to see if they could obtain a spirit photograph of Jeremiah. Usually Jeremiah appears to Jerry as a venerable and imposing bearded man wearing a white robe belted with gold, befitting his position as a high teacher. A Polaroid photo showing just a portion of Jeremiah's face tallies with Jerry's description (Fig. 22).



Fig. 22 — Spirit photo taken in 1978 of Jerry Gross' spiritual teacher

Another piece of research on spirit photography will be of interest. One day while working in our laboratory we utilized the spiritually sensitive abilities of a trusted psychic to garner some information on spirit photography. We asked a friendly soul who travels at will throughout the worlds of Spirit to locate for us for the following day a person who had participated in spirit photography and materialization research while in the flesh. When we met we were told that a person had been selected who would share experiences encountered both in the flesh and in the world of Spirit.

During the process of "testing the spirits" we learned that we were talking to Rev. Sophia Bush; that she had led her own

Spiritualist Church in Miami, Florida for many years; and that she had been involved in spirit photography and materialization for 30 years. In an aside she observed, "This was more in my early years in Spiritualism. Once one learns the *reality* of these phenomena, one becomes far more interested in *spiritual development* than playing around with psychic phenomena."

Rev. Bush conversed with us for 40 minutes, giving us detailed pointers on how she had created the best conditions for producing photos of people in the world of Spirit. She continued, ". . . it is necessary that very little light be present — be sure to eliminate the ultraviolet so as not to be dangerous to the medium. We also found that flash pictures could be taken as the flash was so fast it would not exude enough light to destroy the ectoplasm."

In addition to talking about conventional spirit photography such as is shown in Figures 19, 20, 21 and 22, she told about other types of spirit photography. "We took photographic paper and each person present placed the sheet over the forehead or the heart. We sat in darkness thinking intently of a particular dear one who had gone on ahead. After fifteen or twenty minutes we washed the photographic paper in the developing fluid and dried it under red light. Often we were surprised at the pictures, which were very recognizable. Incidentally this is an old process which has even been done with very thin silk cloth and no photographic emulsion."\* \*\*

With our rapidly expanding scientific knowledge of light and other energy forces, it is likely that in the decades ahead, photography of persons on the higher planes of being will become commonplace.

\*Question: Is it possible that the *matter-energy exchange* involved here is related in any way to the image which scientists have recently scrutinized so thoroughly on the cloth *shroud of Turin*?

\*\*A parapsychologist reading these remarks by Rev. Bush may say that the latter account is an example of *thought* rather than *spirit* photography. As of now we do not know enough about the process to agree or disagree with such a position. We can only observe that the recording of a person's *thoughts* on photographic emulsion — and often without using the lens of the camera — is as *far outside the capability of today's science to explain* as is the modification of a photographic emulsion by the imprinting of *faces* of persons long since dead and totally unknown to the researchers.

## CHAPTER 11

**Materialization**

*Survival evidence — Area 8 (of 12)*

If it is difficult to accept the reality of spirit photography, it is even more difficult to accept the reality of *materialization*.

By the term materialization I refer to the fact that all or a portion of a person who has died and been buried or cremated can reappear in three-dimensional form. This reappearance can have such a high degree of likeness to the deceased physical body that it is instantly recognized. Preposterous as it may seem, research in many countries has shown the reality of this extremely rare phenomenon. In Chapter 7 we gave an example of such research dealing with *ghosts in solid form*.

In past centuries such experiences were surrounded by mystery. Materializations recorded in the Bible have been considered miraculous, mythical or allegorical.

In Exodus 3:2-22, the materialized figure of an "angel" is reported as appearing to Moses.

In Matthew 17:1-3, it is reported that the materialized figures of the long dead Moses and Elijah appeared to Jesus, Peter, James and John.

According to Luke 24:13-31, the materialized form of Jesus appeared and spoke to two disciples as they walked on the road to Emmaus. Then some hours later, the fully materialized figure of Jesus reappeared to the assembled disciples (Luke 24:33-51). The disciples were terrified and thought that they were seeing a ghost. Jesus spoke to them and called attention particularly to His hands and feet. He suggested that they verify that these hands and feet were not some vaporous spook or a figment of their imaginations.

Is all of the above just scriptural nonsense?

It is only natural that we may be skeptical of the survival evidence written down 2,000 years ago about a religious figure. Let us move forward to this century.

In the past 100 years, occasional small groups of serious-minded people have carried on research which resulted in materializations no less dramatic than those recorded in the Bible. Sir William Crookes in England, Schrenck-Notzing in Germany, Pavlowski and Kluski in Poland, Carlos Mirabelli in Brazil, and Harry Edwards in his work in England and South Africa have succeeded in producing materializations. These materializations have been no less dramatic and real



than those of Moses and Elijah; and that of Jesus which appeared and spoke with the apostles on two occasions after His burial. Some readers may find the examples presented below more credible than the previously mentioned Biblical references to materialization.

Carlos Mirabelli of Brazil must be credited with some of the most fully-documented cases of materialization. The 1927 publication of the *Zeitschrift fuer Parapsychologie*, pp. 450-462, reports on a series of materialization experiments which collectively were observed by 557 persons.

This seance which took place at nine o'clock in the morning was attended by many people of note. The room in which the test was conducted was situated on the ground floor and was eleven meters long by ten meters wide. The windows opening upon the street were faced with iron bars; the floor was composed of narrow strips of wood which had been examined one by one to make sure that they could not be manipulated surreptitiously. Everything was found to be in order, and it was definitely established that the only way of forcing an entrance into the room would be to break through its thick walls or its doors framed in stone.

Mirabelli, seated in a chair, turned pale, indicating the approach of a deep trance. His eyes bulged and he twisted about as though someone were trying to strangle him, while beads of sweat stood out all over his body. Suddenly three sharp raps sounded on the table which stood in the room, and a child's voice called out: "Papa." Dr. Ganymed de Souza who was present declared with great emotion that he recognized the voice of his little daughter who had died of the grippe in the capital. Everyone sat in tense expectation, and presently the shape of a girl appeared beside the medium. Almost beside himself, her father stepped out of the circle, spoke to his child, went close to her and folded her in his arms. Amid convulsive sobs he assured the others again and again that it was his own daughter whom he was holding, and that the dress worn by the apparition was the same as that in which she had been buried.

All the while, Mirabelli lay as though in death-agony, cowered in his chair, his complexion waxen, his muscles completely relaxed, his breathing weak and wheezy, his pulse barely perceptible.

Colonel Octavio Viana now rose to convince himself of the

reality of the apparition. He also took the child in his arms, felt her pulse, looked into her deep fathomless eyes, and asked her several questions, which she answered rationally, although in sad monotones. Viana also was able to confirm that the vision was tangible. Dr. de Souza then recalled several childhood incidents in his daughter's life, to the apparition, receiving replies which showed that his remarks were understood. *The apparition was photographed*, a copy of the picture being appended to the investigating committee's report.

After the picture had been taken, the child began to soar about the room, rising into the air and plunging about like a fish in its native element. The spectators had risen to their feet and followed the vision, which remained at a height within easy arm's reach. The medium meanwhile continued to imitate the child's motions with his forearms. She floated about in the air a few seconds longer, and disappeared all of a sudden, after having shown herself for thirty-six minutes by daylight and under unexceptionable conditions to a gathering of educated men, who testify that they saw before them a perfectly formed human being.

Dr. Ganymed de Souza thus lost his daughter for the second time, so deeply was he moved by what he had seen. *The statement which sets out this occurrence is attested by the signatures of ten men holding the degree of Doctor of Science.*

The best documented case in recent years which I have uncovered in my study of this phenomenon occurred in 1963 in Sao Paulo, Brazil. A group of 15 medical doctors, psychiatrists and lay people undertook to conduct an "iron-clad" experiment. They built a cage made of iron bars, one side of the cage serving as a door. Inside on a simple chair they placed a woman medium who had previously participated in successful materializations. (Only a very special medium is of use. The materialized figure is made up of energy substance taken from the medium's physical body, as well as from the bodies of those present.) The medium was secured by leather straps and padlocks to the chair and the iron cage (Fig. 23).

Some minutes after the medium was in deep trance her head fell over her shoulder (Fig. 24). Then it was noted that white material was issuing from her nostrils and her left ear. At this point the research leader pulled the thin black cloth curtains mounted inside the iron bars of the cage in order to decrease the intensity of the light in the area where the spirit entities were utilizing the ectoplasmic



material being drawn from the body of the medium as well as from the bodies of the research team members standing outside the iron cage. (*White* light, both from the sun and electric lights, inhibits and may even prevent the materialization process. This scientific fact, not generally understood, has in years past resulted in many critics charging fraud because the majority of materializing mediums would only consent to work inside a *totally darkened* room or "cabinet.")



Fig. 23 — Medium securely fastened in enclosure before trance.



Fig. 24 — Medium in trance with ectoplasmic formations beginning to issue from left ear.

With the passage of time the white material increased in volume and built up into a fully-formed five-foot-high figure of a Catholic nun clad in full vestment (Fig. 25). At this stage, two of the researchers handed an open Bible to the figure, whose hands were starting to extend between the iron bars.



Fig. 25 — Materialized figure ready to hold the Bible

The figure took the Bible and held same in its hands (Fig. 26). In this remarkable photograph, note the two arrows pointing to the iron bars which pierce the robed figure. The figure is just starting to move out of the iron cage by *moving through the bars just as though they were not there*. (Recall that in Part I, Chapter 1, Fig. 2, the chair on which I was sitting seemingly had moved forward *through* my body and was photographed in detail.)

The materialized figure moved forward through the steel bars, and out of the cage until it was fully exposed (Fig. 27). Note that the upper arrow points to an assembly of white pearl-like beads making up an ornament on the forehead level. Now look at the very first material to issue from the medium's nostrils in Fig. 24. It will be seen that this decoration was among the first material to be formed.





Fig. 26 — Materialized figure holding the Bible and starting to pass through the steel bars



Fig. 27 — Close-up of fully materialized figure showing cloth-like nature of veil, beaded head ornament and crucifix

In Fig. 27 note that the bottom arrow calls attention to the lace-like structure of the outer shawl which partially covers the fully materialized crucifix. In the original negative this material shows the warp and woof of the delicate white threads.

At this point it was possible for the members of the research team to recognize the face of the materialized figure. It was that of the medium's sister, a Catholic nun who had died two months previously.

The materialized figure gradually dissolved and disappeared. The researchers lost the opportunity to use the warm wax and cold water in the two buckets shown in Fig. 23. These were on hand to take fingerprints of the materialized fingers. (Such wax impressions of the fingertips of a materialized form were obtained in Poland in research with the medium Kluski and in Boston, Massachusetts, with the medium Crandon.)

In Chapter 10 I reported comments made by Rev. Sophia Bush, a Spiritualist minister who had lived in Miami, Florida before her death. After we discussed her experiences with spirit photography from the viewpoint of her work before and after death of her physical body, we turned to the subject of materialization of human beings. Two of Rev. Bush's remarks relate directly to the materialization case just presented.

"Now the type of person desiring to manifest is usually a spirit who wishes to reassure his grieving loved ones that he or she is *still among those present*. Some mediums are so proficient in helping to produce the materialized figure that it is difficult for those present to distinguish the ectoplasmic form from the physical form known to the loved ones. But sooner or later, the life force begins to leave the figure and it crumbles or dissolves. The energy of the manifesting spirit returns to the bodies of the sitter and those present . . ."

This certainly relates to the materialization case we have just presented. The materialized figure was that of the medium's recently deceased sister. The nun's figure dissolved before the researchers could take the wax impressions of the hands and finger tips. The energy-matter exchange was confirmed by the fact that the fully materialized figure caused a collective weight loss of 27 pounds by the 15 physicians, psychologists and others who made up the research team. (In this case there was no means of measuring the weight loss of the medium. In other cases reported in the literature, the medium has been found to suffer a weight loss of from 15 to 40 pounds at the height of the materialization.)

Realizing the importance of materialization to the survival question, I organized and led a small team of American and English scientists to Brazil in 1972. In our short stay we encountered a few persons who were reported to be materializing mediums. Our efforts to capture such phenomena on video tape, still cameras and movie cameras were unsuccessful. However, our camera techniques did allow us to detect a *fraudulent* effort on the part of one of the mediums who had agreed to work with our research team. The medium, locked in the iron cage, had his young son appear, garbed in white cloth from head to foot (Fig. 28) and standing outside the cage. Not a very convincing "spook." (Our infrared film had penetrated

the totally dark room and recorded all of the important details.)

Now, seven years later, having studied this subject in more detail, we realize that we ourselves contributed to the lack of success with the *sincere* mediums with whom we came in contact. For one reason, we now understand more fully why such materialization *cannot take place without the full approval and active collaboration of intelligences in the worlds of Spirit*. These are specialists in the manipulations of the subtle energies of the human being. Man is only dimly beginning to grasp the realities of these energies which seem to lie outside of our knowledge of the electromagnetic spectrum.



Fig. 28 — Fake materialized figure. Captured in total darkness with infrared film.

It has been 2000 years since the apostles examined the materialized hands and feet of their Master. With our now rapidly expanding knowledge of materialization, we can speculate that the next one or two decades will see this aspect of survival substantiated in a way that will cause the "material" sciences to add some new chapters to their textbooks.

## CHAPTER 12

**Reincarnation**

*Survival evidence — Area 9 (of 12)*

Is reincarnation a present-day fact or a centuries-old fiction? Nothing is more relevant to survival than the answer to this question.

In its simplest form, reincarnation is a belief that:

- a. Each person has a soul.
- b. The soul survives death of the physical body.
- c. The soul then spends time in other realms of existence.
- d. Next the soul is reborn into a new physical body — human, not animal — for the purpose of further mental and spiritual growth.
- e. This cycle is repeated until the soul reaches a high state of development and reunites in full consciousness with God.

Although reincarnation is accepted by more than half the population of the world, it is strongly resisted in Christendom. Most Christians believe in a, b, and c, but relatively few believe in d and e. Jesus makes an oblique reference to reincarnation when He asks if the disciples think He is the reincarnation of Elisha. Biblical research has shown that the Essenes, the group in which Jesus seems to have lived as a young man, may have embraced the reincarnation concept — as did most of the peoples who then lived to the east of Israel.

If you care to do serious research into the twin questions of communication with departed spirits and reincarnation, you will find that the earliest Biblical writings contained many references to each. The former was the obvious reason for the author of First John feeling the need to caution his flock to be careful, to test and make certain that the spirits to whom they were talking were “of God” — that is, to be sure the spirits were highly-evolved Spirit teachers and not low-level or earth-bound spirits. There is some evidence that between 300 to 600 A.D., ecclesiastical actions resulted in reducing the number of references in the Bible to both spirits and reincarnation.

Regardless of the beliefs of contemporary Christians concerning spirits and reincarnation, both concepts have been a part of humanity's beliefs in many parts of the world since the beginnings of recorded history. This book is not the place for a scholarly presentation or historical review of the subject of former lives. *What is of import-*



ance is that present-day scientific research has turned its attention to the subject. Few areas will have much more bearing on the survival question than what may now come from this new research into reincarnation.

Indicative of the interest of this subject to science is the scholarly and painstaking research being done by Dr. Ian Stevenson at the University of Virginia Medical School; Drs. Arthur Guirdham and Denys Kelsey, British psychiatrists; Dr. Hernani Andrade, Brazilian physicist; Dr. Hiroshi Motoyama, physiologist and Shinto priest of Japan; Dr. Raynor Johnson, Australian physicist; Robert Crookall of England with doctorates in science and philosophy; and Dr. Karlis Osis, formerly the Director of Research for the American Society for Psychical Research. With scientific investigators of this caliber devoting their time, we can only conclude that reincarnation is indeed a worthy subject for research. To provide you with just a short sampling of the kinds of cases that are under study, I will present two highly-abbreviated cases of persons who seemed to remember past lives. (The first case is from Stevenson's essay, *The Evidence of Survival of Claimed Memories of Former Incarnations*.)

*Case of Robert.* A six-year-old Belgian boy insisted that a portrait of his Uncle Albert (who had been killed in the First World War in 1915) was a portrait of himself. This boy was especially devoted to his paternal grandmother in contrast to her other grandchildren who largely ignored her. He was happy and healthy when with her, sullen and disobedient when with his own parents. Albert, the boy's uncle and claimed previous incarnation, had been the marked favorite of the grandmother and had meant far more to her than her other son, the father of Robert. When Robert was three and first saw a swimming pool, he ran along the diving board and dived in. Albert had been a fine diver. When a visitor pointed a moving picture camera at Robert and turned the handle with a clicking noise, he protested, saying, "Don't! Don't! They killed me that way the last time!" Albert had been killed by machine gun fire while trying to destroy a German emplacement. Robert, his grandmother reported, had used for her pet names Albert had used, and told her of likes and dislikes which Albert and she had privately shared.

For the second example of modern scientific research in this field, I have greatly condensed this case from Guirdham's *The Cathars and Reincarnation*. He opens by telling the background of his patient:

She had been suffering for years from dreadful dreams of

murder and massacre . . . I examined the woman for neuroses. She had none, but as the dreams had occurred with such regularity since the age of 12, she was worried about them. She was a perfectly sane, ordinary housewife. There was certainly nothing wrong with her mental faculties.

After a few months, she told me that when she was a girl . . . she had written the dreams down. She had also written things that came into her mind, things she couldn't understand about people and names she had never heard of. She gave me the papers and I started to examine them.

(What first amazed him, Dr. Guirdham says, was the verses of songs she had written as a schoolgirl. They were in medieval French, a subject she had never taken at school, as he later checked.)

I sent a report of her story to Professor Pere Nellie of Toulouse University and asked his opinion. He wrote back immediately that this was an accurate account of the Cathars, or Cathari, a group of people of Puritan philosophy in Toulouse in the 13th Century.

She also told me of the massacre of the Cathars. She told in horrid detail of being burned at the stake . . . I was astounded. I had never thought of reincarnation, never believed in it or disbelieved . . . She also said that in her previous life she was kept prisoner in a certain church crypt. Experts said it had never been used for this purpose. Then further research showed that so many religious prisoners were taken on one occasion, that there was no room for all of them in regular prisons. Some had been kept in that very crypt . . .

In 1967 I decided to visit the south of France and investigate. I read the manuscripts of the 13th Century. Those old manuscripts — available only to scholars who have special permission — showed she was accurate. She gave me names and descriptions of people, places and events, all of which turned out to be accurate to the last detail. There was no way she could have known about them. Even of the songs she wrote as a child, we found four in the archives. They were correct word for word . . .

I started this as a clinical exercise, and I have proved that what a 20th-Century person told me about a 13th Century

religion —without any knowledge of it — was correct in every detail.

In 1875, A Unitarian minister, James Freeman Clarke, looked into the future and observed:

It would be curious if we should find science and philosophy taking up again the old theory of reincarnation, remodeling it to suit our present modes of religious and scientific thought, and launching it again on the wide ocean of human belief. But stranger things have happened in the history of human opinion.

Yes, the fact that more than one hundred years later our scientists are taking up the study of reincarnation is a "curious" and exciting development in Man's search for proof of survival.

## CHAPTER 13

# Space-Time Relationships

### *Survival evidence — Area 10 (of 12)*

From the intense activities of scientists in the past two decades we have another finding which relates to our search for survival evidence. It deals with what they call space-time relationships.

As far as you and I are concerned, we live and move and have our being in a well-ordered *three-dimensional* world: up-and-down, fore-and-aft, and sideways.

Not so, says the scientist.

He says we live in a *four-dimensional* world, and perhaps a world of five or more dimensions.

First, he says, as a minimum, we must add a *time* dimension, if we are to comprehend the nature of reality. In fact, if we are to follow the present theorizing of the physicists we would have to add two or even three types of time and get involved in a 4-dimensional, 5-dimensional, etc., "space-time" system.

This is far too complex for us non-physicists, but in all of this new scientific explosion of human understanding, there is one crucially important nugget which can be stated simply.

You and I live by the clock. Our lives are measured by seconds, minutes, hours, days, weeks, months and years. Our every action is related to time. We are born, live a certain number of years, and we die. Few of us indeed reach the century mark. There can be no argument with the clock or calendar. *We last only so many years.* Almost every person alive accepts this as the truth.

Question: "But is it the truth, the whole truth, and nothing but the truth?"

Answer: "Not on your life!"

This brings us back to the exciting fact which science is only now bringing to light. The paragraph preceding the question is true **ONLY INsofar AS IT RELATES TO THE PHYSICAL BODY.** Yes, our physical body is chained to the three-dimensional sequential space-time system. But the mind, personality and soul — actually at this very moment — *already exist* in an interpenetrating space-time system. And while it is almost beyond comprehension, watches, clocks and calendars don't even exist in the space-time system in which we will be spending ALL of our time after we cast off that old, worn-out overcoat of a body.

So present-day science has given us not one but two marvelously enlightening tools which add proof to the centuries-old preachments on survival we considered in Chapter 4. First, it confirms that our personality, mind and soul cannot "cease to exist" and "forever disappear" out of the cosmos. Second, it gives us a basis for throwing off the clock-and-calendar concept. It makes it far easier to understand that *we* do not die at the "time" our body dies.

## CHAPTER 14

## Conservation of Matter and Energy

*Survival evidence — Area 11 (of 12)*

Late twentieth-century physics has been adding knowledge at such an unprecedented pace that it is difficult even to keep abreast of the month-by-month developments. Our whole concept of the nature of matter is undergoing drastic revision. One suggestion has been made that all physics laboratories hang out signs reading "Closed for Repairs" until the physicists sort out the new and mind-stretching concepts which are evolving.

They have long since discarded the concept in the university texts of my day which taught that matter was made up of very small solid particles that could be thought of in terms of minuscule billiard balls. Later teachings involved picturing matter in terms of energy existing only in wave-like forms. Then it was concluded that sometimes the billiard ball concept was useful but that in other cases the wave theory was more helpful. Now the thinking of the physicists has become so complex — with talk about black holes and white holes, etc. — and it is so mathematically-oriented that there is scant possibility that we ordinary mortals can comprehend what it is they are saying about the nature of matter.

However, there *are* two findings to which we *can* relate. First, it is now concluded that the *mind* of the experimenter can in some cases *influence matter*. The second finding is that matter-energy can neither *be created nor destroyed*. All matter is energy and as the energy is changed or modified, the "matter" is merely energy at a different level of "existence."

A crude example of this is a liquid composed of hydrogen and oxygen. These elements, normally gases, combine to make a fluid substance we call water. If the translational rate of the molecules in water is slowed, by extracting heat the fluid becomes a solid which we call ice. If the vibrational frequency of the molecules is speeded up by adding heat, the fluid becomes a gas we call steam. If the steam is heated and the vibrational frequency speeded up to levels not commonly found in nature, it goes into a state for which the scientists have coined the word *plasma*. So now we have not three states for water but four — solid, liquid, gas, plasma.\*

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\*This is the source of the term devised by Russian scientists — "bioplasmic body" — to replace the older term "etheric body."



The significant thing is that for all practical purposes science is now telling us that matter cannot be destroyed. It can only be changed from one form to another — that is, from one vibrational frequency to another.\* This means that the law of conservation of energy applies to the energies of life as well as to material things.

This has definite significance in our search for evidence that the mind, personality and soul survive the death of the physical body. The *real* you, your mind, personality and soul, is in a very real sense energy — a “finer” energy at a very high rate of vibration which is undetectable by our very limited five senses. And this energy does not suddenly cease to exist just because the physical body which it has been wearing changes into water vapor and dust.

Dr. Werhner Von Braun, as many readers will recall, was a scientist who helped create Germany’s World War II rockets and missiles and then later contributed greatly to the US space program. Shortly before his death he provided a succinct summary of the thoughts presented in the foregoing paragraphs:

Science has found that nothing can disappear without a trace. Nature does not know extinction. All it knows is transformation! . . . Think about that for a moment. Once you do, your thoughts about life will never be the same . . . If God applies this fundamental principle to the most minute and insignificant parts of His universe, doesn’t it make sense to assume that He applies it also to the Masterpiece of His creation — the human soul? I think it does. And everything science has taught me — and continues to teach me — strengthens my belief in the continuity of our spiritual existence after death. Nothing disappears without a trace.

So we can conclude that we are indeed fortunate to be living in a day when science itself has done so much to provide another piece of evidence testifying to the certainty of our survival in some form or other in some part of the universe.

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\*We hasten to explain to the scientific reader that little is known about the subtle energies involved in thoughts, emotions, the human aura and the soul. There is now a sufficient accumulation of research data to show that the energies which make up an individual person’s thoughts, emotions, personality, memory banks and soul continue in existence after death and decay of the physical body. See “Realization of Holistic Health and its Science,” by Dr. Hiroshi Motoyama, *Journal of Religion and Parapsychology*, June 1979, Tokyo, Japan.

## CHAPTER 15

# Electronic Communication With The Worlds Of Spirit

*Survival evidence — Area 12 (of 12)*

Now we come into an area where most of the knowledge is so new that it is *not yet reduced to the printed page*.

The idea itself—trying to build a wireless, a telephone or a radio which will make it possible to *talk* to the dead—has been around for about 60 years. Three of the greatest inventive geniuses who helped to harness electricity for the good of humankind and who did much to lay the foundation upon which our marvels of electronic communication have been constructed — Tesla, Marconi, and Edison — spent the closing years of their earth lives trying to develop such devices. None succeeded. The reasons, as we see them from our present vantage point in time, are obvious. Scientific knowledge had not matured to the point where enough was known about the nature and types of energy which make up our physical and non-physical universe. Moreover, the whole subject of solid state physics had yet to be born.

Following in the footsteps of Edison, Marconi, and Tesla is a new generation of pioneers: Attila von Szalay, Raymond Bayless, William A. Welch, Joseph and Michael Lamoreaux and others in the USA; Friederich Jürgenson in Sweden; Dr. Konstantin Raudive and Theodor Rudolf in Germany; Ing. Franz Seidl in Austria; and Richard Sheargold and others in England. These men and others have used various techniques for recording on magnetic tape various words, phrases and complete sentences from what are purported to be the spirits of persons who have died.

By any standard, the content of these recordings, as reported up to now, must be judged as having no *practical* value. The transmissions from deceased parties are usually rather trivial in nature. The significance of the work lies entirely in the fact that a first step has actually been taken in the direction of what I shall call “interplane communication.” Radio communication as we know and use it today did not exist and was almost impossible to imagine when I, as a boy in 1920, first used a small crystal of galena and a wire “cat’s whisker” to pick up radio signals. If any of you, the readers, could listen today to some of the current efforts of the above mentioned researchers, you would probably have great difficulty imagining

that static-free communication might someday be possible, just as I did about radio communications in 1920.

Even with the great advances in scientific knowledge in recent years, the present-day work on interplane communication is at a very primitive stage. Many of the "spirit voices" so far recorded have now been proven to come from the experimenter's *own consciousness*, via mind-over-matter or psychokinesis (PK). But not all! These successes give great hope that *someday* such two-way communications by instrumental means will become a reality. It will be as real to us as *mediumistic* communication was to Sir Arthur Conan Doyle, who was convinced that he could communicate with the dead. On one occasion, he was asked to pay a call on a fellow author who was in the hospital.

"I'll see him tomorrow," said Doyle.

"Tomorrow may be too late," he was told. "He is not expected to last the night."

"In that case," said Doyle, "I'll speak to him next week."

Our lifetimes have witnessed the development of such communication devices as the radio, telephone, and television. We have also seen the transmission of information to and from objects millions of miles in space and on other planets—all of this during that instant of history in which we have been privileged to live.

The first such interplane instruments are bound to be crude—to be filled with static—and frustrating to operate. Such is the nature of research and development. But when the reality of such communication is proven, the world and its inhabitants will never again be the same.

When that day comes, it will no longer be necessary to write chapters like this discussing those things which *suggest* that survival is true. On that day it will forever become a *reality*.

## SUMMARY OF PART II

There is not yet absolutely ironclad PROOF that you will survive death of your PHYSICAL body, but there is convincing evidence found in twelve different areas:

### 1. Historical and Religious Writings

Since the beginning of recorded history, in all parts of the world, and in most of mankind's religions, there has been a common thread which *indicates survival*.

### 2. Deathbed, Near Death and Out-of-Body Experiences

Careful research has clearly established that people in various cultures and with totally different religious backgrounds "see" loved ones and/or helpers coming to help them make the transition from their dying physical body into their new state of existence.

Research has also clearly documented that the real you *can* leave the body and *travel*; and that this same "spirit body" (referred to by the Apostle Paul 2,000 years ago) carries you into your next state of existence.

### 3. Communications through Individual Mediumistic Persons

From the earliest Bible days down to the present moment there have been and are persons who have the ability to "live in two worlds at the same time," and thereby bring through communications from persons who have passed into the worlds of Spirit.

### 4. Apparitions, Hauntings and Ghosts

Encounters with ghosts over 4,000 years in all parts of the world indicate that *something* survives death of the physical body.

### 5. Obsessing Spirits

"Obsessing spirits" (the "demons" of the Bible) are still a reality today. They may be elementals, thought forms or spirits or souls of people who have departed their physical bodies and who, due to their baser habits of thought and behavior, are very much confused and in darkness. Still being attracted to the earth plane from which they have only recently departed, they attach themselves to the magnetic auras of living persons. They actually affect the thoughts, emotions and actions of the obsessed person.

### 6. "Spirit Doctors"

Very careful research by medical doctors, psychiatrists, psychical researchers and others suggests that healers in various parts of the world do, in fact, get help from dedicated

medical doctors who themselves now live in the worlds of Spirit. These doctors desire to continue their ministrations to ailing humanity. From their present vantage point they know far more about cause and cure of physical and mental illness than they ever did when occupying their physical bodies.

#### 7. Spirit Photographs

Dozens of photographers in many countries, using many kinds of cameras and film, with many types of lighting conditions (including total darkness) have obtained photographs of persons known to have died and whose bodies were buried or cremated. While this phenomenon is easy to duplicate by fraudulent means, there is solid evidence and there are fully-documented cases of the genuine thing.

#### 8. Materialization

From Biblical times down to the present, competent witnesses have observed, touched, examined and even weighed bodies of persons and animals known to have died and been buried or cremated. Our present-day studies of the phenomenon and the rapid expansion in our knowledge regarding the physical universe and its interpenetrating non-physical universe at last makes it possible to begin to understand the natural laws behind this "miracle."

#### 9. Reincarnation

The beliefs of more than half of the world's four billion people together with current scientific research suggest that the individual soul survives the death of the physical body and may, under certain circumstances, inhabit a new human physical body.

#### 10. Space-Time Relationships

The mind, personality and soul *already* exist in a separate and interpenetrating space-time system. This same interpenetrating space-time system is where we *continue* to live when we cast off our physical body.

#### 11. Conservation of Matter and Energy

We have seen that science now accepts as one of its basic tenets that matter-energy can neither be created nor destroyed. The higher, finer matter that is our spiritual body continues to exist after the grosser physical body decays and returns to nature as gas, water vapor, and particulate matter ("dust").

#### 12. Electronic Communication with the Worlds of Spirit

We now communicate on the surface of the planet by means of telegraph, telephone, radio, television and microwave telephone—and with nearby planets and spaceships with microwaves and television. In recent years small but encourag-

ing success has been achieved in the first efforts to create *the electronic means* which may someday *enable those living in their physical bodies to contact those living in the worlds of Spirit.*

\* \* \* \* \*

From the information presented up to this point,

We can see that evidence for survival is getting stronger with every passing decade,

It seems that the advent of electronic communications with the worlds of Spirit (probably within the next one or two decades) will generate the "final proof" man has always sought. But even now

We are in position to start on a mind-stretching journey . . .

### PART III

## A Blueprint of Immortality

For two thousand years people have speculated about the meaning of the phrase, "In My Father's house are many mansions." Unfortunately, passing centuries have provided little understanding of this.

Suddenly, as never before in history —  
interpretations of the accumulated pronouncements of seers,  
sages and prophets,  
new revelations of the world's great religions,  
the findings of late twentieth-century science (particularly  
physics, neurophysiology and parapsychology), and  
current laboratory research on the borderlands of science  
at last enable us to see with understanding eyes.

What we see is a *blueprint* showing the relative positions of the mansions. Moreover, it shows many activities carried on in some of those mansions — the very ones in which *we will someday be living* — *and in fact are already living*.

## CHAPTER 16

## A Tour of Many Mansions

*Millions of spiritual creatures walk the Earth  
Unseen, both when we wake, and when we sleep.*

—O—

*What if earth and heaven be to each other like  
More than on earth is thought?*

— John Milton

## PUTTING IT ALL TOGETHER

In Part I, we learned that there is a firm basis for saying:

we are far more than our *physical* body;

our mind(s) and soul are NON-physical;

these NON-physical portions contain our memory banks,  
our soul, and our own very individual personality;

these memory banks, soul and personality can and do *sur-*  
*vive* death of the physical body; and that

even during the first instant after death of the physical  
body, these minds, memory banks, personality and soul are  
just as vibrantly alive\* as they were during the years when  
we *temporarily* wore that physical body given to us by our  
parents and ancestors.

Then we took a brief look back over the centuries to see what  
types of *evidence* had accumulated to support the belief that the in-  
dividual man and woman do survive death of the physical body. We  
examined twelve different areas, and concluded that, *taken as a*  
*whole*, there is a strong indication of survival — much stronger than  
any materialistic counter-argument against survival.

But it is likely that at this moment there are still questions  
about what actually *happens* when the day comes — as it does for  
each of us — to leave behind the physical body we are temporarily  
wearing. You ask, “What happens then? Where do I go?”

We need a blueprint, a diagram which can help to locate and  
identify the “many mansions” which the Nazarene said “are in my  
Father’s house.”

The blueprint of immortality which I will now present is based  
upon:

- the experiences of many saints, sages, seers, prophets

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\* — although they may initially be at rest or sleeping.

- and mystics over the ages;
- the experiences and reports of certain enlightened persons who in the last 100 years have reached levels of cosmic consciousness;
- similar experiences of some of my close personal friends and fellow researchers; and
- research currently under way in several countries.

If you are as skeptical as I was, you are probably already questioning, "Just how accurate, how dependable, how specific is this blueprint you propose to show me?" While the years ahead doubtless will provide additional details, most of the basic information presented here has been authenticated by PRESENT OCCUPANTS of the "mansions," brought through by mediums of proven reliability.

Does one have to be an architect, an engineer or a college graduate to read and understand this blueprint? No. If you will follow carefully just four simple steps, you will have a better basis for comprehending what Jesus himself had in mind when He spoke about the many mansions in His Father's house.

### Step A

Let us recall the essence of the concept which we considered in Fig. 12B, reproduced here for easy reference.

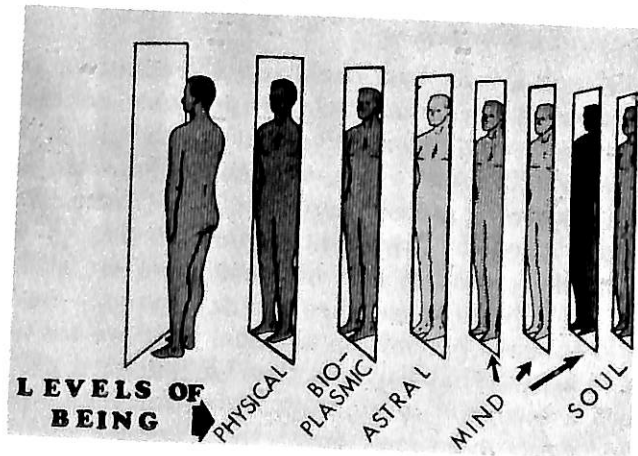


Fig. 12-B — Man's multiple levels of being.

This diagram helps to understand that each of us is far more complex than just a body and a brain. This point is of crucial importance in understanding some of the material which follows.

### Step B

In a first reading of the six numbered paragraphs which follow, it is best not to stop and try to understand all of the words in detail, nor to be concerned if some of the ideas are new, "far out," questionable, or even upsetting. (In some cases you may not have been exposed to these ideas by your minister, priest, or rabbi simply because *he himself* has never been exposed to such information!) Just read slowly and thoughtfully each of these paragraphs, *holding your questions in abeyance until you have finished Steps C and D.*

#### 1. The Earth or Physical Plane

Here, on the surface of the earth, you now live in your PHYSICAL body and also in your *interpenetrating* ETHERIC and ASTRAL "bodies." The ETHERIC and ASTRAL bodies are NON-physical.\* They are a finer form of matter involving vibrating energy fields. They *interpenetrate* the physical body just as hundreds of radio and TV waves are doing *at this instant.*

Your soul, personality and emotions, memory banks and mental or causal body are all contained in your ASTRAL body. When your PHYSICAL and ETHERIC bodies die (here called the FIRST death) the "real you" is still FULLY ALIVE in your ASTRAL BODY. Usually within minutes to a few days you find yourself functioning on that particular ASTRAL PLANE *to which the quality of your life on the earth has entitled you.*

#### 2. Lowest Astral Plane

This dark, dismal, dangerous and often frightening world, which the Bible describes as "outer darkness, weeping, wailing and the gnashing of teeth . . .," is habitat of greedy, self-centered, unloving, resentful persons. Often they have fierce bodily desires and lusts. Here, too, may be drug addicts, sex perverts, alcoholics, murderers or suicides. It is also the abode of the less desirable "creatures" of NON-human lines of evolution.

This level is traditionally referred to as HELL, HADES or PURGATORY. It is the human and non-human astral bodies from this plane which attach themselves to the magnetic auras or astral bodies of persons living on the earth plane (an act of "obsession"). Such a "possessed" person may act abnormally, be judged insane

\*As stated at the outset, this is a non-technical book. Therefore this explanation is offered to the technical or scientific reader: we use the term NON-physical to refer to a finer and higher type of "matter-energy" undetectable by our present instrumentation. According to Motoyama, the "bodies" and "minds" of the physical, etheric or bioplasmic and astral levels of being exist simultaneously and independently, are closely related and are connected with one another — making up one human being. See *Journal of Religion and Parapsychology*, Number 20, June 1979, Tokyo, Japan, Motoyama on "The Realization of Holistic Health and its Science."



and institutionalized, or commit suicide.

### 3. Intermediate Astral Planes

Here, the person "awakes" minutes, days or weeks after departing the PHYSICAL BODY (or months, years or centuries after arrival on the lowest ASTRAL plane).

This is primarily a *rest and rehabilitation region* complete with hospitals and their staffs, and institutions of learning and teachers. Help is given to dis-eased souls; persons who had traumatic experiences and/or sudden death; persons with inflexible or erroneous mental, emotional or religious beliefs. The body is still "material" but of finer substance at a higher vibratory rate. Its appearance accommodates each individual's personal preference — usually the prime of earth life.

Here communication is by both thought and spoken word. Each person is encouraged to continue mental and spiritual growth. By such growth one progresses to the *higher* astral and *mental* planes or from this level decides to re-embody for further learning and personal growth on the earth plane.

### 4. Highest Astral Planes

This wonderful realm of existence is what the Christian generally calls Heaven. An apt term might be "The Summerland." There is no pain or suffering. There are happy meetings with those for whom a bond of LOVE is felt, or groups formed of like-minded persons. There are unlimited opportunities and encouragement for each soul to grow in mental and spiritual consciousness. Interest in activities on Planet Earth decreases. There are encounters with angels (lovely and helpful beings of non-human evolution).

Wider perspectives, greater vistas, magnificent panoramas! But eventually the soul must decide whether to return to the earth plane for more experience or to accept the SECOND death. In the latter case the MIND and SOUL may shed its ASTRAL body or containment vehicle and be RE-BORN onto that CAUSAL or MENTAL LEVEL for which it has become qualified. When re-born, the soul will function in its mental or causal body.

### 5-6. Mental and Causal Planes

These levels offer unlimited scope for the further development of the individual MIND and SOUL. There is access to all of the accumulated wisdom of the ages on the earth plane and throughout other parts of *our* solar system.

There is no jealousy, no judgment, no selfishness. There is complete brotherhood. Most of man's inventions, scientific advances, poetry, inspired prose, art and music originate here and are passed down to receptive minds (through the process called intuition!) on the earth plane. For this reason the *intelligences on this level*

"*cause*" much of the good, beautiful and inspiring activities on the lower planes.

This is the FINAL opportunity to choose to return to the earth plane for more earth-life experience and growth; or, if all factors are favorable then comes the FINAL rebirth onto the CELESTIAL PLANES.

### 7. Celestial Planes

The nature of these planes of consciousness (as well as those still higher galactic, universal and cosmic levels 8, 9, 10 and 11) are largely beyond the comprehension of those now living on Planet Earth. The Celestial Planes\* are the location of the Christian God, of Buddha, and Gods of other great religious persuasions on the earth plane. Biblically it is referred to as "the third heaven."

On these planes there is *preliminary* contact with the Universal Godhead, and understanding of the universal life and energy systems of which our solar system is composed. The tapping of such levels of consciousness enabled the Nazarene to perform "miracles." (*This path is open to each of us.*) This is what He meant when He said, "These things I do, you will do also; and greater things than these will ye do."

#### Step C

Now we ask, "Where are these planes, levels or 'mansions' actually located? Are they in some far-off part of the universe or cosmos?"

Strange and unbelievable as it may seem, the Nazarene was telling the literal truth when He said, "The Kingdom of Heaven is *within* you!" He was not speaking in parables. The only problem is that during almost all of the past 2,000 years man and his "science" have not known enough about the nature of his own existence and the so-called material world to be able to comprehend His teaching.

No, there is no need to picture these mansions, planes, levels, or resting places as being in some faraway heaven, on some other planet or far out in space above the earth. *Most of these levels are surrounding and interpenetrating us now.* Recall the disclosure in Part I which introduced you to the knowledge that: (a) *our bodies and all of the material world are more than 99% empty space,* and (b)

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\*Any serious student of the accumulated mystical, occult, esoteric and religious lore will recognize that we have greatly over-simplified both our discussion and our diagrammatic representations of the planes (in *both* the lower and higher worlds of Spirit). For instance, each representation of the planes (in *both* the lower and higher worlds of Spirit) will be found to contain within themselves of the three planes we have designated as astral will be found to contain within themselves many (from 7 to 49?) different vibratory levels. The same is true of the *still* higher planes. Recently "a teacher" on one of these higher planes expressed it this way: "There are many planes of life. We may be on a plane beyond yours; but believe me, my Friend, there are planes beyond ours, far far beyond ours, of which we know very little."

*we live in two worlds at the same time.*

However, it strains the imagination less if we simply picture these levels, planes, "mansions" or resting places *stacked one above the other*, with the lowest plane starting just above the earth's atmosphere. The simple sketch in Fig. 29 will serve as a preliminary "blueprint."

Do not be concerned about the *names* of the planes or levels. (There is not yet an agreed terminology.)\*

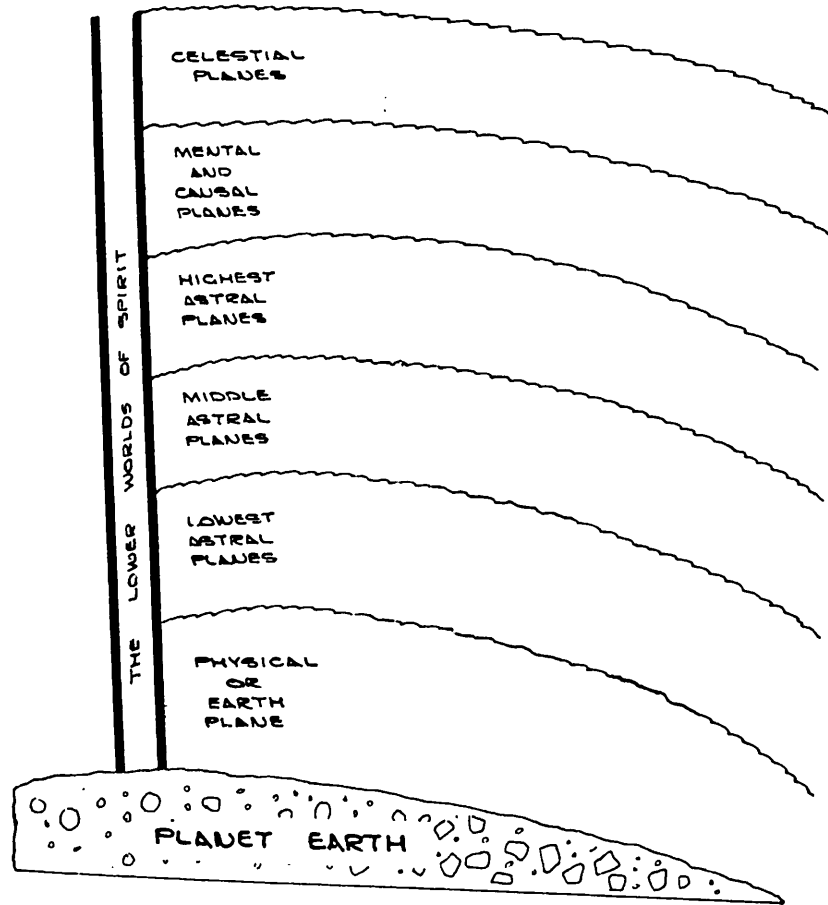


Fig. 29 — Diagrammatic representation of the worlds of Spirit.

\*For example, some of our communicators from the mental and causal level say they have a preference for the term *noetic* to describe the level on which they reside. Webster's International Dictionary defines *noetic* as "apprehended only by the intellect.."

The important fact is that *there are* these basic levels, regions, zones, planes, mansions, resting places — call them what you will.

(Needless to say, we can only dimly comprehend the nature of the levels *above* the cosmic level. We know they exist and we know a little about them — again from some of the current inhabitants of these higher levels. However, rather than trying to contemplate the possibility of additional reality systems (9, 10, 11) it is better to develop a deep comprehension of "the many mansions" that they may become goal and promise for us when we leave earth's dwelling.

#### Step D

Now we can assemble all of the strange-sounding material given in Step B and fit it into the basic blueprint shown in *outline* form in Step C. The result is Fig. 30, which should clear up any of the questions you now have as a result of reading the thought-packed numbered paragraphs in Step B. In Fig. 30, we have added some lines which set up the divisions between the many "mansions" — "resting places" might be closer to the original meaning — with arrows indicating the paths *all of us* will be traveling from one mansion to another in the years and eons ahead of us.

*Please turn now to the large fold-out drawing inside the back cover of this book (Fig. 30 — Interpenetrating Levels of Life and Consciousness).*

\* \* \* \* \*

(After your initial study of Fig. 30, I suggest you lay it aside until you come to the end of Part IV. By then you will have increased your understanding through the study of fifty-two questions and their answers. This will make it much easier for you to grasp the important concepts portrayed in Fig. 30.)

Now you can comprehend how it is that we are functioning not only on the EARTH plane but also in the very lowest and densest portion of the ASTRAL plane. When the physical body dies and the etheric body disintegrates we do not really have to go on a "far journey." We will be automatically on whatever vibrational level we deserve to be on, based on the quality of life we have lived while in the physical body.

As you ponder the answers to the questions and the implications of the blueprint you will glimpse the sublime vistas and the grandeur of the overall scheme of life which God has created for ALL OF HUMANITY — regardless of race, color, caste, sex or religion. You will note that while the blueprint forever strips away most of the

controversial dogmas and creeds which *separate* the world's religions, it does not discredit the *central spiritual teachings* of the major religious systems.

Gradually the overall concepts will become familiar and more *comfortable*. There will be less reason to cringe or become frightened by the implication that we are each a spark of the UNIVERSAL GODHEAD. We have the opportunity to start living a life right NOW that will "lay up for ourselves treasures in Heaven" — another of the Nazarene's gentle admonitions.

No longer can we fail to realize that our every act is a "cause" — and that *each* cause must have an "effect" on our lives in the countless centuries of life which lie ahead.

No longer can the scramble to meet the monthly payments on a never-ending list of material wants — or the effort to climb a little higher in the economic or social rat-race — be quite so irresistible.

No longer can we fail to recognize that no matter how dull, dreary and unrewarding this moment of life may be — the path which begins with the *next moment* can be the stepping stone into a glorious and ever-unfolding future of great promise.

No longer can a political system fail to recognize that its citizens are far more than one-lifetime, soulless cogs in a materially-oriented world, who face personal extinction at death.

Even if you disagree with many details of the "blueprint," your study of this book will have been of great value. Now you have come to realize that immortality IS an alternative to your assumption of personal extinction at death.

And if the term "immortality" has any negative connotations for you, perhaps we should take a lesson from the men who edited the Bible. "Immortality" is not mentioned in the Bible. "Life Eternal" is mentioned 72 times. On that authority and on the basis of twentieth-century research into the nature of man, let us close Part III with the assurance that

Life IS Eternal

but in a clearer, more meaningful, exciting, stimulating, challenging and easily understandable way than any can picture it without full perception of the grandeur of "the many mansions" of infinite progression which lie ahead.

## Part IV

### Specific Questions and Specific Answers

Sadly, too seldom do scientists, medical doctors, professors, philosophers, theologians, ministers, rabbis or priests, individually or collectively, even attempt to provide soul-satisfying replies to the age-old questions propounded by people about life after death.

Regardless of race, color, caste, or creed, each of us — totally alone — walks through the door which is called Death. It is then that certain basic questions cry out for answers. Nothing could be more important than to know them *beforehand*.

Using an entirely different approach from that of the foregoing material, here in Part IV, I try to list these questions and give the answers which represent the best of all available conclusions.

## Chapter 17

## Unraveling the Mysteries

*Finding myself to exist in the world, I believe I shall in some shape or other always exist; and, with all the inconveniences human life is liable to, I shall not object to a new edition of mine, hoping, however that the errata of the last may be corrected.*

— Benjamin Franklin

The material which follows is possible only because of the inquisitive minds of dedicated researchers during the past century. First I honor the most dedicated of the serious (and honest!) deep-trance mediums, primarily in England, Scotland, Brazil, USA, Canada, Ireland, Italy, and South Africa. Second, I acknowledge the work of thousands of persons traditionally known as “sitters” whose presence seemed to provide subtle energies that facilitated the best contacts with communicators from other levels of life.

These valuable contributions would have been lost, however, had it not been for dedicated psychic researchers and scientists who had the moral courage to investigate and report the work of these mediums and their sitters or circles. These researchers, even down to this year of 1979, have had to suffer ridicule from their peers and loss of their professional status. Men like Sir William Crookes in England, Schrenk-Notzing in Germany, Nobel Prize winner Charles Richet in France, Ernest Bozzano in Italy, Dr. Holtacher in South Africa, T. Glen Hamilton, M.D., in Canada, Carl Wickland, M.D., Elizabeth Kübler-Ross, M.D., and William Tiller, Ph.D., in the USA, and Dr. Hernani Andrade in Brazil, are the better known of scores of their kind.

Although the accumulated communications and data were fragmentary and often extremely contradictory, it became possible in time to piece together a reasonably consistent and experimentally valid picture of life after death.

Finally, in the past ten years, this type of research has intensified. Communications under *laboratory* conditions from recently “deceased” communicators, with medical and scientific backgrounds, have added still more validity to the emerging picture. These have greatly enhanced our understanding of the process of death and rebirth. It has pushed our knowledge far beyond that which grew out of the first hundred years of Spiritualism.

Hence, I acknowledge my indebtedness to all those referred to above, without whose effort the material which follows would not have been possible.

Their conclusions appear to be *substantially* correct in their broadest aspects. In general they confirm age-old teachings which form the core of the world's great religions. Of equal importance, however, they strip away a vast accumulation of dogma and creed with which these religions have been profaned over the past 3,000 years.

Regardless of race, color, religion, creed, caste, sex or educational level, we are beginning to see more clearly what happens when each of us, *totally alone*, passes through the door which is labeled: **DEATH AND REBIRTH.**

1. *Let's take first things first. After all of this talk about life and death, what is the PURPOSE of life?*

I promised in the opening pages to cut out all of the philosophical, religious and scientific jargon. So here is the answer, just as simply as I can state it:

The purpose of each individual life (soul) is to grow **MENTALLY, EMOTIONALLY and SPIRITUALLY** back toward the level of creative intelligence from which it originally issued.

Please take a moment to refer again to Fig. 30 inside the back cover and note the vertical arrow at the left side of the page. The concepts presented in this diagram will go further toward answering this question than dozens of books.

2. *Is it painful to die?*

No. Even those whose terminal illness caused prolonged and excruciating pain find that *at the time of death* all pain is gone. This is one reason it is often observed that the face of a dying person relaxes and even has a smile.

The *actual* transition is so smooth and painless that often one cannot believe he is dead. Frequently when he went to sleep during a painful illness he would awake to continuing pain. When he awakens after death and finds no pain, the first thought is, "I must be dreaming" — or he may wonder if a sudden and miraculous cure has taken place. He has a feeling of lightness and buoyancy. The person sees his physical body lying still and dead and he observes the actions of the nurse or family members. Then it occurs to him, "I suppose I am dead! I did not expect it to be anything like this! I feel fine!"

3. *Will I become a ghost? If so, how can I be released?*

It is most unlikely that you will be a ghost. Ghosts, apparitions,

shades or astral shells result only in the relatively rare cases when the etheric body (or etheric double as some call it) fails to separate promptly from the physical body and to disintegrate. Separation normally takes place in minutes, but may take up to 30 or 40 hours. Some persons, ignorant of this fact, may have a tendency to hold on to the etheric body and may appear as ghosts. (Some bystanders are able to see this energy field as a bluish-white mist.)

Until the etheric body has separated completely from the astral body, the person cannot proceed to his earned existence in the astral world. Usually this failure to shed the etheric body results from a very traumatic event—murder, fatal injury, or unpleasant emotional experience. Such a failure can also result if a person has never thought about an afterlife and has been wholly centered on his possessions and personal affairs.

A ghost can be released very easily from the area which it is "haunting" by a good psychic. The psychic needs only to get in tune with the ghost and in a friendly, loving manner explain that death has taken place and that there is nothing to be gained by lingering in these old haunts. The psychic then encourages the soul to relax and look for any sign of light from persons who are willing to lead it into the realm where it should now be living.

4. *There are many types of people alive today in what you have called the physical or earth plane. Let us assume that you are right when you say each person will shed his caterpillar-like physical body and start flitting around like a butterfly on some other level of existence. What I want to know is, "On what level am I likely to find myself?"*

Not knowing you, I cannot answer that question. However, you can look at Fig. 31 and then look at yourself. Assuming the character groupings listed as A, B, F are reasonably accurate, you can answer the question yourself.

A. Individuals who have made more than average progress in this and/or past lives and whose souls have evolved to the point that they "just naturally" are living their present lives in harmony with the characteristics depicted in Fig. 32.

B. The average kind-hearted, considerate, well-meaning, hard-working adult, and all infants and children.

F. Greedy, cruel, selfish, materialistic, highly egotistic and unloving persons; including, for example, swindlers, rapists, drug addicts, alcoholics, sex perverts, suicides, murderers, hardened



criminals, political despots. (The letter F, indicating failure, correlates with F in Fig. 34.)  
 (The width of the individual arrow is roughly proportional to the number of people in categories A, B and F.)

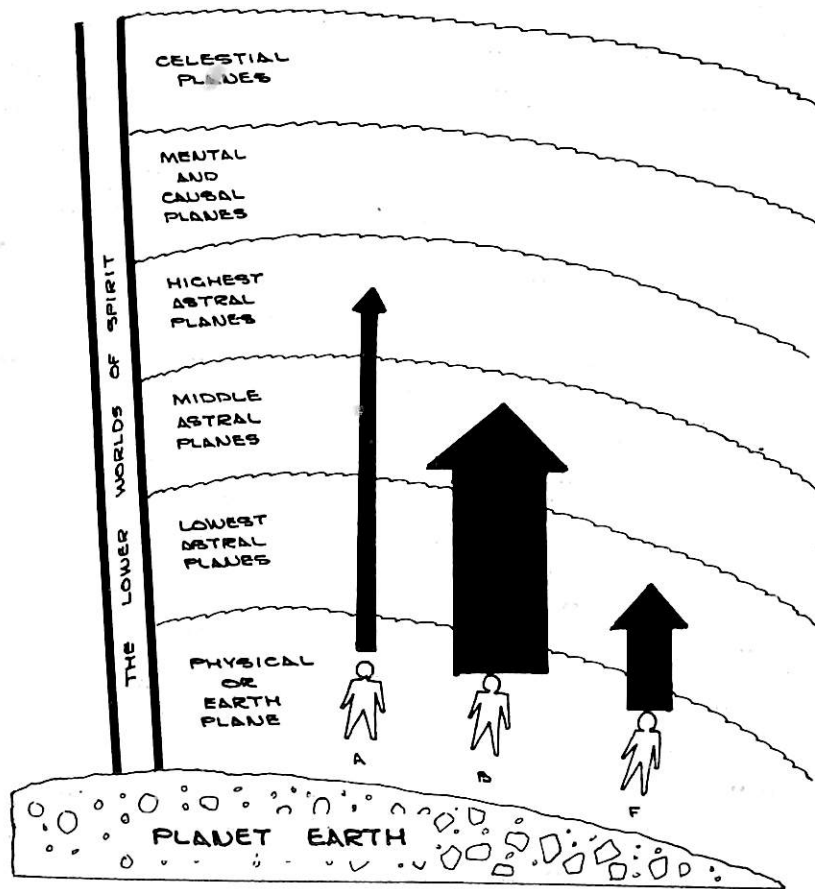


Fig. 31 — THE NEXT STOP FOR ALL PEOPLE NOW LIVING ON PLANET EARTH

5. *Is there an actual place called hell? If so, where is it?*

Yes, there is such a place. It definitely is not the fire and brimstone place of the New Testament, or the place depicted in the famous Hieronymus Bosch painting. It is really more like the traditional purgatory which has for centuries been referred to by the Catholic church. It is a dark, dismal, uninviting place filled with

countless numbers of souls who are lost and wandering about in great distress.

It is also occupied by some rather frightening life forms of non-human lines of evolution. It is cluttered up with thought-forms accumulated over the centuries as a result of humanity's hatred, greed, lust, jealousy and other nonvirtuous passions. These thought forms can be as "real" as the shadowy "bodies" of the poor souls whose lives qualified them for *this* plane of existence.

Of all the levels in the lower worlds of Spirit, "hell" is the lowest.

6. *Is there a devil?*

No, at least not a red-skinned character with a tail, a pair of horns and a pitchfork as has been pictured in centuries past. The lowest astral level — like all other levels in the worlds of Spirit — is largely a world created by thoughts. That does not make it any less real. Far from it! Mental torments can be far worse than actual physical torments — as in the case of a person with delirium tremens.

In the darkness of the lower astral, imagination and conscience can create the most frightening devils of all shapes and sizes. To these are added the very real astral bodies of strange creatures of non-human lines of evolution.

Confirmation of what we are telling you about devils — and light beings — comes from a small research project just reported in *Parapsychology Review*, May/June 1979.

A heart specialist from Chattanooga, Tennessee, has just finished a study of more than 100 patients brought back to life after being clinically dead. "The good news," he said, "is that some of them had a blissful encounter with a being of light" The bad news, however, is that over half of the patients "had a perfectly appalling time," walking through dimly-lit caverns and seeing fiendish figures brandishing pitchforks beside a smoking, sulphurous lake surrounded by moaning bodies. The doctor now firmly believes hell exists. "Reluctantly," he said, "I have come to the conclusion it may not be safe to die."

We can agree with the heart specialist's conclusion that "hell" does indeed exist on the very lowest of the astral planes. His second conclusion is certainly academic, since we all die. But the problem is neatly solved by living a life *now*, that will entitle you to a gate "pass" to use as indicated in Fig. 30 (inside back cover).

In any event, if you do find yourself in the lowest astral planes, you can escape these torments if you persist in striving to find the

light and in calling out for assistance. Sooner or later an encounter will occur with one of the compassionate beings who willingly gives of its time to lead tormented souls to a place of rest and enlightenment.

7. *What can or should I do to make certain that I am on a path which will bypass that dark and dismal level of existence which you are calling the lower astral?*

Quite frankly, you should not accept my answer to such an important question as this. In fact, you should not accept ANY person's answer! The only thing to do is to look at the question from every angle just as carefully as you can, considering all of the evidence that has been accumulated. Then, and only then, listen for guidance from that still small voice that is within you.

All I can do is to help you collect further information upon which to base YOUR answer to this question.

Perhaps the most helpful single thing I can do is to share information which has come from wise old souls who have travelled much farther along life's high road than I have. One can place belief in far less than 10% of the information which comes from spirit entities through mediums. It is very rare indeed to obtain *direct communication* from those highly evolved persons currently living on the mental, causal and celestial planes. In our research in communication between the interpenetrating levels of life and consciousness, we have found and repeatedly tested a mere handful of communicators living on the higher levels. We have followed faithfully the admonition in the epistle of John to "try the spirits (to see) whether they be of God."

So in Fig. 32, I present not my answer, but theirs, to your very important question. Only time will prove for each of us whether these wise old souls know whereof they speak. All I can say is that our "still small voices" have told us we can safely consecrate our current lives to such a course of action.

People *now residing* on the higher astral and the causal and mental planes confirm the traditional religious teachings.

From their vantage point they state that the concept depicted in this Figure is the only time-proven safe, sure, quick and enjoyable route for each soul to travel — now and throughout the coming centuries.

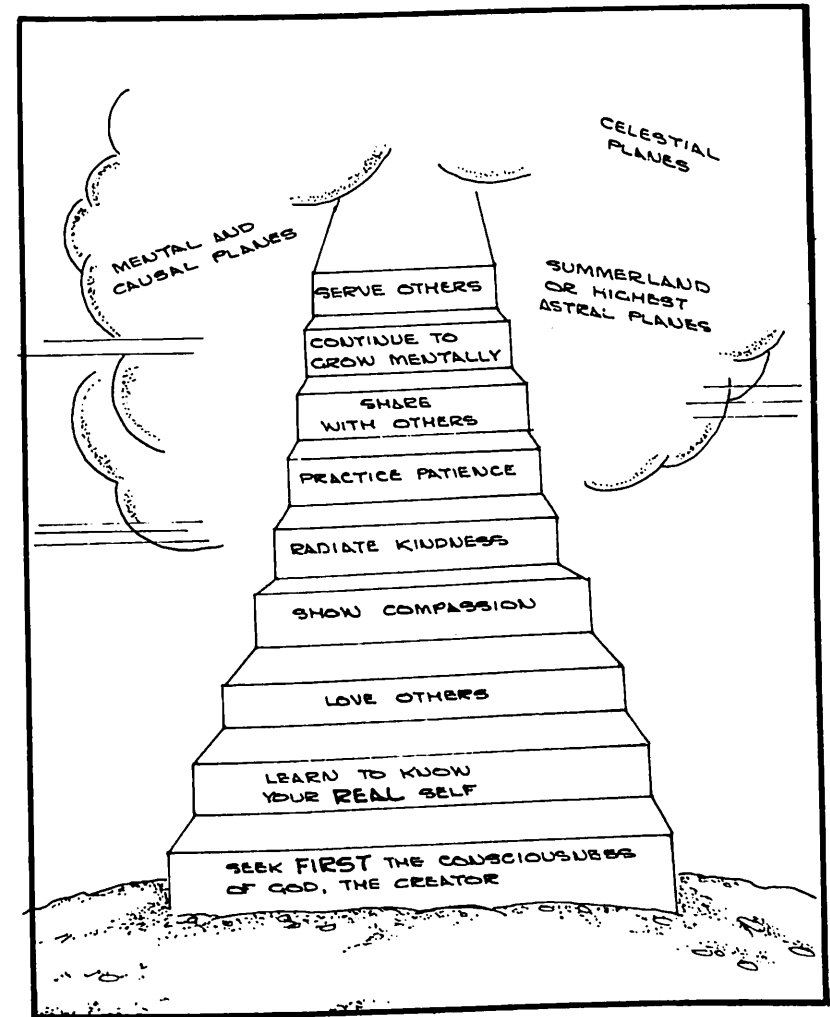


Fig. 32 — Proven Path for Individual Soul Development

8. *I am miserable and unhappy. Will everything be better after I die?*

Sorry, but the answer is No.

When you someday cast off your physical body, the real you — your mind, memory banks, personality and soul — will be precisely what they were before you left the physical body. If you are miserable and unhappy when you make the transition you will still be miserable and unhappy in your new surroundings!

TODAY is the first day of the rest of your life. This is the day to start to follow Jesus' gentle admonition to "Lay up for yourself

treasures in heaven." Only by building into your life and actions many of the items listed in Fig. 32 will you enjoy *this* life and assure yourself of an exciting adventure in the centuries ahead.

9. *Does a suicide succeed in escaping his troubles?*

No, he only compounds them. There is no escape for any individual from the requirement that each one *must* evolve mentally, emotionally, and spiritually. A person who fails to cope with everyday problems does not escape by suicide. He cannot "kill" himself. He is just as alive after destroying his physical body as he was before he pulled the trigger, jumped out the window, or took an overdose of sleeping pills.

He finds himself in the darkest, most dismal and frightening level of the astral plane. A long, hard and lonely struggle lies ahead before this soul achieves the level on which it would have arrived by natural death.

10. *How long might a suicide or a murderer remain in the lowest astral plane?*

We have been told that there is a big difference in the time spent on the lower astral by these two categories. The suicide has harmed only himself and his loved ones, if any. Usually he or she is immediately filled with remorse.\* When an offer of help and guidance is given, the suicide is likely to respond readily. *How fast he absorbs the teachings* offered will determine how rapidly he moves to a more hospitable level.

The murderer is in much, much deeper trouble. His act in cutting short an earth life indicates that he has not only failed to learn much in his past lives, if any, but that he has not evolved spiritually in the present life. Usually he has little readiness to accept teaching when offered, so his stay on the lower astral may be from many years to many centuries of our time.

11. *I have heard that if one has chosen to have the body cremated, it should not be done immediately after death. Is this correct?*

Yes. However, some of our knowledgeable friends on the mental and causal levels have reminded us that in the Orient it has for countless centuries been the practice to burn the body before sun-

down on the day of death. This practice came about because in warm climates decay of the physical body starts promptly.

It is desirable that the etheric and astral bodies have ample time for a completely *natural* and *total* withdrawal from the physical body. Hence it is perhaps *advisable* wherever possible to wait for two or a maximum of three days before cremating the body. (Where this is *not* possible and soul or spirit is *forced* to make a sudden departure from its physical body, it will be normal after a period of rest.)

12. *Where is the "next" world (or "astral world") located?*

Only in these past few years have we become able to answer this question with a scientifically satisfying statement. Our five senses have given us a false, or at least totally inadequate, concept of reality, as if our material world were the whole of it. The material world — and our physical bodies — are not the "solid matter" we think we see and touch. All matter, the chair you sit on, the building in which you find yourself at this moment, the "solid" foundation upon which the building rests, consist almost entirely of empty space. That is why your vision can pass through "solid" glass several inches thick. That is why hundreds of radio and TV signals carrying speech, music and pictures are at this moment traveling right through the solid walls of your room and your "solid" body.

Only if you can comprehend the above concept can you begin to realize that it is possible to have two or more things occupying the same space at the same time.

Your physical body is being experienced in our common everyday three-dimensional world of space and time. Your mind and soul are living in another space-time system which interpenetrates your physical body, and occupies substantially the same space as your physical body.

Hence the "next world" is the one in which your mind and soul *already* live and in which your mind and soul *will continue to live*.

When you have shed your worn-out physical body you will be aware of the surroundings in which your mind and soul are living — the astral planes.

It is only for convenience in Figures 29, 30, 31, 33 and 34, that I stack the various levels one above the other. That makes it much easier to grasp and accept the idea of "many mansions."

13. *Will I have to immediately meet that alcoholic spouse who mistreated me and the children, and whom I divorced? And what about my friend Carol who had five husbands?*

\*There are exceptions, of course. Consider the person who commits suicide for wholly unselfish reasons — an example of this being the action of "Titus" Oakes of Scott's polar expedition in 1914.

No, to the first of these questions. You will find yourself in a group where you are in harmony with all of the other members. As to the present whereabouts of your former husband, take another look at Fig. 31, Item F.

As for friend Carol, I can only assume that she has a long way to grow, both spiritually and mentally. But again, she too will find herself with those persons for whom she has an affinity. If she does not want to be with any of her former mates, she will not be.

In due course, we do have to meet those with whom we have unfinished business. Each must sooner or later "balance accounts" if he is to grow emotionally and spiritually.

14. *Do persons addicted to alcohol, tobacco, and hard drugs lose their craving for such stimulation when they arrive on the next plane?*

No, not right away. For example, an alcoholic, being on the lowest astral plane, is in close touch with the physical or earth plane. Often he is not truly aware that he is "dead." He may seek out his old haunts and get a vicarious thrill from visiting a bar. In fact, if he finds a patron who is depressed, muddled and psychically sensitive, he may obsess that person. By this merging of their respective energy fields the dead person may become more directly locked into the physical aura of the bar patron and experience more directly the feelings to which he had become accustomed. If the possession of the patron continues, it may completely wreck his life, and in some cases may even cause the patron to commit suicide.

A person addicted to hard drugs is in the deepest possible trouble. He will be resistant to any offer of help and will persist in his craving. He will experience torments which equal anything pictured in the old ideas of hell. He may remain in this dreadful condition for what would be centuries of earth time.

15. *Can a "dead" person look in on activities of a child or mate?*

Yes, this is happening all of the time. For a period of days, months or years, the deceased person is very much attuned to the earth plane. If the transition is an unusually smooth one, the deceased may even *look in on his own funeral!* The records are full of examples of a mate or parent who lingers for months and enjoys daily contact with surviving family members.

It is not uncommon for a deceased mate to want to complete some item of unfinished family business. In those rare cases where a

good trance medium is present, the deceased may reveal where a missing and badly-needed Last Will and Testament or other document can be found. The settling of more than one estate has been accomplished by this means.

As the deceased becomes fully reconciled to his or her new life, the earth ties (primarily personal love and affection) become less binding. The deceased then becomes fully absorbed in the increasing challenges of the completely new world of living which has opened.

16. *Is there any factual basis for the idea that the spirit of a dead person can intrude into the mind of a living person and adversely affect that person's behavior?*

Absolutely, even though modern psychiatry has laughed at this concept. However, for those who were open-minded enough to do serious research on this matter, it quickly became clear that there is a solid basis of fact for the age-old idea of spirit or demon possession.

Perhaps the best single piece of research on this subject is Wickland's *Thirty Years Among the Dead*, which I discussed in Chapter 4. In it he tells of the technique he developed for getting into verbal two-way conversation with the possessing entity, and then proceeding by persuasion (and in some cases, shocks of static electricity) to induce the intruding spirit to depart on its way.

Wickland's work has been confirmed by research in which I have been personally involved. See Fig. 33, Item A.

I have reason to hope that in less than a decade, "modern" medicine will have come to realize that there are at least some persons now locked up in mental institutions because of spirit possession. Today these poor unfortunate souls receive no help because many psychiatrists are unable to recognize and treat this problem.

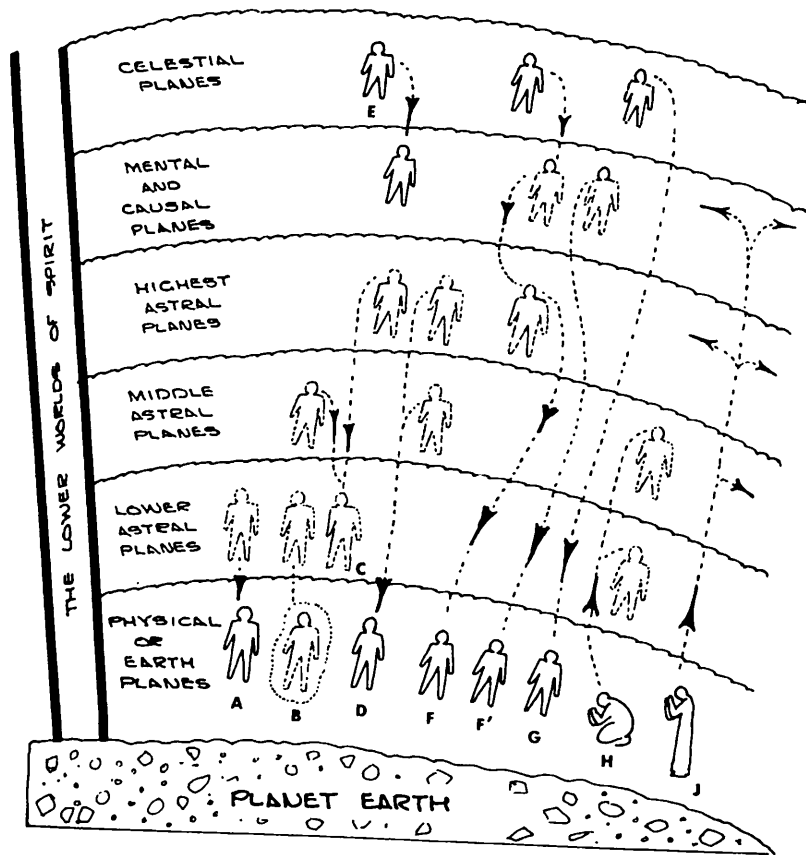


Fig. 33 — Interplane Communications

- A. The act of obsession
- B. Ghosts, apparitions, "astral shells"
- C. Rescue teams, Helpers
- D. Teachers, Masters, Guides, Protectors
- E. Higher Teachers, Masters, Angelic Beings, Light Beings
- F-F'. The sources of "intuition" and inspiration for the best creative activities of musicians, artists, poets, writers, sculptors, inventors, scientists, etc.
- G. Guidance for Jesus, Buddha, Mohammed, and all divinely inspired souls
- H. Prayers by the living for the newly "dead"
- J. Skilled meditation and prayer

17. *All my life I have been taught that when I die, I will lie in my grave until some far-off judgment day and then I will be raised from the dead. The material you have been presenting in this book disagrees with my religious teachings.*

I said in the opening pages of this book that this is not a religious treatise. I have presented information from many sources to the effect that present and future lives are intertwined and even concurrent. The fact that you believe in some *far-off* day does not reduce the need for preparing NOW for your very own judgment day *whenever* it comes.

18. *As a Christian, will I meet Jesus when I arrive in heaven?  
As a Buddhist, will I meet Buddha?  
As a Muslim, will I meet Mohammed?*

It is possible but not very likely that you will have immediate contact with any Being currently living on the celestial planes. Recall that I said in Part I that modern science has shown us that *everything* in the universe is vibratory in nature. As this is being written, the newspapers warn that it is dangerous to watch an eclipse of the sun without use of dark glasses to protect the eyesight. This is because the incandescent sun is sending out energy at such a high vibratory level that it would permanently damage the light-sensing cells in the retina of our eyes.

The dwellers of the celestial planes, the location of all of Man's great religious figures and gods, are such bright and shining beings that their energy would damage a new arrival from the earth plane. Hence it is not likely that you will meet any of these beings *in person*.

However, all such enlightened and compassionate beings have the ability to lower their vibratory rate by coming down through a succession of other beings on the various levels. (This is what the scientists call transduction, or step-down transformers.) So yes, it is possible for you to "see" and meet a being which *fits your own image* of the being you desire to meet.

19. *Are angels a figment of the imagination of the prophets and early writers of the Bible or do they really exist as Billy Graham says they do?*

Yes, as Billy Graham says, angels do exist. But they do not have wings as portrayed in some of the beautiful and imaginative drawings and paintings in the middle ages.

The subject of angels is a complex one. There are many types or classifications of angels. None of them developed from the human



line of evolution. It would take several chapters to do justice to the subject so we will have to be content with the following oversimplification of a very wonderful and helpful aspect of God's great universe.

The angels of the most numerous type are largely concerned with the health, well-being, and advancement of man, beast, fowl, plant and mineral life forms. They work at all levels on the astral planes as depicted in Fig. 30. They evolved from what in Sanskrit are called devas, meaning "radiant beings."

The highest form of angels are known as "archangels." They are concerned mainly with performing major tasks in the overall operation of our universe. For simplicity we might call them "God's Helpers." They are great beings of infinite wisdom, love and compassion who in every sense deserve the phrase, "the power behind the throne." Or we can say these are the top executives who help with the day-to-day management of our little part of the solar system.

An example of how an archangel tries to help modern man is given in COLLAPSE & COMEBACK, Book V in this series. This booklet contains a transcript of a one hour and twenty minute discourse given by the archangel Hilarion in answer to my request for information as to what lies ahead in the way of economic, political and social changes in the remaining twenty years of this century. It also contains comments by the archangel Michael, another of the seven archangels who make up what is called the Spiritual Hierarchy. (A summary of this book will be found in Appendix C.)

Both of the above categories are true angels and should not be confused with the term "Guardian Angel." This is a broadly descriptive term which is applied to the friendly and helpful beings on the astral planes who are *assigned* to work with each of us as individuals in this present lifetime as well as those who are *attracted* to us at various stages of our own mental, emotional and spiritual growth. These beings are all of the human line of evolution. They are more properly called guides, masters, teachers, helpers, protectors, etc.

All of the above categories consist of loving and compassionate beings interested only in serving man and his Creator to the fullest of their individual capabilities.

In ages past when a sage, seer, mystic or even a simple shepherd "saw" such a being, it was certainly natural to use poetic terms for describing same. Today it is possible for some highly clairvoyant persons and very advanced meditators to encounter angels and describe them as *light beings*.

20. *Have beings in the world of Spirit described what they see as to*

"material things"?

Yes, the literature is full of such reports from dwellers on the different planes. A typical report from the middle astral planes about 60 years ago:

The surface of the zone is diversified. There is a great variety of landscape, some of it most picturesque. We, like you, have lofty mountain ranges, valleys, rivers, lakes, forests and the internal correspondence of all the vegetable life that exists upon your earth. Trees and shrubbery covered with most beautiful foliage, and flowers of every colour and character known to you, and many that you know not, give forth their perfume. The physical economy of each zone differs from every other. New and striking scenes of grandeur are presented to us, increasing in beauty and sublimity as we progress.

In 1977, the first member of our research team made the transition from this plane to the higher astral plane. Melvin Sutley died at the age of 80 after a life full of love and service to his fellow man. When we recently talked to him (November 1978, Sarah Gran, telepathic channel) the conversation in part was as follows:

MS: This talk with you is something I have been awaiting for a long time. Yes, I think back to the days when we worked together and I had the privilege of sitting in on the information that was given us and the times you visited me when I was in bed in Philadelphia and unable to get up and go to your meetings in the lab. This is marvelous. It is difficult to communicate in this manner, and I must get used to the medium.

This place where I have been living is so beautiful, George, so *beau-u-tiful*. I know that all that beautiful country that you brag about where you live in Florida cannot possibly measure up to this.

GM: Good!

MS: The trees are so green, grass is so green and so velvety, air is just like breathing wine, if you could do such a thing. The sun is not too hot, the breezes are lovely. Oh it is MARVELOUS. I don't know why I hung around that place Philadelphia so long. I didn't *know* it would be like this.

GM: That answers a question in my mind. I frankly wondered why you *did* stay quite so long in that nursing home when we could see what a terrible strain it was on you. When you were alone you couldn't have the best of attention and help — it was

a tremendous strain for you to stay there, those last few months particularly.

MS: Yes, if you and Paul and Hans and . . . (?) . . . had stayed there with me, I think I would have made it a few more years. But I'm so sorry I hung on so long because this is — Oh, they tell me I'll forget about it, you know, and I will.

GM: I looked at the early transcripts from the Philadelphia lab where you and R.B. were present, and saw reference to the name Margaret. I am ignorant in this situation. Was she your wife?

MS: Oh yes! That's my wife [with great pride in his voice]. You know what, George, she waited for me [sounds almost like tears in this sentence]. I kept her waiting all that time. I didn't know. [He really feels sad about that.]

Nine months after the above contact with our friend Melvin, we were pleasantly surprised when he came through at the end of one of our scientific discussions. We had been talking about *the nature of time* in the worlds of Spirit with Dr. William Francis Gray Swann who had died in Philadelphia in 1962. Here is the relevant portion of the transcript:

GM: All right, we will be glad to share this tape with Paul, Hans and Will. This is the extent of our questions. If there is anything else tonight, Dr. Swann, that you or one of your team mates wish to share with us . . .

Dr. Swann: Yes we have two new arrivals in our midst: Melvin and Margaret.

GM: Good evening, Melvin, and good evening to you, Margaret. Although I didn't have the pleasure of meeting you here on the earth plane we have heard much about you and it is a great pleasure to greet both of you.

MS: You are very kind, George. Since I have grown stronger, we have given up the "old home" and decided to join our old friends and acquaintances and remind them that we were in communication with them before we came to this place.

We thank you very much for your kindness and your thoughtfulness over a period of time. We are glad that the experiment is again going forward. Frankly, it has gone so far afield from

what we had in mind that I can foresee that when the breakthrough comes it will be enormous.

GM: Two thoughts come to my mind. First you mentioned the help that we gave. It is deeply to be regretted that we were not able to give you more help, more assistance in the closing months. We felt very keenly that due to geographical separation and occupational problems we were not able to share more with you. We deeply appreciate the great part that you played in the original activity in setting up this whole project. We recall frequently your initial contact with Paul and R.B. and the key role that you played. We also well remember the financial contribution which you made to our work.

MS: It was of great interest to me and still is. You are most kind, you and Paul and Hans.

GM: What are you finding of interest these days, Melvin, to make use of that marvelous mind and soul you have?

MS: Margaret and I have not been here very long but we find there is quite a lot going on. We have been in on some very interesting discussions and we have pitted some of our knowledge gained in our last earth experience with some of the ideas being given out by some here who have not been involved in a life experience for a long, long time.

We have been circulating from group to group deciding where we belong. It is very wonderful to be here. For awhile I thought it had to be as it was before with the house\* we had just like that one in Philadelphia and everything that I had before. But I found out that it just wasn't satisfying. It is going to be much much more interesting here.

GM: We are delighted with that news, Melvin. We hope that you find it possible to come in frequently in the months ahead as we get more

\*The thought-created house Melvin had constructed for himself when, after death, he arrived on the highest astral plane.

regular communication with Dr. Swann and our friends.

MS: True, Tell Paul and Hans hello for me. I am most grateful to them.

GM: We will share this tape with them so they can hear the inflections of joy and excitement in your voice. Speaking of old friends, we would like to share with Dr. Holmes a report on his project. Is he available this evening?

The significance of this new communication from Melvin is that it shows how rapidly this man and his wife have progressed from the "summerland" or highest astral to the mental and causal planes where Dr. Swann and his teammates are. This rapid upward movement through the worlds of Spirit can be attributed to three factors. First, Melvin and Margaret had led lives of great service to their fellow men. (She was a renowned surgeon; he was a specialist in hospital administration and one of the founders of Spiritual Frontiers Fellowship.) Second, through his lifelong friendship with Arthur Ford, the medium, he was well acquainted with the reality of life after death and some of the conditions in which he would find himself after death. (The readers of this book will have that same advantage!) Third, Melvin *himself* decided he wanted to move on upward to meet his friends. (The Swanns and the Sutleys had been close friends and co-workers for many years in Philadelphia.)

Thus in this very personal experience with Melvin, the first of our researchers to make the transition, we see confirmation of the answer to question number 13 — that like attracts like; that is, we will find ourselves with friends and former associates; and the answer to question number 7—that living a life as portrayed on the stairway in Fig. 32 is the *fastest*, most *certain*, and most *pleasant* way to have a wonderful life AFTER one dies.

21. *Will I retain all of my five senses when I leave my physical body? Will I acquire any new senses?*

You will no longer have any need for, and in fact will lose, the sense of smell, taste and touch.

Your sense of hearing and seeing will be extended far beyond your present capabilities.

Beginning on the middle astral levels you will know a person's thoughts by merely looking at him. You will know if what he is saying really agrees with his feelings. He cannot pretend to be anything but what he actually is. There is no place for "phonies" in the worlds of Spirit. In general, your sensitivity to your surroundings will be

greatly enhanced. You will *feel* far more alive than when you were in your earth body.

22. *To what extent, if any, does a person's formal education determine his new level of existence?*

Very little indeed; as you will see upon examining Fig. 31 carefully.

Persons who are considered to be the most learned and with many university degrees may find themselves on the lowest portions of the lowest astral plane. Back at "square one," to use a current expression.

Persons who have had little or no formal education in this lifetime may find they have arrived on the highest astral in the Biblical land of milk and honey . . . IF throughout earth life they have traveled the PROVEN PATH FOR INDIVIDUAL SOUL DEVELOPMENT diagrammed in Fig. 32.

23. *What about food in the afterlife? Do the people have to prepare and eat food?*

No. Not having a physical body, you will have no need for food. The higher, finer, vibratory "bodies" in the world of Spirit can draw all needed energies directly from the cosmos.

24. *Is there marriage in the next life?*

No and yes.

Bear in mind that marriage is a device which evolved over the centuries as nature's efficient method of providing the necessary care for the well-being and growth of children until they could fend for themselves. Since there is no generation of new children on the planes of Spirit, there is no compelling need for the institution of marriage as such.

On the other hand, if your present marriage is a completely happy one and you would find your greatest happiness in association with your mate when he or she arrives, then it is fitting that the relationship continue. If the present relationship is unhappy, then it will automatically cease. All will find themselves in surroundings and with people with whom they are attuned.

25. *Is sexual intercourse possible between males and females when they no longer have physical bodies?*

No. Intercourse between the male and female of most species of all life forms — humans, all animals, birds, plant life — was provided

by the Creator for the purpose of *continuation of the species*; that is, for the production of offspring. In the worlds of Spirit there are no offspring among the human dwellers therein. Hence there is no functional need for sexual intercourse.\*

However, as was pointed out earlier, a new arrival on the astral planes is still filled with all of the thoughts and bodily desires intact. Such a person who on the earth plane was filled with lust usually finds himself on the lowest portion of the lower astral. He is still steeped in his attachment to earth and may not realize that he is "dead." He is thus what we term "earthbound." He may, in this condition, get a vicarious thrill out of wandering into a bedroom as an undetected witness to sexual intercourse. Eventually when he evolves and moves up to higher levels, such fascination gradually disappears.

I use the word "gradually" advisedly. I was somewhat amused to learn that "boys will be boys" even on the middle astral planes. It came as a surprise to hear an entity (a former university professor) tell us quite frankly that in his present plane of existence he missed having contact with the beautiful form of the female physical body.

However, there is another — and extremely important — aspect of sex that we should mention. Any reasonably mature adult knows that there is far more to the matter of sex than the physical-pelvic aspect. The greater our comprehension of the Cosmos and all we have encountered therein, the more obvious it becomes that a *duality of forces* appears to underlie everything. Some of the more obvious manifestations are day-night, love-hate, male-female, ying-yang, sweet-sour, cold-warm, positive-negative electrical charges, etc.

Each individual human being has within himself a *mixture* of male-female characteristics — physically, mentally and emotionally. A person with a female physical body may have the mental and emotional characteristics we usually associate with a male — and vice versa. The important point is to note that we are each — to a degree — *both* male and female.

We carry this *basic duality* with us when we die and proceed to move on to one of the worlds of Spirit. Many of those persons on the mental and causal planes with whom we have come in contact in our research have referred to having lived some of their earth lives in

\*A medical doctor friend, a good psychic diagnostician with much experience in the field of psychiatry provides an additional insight. "In the lower astral there is a lot of so-called 'funny business' going on. This includes orgies. It is not uncommon for physically incarnate people to attend these during the hours when they are asleep. This accounts for a lot of dissipation of energy during sleeping and waking hours."

male physical bodies and some in female physical bodies.

From our research it appears that the melding of the male-female polarity becomes complete only when we accept the final rebirth and move to the celestial planes.

26. *Twenty years ago my daughter died at the age of six months. Did her soul or spirit remain that of a baby?*

No. She was received on the middle or higher astral plane and given the most tender and loving care. She was given every opportunity for continued growth and development. She will reach adulthood. If you wish to meet this daughter after you have made the transition to your next level of life, you can do so. (That is, provided you are not now living a life that results in your arrival on the lower astral. In that case there may be considerable delay before you meet your daughter because she almost certainly will not be found on that level.)

If she has not been alerted to be on hand when you make the transition, all you have to do is to send out *mentally* a call for her with all the *love and longing you can muster*. She will come.

Children in the afterlife are cared for very much as they are here. There are those who find their greatest delight in mothering the motherless, and teaching the young. So under such unselfish care the children reach mental and bodily maturity much as if they had remained in this world. (They will in most cases still return for additional learning experiences on the earth plane of existence.)

The etheric process of development is interesting; children need mother love no less in spirit than in earth life.

Little do most people know how close the afterlife is, how close its inhabitants come to us, the influence they exert on us, or the result of our thought vibrations upon them. Then again, as the children grow, they keep in touch with us from day to day, and when we go out into the afterlife, they know and greet us as we enter the life that has no night.

There are in the next life institutions of learning just as we have here. What is more, the inhabitants do not cease to study and increase their store of knowledge when they have reached a certain age. I can assure you that your daughter will continue to grow in body, mind and spirit.

27. *Both of my parents died in their eighties. Both had been in nursing homes for many years and had wasted away to skin and bones. Both were senile. When they "woke up" AFTER death of their physical bodies, what was the condition of their minds and*

*souls?*

They were in excellent condition. The deterioration which you had observed was limited to their physical bodies. For some months or even years before their minds and souls made the final transition, they were, in fact, spending time on short visits to their next plane of life. (this, in part, accounted for their failing memory, the lengthening periods of forgetfulness, and "absent" look and behavior.)

When the full transition of the mind and soul had been completed, they would be, in most respects, the same as they had been in the prime of life.

28. *Can the passage of a loved one through purgatory (the lower astral) be speeded by payments of money to a priest?*

No. This centuries-old practice does nothing except add to the coffers of the church, and perhaps give a small psychological consolation to the one who pays the money.

*We are all bound by the absolutely impartial and inescapable law of cause and effect.* In each of the first three gospels, Jesus is reported as saying, "For with whatever measure ye mete, it shall be measured unto you again," e.g., Luke, Ch. 6, v. 38. In Galatians, Ch. 6, v. 7, Paul says, "Be not deceived, God is not mocked: For whatever a man soweth, that shall he also reap."

If, during your life, you caused pain, hardship, and unhappiness to others — if you allowed yourself to become a drug addict or hopeless alcoholic — if you were a murderer or a suicide, you will reap precisely as you have sown. You will find yourself on the lower astral levels. This most undesirable "place" has been described in religious lore by the words "purgatory," "hades" and "hell." A person who finds himself in this condition solely because of his own unwillingness to grow mentally and spiritually is totally on his own. No priest can post bail for such a person. See Figs. 30, 31, 33.

Fortunately, the lower astral is completely *bypassed* by those whose lives included few if any of the above-mentioned actions.

29. *In some religious groups it is customary to pray for the soul of the dead. Does this practice serve any useful purpose?*

A very emphatic YES! The newly deceased is very much alive. As a pilgrim arriving in a new land, there are many strange and even bewildering experiences on every hand. (How can it be otherwise when our religious lore has been so deficient in this area up to now?)

It is a great comfort for this pilgrim to hear *your* spoken or unspoken prayer on his or her behalf. Tender thoughts of love, good wishes, encouragement, heartfelt thanks for shared experiences —

these are all easily received by the deceased if he has arrived on the *middle* astral plane. Even if he is "asleep" or is wandering on the lower astral plane, such "prayers" are useful, although their effectiveness may be somewhat delayed until the departed has experienced the trials and tribulations which are the fruit of his life's actions.

30. *How is time measured on the planes which make up the worlds of Spirit?*

It isn't measured. There is no serial time as we know it. Locked as we are into our present space-time system, it is almost impossible for us to comprehend living in a "timeless world." Since our earliest childhood we have each been locked into a life which is rigidly bound into a system of seconds, minutes, hours, days, weeks, years, centuries, eons, and light years.

There are no trains to catch at an appointed time. There is no first of the month time-payment to be met. There is no growing old, wrinkled and senile with passing years.

(The more technically or scientifically inclined reader is referred to Appendix A for a more detailed answer to this question.)

31. *What about political or governmental systems on the astral planes? Is there any equivalent of money?*

There is nothing to resemble countries, states or nations. The principal divisions result from like souls being grouped with like souls. There are no presidents, dictators, kings or rulers.

Nor is there need for money or a unit of exchange. Supply is available for all wants to all individual souls.

The generating force is *thought*, difficult as that may be to comprehend. You can *think* and have beauty and happiness. You can *think* base desires and they will be fulfilled — which shows how a benevolent Creator can demonstrate to you the foolishness and triviality of those desires. It is very like the situation in which one finds himself today in life on the earth plane. You may have all the money you want, but you still are not happy. It is pretty clear that happiness on ANY plane does not depend on money. Sooner or later each will wake up to this fact and seek the only things which genuinely satisfy — continuing mental, emotional and spiritual *growth*.

32. *Some mediumistic persons claim they get guidance from departed spirits — "counselors," "protectors," "guides," "angels," etc. Is there any truth in such statements?*



Yes, there most certainly is. Such advancement as humanity has made in the past 4,000 years is in part due to such guidance, often explained as "intuition."

Most "revelations" received by sages, mystics, prophets and spiritual leaders have come from such sources. See Fig. 30, inside back cover, and Fig. 33, paths D, F-F' and G.

However, this is an area requiring much additional research in the decades ahead. The human mind is a fantastically complex thing with the ability to spin dreams which stagger the imagination. Hence, it is very difficult to make certain that a particular idea or thought is coming from a friendly and helpful intelligence in the world of Spirit.

The daily practice of deep relaxation and a prayerful attitude over a long period of years seems to be the only proven way of hearing that "still small voice" within — a voice which may, in fact, be from your personal helper in the world of Spirit.

But, I repeat, this is a *most hazardous* business. The pages of history are filled with acts which stemmed from self-delusion with respect to "heavenly" guidance.

33. *Can I put much trust in what I am told by a Spiritualist medium?*

Yes. No. And then maybe, again . . . perhaps.

Today, the *very best* mediums almost never give sittings to any but the closest personal friends or to serious researchers. My ten years of searching over much of the world has disclosed only a few dozen such persons.

Communications from spirits closest to the earth plane — the easiest to obtain — are, for the most part *useless* as well as *inaccurate*. (This covers 95% of all survival information which comes through a medium on the platform of a Spiritualist church.)

One of the complications in such mediumistic communications is that the most readily contacted persons are those who are on the *nearest* astral planes. These are often recent arrivals and are no more knowledgeable than before they left their physical bodies. This, combined with the "noise" — or the sheer difficulty of communication — gives rise to misconceptions.

Communications from more *elevated* spirits also suffer greatly in transmission. A crude analogy is a game in which several people sit on chairs spaced closely together in a row or circle. A sentence is whispered into the ear of one person who quickly whispers it into the ear of the next person, and so on until the last person. Everybody has a good laugh at the gross distortion which has taken place in the transmission.

No specific rules of guidance can be given. However, *in general* the communications which come through a medium who makes a "business" of his or her mediumship, charges for sittings, and

handles one client after another, hour after hour and day after day, should not be taken too seriously.\*

For this reason a bereaved person should strictly avoid trying to contact the loved one through a medium. At best the medium will be tapping the sitter's mind for a description of the deceased. When the medium says, "I see standing beside you . . ." and then proceeds to describe fairly accurately the departed loved one, the medium is not in touch with the departed. Moreover, some of the more mischievous of the earthbound spirits — the only level which *most* such mediums can reach — delight in masquerading as the departed person and can be quite adept at putting on a performance that convinces the sitter that she or he is in touch with the loved one.

It is infinitely more useful for the bereaved to sit quietly every few days and send prayerful and loving thoughts to the loved one. Again study Fig. 30, Interpenetrating Levels of Life and Consciousness, and Fig. 33. Visualize *where* the loved one is. Speak out loud as though the loved one is present. (Often, in fact, he is!) Wish him well in his new surroundings. Of course, tell him that you miss him but that you are no longer grieving because you KNOW that he has *returned home*, that he is among loved ones who are looking after his every want. State that you are so very thankful for his love and companionship, and that you are content that you will again meet and continue your relationship — if that then suits your mutual purposes. All of this is a far more effective way to spend time than running from medium to medium . . . and it saves money!

34. *Twice you have mentioned the many pitfalls that you and your fellow researchers were obliged to avoid in communicating through even the very best of mediums. What about the persons in Spirit who try to communicate with you? Is it easy for them to communicate?*

Yes and no. It is relatively easy for those on the lower astral or even the lowest part of the middle astral planes to communicate. But

\*There are exceptions, of course. In the past 50 years, few of the really great mediums had other means of financial support than the modest fees received from their sitters.

Robert R. Leichtman, M.D. in a private communication discussing this point says, "There are those who assume *anyone* who dares to charge for a reading or sitting with a medium is instantly declaring himself to be a fraud. True, I see legions of half-baked, half-witted 'mediums' and 'psychics' running amok at meetings, hustling readings and making a lot of money. Nevertheless a *good* medium is worth something. Good advice is worth something. People have no problem of paying their minister for his services in terms of their conscience. The pseudospiritual and sanctimonious often protest that 'what comes from Spirit should be freely given as it was freely accepted.' That sounds good but it is a bit impractical as one does have to pay grocery bills and rent despite what may be great psychic talent. The time it takes to develop the talent takes time from other activities also and this should be compensated."

they are of little help in providing useful knowledge for mankind.

It is extremely difficult for those on the *mental and causal* planes to communicate even through the best of mediums. The difficulties experienced by spirits in trying to communicate is outlined in great detail in the book *Gildas Communicates*, by Ruth White and Mary Swainson, in the chapter "Technical Difficulties of Communication."

For a short explanation of these difficulties, consider the comments of Leslie Flint, the great English medium. In his book *Voices in the Dark*, Flint reports an important sitting as follows:

A spirit with a marked French accent introduced himself as Richet and, in the course of conversation with him, we learned he was the late Professor Charles Richet, the eminent French physiologist who in 1905 was President of the Society for Psychical Research in London, and who was winner of a Nobel Prize in 1913.

He told us that not only must the communicating entity lower his own frequency to the lower one of earth but simultaneously he must remember what his voice sounded like in his lifetime and recapture memories of happenings which will give proof of his identity to the person with whom he wishes to communicate. When the professor was asked by a sitter whether he could see and hear people at a seance he answered that it depended on the amount of concentration he put into the effort to do so. If he focused his mind sufficiently he could both hear and see people on earth but he found it simpler to apprehend their thoughts before they were uttered as words.

He grew quite testy when someone suggested that sometimes the voices of communicators from the spirit world did not sound exactly the same as their voices during their life and he said it was hardly likely they would sound the same, seeing they were not using the same vocal organs they had in life. He added that we must take into account, also, that the communicating spirit was trying to concentrate on three different things at the same time while communicating. Most of what Richet said made sense to me. I had often heard communicators remark on the difficulty of "speaking through this box thing which wobbles about all the time," or say plaintively how confusing it was to remember some event which would prove beyond doubt

who they were while concentrating so hard on other things. As the discarnate Professor Richet remarked rather grumpily: "The miracle is that we can communicate at all."

Yes, indeed, it is a miracle that we *and* they can communicate at all. But in spite of all of the troubles at *both* ends of the line, we are beginning to bridge the gap between our physical world and the worlds of Spirit.

35. *Mediums and other psychic persons speak about "raising the vibrations" when trying to contact those who have died. Is this just nonsense?*

No. Recent advances in physics and related fields of science show that all matter — in fact, apparently everything so far encountered in the cosmos — is composed of energy, the essence of which is vibratory in nature. Consider the following analogy.

If we put a pan containing ice on the stove and apply heat, the atomic particles increase their vibratory action. Thus the vibratory rate of the newly-formed water is higher than that of the solid ice. Applying more heat to the water raises its vibratory rate still more. Then the application of still more heat can cause the water particles to fly into space. Thus the resulting steam represents energy at an even greater level of atomic vibration.

Conditions relating to *thought*, both in this and in the astral world, represent *energy levels and vibratory rates* far beyond that of steam. We have every reason to believe that this admittedly crude analogy of changing vibratory levels of ice-water-steam apply to thoughts in the physical, astral, mental, and spiritual or celestial levels. Each succeeding higher level of thought in the worlds of Spirit represents even higher rates of vibration.

Look at this the other way around. People living on the mental and causal level cannot come *directly* through the mind of a medium. Their rate of vibration is so high that should they attempt to do so they would damage the medium's brain. Communications from these higher levels have to be relayed down in steps. Look again at Fig. 33 and note particularly Items D and F. Often the "relay stations" or "transformers" which serve to step down the vibratory level cause a loss in content, a loss in quality — and may even represent a gross distortion of what the higher level being is trying to pass down.

36. *Can a person ever visit the astral planes while still residing in the physical body?*

A very definite "Yes," and this offers one of the most exciting prospects for humanity's development in the century ahead.

Usually when we go into deep sleep during the early portion of each night's rest, the astral body leaves the physical body but remains connected with it via the so-called silver cord. As it is of course *already* existing in the astral world (see Fig. 30), it has no trouble traveling in the astral world. What it can or may do in such travel is too long and involved a topic for us to discuss here. I can say, however, that it is able to gain knowledge which will be of help to the conscious mind upon its return. (This is one reason why many people learn the habit of saying, "Well, let me sleep on the matter.")

Senile persons and persons nearing death often find that their astral bodies are starting to spend time away from their physical bodies even in the daytime when they are judged to be awake. This, of course, is the basis of so much of the research reported by Kübler-Ross, Moody, Osiris, Crookall and others.

What is still more exciting is that through meditation techniques it is possible to sit down in a quiet and secure spot, relax, and then attune to the higher planes and let the astral body travel. (Remember, the levels of mind and soul are contained in the astral body so that they, too, are out of the body.) This allows direct mental contact with intelligences on the astral planes. Not only can such contact vastly increase the knowledge available to the meditator, but it can also bring to him the increased wisdom which can be gleaned from much older and wiser souls.

37. *Often small children insist that they SEE and HEAR other children or playmates which are invisible to adults. When they get older they seem to grow out of this. Are their "playmates" a figment of their imagination?*

Most certainly not! As was pointed out in Part II, we have recently learned that up until the age of six or seven, the eyes of many children can see light at wavelengths considerably shorter than those detected by the eyes of adults. But they also have a high sensitivity to energies outside our known electromagnetic spectrum. (Sensitivity to this latter type of energy in adults is possessed only by those relatively rare individuals who are known as clairaudients and clairvoyants.) This ability of small children enables them to see and tune into what we call the astral or etheric world — perhaps into the middle astral planes.

A recent study has found that a large number of children today

have imaginary playmates or companions such as an invisible older friend. What's more, the same study has found that having a make-believe friend is apparently good for a child.

A recent *Psychology Today* article says that up to 65 percent of the kids in a study group reported having imaginary friends. The article points out that only a generation ago, children with imagined playmates were thought to be hallucinating and "dangerously removed from reality."

Researchers have since found that children who have make-believe companions are different from those who don't: they are said to be less aggressive and more cooperative; they smile more; they show a greater ability to concentrate; they are seldom bored; and their language is richer and more advanced.

38. *Why is the word "Causal" combined with the word "Mental" in identifying the next to the highest plane shown in Fig. 30, 31, 33 and 34?*

Many persons know little or nothing about the role that *thoughts* play in creating our material world. Hence let me give some specific examples to show how thought actually *causes* things to happen in our everyday world — and in the worlds of Spirit.

Every single item at which you can look from where you are reading this book was the result of many individual thoughts by many persons. Consider this book. I put my thoughts on paper. The paper was made on machinery perfected over decades by hundreds of individual thinkers. A typesetter had to utilize his thinking process to punch the correct keys on his machine. Then there were the bookbinder, the bookseller, the transportation company, etc.

Let's consider our own bodies. The knowledge acquired in the last 30 years regarding the subject of psychosomatic illness shows clearly that our thoughts can and do affect the several trillion cells in our own bodies and bring about either health or illness.

In Part I, I presented the concept that *your mind is the programmer* of your brain (the computer). Your brain is of no functional value unless your lower self — your very wise *unconscious* mind — programs the body on all details of its routine daily functioning. Unless your *conscious* mind thinks *thoughts*, you cannot turn from one page to the next, nor can you weigh and evaluate these *thoughts* which my fingers are pecking out and putting on paper.

In *Healers and the Healing Process*, I gave details of a scientific report of how Olga and Ambrose Worrall, seated in Baltimore,

Maryland, focused their thoughts on a laboratory 600 miles away in Atlanta, Georgia. They undertook to use their *minds* to accelerate the growth rate of individual shoots of rye grass planted in a pot in the laboratory. They did increase the growth rate by more than 500%. Later Mrs. Worrall, still seated in Baltimore, focused her thoughts and healing energies on an atomic cloud chamber in the Atlanta laboratory. She displaced matter in the cloud chamber sufficiently so that it was possible to record the resulting disturbance on photographic film.

In subsequent research Mrs. Worrall succeeded in changing the molecular bonding between hydrogen and oxygen in water — one of the most stable substances in our physical world. (Recall that your body and brain are largely composed of water.)

With these few examples of our growing understanding of how our thoughts can cause effects in the world around us, it will not be such a great step to explain why the term *causal* is coupled with the term *mental* in describing the levels nearest to the level of the Godhead.

Most of what we have in this physical three-dimensional world, including most of our inventions, *first existed in the mental and causal worlds.*

Please refer to Fig. 33. Note Pathway A. This indicates how a soul or spirit in the lowest astral plane can obsess a person living on the earth plane — that is, *cause that person to be possessed*. D and F indicate how friendly and helpful souls or spirits on the middle and highest astral planes can serve us as guides, protectors, and teachers. If you can accommodate these ideas, it might then be not too great a step to contemplate that *extremely* wise intelligences on the plane nearest our Creator have thought up many *good ideas far in advance of anything we yet have on the earth plane*. This is the true source, the pathway of humanity's highest creative work — for artists, sculptors, writers, medical "discoveries," "inventions," etc.

Thus we now have a rapidly growing basis for understanding the power that thought has in the whole scheme of creation. We can understand as never before the *causal* nature of thought.

39. *How do you personally feel about reincarnation?*

Perhaps I should put my personal experience on record. I grew up in a strictly orthodox, midwestern Christian Protestant denomination. As the decades of my study, searching and world travels passed, I continued to reject the concept of reincarnation.

Not until I was well past the age of 60 had I assembled sufficient knowledge to change my views. Not until I had logged hundreds of hours of voice contact with beings in the worlds of Spirit did I find the evidence overwhelming and convincing. Only then did my conscious mind accept the evidence so that I could become comfortable with the concept of reincarnation and convinced of its reality.

Hence, with this background, I understand the feelings of those who have closed minds on the subject. As stated at the start of this book — I have no desire to preach any dogma, gospel, religion, creed, or "ism."

In the next nine questions and their answers I deal with the subject of reincarnation. While some people in our western culture will consider these comments with an open mind, many readers will not. In fact, the latter may even label the whole subject "stuff and nonsense, unbelievable, obnoxious and distasteful."

If you are one of the latter, simply skip over these questions and their answers, and concentrate on the overall theme of this book.

40. *Perhaps you should clarify what is meant by the term reincarnation.*

Yes, that is very important. There are many misconceptions about the term. Webster's *New Third International Dictionary* says:

incarnate — invested with flesh or bodily form  
 discarnate — having no physical body  
 reincarnate — rebirth in new bodies or new forms of life;  
 especially a rebirth of the soul in a new body.

I use the term strictly as "rebirth of the soul in a new body," a *human* body. The Eastern concept of metempsychosis, or the transmigration of souls, maintains that human souls can go into animal bodies. However, there is no evidence I'm aware of to support this belief.

41. *How can reincarnation be a fact when the majority of theologians, priests, rabbis and ministers do not accept the concept?*

A good and obvious question. Let us assume that *back over the years* you had asked three questions of a prestigious panel of 1,000 of the world's leading medical doctors, psychiatrists and psychologists:

1. In 1930 you asked this question: *Is it possible that your theory that illness stems almost entirely from invasion of the body by bacteria, germs, and viruses, is seriously in error?* Probably 90% would have answered, "Preposterous! Our medical theories have evolved over many centuries of treating people. Modern medical science cannot be in error." Yet only a few decades later, it became recognized that most illness develops when stress and our thoughts and emotions trigger a chemical imbalance which only then allows the bacteria, germs or viruses in our body to take control. Thus in only a few decades we learned that perhaps 75% of all illness is triggered psychosomatically — and that what we had *thought* we knew was only partially correct.\*
2. In 1950: *Is there any truth in the ancient Chinese concept of acupuncture meridians at or near the surface of the body?* Probably 90% would have answered, "No, that is merely ancient superstition." Yet only twenty-five years later perhaps the majority would answer a qualified "yes." Many of this group might be found using acupuncture on their patients.
3. Today: *Is the brain the same thing as the mind?* It is likely that the majority would answer a resounding "yes." But a few who are actively engaged in brain-mind research are beginning to have doubts. Some frankly say it does not look as though we will ever be able to explain the human mind in terms of the brain.

Now, what is the significance of these questions and answers? Merely this: the human body has been under study for thousands of years, yet it is only in *this most recent instant in history* that some of our cherished concepts about the human body and its functioning have been found *to be false*. Is there any reason to think that our religious professionals (the theologians, ministers, priests and rabbis) have the final answer on life and death? Hardly! The next time you encounter one of these, ask, "Please tell me exactly what happens to me after I die."

Do not judge them harshly if their answers to questions on reincarnation are not fully satisfying. The current *explosion* of knowledge about our universe is cause for comment in, of all places,

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\*This changing trend is nicely detailed in *Beyond the Magic Bullet* by Bernard Dixon, published 1978 by George Allen & Unwin, London, Boston and Sydney.

### The Wall Street Journal:

It seems hard to realize but in my lifetime man has learned more about the universe in which he lives than in all the lifespans of all the generations that went before.

In little more than half a century we have made prodigious leaps in our knowledge about the infinitesimal particles that make up the physical world and about the powerful forces that govern the infinite space in which this world floats as a tiny speck.

Yet here is a curious thing. In the contemplation of man himself, of his dilemmas, of his place in this universe, we are little further along than when time began. We are still left with questions of who we are and why we are and where we are going.

So for all that growing knowledge we are left with the ancient cry from the Book of Job: "Where is wisdom to be found? And where is the place of understanding?\*

And apropos of our *expanding knowledge* there may be a parallel between the concepts of acupuncture and reincarnation. Both have been around for thousands of years. Until recently the medical profession in the Western nations did not believe in acupuncture and the clergy and people did not believe in reincarnation. After tens of millions of Americans heard about acupuncture as a result of former President Nixon's trip to China they started questioning their physicians. The result has been that in just a very few years, American medical practitioners have investigated acupuncture, found it beneficial and are using it.

The recent books relating to past life readings and the use of hypnosis for regression to pre-natal lives have stimulated the thinking of millions of Americans to look carefully at the subject of reincarnation. A recent study showed that perhaps twenty percent of the people now believe in reincarnation. Only time will tell to what extent the thinking of the clergy will move in the same direction.

So the fact that your religious counselor cannot answer your question should certainly indicate that neither he nor you have any basis for totally rejecting the concept of reincarnation. Generally speaking, religious spokesmen are as ignorant of the known facts of life after death as modern medical scientists are of the many factors determining health and well-being of the body and the mind.

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\*By Vermont Royster in an editorial entitled "Toward Understanding."

42. Fig. 30, the large colored diagram in the back of the book, shows arrows pointing upward from one plane to another. It also shows arrows and pathways pointing from the various planes back down to the earth plane. I suppose these latter arrows relate to reincarnation. Can you be a little more specific?

I can certainly try. Let's cut out long, wordy discourses and take the simple picture-story approach.

**CAUTION:** What follows is a highly simplified presentation of an *EXTREMELY* complicated subject which we are only beginning to understand.

In recent years as the world's raw materials have become scarce and higher in price, there has been a trend toward *recycling*. Whereas in the past we shipped vast quantities of materials to the dump or incinerator, today we have started to reclaim or recycle materials. Now we carefully gather up empty aluminum beer and soda cans and sell them back to the mill. At the recycling plant they are melted and molded into ingots. The ingots can then be used to extrude shapes for storm windows, make parts for automobiles, or more beer and soda cans. Similar recycling plants are set up for reuse of automobiles, glass containers, newspapers, shipping cartons and many other useful and increasingly valuable materials.

Has it not occurred to you that if death is the end for each of us, our Creator's plan is a very wasteful one? What in all the world is more precious than a human soul? Stop for a moment and think about yourself. Do you have any material item which you consider more valuable than your very own self -- your soul? Does it make any sense to think that an all-wise Creator is going to send your precious soul to the dump, the graveyard of your dreams, the incinerator? Has not science in this century shown us that energy cannot be destroyed -- that it can only be changed from one state or vibration to another state or vibration?

What could be more logical than the *recycling of YOUR soul?*

Therefore, if you will permit a bit of fanciful humor or a late 20th-century parable, let's consider Fig. 34, *The Original "Recycling Plant."*

Let's start our discussion at the bottom left of the diagram. Here I stand. At age 70, I have traversed much of this lifetime. I am headed for the elevator. Sometime in the years ahead I will cast off this worn old body. I will be ready for a free ride to some higher plane of being.

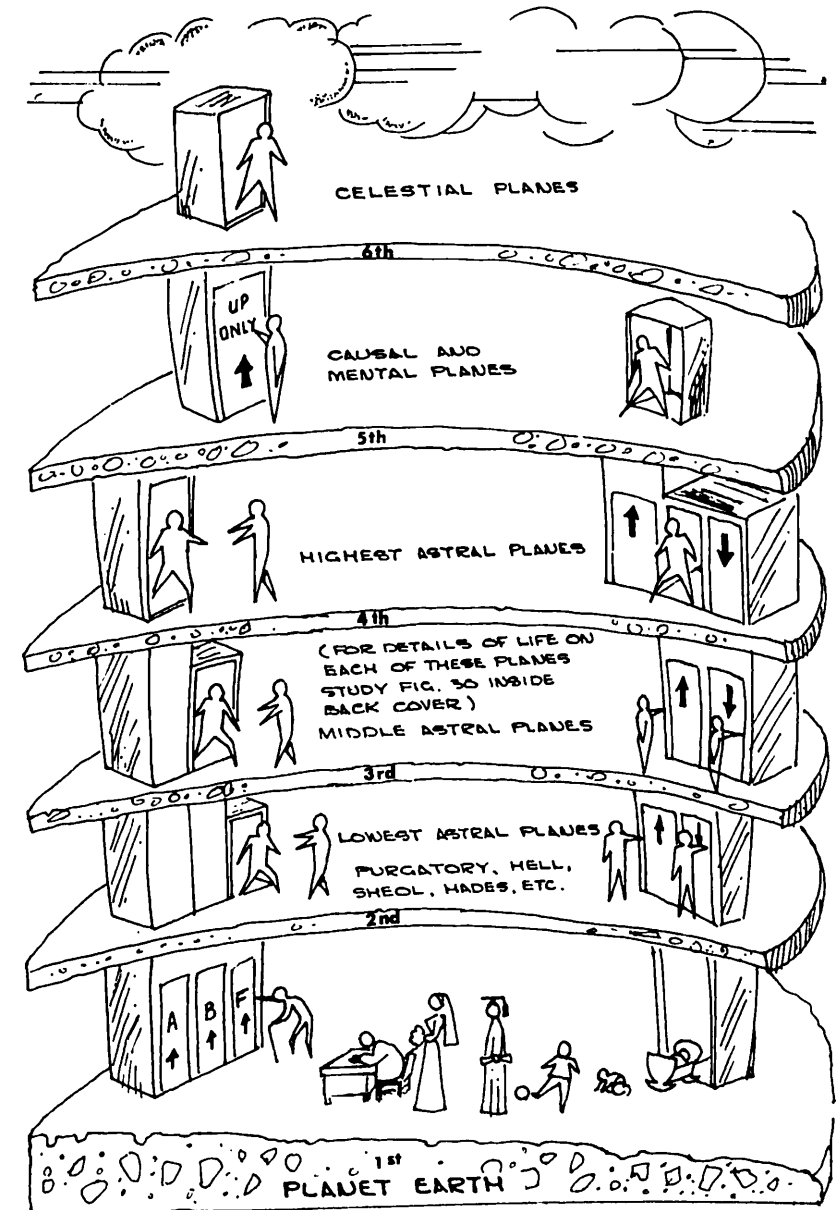


Fig. 34 — The ORIGINAL "RECYCLING PLANT"

I see *three* elevator doors, all closed. Which one of these will open and offer a ride? Well, if I have learned anything in this life I have learned that this is a world of *cause and effect*. I have learned that *nobody* can cheat or beat the rules of the game.

Hence the door which will open will be determined by the life I



have led. I, like all others, will be judged as falling into one of the three categories shown in Fig. 31. *Please take a moment and reread items A, B and F on page 127 related thereto.*

If I have failed to learn the rules which have been spelled out over the centuries by the enlightened souls who have done their best to illuminate the path to a happy, future life, I have no one to blame but myself. In the school of life I must then be judged a *failure*. I get an F on my report card for this life. The door marked F opens and I soon find myself in some very uninviting surroundings when I am kicked off at the second floor.

One who did somewhat better in learning his lessons and putting them in practice will be welcomed for a ride on Elevator B, to the third floor.

On the other hand, for the person who has been very diligent in learning and putting into practice the admonitions shown in Fig. 32, "Bingo!", door A opens and he or she takes the express to the fourth floor. (This book is not the place to describe in any detail what life is like on *any* of the five floors. That is a long story in itself.)

Now let's assume that I get only as far as the second floor. I will have three options:

- a. Stay where I now find myself—for a very long time, even centuries by earth time; or
- b. Start looking for some beings whose light shines through the gloom and who offer to lead me upward to the third floor where I can get some more schooling; or
- c. Because of my gross preoccupation with myself and burning desire to get back to my old haunts, I stumble into the DOWN elevator.

If the latter happens, I find myself again squeezed into a small physical body for still another life on the surface of Planet Earth. The recycling plant has done its job! Or to put it more crudely by using the terminology of the computer programmer—"garbage in, garbage out." I am merely back at square one and have to start all over again. In fact, if my past life was particularly hurtful of others, I may find I have some additional handicaps to carry in this new life. (For centuries the oriental religions have used the term *bad karma* to cover this accumulation of unlearned lessons.)

If a person finds himself on the third floor, the first order of business is to relax and enjoy life (see Fig. 30 for details). In principle, it is possible to apply oneself sufficiently to be qualified to get a ride up to the fourth floor. On the other hand, if the individual prefers to come again to the challenge of living and learning on the surface of this fascinating and often frustrating planet, he may eventually take the DOWN elevator back to the first floor. There is no

pushing for a decision. It is always up to the individual.

When a person finds himself on the fourth floor (having arrived by express from ground level, or the local from the third floor) he is really in for a delightful period of postmortem life. (See Fig. 30 for details.)

(One of my humor-loving friends says that in any description of the Summerland we should abandon the old phrases of "pearly gates" and "streets paved with gold." We should talk in terms of wall-to-wall carpeting, air-conditioning and celestial stereo.

This is not as facetious as it sounds. We learned in answers to questions six and thirty-two the crucial role our *thoughts* play in forming our reality in this nitty-gritty every day world. We will find that in "heaven" or "hell" our *thoughts* will play an even greater role in creating our "reality.")

Here, as always, the law of cause and effect is operating. If a person's mental and spiritual growth continues to the point of "graduating," he will undergo what has been referred to as the SECOND DEATH.

This involves *shedding the astral body* which has served as a containment vehicle; then the mind and soul can progress to the higher level of vibrations of which the next planes are composed. The person is thus *born* on the mental and causal planes.

If, however, the soul is not qualified to move upward, it has the option of remaining on the Higher Astral Planes until such time as it may decide to have another go at life on the earth plane.

Once the person arrives on the mental and causal planes he loses most of the detailed interest in what is going on far below on the earth plane. However, if because of great altruism and compassion for his fellow beings the person wishes to return for still another earth walk, this is *the last level from which a return can be undertaken*.

Much of the material in this book has come from our friends now living on the mental and causal planes. Most of these left the earth plane within the last 35 years. There is much reluctance for any of these intelligences to come back to the chaotic world of today. Some say frankly that they will wait and take a look at things in the twenty-first century. Who are we to suggest they do otherwise? They need be in no hurry.

If they continue to work and study and grow mentally and spiritually, they eventually have the possibility of taking the *local* elevator which makes the short run to one higher level — the celestial planes. Again due to the change in the vibratory levels of

matter, this involves shedding what has loosely been called the "mental body" and accepting what is known as the *final rebirth*.

Since, as I've pointed out elsewhere, modern man can hardly conceive of the level of existence on the celestial planes, we can end our effort to explain reincarnation here. *There is no recycling from this level.*

43. *Frankly, I just do not like the concept of reincarnation. I do not like the mechanical-like aspect. It is almost like being strapped to a big rotating water wheel where I come up into the invigorating air and sunlight only to be submerged again in the murky waters of life on the earth. Isn't there any way I can get loose from the wheel and escape the cycle of birth, growth, death and rebirth? Be specific.*

Yes, you and everyone can get off the wheel of death and rebirth. Here is a time-proven formula.

Do you recall the arithmetic, chemistry and physics books of a half century ago—the ones which had a set of problems and questions at the end of each chapter and a list of the answers in the back of the book? We have followed that scheme in this book. Turn again to Fig. 30 inside the back cover.

Note that near the upper right of the earth plane there are two prominent arrows pointing upward. Then note that the right arrow shows a *bypass around* the lower astral planes.

So far so good. Now observe that it is also possible to bypass the middle astral plane. So let us say that with the help of this road map you have arrived at the higher astral planes.

Let us assume that your life here is joyful, beautiful and filled with happiness, and that you continue to develop mentally, emotionally and spiritually — what our enlightened forefathers termed *growing in grace*. Someday, in the great scheme of things, you may find yourself evolved to the very uppermost levels of the higher astral. Further growth is open to you by two different paths. You can gain more experience of growth by returning and taking on a new set of circumstances on the earth plane or you can shed your astral body and become fitted to live in the more refined and invigorating mental and causal worlds. Since your question indicated that you are bent on escaping the wheel of rebirth with its constant dunkings, trials and tribulations on the earth plane, you will probably decide to push on upward in your search for fulfillment. So you

accept the second death and find yourself reborn on the causal and mental planes.

Arriving on the mental and causal planes you will find, in due course, that once more you have a choice of two paths: return again for further mental, emotional and spiritual growth on the earth plane, or shed your so-called mental body and take the one-way elevator going up to the celestial planes. (Again look at Fig. 34. You may be amused at the seemingly childish representations in this diagram, but you cannot go wrong in betting your life that that is *the way it is*.) You say, "Excelsior!" and take the final death and rebirth.

EUREKA! You have made it. Congratulations. *No longer are you strapped to the wheel of rebirth.*

Sorry. There is a catch. Recall my reference to *cause and effect*? Each of us can ride the desirable UP elevators *only* if we have *continued* to grow mentally, emotionally and spiritually. And what is the safest and most certain way to accomplish that growth? Simply by applying the precepts in Fig. 32, the nine-step staircase which has as its destination everlasting life. (If this were the conventional "HOW TO" book we could observe, "Just take the nine easy steps and become a god yourself. No need to bother with reincarnation.")

But, you ask, "Do you have any *proof* that this can be done. Be specific; give some examples — some case histories."

While in trance, the psychic Edgar Cayce described the past lives of 1,200 people in readings which were in great detail and which involved many lives for each person. Violet M. Shelley, in her book *Reincarnation Unnecessary*, analyzed these 1,200 records. She found that in 18 cases the persons were told that *when this life was finished they might choose not to return*.

What was so special about these 18 persons? You will be happy to know that they were people like you. The list included housewives, a governess, a real estate salesman, a psychiatrist, an architect, an actress, a writer, a secretary, a life insurance representative, etc. What did these people have *in common*?

From my study of the data carefully assembled by Ms. Shelley, it seems that *all had lived previously and were now living lives that had taken them far up the stairway in Fig. 32*.

Now for more specifics which confirm that you can get off the wheel of rebirth if and when you *make up your own mind that you want to*. With the aid of one of the deep-trance mediums mentioned in the first paragraph of the Acknowledgments, we discussed this subject with numerous friends we have acquired on the mental and causal planes. (The subject cannot be intelligently discussed with

any dwellers below this level as they know only what is *below* them. They lack the necessary perspective. And, since we the researchers are lacking in cosmic consciousness, our mentalities are not sufficiently developed to comprehend the perspective from the cosmic levels.)

One of our collaborators from the causal and mental level is the previously-mentioned Dr. William F. G. Swann, cosmic ray scientist, former physics professor at the Universities of Yale, Minnesota, Chicago, and Swarthmore, who died in Philadelphia, 1962.\* In discussing reincarnation with our friend Swann, he said that he has made the decision that when the current research project on which his team is working is completed, he will accept final rebirth on the Celestial planes.

A similar conversation was had with George W. Russell, the Irish writer, poet, artist and mystic known as A.E., who died in 1935. He is strongly tempted to return once more to his "beloved green isle" as he calls it. But for now he will delay the decision and see what develops during the next half century of earth time. His story, like those of Swann and many others contacted on this level, shows that it is possible to escape the wheel of rebirth. So also do the lives of the 18 persons mentioned in the Cayce readings.

Thus the answer to your question is a *qualified* YES. But we must be completely honest and say that so far our research has not turned up any formula for accomplishing this objective other than that diagrammed so explicitly in Fig. 30 and 34.

— OOO —

Several months after the foregoing "answer" was written, an incident occurred which justifies further comment. Itzhak Bentov, scientist-mystic-author,\*\* one of my closest friends, was one of 271 people who died in the Chicago DC-10 air crash. Some months before this accident, Bentov, in a magazine interview,\*\*\* expressed his thoughts as follows:

NEW AGE: In your cosmology, what about the concept

\*A preliminary copy of the manuscript of this book was submitted for criticism to H.T.E. Hertzberg, anthropologist and parapsychologist. When studying his marked-up copy of the manuscript I was interested to find the following penciled note, with an asterisk placed as above: "My brother-in-law, as astrophysicist, studied with Dr. Swann in Swarthmore in the 1930's. My wife, also a Swarthmore graduate, remembers Swann also. I even met him there myself."

\*\**Author of Stalking the Wild Pendulum: on the Mechanics of Consciousness*, Dutton 1977, Bantam 1978.

\*\*\**New Age*, March 1978.

of death?

BENTOV: The universe is an information storage system. It is a teaching and learning machine, and it's ridiculous to think that the universe is going to throw out that information that has been collected over, say, eighty years. I look at the body the way you might look at a car. You may use a car for, say, 80,000 miles and then junk it — but you wouldn't junk the driver along with the car! The driver goes on. So naturally consciousness goes on and keeps collecting information over many, many lifetimes.

NEW AGE: So you feel we just keep getting reincarnated on this planet.

BENTOV: Until we learn how the system works. The purpose of the lesson is to find out how it works, and once you know, then you're out of the system. Then you stand aside and look at the other people finding out for themselves.

Here Bentov, with his great ability to put important ideas into easily understood form, is telling us, "Yes, you *can* get off the wheel of rebirth — just as soon as you find out *how the system works!*"\*

And after all, that is the purpose of this book. When we fully comprehend the concepts in Figs. 30, 32, 33 and 34 our consciousness will arrive at the point where we have most of what we need to know about *how the system works*.

44. *We hear much about people getting "readings" of their past lives. Some of these come through mediums. Some are obtained through hypnosis. How valid are these readings?*

They have VERY little validity as I see it. My associates and I have researched this question rather carefully.

In my case I sought out seven persons in the USA and England who are said to be among the best such past-life readers. Among six readings there was absolutely no correlation, even for identical time-slots! None of these contained anything which could be considered in

\*A few of the many persons who submitted criticisms and suggestions on the early draft manuscript of this book — before the inclusion of this quotation of Bentov's views — expressed the opinion that I made it sound too easy to break the recycling system. One critic wrote several paragraphs on this subject. I feel that his views should be made available to the serious seeker and have therefore included same in the Appendix.

the least evidential or meaningful. Only one reading, said to have come from an elevated being, fell into a totally different category and three years of painstaking study of the material indicate that it has considerable validity.

The batting average or score for hypnotic regression to past lives seems to be slightly higher than the readings through mediumistic persons — but not by a wide margin. For example, some of my research colleagues regressed a number of persons and carefully recorded all of the detailed information on the purported past lives. One year later the entire activity was repeated. *Not one item was the same!* (The fantasy-creating capability of the human mind is staggering.)

Let me make my position clear. *Past life records are a reality.* Everything that ever happened, every thought ever held, every word ever spoken is permanently embedded in the fabric of the cosmos—on the Master Recording Tape, if you want to call it that. But very few souls on earth today can easily and accurately tap this material and operate the retrieval system so as to get an accurate and precise readout of the data.

In 1974, twenty-eight years after his death, Edgar Cayce purported to express his present thoughts on this subject of past life readings. As reported in the book *Edgar Cayce Returns*, by Robert Leichtmann, M.D., and David Kendrick Johnson, 28 years after his death, Cayce had this to say of his latest thoughts on the subject:

Past life reading is a relatively rare gift. There are maybe twenty people in the United States who can really do it, although there are many more who say they can. I believe there are only four on the West Coast at the moment, in spite of the fact that it looks like thousands. Most of these other people are making something up. I am talking in particular about people who have perhaps four standard plots which they give out to their clients, with only little shadings of difference.

It would be interesting for someone to go through your records or David's — or even mine. It would be seen that no two life readings are the same, and that each reading is helpful to the client. There's always a helpful reason why the client is being made aware of this information — it's not just another pretty story.

But when you begin to find a pattern of similar plots in a psychic's file of past life readings, then you begin to realize that perhaps this psychic is behaving in a way that's not quite proper.

I would like to add, too, that there are several games on the market which purport to help people remember their past lives. They are almost entirely worthless. The people who developed them are really not what they pretend to be. As a matter of fact, the two people I am thinking of at the moment are knowingly fraudulent. They are after the aggrandizement of their bank accounts.

Thus, in view of the scarcity of mediums who in fact *do* have the ability to use helpers in the realms of Spirit to tap the Akashic records, and in view of the vast amount of deception — self and otherwise — surrounding the use of hypnosis for past-life regression, my personal advice for anyone who cares to take it is, "Forget about trying to pull away the veil. Start in *right now* to concentrate ever more sincerely in building into THIS life the tenets set forth in Fig. 32."

45. *I have had intelligent pets with wonderful personalities. What happened to them when they died?*

A *long-cherished pet* is just as certain to survive death of its physical body as you are. Cats and dogs have provided a substantial amount of evidence on this point over the years. There are even well-documented cases of the survival of pet monkeys and favorite horses. If the survival of well-loved pets were not a fact, "heaven" or the afterlife would be a less happy place for animal lovers all over the world.

Unlike man, the lower animals do not normally possess individual souls. Each species has what is known as a group soul. All wild animals and animals raised by man for food return to their respective group soul upon death of their physical body. However, it seems that a domesticated dog or cat which becomes a pet takes on a certain individuality from its very personal association with its master. According to Barbanell and others it seems to develop a *humanness* as a part of the friendship which it did not formerly possess.\* It may be a part of man's contribution to the evolutionary scheme to confer this attribute on those animals who come within his care.

It could be this quality which determines the survival of a beloved pet. Beyond the grave the domesticated animal will not continue the process of perfecting its individuality but will return ultimately to the group soul of its species. But for all animal lovers, yes, when you come to your next life you will find your favorite pet waiting.

\*Barbanell, Maurice. *This is Spiritualism*, Spiritualist Press, London, 1959.

46. *Those who believe in reincarnation talk a lot about "karma." Is karma good or bad? What is karma?*

Many lengthy books have been written on this subject. I'll try to keep it simple.

This universe seems to run on two tracks labeled CAUSE and EFFECT. In my daily life I carry out activities which help or hinder my mental and spiritual growth and that of others. These actions by me are labeled *causes*. The results of these actions are called *effects*.

If my actions are beneficial and help me or my associates or family to grow mentally and spiritually, the effects will be good. This is called good karma. If the actions hurt my mental and spiritual growth or that of others, they are called bad karma.\*

A day of reckoning comes for each of us. It is as sure as the proverbial "death and taxes." My good and bad actions will be considered in determining which of the three astral planes will be my new home.

Being human, we each generate good and bad karma. As in the game of baseball, it is the *batting average* which counts. Hence it is prudent to try to store up far more good karma than bad.

(I'll be honest and acknowledge that this concept is not universally accepted. There are those who think that no matter how greedy, lazy, dissolute, jealous and hateful a person may be in this life, all such actions are forgiven, and a life of eternal bliss awaits the saint and the sinner alike. As the evidence shows, however, such thinking is unfounded.)

47. *I might want to look more deeply into what people around the world have thought about reincarnation. Where can I find the best source of information?*

Just as I finished writing on reincarnation and constructing the diagram in Fig. 34, a friend lent me *Reincarnation: The Phoenix Fire Mystery*, by Joseph Head and S. L. Cranston.\*\* If I had had this book thirty years ago, it would have greatly speeded up my own research.

\*A reader well versed in the eastern religions and/or Theosophy may think that this is an excessively simplified discussion of good and bad karma. It is intended as such. There is reason to believe that much of the traditional concept of karma is as distorted and non-productive as are many portions of the dogmas and creeds of the various religions. Discussions with present occupants of the mental and causal planes indicate that until man evolves sufficiently to understand the true nature of karma and the whole reincarnation process he will do well to stick to basics.

\*\*Published by Julian Press/Crown, 620 pp., 1977; \$10.00.

It is by far the finest summary I have found of the centuries of East-West dialogue on death and rebirth from the worlds of religion, science, psychology, parapsychology, philosophy, art and literature and from great thinkers of the past and present.

It is gratifying to learn that what I have presented in this book on the subject of reincarnation is in no way contradicted by this monumental study by Head and Cranston.

48. *Now a final but very important question on reincarnation. Let us say that I accept the concept of reincarnation. Will such a belief assure that the quality of my life will be any better here — and hereafter?*

An emphatic — in fact — a most resounding NO!

Did the *beliefs* of the Crusaders who swept down through Europe to Asia Minor cause them to refrain from ruthless slaughter of 80,000 of their fellow human beings in just one of their many battles?

Did the *beliefs* of members and leaders of the Church in Europe prevent the infliction of the most horrible torture and death on many unfortunate people during the Inquisition?

Have the religious *beliefs* of the millions of people who make up our Western Civilization prevented us from trying to exterminate each other in two devastating wars just in my lifetime?

Of course not — even though all such actions were totally at odds with the basic teachings of love and compassion which form the very core of such *beliefs*. Why should we expect that *any* belief — even a belief in reincarnation — will automatically be translated into a better life for those who hold such a belief?

In the very nature of things even good beliefs are of value only when through *constructive action* they are translated into deeds which enhance and glorify life.

As an example, consider southern Asia where reincarnation has been actively embraced for more than two thousand years but has often been mis-used. Religious and secular leaders have repeatedly used it to keep the masses under control. Hundreds of millions of believers in reincarnation in both the past and present have used it as a crutch or an excuse to refrain from putting forth the effort to grow mentally, emotionally and spiritually and thus better their animal-like lives. It is all too easy to rely on the explanation that *present* life problems are a result of bad karma carried over from previous lives — and that one must be content with life, no matter how miserable.

What folly. What loss of God-given potential. Practicing a belief

in reincarnation — in the recycling of the human soul — should result in an effort to surmount life's present problems victoriously and thereby accumulate a supply of good karma.

Failure to use the belief in reincarnation *constructively* is not confined to the people of southern Asia. As I travel throughout the Western world I am appalled to see how a very small amount of *misinformation* about reincarnation cannot only spoil the quality of a current lifetime — but also create problems that will have to be solved sooner or later in future lifetimes. Olga Worrall, world famous healer and participant in healing research as reported in the answer to question 38, travels almost constantly meeting with individuals and large groups. She recently expressed her opinions on this subject in a personal report to me, a portion of which follows:

As I travel here and abroad I am shocked and dismayed at some of the things that are happening to people because of false teachings about reincarnation. I have met dozens of St. Pauls — and I can't even begin to recall how many St. Johns I have met — as well as the mother of Christ. These phony pastlife readings are causing the breakup of many families — with immoral behavior stemming from the concept of "soul mates." Let me give one example.

I have just been asked to help in the case where a man, aged 45, at the peak of his career, met a divorcee at a party who told him that she was an expert on "life readings." She proceeded to disclose that she and he are "soul mates" and that they must immediately take up life where they left off in the last incarnation. Result — the man moves into her home; she has a six year old son; he has a lovely and loving wife and three children; he cannot understand why his wife objects; after all, his "soul mate" must come first!

When the man's mother appealed to the woman to think of the lives of the four children, the woman's answer was, "We have absolutely no responsibility for these four children. They chose to be reincarnated into such a family situation, and they will just have to live with the problem. This is their karma."

Mrs. Worrall concludes:

At the New Life Clinic in Baltimore, Maryland, we have many such people whose lives have been broken up by "soul mates" and "life readings" — and by many who think that their specific illness or poor health is a required carry-over from a past life. With this latter category we in most cases find that their illness stems directly from emo-

tional stresses and strains *in this current life*.

Because of many similar experiences encountered in my own travels I have pondered as to why a person's life can get so messed up — and what can be done to avoid such happenings. I have concluded that at least two main factors are involved. First, there is no fully authenticated bible or handbook that sets forth the true facts on reincarnation. Second, even if such a bible or handbook existed, many people would fail to put its principles to work in their daily lives. The examples of the Crusaders, the Inquisitors and the instigators of the wars mentioned earlier are examples of this factor.

As to the lack of a "Reincarnation Bible", we find that none of the Theosophical books, none of the Steiner or Bailey books and none of the many books on occult lore presently treat the subject in the clear and easily understood way that the spiritual teachings of Buddha and Jesus are set forth in the Eightfold Path of Enlightenment and in the central teachings of Matthew, Mark, Luke and John.

This leaves a person in the situation where, "A little knowledge is a dangerous thing." As Professor William A. Tiller of Stanford University has remarked, "We have many indications that nature does a recycling job on the individual human soul and that reincarnation is a fact. But it seems that our present level of ignorance regarding the workings of the cosmos is such that we really cannot comprehend more than the merest outline of a theory of reincarnation. Hence we should refrain from any attempt at day-to-day interpretation until we know vastly more about this subject than we know today."\*

It is in an effort toward taking the first step at eventually creating the much needed "Reincarnation Bible" that friends in the worlds of Spirit and I present herein Fig. 30 — Interpenetrating Levels of Life and Consciousness, and Fig. 32 — The Proven Path for Individual Soul Development.

But until others, working on both sides of the veil, carry the work much further, it is well to put aside all such concepts as "soul mates" and look upon "life readings" as intriguing mysteries that have absolutely no significance for guiding one's daily life. For now, the material embodied in Figs. 30 and 32 will — IF PUT INTO PRACTICE — assure a better life now, and hereafter.

\*Of course my personal research has influenced me to include this statement. It is hard to overlook or explain away the fact, as mentioned in the answer to question 44, that readings of my purported past lives by six highly recommended persons in the U.S.A. and England did not agree with respect to *even one lifetime*.



49. *I have read that Friedrich Jürgensen in Sweden, Constantine Raudiv in Germany, William Welch, Attila van Szalay and others in the USA have recorded words spoken by persons known to be dead. Is there any truth in these reports?*

Yes, but . . .

As with so many aspects of the serious research into the almost unexplored realms of the lower worlds of Spirit, it is necessary to be constantly on guard and try to separate the wheat from the chaff.

Up to this time, the overwhelming majority of such words or sentences purported to be coming from other planes is so weak that only one who has spent months trying to attune his hearing can distinguish the words from the background noise or sound which is a necessary part of the energies involved. This naturally results in much of the material being subject to misinterpretation.

There is also another problem. It has been found that bits and pieces of the experimenter's own thoughts can be impressed on the recording tape.

To date only a very few researchers have obtained sentences or groups of sentences which are so distinct that ten people listening to them can agree on what it is that they are hearing.

Even so, as a result of our investigations in Germany, France, England, Canada, Sweden and the USA, and based on *our own laboratory research*, we make this unequivocal answer to your question: "Yes, it is true that two-way communication has been established with persons in the world of Spirit."

50. *You mentioned that Edison, Marconi and Tesla tried to invent devices to enable direct communication with the worlds of Spirit and that other inventors today are working on the problem. Of what importance would such a communication system be?*

A good friend, a psychiatrist, recently raised the same question. She said, "Why should I want to talk to Uncle John? I couldn't abide him in life; why should I want to talk to him now?"

No, the inventors have a goal far, far beyond that of merely talking to Uncle John. A person living in the middle astral plane spoke in 1917 through a materialized voice box near the head of Emily S. French in Buffalo. This person, as reported in *The Dead Have Never Died*, gave these reasons why such a device should be perfected.

I will briefly call your attention to a few of the most prominent of the beneficial results which will flow from spiritual intercommunion. It will settle the important question, "If a man dies, shall he live again?" It will reduce the doctrine of the immortality of the human spirit to certainty, so that

the world's knowledge of the fact will not be the result of a blind faith, but a positive philosophy. It will show the relation existing between mind and matter; it will make men thinking and rational beings. It will establish a holy and most delightful intercourse between the inhabitants of the terrestrial world and the departed spirit friends. It will expand and liberalize the mind far beyond your present conceptions. It will fraternize and unite all the members of the human family in an everlasting bond of spiritual union and harmonious brotherhood. It will establish the principle of Love to God and your fellows. It will do away with sectarian bigotry. It will show that many of the so-called religious teachings are but impositions on the credulity of mankind.

In New York City in 1935, a spirit named William Brandon used the automatic writing ability of Edith Ellis to write a book (*Open the Door*) for the specific purpose of trying to raise money to finance research aimed at developing a communication system. He said,

Mediumship in all of its forms is a crude makeshift which we must use until your engineers perfect a mechanism we can use automatically. This is possible and will doubtless be the next step after television.

You are not fools. You are within a short distance of two extremes — annihilation or illumination. If you will spend the time and money in seeking to reach us that you now use in developing some of your military devices, you will soon give us a device for communicating with you.

Now in 1979, we are even closer to the awful alternatives of annihilation or illumination. Those of us who are working diligently on the attempted development of such devices feel that far more is at stake than trying to "talk to Uncle John."

51. *Immortality and eternal life certainly appeal to me. How can I comprehend such a mind-stretching concept?*

Locked into our little individual lives as we are, it seems almost presumptuous to think that we are made of the same stuff as God our Creator. But that is the truth of the matter.

We have no trouble thinking that God will be alive for ages to come. Therefore, if we think of ourselves as being some small part of Him, we can visualize more effectively that we already have eternal life. Stop thinking of *eternity* as something in the far-distant future. You are living in eternity *now*. Eternity is this instant, the next instant and so on forever. You are *already* living in eternity. After all,

## YOU CANNOT DIE!

52. *ONE FINAL QUESTION: Of all of the messages received from all of the persons you have contacted in the worlds of Spirit, can you single out the one which is a most fitting conclusion to Part IV?*

Yes. William Brandon dictated four books through the mind and hand of Edith Ellis of New York City during the period 1935-1956. In 1935, Brandon gave his credentials in *Open the Door* as follows:

I was killed in 1132 in France, again in 1373 in England, and once more I fell by the sword in 1647. I was too weary to incarnate again until 1762, when, like many other adventurous spirits, I wished to try life in America, a life of free democracy. The New World was for me only a soldier's grave. No use of my heart or mind was made on Earth for six centuries. Whatever I have made of myself as a thinker was accomplished here. I hope to incarnate once more, but only when an Age of Reason arrives. How far distant that time seems now!

Here is the Brandon statement which I single out as a fitting and helpful conclusion for Part IV:

**THERE IS NO DEATH**

*That is the key to what you have to learn in the years to come on Earth. You are all preparing to end your lives with bodily death. You have made no preparation for going on with existence. Most people, if they do have a belief in immortality, have such a fantastic idea of what it will be like that they are not making plans for anything but an eternity of idleness and some singing, for which they perhaps haven't the least talent.*

*What a picture!*

*Here we are far more interested in getting on with life than you are. We see our wasted incarnations and wish we might have been sure of life after death. We could have fitted ourselves to meet it had we known what we know now.*

**Afterword: Endless Horizons**

Having just finished reading the question-and-answer pages, you may feel like the person who came out of a mind-stretching meeting and humorously remarked, "Well, I'm *still* confused, but now I'm confused on a *higher level*."

I hope you're not confused on a higher level, but just in case, I'll take these final few pages to spell out simply what the significance is of these new and greatly expanded insights into life after death.

As I said in the opening pages, what you learn about life after death will turn out to be a tool for seeking *within yourself* for the CONSCIOUSNESS which people call GOD. To be specific, the evidence herein presented on life after death does these things:

*It confirms the main outlines of ancient religious teachings as preserved in the great religious writings.*

*It strips away centuries of supersitition, dogma and creed that have gathered around the gold core truths of those traditions.*

*It provides, for the first time, a rational basis for the religious beliefs concerning survival.*

*It shows that the present philosophy of science — materialistic and mechanistic — is incomplete and must be overhauled if it is to keep up with what the method of science is revealing.*

*It gives renewed emphasis to the quality of living here and now.*

*It shows that the purpose of life is to continue your mental, emotional and spiritual growth, and finally*

*It gives a factual basis for understanding that when you "pass over," the conditions you will find yourself in when you awaken on your next level of existence will be a direct result of the life you lived on the earth plane.*

The implications are, of course, enormous — sweeping. They necessitate, for example, tremendous changes in our present theories and practices for treating both physical and mental illness. They do the same for our existing political and social structures, and for *all* religious creeds, not to mention the whole economic industry built around funerals and life insurance. But I won't go into any of these aspects here. They would require at least several additional volumes! Instead, remembering my initial promise to keep matters simple, I'll stick to outlining what these new horizons mean for you



and me *personally*.

*There will never be a better world until there are better people in it. Since society is composed solely of individuals, major changes in individuals will be reflected in civilization as a whole.* Therefore, the important thing at this point is to consider a better *means* for achieving major changes *individually*.

Since I have already shown that scientific research into life after death has confirmed the core truths of the great spiritual traditions, it behooves us to pay attention to what those traditions have to say about "better." In my judgment, two points stand out.

First, all of them have some form of the Golden Rule. What Christians learn as "Do unto others as you would have them do unto you," members of other faiths also learn, although the language differs slightly. Whether it be Judaism, Buddhism, Taoism, Confucianism, Jainism, Zoroastrianism, Islam, Hinduism, or Sikhism, the same idea about *how to relate to others* is at the heart of each ethical system or program of self-improvement. In all cases it is the basis for a happy life.

If the first point offers a simple rule to govern our relations with other people, the second point does the same for our relations with our Creator — our God. Since God is ALL — omnipresent, never apart from us — we do not have to die in order to know the reality of His many mansions in which we live *simultaneously* during life on the earth plane.

I've shown throughout this book that your astral body — your butterfly body, if you please — can and does travel while your physical body is asleep. Some persons, in a meditative state, learn to visit the various planes or levels of the diagram I have called the Interpenetrating Levels of Life and Consciousness, Fig. 30. You don't have to wait until death of your physical body. Ordinary psychics regularly go to the *lower* levels. Extraordinary psychics such as those I have been working with go into the *higher* levels. The truly enlightened, however, have become familiar with *all* levels, from the lowest to the very highest, and have realized that those levels are present within us **HERE AND NOW**.

This enlightened condition is rare, of course, and has been limited to a mere handful of sages, seers, mystics, prophets and holy men — people who reached levels of cosmic consciousness while still in the flesh. What they tell us is that their condition is possible for US too — you and me — if we were genuinely set in our hearts and minds on having God, not ego, as our center of self.

Moreover, they have often condensed their experience into systems designed to help people in their quest for God. These spiritual systems provide efficiency and security for the unwary

beginner. Their essence is not a moralizing lecture on good behavior, but rather a *method* by which one can experience personally a deepening of wisdom, a growth in character and a realization of higher values in life. ALL of these systems have some form of prayer and meditation as a major part of the discipline involved.

Why meditation and prayer rather than psychic development? Why the emphasis on spiritual growth rather than, say, becoming a deep trance medium?

With all due respect and love to my good friends, the mediums and psychics in many countries who have assisted in my research over the years, I must say that there are inherent limitations and shortcomings in psychic development. It is no substitute for spiritual growth. Those who follow and teach the spiritual traditions have recognized this for the past three thousand years.\* They are quite familiar with the pitfalls. Therefore they have placed injunctions on students not to pursue psychic abilities because they are obstacles to a full flowering of a consciousness rooted in God. Psychic talents are often spectacular and alluring, but they are by no means always satisfying. (For instance, one of my dearest friends has been a superb psychic for more than fifty years but now in old age greatly regrets having failed to seek what the Apostle Paul two thousand years ago referred to as "fruits of the spirit.") Without concentration on an ethical foundation, and without wisdom to apply such talents properly, great harm can come to the psychic and to others. When one fails to open himself first to God, the seeking of psychic abilities all too frequently leads into self-aggrandizing power trips.

Prayer and meditation, however, have the effect of dissolving the ego—the petty little personal self that wants to remain in control and "get the glory." And as ego goes, the light and love of God shine forth more and more clearly so that the personal becomes transpersonal. There is an outreaching, a selflessness, an all-embracing attunement with the human race and all creation. The "other side" becomes more and more integrated into your awareness in *everyday waking life*, not occasional transcendental states. The various "levels" then become perfectly obvious aspects of the single Reality which is none other than **HERE AND NOW**. You can learn to tap daily the wisdom of the astral and higher planes without waiting until you shed your present physical body.

It is no accident that society's models of the fully-developed human being, the worthy examples, have included many saints and

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\*Buddhism is 2,500 years old; Yoga more than 3,000 years old.

holy people. They have been revered for many reasons: their compassion, devotion, inspiring words of wisdom, their service to the world, *their lack of fear about death*, their tranquility, their peace of mind and heart in the face of circumstances that for most others would be extremely stressful, if not overwhelming.

What has been their secret? Each of them, in his own way — arising from his particular tradition — has discovered the truth of the sayings, “Let go and let God,” and “Thy will be done.” *A sense of the infinite* replaces the usual narrow self-centeredness, the personal becomes transpersonal:

Their secret — and the message of this book — was captured in only four lines by R. W. Raymond (1840-1918):

Life is eternal;  
and love is immortal;  
and death is only a horizon;  
and a horizon is nothing save the limit of our sight.

On the front cover of this book I made a promise to answer your questions about life after death. It is hoped the blueprint of immortality, the many illustrations and the questions and answers have helped to expand the limit of your sight and open new horizons. Further study of these resources will reveal evermore breathtaking horizons — in fact *endless horizons*.

If you will once again turn to Fig. 30 inside the back cover you will see that *endless horizons* is not an empty phrase. Far from it. This glorious rainbow reminds us that each individual life can be one of continuing mental and spiritual growth, personal satisfaction, excitement, well-being, love, accomplishment and freedom from physical ailments and limitations far, far into the future.

Now you should be able to understand that you are *already* living in eternity. YOU CANNOT DIE! You live forever. The *quality* of life, however — here and hereafter, depends on YOU.

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The libraries of the world contain thousands of books which relate to life after death. The following listing is representative only.

For the convenience of the reader who may want to seriously pursue a particular aspect of the subject this sampling of books has been listed under these headings:

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2. Communications through Mediums
3. Deathbed Experience
4. Direct Voice
5. Electronic Communication with the Dead
6. General
7. Materialization (solid ghosts)
8. Out-of-Body Experiences
9. Obsession and Possession
10. Philosophic Speculations Regarding Life After Death
11. Reincarnation
12. Spirit Photography

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## ABOUT THE AUTHOR

As a teenager, George Meek began a study of the world's great religions. Being of a scientific bent, he began early to follow the Biblical admonition "to seek, to knock and to ask." He sought to get answers to questions about God, about man's relationship to God, about heaven and hell, the purpose of life and the possibility of life after death.

His professional career was largely devoted to industrial research and development in the USA and in Europe, to which he made more than forty trips for this purpose. This work was paralleled with extra-curricular reading in the fields of medicine, psychiatry and psychology.

At age 55 he decided to get into a position to terminate his professional career at age 60 and spend the remainder of his life on self-financed research into the basic nature of man. To make this possible he utilized his knowledge of the mind to turn on his own creativity. In the next five years he made a series of inventions which his clients patented in 13 countries.

At age 60 he embarked on an intensive full-time library and literature research program and worldwide travel to locate like-minded researchers. He developed working contacts with several dozen medical doctors, psychiatrists, psychologists and scientists in many disciplines. He organized and led teams of these colleagues to travel to various countries for research purposes.

The first fruit of this collaboration was the book *Healers and the Healing Process*, co-authored with fourteen of his colleagues living in six countries. This book is said to be the definitive book on the subject.

Now, fifty years after embarking on his search for answers to life's greatest mystery and after ten years of full-time worldwide studies, he is happy to share the findings in AFTER WE DIE, WHAT THEN?

In order that he and the younger researchers who follow him can push further into *human dimensions research*, Meek has organized and manages METASCIENCE CORPORATION. This activity will permit still deeper exploration of man's energy fields and interpenetrating space-time systems.

## APPENDIX

- A. Additional information on the nature of "time" in the worlds of Spirit
- B. Supplementary comment on reincarnation (Robert R. Leichtman, M.D.)
- C. Related Metascience publications

### APPENDIX A

#### Additional information on the nature of "time" in the worlds of Spirit

The answer given to question #30, *How is time measured on the planes which make up the worlds of Spirit?*, was very elementary. The true situation is so far beyond the comprehension of lay readers that we sidestepped some of the complexities. For the more technical or scientific reader the following may be of interest.

#### Background

Several times a year for the past seven years the electronic specialists connected with METASCIENCE ASSOCIATES have utilized the services of two of the most capable mediums who have been discovered by searches in this country and abroad. These sessions have been for the purpose of discussing our research efforts with a team of former scientists and inventors now residing on the mental and causal planes. The team in the worlds of Spirit was organized and is directed by Dr. W. F. G. Swann, who in the 1950's was reported in WHO'S WHO IN SCIENCE as follows:

SWANN, William Francis Gray, physicist; b. Ironbridge, Shropshire, Eng., Aug. 29, 1884; s. William Francis and Anne (Evans) S.; student Brighton (Eng.) Tech. Coll., 1900-03, Royal Coll. of Science (London), Univ. Coll., Kings Coll, City and Guilds of London Inst., 1903-07; B.Sc., London, 1905, D.Sc., 1910; asso. Royal Coll. of Science, 1906; hon. M.A., Yale, 1924; hon. D.Sc., Swarthmore Coll., 1929; hon. F.T.C.L., London, 1936; Litt.D. (hon.), Temple U., 1954; m. Sarah Frances Mabel Thompson, Aug. 14, 1909; (dec. 1954); children — William Francis, Charles Paul Sylvia; m. 2d, Helene Laura Diedrichs, Dec. 23, 1955. Came to U.S. 1913. Chief Phys. div. Dept. Terrestrial Magnetism, Carnegie Instn., Washington, 1913-18; mem. faculties U.Min., U.Chgo., Yale, 1918-27, dir. Sloane Lab., 1924-27, also chmn. advisory research com. Bartol Research Foundation of Franklin Inst., 1924-27, dir. same, 1927-59, dir. emeritus, 1959-62, sr. staff advisor Franklin Inst. Labs. for Research and Development, 1945-62. Fellow Imperial College of Science and Technology (London, Eng.), Phys. Soc., London, Am. Physical Soc. (v.p. 1929, 30; pres. 1931-33); mem., sometime officer, numerous profl. assns. Mem. bd. dirs. Phila. Musical Academy, chmn. 1951-58.

Recipient Elliott Cresson Gold Medal, Franklin Inst., 1960. Author: *The Architecture of the Universe*, 1934; (with other) *The Story of Human Error*, 1936; *Physics*, 1941. Contbr. to study cosmic rays, atomic structure, relativity, and atmospheric electricity. Died 1962.

Of course, in keeping with the Biblical admonition to test the Spirits to see that they are who they say they are we established in 1972 that our communicator was in fact the man referred to in the above biographical sketch. This was made easier in the case of Dr. Swann because as reported in our answer to question #20, one of our team members, Melvin Sutley, had been a very close personal friend of Dr. Swann. The Swanns and the Sutleys both lived in Philadelphia and had the closest of friendships. Melvin, who died in 1977, was the first of our research team members to make the transition.

After reading the above biographical sketch, the reader might say, "This certainly shows the intellectual level Dr. Swann reached during his recent stay on the earth plane. I wonder on what level of Fig. 30 he is now functioning?"

We have contacted Dr. Swann many times during the past seven years and have had many hours of discussion. He has told us that since his death in 1962 he spent only a short time in the level of existence we have colored yellow (in Fig. 30) and is now at the upperboundary of the levels we have colored green. He tells us that he is almost formless and is largely pure mind. He is the organizer and leader of a large team of scientists, philosophers, mathematicians and inventors, most of whom passed over within the last fifty years. Dr. Swann has already made the decision that upon the completion of the project on which his team is now working, he will accept the "final rebirth," shed his mental body and move into the levels above.

Our most recent session was in July 1979. My associates and I had carefully composed six questions for submission to Dr. Swann and his associates — questions which had an important bearing on decisions we were facing on the design and operation of some very sophisticated electronic equipment. Here is a portion of the transcript of our session through the medium.

GEORGE: All right, question number five: Can your energy be made to interact with a stream of electrons in a vacuum tube such as a cathode ray tube or in a traveling-wave antenna?

SWANN: If so, it would have a scattering effect. A wave guide as we understand it would possibly be the better equipment to work with than the cathode ray idea. We do *not know* if it would interact with that but we believe it would.

GEORGE: And the sixth and last question, of a somewhat different

nature. First, by way of explanation, we speak of the vibratory nature of all creation. To identify vibratory rate you and we speak of higher and lower frequencies. Yet you and other communicators have told us that there is *no* time in your dimension. Therefore this question: How can we discuss "frequency" and "frequency stability" without a time base? The word frequency denotes cycles per unit of time. Yet you say you have no time in your dimension. How is it possible to discuss vibratory rates and frequencies independently of time?

SWANN: [chuckling] We feel that there is a great deal of misunderstanding in this area. Our lack of time relates to days, hours, minutes and seconds such as we knew on the physical plane. Our area of dimension is a *type of frequency* in itself. The vibrating energies here are those which comprise that which we are, vibrating energies which we are. They even now comprise a portion of your own being but you will experience them more fully after you lay aside the physical body and lose the connection with your present etheric body and astral form and frequency. So that is the nature of "dimension of being" — that which is at a higher frequency.

On the physical plane atoms are in motion and are vibrating at such a high rate that although there are great spaces between them, the surface actually appears to be solid.

Here the spiritual atoms far outnumber your physical atoms and are vibrating and interacting with each other at a far greater rate than on the physical plane or on the astral plane. They are also somewhat different in composition. It is what many others have called "finer matter," because all energy is matter in some form or another.

This energy which comes into our area from other sources functions according to the numerical atomic numbers governing such energies. They are different from those on the physical plane inasmuch as they *are not measured by time*. They are not measured by so many vibrations per second. They are composed of extremely fine substance which does not follow the laws of the physical plane. In making the transition from the physical plane a person must go through an intermediary area which is known to many on the physical

plane as the astral world or the "summerland" and comprises a number of areas where vibration changes, or the nature of energy changes.

At last on the upper planes, the being dies or lays aside the astral body much as he laid aside the physical body and proceeded in a body of finer matter on into the area where we now live.

The energies which come into this area are from a great — a much greater being, and one who has evolved far beyond the imagination of most beings upon the physical plane where you now reside. This energy is a pure light and as it comes into our area it becomes differentiated. *This* is the energy that we use. It is not possible to find words to describe it.

We have said "frequency" several times because it seems to fit that which we work with but it is not frequency measured in days, hours, minutes or seconds. There is very little with which to describe this energy. Let us say that it is very fast. It comes in *spurts*. So far as our measurements are concerned, it could be slowed down if we could get it to be constant. We could possibly hope to compress it into a more solid beam that would provide exactly what we are looking for: a carrier for voices.

We would desire to use this because of our plans to place these instruments in many dimensions, in each of many dimensions in the world of spirit. We thought that since this energy comes into many of the higher dimensions it would be more native than anything else that we could plan to use.

Perhaps I have not made it clear that to us frequency is that which we can *see*, which we can *feel* or which *affects* us in any way. It has no magnetic qualities. It is a pure energy although tinged with the rate of atomic energy existing on our plane. One cannot now measure it in any way. You express a vibration in giga hertz and we say, "Yes, it is akin to that."

We have no true measurement here. We have a name for it but we have no true measurement that you would understand. (And I can already hear your associate Paul saying, "Try us!") It is only a term, just as your term "giga" hertz was coined to name something which previously had no name. So that is what we have done here, coin a term for what we are working with.

GEORGE: All right, we will be glad to share this tape with Paul, Hans and Will. This is the extent of our questions. If there is anything else tonight, Dr. Swann, that you or one of your teammates wish to share with us . . .

SWANN: Yes, we have two new arrivals in our midst, Melvin and Margaret. [Note: The continuation of this transcript involving the Sutleys was presented in the answer to Question 20 in the text.]

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From these comments by a scientist with the qualifications of Dr. Swann, it is obvious that we earthbound mortals, locked as we are into our little three-dimension sequential-time system, cannot explain the workings of the Cosmos within the framework of what we now know of the electromagnetic spectrum.

## APPENDIX B

The footnote at the close of the answer to question #43 promised cogent paragraphs excerpted from one of the critiques of the early draft manuscript:

You make several statements about reincarnation that sound a bit too permissive to me. I have never found that the personality (which is what survives physical death initially) can make simple choices such as "to go on the causal planes or reincarnate." If that were the case, I doubt that more than a very tiny percentage would ever return to the earth plane. While free will and the development of wisdom to choose wisely are objects of incarnation, this free will choice rarely would extend to deciding whether or not to reincarnate. The soul, in the average person, is impelled to reincarnate again and again because there are magnetic ties which keep pulling it back to earth again until it is complete. There are various laws of Karma (or call it Universal Law if you like) which demand this. It is unfortunate that the surviving astral personality and even the surviving mental essence of the personality would like to believe differently, but this is usually not the case. *Evolution of consciousness and working in service are the rule in most cases.* Many can stay a long time on the inner levels working toward that, but there is often unfinished business in the life of that soul — business that can only be worked out here in the earth plane. There is a certain "magnetic" appeal that this unfinished business applies to call people back into incarnation.

I have seen the tomes that are written by people who get overheated with the notion that God is a Loving Father who would not permit his children to suffer, so "of course He would not make us come back here!" Unfortunately, some lessons are a bit painful, but are necessary anyway. Every good parent feels some anguish at times when his own children fight to stay home from school or fight to stay away from the dentist or rebel against getting cleaned up and doing their chores, but the long term progress of their children toward maturity demands that parents discipline their children to ensure their progress and to avoid creating a monstrous and childish mess which demands indulgences and has temper tantrums during the adult years. When the life of the personality gets too strong, it often tries to speak for the spirit within and

begins to make up a self-serving concept of God that is something resembling a Santa Claus who is either showering a lot of gifts on "nice" people, or not quite so many on "bad" people.

While it is true that a lot of difficulty and immaturity does get worked out after passing over, many new talents are acquired, many insights gained, etc. All of this is often much like a lawyer who learns a lot of stuff in law school but still hasn't practiced any of that in a real life personal practice out in the field. These insights and that compassion, talent and harmony must be grounded, eventually, in the physical plane. That is the way new light enters the physical plane and the collective humanity is enriched. Escape to heaven, however desirable, is not always possible except for short bursts between lives. Not liking that idea has nothing to do with its reality.

— Robert R. Leichtman, M.D.

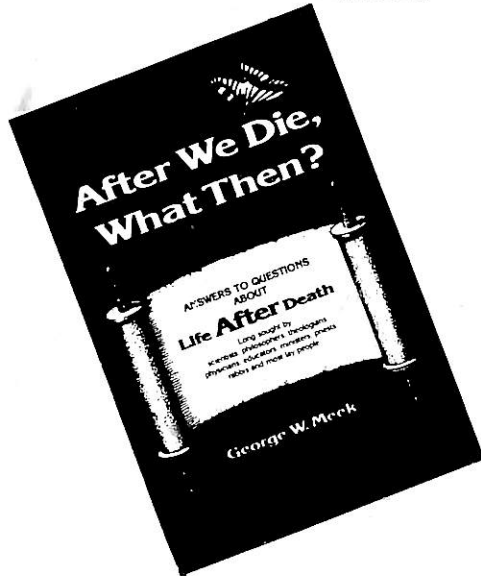
## APPENDIX C

### RELATED METASCIENCE PUBLICATIONS

ADDITIONAL  
MATERIAL  
RELATING  
TO  
THIS  
MULTIDIMENSIONAL  
CREATURE  
WE  
CALL  
MAN



**SHARE THIS BOOK WITH  
RELATIVES, FRIENDS AND BUSINESS ASSOCIATES  
AT DISCOUNT PRICES**



Those who reviewed the early draft of the manuscript for this book indicated their evaluation of it by concluding their critiques with such comments as:

... The first book I would consider recommending to my charismatic friends ... have started a list of friends to whom I wish to give a copy ... truly a beautiful and inspired book. (Electronic Specialist)

... I hope you have a discount schedule available. I already have a list of six names of people to whom I plan to give copies. (Stenographer who typed the final draft of the manuscript.)

... All the great masses who hang to an empty, dead belief in churchy words and are desperate in their doubts can at last believe that survival of the soul is a reality. I will give this book to my children and to many friends. (A Swiss woman living in Japan.)

Here is a convenient place for YOU to start YOUR list:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

*All proceeds from the sale of this book and others offered on the following pages will be used solely for:*

**HUMAN DIMENSIONS RESEARCH:  
EXPLORATION OF MAN'S ENERGY FIELDS AND  
INTERPENETRATING SPACE-TIME SYSTEMS**

**DISCOUNTS FOR QUANTITY ORDERS**  
See order form on last page.

**DO YOU RECOGNIZE ANY OF THESE NAMES?**

- |                                 |                                  |
|---------------------------------|----------------------------------|
| Kathleen Norris (1880-1976)     | Jesse Holmes (1898-1964)         |
| Eugene Field (1850-1895)        | Dorothy Parker (1893-1967)       |
| F. Scott Fitzgerald (1896-1940) | Alan Seeger (1888-1916)          |
| Rufus Jones (1863-1948)         | Edgar Rice Burroughs (1875-1950) |
| Mary Roberts Rinehart (? -1958) |                                  |

You perhaps think of these people as being dead. Far from it. Actually all are very much alive, happy and productive — on the mental and causal planes. Here is the story — as fascinating as any story any of them wrote and published!

In 1974 in the laboratory of Metascience Research Associates, then located in Philadelphia, Pennsylvania, we were communicating through a sixty-year old business man, a waking-trance medium. We were discussing problems of developing certain electronic equipment with Dr. W.F.G. Swann, a distinguished scientist who was mentioned in AFTER YOU DIE, WHAT THEN? and who was quoted at length in Appendix A of that book. He introduced his friend Dr. Jesse Holmes who, at the time of his death was a professor of chemistry and philosophy at Swarthmore College.

Dr. Holmes said, through the medium, that he and a large group of writers, poets, ministers and educators were in the process of assembling observations which they would like to share with people still living on earth. Although he brought up the subject again and again during the passing years, it was not until November 1978 that we could take time for such an activity.

Then, over a period of five days, in our Ft. Myers Laboratory, through a 62-year-old telepathic channel, Dr. Holmes and his friends dictated a book of 14 chapters. Their suggested title, AS WE SEE IT FROM HERE. (Incidentally, when I told Dr. Holmes that some of his sentences were too long and involved for a good book — that they sounded as if he were still addressing classes of graduate students — he answered that we should feel free to edit as ruthlessly as if we had written the book!)

Dr. Holmes explained that he and his team members had updated their knowledge of daily living on the earth plane by spending much time walking with the crowds in the streets and observing in hospitals, seats of government, businesses, churches, schools, prisons, etc. From the unique perspective gained from their most recent earth walks and their having shed the physical body and later the astral body, they now share with you their views in:

**AS WE SEE IT FROM HERE**  
Book IV in the series, "Life's Energy Fields"

Initially this book will be available only by mail. Use order blank on last page.

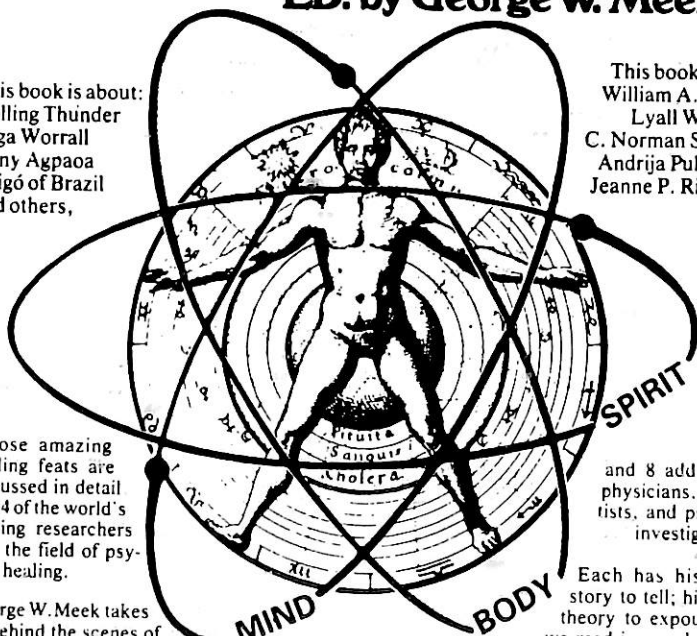
This book is volume II in the series: LIFE'S ENERGY FIELDS Illustrated, 304 pages, quality softback only.

# HEALERS AND THE HEALING PROCESS

ED. by George W. Meek

This book is about: Rolling Thunder Olga Worrall Tony Appao Arigó of Brazil and others,

This book is by: William A. Tiller Lyall Watson C. Norman Shealy Andrija Puharich Jeanne P. Rindge,



Whose amazing healing feats are discussed in detail by 14 of the world's leading researchers into the field of psychic healing.

and 8 additional physicians, scientists, and psychic investigators.

George W. Meek takes us behind the scenes of actual healings. We read in disbelief of bloodless, painless, non-anesthetic operations. HOW CAN THIS BE?

Each has his own story to tell; his own theory to expound as we read in wonderment about thousands of people who walk away from "hospitals" moments after being cured of "incurable" ailments. HOW CAN THIS BE?

Many readers, including physicians and psychiatrists, have said, "Chapter 17, 'Healing Yourself and Extending Your Life Span' is worth several times the price of the book." It shows how to avoid 75% of all major and minor illnesses, including flu, the common cold and many types of cancer. It reveals the basis of all healing — Divine, Spiritual, Spirit, Mental, Psychic, the Laying on of Hands and Christian Science.

**Quest Books**

**METASCIENCE CORPORATION**

HERE ARE A FEW COMMENTS ABOUT THIS BOOK



# West Coast Review of Books

memo from Clarence Pederson

George: Thought you might like to put the HEALER review in proper context by seeing the entire magazine. You will note that not too many of the books that got reviewed received four stars.

4/7/78

Congrats.



## Healers and the Healing Process

Edited by George W. Meek. Quest Books. \$5.25. ★★★★★

NO MATTER WHETHER YOU BELIEVE IN Psychic Healing, the report you will read here by 14 famous investigators (famous to those in the field of psychic research) seems to attest to the validity of holistic "medicine." Cures, say the researchers, have been achieved, but, and this is to the credit of this book, they admit that a lot of hocus-pocus and "sleight of hand" is taking place. Matter of fact, the skeptical side of the researchers permeates the material so when they are convinced, you've got to be convinced! A lot of research is going on and this book at least allows us to look in on what is being done. It isn't just humans who are being scrutinized. Plants, the ones which some people believe grow better through dia-

logue, also are being analyzed. For this reader, the chapter worth the money of the book, is the one on self-healing. The researchers have shown that the mind, the imagination, all have a hand in healing although the healed individuals need not be intellectuals nor do the healers have to be of a scholarly bent. Here we find ways to heal ourselves, to psychologically attune ourselves away from illness. This is not to minimize any possibility of energies coming from the healers, but we have testimony to our own capability to turn our energies toward our own bodies. "Skeptics have long doubted the very existence of psychic, faith, and mental healing," says the editor. "Now serious scientific research in several countries has revealed the existence of energies that emanate from a person serving as a healer. Additional developments in the area of sophisticated electronic equipment add still more to our growing understanding of the natural forces that operate in and through the human body and are involved in the whole process of illness and health." Obviously, this work is the most worthy one on the subject.

A serious attempt to scientifically analyze the processes taking place in healing

A Pandora's box of mystifying phenomena

— S.S.C. Booknews

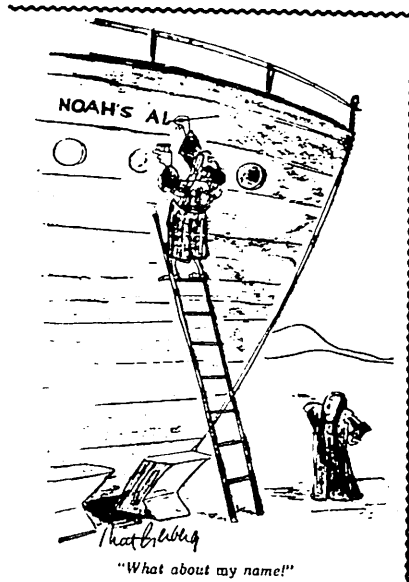
New Realities

Much of the material is astonishing. It is treated with discrimination however, and with regard for the stringencies of science. — The Christian Parapsychologist, London, England

CONVENIENT ORDER BLANK ON LAST PAGE

This is volume V in the series **LIFE'S ENERGY FIELDS**  
Bound manuscript, 64 pages, 8½ by 11 inches.

# COLLAPSE & COMEBACK



INFORMATION RELATING TO THE  
CATAclysmic SOCIAL, ECONOMIC, POLITICAL  
AND EARTH CHANGES WHICH WE ALL WILL  
ENCOUNTER IN THE YEARS  
1979 THROUGH 2000

The message of this book is most unusual. Many will be inclined to dismiss it as utter nonsense. Most readers will find it disquieting and even shocking. The material is presented as a public service and is made available at cost. There is no plan at this time to make it available through bookstores. An indication of its contents is given on the facing page. . . . .

## SUMMARY Of Volume V

The Bible and other religious books throughout the centuries recorded examples of seers, saints and prophets receiving guidance from "God" — and from other intelligences in the world of Spirit. Such messages came via dreams, visions and communications through types of people we today call psychics.

God and the intelligences in the world of Spirit are just as interested in helping us today as they were in alerting Noah to build a survival means for himself, his family and animals — and in helping Moses lead the Israelites out of slavery.

In the 2,000 years since the Nazarene channelled His spiritual wisdom, Man has continued to slaughter Man. He has not only refused to "beat his swords into plowshares" but has created weapons of such destructive force that he is on the verge of destroying the planet on which he rides through space — or making it unfit for human life. The economic, social and political systems Man has developed are unable to curb his ruthless desire for personal gain at the expense of his neighbor. Man has failed to grow spiritually to a level where he can constructively utilize his God-given creativity and productive capabilities.

Messages channelled during the last 25 years through some of the world's most spiritually sensitive psychics have sounded a clear warning: **time has almost run out for modern man.** Man's economic, political and social structures will come tumbling down — and the planet itself will be subjected to cataclysmic changes which will be far more severe than the flood in Noah's time UNLESS Man immediately uses his God-given ability of self determination to correct the failures.

This small booklet presents messages from "God," that is, from kindly, loving and helpful intelligences in the world of Spirit who serve as God's helpers. As in ages past, these helpers transmit their comments through psychically sensitive persons. To make certain that the story is a correct one, we present and compare seven different messages received in different geographical areas and through different sensitives.

Though received through different channels, the story is about the same: the "times of the end" predicted 2,000 years ago in the Bible are upon us — RIGHT NOW! And solely because of Man's failure to learn how to live in accordance with natural law, great will be the tribulation and suffering. However, such collapse of our institutions and the cataclysmic earth changes are not sent as punishment. They result from the immutable law of cause and effect. They are necessary to sweep away the old and put the survivors into a

position to start building the long-hoped for Golden Age.

In the context of the Christian Bible, there is every reason to now expect a second and far more effective "coming" of the Christ Consciousness — and a COMEBACK for the human race.

But be of good cheer. No matter what cataclysmic events you personally encounter —

**YOU CANNOT DIE.**

As you will learn upon reading the book described on pages 60 and 61, you have endless and exciting horizons ahead!

**CONVENIENT ORDER BLANK ON LAST PAGE**

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