

An Illustrated Guide to the Afterlife

*A glimpse of life after the
death of the physical body*



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Our human bodies enclose us in a perceptual prison that prevents us from realizing the unimaginable extent of the living universe in which we are immersed. Only those who strive to develop their consciousness / awareness can hope to perceive the truth beyond our petty and limited intellectual horizons.



Introduction

Many will consider that an illustrated album dealing with life after death can only be a book for children. Children who, in due course, will have been indoctrinated to live only within the narrow confines of official beliefs*, which were never intended to make them grow up, only to obey. The same system that, as you probably don't know, programmed the destruction of Christianity, has the wider aim of destroying spirituality. And so, while there are countless proofs of the survival of the soul after the death of the physical body, this subject has been ridiculed so much that only a minority of people (who would be considered mad if they revealed it) are interested in it.

Be that as it may, this remains first and foremost a picture book, even if it is based on the best literature dealing with the afterlife (and as far as the author is concerned, corroborated by his own spiritual experiences). The aim of this album is simply to stimulate your ideas, by presenting you with different notions that are probably unknown to you, and which could (perhaps) lead you to reconsider the purpose and meaning of your existence. This book is therefore dedicated to those who have not yet undergone the ablation of their imagination, which (an unacceptable horror for the system that claims to run our lives) could well lead them to think for themselves. It offers spiritualist teachings in an entertaining format, but provides no proof. It's up to you to decide whether this subject merits further investigation on your part.


(* : Nowadays, divergent opinions on major subjects such as climate, war propaganda, electoral fraud, unfair health regulations, etc., is systematically censored and even prosecuted by governments and the submissive media. I even saw an academic being scandalized by the fact that people want to think for themselves.)



CHAPTER 1

DYING AND PASSING INTO THE OTHER WORLD

The passage of death



You've been led to believe that humans are nothing more than a collection of organic matter animated by electrical nerve impulses. That once they are dead, there's nothing left of them. And among the fanatics of this paradigm, there are also propagandists of the self-proclaimed elite who tell you that humans don't even have free will. That they are just programmed bio-machines, and that consequently – by virtue of some specious logic of their own – this so-called elite will soon warrant itself to plug us into artificial intelligence to decide everything on our behalf.

The truth is quite different: you're a spirit encased in a body of flesh. Metaphorically speaking, you're a butterfly in a chrysalis, and when the time comes, you'll emerge and fly away. In reality, this physical life only serves to develop your spirit before its release into eternity. This physical life is not all there is, it's just the beginning of a long journey. And it's a path that you will have begun to determine during your earthly existence, thanks to your free will.

So, upon the death of your organic body, definitively freed from it, you leave earth for the spirit world. It's an immense universe of incredible variety, populated by all those who preceded you in matter, and now residing there, invisible to humans because they exist in other «wavelengths» of our energy universe.



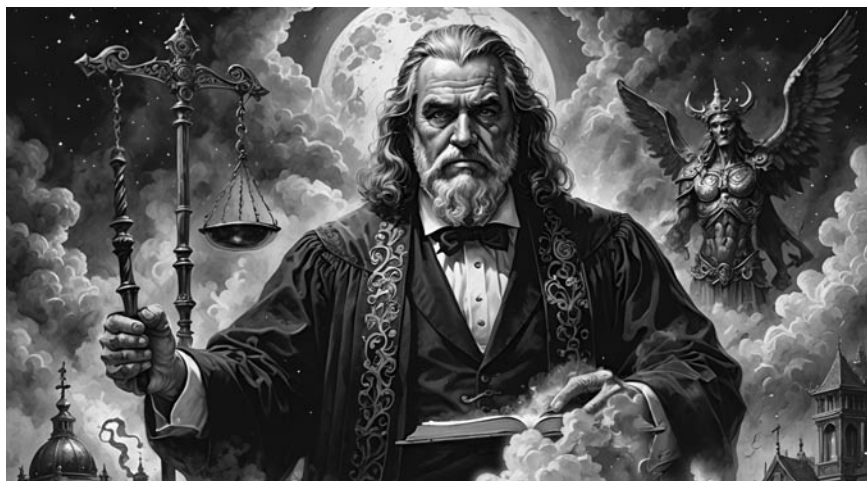
So what happens when death comes and the fear of annihilation overwhelms your mind? Well, there's no fear. Death is peaceful and painless. In these first moments of transition, you can see your physical body from the outside, in its environment, as you become very calm. You are now in the astral region which is «closest» (not geographically, but vibrationally speaking) to the earthly world you just left. You are also welcomed by one or more spirits who will accompany you to your new home in the afterlife. These may be the spirits of people you loved on Earth and who died before you. It's not uncommon for people who are about to die (in bed, not in a violent accident) to report seeing them come to their bedside minutes or even hours before they die. There have even been cases when present people saw them too. In other, rarer circumstances, it may be the spirit of a beloved deceased animal coming to accompany the man or woman off to the great mystery. Alternatively, it could be a guardian angel, or a spirit unknown to the dying person, but specialized in accompanying the deceased.

However, things don't always seem to work out this way. Some of the «dead» find themselves wandering in silence and darkness for long periods of time, while others suddenly awaken in hell, much to their dismay. So why weren't these people allowed a

peaceful transition to a better world? In fact, they likewise got it, but didn't realize it. The spirits were there, but they were unable to perceive them. This happens when spirituality, consciousness and empathy are atrophied. These are essentially people who firmly believe that nothing exists after death, and who have never had the idea of nourishing their soul and spirit, or questioning the meaning of life; as well as egoists concerned solely with themselves and the obsessive idea of satisfying their physical desires and material ambitions, often to the detriment of other people. Unable to take an interest in metaphysical matters, or in others (remember that love is the ladder to spirituality), they are spiritually blind. And consequently, when they become pure spirits in the spiritual world, they are indeed blind. They are therefore unable to perceive those who accompanied them during their transition.

It should also be noted here that spirits are entitled to their own free will, and that the spirits of the higher spheres systematically respect it. As such, even if benevolent spirits come to welcome the departed, they exert no coercion over them. The deceased are therefore free, whether voluntarily or because they perceive nothing, not to follow their guides and to remain wandering in the astral.





Most people are familiar with the idea of a divine judgment after death: the verdict that determines whether, based on its merits or misdeeds, a soul will go to heaven or hell. But very few people understand that no tribunals exist in the afterlife. What determines a soul's destination after death is the Law of Attraction: the principle that like attracts like. No judge is necessary. Only life, actions and thoughts determine the type of spirit a person becomes, which in turn automatically determines his or her destination in the afterlife. An individual thus inexorably ends up in a world inhabited by spirits very similar to himself, and which turns out to be in his spiritual image.



Awakening in the afterlife

There are thus various possibilities for transition after death: conscious or unconscious, directly into the first sphere of spirits, or remaining for a time in the astral plane. However, the majority of the deceased follow their guide to the first sphere, and are taken to what look like rest homes or hospitals. There, they are given all the time they need to acclimatize to their new state and the spirit world.

J.S.M. Ward recounts in *A Subaltern In Spirit Land* (1916), how (during an astral projection) he met his recently deceased mother in one of these places of spiritual acclimatization:

« We left immediately, and as we passed the hospital gates I was struck by the beauty of the garden. We entered and found ourselves in a sort of waiting room. This room was comfortably furnished and overlooked the gardens. We hadn't been there long when a nurse entered and asked us to follow her. We entered a large, well-lit room and saw our mother. » [...]

« I began, «Do you remember anything about your time in the other world? She replied: «I remember almost nothing, but I remember hearing you calling me and seeing your face, as if in a dream. I think I was alive at the time. If I was, that's the last thing I remember until I woke up here and saw Richard looking at me. I thought I'd been sent to a home and Richard had returned from France. Even now, I can't believe I'm dead. » [...]

« She stopped and the doctor, who was standing nearby, said, «You'd better leave her for a bit. The mind is still weak and clouded. Still, I'm surprised she's waking up so soon. Often, they sleep for months and months on earth. Exactly how long has it been since she left you? W.: «Nearly twelve days.» The Doctor: «Yes, I consider she's making good progress, but it will be some time before she's



truly normal. The mind has been clouded for so long that it will take a long time for her to recover. »

In Robert J. Lees's *Through The Mists* (1898), the narrator recounts his experience after waking up in one of these rest homes:

« Do all people sleep when they enter this life? I received the following answer: Not necessarily! Sleep divides two states of the soul's development, just as night divides two days. Some persons, when they reach this life, have not reached to such a (spiritual) standard as to dispense with it, and their condition remains much as it was before, until they can reach one of the many homes similar to this one, where they pass the boundary line and, then, being beyond the reach of weariness, never require to sleep again. Still others pass the spiritual standard before leaving earth, and so make but a temporary stay here while they get used to their new surroundings; they then pass on to higher homes. »

Later, the narrator visited other places of this kind of spiritual convalescence:

« The grove ran through the center of what may be called a garden park well stocked with large and luxuriant trees, somewhat low in growth, compared with the avenue itself, but having far-reaching arms like oaks or chestnuts, beneath which were beautiful beds

of flowers or mosses, whereon numbers of people were reclining. Many others were walking to and fro with that languid, careful gait naturally assumed in the first days of exercise after sickness; others again, were resting on the numerous seats dotted about the grass, as if although their strength was not yet so far regained as to allow of walking, yet so reposing they were drawing a first invigoration



As he regains consciousness in a peaceful, relaxing place, the young man realizes that he is dead. He wonders why he hasn't become a pure spirit? Why do his body and his new surroundings seem so... earthly? But he soon learns that he has indeed become a pure spirit, and that transformation into pure, formless luminous consciousness is a gradual process, a function of spiritual evolution.

from the life-giving aroma of the breezes which fanned them. The whole aspect of the place was that of a convalescent home, and I could not perceive any incongruity in the thought that such places could serve a useful purpose to the weary and heavy-laden souls of earth, to rest and recoup themselves after the prostration of life's fitful fever.. » [...]

« I found that this was one of a number of homes where the souls of those who are wearied in well-doing, and have fought and come off "more than conquerors" might rest awhile, and be ministered to,



After a hectic working life of constantly chasing after new projects and bustling about, this newcomer takes stock of his now past life for the first time. He regrets having wasted so much energy on futility and illusions.



People who thought of paradise as a tropical island could very well wake up here.



in order that they might enter upon the joys of heaven with all their energies revived and strengthened, so as to be able to fully appreciate those glories which further awaited them. Here they grew strong, while the vibrations of the conflict pass away; experience the peace of the eternal hush after the storm, enjoy the relief of throwing off the armor, and enter upon the liberty of repose, never again to be broken.. » [...]

Once the transition and acclimatization phase has been completed, the new spirits have no choice but to head for the region of the spiritual world that corresponds to their personality and soul development, among the many variants of what we can conveniently call «hells» and «heavens».



CHAPTER 2

WHAT SPIRITS ARE

The mortal body, the spiritual body and the soul

How can reasonable people (those who don't like to ask too many questions) believe that there is an eternal immaterial principle in our perfectly solid and tangible human body? This is the mediocre basis of «I only believe what I see», which is very much in vogue among the spiritually blind.

Most of us imagine that a human being is made up of nothing but matter, which seems self-evident given our daily experience of its apparent solidity. However, physics has revealed that what we believe to be dense, solid matter is in fact almost entirely empty (99.9%), and that what little matter remains is in fact energy. Finally, quantum physics has suggested that the matter we perceive only exists because we perceive it, i.e. because we are aware of it. Consciousness and the manifested world are really just two sides of the same coin.

All this to say that there's not that much difference between matter, which although appearing solid to us, is extremely tenuous, and a spirit which is impalpable and imperceptible to this solid human, only in appearance. Spirits are in fact tangible in their own world, as much as humans are in theirs. They each exist in their own energy/consciousness frequency, and cannot interfere with that of other dimensions. It's only because humans are themselves



spirits incarnated (temporarily) in an earthly body, that some of them can transgress the limits of solid matter and perceive the spirits that come to visit them.

Spirits are souls on the path to individuation. Souls are created by God in His likeness, i.e. without form and endowed with similar characteristics (consciousness, love, creative abilities, etc.) but with limits, whereas God is unlimited. Let's note in passing that (according to Jesus Christ via last century's medium James E. Padgett) souls are not fragments

of God incarnated to experience His Creation. God is aware of all His Creation, from the smallest element to the entire universe, and therefore has no need to split Himself into multiple small portions of Himself* and incarnate in a vehicle of flesh in order to have a necessarily limited experience of it. God creates souls, and we'll leave it at that. But why do souls have to incarnate in a world of suffering, if God is love?

When souls are created, they exist in contact with God in eternal bliss. But they are all virtually identical and have no will of their own (which they would have no use for anyway, since they live de facto in divine perfection). So God gives them the opportunity to individualize themselves by acquiring a spiritual body, whereby the soul becomes a spirit (while remaining a soul nonetheless).

(* : The term « He / Himself » is used here to refer to God solely out of habit and convenience. But as Lao Tzu said: *The Tao that can be named is not the Tao*, thus the Tao/God has no form or gender.)

The soul that accepts the path of individuation accepts the risks of losing itself and ending up in hell.

This is how the soul decides to incarnate in a spiritual body coupled with a physical body, and become a human being on earth. Throughout its short life on earth (i.e. short compared to eternity), this human being's spiritual body will store experiences, thoughts, beliefs and so on, which together will gradually determine its personality, its ego, and therefore its individuality. And to do this,



The soul that is perfect and close to God knows no fear or evil. That's why it accepts the risk of losing itself when it descends and incarnates in our low-vibrations world to acquire its own individuality.



The soul, which is pure light and formless, is incarnated in a mortal physical body, coupled with an immortal spiritual body.

freedom of choice (free will) is essential, along with the ability to choose from a wide range of different and contradictory possibilities. The physical body acts as both an anchor and a filter. As an anchor, it holds very different people together in the same world, allowing for a wide mixing of experiences and influences, both good and bad. As a filter, it obscures (forgets) the soul's connection with God, allowing it to choose evil as well as good. Without such a filter, a human being would be conscious of his soul, and therefore of his relationship with God, and would then automatically choose love and good, and not do the folly of choosing evil. The person who is conscious of God in his earthly life is the one who has chosen to move towards greater awareness. This is not predestined, it is a choice (a succession of more or less unconscious choices, one leading to the other).

So, over the course of its life on earth, the spirit (in its human body) develops its own individuality, which manifests itself in a kind of « spiritual vibratory frequency » of varying degrees of « ele-

vation ». For example, someone who has cultivated and developed love (benevolence, altruism, etc.) throughout his or her life will have a spiritual body of a certain high vibratory frequency, and upon death will « gravitate » towards a spiritual world of the same vibratory nature, typically a world that could be described as paradise. But another who has cultivated and developed selfishness and malice, and lived to the detriment of others, will have a low spiritual vibratory frequency that will quite naturally take him to hell.

Then, at the end of its earthly life, when the physical body dies, the spiritual body is freed, and finds itself (after transition and acclimatization) in the spirit world that corresponds to it. It can't really decide otherwise, because wanting to go to another afterlife realm would prove all the more painful, as it would be far removed from the one to which it has progressively attuned-affiliated itself throughout its life.



While the spirits of the higher spiritual regions live in bliss, the gloomy spirits of the lower spiritual regions mourn and suffer at the memory of their evil lives.



Unlike the physical body, the spiritual body doesn't age, can't get sick, and can't «die». It is unalterable and requires no food, drink, sleep or even air to breathe. But then why does it retain its human form, including organs that have become perfectly useless (like the respiratory and digestive systems)? Why do spirits in spiritual worlds continue to appear as humans?

The simple reason for this is that throughout its earthly life, the spirit body has recorded everything about the life of the individual it used to be: not only its history, deeds, thoughts, emotions and sensations, but also its own physical body. The spirit remembers to perfection who it was, and so that's how it appears:

as the sum total of who it was in terms of physical body plus who it was in terms of personality. Thus, the deceased who ends up in hell retains his original physical appearance, but tainted and deformed by his vile and obscene personality (which was not necessarily visible on his face when he was alive), and therefore appears more or less ugly and revolting. Conversely, the deceased who finds himself in paradise retains his original physical appearance, but tinted and embellished by the benevolence of his personality.

This contradicts the idea that some people have about death, believing that the individual who passes into the afterlife suddenly becomes wise and omniscient. This is not the case. Immediately after death, the spirit not only appears as the person he was during

his earthly lifetime, but also retains the same personality, beliefs and knowledge (reason for which those who were fiercely convinced that nothing survives physical death, spend some time in the afterlife, believing that they don't exist anymore). A spirit will subsequently have the opportunity to learn and evolve, but the death of the physical body brings no supernatural knowledge or personality modification of any kind.

Finally, note that, however the spiritual body may or may not have developed, it is inhabited by a soul. This soul is immortal and unalterable, although (in the case of malevolent spirits doomed to hell) it may have been suffocated, so to speak, and reduced to the state of a tiny spark; but it can never be totally extinguished. So even the worst of evil-doers, residing in the depths of the darkest spheres, still retains its God-created soul, even if it has scorned and forgotten it. And there will always be the possibility, however remote, that the spirit will decide to abandon its evil ways, take an evolutionary path towards the light, and ultimately return to God.



There are no angels or demons. There are only spirits who were incarnated in a physical body before dying. Those who have reached the highest spheres can be considered angels, and those who persist in the deepest hells can be considered demons.



Soul mates

The concept of soul mates is common knowledge, even if many people don't believe in it. In fact, I'm not sure I believe in it either. I have no particular desire to find my « soul mate », and I don't really understand the idea. I rather think that those who hope to find their soulmate are above all people in pain. Typically, a person who was not loved in early childhood, and who in adulthood unconsciously reproduces a pattern of toxic relationships in which he or she receives no love, exacerbating the old wound, will want to believe that all is not lost because there is a mythical soulmate somewhere, who will know how to love him or her and thus heal his or her suffering. Personally, I call this delusion. But according to the messages received by James E. Padgett, and later by other mediums of Divine Love, this suffering person, like all human beings, does indeed have a soul mate waiting for him/her somewhere.

Here is an extract from a message from Helen Padgett, sent to James Edward Padgett (her husband) in 1921:

« Tonight I love you more than I ever have in my life on earth and I want you so much more. I need your words of love, your kisses and your tender caresses and I want you to realize that my love is all yours and that it is so much deeper, purer and more satisfying than it has ever been.

I know you want me and sometimes realize how much you love me and only me. You may have other earthly loves that can help you on your journey through life, but you'll find that as soon as the call comes for you to come and join me [i.e.: when he dies and passes into the afterlife], those loves will leave you and your love for me will be the one that absorbs all love. And so it must be, for we are soul mates and there is no other love that can take the place of the love of two people so closely linked. »



Finding your soul mate doesn't mean you won't have to deal with the difficulties of married life, which can also end in divorce, as in the case of the Padgett couple.

According to James E. Padgett's messages, before incarnation, a complete soul is split into two parts, one incarnating as a man and the other as a woman. Although this formulation evokes a kind of spiritual amputation, this is not the case. Duality, separation (between «me» and everything that isn't me) is at its height in our world of ignorance and low vibrations, but the higher we rise in the spiritual and then celestial spheres, the closer we come to unity. So there are « soul groups », made up of a certain number of souls who all retain their own individuality, but nevertheless form unique entities (imagine the palm and five fingers of a hand forming a hand) residing in a high spiritual world. We can therefore imagine that soul mates are two very close souls within the same group of souls.

In New Age literature, we find the concept of « Twin Flames » : two people who feel an intense soul connection and see themselves as each other's spiritual half, or « mirror souls ». These can be thought of as soul mates as described in the Divine Love messages.



Messages of Divine Love have reported that the advantage of having a soulmate, apart from the great happiness of loving and being loved by one's soulmate, lies in the fact that this love will stimulate a «lost soul» (i.e. one residing in the underworld) to evolve spiritually so as to be able to get closer to its (supposedly more evolved) soulmate. Be that as it may, not all soul mates incarnate in close proximity to each other so as to meet during their earthly lives. It's also said that many spirits won't worry about finding their soulmate until they reach the fourth spiritual sphere. For this reason, we should not imagine that the love relationship between soul mates is similar to that of passionate lovers on earth. A contemporary message from Divine Love (cf. Judas of Kerioth - *Conversations with Judas Iscariot*) explains:



« Soul-mate love has nothing to do with sexuality, nor with the sex of the physical body that incarnated souls have occupied in their mortal life. Sexuality and soul-mate love are on completely different levels, the former on a material level, the latter on a high spiritual level.

And don't try to find your soul mates in this life, you won't even be able to identify them. When you're in the fourth sphere or somewhere even higher, you can worry about that. But for now, it doesn't matter to you. »

The guardian angel

As with soul mates, everyone has heard of guardian angels, even if very few believe in them. According to James E. Padgett's channeled messages, a guardian angel is a benevolent spirit from a higher sphere (probably at least the 4th sphere), whose mission is to warn the person in his or her care of various physical or spiritual dangers, and to advise on various matters. Of course, as we've all seen in our own lives, guardian angels do not directly speak to their human with words (or else it's probably not the guardian angel). Normally, they imprint sensations and intuitions on the human's mind, or even, in very rare cases, a more voluntary intervention. Let me tell you a personal anecdote:



I was a student, and every day a friend and I went to buy something to eat between classes. The groceries part of the store was in the basement at the back, and you had to pay just as you came out of that part and then go back through the two levels of the store to leave. And every time we went there, we were absorbed in our discussions, not paying attention to our surroundings. On one occasion, my friend pays and moves on, and I do the same, but some 10 to 15 feet further on, I suddenly lose control of my movements and turn back. My friend asks me what I'm doing, and I don't know, then without understanding why, I ask the cashier for my receipt. I'd always paid for my purchases, but I'd never bothered with the receipt (which I left there). So what



I was doing didn't make sense at the time, especially as it wasn't a matter of personal choice, but of an incomprehensible impulse. Anyway, when I got out of the store, the security guard stopped me (and only me, not even my friend) to ask for... the famous payment receipt!

Another example: one day my wife was on the streetcar, thinking about something else while waiting to arrive. All of a sudden she felt a sort of strong urge to change places. So she moved away, then at the next station came an aggressive individual who broke a window right next to the place she'd just left.

Finally, the guardian angel respects the free will of the human being in his care. Consequently, if the latter chooses a wrong road, one that leads to hell, by refusing and stifling the voice of his conscience (and the subliminal warnings of the guardian angel), or even by listening (without even being aware of it) to the harmful sug-



The guardian angel will save the driver in case of unforeseen circumstances, but not the fool who has gone used to drive drunk at breakneck speed.

gestions of malevolent spirits, the guardian angel won't be able to forcibly prevent him from running to his perdition. In fact, if you want to be able to hear your guardian angel, or at least have the right intuitions, you need to cultivate humility, learn to listen, be attentive to what you feel, and generally develop your awareness.

Some people think that « spiritual guide » is just a synonym for « guardian angel », but they are two different kinds of help. Only people who are actively seeking spiritual development receive a guide. The guide's job is different from that of the guardian angel, in that he or she is not there to protect from various dangers, but to suggest spiritual direction and education. Let me tell you another personal anecdote:



The guardian angel who protects him from mistakes and dangers, and the spiritual guide who helps him find the right teachings.

At the time, a long time ago, I was interested in psychology, psychoanalysis, the working of the human mind, and I firmly rejected everything I considered to be the silly superstitions of esotericism and new-age. I regularly went to a large bookshop to rummage through the shelves devoted to psychology and psychoanalysis. As for the esotericism and new-age section, it was four meters away and I never went there. Until one particular day. This time, as usual, I was looking in the psychology aisle... when all of a sudden I found myself, as if by some incomprehensible magic, in front

of the esotericism aisle, holding in my hand a book on reincarnation. It was as if there had been a break in temporal continuity: one moment I was busy in the first aisle, then, without any intermediate phase, without any conscious decision on my part, spoof! here I was, in front of the second aisle, this « absurd book » in my hand. My reaction, apart from astonishment, was to look left and right to see if anyone noticed me and thus took me for a moron. I hurriedly put the book back in its place and returned to the psychology section, quickly forgetting about this strange incident. Except that... two or three minutes later the same thing happened a second time, exactly the same! And my reaction was just as identical. However, when the same thing happened a third time, I thought I'd better take it into account. So, braving the ridicule that was only in my imagination, I bought Patrick Drouot's book *Nous Sommes Tous Immortels*. And so began my own journey, probably inspired by an invisible spiritual guide.

Finally, I'd like to quote a passage from a message from Judas about spirit guides:

« Every mortal who seeks Divine Love is given a guide who possesses the Love of God, and who, from his own experience, can better direct his protégé. It's not necessarily an angel from the Celestial realm, but it's always a very advanced and capable spirit. »





« Il Grigio », Don Bosco's mysterious guardian angel.

Saint John Bosco (1815-1888) was an Italian Catholic priest who was canonized in 1934. His life in the service of underprivileged young people in Turin's slums was studded with miracles. The dog Il Grigio («The Grey», nicknamed after the color of his coat) appears to have been one of them: in 1854, while walking alone at night in the dangerous streets of Turin, Don Bosco was the target of a murder attempt. His life was saved only by the miraculous intervention of an enormous gray dog, which routed his assailants. From that moment on, and for almost 40 years (!), this dog was always there, at just the right moment and seemingly out of nowhere, to protect Don Bosco when his life was in danger. Nobody knew who this dog was (he was never seen in the neighborhood), or if he had an owner. And this was a remarkable dog: adorable towards everyone, including children who tried to annoy him; he then strangely never ate anything that was offered to him; and he was ferocious towards anyone who tried to attack Don Bosco.

The Higher Self

A recurring concept in contemporary Anglo-Saxon literature on spirituality is the « Higher Self ». This term was hardly ever used in the spiritualist literature of the first half of the 20th century. It became fashionable in the late 20th and 21st centuries, but it's hard to say exactly what it represents.



Allegorical image of an incarnated, suffering soul on Earth, trying to connect with its Higher Self (which, of course, in reality is pure, formless, genderless light).

When you look for a definition on the Internet, you may find these: « *it's the part of you that's not encumbered by the ego* » ... « *It's the non-material dimension of you. It's the non-material dimension of the human being (what some call soul or spirit)* » ... « *It's the part of the human being that remains connected to the Divine* » ... « *This is our true nature: our wise, unconditionally loving, creative, whole and eternal inner center* » ... « *The Higher Self has been given a variety of names such as True Nature, Soul, Christ Consciousness, Buddha Nature, Spirit, and many others.* »

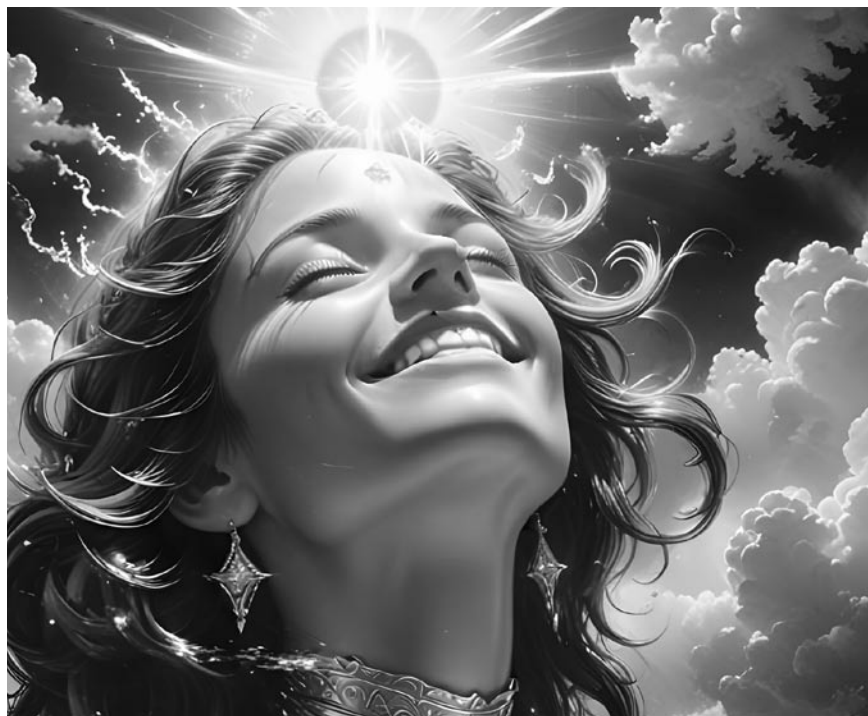
The Higher Self is described as « *the source of infinite wisdom within each of us* », making decisions based not on habits, beliefs and situations (observed and analyzed as best we can), but on intuition and the « heart ». We're also



told that the Higher Self « *reflects genuine empathy and love for oneself and others* ». Finally, the Higher Self is said to represent our « *most authentic essence* » and our access to God. In the context of spiritualist literature, particularly the messages of James E. Padgett in the early 20th century, this is the description of the soul. But we're talking about a highly-developed soul residing in the higher spheres, not an atrophied, suffocated soul vegetating in hell. Consequently, an obscure, evil being with very little consciousness would probably not have a Higher Self. Unless we consider the soul to be the Self, which is part of a group of souls that collectively is the Higher Self.

So I would summarize it this way: God creates souls in His likeness, and they exist in contact with Him, in divine consciousness.

These souls form groups, which could be said to be « joined like the fingers of one hand ». Each of these souls is a Self, and together they form the Higher Self. Then, each soul incarnates into matter to form and develop a personality: the ego. As earthly human beings, immersed in this obscure and difficult world, we know ourselves essentially as this ego, which is personal history, accumulation of thoughts and emotions, and which day after day forms the spiritual body that will survive the death of the physical body, but always as the ego. However, if we exercise our awareness and follow a valid spiritual path, we will eventually discover that our ego is above all an illusion that occupies our consciousness. By observing and then detaching ourselves from this illusion of the ego, we become what we really are: the Self. By following our real needs to expand consciousness and develop love, our soul (the Self) grows. In fact, all these experiences of life and of understanding and developing the Self, enrich the wisdom of our group of souls, and therefore of the Higher Self. In return, the Higher Self will guide us if we are able to hear it.





Earthbound spirits

Normally, when a human being dies, his or her spirit is accompanied to the spiritual world and then resides in the corresponding plane of existence. But some spirits refuse this, preferring to remain in the astral region closest to the terrestrial world (vibratory speaking, not geographical). These are either spiritually indigent individuals, or malicious people (who are in fact similarly spiritually indigent, even if they were interested in the occult or that sort of thing, which are occupations of the intellect and vanity, but not of consciousness). Be that as it may, an earth-bound spirit is subjugated by the need to continue satisfying primal desires for drink, drugs and sexuality, and also in many cases, malice towards others. It does this by possessing the weak-minded and taking control of their bodies. The vast majority of people have only heard of rare cases of theatrical possession, as portrayed in Hollywood films, and anyway often don't believe in them. But possession by evil spirits is much more common than most people think, and much harder to detect than in a horror film.

In J.M.S. Ward's *Gone West* (1920), the « Officer », an evil spirit who was cursed into the depths of hell, recounts his memoirs after escaping. In the following extract, he recounts his experience (in the astral plane) with earthbound parasitic spirits whose obsession is alcoholism:

« "I want a drink!", I cried. "Come along", he replied [another evil spirit explaining to this newcomer how to carry out various evil on humans]. "We have one here who looks after all who thirst". In a moment I was aware of a howling mob, and over them presided a being. How shall I describe him? He most closely resembled a drunken man, low, bestial, sodden with drink, foul in every way. There was nothing grand or majestic about him, nothing of what Milton describes of ruined splendor. The nearest thing you can ever have seen is some drink-sodden wretch thrown out of a pub at closing



After his death, the drunkard returned to his drinking grounds. He then realizes, horrified, that without his physical body he can no longer drink...

His last resort to continue drinking will be to borrow the body of a living person (spiritually weak enough to allow himself to be possessed) in order to once again experience the physical sensations associated with alcohol ingestion, albeit by proxy.



time. He leered, and we all yelled, "Drink! Give us drink!" In a moment we were in a large, low drinking den, somewhere, I should think, in the east end of London. It was crowded with low men and women and even children.

Oh, what a lovely, smell of gin and whisky there was! It is true there was rather too much loaded cheap beer, still, one can't be too particular. But when I wanted to get hold of a glass of beer which was standing on the bar I was quite unable to hold it. The desire for it grew stronger and stronger, and I seemed to contort myself with a kind of mad fury. I looked at the drink guide, and he was laughing and jeering and mocking me. At last he said, "Work, you lazy brute". "How can I?" I said. "Look what the others are doing." Then I noticed that many of the others were twining themselves round the men and women who were drinking. I cannot exactly describe how they did it, but they seemed to be insinuating themselves into

Alcoholism isn't the only vice that damned souls try to satiate by possessing humans. Sexual affairs, especially the obsessive, loveless and perverse kind, attract many Earth-bound spirits.



their carcasses. Suddenly I saw a man who was already fairly tipsy drop in a kind of drunken stupor. At once a spirit who had been twining round began to fade into him and soon seemed to be absorbed into him. He was gone, and lo! the man staggered to his feet and yelled, "More beer, you...!" The barmaid gave him some more; but I could see that it was not the drunk man but my spirit companion who was, as it were, shining out of his eyes. He drank and drank and got more and more violent, till at length the chucker-out seized him by the shoulder. He at once seized a quart pot and felled the man. The blow was terrific and split the fellow's skull. Then there was pandemonium. Many of the drinkers rushed out shouting "Murder!" With them in some cases went the spirits who had twined themselves round them, but others seemed to cast them off.

I noticed for the first time that these spirits were divisible into two groups – those who were obviously men and those who were not. The latter had various forms, all more or less bestial. I cannot describe them. They were foul, misshapen things, not human or animal, sometimes composite, with animal heads and human bodies, some heads only, some foul monstrosities with no shape or form, things one might see in hell, but nowhere else. Meanwhile the drunkard who had felled the chuckerout stood waving his beer pot. Then I heard a fierce, wild yell of laughter, and saw our guide laughing and cheering. »

Anyone interested in the subject of spiritualism, especially if wanting to give it a try, should read this book: *The Siren Call of Hungry Ghosts*. The author, Joe Fisher, was an investigative journalist with a keen interest in the paranormal (he wrote books on reincarnation). In the 1980s, during the North American New Age craze for « channeling » (i.e. the channeling of spirits, which is a form of spiritualism), Fisher joined a weekly group of séances in which a man hypnotized a woman into trance-like communications with spirits. This is how Fisher met (through the medium) his so-called spirit guide, a female spirit named Filipa. He explains:

« Throughout 1985 and 1986, the guides were my



Earthbound spirits don't necessarily realize that, as human beings, they are in fact dead.

source of life, my all-consuming passion. Each session - and in particular the rare private sessions I had with Filipa when, alone, I was leaning over Aviva [the hypnotized «medium»], asleep yet very loquacious - was an extraordinary experience. I felt so honored and privileged to have succeeded in establishing this open communication with the other world, that when I tried to express my gratitude to Filipa, tears welled up in my eyes and my voice began to tremble.

My earthly love life was doomed. No woman of flesh and blood could hope to match Filipa's love and solicitude. No young woman could ever begin to understand me in the way I'd grown accustomed to. In a way, I was lost to the world, living in limbo, beyond the most ordinary concerns and considerations. It was eternity that mattered to me, I told myself, not the petty concerns of unen-



Spiritualism doesn't tolerate amateurism, because then the spirits contacted are more often than not, entities from the lower astral, liars and manipulators.

Don't let any spirit, whoever it may pretend to be, or whatever he might tell or promise, obsess (in fact possess) you.



lightened beings, blind to our infinite potential. Yet I wanted to demonstrate that this expanded vision was more than just a dream, and with this in mind I returned to my original objective: to venture beyond the group to see if there was a consensus among the channeled entities as a whole. »

Filipa was supposed to have lived in Greece some two hundred years before. So Joe Fisher, madly in love with his loving and caring guide from the spirit world, set out on a meticulous investigation that took him to these distant shores in search of where she had lived. Well, I'm not going to summarize his investigation, you'll have to read the book (that you can find on the Internet). Let's just say that eventually, he was sorely disappointed! Whoever this spirit calling herself Filipa was, everything she said was a lie. She wasn't a guide, and she'd never lived in Greece before. It turned out that spirits can easily deceive humans, as they can discern what they know, think and believe without difficulty. Filipa and the other so-



called spirit guides who expressed themselves through Aviva were earth-bound spirits, prolonging their astral existence by parasitizing humans. Joe Fisher explained:

« But when I thought the emotional shock was over, I felt like I'd been punched in the stomach. Dr. Pinkerton's [one of those channeled spirits] words had a devastating effect on me. He went on to say that Aviva's illness, her lack of training as a medium and her unwillingness to protect herself, either mentally or verbally, when she was in trance, had made her vulnerable to lost souls or hell-bound spirits.»

« So these earth-bound spirits », I insisted, « they're the dead who've had unsavory lives and are hanging around?... » YES! declared Dr. Pinkerton loudly. These lost souls... these lower entities. They come with great knowledge, they come with love. They want you to believe in them. They're very intelligent. They say they don't control your will. Oh, no, no, no, they have a very beautiful and gentle way of controlling you completely, you understand me! »

Let's continue with a testimony from the Far East along the same lines. In his book *Taoist Mysteries & Magic*, John Blofeld recounts his travels in China, where he met various mediums, divi-

ners and other Taoist mystics. Asked how difficult it is to contact spirits, one of them replies:

« Spirits! he replied scornfully. Most are delighted to come when called. And it's not uncommon for them to come without being summoned. But who can believe what they say? Among them, as among men, there are pranksters, liars, and also fools. [...] In an honorable monastery, no oracle would trust what a common spirit or ghost tells him. »

From a very different culture, we nevertheless get the same warning about contacting spirits. Most of the time, it only attracts earthbound spirits, who are usually mocking, ignorant, manipulative or evil – in other words, just capable of misleading or even perverting the naive mortals who communicate with them.

But even if he remains unaware of it, the person who acts in a harmful way because he is under the influence of a negative spirit will not be entitled to any mitigating circumstances. It's like the executioner who says he was only obeying orders: he remains responsible for his actions in the same way, and these actions develop the « spiritual quality » of the spirit he will be after death, which in turn automatically determines (without celestial tribunal or judgment) the place of his existence in the afterlife.

Nevertheless, no one finds themselves parasitized by earthbound spirits, or worse,



The unwary can quickly find themselves haunted by a parasitic spirit that will influence them in a bad way without them even being aware of it.

under the evil ascendancy of infernal spirits, without having first accepted it, whether consciously or not. This is someone who has chosen to ignore the subliminal warnings of his guardian angel, preferring instead the lure of transgression, power over others, or the prospect of an easy life free of moral constraints. Unless a salutary awakening takes place, this person becomes spiritually « darker », sinking ever downward towards the lower vibratory frequencies of the dark spirits likely to influence him or her negatively.

However, as nobody is perfect, should we fear the attack of malicious spirits or just parasites? Most people have never had, nor will they ever have, unpleasant encounters with hostile spirits. But they may very well take for their own, thoughts that don't come from them, and push them in the direction of a slow and imperceptible « descent into hell ». In this case, is the person sufficiently self-aware, moral and disciplined, or is he (or she) weak and inclined to lead a dissolute and irresponsible life? It's a choice





Galvanized by the discovery of other spheres of existence, the man never thought about what could be the intentions of those who come to him from this mysterious afterlife.

that the individual makes throughout life, strengthening or weakening it according to the vicissitudes of his or her existence, and for which each person is solely responsible, despite the circumstances. So the best way to stay away from bad spiritual influences is to develop an honest and benevolent personality, stay away from what seems perverse and degrading, and cultivate your mind and discernment.

However, what if one day you do encounter a spirit? It's up to you, but be aware that you'll only know what the spirit wants to tell you... or lie. In any case, to turn down the intrusion, maintain an attitude of indifference devoid of feeling (i.e. without fear or anger). In fact, a spirit can't possess or control you if you don't want it to. But you must deliberately ignore it, and be in a state of non-judgmental observation to remain aware of what is you and what is not, and thus avoid contact with what is not. Obviously, the refusal of contact must be firm and definitive; no ambivalence is possible.

Finally, it's worth noting that all earthbound spirits who maintain themselves in the astral by vampirizing humans and inciting them to evil, sink into lower and lower spiritual vibrations, and soo-

ner or later will pay dearly for their misdeeds. Thus, J.S.M. Ward reports (referring to one of these particularly malevolent entities):

« This woman [an earthbound spirit] is part of a band of very dangerous vampires who, for years, have been feasting on the living and inciting many of the dead to follow their vile example. Through obsession, they come to enjoy a kind of «fruit of the sea». Later, they will pay for their carnal joys with great suffering. I can already see that she's having trouble keeping her astral body. Soon she will sink into hell and, my friend, if you had gone with her, like that man who was with his friend, you would have been well on your way to the fall. »



Ghosts and earthbound spirits are different. A ghost is a sort of lifeless after-image which can last a very long time, and remains in the same place. An earthbound spirit is a conscious being who needs his astral body to wander this plane (which is a buffer zone between Earth and the spiritual spheres). Yet, the astral body eventually dies too, even if the spirit vampirizes humans to prolong it, after which he is bound to go to the spirit world (and usually to hell).



Spiritual evolution

The purpose of existence seems to be to evolve spiritually towards God, and to develop a level of consciousness impossible for us humans to imagine. If it were just a question of quantity, we could perhaps evoke it metaphorically: Consciousness is water, and ours, as human beings, is just a small muddy puddle in the night. But when we reach the highest spiritual, then celestial, spheres, the puddle was so filled with divine love and energy that it became a lake of crystalline water sparkling in the sunlight. This, however, is not difficult to achieve when the soul persistently asks God to give it His Divine Love (see chapter on Jesus Christ). These are souls who, during their earthly lives, have made the right choices that eventually brought them to a luminous afterlife where spiritual progress is relatively easy. For others, it's much more complicated...

Hell isn't eternal, although when you've been there long enough, it does seem so. On the other hand, the problem for the individual with the type of personality and inclinations that brought him there, is that once he finds himself in the atrocious conditions of the dark regions, he has virtually no chance of getting



In Hell, when a damned soul is ready, helpers from heavenly spheres come to assist it evolve out of its pain and misery.

out on his own. Fortunately, there are spirits whose mission is to save those souls who can be saved from the underworld. But no one will get out of hell until they have « paid every last cent ». In other words, a damned soul must first realize the ignominy of its actions and repent.

I would like to make it clear, however, that this is not about moral considerations of right and wrong, even though as human beings, that's generally how we understand it. It's about the expansion of consciousness, which is the very purpose of existence. Understand that at a very high level, in the higher spheres, individual consciousnesses interconnect into a greater whole (without losing their individuality). On the other hand, in the lower, darker spheres of the underworld, souls and consciousnesses are truly atrophied and separated. Damned souls perceive nothing beyond their own little selves, i.e. they see nothing beyond a very limited conception of what they are. Their consciousness is close to zero.

In fact, conscience, which might be described as “moral consciousness”, comes naturally from the perceptive sense. It is by gradually becoming aware that others are also me, and that their sufferings are also mine, that awareness and love develop, and that the mind can progress. And therefore it’s not a simple choice between two options, one of which would provoke the Lord’s anger, suggesting that you better give preference to the other. As a contemporary spiritual master once said, you really only have two choices: either to go towards more consciousness, or to go towards less consciousness.



As such, to escape the underworld, the damned must become aware of the effects their actions have had on others. But this cannot be a simple intellectual exercise. To evolve, these underdeveloped souls must expand their consciousness until they themselves realize the suffering they have caused, experiencing it as their victims did. After that, these souls must become disgusted with the type of behavior they had, and the consequences it brought, until they are totally sick of it and long for something else. It’s at this point that helpful spirits from the higher planes (and specially trained for this kind of mission) can manifest themselves to them, to guide them on the path to redemption. Here’s an extract from *Gone West*, received by J.S.M. Ward in 1920:

« At that point, I was more fed up with this world of hate than anyone else, and I decided to make an effort to get out of it. So I knelt down on the rocky ground and prayed. My God, how I prayed! The answer came at last, and unexpectedly. I saw a light coming to-