

Excursions to the Spirit World

Frederick C. Sculthorp



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A report of personal experiences
during conscious astral projection

by

Frederick C. Sculthorp

With an Introduction and a short
Survey of the subject

by

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INTRODUCTION

Accounts of visits to the spirit world, such as are published in this book, are certainly most interesting, the more so because many people might think such visits to be impossible. It is not the first time, however, that a living person has reported such an experience, at least as an exceptional occurrence. A classic example is Plato's story of a soldier, who after having been unconscious for several days, claimed to have been in the Beyond and related all that he had observed. Similar happenings have also been reported in more recent times, but their exceptional character marked them as curiosities rather than as reliable facts and a source of knowledge.

Since the advent of modern Spiritualism, however, leading to Psychic Science and now to Parapsychology, many strange experiences, such as apparitions, telepathy, clairvoyance, premonitions, etc., have been established beyond doubt. Investigations of modern times have also shown that the human personality is a rather mysterious being and more complicated in its "psychic structure" than is usually assumed. Thus many occurrences, formerly regarded as mere superstition must now be accepted not only as possible but as proven facts, although it must be admitted that Psychic Science is still in its infancy.

What is referred to, in a general way, as astral projection may be classified into different stages or degrees. In a typical exteriorisation the person has a feeling of becoming separated from the physical body - perhaps even seeing that body lying in bed, having a strange sensation of overwhelming freedom and increased mental powers, sometimes being able to walk through walls into adjoining rooms or apartments.

When such an experience is extended to walking in the street or flying to distant localities we have an excursion which is often called travelling clairvoyance in scientific publications, because the person is then able to perceive what happens in that distant place. The term "travelling clairvoyance" does not seem to be recommendable because there is also a "clairvoyance into the distance", quite different for the clairvoyant person experiencing it, and these two should be clearly distinguished.

The excursion may not be confined to earthly surroundings, but may extend to the spirit world or astral world, thus becoming an astral travel or astral projection in the proper sense of the term. Sometimes this term is understood to mean a projection in the astral body or spirit body of man, which would justify its use for the whole group of such experiences.

The whole field of exteriorisation and astral projection covers a vast variety of observations which are not only of a subjective nature, but sometimes are connected with physical changes at the distant place. The spirit body of projected persons has been observed by other persons, which proves the phenomenon to be real (in the usual meaning of the word) and not merely a subjective experience. Further it will

be seen from the examples related in this book that the projected person cannot always remember the whole experience from start to finish; also, apart from memory, there seem to exist various types of consciousness, perhaps connected with different memory-states.

For a simplified explanation man may be regarded as consisting of two parts, a material or physical part and a spiritual or immaterial part, normally interpenetrating each other. At death the two parts separate permanently, the material part to decay, the spiritual part to survive consciously; living then in the spirit world. On this basis, astral projection or exteriorisation may be explained as a temporary separation of the spiritual part from the physical body, this temporary separation being of a special kind because the subject remembers in the normal waking consciousness all or part of the experience gone through during the projection.

Exteriorisation connected with travels to earthly places some distance away, both spontaneously and experimentally, have often been reported and may be regarded as proved to be a reality. Excursions to the spirit world are more difficult to corroborate, but this book gives examples of confirmation. In addition, if a person has had repeated experiences of projection and of clairvoyance, thus learning to distinguish and to know what an excursion “feels” like, we may trust him to know also the difference between a projection to earthly surroundings and one to the spirit world.

We may thus accept such reports as reasonable testimony and subject them to a comparative study in order to see how far they agree with each other. A difficulty arises in so far as spiritual experience may be either of a symbolical nature (similar to dreams of the same kind) or else be due to a spiritual reality. The symbolical experience is quite personal and individual; also it may be much influenced by preconceived opinions. From this point of view accounts from saintly persons of old or from mesmerized subjects suffer from being coloured by their own religious and dogmatic convictions.

Even **Swedenborg**, an outstanding scientist and impressive personality was mainly concerned with religious implications and for that reason his descriptions must be studied with caution. Some of his statements are corroborated by modern observation but in many instances their symbolical character is obvious. That is why modern reports by people with inquisitive minds, not bound to any dogmatic ideas of any Church and interested in psychic science are more reliable from the start. In any case, all teachings received from the spirit world depend not only on the person receiving and reporting them, but naturally also upon the character of the spirit teacher.

Psychic science comprises two main sections: Animism and Spiritism. The former involving **anima**, the soul of the **living** man, the latter comprising facts where the action of **spirits** is indicated. All serious and independent investigators who have

carefully studied, not only one particular kind of phenomena but the whole field, know that man has a spiritual part which survives bodily death. Both, survival after death and communication with the so-called dead must be accepted today as well-established facts.

By Spiritualist methods it is possible to receive descriptions of the spirit world from the spirits themselves. There are many books dealing with this question. A comparative study of this material shows that the spirit world consists of a number of widely differing states or spheres. However, it is most important to obtain additional information by means of astral projection, because it is an independent source of knowledge belonging to Animism, though rather close to the borderline between Animism and Spiritism.

In view of these considerations the experiences described in this book are of unusual importance to Psychic Science and to anybody interested in the subject. The projectionist in this case, Mr. **Frederick C. Sculthorp**, started his investigation with an unbiased mind, in a spirit of healthy inquisitiveness and unrestrained curiosity, wanting to find out the truth for himself.

My contact with Mr. **Sculthorp** resulted from our common interest in astral projections. On his side out of his wish to exchange ideas with other students of the subject, on my side more the collecting of experiences on account of their theoretical importance. When our correspondence started in September 1956 I soon satisfied myself that his experiences were not only genuine astral projections, but also that he was a good observer and a sincere narrator, capable of giving a truthful and sober account of his visits to the astral or spirit world.

I have not experienced conscious astral projection myself - if I except some curious incidents to be mentioned later. Thus in our mutual exchange of ideas and observations by correspondence, my contributions had to rest upon what I had learnt from books and also on the facts I had collected from several acquaintances who have had projections for some years, either visiting earthly localities or having contact with the spirit world.

Since the year 1957 I have had the pleasure of meeting Mr. **Sculthorp** several times and I am glad to confirm the impression gained through our correspondence, that he is devoid of fantastical ideas, a man with both feet on the ground and very "matter of fact". I feel almost proud to have persuaded him to write down his experiences - which in many ways are certainly unique - for publication; he finally consented on the condition that I would contribute a general survey on the subject, which is now included as an appendix.

What Mr. **Sculthorp** has learnt by his many visits to various spheres in the Beyond made him a happy man in a quiet and unassuming way, and in his modesty he would never have thought of presenting his experiences to the public. On the contrary, he was afraid he might eventually shock the feelings of many who cherish

certain ideas about the next world and might not find them all confirmed by his report. However, the enormous variety of conditions in the various spheres has to be considered and these reflect all kinds of human thought and all stages of development. In any case, his report represents a most valuable addition to our knowledge of the spirit world as gained by means of conscious astral projection.

Dr. Karl E. Müller.

Zurich, July 1961.

CHAPTER ONE

EMBARKING ON A STRANGE ADVENTURE

How it started

Before telling of my conscious astral projections, which I have experienced for more than twenty years, it will be necessary to describe how this curious faculty of mine started and how it came into full sway. An exposition of this background will be of interest to sceptics and believers alike and truly of help to many. An exteriorisation is not such a rare occurrence as one might presume, but anybody experiencing it without previous knowledge will be alarmed, and often quite unnecessarily, be afraid of becoming mentally deranged. Thus more knowledge is necessary and should be disseminated.

Perhaps the circumstances in my case were especially helpful, or I had a talent without knowing it. I cannot offer any elucidation in this respect. Previous to my wife's passing in 1934, I was as ignorant as the majority of people concerning life after death or "spirit", and the whole idea seemed to me to be fantastic. The loss of my wife was a great blow to me as we had been living in happiness. We had two children and I had a shop to attend to. But I was fortunate in living on my shop premises and, as my aunt came to live with me, the children were well cared for.

I tried to keep my interest in the vast material obtainable on loan from the local library, where for some years I had obtained food for thought. One of my favourite writers was *Sir Oliver Lodge*, the scientist and a President of the British Association, and I was interested in his accounts of experiments in the field of electricity and electro-magnetic waves. In the library one day I happened to notice a book by him, the title of which was "Why I Believe in Personal Immortality".

I was surprised that Sir Oliver had written a book on this subject, as in his scientific experiments he was very thorough and would test a thing in many different ways and would not be satisfied until all his findings agreed. I was curious to see how he would test "immortality" and on reading the book I found that the scientific Lodge had, as usual, carefully collected evidence over a considerable period and also devised certain unusual tests. The results of these seemed to him conclusive and the case for immortality proved.

The proof came through those strange (as they then seemed to me) people called "mediums" who possess a finely-tuned sense that enabled them to see and describe the spirits of people who had passed from this life, or who in other ways serve as a link to the spirit world. I decided to read more and in my search for suitable material I found there was a considerable amount of literature dealing with the subject.

I also read as many books as I could find by those who held the opposite view and considered survival of death and communication with the so-called dead to be a

fallacy. However, I found that the writers of these latter books were not careful investigators but mostly voiced personal opinions or criticism of the findings of others. Therefore, I decided to embark on investigations of my own to find out, if possible, which side was right.

I went to the Marylebone Spiritualist Association, then in Russell Square, now the Spiritualist Association of Great Britain, 33 Belgrave Square, London, and asked for a sitting with one of their mediums. It was suggested that I should try a clairvoyant medium a Mrs. *Helen Spiers*. I followed her to a small, sunny room containing two arm-chairs; as we sat down she asked if I had ever had a sitting before. When I replied "No" rather curtly, she looked rather dubious and responded: "Don't expect much, then".

In some of the books by the critics I had read that mediums have an ingenious way of questioning or "pumping" a sitter so as to give information which appears to be communicated by the spirits whereas, in fact, it is no more than what the sitter has unsuspectingly divulged. I was determined that this should not happen in my case, that there would be no pumping and that I would clamp down like an oyster on any such questions. As a precaution I had decided to take a notebook and pencil along and write down whatever was said.

Soon Mrs. Spiers began to describe a lady whom she declared to see clairvoyantly, saying it was my wife. The description she gave of my wife was correct but I made no comment. She went on relating, with all the personal characterization and expressions of my wife, details of my daily life, what had happened during the three months I had thought my wife as "dead".

I wrote steadily, asking test questions now and then, which were answered correctly without hesitation. The communicator spoke of how the children were faring, and referred to alterations and events in our home that were known only to me. She spoke of relatives she had left behind and of those she had met "on the other side" - even one from a remote village in Cambridgeshire.

I could not doubt that it was my wife, giving all the evidence of her presence that she knew I wanted. I wrote for an hour, the allotted time, but the medium seemed to be content to act as a go-between and, although my notebook was nearly full, she still went on until at last there was a knock on the door to warn us that the room was wanted for another sitting.

Thus the sitting was very satisfactory and gave me much food for thought. The last thing that Mrs. Spiers said as we left the room together was "Why not try it yourself? You will see your wife as clearly as you see me now".

Was I to become a Medium?

Was I to be a medium myself, at least for a private purpose? Could I eventually "see" my beloved wife clairvoyantly? Finally it turned out more strange than that but her remark was just as true as all the other things this remarkable medium had said.

After receiving this advice to try myself to contact the spirit world I joined a “development circle”, that is a group of people who meet once a week to develop their latent powers of clairvoyance. It is surprising how many people are able to develop this dormant psychic power, and there are quite a number of books which explain the best methods to adopt. A circle conducted by a medium is naturally the better approach.

In attending the development circle regularly I convinced myself of its possibilities as I had occasionally a fleeting experience. Later, between meetings, I began to find that sitting alone at home completely relaxed in my arm-chair brought still better results. Gradually this led to a wonderful but natural contact with the spirit world that induced an inner happiness and contentment that was priceless to me. I was simply a mourner who was comforted in the fullest sense of the word, as promised by the psalmist of old.

During my early efforts to develop clairvoyance I found that sometimes I could see my spirit helpers after going to bed at night. I would lie perfectly still and at ease until even the results of the bodily activity of going upstairs had subsided and breathing had become quiet and shallow. At that time I began to have dreams that were very clear and seemed like actual spirit experiences and I thought these might have some connection with astral travel.

I believe that all earnest seekers have spirit experiences during sleep. All habits of the physical mind are mirrored on the spirit mind. The habit of opening the physical mind and searching for spiritual truth opens the spiritual counterparts. Later I have been shown this in spirit - the spirits call it “searching for grains of gold”, a very apt expression. Thus our searching makes the spirit teachers’ work much easier.

Once when I was sitting in my armchair and striving for snatches of clairvoyance, I seemed to be held in the arms of a great spirit friend. We rose high in the air, so it seemed, and then, suspended in space he said: “Why do you want clairvoyance? - Why do you want direct voice? - Why do you want materialisation? - You will have something much better than all these!” - Then I was returned to the armchair.

It was rather overwhelming as I could not imagine a companion with such a wealth of love and wondered what could be better spirit experience than materialisation. I was soon to know, because my travels started shortly afterwards.

Leaving the physical body

For several months - it seemed a long time - I strove to develop this extreme passivity after getting into bed until I could keep my consciousness for a time on that knife-edge state between consciousness and sleep after all bodily feeling had gone. Sometimes I seemed to be floating but I thought this was due to my imagination, as no bodily weight can be felt in this state.

Then one night this floating sensation became a reality and I felt myself really rising. Inwardly excited but determined to remain passive so as not to interfere with the

experiment, I was pleased to note that I had become highly sensitive and could feel the presence of a calm and friendly spirit helper. The motion, with complete absence of effort on my part, was slow. Then suddenly I began to vibrate violently. After a while this ceased and I continued to move upwards for a short time, then stopped.

Thinking that it was about time I abandoned my complete passivity, I looked round and found myself standing behind a table in a room. A line of young men were passing in front of the table and smiling at me. They all appeared to be dressed in blue and for a moment I thought they were clad in the blue clothing worn in the army hospitals I had been in during the 1914-1918 war.

Then my sight improved, the blue became a slight mist which surrounded each one and I saw that they were actually wearing ordinary clothes. They all appeared to be about twenty-three years of age and I was amazed at the perfect colouring of their complexions and eyes, which were beautiful by earthly standards.

Wondering whether I was experiencing some exceptionally good clairvoyance, I looked round and saw that another young man was standing by my side. He had a happy smile and I could sense the great friendliness of his aura. I realized that this was not clairvoyance and that we were on the same plane in spirit together and, therefore, I must be in my spirit body for the time being. I felt very excited and my mind began working at top speed in the desire to know more. Would they feel “solid” to me and I to them? How could I find out?

It would appear rude to go up to one of these splendid-looking young men and deliberately touch him. Quickly I evolved an ingenious scheme. I would pass behind the young man who stood by my side and, in brushing him, would say “Excuse me!” in a casual manner. Thus I would be able to touch him apparently by chance. I did this, but when I touched him he at once grasped my hands and burst out laughing. I had to laugh too as I realized that as our auras mingled, he became aware of all my thoughts and I of his.

My lessons about conditions in the spirit world had begun. We are “solid” to others on the same plane or vibration in spirit and our thoughts can be read as easily as a book.

As we were laughing over this incident I felt myself beginning to recede from the room. I did not wish to go as I felt very happy but I sensed that I was being taken back to my physical body and so remained passive. The journey back was calm and gentle; strangely enough as I thought, it seemed quite natural. This, I think was due to the closeness of my spiritual helper. There was a cessation of movement but no feeling of re-entry into my physical body. Then my bodily weight and the light pressure of the bed-clothes gradually became apparent.

As I stared into the darkness of the bedroom with my thoughts full of this experience, there appeared above me a beautiful solid-looking design of gold filigree work. This stayed for a while and then gradually faded away.

The design appeared to cover the whole of the ceiling and I had the impression that it was a symbol of success, as it appeared after each of my later excursions when they were normal. Sometimes the symbol would be in the form of a bas-relief in white marble with the flowing lines of the Grecian acanthus, and I used to wait and admire these manifestations and wonder if they were produced by the minds of old master-craftsmen who had reached perfection of their art in spirit.

On the return from a projection its spiritual influence lingers for a time and the clairvoyant faculty is quite strong, so that psychic structures seem clear even to the physical eyes if the room is dark.

After the filigree design had disappeared I lay in bed agog over the possibilities and even wondered if I would travel again that night! But I soon fell into a normal sleep.

This first visit to the spirit world, perhaps owing to its brevity, was the only one during which I have ever retained full consciousness all the time I was out of the physical body, that is from start to finish of the exteriorisation or astral projection.

The second projection

I continued to practise development of a passive condition on going to bed each night and a few nights later I again felt the gentle rising motion. This time I had no anxiety wondering what was going to happen; I knew and waited in delightful anticipation. There was on this occasion no harsh vibration of my astral body as there had been the first time and I guessed that my spirit helpers had mastered the technique necessary in my case to get clear of the physical influence.

I felt myself continuing to move with increasing speed but I could not hold my consciousness and the next thing I became aware of was walking up some white stone steps. On my right there was a little girl of between nine and eleven years of age, and I had my arm around her with my hand resting on her right shoulder.

As I became conscious of my surroundings I at once wondered where my wife was. Immediately, as if a telephone receiver was against my ear, I heard my wife's voice say: "It is quite all right, Fred. We will meet later." Instantly all feeling of anxiety left me as I realized the truth of what I had once read: "There is no real separation in spirit." This was telepathy at its best, simple and natural.

I could now concentrate my attention on my present situation. It was a delight to make contact with the child's aura and I sensed the carefree, happy feelings of a youngster, yet in addition there seemed to be the serenity and maturity of an older person. As we reached the top of the steps I squeezed her shoulder to see if her body was built upon a bony frame - it was! I was very ignorant of spirits then.

Together we entered a hall which I felt was a rest-home where people who had passed over recently, perhaps after physical sufferings, were gaining strength before awakening to full consciousness of spirit life. They were seated around the hall, accompanied by a relation or helper patiently waiting to assist them when they

awakened. As we went round the hall they appeared like people enjoying an afternoon siesta, and some had their eyes slightly open.

When we reached the far end of the hall I stopped before one of the resting arrivals, a stoutish man neatly dressed in a black coat and striped trousers. He opened his eyes slowly and looked at me and as he did so a keyboard of an organ began to appear behind him, took solid form and then faded away. This strong thought-form, coming from a half-awakened one, surprised me and I surmised that he had been an organist during his life on earth and that this was his uppermost interest.

Farther along the line of seated people I noticed a woman whose body seemed to be moving in a strange manner. It looked like an object seen in water and distorted by the refraction of the surface waves. The effect was peculiar and I sensed a spiritual weakness and hurried past with my little girl companion. But I need not have worried, her mind was quite calm.

Half-way round the other side of the hall we entered an ante-room which was very brightly lit and crowded with helpers. A young man was placed in front of me and I recognized him as one of my company who had been killed on Gallipoli 22 years before. His face was white and drawn, his eyes tightly closed. I had no idea what I was expected to do but I think he was brought to me in the hope that he would see me. However, the experiment seemed to be a failure as he either would not or could not open his eyes.

We re-entered the main hall; but shortly afterwards left it and began to descend the flight of white steps. Glancing downwards to make sure of my footing, as is my habit, I noticed that the little girl, who wore a long dress, had bare feet! This discovery caused me to comment in surprise: "Why, you have no shoes!".

"It does not matter", she replied.

"But I must get you some shoes!" I insisted.

She looked agitated and repeated, "No, it does not matter". I suddenly realized the mistake I had made. By earthly standards the incident was slight but my insistence had created a clash of thought with this advanced child, a thing to be avoided in spirit, where thought is everything.

As we left the place I gained the impression that my visit was over. I asked the little girl where she lived when on earth and she replied "Ontario, Canada". I wanted this information to discover whether she was connected with my family. A few moments later I saw her little form walking on, and I found myself receding from the scene on my journey back to the body.

I retained my consciousness but my sight was withdrawn, as invariably happens with me, so that I saw nothing on my way back. Nevertheless I was content to remain passive, finding my spirit helper's presence both calm and comforting. There came the halt and a slight pause as physical feeling seemed to pour into my inert

body lying on the bed, followed by a flood of thought concerning my experience.

But my spirit observations were not yet over. Above, covering the ceiling, came the golden design. It looked more beautiful than ever and I mentally thanked the spirit helpers for what they had done. There must have been many helpers, because the projection was so well timed and the little girl was ready waiting to take me round the institution.

I wished I could have done something for the young soldier who was placed before me. I even remembered his name. I feel sure his condition was only a temporary one as he was in good surroundings and the light in the room was brilliant like staring into an arc-light.

The second and longer experience, which was complete and rounded off in an agreeable way, left me with an inner feeling of uplift and thankfulness that stayed with me throughout the day. While earnestly wishing to see my wife, I also wanted to know what life in the spirit world was really like. I had read about it and heard many descriptions in séances but some accounts are often conflicting and vague.

“Bed-time” had become a very important part of my day!

Failure - because I break a spirit law

A few nights went by, each with hopeful expectations, and then came my next projection.

This time, although remaining quite passive as before, I seemed to see the grey outlines of roof-tops and trees passing beneath me, but by an effort of will immediately withdrew my conscious vision from them. I had an idea that what I saw was earthly and that any interest I took in it might have the effect of drawing me back and so preventing an excursion. I was determined not to miss even one visit to the next world - it was too interesting.

Soon all sensation of movement ceased and I looked at my surroundings. I had been left standing apparently alone in a rather bright countryside.

Suddenly I saw my wife approaching, about thirty yards away. She came smiling with the familiar gait that I knew so well. I cannot attempt to describe my feelings, beyond saying that I thought: “At last we really meet again! It is much better than the short clairvoyant visions I have had of her.” She was even wearing what looked like the same coat shown on a photograph of her at home.

As I thought of this photograph, I suddenly aroused within me an earthly vibration of mourning which I had felt when looking at this picture. At once I receded from the scene and in a greyness felt myself being drawn rapidly back to the physical body. With the instantaneous speed of thought I knew I had blundered in some way.

Back in bed and conscious of my physical body, I felt terribly disappointed but I knew I had only myself to blame. Mourning is simply earthly ignorance, a sorrow on account of thinking somebody dead and gone forever, although spurious, superficial

faith may pretend otherwise. Such a thought is an absolute negation of the truth, contrary to the law of spirit and has the effect of lowering one's rate of vibration.

As I was not yet a permanent dweller in spirit, my lower vibration is appropriate to a physical body and I was not allowed to linger in ignorance as on earth. How can we expect God's laws to permit the perpetration of an untruth? - I saw no symbol on my bedroom ceiling after this premature return!

Reunion with my wife

I was beginning to see the perfection in all God's laws. Remembering my first projection which had shown how thoughts can be exchanged when the auras of two spirits intermingle, I began to realize that all this information was being conveyed to me by my invisible spirit teacher and I found later that, if my mind was capable of understanding, the instruction continued in all my travels.

I felt certain that spirit helpers would give me another opportunity of meeting my wife and it soon happened. I was projected two nights later and this time found myself standing in a country lane. I was very conscious of and was beginning to recognize the feelings that the spirit body automatically picks up when arriving in some part of the spirit world. These feelings or vibrations were very pleasant.

I had imagined this would be another opportunity for me to meet my wife but she did not appear. So I concentrated my thoughts on her and simply said: "Come!" After a short pause my wife suddenly appeared in the lane walking towards me. I felt very happy at the success of my telepathic call; it seemed so simple and natural. Perhaps it was a lesson as many others were to follow in later travels.

My wife too, looked very happy and, as she came closer, I noticed that her features were exactly as they had been on earth. Then, as our auras met, there was a transformation. I had seen the features of the progressed ones, whom I thought were beautiful, but hers were perfection. She was my same companion, but different; yet I knew her better than I had ever done before.

I would have recognized her unfailingly, even with my eyes closed, because her whole life and personality were contained within her aura and I could sense the years of her companionship with me. I was also aware that she knew me better than she ever did before.

There seemed to be a wonderful harmony between us, for we both uttered the same words of greeting and blessing at the same instant. After that we did not trouble to speak with our lips - speech was too slow. The happiness of our meeting seemed to raise us to a higher vibration and in our spiritual unison we were able to exchange thoughts with unbelievable rapidity.

Although to me this wonderful experience was only temporary, it seemed quite natural; but later I found that I could not recall our entire conversation to the physical mind, for a reason I will try to explain later. Anyway, I knew we spoke of

the sadness of our first parting and of the present happy meeting.

I did not know how long we remained together, but the intensity of this plane began to cause a pleasant drowsiness in me. Then I realized that my time was up, and I felt a gentle sensation of drifting. There was no sadness in this parting - we had experienced another perfect spirit law.

Back in the physical body and aware of the dark bedroom and the ticking clock, I was filled with the wonder of this meeting and the indescribable perfection I had seen. As if to explain this perfection something was impressed upon my mind, the words: "God's image", then the whole ceiling became filled with the pearly-white image of a huge bas-relief of purest marble.

The spirit craftsman seemed to be adding his contribution in praise of the Greatest Craftsman of all.

The Chinese helper

I have described the first excursions in their order, to give some idea of how my travels in spirit started, but many subsequent travels had an entirely different character.

My spirit helper now appeared to be able to separate my spirit body from my physical body quite easily. I was glad of this, because the long period of concentration and keeping conscious requires effort and is mentally tiring.

On going to bed I simply composed myself and hoped for an experience. I am afraid I used to hope every night! But this was not to be. As I was shown later, conditions around me had to be right. However, I often knew when a projection was due as I would feel something like a strong surge of electricity up my spine, culminating at the nape of the neck, and sometimes a jolt in the solar plexus that would make me shake the bed.

About this time, when having a sitting with a clairvoyant I was told that an elderly Chinaman could be seen with me. The message was: "He says, he magnetizes you, whatever that means". I was able to confirm the effectiveness of his "magnetizing".

He was one of the spirit helpers I had clairvoyantly seen myself in my bedroom. He appeared as a very wrinkled old man with a charming smile. When he lived on earth he was an apothecary.

The length of time I was away from the physical body began to get longer. The consciousness was not always continuous, as sometimes I would be taken to three or four different spheres or conditions in one night, and during the change I would be made unconscious and then find myself "coming to" in another place.

Consciousness also waxes and wanes as if being replenished by surges of some sort of power, but I do not know if it comes from my physical body through the connecting astral cord or from the spirit helper. Also my spirit helper does not always know what I have actually seen, because when I have visited a professional

clairvoyant and received good evidence of my experiences, there have been incidents that I have missed, which seemed to cause some surprise to my guides.

I have heard mediums say that they are not - or only seldom taken to the spirit world, because it would make them dissatisfied with earth life. I can understand this, but in my case I was very thankful in being able to meet my wife and yet return to look after our children.

At first I began to make short notes of my experiences but these soon discontinued as I found that I could remember more clearly and fully than anything I had troubled to put down. An occurrence witnessed during my consciousness in the spirit world is impressed on the mentality much more clearly than earthly happenings. It is clear-cut and stands out, and does not need separating like the mass of thought in the bodily mind.

Remembering the conflicting reports of the spirit states and life in spirit which we get at times, I began to think that it would be a good idea if I, an inhabitant of earth, could bring back the facts - the whole truth and nothing else.

However, I found that it was not so easy as that.

Many a question about conditions in the spirit world has to be answered by: "Yes and no!" The true answer depending on the sphere one is dealing with. Both answers can be correct for the corresponding state.

Some proofs

It is quite natural that people who are not psychic themselves will ask if my experiences were a reality or just imagination. I want to give a few examples of what, I believe, constitutes corroborative evidence, although it should be emphasized that repeated personal experience alone can bring unshakable conviction.

I had no particular desire to project to earthly places as I found the next world much more interesting. However, in 1939 my two daughters were on holiday in the Isle of Wight, some 90 miles distant from my home. After lunch one day I felt very lonely over their absence and sat in the armchair and asked to be taken to them.

I had very little time to spare as I would soon have to attend to my business. Presently I was projected and found myself walking behind my two daughters. I could not see the general landscape but the girls were walking a few yards apart and tossing some object from one to the other.

Then a lady approached from behind, walking through me (now an earthly though invisible ghost) and then between my two girls. The elder girl, without looking, threw the object and hit the lady in the back. I was annoyed at such carelessness and this thought immediately drew me back to the physical body - all in accordance with the spirit law. I made a note of the time and the day.

My return from the Isle of Wight to London took about three seconds, so it seemed. This corresponds to thirty miles per second - quite a speed for a laggard who was

unwilling to return!

Later, when my daughters were telling me all about their holiday, I suddenly asked the elder one if she had thrown something and hit a lady. She reddened, and the younger one giggled and said: "Mabel hit a lady in the back with a ball!"

The elder one explained that after lunch on the day I had noted, while walking on either side of a path to the beach, they were throwing a ball back and forth to each other, and she did not notice the lady overtake and walk between them. This little bit of earthly travel interested me but I don't think much of earth landscape as viewed by a spirit!

Once I left my body when attending a séance and it happened only once. I had not thought it possible as the chairs were uncomfortable. On this occasion I was taken by my guide to a tropical region where we stopped underneath a tree, and he showed me a trumpet full of ectoplasm or what was meant to represent "power".

It was a very short visit and when I returned I purposely kept my eyes closed and did not move, but a very good clairvoyant, a lady sitting opposite me, said: "I saw you go out of the body and I have just seen you return. Tell us what you saw".

When projecting at night, I have often seen people in the spirit world who were still living on earth, although I have never seen their astral cords. I think that in its more extenuated form (the spirit body away from earth) the cord can only be seen by the progressed spirits.

In one instance such a meeting was remembered. One night I had projected and was at an anniversary party in spirit. There were quite a number of relatives there, past and present, and I saw my aunt who lives with me and also a nephew, who lives a few miles away. When my aunt saw me in the morning she said: "I went to a nice party in the night, and I saw you there". Hopeful of another confirmation of this, I visited my nephew, but he could not recall anything. It seems to be the heritage of nearly all to have occasionally a psychic experience during sleep. Such an experience is easily distinguished from the earthly dreams of the physical mind, because it stands out clear and distinct.

Often I have had confirmation of my spirit travels through mediums and several examples are mentioned in this book. Once I was standing in my shop in the spirit world (of which more later on), and suddenly felt a strong arm placed around me. I turned and found that it was one of my spirit friends, an African negro. He embraced me and I felt a warmth of deep affection and companionship. I too, felt very happy at our meeting and ruffled his mop of close curls. Excitedly I called to some spirit friends in my shop: "Look who is here!"

Unfortunately, at that moment, I felt myself receding from the place and despite all my efforts, was pulled back to the body. It was a day projection and loud traffic noises had caused my return. I have had many disappointments over these abrupt endings to a projection and they are not always due to external causes but also can

be due to some loss of power through the connecting astral cord.

Shortly after this incident I was with a medium friend and she said: "There is a negro here, and he says, he has met you in spirit; he also says something rather strange, that he knew you before you came to earth". This African has been with me since I have studied Psychic Science. He has been described to me many times by sensitives. I also have seen him clairvoyantly. But this had been the first time I met him in spirit.

When I have projected during the day I have on a few occasions seen earthly people who, as I knew, could not possibly be asleep in their beds. When I mentally asked how this is possible, I simply got the word: "Bi-location", which means to be in two places at once. Swedenborg relates something similar; while he was walking in a town, he had an experience far away in spirit.

Other psychic experiences

The spirit contact which I began to experience at all times of the day astounded me, a newcomer to these truths. My spirit helpers seemed determined to make their presence known to me and to help and teach me in a thousand-and-one ways. These contacts took the form of clairvoyance and clairaudience during my quieter moments when sitting in my armchair.

At other times, during my ordinary activities, I would suddenly become aware of spirit presence and of knowing how to solve a problem. These happenings are common to Spiritualists who attend developing circles, but to others they may be quite unknown, so I had better give a few examples.

I had made a sunken concrete fish-pond in the garden and one evening I filled it with water. The next morning it was completely empty. After my labours this was very disappointing as I had laid a good thickness of concrete. I came indoors, sat down and mentally asked my spirit helpers what was wrong. I was clairvoyantly shown the pond, and the water was escaping out of one corner.

I got up, went out and examined that corner of the pond, but it looked just as satisfactory as the rest. I was impressed to prod it with my pocket-knife; I did so and the blade pierced the concrete. In laying the concrete I had enclosed a bubble of air which had set, leaving an egg-shell thin layer. Sealing this fault made the pond water-tight, but I could not have found the spot without spirit help.

Late one year, after digging my garden for its winter rest, I found upon collecting the tools that the trowel was missing. My deep digging had buried it somewhere. In the spring, with some plants to bed-out, I realized that I had no trowel. All of a sudden I felt the usual spirit presence and "knew" at once where to look for it. I went straight to a corner in one of the beds, scraped a little way down and there was the trowel.

In the more active periods of my life, my spirit guides used a warning signal that I could hear above all other noises, even above the roar of the wind on a motor-cycle.

It has drawn my attention to such things as a disconnected petrol pipe, an open toolbox and consequent imminent loss of the tools, a severed rear-light flex, etc., as well as warnings of oncoming vehicles round blind corners.

On one occasion I ignored the signal as everything seemed to be all right. The machine was running well and I was on a fine straight arterial road. The signal was repeated but I went on and then, after a few miles, the engine petered out. Nothing was mechanically wrong, but the petrol tank was empty!

At times my spirit friends would give me predictions of coming events when I was quiet in the armchair. This happened so often, that I used to write them down in a notebook. One came true one evening, when I was standing at my front door with a neighbour and his wife. We were watching some firemen dealing with a fire a few houses away.

Forgetting that my neighbour knew nothing of prediction, I unwittingly remarked: "And it happened in the very same room where I saw it". He wanted to know what I meant, and I had to tell him. The scornful look on his face at my belief in such things was comical to see. Then I showed him the entry in my note-book of the fire and the place. His face changed - he thought that I had just written it down!

After that I had to show him the next prediction in my notebook, which was an incident that would also happen nearby. Two days later the neighbour's wife came to me and, looking rather excited, said: "It has happened!" Not realizing for the moment what she meant, I asked: "What has happened?" She replied: "What you told us the other evening".

Some advice

Apart from earthly guidance, my spirit helpers taught me many things through my own clairvoyance and I found their advice good and true in all things. Their descriptions and spiritual status were given to me also by different clairvoyant mediums, so in a way, I suppose, I was automatically in step with the injunction to "test the spirits, whether they be of God".

I believe that the successful way in which my guides were able to take me on these travels was partly due to my absolute trust in them. This has to be complete and not superficial, because what is ingrained in the physical mind is automatically impressed on the spirit mind.

Keeping in mind the direct effect of thought in spirit planes one cannot see how, if there are any inward feelings of mistrust, conscious projection can follow, as free-will still prevails and the spirit body would cling to the physical.

My guides helped me in my choice of books. At one time I was studying various religions and once I was impressed in the public library to take out a rather thin book that was barely noticeable among the others. I found that it dealt with no specific religion, but was a translation of an ancient Chinese book and was a

master's advice to his students on spiritual development. I was interested to see that the advice given agreed with our present-day teachings.

There was in this book also a reproduction of an illustration entitled "The spirit travels" which showed a Chinese student sitting with crossed legs; high in the air was a small replica of the same form, and both were joined by a thread representing the astral cord. This centuries-old representation of astral travelling had no particular significance to me at the time, although I knew I had a Chinese guide.

The attitude of sitting cross-legged as shown in the picture in the ancient Chinese book would not have suited me. I needed absolute ease like lying on a bed or sitting in a well-padded armchair, because before a projection I would lose all feeling of my physical body and any discomfort would have prevented the achievement of this condition. My single projection while sitting on a hard chair in a Spiritualist circle surprised me at the time, but I think it was done as a proof to others, and anyway it did not last long.

I have mentioned that many people have experiences in the astral during their nightly sleep without knowing it. The following exercise I have found very helpful in bringing these experiences into the physical memory. The advice is: When wakening in bed, keep perfectly still and try to think back.

The difficult thing is to remember to keep absolutely still. When I have been successful in this exercise, I have felt myself encompassed by an aura containing the night's experiences which can be noted by the physical mind. The slightest movement seems to break some gossamer-like thread connecting the two minds. If broken it is very annoying because no further recollection can be made.

Another little exercise, which I have tried, has proved very successful in the astral. During the day when something unusual happens on earth, or when there is an unusual sight - even a strange load on a motor-lorry, I used to ask myself if I was on earth or in the astral, and why I was there? This exercise creates an inward awareness. It has to be persevered with and made a habit, until it manifests when one is in the spirit world.

My inmost desire was to visit my wife and the spirit realms, and my wishes were granted. I have never seen my physical body nor the astral cord at the time of departure, as at the start of each projection I adopted a state of extreme passivity, deliberately ignoring all thoughts or sights of my surroundings, and I continued to do so when travelling. This attitude of mind, I believe, helped my guides in transporting me, because all spirit activity is a thought process and I did not want my thoughts to interfere in a projection. Thus I do not remember any journey being interrupted once we had started.

I always arrived at what appeared to be a predetermined destination and my instruction about a particular spirit state followed. For my studies of spirit life there seemed to be a curriculum laid down by my spirit teachers and naturally, as in

earthly teaching, many of the examples I was shown were extreme cases.

Sleep and death

My father, after his passing, once said to me: “Why do people fear death? They are not afraid to go to bed, are they?” To many there may not appear to be any connection between the two, but they are somewhat similar.

In sleep the spirit body rises slightly above its physical counterpart, but is connected to it by the astral cord. This “cord”, by all accounts, somewhat resembles the long and continuous spark that joins the two electrodes seen in experiments with high-frequency electricity and is sometimes called the “silver cord”, because this name is mentioned in the Bible. On awakening, the spirit body (the real and eternal person) sinks into and rejoins the physical body once more.

In death, the spirit body rises but there is a natural severance of the astral cord caused by the stoppage of physical functions and the spirit body goes to its appropriate place in the spirit world, generally accompanied by spirit helpers, who help over the period of adjustment.

Many people when nearly asleep have experienced the sensation of dropping or “falling through the bed”. This is caused by the gradual rising of the spirit body as consciousness goes; then some disturbing factor - perhaps a noise - has caused it to be pulled back to its physical counterpart, hence the sensation of falling.

Thus a living person whilst consciously projected is in a similar condition as the spirit of a dead person. The physical body of the projectionist usually is in a condition of normal sleep, and some experiences I have had, to be related later, show this to be the case with me.

When all this becomes common knowledge, it will truly be possible to ask, as my father did: “Why do people fear death?”

CHAPTER TWO

THE LOWER SPHERES

The Plane of Illusion

As I mentioned before, my travels became very different and at first were mostly to the lower spheres or dull states, but before coming back to my body I was generally taken to a brighter locality or sphere. There is a reason for this as the condition of the lower state is apt to cling, and this might produce a disagreeable after-effect.

When I arrived on a lower plane I would at once know the nature of the place. The spirit body is very sensitive and at once picks up the thoughts of the people there. The result is a sickening harshness which is indescribable. The most depressing moments on earth cannot compare with it, as the physical mind cannot deal with many thoughts at a time, whereas the spirit body is open to the mass thought of that

particular state.

However, if I had to stay awhile to witness something in these lower states, my spirit helper would neutralize these vibrations in some way. On most of these dull astral planes I am invisible to the people there.

The lower spheres are quite earth-like. There are cities, towns, villages, etc., which seem to be replicas of existing localities on earth, and sometimes the conditions are similar to those on earth. They are quite “solid” when the spirit body assumes the same wavelength.

I have read that these localities are formed naturally and automatically by the minds of people who have passed to spirit life and expect to see their familiar surroundings. This seems to be true, and also that the mind has a photographic memory capable of reproducing all the details. To cite an example: I have seen lamp-posts in the street, which would hardly be necessary as I have never seen the darkness of night there.

Regarding this creative power of unconscious thought, I was once talking to a teacher in spirit, and he asked: “Where do you get your clothes?” I tried to remember my tailor's name on earth and could not. But this was not what he meant, he said “Look” and pointed to my clothes.

I looked down and saw that I was wearing my every-day clothes, reproduced in every detail, even to a small stain that was on them, the result of a too vigorously squeezed tube of toothpaste, which I had not been able to completely remove.

In these spheres the spirits are in varying degrees of ignorance. Some have not the slightest idea that they have left the earth and are in “the great beyond”. Others have some sort of impression that they are living a different life, but it is dream-like and not positive. These people have carried over the same ideas which they had on earth, and “spirit” is just as vague to them as on earth, for their surroundings are quite earth-like.

Without my experiences and other knowledge I believe that I would be just as vague and uncertain, as sometimes I have not become fully conscious at once when arriving on a plane and thought I was on earth. Then gradually what I had previously learnt seemed to filter through, and I would become conscious and know.

Many spirits seem quite contented, as they feel well and do not tire, but their minds do not seek for, or know of, anything better, nor can they be pushed forward. The spirit law seems to be that the urge must come from within, which will happen in time. As the ingrained thought of many is their livelihood, this habit continues and I have seen all manner of occupations - road-making, factory work, bridge building - I have even seen coal-miners riding on their small trucks and singing cheerfully.

In one factory I watched a welder at work. His “arc” was a small spot of light needing no eye-shade, but he “thought” he was welding. He looked up at me and said: “Do

you work here?" I answered: "No, I am having a look round".

In spirit, thoughts seem to be "solidified" and thus become things. Later when progress is made, these God-given gifts will be used differently. One of our well-known psychic researchers (F. W. H. Myers) in a communication after his passing gave this state the very apt name of "the plane of illusion".

Results of ignorance

Many seem to think that every trip to the next world must be full of excitement with many new wonders and strange things to be seen, but this is not always so. In my early projections I was taken to the low or unprogressed states many times and, as these are just like earth and the inhabitants do not know of anything otherwise, the activities were often banal and boring, but I had to learn.

Many times I have felt the necessity that all should have some knowledge of spirit life already during their earthly pilgrimage. For instance, it did not seem very edifying when I was hurried to a dull state to listen, (invisible to them) to the conversation between two charwomen in the middle of a deserted school playground. They were school cleaners and were full of grumbles and bitterness towards another charwoman who had the job of cleaning the school, which they considered should have been given to them. This is the "plane of illusion" with all its drabness and I should hardly think that any spirit children went to that school. This however, would not seem strange to the cleaners as they are concerned only with empty schools.

The spirit factories I have seen were all over-staffed with workpeople and there was no system or production line. Each one seemed to be doing something that ether he knew best or wanted to do, and all were content to be in a regular job. It is interesting to note that, although the ingrained thought of work is uppermost and is carried over by some, so is the lazy habit of "having a mike", and I saw plenty of it round the benches. A place where there were no foremen would no doubt be a workers' Utopia.

Near Christmas I was once projected to a factory in spirit where I watched some men painting children's toys and it seemed that the early thoughts of the festive season are reflected in the next world. Outside the factory there was a large sports ground in the middle of which they were erecting a big and substantial looking stage. As I was wondering what this was for, my guide quietly remarked: "For the workers' amusement".

On two occasions in this world, where thoughts are things, I have seen butchers' shops. In a land where the slaughter of animals is not possible, this may sound surprising even to those with some knowledge of spirit. They are purely the result of thought and looked just as substantial as anything else. Where thought reigns, who can put a limit to thought?

They were simply the earthly life ambitions of the butchers to have a well-stocked

shop, capable of satisfying all their customers' demands. They were small shops and the entire fronts were hung with meat just as we used to see before the new food laws were introduced. The colour of the meat was a brilliant red and in one case almost the hue of crimson lake, which was, perhaps, their idea of "perfect meat".

This plane of illusion in which many spirits live for long periods may seem strange to many of us on earth, but those who have sat in rescue circles will know of many cases where a spirit, on being told that he or she has passed over, emphatically denies it at first. This is one of the reasons why rescue circles are held by Spiritualists, trying to enlighten those backward spirits.

Our poor brethren

In an interesting experience connected with those still living in the plane of illusion, I once became conscious in a projection on the deck of a full-rigged sailing ship of the 19th century. I had been planted near one of the great masts, and, as I became aware of things, I was surprised at the number of ropes coming down from aloft and the term "knowing the ropes" acquired a new significance to me. I walked over to a deck-house close by and in it were a few men, all grumbling over their living quarters.

I sensed that they thought that they had not long left port and had been put in the deck-house. I looked in it and saw the bunks and told them it wasn't so bad, but they would not be consoled and were thinking of possible stormy weather ahead. It would have been interesting to ask these men when they last saw a storm or did a night watch, but I was not impressed to - perhaps because it had been tried before without effect.

Certainly their grievances would appear real, as the place was not a good teak-built affair but more of a ship's carpenter's emergency job and did not look very weather-proof; but one could no more tell these men that they were "spirits" than the man-in-the-street could be convinced in a few words about his life in the Beyond.

In my early projections to the lower planes I was often taken to a place just in time to witness some occurrence, and it seemed as if my teachers were fully aware what was going to happen. Also I often found myself waiting outside an office with the feeling that my spirit helper had gone inside for "orders"; then I would be made unconscious and hurried to the spot.

In the dull, astral towns I often saw certain men neatly dressed in ordinary clothes, but their features and eyes had a brightness and perfection that made them outstanding in such a locality. I sensed them to be advanced helpers on their various missions and I once saw the protective powers they possess.

I was suddenly taken to one of these towns and stationed in the middle of the market place. A man, a negro, was standing on a box addressing a crowd, and he seemed well-pleased by his ability to keep the people amused with his jokes and antics. One of these helpers was passing by and the man saw him. A look of intense

hatred appeared on his face and he called to him with a coarse expression.

The helper stopped and turned to him with a grave look and said: "Do not insult me". The result was surprising. The man collapsed as if all strength was taken from him, and disappeared from view at the foot of the crowd. The helper went on his way and turned a corner. Soon the man struggled to his feet, saw that it was quite safe to shout a further insult and then resumed his antics with the crowd.

On another occasion I was put in the middle of a miserable looking street which I thought was a part of London of the 19th century. I saw a sad-looking little pedlar going from house to house with his bag, and watching him was a proud and petulant-looking "Victorian" dandy, still with his side-whiskers and in the clothes of his period.

Suddenly he strode over to the pedlar and deliberately stamped on his foot. The pedlar cried out in pain and clutched his foot. As he did so his boot disappeared, and I saw that he was grasping his bare toes, which were bleeding.

I confronted the dandy and said: "Why did you do that?"

He turned away muttering: "He annoys me." I looked towards the pedlar. He was recovering from his upset and his boot reappeared on his foot. Then he picked up his bag and continued on his round.

This incident of apparent injury and pain surprised me, but the explanation I sensed from my helper was as follows. The stronger mind overcame the weaker and wished to cause pain. The pedlar "thought" he was hurt. He wanted to grasp his toes and automatically obliterated the boot. The "pain" was such that he thought there must be blood, so blood appeared. On my intervention the thoughts of giving pain were diverted from the pedlar and he quickly recovered.

This "expectation" and "producing" is very strange. Once I was waiting outside the office in the lower state I previously mentioned, and there were several others waiting. Forgetting where I was, I put my hand in my pocket, got a cigarette, lit it and puffed. It tasted horrible, like burning rag, and I threw it away in disgust. A young man standing by me said: "Try it again", and I replied: "No, it is only an earthly habit".

The strange point about this incident is that, if my expectation produced the desired cigarette, why did it not also produce the desired taste? Or did my guide play a trick on me? Later, I remembered that I saw no flame on my lighter, nor have I ever seen a consuming flame in spirit. Perhaps, the ethereal "substance" in spirit being an original element, cannot be further broken down; and this may also be the reason why one never sees decaying vegetation in spirit.

I was taken to another dull and unprogressed state and saw a group of people waiting outside the door of a long hut. A teacher conducted me through the people and the closed door. This always surprises me in the lower places, because I never

know when I am visible.

Inside the hut there were long tables with rows of plates. Each plate had one slice of bread with a small portion of jam on it. I was told that these people had been some time in spirit but were quite ignorant of the fact and the meagre ration was an endeavour to wean them from desire for food.

Outside, at the back of the hut, a dowdy-looking woman was attending to a portable boiler. She was stoking it with wood and smoke was issuing, but I could see no flames. When a low cloud of the smoke whirled around us, I said to the woman: "It looks like a house afire. I expect you have a good fire brigade in this district." The implications of this remark, struck me some time later, but my conscience is quite clear. I am sure I was prompted to this remark by my helper.

When I sat on a box a very small boy sidled up to me. He smelt as if he had been rolling in a sewer. He wanted to talk to me but I hurriedly said there was not time. When I looked at his face I saw that he was not a boy but a little wizened old man with a stunted spirit body.

Many years ago I was taken to a very dull state, so dark that it was almost like dusk. There were miserable looking buildings like warehouses and in one I saw a line of servicemen handling their kits, which were being stacked in piles. I was told that they were passing into a better condition. I approached one soldier I had known on earth and asked him if there were any more of our men there.

He was startled and frightened and looked wildly around, and I then realized that he could not see me, although he had heard my voice. Being invisible I have often been "walked through" - this has no effect on the spirit body.

Quarrelsome Spirits

I mentioned before that many of the lower states are inhabited by people with similar predominating thoughts or tendencies, who gravitate to the same approximate wavelength in spirit.

This "main-thought" is very strong and noticeable when entering such a state.

One of my most distasteful visits was to a town inhabited by those unfortunate people with quarrelsome habits. I was put down in a street, and as usual sensed the quality of the place. It was dreadful and as I looked round, invisible to them, I saw people violently quarrelling. As my awareness became more of the state, my spirit body received their thoughts. They were vicious, pitiless and murderous.

It was a hopeless place to be in, as each individual's nature was worsened by the collective thoughts of the whole. I could not stand it and said: "Take me away". My guide at once moved me and we arrived at the outskirts of the town, a bare gravelly place, and, there I saw a collection of hutches for pets like mice and rabbits. Asking what these were for, I was told that these people had no love for their fellow humans, but would sometimes be fond of a pet. They were encouraged (impressed)

to keep pets in the hope that some sort of love would grow from it.

This state is the negative of what existence should be. Consider the lot of the person whose life on earth has fitted him or her for this state or wavelength, after passing over. What little love there is, is taken away, swamped by the mass thoughts of the other people, which reminds one of the quotation : “For he that hath, to him shall be given: and he that hath not, from him shall be taken even that which he hath.”

Thought is easily received by the spirit body, and the stronger the thought the more effective it is.

When two sincere friends meet on a pleasant plane, each will radiate a thought of pleasure which will be received by the other. Each recipient's pleasure is therefore doubled and the returning thought is consequently doubled. This multiplication of the original thought many times and at electrical speed gives some idea of the happiness on some planes. When one realized the application of this same law to the dreadful state I have described, where the thoughts of hatred are exchanged, the consequences can be imagined.

Once, when projecting and becoming conscious, I found myself sitting down outside a small house. I could not sense any vibrations denoting the conditions, and seemed to be insulated from them. Suddenly I was picked up and given a “bandy chair”, - two crossing hands and making a seat for another. The situation made me laugh, because I could hear my two helpers laughing, and I had my arms round their necks, but I could not see them. They ran me round the house and left me in front of it again.

As I was wondering what it was all about, one of them, now visible, came out of the house. I asked him what place this was, and he said: “The land of low thoughts”. He began to conduct me, and I saw what appeared to be a dreary endless marsh. My insulation had apparently been removed, for the place seemed to smell like a town's sewage works.

Here and there were sad-looking people, some slowly walking, some standing still. The vibrations of this place were wretched and I realized why my spirit helpers had enlivened me by that bit of fun on my arrival. I was not kept long and was, as usual, taken to a bright plane before returning to the physical body.

This was necessary, as my spirit body had been exposed to these low vibrations, which are liable to remain for a while, owing to its “tape-recorder” powers which retain those conditions. Should I, on return, ponder over an experience on a low state; the same vibration can be felt with its bad influence, although in a lesser degree.

There are many such places in the lower vibrations and their description is depressing, but the facts should be known.

Compassion

I had projected and when I became conscious I found I was running in my tropical service uniform, - the toughest part of my life's memories, war service, had been chosen!

The state seemed to be the lowest I had ever been taken to and the vibrations were mixed and very worrying. In my journey I was penetrating deeper and deeper into this low state and its appearance got gloomier, with miserable looking houses.

Twice I was halted to enable me to note the inhabitants, who were viciously brawling among themselves. One man, whom I knew on earth, walked through me. His state in spirit did not surprise me, but I was glad I was now invisible.

My pace became slower; I appeared to be nearing the lowest depths of the place and no one was visible. I was halted in front of what appeared to be a grey-looking warehouse with a door. This opened, and I was made to go forward, but was halted by the awful vibrations that met my spirit body. Inside I saw a number of individuals, perhaps a hundred, who were slowly walking about.

Their clothing, which was nondescript, hung around them like festoons of dirty cobwebs and their faces were dull grey. The inside of the place was also grey; there was no colour and only a dim light penetrated from above. Wretched as the scene was, it was mild compared with the vibrations I felt.

Each entity was walking slowly with bowed head taking no observable notice of anything. All their thoughts had the same dreadful tenor: "We are here forever; there is no hope for us!" This dreadful thought seemed to be true and I could neither detect nor was I impressed with any redeeming feature. I seemed to have contacted history, a thousand years would be their yesterday, and their tomorrow too, in eternity's boundless time.

These vibrations were the lowest that I have ever contacted and I was glad when my guide quickly withdrew me. These entities were all walking without taking any apparent notice of each other, or of any direction. Some may understand when I say that they moved like negatively charged particles, each seeking to avoid each other.

After many visits to the lower states it becomes quite obvious that they are all a repetition of the many different ways in which ignorance during earth life can place a person in his or her particular position in spirit. The earth life has formed a vibratory spirit body which must naturally gravitate to that vibration in spirit. There are no mistakes. God's laws are absolutely fair. Who can complain when one's own self is both judge and jury?

There are no favourites or privileged ones, and those considered great on earth are not necessarily so afterwards. Always the motive of an action counts. The many ways and different degrees by which some of our brethren throughout history have made the lives of their fellow humans miserable are well known, and range from mental

torture to extreme physical agony. We tend to blame these guilty ones but more advanced spirits feel sorry for them.

I was taken to a better state before returning to my physical body.

The next morning I was in a hurry and bustle opening parcels before opening my shop door, when I was suddenly, gently but firmly, compelled to sit on a chair. Then, with bowed head in my hands, and elbows on knees, I experienced the most intense and deepest sorrow for a loved one that it is possible to feel. I was so full of pity that I had the utmost difficulty in preventing the tears from flowing.

The loved one was - the *dictator head* of a country! Regaining some composure and feeling the gentle presence of a high spirit, I mentally asked: "Why have I to feel like this?" and was told, "You have been to the place where he is going".

This happened in 1937 when there was no actual threat of war. I need hardly say that this kind of emotion for a dictator is not normally my nature and I was glad that my shop was not open.

This enveloping soul was a spirit from a high sphere whose love and deep pity for such a one on earth gave me cause to think a lot during the rest of the day. The great but gentle power that overcame me, although I was physically active at the time, surprised me, as I never had experienced it on earth before. The hopelessness of those I had contacted during the night was so ghastly and desolate, that only spirit experience can know the extent of it. It cannot be described in words. I *hope* there is some turning point for those poor souls. "Forever" is a long time.

There seems to be a certain simplicity in spiritual truths and we go a long way round to find them. We are all a part of a whole, and everyone is "wanted". The more mistakes that are made, the more the concern there is for the one who makes them. The gentleness and concern for others by those who have reached the high spheres is, as I have tried to make clear, very deep, and it is unselfishness and consideration for all, that is simply and truly the reason for their elevation to the higher vibrations in the spirit realms.

Attacks from spirits

My guide advised me through a medium not to try astral travelling on my own, that is, without the co-operation of my spirit friends: this advice is well founded. Several times I have fully expected a projection, having sensed the signs of preparation and then the idea would be abandoned.

On one occasion I had reached the state of projection, but when my spirit body was detached there seemed to be some lingering doubt about it, and I drifted through my bedroom door. Then I went downstairs into my shop and stood behind the counter. The vibrations were low and miserable and the conditions like twilight. I had not had this experience before and I wondered if I had spoilt the process.

Suddenly I seemed to be struck by a whole host of vicious and vengeful thoughts.

The effect of these cannot be described in words as they can only be felt in their fullness by the spirit body, but they were sickening and searing. I sensed the direction of their source and saw a group of people standing about twenty yards away in a lurid and dirty orange glow.

Some had sneering grins on their faces, others absolute, downright hate, and when they knew I had seen them, they altered their line of thought.

I saw skulls, mouldering bundles of bones and graves, all mixed up with the thoughts of ghosts, ghouls, vampires and all things connected with the earthly ignorance and fiction of the “unknown”.

Being a part-time wraith myself, I thought all this was just ridiculous, and at once the thoughts stopped as if a tap had been turned off and the group disappeared. I stopped by the counter a little longer, but did not like the hatred in the thought I had received and went back to my physical body.

Back in bed I sensed that these vengeful ones were the rebels or gangsters of spirit. They knew where they were and had been there for ages, and would probably continue, until the futility of their state dawned upon them. It would be particularly hard for a member of a group like this to progress individually, as the hatred of the rest would be powerful.

I was rather struck by the old-fashioned ideas of hauntings that this group directed towards me. They seemed to be well rehearsed and included all the popular ideas that ignorant earth writers had used for generations when writing ghost stories.

Ignorant ideas passed down for ages can become ingrained in peoples' minds, and fear of the unknown is not the least of them. Choosing darkness and a suitable place on earth, a group of low spirits like this could affect a person with latent psychic powers, as their combined thoughts are very strong, and all the best haunting effects can be used. This, together with the person's ingrained fear would result in the cold stark terror that is said to be experienced.

This gang was only one of the minor ones that are in the lower astral planes, and there are others with much more powerful methods of attack. Soon after my spirit helpers had warned me against trying astral travel unaccompanied, I was surrounded by such a group whose thoughts were able to benumb my spirit body as if by an electric current and I was helpless until my helpers intervened.

I thought that some of my attackers were boys until I noticed their faces and saw that they were shrivelled men. Such stunted spirit bodies are the result of the low mentality. The chief one was of normal size with a long purplish face with deep cracks in it - another spirit effect, and I had the impression that he was a business man during earth life.

I was suddenly plucked from the middle of this gang as if by a gigantic hand and as I left them I was beset by the whole crowd. A struggling mass, we moved quickly and,

my numbness gone, I am afraid that I became rather vicious for, as an arm wrapped itself around my face, I bit it rather hard. It was like biting rubber.

This struggling bunch, with myself in the middle, was travelling like a ball on an elastic cord, and when we hit my physical body, there was a flash like an electrical explosion and I saw them flung in all directions as if from a shell-burst. I was frightened but relieved and had the impression that my life-force was strengthened by the sudden re-uniting of my two bodies and formed a better protective or repellent zone around me. I give another example of this protective zone around the spirit body when relating an "accident" in the beyond.

My thoughts on this experience were interrupted by a movement on the ceiling, which took the form of a huge bronze shield, looking immensely strong and solid. This symbol in this particular instance was just as welcome as the beautiful ones were in theirs.

Sitting up in bed with the light on. I wondered if I was really scared but thinking of the shield I had seen I considered the experience to be just one more of my spirit lessons.

These low entities are very powerful when working in a group on their own wavelength and have learnt many things. When I was plucked from their midst it seemed instantaneous, yet they were able to project themselves and hang on to me. No doubt, my anger and "fighting-mad" frame of mind caused my astral cord to pull me back to my physical body at a tremendous speed. The phenomenon of the electrical flash or explosion was curious and may have been caused by the entities coming in sudden contact with a higher potential which would cause their natural rebound.

Tuning in

I once projected from an armchair during the day and was taken to a none too bright state, but did not get full consciousness. I was, in fact, like one on the plane of illusion - I still thought I was on earth. I walked for a considerable time and arrived at a sort of wide courtyard between some houses. I felt lost and, seeing a man enter a house, I ran over and followed him in to ask what district it was.

As I began to speak, he suddenly turned and stared at me like a person on earth seeing an apparition and his legs nearly gave way. This was probably because of my unformed, ghostlike appearance. Then giving a mirthless laugh, he managed to gasp: "You startled me". Seeing his condition and to save further embarrassment, I left the house.

Outside, it began to dawn on me that I might be out of the body and I carefully looked at the surroundings, but of course that was no help as I knew they would be the same as on earth. Then I remembered that spirit earth was dry and grainy and could be made to trickle through the fingers like sand. I bent down to take a handful, but there was no loose earth for the courtyard was paved.

However, the act of touching these stones brought instant consciousness, as I became more “in tune” with the wave length, and I straightened up expectantly, looking forward to new spirit experiences. But I had hardly gone a few paces when the clutter of a kitchen utensil in the adjoining room at home, brought me back to my armchair. I looked at the clock and saw that I had been “out” for an hour and a half, which would seem to agree with my walk in spirit.

It appears rather pointless to have only a few moments of full consciousness in spirit in an hour and a half, but I have realized for a long time now that in projection, as in clairvoyance or in a séance, every attempt is an experiment and there can be no guaranteed results. We are helped by our spirit friends in all ways, but the end, personal awareness, they cannot provide. This must come from within.

Boundaries of Spheres

Those who have studied many books on spirit life will have read that the boundaries of a plane appear sometimes as a mountain range, and that sometimes a lower state may be reached through a hole in the ground. I have seen both of these. The latter is very strange.

In the first case, which was about 1938, I had been taken to an airfield in spirit. The airmen were the usual type of young servicemen and full of fun. They were teasing a young pilot who was determined to fly over a nearby range of mountains. Apparently the others had tried it and failed. He entered a plane and flew off, and we watched him steadily climb the steep side of the mountain, but just before reaching the top he lost speed and had to turn. He tried it again and again but had to return, and endure more laughter from his companions. I inspected the planes. They did not appear to be etheric replicas of earthly planes but spirit made, as the propellers were not large enough for earth use.

In the second case, I had met a soldier in spirit whom I knew in the 1914 war, and had persuaded him to come with me to a much better locality. We had been walking for a while and the country was improving, when he suddenly broke away and ran back. I ran after him but he seemed frantic and reached a sort of pit in the ground and jumped down it. The hole was about five yards across.

I felt upset over this, as I had known him for some time in the army. Some writers when describing the spheres say that they encircle the earth in layers, like the skin of an onion, and this incident seems to offer some corroboration of this idea, at least for the lower spheres.

Swedenborg, I believe, reported a similar incident. - The Rev. C. Drayton Thomas, in his book “Life Beyond Death with Evidence”, writes of a conversation he had with his father through the medium-ship of Mrs. Osborne Leonard. His father mentioned these pits, which he called tunnels in the ground for convenience in passing from one sphere to another.

I have also had experiences with conditions where two different states or wavelengths inter-penetrate and each is invisible to the other, as in the following

example.

In my early projections my visits to the astral “office”, to await orders for my next lesson in the lower states, became so frequent that I began to get weary of the place and its vibrations. Then came an occasion when I was taken there and once more became conscious of it. Mentally I murmured: “What! - this place again?”

Immediately there was a transformation and I saw the dull locality fade and found myself standing in a sunny countryside with pleasant vibrations. It was quite remarkable. I seemed to be enveloped by the greater power of my guide and my vibrations raised to those of the better place, yet I did not move from the spot.

My teachers now evidently thought that I had had my fill of this astral depot, for I never saw it again although I was still occasionally taken to the lower spheres.

Deceptive Spirits

During my early projections I was rather impressed by my ability to sense characters and a lesson duly followed. I had been taken to a rather dull state, and a man passed me a little way off. He had a cheerful grin and waved a greeting to me and I waved back to him, whereupon he came over to me, followed by a woman. He said: “You wanted to see her about something”.

I thought for a bit and could not recollect any previous meeting, and so shook my head. But he persisted and again I tried to pick up some idea of what he meant and of his thoughts and finally said: “No, I am sorry, I have never seen her before”. The man shrugged his shoulders and the pair went away.

I was mystified about this, until my spirit helper told me that the man was a “white slaver” who on earth used to live on the immoral earnings of his companion. They were “old hands” in spirit and had learnt to suppress their thoughts - at least to me, a student of spirit conditions.

CHAPTER THREE

THE EARTH-LIKE SPHERES

Taking it easy

Apart from the lower, dull states there are a number of spheres of normal brightness, earth-like in a better way, where the spirits enjoy themselves, getting accustomed to the many possibilities of the spirit world. It is difficult to describe these easy-going states as they are neither backward nor advanced.

Generally speaking, all spirits keep to a habit of thought or way of living for a time as during earth life. The countryman prefers the open spaces and the townsman the built-up areas. Some towns I saw were crowded, especially where there is a shopping centre as on earth.

There is also traffic on the roads but in this particular state it consisted mainly of

those who were road-minded on earth. Once I found it interesting and rather funny, like other onlookers, to watch this passing show of traffic. Among the usual cars there were quite a number that were evidently the result of enthusiastic do-it-yourself builders.

As any whim can be exploited to the full without the earthly expense and trouble, there were some strange looking three and four-wheelers on the road, and all of them "went" as they were expected to do in spirit. I saw one man riding a bicycle who was dressed in Norfolk jacket and knickerbockers of about the 1906 period. He had constructed seats like outriggers on either side of his saddle, which were carrying children. I could imagine that "perpetual motion" inventors had a wonderful time here as all their ideas probably would be very successful.

I have never noticed any bodily tiredness when in spirit but certain things cause a mental weariness so that one needs a change of thought. I once went on a long motor-coach ride on a great wide motor-way. We went a great distance and when we were coming back I began to get mentally tired through watching the changing scenery. I remembered some of the places we had passed on the outward journey, and when coming back I knew how far we had to go and it seemed interminable. I believe I was taken on this trip to experience this effect on the mentality.

There are many different varieties of houses in this state. Some people like to keep to the style that they had on earth and even have unnecessary things as it is their idea of home, while others knowing the possibilities would have something entirely new. Relatives and friends who have reached this state begin to contact each other and as can be imagined there can be quite a wide circle of acquaintances.

Parties are formed which make a round of visits to the home of others, and recently I was with such a party. There were about twelve of us and it was conducted by a lady who, years ago, was a friend of my family, a motherly soul who was also fond of visiting during her earth life.

Walking on either side of me were my brother and brother-in-law who have passed over, and when we reached the first house I saw it was of the ultra-modern style with long wide windows and the upper and outer walls boarded - like a barn, as some district councillors have said. When we were inside, I decided to stay and look over the place, and the rest of the party went on.

After a while I noticed another party approaching who looked curious as they had seen me through the wide windows. When they entered one of them said, "Hello, what are you doing here?" and I replied: "I came with Ada May's party, but they have gone on and I am looking round - but what are you doing here?"

There was a general laugh over this and some whispering among the ladies and I heard one say: "Yes, I can see the likeness". I then sensed that they had "placed" me through their contact with my relatives, and they smiled and left the place.

It is interesting to note that in giving the name of this old friend "Ada May" I easily

remembered the name Ada, but there was a slight pause before I could draw the memory of the surname to my mentality. Spirits returning to earth and communicating through a medium also have this strange loss of memory and sometimes cannot recall their own surnames, as they are also out of their natural sphere. Perhaps as part of the life force remains with the physical body during projection, so might part of the memory.

I was once taken to a place that seemed to be a combined exhibition and surplus goods store. It was housed in several large halls and had a strange assortment of things, from ship's lamps and locomotive funnels to kitchen gadgets like food-mixers etc. Many of the things were on counters which people were examining, and stacked against the walls were tall things like lamp-posts and ladders.

The end hall contained a boat show and had an assortment of small sailing boats, canoes and launches. In the middle of the hall there was a show-piece, a sailing boat as big as a Thames barge, and with sails set. It had graceful lines and was without decks, and I had the impression of lightness and speed. There was a notice board in front of it describing it as a one-time smuggler's boat and giving the sail-plan which was ingenious.

It was cutter-rigged and although the large mainsail looked conventional, it was in fact of double canvas and in the event of pursuit, could be opened like a book and boomed out with great advantage if running before the wind. Looking up at the sails I noticed that some humorist had painted the name "The Jolly Roger" on it. I have since tried to find some record of this particular ruse, but have been unsuccessful so far.

The end of the hall was open and there was a slope going down to a river, and I saw several boats being tried out. Back in the hall, I was in a corner looking at some small boat fittings when the light suddenly went dim. I was particularly interested in something and forgetting where I was, I put my hand in my pocket for a box of matches, when everything became light again. This dimness was the waning of spirit power as seconds later I was drawn back to the physical body.

With my wife

In one of my early projections, I went for a long country walk with my wife. It was a happy occasion for both of us, and quite earth-like, for we went a considerable distance. Then later, the earthly thought came to me that it would be nice to have a cup of tea, but I did not mention it to my wife. Soon, I saw that she was directing our steps to a tea-garden, a large arbour covered in with roses.

As we entered it, I noticed (inquisitive me!) that the roses were also blooming under the arbour and remembered that they did not bloom like this under the rose-arch in my garden on earth. Sitting down at a table, I noticed that there was another couple nearby. We waited a bit and then suddenly, as if clairvoyantly, I saw a cup of tea before my eyes. This quickly went and at once I felt refreshed.

The illusion was perfect, my taste and feeling were exactly as if I had indeed drained a cup. At this time I thought that I had found out the way that nourishment was taken in spirit. But I was wrong. It was simply my spirit helpers' way of satisfying my desire of tea, and so completing my "day out" with my wife.

Although my spirit body is sensitive to the thoughts and vibrations of a plane, there are some things that do not register. I once tasted some mayonnaise, but to me it had no more flavour than chalk and water, and when walking with my daughter, we passed a drinking fountain and I went over to have a look at it. Beside it there was a glass containing cubes of ice and when I touched these, there was no coolness whatever. Probably one has to belong to a sphere to experience all the sensations of it.

I have not seen ordinary food eaten in this particular state, but the earthly habit of a chat over a cup of tea is still popular, it is a mental relaxation and I had one with my wife.

Once I suddenly became conscious out of the body and found that I was walking with my wife. We had two children with us, both about three years of age and being cared for by my wife. We were just leaving an exhibition which appeared to be something like the "Ideal Home Exhibition" we have in London, and looking regretfully back I saw that it looked bright and interesting, and felt sorry that I had missed it all.

I have mentioned earlier that my spirit helpers do not always know what experiences are retained in my earthly consciousness, and it appears that this subtle wavelength may or may not be in action at the time. In this particular experience, I believe my wife had thought that I had seen the whole of the exhibition, and it appears that the finer spirit body can carry on quite normally, whether the earthly consciousness is there or not.

Sensing my wife's intentions, I knew that we were making for some tea-rooms, so I asked her, "Couldn't we have tea inside?" and she replied: "They would be much too crowded." However, we entered the tea-rooms and were seated at a table when I noticed that one of our children had seated herself next to a tiny child on the next table. This tiny child began to get very playful, as some will when there is a table to bang with their hands, and was striking out in all directions. I thought it best that our child sat next to me.

I had no sooner thought this when the child at once got up and sat with me. I was surprised and certainly it seemed to be the result of telepathic thought! This would greatly simplify child-teaching as their minds would be plastic and receptive.

When we left the tea-rooms my wife took me to a house where there was a fine tapestry on the wall of a room. I felt its texture which was like silk and my wife remarked: "This is rather special, he had some difficulty in getting it". I did not sense what the difficulty was, and as the owner was looking on, I did not like to ask.

On the sideboard there were some vases of beautiful flowers which had delicate tints

of pink and blue. I did not recognize them but they looked like daffodils partly split open and the centres were tipped with gold and glittered as if they were actually of that metal.

Not long after I started astral projection and meeting my wife in spirit, we were once walking through a park. Some little way ahead of us there were two women also walking and I began to realize that they were talking about us. Then one finished the conversation saying: "Oh yes, she is looking after her husband and two children on earth". These women did not know that to talk and think about a person in spirit also sends a telepathic message to that person.

As mentioned above, it is difficult, when out of the body, to recall place names and proper names. I have a daughter living in Gloucester and I often go by road from London to visit her. When once talking to my wife in the spirit world we paused to watch a man go by in a small carriage pulled by four tiny ponies. I turned to my wife and was going to say: "It would take me a long time to go to Gloucester like that", when I could not remember the name "Gloucester".

Quickly I visualized a spot on the map of the west of England, hoping that this would help me to recall the name.

But it was not necessary as my wife had received everything I wanted to convey and our talk continued normally.

A conversation in spirit is a wonderful thing. The interplay of minds can exchange a wealth of meaning that no choice of words can give. It is natural and automatic and it is only later that one realizes how few words are actually spoken. To say one thing and mean another in spirit would need some clever mental gymnastics.

Once when becoming conscious in spirit, I found myself sitting on a chair in the midst of a party, and seated in front of me was a pretty little child of about three years of age. As I was talking to the child I suddenly felt a pair of arms placed around my neck from behind. At once I knew it was my wife and also the kind of dress she was wearing. When I turned, I found that my "sensing" was correct. The dress was not an expected thought of mine, as I have seen her in spirit in other dresses.

My House and Shop in spirit

At the beginning of these accounts of travels to the spirit world, I stated that my intention was to bring back a true picture of life in the next world as seen by one still living on earth. As my description had to include so many and different states of existence, we can now see how some of the information given by returning spirits is also varied. This makes it difficult for those on earth who are trying to compose a mental picture of spirit life.

During my twenty years of spirit travel I have at times been amazed at this variety. I have seldom been to the same place twice, and each emits a different vibration

which the sensitive spirit body at once notices.

The only places I have visited regularly are those that concerned me personally, such as my house, garden or shop in spirit, and the surrounding district. The sensitivity of the spirit body is a very wonderful thing and seems to act like a natural “feeler”. When entering my house in spirit it at once picks up my personal vibration which impregnates the place. This is not visual recognition, as I have sometimes been projected to a room in my spirit house and before realizing my whereabouts, I have at once known it to be my place.

This impregnation of the owner's personality on a house in spirit is, I believe, the reason why my cats are sometimes there as it is also “home” to them. The cats do not seem to alter much. They take things quite calmly, still self-contained and sometimes rather aloof and keep me “in my place”.

When I was a boy of about ten years of age, I had a guinea-pig and I am afraid I had quite forgotten it until recently, when in my house in spirit I heard a squeaking and found it walking over the books in a corner in the room. Those who have owned guinea-pigs will be interested to know that it has now stopped eating. It has “progressed”!

The particular state in which my shop is situated in spirit, is what I will call for the present purpose and comparing it with a town in this country, as “normal”. It is peopled by those who have not long been in spirit; as to how long, I am not prepared to say, as progress differs. They have found their feet and are settled for the time being. It is a pleasant existence, as the earthly worries of living and getting a living are past. This is the reason for many of the cheerful messages received from those in this state.

My shop in spirit is not a replica of the one on earth as it is different and larger, but it contains the same sort of goods, such as books, stationery and greeting cards. At times there would be two or three young lady assistants and these I know as spirit acquaintances, but I did not know them on earth. No money is given for goods and one is glad to give a service.

On the other hand, the customers would give a service in their own particular sphere of interest, and so it is a case of helping one another. Once I idly glanced at the periodicals in my shop in spirit and noticed that one was called “The Popular”. When I was back in the physical body I remembered that this was published on earth about 1926. It was a boy's book, so apparently some of the books are etheric replicas of those once on earth.

My shop in spirit is also an open-house for visitors, and some months ago when out of the body at night, I was there and showing visitors into the back rooms. As they were passing me I sensed that they were past relatives whom I did not know on earth. I was not taking particular notice of them and as one man passed with his face turned away, I suddenly sensed the personality of my father.

Excitedly I said: "Why, hello Dad, I didn't recognize you at first". He laughed, and I saw that he was in his progressed form with fine features and the same height as myself (he was shorter on earth). Previously, when meeting me in spirit he generally assumed a more earthly appearance, but this time he apparently tested me and tried to get by, but my sensitive spirit body had detected the ruse.

As a rest or a little respite from the lower states, my guides, knowing my fondness for the country scene, often took me to a natural pool in a forest in spirit. I was at first taken there in the dream state and I followed a long winding path through wooded country until reaching a depression in the forest where there was a pool fed by a spring.

When I was taken there in the conscious state I knew every twist and turn of this path and what to expect next. I was often taken to this pretty place and it appeared to be seasonal, as sometimes the rushes bordering the pool would be tall and at other times quite short, and other marginal plants in their prime.

These seasons did not agree with our calendar, nor was there any winter, and I went there so many times and knew every clump of trees, glade and clearing in my woodland walk so well that I regarded it as "my" pool.

My wife and I were walking along the bank of a river where was a line of moored boats. As we were passing one of them my wife quietly remarked: "There is your boat". "Mine?" I queried. "Oh yes" she said. It was a serviceable-looking motor cabin cruiser, not new, but could be described as one owner, carefully used, etc. As I was going to inspect it, I was drawn back to the physical body. I am still waiting for the opportunity to inspect my boat.

With my daughter

I have a daughter in spirit who passed over in 1950 and on one occasion I had been projected and was walking with her through a lovely meadow. It was quite a pastoral scene, with sheep here and there and clumps of flowers. When my daughter stopped to pick one, I noticed that they were clover but not the usual red or white variety. Each bloom had rings of different colours from top to bottom. They were soft pastel shades, giving a beautiful rainbow effect and when near them I felt a certain happiness which could not have been entirely due to my pleasure in seeing them.

In one part of the field I saw a sheep that was squatting down with head up and its eyes wide open in a sightless stare. It seemed to be enveloped in a watery haze, and was completely shorn. Surrounding it on the grass was a ring of white substance and outside this was a circle of sheep, also squatting, who looked very contented and serene.

I sensed that this central sheep was a new arrival in spirit, and that the surrounding sheep were induced by higher minds to be there as some comfort when it became conscious. I felt something sad about it - something about its treatment before passing. I did not want to know more.

My daughter had a rather wide love for animals and now seems to be enjoying it to the full. I was once with a medium friend who was relaying a conversation from my daughter.

One passage that mystified us both was: “Dad had seen me with the porcine”.

I asked for an explanation but the medium said: “She won't say, she laughs it off”, and so I had to look “porcine” up in the dictionary. It was quite right, I had met her in spirit once and found that she had made friends with a little pig, which was trotting happily by her side.

It is nice to know that animals can reach a state of peace and happiness, and it also gives pleasure to see their response to a little sincere affection. This is mutual and, as I have tried to explain before, what affection is given out is returned many times in spirit. Those who are inconsiderate to animals may spend quite a time after passing over in a “self-inspection”, as the spirit body and its aura retain all the incidents of earth life. Self-disgust can be very real and delays progress.

Some time after her passing, my daughter told me that she had been visiting many of the countries on earth and had sometimes been appalled by the sad and awful conditions under which some had to live, and said: “I would not like a dog to live like it”. Later referring to this, my spirit teacher said: “She has now more compassion in her heart for people; why? Because she has seen for herself so much cruelty meted out to humans and dumb creatures, and having seen, her compassion is great and deep. Link up this compassion with the Great Soul and Master who once walked the earth and filled his heart with compassion. Brother, only those who have experienced can have true compassion. Your daughter has been much concerned, and has learnt her lesson well.”

The word “progress” has been used a good deal and it might give the impression of people swotting hard to pass an examination. This is not so. In the pleasant state of the spirit I have just mentioned, progress would consist in seeing new wonders and finding personal powers that came as a pleasant surprise like unexpected presents or gifts.

My daughter, after passing over, told me that she had to use paints and brushes in the usual way when painting a picture, but later learnt to project the colours direct on to the canvas by thought. More recently she has been with a group where coloured rays are used on children. Although there is no pain with the spirit body, some defects appear to be carried over at first, as they are held by the mentality by force of habit, and the correct ray has an effective power to correct them.

Museums

Arrival in a bright sphere has a much better effect on the spirit body than a lower plane. There is more tranquility and people are more leisurely. Thoughts are pleasant and often in unison, as I often picked up the thoughts that were with groups, such as “sightseeing” and “holiday-making”. There was no illusion and they

were beginning to taste the sweets of spirit in expectation of new wonders and interests.

I was taken to a holiday resort in one of these states where people were sitting on a fine sandy beach and a band was playing. Others were surf-bathing, and out at sea there were sailing boats. All interests seem to be catered for on this plane by the advanced spirits in charge and people were able to see things that perhaps they had no opportunity of seeing on earth.

There were many museums and exhibitions and these particularly interested me. There were no glass cases and everything was open, because there is no decay or dust and things could be handled.

One hall I entered contained all kinds of tools, instruments and machinery. Many of the tools, gauges and things which I did not understand, were laid out in their cloth-lined cases and seemed to be something special in their class, and I noticed many men inspecting them. In the middle of the hall were larger machines like presses, pumps and generators.

In one museum which showed the progress of inventions I was interested in an old phonograph record, a wax cylinder which had been cut down its length to show the depth of the sound track. As I handled it I was surprised to find that I could sense its subject. It was a humorous monologue about a dog that ran off with its master's false teeth and seemed to have been made in a period when false teeth, or the mention of them, would easily cause laughter.

This automatic psychometry by the spirit body of a spirit object is strange and I understand that many objects in spirit are in some way the etheric counterparts of earthly objects and thus carry the same vibrations and impressions.

One particular room had on show different types of radio apparatus. There is plenty of humour in spirit, and I noticed that one wireless set had the notice "remote control". It was a Heath Robinson affair with a crude wooden pulley with a much knotted driving-band of string passing out of the window.

I was once taken to a small library in spirit the very atmosphere of which induced a feeling of ease and quiet study. There was a thick carpet and four or five deep armchairs, and the cases contained beautifully bound books. When I approached these volumes I felt a strong emanation of their contents which was "spirit truth" and I would have liked to handle them but as two people were reading, I quietly withdrew.

Model-makers seem to keep their interests and would no doubt find their work much easier than on earth, after learning to manipulate the "mind stuff". In one man's workshop I was shown a miniature fair with swings, roundabouts, etc., all working. It just covered the palm of my hand.

I saw some boys playing with boats of all kinds on a pond. They were very fine

models, perfectly to scale, with all the small details that model-makers try to reproduce. One boat looked strange to me. As I stepped forward to inspect it I walked into the water, and the thought crossed my mind that I had ruined my trousers. Looking at the boat, I sensed "mediaeval", then stepping back to the bank, I was surprised to find that my boots and "turn-ups" were perfectly dry. I meant to examine spirit water more closely but always forgot. I think the feeling of "wetness" in spirit is an expected thought. The dryness of spirit water has its advantages as I once saw some young men who, returning from a trip on a river in their sailing dinghies, simply stepped into the water which was waist-deep to manœuvre their boat to the bank.

My spirit helpers, knowing my earth interests and hobbies, often took me to see the same things in spirit. Once, after looking at the autumn crocus in my garden on earth, I was on my next projection taken to a park in spirit and "landed" near a clump of these flowers. These were fine specimens, about eighteen inches to two feet high. There were many varieties of plant life. In one section of this park I saw the strange-looking ferns and palms of the pre-ice age, and mounted as a show piece beside the path was the long neck and head of a Diplodocus, which was made to weave and roar in a realistic manner. A small child was standing by and looking up quite interested but not in the least alarmed. Fear, which is a low vibration, could not occur in this state.

Mother's Visit

After the passing of a distant relative, I was taken to the house that had been prepared for her in spirit. In one of the rooms I met my father and as we were talking he said: "Look" and pointed to the wall. I thought he was referring to the wallpaper, then I noticed the outline of a figure. It grew into the form of my mother.

She was looking tense and serious through the concentration necessary to make herself visible to us on this wavelength. When she was fully formed, she smiled and stepped forward and greeted us. She looked very young - between 20 and 25 years of age, although she passed over at the age of 74, and I sensed that she was now in a higher plane, and had to manifest in this way.

I was shown over the house and later on saw my mother again in one of the rooms. She was bright and happy and said it was time for her to go. Then, laying down on a couch, she said "Goodbye", as I sat by her head and watched her disappear. I did not feel at all sad at her going as her ability to contact me seemed so easy and natural.

During a later projection, as I was watching some children playing in a field, my mother came to me again. She had more of an earthly appearance this time and she told me that the relative mentioned was very worried over her house on earth. I knew that she was very attached to the house she had to leave behind and later, on earth, when I made enquiries, I learnt that her sons were selling it, as they did not wish to keep it on.

Spiritualists' House

Once I visited a place in spirit that appeared to be a nice residential suburb, and was directed to one of the houses. As I entered the gate and neared the door, a couple were leaving. They nodded to me as they passed and, although I did not recognize them, I knew at once that this place was a sort of “open house” to people who were Spiritualists when on earth. I looked in one of the rooms and saw a group of people, but they were all strangers except one, and she was the elderly lady who once saw me leave the body during the circle.

This lady had a remarkable gift of objective clairvoyance, and could describe a spirit in great detail. She once described a spirit, a man in Arab clothes who was with me, but said that she could see that he was not an Arab, but Lawrence of Arabia, and then passed on a message that, although she did not know it, at once proved to me that it was indeed Lawrence.

It was only about a year since this old lady had passed over and she looked very serene and comfortable. There was no “Plane of Illusion” clinging to her mentality, and she said: “Hello, Mr. Sculthorp” in her usual manner when she saw me. I would have liked a long conversation with her but a silly earthly habit I have of being reserved when among strangers, prevented me, and I kept silent.

This reserve or shyness is quite absent when I am on a higher plane. Minds are then much more in contact, and I do not remember ever being formally introduced to anybody. When meeting anybody, or with a group, we all seem to know each other, and an introduction would be as unnecessary as introducing brothers and sisters to each other.

I looked over the house and then went out to see the district. The place seemed to be the etheric counterpart of the suburban part of a town in this country, and there was a shopping centre nearby. There was an arcade or row of shops in white concrete which looked new, and above these on the big façade was the name “Roseway” in large red capitals. It would be interesting to know if this shopping centre was also the spirit replica of a place on earth.

When I was walking in front of this place, I saw an eastern man; he had the white high-buttoned tunic and the small black fez type of hat, and when he saw me he looked a bit apprehensive and got out of my way. I suppose I didn't look quite “solid” enough for his liking! I made my way back to the house, but when I got to the road I could not at first recognize the “Spiritualists' house”, and I walked along looking at the house names on the wooden gates.

I was surprised to see on some of the gates, and beneath the present name, the faint outlines of names that previous occupiers had used. These outlines were not superficial paint impressions, but deeply imbedded in the wood, and I was impressed that it was one more faculty of the spirit body, i.e. the ability to see the result of the thoughts impressed upon the wood by the previous painters.

However, I still could not recognize the house and a little girl pointed it out to me. This little girl must be my right-hand “man”, as she often appears when I am stuck, and then, just as mysteriously disappears.

When I entered the house I became unconscious, but was not taken back to the body at once. I believe that this was done by my helpers to cast off my earthly “reserve” and to enable me to converse freely with the people in the house including my elderly friend.

Grainger Street

Regarding the etheric counterpart of places which are, or once were, on earth, I had a strange experience connected with this in one of my early projections. I had been left in a street which I sensed was in London, and I was impressed that I would meet my wife and that she would be in the house facing the end of the street in which I was walking. I then became very conscious and happy and the scene was crystal clear.

The houses appeared to be in a style built about 1850 and at the end of the street I saw the name-plate stating that it was “Grainger Street”. As I reached the house, the door was opened by my wife. It was a very happy meeting. We had been talking for a while in the hall, when my wife suddenly looked concerned and said: “Your time is up”. Wishing to prolong our meeting a little, I grasped her hand and said: “Don't go yet”, but as usual the unalterable rule intervened and I was taken back to the bed.

A few days later I attended a circle and a lady opposite me was controlled by a spirit, a lady, who leaned forward and spoke to me in a typical “cockney” tone. She said: “I was there when you met your lady a few days ago, and don't you want her solid like?”

After the circle, I asked the medium about this spirit, and she said: “She often speaks through me; she lived near the Old Kent Road in London; she got intoxicated at a wedding and was killed by a fire engine when crossing the road”.

When I reached home, I looked up my London street directory. There was a “Grainger Street” near Old Kent Road. I was rather excited over this, as I was sure I could recognize Grainger Street and the front of the house where I met my wife. I also noticed the style of the lettering on the name-plate of the street, so the following Sunday I rode over to the place.

There was no Grainger Street but only a large area with great stacks of new bricks and building material. I asked a lady in a confectioner's shop nearby, where Grainger Street was. She pointed to the building site and said: “It used to be there, but it was demolished some time ago to make way for the new blocks of flats which are going to be built”. I did not like to tell her that it still exists, and that it will do so until it reaches the end of its etheric usefulness.

Motoring in Spirit

This double life I was leading had a funny effect one day on earth. I was wheeling out my motor-cycle for a ride and, undecided where to go, I quite casually thought I would have a look at my pool and then thought of working out the best traffic-free road as it was Sunday, until the realization came to me that my pool was not in this world.

This, of course, as any mental expert will diagnose, is a rather severe case of “split mind”, which happens to be true - the physical and the spiritual. I have seen countless numbers of “single minds” in the lower states who have been there for a long time. These minds are fixed on earth conditions until at long last an inward questioning will gradually alter their weary round and they are open to the help that was previously ignored.

I have often ridden a motor-cycle in spirit and it may interest some to know that they never break down “over there”. In spirit what is expected to go - goes, like the spirit aeroplanes I have mentioned. I have also had plenty of jokes played on me by my spirit friends. A favourite joke was to leave a broken-down old crock in place of my own new model. Once, when I had left it, I found on my return that they had attached it to an ugly yellow sidecar as long as a motor-coach. I thought this was very funny, as at the time I had a nippy machine on earth that was capable of 90 miles per hour and the last thing I'd want to do would be to slow it down with a sidecar. However, they used this joke as a prediction, for before the year was out I did get a sidecar. How minds do change!

My Austin Seven (1928 model) is still carefully preserved in spirit and is garaged with several other cars. I have driven it only once in the conscious state and my wife was with me at the time. I once had a six-cylinder coupé with very unlucky faults, and if my spirit friends drag that out I shall consider the whole experience a nightmare.

Although driving a motor-cycle or car in spirit is a thought process, I have to go through the necessary actions as on earth, and I would not think of doing anything else with such a “solid” object. The airman I previously mentioned, simply flew because he had a plane and the controls which gave him the necessary “expectancy” or faith. If he had been told to levitate bodily he would have laughed at the idea.

All this is by-passed by the advanced ones in spirit. I was once taken for a car ride through a town on the other side by a spirit “expert” whose mind could work at electrical speed. It was one more spirit lesson for me but I did not like it at all.

The ride was like a ridiculously speeded-up film. We missed objects and turned corners like a snaking bullet and I felt wretched and giddy. The effect of this higher and faster wavelength of thought on my slower spirit body was more than a thrill and I was glad when the experiment was over. This advanced teacher seemed to encompass car, passenger and everything in his aura of thought and despite the

encumbrances, was of lightning speed. I believe the novelty of this experiment lay in this teacher's ability to bring the much quicker thought and the power, to demonstrate in a slower astral town.

Shopping in Spirit

In these medium or normal spheres there is a feeling of freedom as time does not count and all the pleasant things and interests of earth life can continue, such as visiting one another's homes, sightseeing, and even making a round of the shops - and no money is needed. There are all kinds of shops, such as furnishing, clothing, hardware and large departmental stores. Some of the goods were quite novel as the designers or makers were able to carry out their pet ideas with a minimum of effort, and no complicated "costing".

Once my wife and I had a good rummage round a clothing shop near to my shop in spirit. We opened drawers and cupboards containing clothes of all kinds. One drawer I opened contained children's coats, all in one design and material but in different sizes. I saw some coats hanging up and one was a motor-cyclist's short waterproof coat. This interested me and I examined it further and noticed that there was a zip-fastener running round the bottom edge of the coat. When I opened this another portion of material unfolded from inside, making it into a full-length coat for rainy weather. This of course would not be needed in spirit, but it was somebody's idea, and I have never seen it used on earth.

On one occasion when out of the body, I was with my deceased daughter and we entered a large departmental store. As we were going through the wide entrance we were joined by another girl who was in school clothes, and I sensed that she was a school friend of my daughter and that she had passed over as a schoolgirl. This store had many fine things and I was particularly interested in some books with large pages and coloured reproductions of flowers that looked perfect.

On one counter I closely examined an alabaster casket about fourteen inches long and inlaid with gold. It looked like something out of Aladdin's cave, and would have made a much-cherished collector's piece on earth. Later through a medium friend, my daughter mentioned this meeting with the schoolgirl in spirit, and said: "We do not keep together, as our interests are not the same".

I was once in a hardware shop, when a showman's vehicle stopped outside. It was not the usual lorry and caravan trailer, but a huge self-contained thing as big as a house. It was brightly painted in the showman's way and the fore part had the driving seat and living quarters from which music was coming as if from a gramophone; the rear part contained fairground equipment of some sort. A man and a boy got down and entered the shop.

The youngster had long black hair reaching to his shoulders and looked like an Indian boy. Both were gaily dressed in their showman's clothes, but I could not decide what they were supposed to represent, but it looked like a mixture of

harlequin and Wild West. The showman said to the shopkeeper: "Did you manage to get those tiles for me?" The shopkeeper nodded and pointed to the corner of the shop. I saw a pile of coloured tiles which the man and the boy carried to their vehicle.

Some Humour

As I am completely in the hands of my spirit helpers and teachers I have many times been "controlled" for specific purposes. This means, I am forced to act some part, sometimes consciously and sometimes unconsciously. On one occasion I was taken to a large hall full of people and was told that I would be addressing the meeting. I was a bit concerned over this as I had never done public speaking.

As I mounted the platform I became unconscious and the next thing I knew was that I was leaving the platform, the address was over and the people were discussing it. I felt very relieved.

There is plenty of humour among those in the happier spheres and I experienced a sample of it in one of those "controls". I had been listening to an orchestra on the radio many years ago. Some pleasing pieces were played but I thought they were spoiled by too much use of the drum. A few nights later in a projection I was taken to an orchestra in spirit.

The members were smiling young men like the teachers I often met and I sensed some sort of plot in the air. Then I was controlled and taken to the drums. When the band commenced playing, I was compelled to be the drummer and played with great gusto and, although laughing helplessly at the situation, I used the instrument correctly. When the short piece was over, amid the general laughter I announced to all concerned: "And I still don't like the drums."

Another time, when I became conscious in the spirit world, I saw a line of boys and we were singing the words of the last line of a hymn. It was very strange because, although I knew each word as it came, I never knew the hymn on earth. Perhaps it was the effect of telepathy from those around me.

We were standing in front of an imposing looking boys' college. The boys all looked about 12 years of age and when they were dismissed, they all scampered off and went inside through the main doorway. Wondering what the rush was for, I went inside and found them in a room used as a "tuck shop" where they were enjoying what appeared to be ginger beer or lemonade, and out of the bottle.

I have never had the desire to eat or drink in the ordinary meal-time manner when out of the body, and at one time I was congratulating myself on leaving this earthly habit behind. On my next projection, before being taken back to the body, I was suddenly taken to a scene of my boyhood days, but this time there was a stall selling confectionery, including what used to be my favourite sweet, a pile of pink and white coconut-ice.

I was just going to have some, when I was suddenly brought back to the body - and so ended another lesson. This laughable little incident was a revelation to me, showing the advanced minds and powers our guides possess. A certain vibration in my life's history was chosen, I was taken back in time there, infused with the same childish desire for sweets, just to gently chide me.

Death Vibrations

A year or two ago I had several experiences in spirit which were connected with people who had passed over but had not become conscious in spirit. It is strange how people differ in the time taken to become aware of their new life. Some, I know, become aware almost at once, while others will remain inert for quite a long time.

Once when out of the body, I found that I was sitting on a bench beside my wife. As I was talking to her I began to sense an earthly vibratory thought of "death". This is very disagreeable in spirit as it is wrong, not only literally, but in opposing the laws of spirit it causes a negative harshness. It seemed to be close, and looking over my shoulder I saw a man lying on a ledge just behind us. As I was watching him I saw a movement and his eyes opened. So I got up and held his hands and he got on to his feet. I walked him a few paces and then a spirit helper who was waiting nearby, led him away. I felt an inward pleasure and satisfaction over this incident.

On another occasion, again with my wife, we were carrying small children who had passed over and were still unconscious. There were several of them and we were placing them in a room. They were in their every-day clothes like the adult "sleepers" and it seems that the quiescent spirit body automatically adopts with an amazing photo-like memory, the clothing that has mostly been in contact with it. One was a little boy with a sunken head and neck like a hunch-back, but I knew he would soon be active and well in his new life.

All these children had the same emanations or thought vibration of "death", and as I was carrying one little girl into the room, I felt her stir in my arms. I called to my wife: "This one moved", so I put her over my shoulder and rubbed her back. She at once became conscious, sat up and said: "Can I have a drink of water?"

Again I felt pleased over an awakening which was in such a natural and child-like manner, and handed her to a lady helper who was in the room. I wondered as to which earthly doctor had pronounced this child "dead" and thought of the parents who would no doubt be heartbroken at the loss of their little one.

Those in spirit who do this work have a certain happiness in seeing these children respond to treatment and resume a life under much better conditions than would be possible on earth. Yet, there is a sadness when thinking of some distracted parents who have not the slightest idea of what actually happens, because they cannot be told unless they "seek and find" for themselves.

Those children who pass over young are tended by suitable ones who are fond of them, and the children are often taken to their earthly homes so that they can be

near their parents and also their brothers and sisters, if any. In this way they also learn the joys and sorrows of earth life which is necessary in many ways. The spirit laws compensate for all things, even a short earthly existence.

In feeling the vibration of “death” when close to an adult “sleeper” I thought at first that this was caused by the person's last thoughts on earth being impressed upon the spirit body. However, as the sleeping children carried the same vibration and young children are not likely to dwell on this thought, this does not seem to be the reason. It might be caused by the strong emotional thoughts directed to the sinking one by those in attendance or directly concerned, and the spirit body would be loose and impressionable at this stage.

I had some corroboration of these experiences when with my medium friend, who, passing on a message from a spirit helper, said: “You go to people in the rest homes in spirit and have the privilege of seeing them wake up through the effect of rays. They are restless, stir a bit, and then become conscious”. This was a good description as to what happened, although I was not aware of any rays. I was also told that I work with my wife which, it was said, had a positive and also a negative effect. I do not understand this but there seems to be some electrical implication.

Boredom in heaven

In presenting a picture of the spheres which I called “normal”, I must also add that there are sub-divisions. These are mainly mental and although there is a mingling of people, the different interests still remain for a time, but one cannot say for how long.

Life in this lower “Summerland” does not in any way resemble the vague “heaven” as pictured by orthodoxy, and although pleasant, does not at once have any deep significance to many. For instance, those who, when on earth would not think of studying or attending a lecture on spiritual truths, do not suddenly become enthusiastic over doing so in spirit, because the idea is not contained in their mentality.

Spirit life is thus a great revealer. Always the inner person or prevalent thoughts come to the fore. Sometimes an adopted pose or affection during earth life becomes so ingrained that it can delay progress for quite a time.

I was taken to an astral plane of normal brightness, yet I was surprised by the vibrations there. At first glance it appeared to be a pleasant park, with large gates set in stonework, and rockeries, ornamental ponds and wooden seats here and there. The ponds first interested me but I was disappointed, as they were quite bare of fish.

Then I noticed that there were no plants or shrubs of any kind in this park. There were a few people about. Some were walking and others sitting on the benches. They appeared to be smartly dressed but each was assuming an attitude which was supposed to represent the very height of dignity and elegance that only an exclusive set should have.

Those on the benches were sitting stiffly and formally, with set faces, as if fearful of being caught relaxing by a society photographer. The women wore hats which were mostly an exaggeration of the fashion of their period, but all had a look of frozen nonchalance ingrained by their habit of thought on earth.

Presently I saw a man enter through the gates and, as I was curious to see who he was, and he was some distance away, the telescopic vision of my spirit sight was automatic. I could see at once that he was an advanced teacher, and he began to address the people in the park. His voice was clear and ringing, but he had hardly started to tell them of other places much better than this, than two of the men gently escorted him out through the gates.

Immediately he re-entered the park and again started to speak, and again he was taken out. They were very gentle with him, as if they were saying: "Really, old chap, park oratory is hardly the thing for our class of people; do be a good fellow and step out".

This is a strange state. These people were quite all right in their dealings with their fellow men and they were causing no harm, hence the normal brightness of their locality; but it was shown how difficult it is to penetrate the hard shell of their unnatural affectations. The spirit law is perfect and simple. It demands a simple sincerity.

I have been several times to a state where not enough thought was used in any direction. It was inhabited by those people who, during earth life, did not trouble to extend their minds beyond the ordinary business of living. They were not interested in anything particular, nor could they be interested. On entry into spirit life they had gravitated to this place where others were the same, so there was no variety of activating thought. It was a complete bar to the many interests that could be theirs for the seeking. There were streets and streets of uninteresting houses and the conditions had a strange effect on my spirit body, causing a feeling of extreme boredom and lassitude.

Hospitals

Due, I suppose, to the link with my wife, I was often taken to a hospital where she was helping. It is in fact an institution for the newly arrived. On one occasion I made a formal call at the office of those in charge. I saw a young lady there and, thinking she would understand, I simply told her that I was out of the body and had come to see my wife.

Apparently she was new and did not understand but looked intently at something above my head. I realized she was unused to such a caller and was looking at my astral cord. Not wishing to waste time, I carefully told her that it was night-time on earth, my physical body was sleeping and I had come in my spirit body - and so on. Still looking vague, she said: "Wait a moment" and went to an inner office.

Soon a gentleman came out smiling. I could see that he was spiritually advanced and

appeared to understand everything in an instant. He said: "It is all right, just wait in the corridor". I went outside and waited; in a matter of seconds, so it seemed, my wife came along the corridor.

I was shown over this hospital, which was for young women who had passed early in life. In the dining hall a meal was in progress. The massed thought gave me a strange feeling of hunger at first and as I passed between the tables I contacted their auras. Many contained the shock of accident, fear, illness and worry.

With some there still lingered the smell of ether from the earthly hospitals. A few had slight red patches on arms, necks and faces, which I sensed were the marks of earthly accidents and still held by their mental recollections.

None looked ill and there was a general air of cheerfulness in the hall with feelings of vitality and well being. This, I knew, was being continuously infused in some way by the advanced people in charge and was the treatment necessary in these particular cases.

When I left the hospital, the staff stood at the entrance to their office and watched me pass. They seemed to be interested in me, a curiosity from earth - complete with astral cord!

Animals

On entry to the spirit life, animals do not at once settle down in harmony together. The earthly instinct of hunting to get food subsides in time owing to the futility of it, and apparently the spirit laws are on the side of the hunted. However, I have not seen animals which had always been naturally wild.

I once saw a cow with a calf walking by its side. The calf was very small and I sensed that it was yet unborn when its mother was slaughtered on earth, and resumed a separate existence in spirit. A greyhound approached and instinctively the calf ran and naturally the greyhound chased it, but even this swift dog was easily outpaced. Physical powers do not apply here and the frantic desire of self-preservation draws more deeply on the spirit resources available. The calf made a wide detour and regained its mother once more and I picked it up and it laid contentedly in my arms. It seemed to know that it was being protected, or sensed my sympathy.

Once when at a friend's house in spirit and glancing through the window at the garden, I saw a squirrel hastily running up a tree. On going into the garden I found that it was getting out of the way of a monkey which was making for a greenhouse. I tried to head it off, but it entered the greenhouse and I said: "Out you go!" and it went. Then three cats which were lying in its path, scrambled out of its way and on to the roof of a shed.

The monkey then loped round the back of another shed and I heard a commotion inside and saw that it was a chicken house and through her small door backed a chicken with feathers fluffed up and looking very agitated. I then lost sight of the

monkey, but it seems that in spirit, little monkeys are still “little monkeys” for a time. It is interesting to note that the squirrel, myself and the cats, all sensed that the monkey still had its mischievous “streak”.

A greenhouse is, of course, quite unnecessary in spirit, but if the owner still holds the idea that the proper setting of certain plants is under glass, then he has his greenhouse. In the garden of this house I saw rabbits playing in the grass around my feet and I had to be careful not to step on them. I also noticed some animals like small bears and as they looked carnivorous I expected some instinctive apprehension on the part of the rabbits, but they all seemed happy together.

On one occasion when I had projected from an armchair during the day, a tabby cat was put on my lap on my return and a voice said: “It is Tiger”. I clairvoyantly recognized it as one of the cats we used to have. It was quite unconcerned and licked its chest as earth cats do.

The sea in spirit looks the same, but rivers do not reflect the light on the surface, so one can easily see any fish that may be in them. I have seen the easily recognizable ones, such as goldfish and what appear to be pike. I have seen the popular tropical fish in small ornamental ponds. Their colours are very vivid and they are larger than those on earth.

I have never owned a dog but it is a remarkable experience to be with some domesticated pets in spirit. Once I was sitting on a bank and a rather large dog came and sat beside me. I put an arm round it and the next moment felt an emanation of deep love and companionship that was almost human. Some rabbits I handled when sitting on a lawn nearly overwhelmed me in their eagerness to be petted.

Once in a beautifully bright place I was watching the people there and a man passed whom I sensed was an Egyptian. His appearance was very fine and his face seemed to shine. He had a dog with him of the long-haired greyhound type but it looked strange as its nose was short and I wondered if this was the original of the breed.

War Intermission

I have never seen my spirit body re-enter the physical body but I have seen my spirit hands do so. During the second world war I had been projected during the day from the room over my shop one Sunday, and was on a bright plane watching a spirit ceremony of some sort. There were beautiful lawns and the people all wore coloured robes.

Suddenly I heard several bangs and was at once drawn back to the body. It seemed a considerable distance away, but when I got within my physical body and listened, I found that the bangs were not bombs, but came from a motor-lorry slowly passing my shop in low gear and misfiring. Without moving, I mentally asked my helper: “Please take me back”, and at once we began our journey back and arrived at the same spot in spirit.

At once the full import of this wonderful and simple truth came to me as I again saw these happy people in beautiful surroundings. Coming from a war-troubled world, full of pain, grief and anxiety, I felt an intense wave of pity for those on earth. I also felt a strange sense of loneliness as if between two worlds. I was not of these people nor could I bring realization to my own kind on earth. This was the first time that I have ever felt sad when being with such people and I was to be still further depressed.

Presently my helper told me that this must be the last visit for a time as it was becoming dangerous and now it was time to go back. This was a blow to me and I felt desolate to think that this great comfort and teaching would have to stop. It was significant too that my spirit helper had now made himself visible and was standing by my side. He was a tall man in a coloured robe and he looked sad as if he was feeling my depression.

The “solidity” and crystal-clear beauty of my surroundings impressed me more than ever, and foolishly, so it seemed. I wanted to take some memento back with me. There was nothing near and time was going. Quickly I bent down and grasped two handfuls of earth and held my clenched fists before my eyes and with all my willpower determined not to let go. My helper must have smiled!

Beyond the concentration on the “spirit earth” I felt the movement of my return journey, the halt, and then the awareness of my bodily weight on the armchair. Then, still concentrating on my clenched fists I began to feel the weight of my arms on the arm-rests of the chair and as I did so, my spirit fists unclenched, turned over and simply slid into my physical hands as if entering gloves. This instant changing from the spiritual to the physical seemed so natural that although rather dazed with my strong concentration, I looked down for some signs of the “spirit earth” I must have dropped!

That night I was clairvoyantly shown the dangers of projection at that time. It was not bombs. I saw a long narrow pond in which a goldfish was swimming from one end to the other. On the banks there were vicious-looking people with nets, trying to catch the fish. It was impressed on me that *I* was the fish.

I believe that the troubled state of the world gave more scope to the trouble-making lower ones, as it is more of their “element”. Also, in fully conscious periods in spirit more of the life-force is passed through the astral cord, hence the danger.

It was some time before my projections began again.

CHAPTER FOUR

THE BRIGHTER SPHERES

Simplicity of bright Planes

The apparent simplicity of spiritual truths is never more evident than when one is on the brilliant planes. I say "brilliant" because the whiteness overhead is something like that of mid-day nearer the tropics but with no discomfort. The effect upon me in these states is always the same. I seemed to "know" more, or have greater access to knowledge.

The vibrations of such places have a very pleasant effect on the sensitive spirit body, and to be with others of that plane is better still as they emit a feeling of great friendship.

This radiation of friendliness is very sincere and noticeable owing, I expect, to the greater extent of their auras, which I cannot see in these bright states. I have been able to see the auras of the advanced ones only when they show in greater contrast to the dull astral planes.

This continuously emitted friendship towards others can be interpreted as unselfishness and consideration for others in all ways.

This sounds simple but it can mean a great deal. There is a complete absence of "class", "sets" or "cliques". There are no critical thoughts or lionizing some to the exclusion of others. There are no sects, dogmas, or denominations with their earthly trimmings that have led to so much division and bloodshed throughout history.

It is all very simple. These people are doing what a few spiritual teachers down the ages have taught, and which translated means: "Love one another". We can imagine the improvement there would be if we did this "on earth as it is in heaven", because it has a wonderful effect there. Millions have repeated this in their prayers without knowing the real meaning of it. Again, to put it simply, it means that if our attitude towards each other on earth was the same as on the higher planes, the whole standard of earth life would be raised.

This is no miracle. There is a cause for everything, with its consequent effect. The great Mind that is Spirit encompasses everything even to the most remote atom. Sir James Jeans, the scientist, wrote in "The Mysterious Universe": ". . . the universe is beginning to look more like a great thought than a great machine". This is true but belated; there was no beginning. The great Mind always was.

When wireless telegraphy was in the experimental stage, it was found necessary to tune in to a wavelength. Many scientists after passing into spirit life have been astounded to find that an ethereal substance or matter (perhaps particles or the newly designated "sub-atoms") also exists in space vibrating at different rates. The spirit body has also to tune in to this to receive its impressions. This is probably the substance of the spirit realms and the different rates of vibration would correspond

to the different stages of progress.

Objects and places in spirit look the same as on earth and just as solid although at times I have found an added interest on closer inspection. For instance, with full consciousness and in tune with a plane in spirit, the sight is keener than the best earthly eyes can ever be. There is a more stereoscopic effect and things stand out in greater clearness and colour, even to the most minute details.

Looking at an ordinary brick wall in spirit once, I could see every grain in the mortar and the rough surface of the bricks, and it was, I thought, rather beautiful. Keen photographers would call it perfection in focus, depth and colour.

From the excavations of the early Minos, with their tablets telling of “clairvoyant leaders”, down through history there are records of sensitive people who have contacted these spirit wave-lengths of the fuller life. They have belonged to all races and tribes, including the clans with their Highlander's “second sight”. (The clairvoyant lady I knew on earth and met in spirit, was a simple Scotswoman.)

The various names for the happier states, i.e. Heaven, Nirvana, Paradise, Valhalla, Elysium, Happy Hunting Grounds, etc. all have the same meaning, as well as those for the lower regions, and it does not seem strange to me now that seers of all ages agree in substance.

Divine Justice

After many experiences in the spirit states one becomes a sort of spirit psychologist and guess work is eliminated as one continually senses the inner and real minds of people. As my lessons proceeded, I could see how very necessary it is that all should have some knowledge of spirit and that it is much easier to learn the basic essentials on earth than it is on entry into spirit life.

This must seem strange to some, but if the mind on earth is blank concerning spiritual truths it is still blank on entry into spirit. How long this handicap can last I have shown by the few examples I have recounted in my experiences of the “Plane of Illusion”.

I have said that on a higher plane I seemed to know more or have some broader access to knowledge. On the higher frequencies the mind is open to higher guidance. Bearing this in mind, I once contacted the thoughts of a newcomer to spirit who was sitting quietly and gaining strength in a bright state. The thought seemed to contain, the query, “What have I done to deserve all this happiness and pleasure?”

It was certainly earned in some way; there are no mistakes in God's laws. A person whose inner nature was friendly and considerate to others during earth life would automatically gravitate to the same wavelength spirit, even if that person was ignorant of spirit or religion. The state would naturally be bright and the spirit would inherit the greater powers and broader access to knowledge pertaining to that state, and progress would be pleasant and easy. It would be as well to remember that

this spirit would not be separated from relations and friends not so progressed, as the higher can always go to the lower.

There is no hope of getting by with the crowd. Each of us is a separate unit, each has to learn, however long it takes. To any person we can say: "You are unique. There has never before been another person like you, nor will there ever be, because no two persons during their existence have had exactly the same thoughts. Therefore you have made your own personal wavelength and that is why a telepathic thought reaches its objective. Only your receiving and transmitting station has that wavelength."

Our present-day knowledge of radio helps us to realise the exceedingly fine divisions in any wave-band that would be needed to allot a personal wavelength to each one of so many millions of people. Truly, as a spirit visitor to a circle said: "Spirit is like electricity, only more subtle."

I should at this point draw attention to the fact that all my experiences in the next world mainly concern the British or European states. This was, no doubt, because I could more easily follow the lines of thought and way of living of my own kind. When it is realised that every race and country on earth has its own wavelength in spirit, each conforming perfectly to the spirit law, the vastness of the God-thought does indeed surpass all imagination.

The "Great Mathematician" and the "Great Architect" are but two of the appellations given by the advanced ones in, spirit to the "Great Creative Thought".

Free Will

There is free-will on the earth plane and also in the spirit planes. "Will" means to "wish" or "desire", whether it is followed by action or not. The exercise of free-will on a spirit plane cannot affect those of any higher plane, but on earth, as we all know, acts can affect any of us, and even the thoughts of others can impinge upon us because we are all living on the same material plane.

However, the spirit body that encompasses the physical body, (which St. Paul called the natural body), during earth life need not be affected by the thoughts or others if they are not good.

A thought is an electric impulse that flashes out, and is retained by the "tape-recorder" properties of the spirit body. Only one's own, self-generated thoughts have the power to make this lasting impression, and it is these cumulative thoughts that determine the status of the spirit body. In other words, "It is not that which comes in that defiles, but that which goes out."

About time

The higher speed of thought, and life on the bright planes, compared with our set ideas of time, is hard to understand, but it is relative and only noticeable when comparisons are made. In the summer 1957, I spent a week's holiday with my wife in

spirit - in one night!

I had been projected and joined my wife in a place that I can only describe as a sylvan fairyland of trees and water. We were on the grassy banks of a placid stream overshadowed by trees. Shadows are hardly possible on this bright plane, but the beauty of light and shade was enhanced by the shafts of light from the brilliance overhead which emphasized the fresh greenness of everything.

A poet or writer could fill chapters with descriptions of the beauties of this idyllic scene and lit would still be incomplete because, as always, there is the sensitivity of the spirit body which is infused by the vibrations of the sphere. As worry or distraction is a vibration of thought and happens to be a lower wavelength of thought, my feelings on this higher vibration of being was of extreme happiness and love - a general love of everything, so it seemed.

Before we left this place, I was impressed with the idea of "one week", and it seemed as such, although there are no nights to mark the passing of days. We were transported and then I saw that we were hovering over an area on the Sinai side of the canal near Suez, called Shallufa. It was a place where I had some happy times bathing during the first world-war, and I was glad to be able to show my wife one of my "cushy" spots during a war period and not a battlefield.

We rose high, and with a panorama of the desert beneath us, I said to my wife: "There are some nice beaches near Alexandria", where we at once went. We ended our "holiday" standing on one of the sandy stretches and looking at the sea; then I was taken back to my physical body.

In contrast to the higher planes, the dull astral localities seem to have a kind of time in regard to the duration of an activity that is nearer to our earthly state.

Telescopic Sight

One remarkable faculty of the spirit body that is soon noticed is the power of telescopic sight. It is quite automatic like the focus of the physical eye in the desire to see more clearly. If one is interested in a person, perhaps 200 yards away, all the personal features and colour of the eyes can be seen, yet the image is not enlarged nor is the surrounding landscape, as it would be with a telescope. It seems as if a portion of one's own aura projects a surge of enquiry.

After writing the above, that same night in bed, I projected and my spirit helpers, as if to emphasize this faculty, gave me an opportunity to exercise it more fully. I was taken to the side of a mountain which overlooked a wide valley. The vibrations were pleasant and uplifting, and denoted a higher plane of existence. It was like a bright summer's day and as my sight took in the scene I noticed miles away two figures seated on a grassy knoll. As my interest focused on them, so did the automatic power of telescopic sight gradually increase and I saw two people seated side-by-side.

I then saw that one was a man, an Indian, very splendidly dressed and I sensed a prince who was spiritually advanced. His turban and three-quarter-length coat were white and had jewelled decorations which I knew were earned in spirit. By his side sat a lady with beautiful features and typically Indian, who was also dressed in white and there was some flimsy silken material draped over one side of her head and face. I knew she was his wife and I could even see the small mark on her forehead which is seen on some Indian women to-day.

There was a path across the valley which went near the grassy bank and now and again I saw a visitor call on this Indian couple and greet and converse with them for a while. The beauty and serenity of it all stayed with me as I receded from the scene. This was a short projection during the night and when I returned to my physical body, I realized that this was a lesson as well as a privilege.

This remarkable faculty which enables one to see details at such a distance, and in this case sense the personality without even moving from a position, is like telepathy, quite easy and natural in the spirit world. It seems that the spirit body is like an electrostatic condenser and charged with power. This power is at the disposal of the mind, and in the case of telescopic sight or telepathy, a fluidic feeler or surge seems to be projected naturally and automatically to wherever the thought is directed.

In likening the spirit body to an electrostatic condenser which is controlled by the mind, the mind can also insulate *or* open it to spirit influx or knowledge, and this can happen on earth as in spirit. How this insulation was penetrated in a drastic but successful manner is shown by the example of Paul's conversion on his way to Damascus, changing him from the orthodox and deeply zealous Saul to the Christian teacher Paul.

Many of his teachings are not understood by most people; what he called "discerning of spirits" is now usually known as clairvoyance or sometimes as extra-sensory perception. Many people often acquire this faculty after having had evidence that it is latent within them. I believe, this opens the mentality (which may be electro-spiritual) thus automatically lessening the barriers or insulation that was previously adopted. Many fully-developed mediums can open or close the senses to the higher spirit vibrations at will.

Meeting my higher self

In my early projections I used to be taken to lectures, but I could never bring the subject-matter back to my physical mind like other experiences. I was told that the lectures were to do with the higher knowledge and corresponding wavelength of spirit, and could not be understood or held by the slower physical mind. I can well accept this, as for instance, no spirit has ever explained in earthly terms why or how prediction is possible.

What is learnt at the lectures is retained by the spirit mind, because when I entered

the lecture room I used to have a flash-back of previous lectures. The remarkable thing about this spirit memory is that the lectures were remembered in sequence, yet the thought was instantaneous. That is the speed of spirit mind; no wonder I only had hazy recollections when I returned!

An amusing thing happened at my first lecture. It was a small hall, with blue plush seats arranged in circular formation. As a new boy I felt a certain reserve and chose an outer seat, but I had no sooner sat down, than I was wafted upwards and deposited in a front seat!

The later lectures I attended were more like the usual classrooms at schools, and at one of these sessions I happened to glance at what I thought was another student beside me, when I found that I was looking at myself! I was quite interested until I realized that I was admiring myself, then my two bodies at once re-united.

A few weeks later, the same thing happened in the lecture room, but this time the teachers were fully prepared, and my two spirit bodies were kept separated and I was made to observe fully my other spirit self. I appeared to be a very healthy-looking young man of about 23 with a full head of hair, which in the physical body I lack.

This meeting one's higher self is a very curious phenomenon, with far reaching implications; I have heard of other persons, who have experiences of astral projections and while in spirit, have met a separate "double" of themselves. This shows that the spiritual being of man is also a complicated structure.

The main building had several lecture rooms, and once, when passing the open door of one, I recognized the lecturer. He was my company officer in the army in 1914 and I was pleased to see that his personal appearance denoted a progressed state. He evidently received my thoughts, for he turned and smiled towards me.

Wonderful things are demonstrated by some of the advanced ones. I brought back a few recollections of a meeting or lecture I once attended and I noticed that my father was in the audience with me. We were shown a map of the sea from Spain to the Gulf of Mexico, but I could not retain what was said about it. Then there appeared a series of events like a stereoscopic cinema film, and I remember seeing a number of strangely dressed horsemen who were suddenly overwhelmed by a tremendous wall of water like a tidal wave.

When I returned to my bed I could not remember more but I thought that it was connected with some great upheaval like the "Atlantis" legend. This may have been my own surmise as, had I not seen the map, I might have associated it with the Biblical flight from Egypt.

Perfection

My first actual meeting with my wife in my fourth projection, which I related earlier in the book, was one of two outstanding experiences which have been deeply

imprinted on my mind. The indescribable spiritual perfection that I saw in my wife when we were face to face, the sacred intensity of the high vibration, and the later explanation of "God's image" caused me a great deal of quiet thought for days afterwards.

I somehow knew that it was one of the eternal and unfailing spirit laws and that it was simple and natural. I also knew that I would be helped by my spirit teachers in my meditations, and this was so, for gradually the simple truth came to me.

When I met my wife and our auras intermingled, there was a beautiful and gentle harmony, and we both thought alike and as one mind, so I am able to relate what we both thought. In that wonderful meeting there were no thoughts of self. Each thought of the welfare of the other, and each saw that all was well. Each mind gave a blessing for the privilege of having had the loving companionship of the other on earth.

Each mind was full of the wonder of the meeting; then a heartfelt thankfulness for the Loving Power that made all this possible. "Love the Lord thy God with all thy heart and with all thy mind" - we did just this and really meant it. Then came the transformation. Naturally and unknowingly we had opened ourselves to that Power that is always around, and with the power came the higher vibration of spirit.

"God's image" I can still only describe as perfection, yet we are not stereotyped. All the best personal features are beautified and enhanced in some wonderful way and retained, so that we are known and recognized, and the personal wavelength makes each a unique unit.

In our subsequent meetings my wife appears young and has the finely formed features of spirit, but I have not seen her since in that sacred perfection that our fervent thankfulness brought about. I believe that state of being is many planes ahead.

A Horse-ride in Spirit

My longest contact with an animal in spirit was with a horse and I consider the occasion one of my greatest privileges. I had been projected and my consciousness of the state on arrival was very gradual but I became aware that I was firmly seated on a horse.

My spirit body sensed the vibration of the place. It seemed to be perfect and beautiful. Then I noticed that there were many people walking about. They all wore coloured robes and looked serene and graceful. These robes worn on a higher plane do not look out of place when seen from the same plane and one does not even think of earthly clothes.

I sensed that a ceremony had just concluded and that they were mingling and greeting one another before leaving. The vibration of sincere friendship and love was so perfectly in tune that they seemed to be of one mind, yet each was a separate unit,

a lovely personality whose presence was greatly desired by every other unit. This is the real meaning of company. It takes several souls to make company, yet where is “company” when there is division? This is the spirit version of brotherhood.

The vibration of this place held me and had a very remarkable effect. There were hundreds of people here whose faces I had never seen before, yet I could not see a “stranger”. We all “knew” one another. I cannot attempt to explain this.

Soon I thought - or was impressed - that it was time to be moving and glanced down at the horse, which seemed to be waiting expectantly. Realizing that during the wait it had not fidgeted in the slightest, I felt well-pleased with it. There was an instant response and I felt an answering warmth of affection which seemed to contain “happiness”, “friendship” and “willingness” and I knew it was the reciprocation of thoughts as our auras were mingling.

I saw my chance to leave through a lane in the assembly, but my friend the horse started to move before I could give any outward indication that I wished to go forward, as by that same interchange of thought it knew my desires.

And so it was, through a clearing on to a long path through the bright countryside, this lovely animal anticipated my every wish and the reins were simply provided for my earthly habit of thought, as even when loosely held, they are reassuring. I sensed that this horse had been long in spirit and was used to the love and kindness in the thoughts of the people of this plane.

To describe a ride on a spirit horse seems to call for some swift, Pegasus-like ride, but it was not so. Although there is no fatigue in spirit, we were on “holiday”, and we had all “time” in this timeless state. We simply walked, and I did not wish for anything better. Sometimes I would be attracted by the beauty of a scene and, my desire being known, the horse would halt and give a half-turn so that I could dwell on it and then on again.

We seemed to be of one mind. The happiness this apparently simple ride gave me is hard to describe. Every time my thoughts strayed to the horse there would be an answering thought which was an utter love for humans. I could not detect the slightest trace of “subjection by mastery”.

Considering the lives of some horses on earth and their treatment which I have seen in different countries, perhaps part of my pleasure was in knowing that such simple bliss could be reached by an animal and that this was another of God's perfect laws.

We went a considerable distance, turned and meandered pleasantly back. Nearing the end of the ride, I began to have that drowsiness that happens to me when being on a high vibration, and drifted back to the physical body. This was a single excursion to one plane only and happened at night.

Although none of my spirit travels affected my rest at night, this experience refreshed me bodily as if I had been on a holiday.

CHAPTER FIVE

VARIOUS EXPERIENCES

Natural and spiritual protection

At first the projections were from my bed at night, and later also on Sunday afternoons from an armchair upstairs. After this I found it possible to project whenever I had the time and ease. I simply used to ask and wait but it did not always happen and I had plenty of blank dates. On one occasion when nothing happened I got impatient and tried to will myself out of the body but without success, and I told nobody. Later, I was with a medium friend who suddenly looked concerned and asked me if I had tried to project on my own. When I admitted it I was sternly told never to try it – “Your guides know the best time”.

When I have projected there always seems to be a spirit helper left to watch over my physical body, who obviously knows what goes on in my home, as I have never been “caught out”. Should I be wanted for any reason, I would always be comfortably brought back and then I would hear the footsteps of somebody in my home coming up to call me.

There are other protections. The spirit body cannot be injured but any discomfort in the physical body is communicated through the connecting astral cord and is registered in the same place on the spirit body. I have been brought back because the physical body was coughing, snoring or had numbness or cramp. A loud noise will also cause a return. There always seems to exist a natural protection for the inert physical body but curious effects can sometimes be observed.

Once I was walking along a street in spirit and began to emit strong, regular snores. It was very strange but I could not stop it and became annoyed. This feeling brought me back to the body (the spirit law of a lower vibration), and I found myself lying on my back and snoring heartily through the effects of a cold.

One night in bed, I had projected to a rest-home or hospital on the other side where I knew my wife was helping, and as I crossed a corridor to her room I gave a choking cough which at once whipped me back. My physical body was still coughing when I re-entered it.

On another occasion I had left a factory in spirit, and was walking outside, when my legs suddenly crossed and locked. I had to bend down and force them apart. This happened several times, which caused the usual annoyance and the automatic return to the body. I had projected from an armchair and my legs were crossed, and had become numb.

Sometimes I am aware what is wrong with my physical body left behind on earth. I was once talking to a soldier in spirit in an astral state. I knew him and sensed that he did not realise his true condition. As it is not always helpful to tell a person outright that he is “dead”, I was trying to make him recall his last place on earth.

Suddenly, while I was talking a painful ache came in my right arm and I knew that my physical body was pressing on the arm in bed. I tried to ignore it and went on speaking but he suddenly said: "Oh, you are all fuzzy". Apparently my spirit body had become indistinct to him.

The ache in my arm increased and a little girl appeared at my side. I put a hand on her shoulder, concentrated on the physical and returned. I sat up in bed and rubbed my right arm until it was normal and tried to compose myself to return to spirit-land. The exertion had, however, increased my breathing and blood flow and made any further travelling impossible.

The little girl who appeared at my side seemed to be the same one who took me round the rest-home on my second projection. On this occasion I saw a woman with a "fuzzy"-looking spirit body and it is interesting to note that I probably resembled her.

I have said that the spirit body cannot be injured. I did not experiment in this direction but a demonstration was arranged by my spirit helpers.

I was taken to a bright place and was talking to a group of young men whose ages appeared to be between 23 and 25, the age usually assumed by those who have progressed in spirit. Their appearance is very fine and it is always a pleasure to be with them as the emanation of their auras has a pleasant effect on my spirit body.

Suddenly one of them plunged a knife into my hand. For the moment I was startled, then I laughed as there was no pain. One of the smiling group said: "Look at your hand". There was a hole in the palm, and it was slowly closing through no volition on my part.

The Spirit Body - an hypothesis

I remember reading of a spirit guide explaining to a circle that "spirit is like electricity, only more subtle". This I think is very apt and should be borne in mind.

Often when arriving on a plane there seems to be, electrically speaking, a difference of "potential" between my astral body and the locality, then upon touching an object I become more "in phase" with that state and full awareness occurs, with a feeling of greater power and interest.

For ages it has been known by those who study this subject that we have a physical body and a spirit body, and the latter might thus be conceived as consisting of electrical forces, arranged in a pattern. Every thought might be likened to an electrical impulse.

Since the advent of sensitive electronic apparatus, the electrical changes connected with thought impulses have been recorded. We may think of every thought impulse as having a specific wavelength or a specific rate of vibration connected therewith, like waves in radio.

All through an individual's life the "electrical" impulse of every thought is impressed

on and held by the spirit body, just as a tape-recorder retains an impression of electrical impulses. Every thought has a specific rate of vibration; I believe good thoughts have a high rate, the not so good a lower rate. These combined vibrations have an average or mean value.

Upon entry into spirit life, a person will naturally and automatically gravitate to his state in spirit which corresponds to his acts and thoughts throughout life as reproduced by the “personal tape record”. This automatic attraction to the appropriate spirit surroundings represents another of the perfect spirit laws.

It is also the answer to those who jokingly say that it would need an unbelievable amount of celestial “book-keeping” to register every intention, wish, thought and act of everybody, to be brought up at a future “judgment”. The fact is that everybody is, knowingly or unknowingly, his or her own accountant.

The good and bad acts represented by the higher and lower vibrations oscillating around the mean value also fix the upper and lower limits of the particular sphere in the spirit world to which the newcomer is attracted. His scope is thus determined and he cannot see into higher spheres any more than the average person on earth can look into the spirit world.

Thus we have one spirit saying: “We eat as we did on earth”, and another: “We do not need food”. I have seen that both statements, though seemingly mutually conflicting, are true, but they belong to different spheres.

The lower and intermediate states appear to be vast zones of vibrations, split up like the radio wave-bands into the tendencies, habits, or desires of the inhabitants, and are as numerous as only the infinite variety of minds can be. These different states are in varying degrees of brightness, from dull or lower to the higher and brighter vibrations, the latter resembling a bright sunny day on earth.

No accidents!

After I had been to the next planes of existence a good many times I thought it odd that I had never witnessed or experienced an accident of any kind.

When the spirit body is of, or near the same “wavelength” of a plane, all things seem solid, and can be felt or handled, yet I have never accidentally knocked against an object or person at any time. I could not experiment in this direction as mind would interfere and a planned accident would not be accidental. My teachers solved this problem for me by a carefully-timed incident, as will be seen by the sequence of events that led up to it.

I had been projected to a hospital in spirit, where I knew my wife was working, but as I reached the entrance, the door was closed and my invisible guide said: “The hospital is not open yet.” I felt impatient, as I am always aware of the limited time of a projection, and time was growing short. I walked round the hospital gardens which had banks of beautiful flowers and was admiring a pretty white bridge over a stream

when my guide said: “The hospital is open now.”

Quickly I ran to the hospital, through the entrance and up some stairs, and as I turned a corner I ran headlong into a group of people coming down. There was no shock or collision. I felt as if I had hit a soft cushion of air, and was diverted around the group.

The group continued on but I stopped in surprise. I had in an instant contacted the minds of the group, they were hospital workers going off duty, but I could not understand this strange happening. My teacher then impressed upon me - as far as I was able to understand, that the spirit body is electrical, and is surrounded by a zone or field, like a magnetic field, which automatically repels. This repulsion is neutralized when the mind desires to touch or grasp.

In this sort of unexpected way, I was taught quite a few things which I would not have learned otherwise.

Psychometry in Spirit

I cannot do psychometry in the physical body but it is automatic and easy when I am in the sensitive spirit body. Projected from bed, I found myself walking on a road entering a small country town. There were other people walking in the same direction, and I sensed the feeling – “in commemoration”.

Presently, several mounted men passed, hauling gun-carriages. I looked behind and the last one, with a mischievous smile on his face, reined his horses so close to me that I had to scramble up a bank to get out of his way, and then they stopped.

I walked along the bank to have a word with this reckless rider but when I came up to him, I was completely disarmed by his most friendly and charming smile. I was then surprised to see that he was wearing a helmet of Cromwell's time, but instead of the usual breast-plate generally shown in pictures of that period he had a jacket with thick leather flaps attached to it. Then I contacted his aura; it was a shock to me!

His personality was the strongest I have ever met in all my spirit experiences. He was a hardened campaigner without the slightest fear and I sensed his numerous sorties and battles, all waged with the most cheerful recklessness, and as if they had only just happened.

It was rather overpowering, and I walked round to inspect the gun-carriage, as I was curious to see how it compared with ours of the first world-war. It was crude and simple with heavy iron fittings, and when I touched one of the wheels, I seemed to witness the whole of the Civil War (1642).

Battles, skirmishes, lootings, burning farmhouses, misery, triumphs, the heat of the summer and the slush and cold of winter, my sensitive spirit body was automatically psychometrizing this etheric relic of a past war. I felt sick and depleted, and left to join some people entering a house which overlooked the market square, where the

expected commemoration was to take place. I waited at the window but was not interested owing to the effect of psychometry and wished to return to the body.

I was returned, became physically conscious, saw the symbol of astral projection on the ceiling, and then mentally asked: "Why all this?" The reply was: "What is the date?" I turned on the light. It was 2 a.m. and the new day was 11th November, the day we commemorate the signing of the armistice of the first world-war.

I wish I had spoken to this man to hear his style of speech. Also I was curious about the leather flaps, but later I found a reference to these in the local library. They were often worn by the lower ranks as a protection from sword-cuts, etc.

I was once projected to a dockside in spirit, and was interested in a refrigerator ship there. As I had never been over one of these, I decided to inspect it and walked on to the deck. After a few paces, my spirit body had the most unpleasant feeling, and a few more paces produced a sense of unspeakable terror and helplessness. I simply ran off the ship and wanted to get away from it.

A young couple nearby were about to leave in a small yacht and I joined them. Sitting in the boat, I wondered what caused this fright and was told that the ship was impregnated with the terror emanating from the bodies of the slaughtered animals it had carried. I do not think that these animals were slaughtered in the quick and humane manner we are led to believe.

This etheric counterpart of an earthly ship held its impressions just like the gun-carriage I contacted and had the same effect on my spirit body. This psychometry can be very unpleasant, as it seems to affect the whole body.

Some surprises

Some may think that uncanny things happen in the next world. They do, but they are rather different from what is expected. I had been taken to a children's crèche or nursery - a very bright place, the corridors and rooms being all in white. I was watching some small children in one of the rooms when through the open door bounded a dog.

It was one of those big stuffed rag dogs with button eyes and comical bent feet that children love to play with, but I was astonished when I saw that the "thing" was moving like a real dog. My earthly mind had at least expected some stiff mechanical or clockwork movement, but every action had the perfect mannerisms of a live animal. It was something that could never be seen on earth and the suddenness gave me a most uncanny feeling which I cannot describe.

Presently an older girl, who appeared to be in charge of the little ones, saw the dog and said: "Johnny, what are you doing here? Go back to your room", and "Johnny" obediently turned and went out through the door. I sensed that this toy was animated by an advanced spirit in charge of the place.

Earthly interests are often retained by the spirit mind for a long time. Many years

ago I had a mandolin, and was slow in memorizing some of the pieces I used to play, which meant much concentration on the music and searching for the frets on the instrument. In a house in spirit I saw a mandolin with its plectrum, picked it up and played Beethoven's "Minuet in G" without a mistake, remembering every note and its position. The subtle electrical spirit mind was unhampered by the physical body.

On one occasion my wife took me to a concert on the Other Side. There was the usual stage or platform, and one of the performers was a singer, a man. I liked his voice but I thought his gestures were rather overdone. As I thought this he glanced quickly in my direction and modified his movements. Towards the end of the song, however, he began to use his arms again very freely and in the grand finale I thought he looked silly.

After he had finished, he walked to the front of the stage and stared at me with a look of annoyance. Much to my relief, we got up and left the hall, but in a rather thoughtful mood, and outside I suddenly realized that the singer had received all my thoughts. I am afraid that earthly habits like this must take some time to correct.

Many things seem to emphasize the earth-like qualities of some of the spheres. I once saw the empty hulk of an old wooden ship moored to the bank of what appeared to be an estuary. A strange noise came from the ship now and again, and I went on board to investigate. I found that there was a slight swell on the water which sometimes caused the rudder to move with a harsh grinding sound. How very much like earth, I thought.

Once, when I was projected to a room in a museum, I was deposited on a chair and, as I became conscious and began to notice the surroundings, a man approached, evidently surprised by my sudden appearance and unformed state. He was curious and wanted to touch me but when he was about an arms-length away he suddenly jumped back as if he had received an electric shock. He tried it several times and began to look like a cat round a hedgehog.

Now fully conscious, I stood up and said: "You need healing", and grasped his hands. He immediately sank to the floor as if in a faint. I do not know why I did this and may have been prompted by my spirit helper and, although surprised, I was not perturbed and left him comfortably sleeping, knowing he would soon recover. I believe this was the effect of the "difference of potential" mentioned earlier.

Strange Influences

On a dull day in winter I had projected from an armchair beside the fire and had been taken to my house in spirit. Soon after I arrived, the room began to appear alternately light and dark, like the effect of a cinema-projector running too slowly. It had a very disagreeable effect on me and seemed like an earthly headache, but with a quicker drumming and intensity. It was not to be endured and I was drawn back to the body. The "headache" continued until I had regained full physical consciousness. I found that it was caused by a gaseous piece of coal flickering on a hitherto dull fire.

The incident interested me considerably because in this case my physical body had no discomfort, and the cause seemed trivial. I believe that the flickering light of the coal had some effect on the physical body, or even directly on the astral cord, causing a quickly-alternating wavelength or vibration, which would affect only the spirit body.

There is a cataleptic state on returning to the physical body, but this is realized only if one tries to move at once. On returning from my earlier projections I was quite content to lie and watch the symbol on the ceiling of the bedroom. Then one night I projected while lying on my side. When I returned I at once tried to roll over on my back, a very simple operation, but I was absolutely powerless and frightened. However, in a few seconds, which in my fright seemed ages, full power returned.

Anyway, it was an instructive experience and it made me fully realize that I and my physical body are two different parts. I had been away, and on my return "I" must first permeate my brain, in order to give my orders through my nerves as to what muscles I wished to use for this physical condition. Later, when I became experienced I thought it fun on returning to the armchair to try quickly to raise an arm which appeared to be as lifeless as a piece of wood until I got back into it.

On return the life force seems to pour back into the physical body. First to the mentality and eyes, then to the body and the extremities. A day projection seems to give rest and refreshment and is not like an afternoon nap, when one is apt to get up yawning and stretching.

Levitation

There were many experiments I wanted to make in order to study the spirit world, but one's purposes are difficult to remember when out of the body. I have tried "levitation" or lifting the spirit body by will power. This appears to be a case of "different states - different powers".

In a lower sphere, a dull astral town, I could rise only as high as the roof-tops by a great effort of will, but could not hold it and sank again. In another sphere, which was as brilliant as a tropical noon, my spirit body had the feeling of lightness and strength and I could easily land on the top of a high, white building.

I was once tested in this respect, but it was no disconcerting examination. I was on a bright plane with a group of smiling friends who gently suggested that I might right a child's sailing boat that had fallen on its side in the middle of a pond. I found it quite easy to hover over the water and then reach down to do this.

Next it was suggested that I should go to a white building some distance away and return without stopping. This also I found was easy. I travelled in a delightful glide in a forward leaning attitude, and as, of course, it is done by thought, everything happened as I wished. I made an easy turn at the building and then returned to the group, to be greeted by smiles and congratulations. I ought to have looked, if I may say so, rather graceful, if not angelic!

It may be some consolation to those who study spiritual truths and wish to learn, to know that often a so-called dream is a spirit experience, and although only a hazy recollection is brought back to the physical mind the memory of it is fully retained by the spirit mind.

This is one of the methods used by the spirit teachers to teach those on earth, and I know that the knowledge is retained because I have had many of these dream experiences and then, when later projected I have remembered them and have been somewhat prepared.

My account of levitation in spirit may sound rather simple, but I had already experienced it in the “dream state” and knew something of the mental effort required. I should imagine that a newcomer to spirit life, who did not know of the possibilities, might have some difficulties in levitating and the chief obstacle would be doubt, so it is better to know of these things.

I had a startling lesson in this direction once, and it was a “throw him in to see if he can swim” kind of test. I had been projected and had lost consciousness, and on regaining it the first thing I saw was some swiftly moving grass beneath me.

I was in a forward leaning position and for the moment thought that I had been tossed from a horse, and swooped still closer to the grass. Lifting my face upwards in an effort to miss the grass, I rose again. This natural thought happened to be the right one - the “desire to avoid”, and I found that I was crossing a large grassy plain. In the distance I could see a village on a hill and sensed that this was my destination.

Levitation and effortless flight are a delight and quite a novelty at first, but I believe that they are only used for speed and to cover distances, because in spirit, walking is also effortless and a pleasure; besides it would be our habitual way of seeing the countryside and its attractions. Also, usually there would be plenty of time.

Some observations

I had an excursion to an intermediate sphere, a seaside resort, where spirits were regaining strength and becoming acclimatised. I was looking into the buildings near the beach, and in one there was a band and people were dancing. I went through an adjoining door and found myself in a dressing-room where women were preparing for a bathe in the sea. I did a quick right-about-turn and went out through the door again, hoping that I hadn't been noticed.

For the benefit of psychic science I would like to have it noted that the spirit face does not blush, but the spirit can feel very silly. Of course, some spirits could change into bathing attire by thought. Some would not want to change at all and others would have to go through the earthly way of changing, according to their mental development.

I have been taken to several drinking places in spirit and I do not think that I was visible to the people there. They seem to be habitual meeting places of like-minded

people and the drinks did not appear to have any enlivening or intoxicating effect. One place I visited was an old tavern on the sea front, which still seemed to have the appearance of the early 18th century.

The proprietor was a large, angular-looking individual with a sun-tanned face and buckled shoes who looked like an ex-buccaneer basking in respectable retirement. Hanging on the wall were some flat miniature wooden barrels with leather slings and I saw one customer leave with one hanging from his shoulder like a military water-bottle. I think these were used instead of the leather bottles.

I add an example of telepathy during normal, waking consciousness. One afternoon in my shop on earth I suddenly had the impression that my sister-in-law would be visiting us. A week-day call would be unusual but as I had received the impression of her personality so strongly, I made a note of the time. Half-an-hour later my sister-in-law walked into the shop, and her first words were: "Did you get anything?" She told me that before leaving her house, she visualized herself as standing in front of me and saying that she would be calling, and her time coincided with mine.

The fact that this subtle and uninterrupted message reached the right person among the ten million other people of Greater London would be considered by many as either a myth or as miraculous. It is neither. Telepathy is the projection of thought on the personal wavelength which conjoins with the personality thought of. How the personal wavelength is formed and why it is unique and individual I have tried to explain on an earlier page.

Power of Thought

I was once on the outskirts of a town in spirit and was watching some Australians playing cricket. Although they were in their shirt-sleeves, I sensed that they were soldiers of the first world-war, called Australian Light Horse, and still wearing their riding-breeches. Knowing that objects could be directed by thought, I had the mischievous idea of directing the ball round the player's bat.

I then thought it would not be right to interfere so I walked into the town looking for some object to use. I found an apple in the street and saw nearby a tall lamp standard with metal scroll-work at the top. I tossed the apple up and directed it to a certain spot on the scroll-work. It went straight to my chosen spot but just before it touched it, it turned aside and went to another spot. I was surprised. Then I heard a laugh at my side. My guide had played the same trick on me that I was going to try on the cricketers!

On another occasion, I was brought to a village. When I arrived, I watched some men playing darts in the tavern and soon one of them handed me a dart and asked me to try my luck. This was easy. My thought-guided missile cleanly found dead-centre of the board and after a pause I suddenly turned and left the place.

Later my very abrupt departure from this place surprised me, and I have an idea that my invisible helper had detected suspicion in the minds of the lads of the village

that they had been used in a little thought exercise; hence my evasive action.

Guidance from birth

One of the many things that surprised me when I began to have sittings with experienced mediums, was the number of times I was told that my spirit teachers had been with me from birth and had guided my foot-steps through life. They certainly knew all about me, and now my daughter in spirit tells me the same thing. The many incidents in life, especially during war service, which at the time I attributed to luck, or a narrow escape, later made a pattern that I had overlooked until it was brought to my notice.

A month after the 1914 war started I enlisted at the age of 17. Some said it was foolish, but this early enlistment caused me to visit countries that I would not have seen otherwise. First I visited the Aegean and the Greek Isles, then Upper Egypt, and lastly the Holy Land. Prior to going overseas I joined the machine gun section of my unit and with pitying looks was told by my companions that I had joined the "Suicide Club".

We landed on the Gallipoli beaches, and it was rather significant that owing to casualties in our first advance, I was at once promoted from reserve machine-gunner to full membership with all the amenities. However, after that and through-out the war, no one who was in my gun-team at the time was a casualty by enemy action. Now recalling incidents that occurred during four years of war, there seemed to be some helpful influence at work.

My first narrow escape was on the beach in Gallipoli. We had been relieved from the front line and I was sitting and talking with three companions near the water. A strange officer came up and tapped me on the shoulder and said that he wanted me to unload some officer kits from a lighter. I was very annoyed as I was tired, but I had to go. When I got back I found that a shell had landed in the middle of my three companions and all were killed.

Later, my gun was in position in a short front trench on Hill 60. I do not know why the colonel suddenly decided to have it put in the second line of trenches, but the next day the ground shook and we saw our former trench forming a high curtain of earth and dust in the air. It had been mined and there were no survivors.

Many times my careless moments seemed to be watched. Once on a small outpost in the Sinai Desert, after being relieved from look-out at midnight, I strolled into our small rush hut where we had our meals. The desert there can be cold at night in the winter and I looked for something to eat before turning in. There was a wine bottle on a shelf and I smelt it and was lifting it to have a drink of what I thought was rum, when a kind of dread entered my mind and stopped me. I walked to the door of the hut and in the moonlight, poured some of the liquor into the palm of my hand. It looked rather dark and I rubbed my palms together to warm the fluid and smelt again. It was iodine! The cold had deadened my sense of smell and I had only caught

the spirituous tang of iodine.

Later, after a bout of jaundice, I was sent to convalesce at a small palace near Cairo. There was a boat for our use and one day, landing with a companion after a strenuous row against the Nile current, it was rather strange that we should be told that the doctor had unexpectedly called and was impatiently waiting to see us. Running upstairs to see him, he told me that my heart needed rest and further convalescence at Luxor.

Luxor is on the upper Nile about 400 miles from Cairo and I was told that it was a haven for pampered troops. It was all of this, and rather more to me as it has the world's largest collection of ancient temples and tombs.

From my room in the Winter Palace Hotel facing the Nile I could see, far beyond the river, the Colossi, and more distant, in the shimmering haze, the hills with the temples cut into the rock face. I went to the temples and tombs of Luxor, Karnak and Thebes and was impressed by this ancient civilisation and the strange beliefs and inscriptions.

I thought that I would have to miss Thebes and the Tombs of the Queens. It is 7 miles by donkey and as a new convalescent, I was barred from such a journey. However, a friend whispered that when the party assembled for the ferry, somebody would not answer to his name, and that somebody else would answer in his place, and that it would be worth seeing, so I took the hint.

During the course of the war my unit gradually advanced through Sinai and then into Palestine, and the names of places that once fell on inattentive ears during scripture lessons at school, brought a new interest. At one time we had our gun beneath the walls of Saladin's castle on the hill at Majdal Yaba. From the battlements we could see across the plain another castle, said to have been built by Richard the Crusader.

Once when bathing at Gaza I was carried out to sea by a strong current. I tried my fastest stroke but made no headway. There were no boats as it was the seaward flank of the two armies and within sight of the enemy. There was nothing I could do about it, so I floated and rested. I was surprised at my own calmness during the situation. When I was a considerable distance out, I found that I was free of the current and could make headway parallel with the shore. I then swam in a long slant and landed further down the coast behind our lines.

Once when out of the front line and sitting in my bivouac, I was interested in some long columns of troops going past. During one of their frequent halts I thought that I would go and speak to some of them. I found that they were divisional troops from India. I had an acquaintance in a regiment that had gone to India, and when I made enquiries, I found him standing a dozen yards away! Quite a coincidence I thought, especially as this division and its various units and transport stretched for 15 miles! On another occasion in Alexandria my attention seemed drawn to a soldier who had

his back to me. When I walked round and saw his face I found that it was my cousin.

My quest of truth and an answer

My travels in Egypt and Palestine gave me much food for thought in later years when studying different religions and Psychic Science. The immense and impressive masonry of the self-styled Mighty Rulers of Upper Egypt and all the Realms, etc., contrasted strangely to the country of the man who left nothing and whose kingdom was not of this world. I am not a religionist and I have never voluntarily attended an orthodox church service, so my study of different beliefs was in the nature of a sincere quest for truth.

I was sitting at my desk in my shop parlour and keeping an eye on my shop, when I sensed a spirit presence. I knew the feeling as I had it many times before, but this was different. Instead of being confined to the head and mentality, it gradually enveloped my whole body. It seemed as if a ray or power held me to the chair; with a fullness of heart, as if all the more tender moments in my life had been gathered together, I heard a voice say: "Whom do men say that I am?"

Then tremendously vividly and in a matter-of-fact way it was impressed on my mentality that Jesus was in charge of the world. I was uplifted and seemed to know everything - there was no need to think - my thinking was done for me. I was not conscious of my chair and was comfortable and contented in something that surrounded me - no need to bother about my shop; I knew there would be no interruption. I wanted this spiritual power to stay but gradually it withdrew and I mentally sent a simple thought of thanks and blessing.

As I sat at my untidy desk which for a while had become a sanctuary, I felt excited over the import of this experience and the wisdom in which such a great deal had been explained in such a simple way. The words quoted in the style of James 1st period was simply to draw my attention to the circumstances connected with their appearance in our Bible. The second part of the message, "in charge of the world" was a simple modern thought, and given for me, a sincere seeker. There was no vague theological mistiness about it and it simply meant just what was given.

I got up from my chair and went to the shop door. It was a sunny afternoon and shoppers were passing, yet as I expected, no customer had entered to interrupt my communion. I wondered what my teacher and guide, the Chinaman, thought of the teaching of the Nazarene, as I do not suppose he heard much about it when on earth. About a year later I got an answer in a strange way. I was one of a group, attending a demonstration of psychic painting, done whilst the medium is controlled by a spirit artist. As she finished a painting for me, which was a portrait of a Chinaman, she said: "This is a guide and I am impressed to do this", and she painted a cross in the corner of the picture.

During the early part of the second world-war my projections continued for a time and I then had my second most outstanding experience out of the body. Projected

during the night, I was taken to a group of young British soldiers who had just passed over.

As is often the case with young and healthy people whose passing was not preceded by a long weakening illness, they had become conscious almost at once. They were standing in a bewildered group and just staring around. Some were looking at their equipment which was in pieces and scattered about, and they seemed to recollect that they had some connection with it, but the spirit mind was too shocked at this stage to bring understanding.

One young soldier nearest to me was staring at the kit at his feet. The belt, shoulder straps and valise were separated and as they had not altered much since the first world-war, I said to him: "Let me help you, I was a soldier". As I was kneeling and buckling the parts together, I happened to look towards the group and was surprised to see a figure standing in their midst who was head and shoulders taller than the rest.

I knew it was Jesus although he was unlike any of the earthly pictures I know of him. To my surprise they took no notice of Him. He was looking at me and I felt uncouth as I realized that I was staring intently, but I thought that He would not mind, and I must see Him. His gaze was steady and serious, and He said: "I have been with them all the time".

I thought I ought to have known that, and realized how puny were my own efforts to help. There was a pause as I continued to stare and then I began to be drawn away. I wanted to stay a little longer but this earnest desire had no effect.

I kept my consciousness on my journey back to my physical body and then halted and paused impatiently to re-animate it. I did not passively wait to see any spiritual symbol on the ceiling. I had got my treasure and as soon as I was able to move, stretched my arm and found the light switch. Some how I felt that I wanted to fully contemplate with my physical mind, and then share it with all. However, I am afraid that "sharing with all" was at the time whittled down to telling a few of my intimates who had had spiritual experiences and would understand.

Since this experience I have seen a photographic reproduction of a painting which I thought was a good likeness of Jesus as I saw Him. It is by a Swedish lady, Bertha Valerius, and was executed with spiritual guidance and inspiration. It was finished by the end of the last century and I understand the original is in a private chapel in Stockholm.

Many paintings of Jesus show him as having dark hair. To me, His hair and beard appeared to be a mid-brown, the beard being slight. I did not notice the colour of His eyes; He was wearing a white gown, like many of the Arabs and Egyptians I saw during my war service.

I am very thankful for what has been given me and the doors that have opened in my simple seeking for truth. If I liken my progress of spiritual knowledge to swimming

an ocean, I believe that I have now made a start and have wetted my toes on the edge of that ocean.

Epilogue

I once saw the robed figure of an advanced spirit on a lower plane. The robe was not a spirit robe but he had assumed his earthly appearance and clothing while teaching in this lower state.

He had a small group of “modern” spirits round him who sensed that he was different from themselves, and one of them, who was curious about this, said; “You were born before our time, old man, weren't you?”

He replied: “I was born before the Pharaohs”.

APPENDIX

SOME ASPECTS OF ASTRAL PROJECTION

by Dr. Karl E. Miller

What is astral projection?

Man has often been defined as a spirit clad in a material body. This is quite true if the word “spirit” is understood in a wider sense than usual. In the past the concept of spirit referred to the highest spiritual principle, entirely different from matter, and consequently not capable of influencing matter. This notion has not only brought about innumerable difficulties in the field of philosophy, but has also made it difficult to accept psychic phenomena and especially the “spirit hypothesis”.

In fact man is not only a spirit with a body but a complex structure, comprising intermediate parts capable of bridging the gap between matter and spirit. Perhaps “soul” was originally meant to denominate these intermediate parts, but for lack of accurate knowledge, *soul* gradually became equivalent to *spirit*.

When growing up we learn to understand our material body as a part of the surrounding material world. Our soul is known to everyone by means of sensations, emotions and thoughts connected with the “I” in the field of consciousness. The most important link between the two is the “subtle body”, or “fluidic body”, or “peri-spirit”, also called the “double” because to the eye of a clairvoyant it is a close copy of the material body.

During our daily life this subtle body is confined within the material body and is roughly coincident with it. Its existence becomes evident only if it is separated from the material body and this separation takes various forms, as sleep, coma, apparitions (mostly unconscious) and furthermore astral projection, also called ESP-projection, or astral travel which in their fully-fledged form are conscious experiences.

The person projected is called the *agent* or *projectionist*. When fully projected the

agent is in a condition similar to the “spirit” of a dead person. Indeed some persons who appeared to have died, but later came back to life again and were able to remember what had happened, told of their experiences in much the same way as an agent projecting during the sleep state.

For further general remarks the reader is referred to the introduction of this book. Obviously, astral projection presents an important link in the chain of facts constituting the proof of survival and it has been recognized as such by some investigators, especially by Du Prel, by Mattiesen and more recently by Professor Hornell Hart.

From my own field of observation

I am not a projectionist but as a boy I had several experiences which evidently were the beginnings of projection. After going to bed and for no special reason I suddenly felt myself floating in a horizontal position some two feet above and some two feet to the side of the bed. This was accompanied by a most agreeable sensation and I was able to move forwards and backwards by moving my hands accordingly as if swimming on my back in water.

I felt my arms close to my body and was able to float higher or lower but always for small distances of only a few feet, as it did not occur to me to wish to go longer distances. This happened on several evenings and then stopped. When I realized that I had not had this experience for a while I wished to repeat it, but could not.

A year ago I had another such minor experience. Lying in bed on my left side, gradually coming out of sleep, I suddenly heard the regular breath as if somebody were just lying behind me. Thinking “this is impossible”, I assured myself that nobody was there. On dozing off again I had the same experience a second time and again it was so vivid that I had to make sure that I was quite alone.

I explain this by assuming a partial exteriorisation out of the front of my material body and thus hearing my own breath behind me. Trifling as this may seem it is important to me because it tallies with other accounts. If fully-fledged projection is a fact we must expect to find experiences of beginnings and of intermediate stages.

Apparently it is possible to be conscious during a projection without remembering it afterwards. I have been told by several acquaintances who have conscious astral projections and remember that they met me during a projection in the night, when I seemed to them wide-awake as we conversed together, but I had no recollection of it in the waking state. On one such occasion I had been seen clad in a particular suit of pyjamas which I actually wore on that night.

Many years ago I was well acquainted with a natural psychic, a Mr. W., who had witnessed a variety of phenomena such as hauntings, symbolic dreams, astral travelling, clairvoyance, automatic writing in a foreign language and miraculous healing of himself. One evening he found himself standing outside his bed in the room and looking at his body lying in bed. This being the first exteriorisation he had,

he thought he was dead and the shock forced him immediately back into his material body, as all stronger emotions do.

This is a very typical beginner's case of the spontaneous variety. To cite another example: a lady whom I had known for some years asked me to help her understand the following incident. She had been lying on a couch in day-time when she suddenly found herself floating around the room near the ceiling and chandelier and seeing her body lying on the couch. As she had psychic gifts this was clearly the beginning of projections.

In his astral travels Mr. W. often visited distant countries and unknown cities. As he never read about psychic matters he had a vocabulary all of his own and called such experiences "sharp-dreams" to distinguish them from common dreams. This name stresses the clear-cut precision of the scenery observed, the sharpness of detail and the vivid impression of reality usually reported in this connection.

He always tried to get material proof of his excursions but never succeeded in bringing home any object. Once he followed a man in the street of a foreign town and, wishing to ask him the name of the town, he touched the man on the shoulder. The man turned around and looked aghast, apparently he had felt the touch but could not see anybody. On another occasion he put a similar question to a lady without touching her. She looked towards him and cried out, as she evidently heard his voice, but seeing nobody or perhaps his apparition, was terrified. To the persons involved these seemed to be hauntings.

Some projectionists relate observations difficult to explain. One of my acquaintances, Mr. Ed., had various psychic experiences. Once he was lying on a couch reading a paper. Feeling drowsy he put the paper away and suddenly soared through the room, first in a horizontal position. Looking at his body, he saw it rise to a sitting position and then lay down again! The projection continued, he floated into the kitchen and came back still conscious to re-unite with his material body.

On another occasion Mr. Ed., walking in the street, felt somebody overtaking him from behind and turning his head aside, saw his double walking beside him in a blue coat; as he looked at it intently it disappeared.

A person's first projection often seems to begin with feeling a spiralling motion. A. J. Davis, the seer, also reports this. A sensitive lady, Mrs. Z., with whom I am acquainted, had it too. When sitting quietly and relaxed, she fell into a trancelike state, in which she felt herself soaring upwards in a circling, spiralling motion, as if coming out of a big chimney. Then she felt herself floating over foreign countries as if flying in an aeroplane. She reached a far away land which she had an idea was Burma, had a bird's eye view of the fields, saw people wearing big round hats working there, then a temple of Chinese design. She entered into it through an opening at the top and could see people down below worshipping. She then lost consciousness.

This is a typical example of astral travelling on the earth plane. Through a medium I asked a spirit friend about this spiralling separation and he explained it as an effect felt by beginners because their various vibrations are not yet balanced. This is not far from Muldoon's theory to be mentioned further on.

However, there are also whirls in the spirit world, which are likened to storms on earth and are thus something outside the individual. Another projectionist among my acquaintances, Mrs. U., has experienced such whirls. It is a very disagreeable sensation but it seems that spirit helpers give protection. Yram makes similar statements.

Sometimes a projection produces after-effects which constitute an argument against the theory that a projection might be but a clairvoyant experience. I have known a man, Mr. H., a public official who was very much attached to his mother, and very grief stricken when she passed over. He wished and prayed insistently to meet her somehow though he had but vague ideas of such a possibility and had not hitherto had any psychic experiences.

Lying on his bed one afternoon, wishing to see his mother, he experienced a spontaneous projection, found himself walking towards a house in the spirit world and somehow knew that his mother was living there. Not finding her in the house, he saw her in the garden. He went to her and after a short conversation she told him he had to go back and that this visit could not be repeated. After coming back into his body he had a sickly feeling as if his stomach was upset, a condition which lasted for half an hour. I believe, he would not have seen the fulfilment of his wish if spirit help had not been forthcoming, even if unknown to him.

A parallel to Mr. Sculthorp's case

For several years Mrs. U., whom I have known a long time, has had many interesting projections. These were a consequence of her undertaking meditation exercises very earnestly. Thus her projections are a result of her spiritual development and her case may also be likened to that of Yram as well as to that of Mr. Sculthorp.

When her first exteriorisation occurred she was lifted out and above her material body by spirit helpers whom she saw clairvoyantly. This experience was rather painful to her and therefore did not last long. Subsequent projections were not painful any more. As a rule she leaves her body sideways without perceiving outside help. When returning she is usually conscious of re-entering her body again, but when projecting she often finds herself outside her body without having observed the process of separation.

Although she could see her physical body lying in bed she did not see the "silver cord" connecting her subtle body with the material body. After discussing this with me she asked her spirit helpers to show her the cord and one night she was led into a neighbouring flat where three people live. Their doubles were standing in their bedrooms and she could see their cords connecting them with their material bodies.

Among other details she noticed the colouring of the cord to be different with each person.

After I had met Mr. Sculthorp we discussed the possibility of experiments and I suggested he should meet Mrs. U. while both were in the projected state. When consulting spirit friends through a medium we were told that this was not as easy as it might appear because conditions had to be right and vibrations would have to be equalized. Therefore, the only result of this idea was the following incident.

On October 14th, 1957, Mr. Sculthorp wrote in a letter from London: "I have made a note of the following experience in case it may have been an experiment by our spirit friends and the lady may have been Mrs. U. Unfortunately I was not fully conscious of the state and therefore did not particularly note the person's features. On the 15th September, Sunday afternoon at 3.15 p.m. I was projected and found myself in a room watching a lady, who appeared to be walking up and down and rehearsing the lines of a play. Another lady was sitting at a table reading the script and answering at times."

It apparently was an experiment! Mrs. U. confirmed that at the date and the time mentioned she had been sitting in Zurich (Switzerland) at a table with a book on Buddha, discussing some details with a lady friend who has the habit of pacing up and down the room when discussing something. Though there was no rehearsing of a play the scene was correctly observed.

During her excursions Mrs. U. has never been exposed to direct attacks by ill-intentioned spirits. But when returning from a projection she has more than once found her material body occupied by another spirit. She then entered the body from one side and the intruder had to leave by the other side. No disagreeable after-effects were experienced. I wish to emphasise my firm conviction that a projectionist is no more in danger of an obsession than anyone else.

While on an excursion Mrs. U. once felt the pull of the cord. She also felt (without seeing anything) the presence of a spirit helper who gave her power at times when she felt like fainting. When projected into the spirit world she has seen spirits and spoken to them, some of them unknown and some known to her, as friends and relatives who had "died". In the projected state she is able to pass through walls and closed doors, but at first she felt a slight resistance when doing so.

Here is another interesting experience Mrs. U. had. While walking on the pavement of a busy street she suddenly lost consciousness and on coming to herself again she found that she had continued to walk for at least some 25 yards while unconscious. Two years later, walking along the same stretch, she felt a peculiar sensation on the same spot but pulled herself together. In her opinion, if she had let herself go the same experience would have happened again.

I have mentioned the above because such occurrences do not seem to be rare. Two correspondents have made similar statements. Also a personal acquaintance, Mrs.

P. some years ago, on two occasions, whilst walking in the street, felt herself outside her body and saw it walking at her side. This experience lasted for some 20 yards. Being afraid of becoming insane she made an effort of will against it happening again. At that time she had no knowledge of psychic facts.

I have come into contact with a number of people having had out-of-the-body experiences in a variety of forms up to fully-fledged projections. All my acquaintances are sound and sane persons, some also knowing the difference between clairvoyance and projection, and these occurrences cannot be explained otherwise than by assuming a subtle body capable of separating from the material body in various degrees. Experiences of exteriorisation have never been proved to be a sign of insanity. But individuals having repeated spontaneous experience of projection should have access to knowledge and the advice of trustworthy persons having studied in this field.

A glance at history

If astral projection is a fact and a general possibility for man we must expect to find traces of it in history. Indeed, the idea of a normally invisible subtle body is found in the East, in Egypt and in Greece. The Neo-Platonists called the fluidic double “Astroide”, which means brilliant as a star, a name which seems to be related to the word “astral”. Similar ideas have been found to exist all over the world with cultured nations as well as with primitive races. Also a number of spontaneous cases are known from classic literature.

The first experiments, throwing some light on our problem, were conducted in connection with Mesmerism (formerly called Animal Magnetism or now Biomagnetism) which was the forerunner of modern psychic investigation and was introduced by *Anton Mesmer* (1734-1815) for healing. Using “magnetic passes” (moving the hands over and almost touching the body of the subject) the somnambulant state was induced. This condition should not be confused with sleep-walking or with hypnosis. In one phase, called the “lucid state”, suitable subjects were able to see their body and the bodies of others as if transparent, could observe the various organs and describe their functions and state of health. They were also able to project and to travel to other places and report what they observed there.

The result of the knowledge gained by Mesmerism is reflected by an interesting German book by *Johann H. Jung*, published in 1809 and entitled “Theorie der Geisterkunde” (Theory of spirit knowledge). It contains a detailed account of a successful experimental and evidential astral projection from the East of the U.S.A. to London, which case he had from a reliable source and which he considered a reliable historic fact. In discussing this case he shows an astonishing insight into these matters.

A more recent and comprehensive study of the subtle body was given in 1888 by *Carl Du Prel's* book “Die monistische Seelenlehre” (Monistic theory of the soul), the

title of which is rather misleading. This survey considers old and modern knowledge. It discusses feelings of integrity (of amputated limbs), various kinds of apparitions, sleep-walking, subjective experiences and the difference between clairvoyance and astral travelling.

Du Prel knows that the double, when causing an apparition, sometimes reflects the situation of the material body, as by the clothing, or wounds and other details, and sometimes not; he cites the opinion of Paracelsus that physical deformities and even mental deficiencies are due to defects on the material side only and that after death the sidereal body (= astral body) does not show these defects. He discusses the famous case of the schoolteacher, Miss Sagée whose double separated often spontaneously, against her will and which was seen in various degrees of solidity by all her pupils, fellow-teachers and servants of the boarding school. This case goes far to prove the reality of the human subtle body.

Du Prel also cites cases when physical effects were produced by the double, as blowing out a candle or writing on a slate; he knows of “repercussion” observed in the mesmeric state when, if the exteriorized double is pricked by a needle, the material body may show a corresponding wound and lose some blood. He calls subjective experimental projections “auto-somnambulism” and the agent an “Ideo-Somnambulist”.

In view of the wealth of material presented by Du Prel it is not surprising that he was convinced of the reality of a normally invisible double, which he thinks to be the product of the *organising soul* and the *thinking soul*, notions which are due to Aristotle.

Bilocation

The simultaneous observation of a person in two different places is called *Bilocation*, and when seen in three different places *Trilocation*. These terms are old and were introduced by clerics because such cases were first reported of saints. Whilst normally the projected double is invisible and only seen by clairvoyant people, in a bilocation it has manifested to such a degree as to be seen by everybody, and also produces material effects and behaves like a normal person. In his valuable book “Phenomena of Bilocation” the Italian researcher *Ernesto Bozzano* uses the term to cover all kinds of astral projection, but such use should be discouraged.

An often cited case refers to the Spanish nun Maria de Agreda who, over a hundred times, fell into a deep lethargy, during which she felt herself transported over the seas to New Mexico, to the Indians, to whom she preached the gospel. The monk Benavides, who lived in Mexico, corroborated many details when he visited Europe in 1630. Here the agent's body is in a death-like condition during the projection.

As Du Prel pointed out, the Sanskrit term “majavi-rupa” denotes a deliberate astral projection. The adepts of India, possessing this art, are supposed to dispose of such an abundance of vitality and consciousness that they can produce a true bilocation,

which means being active and conscious in two places at the same time. This must be difficult to attain and the term, perhaps, designates more an ideal than an established reality.

If we turn to the modern book of *Paramhansa Yogananda* "Autobiography of a Yogi" we find but one example of a projection. A Yogi while sitting in meditation projects his double and appears to a friend in the street and gives him a message, the friend thinking him materially present and hearing his voice; but even here the material body was not active.

Still, if correctly reported, it is a successful wilful projection of an evidential kind.

We might assume the next best approach to "activity" to be an action which can be maintained almost subconsciously, like walking. Such a case was reported by *Dr. J. Kerner* (cited after Du Prel). A judge F. sent his clerk to a neighbouring village on an errand. After a while the clerk entered the room of the judge and took a book out of the bookcase. Astonished, the judge asked angrily why he hadn't gone yet; thereupon the clerk disappeared in the air, the book fell on the floor and the judge put it, open as it was, on the table.

When the clerk returned he was questioned; he had walked in company of a friend, with whom he had had a discussion about a plant they had found; he had been sure of his opinion and said, that if he were at home, he would be able to open the page of the book of Linnaeus, where the information would be found. It was indeed this book and this page that was open on the table. Here the double produced astonishing material effects by fetching a book and opening it. Still more interesting is the fact that we must assume the agent's material body to have been walking, though we should like to have a statement to the effect that he did not sit or lie down for a rest on his way to the village.

In this as well as in some modern cases the agent is not conscious of having projected although the double was capable of handling material objects. This rather bewildering aspect of the problem shows its complexity and that *consciousness* and also *memory* must be independent of the process of exteriorisation.

Similar spontaneous cases are known, in which an agent had the wish to be at some place and thereby produced an apparition of himself. But here we have to consider the possibility of "telepathic hallucinations". In some cases the agents were active, conscious or only momentarily absentminded.

Emanations and exteriorisation

Another line of approach is the study of "fluids" emanating from the human body and especially from the hands, the head and some other parts. *Reichenbach* who investigated this between 1844 and 1865, called this radiation the "odic flame" or "Od". Sensitive persons observed it as a luminous smoke, also visible at the poles of large magnets and electromagnets. The right side of the human body and the positive pole of a magnet show a blue emanation, the left side and the negative pole

an orange or reddish emanation.

The French investigator *Colonel de Rochas* repeated these tests and believed these colours to be of a physical nature because, by using two Nicol-prisms, this light could be made to disappear to the eye of the sensitive persons observing. He introduced the method of experimenting with two mesmerized subjects, one to be experimented upon, the other being clairvoyant through the process to observe and report the proceedings.

In two books, "The exteriorisation of sensibility" and "The exteriorisation of motricity" Rochas published his findings. By magnetic passes the sensibility, instead of being located in the skin, can be made to appear in a series of layers around the body, the first layer in a distance of one and a half inches, the following about double that distance apart.

These fluidic emanations were almost material and for some time could be stored in a glass of water or in other substances. When continuing with the magnetic passes he observed the formation of half a phantom on each side, which were of the colour mentioned above, and the subsequent union of the two halves, usually on the left side.

H. Durville, a French magnetizer, repeated these investigations in the years 1907 and 1908, and published a book "Le fantôme des vivants" (The phantom of the living). Experimenting with several sensitives and using magnetic passes he could exteriorize the sensitivity up to three yards. The fluidic emanations then concentrated into two columns of whitish or grey colour, one on each side of the subject. If the magnetizing was continued the two halves united as mentioned above.

At this moment the phantom had no definite form but was a cloud which gradually (the magnetic passes being continued) took the exact form of the subject and became luminous, showing blue on the right, orange on the left side; it also copied the movements of the material body. With more magnetic passes the double became more independent and could be told to do this or that, such as to sitting on a chair or walk into an adjoining room. Still, it not always obeyed either the investigator or the subject; if the latter was brought back into the normal state too quickly it suffered a kind of muscular trepidation.

A fluidic cord was observed, about the size of a finger, round or flat, connecting subject and double, which started from some point near the spleen (or from the top of the head for some subjects) and ending at the corresponding point on the double. Clairvoyants observed this cord as carrying two currents. One current of "life-force" from the material body to the phantom (on the lower side of the cord) and a second current, more luminous and seemingly more refined, from the phantom to the material body (on the upper side).

If somebody walked into the cord, the medium felt a pull as if from a string. The colours seen around the material body by clairvoyants (the so-called aura)

disappeared after a full exteriorisation and the double then displayed these colours with all details. The subjects declared that all perception, as seeing and hearing, was transferred into the double; if the material body spoke, this was likened to a mechanical action directed from the double, and according to Durville is only possible because of the magnetizing.

Experimenting in a dark room, Durville found the double able to see and recognize small objects which a third person held before the face of the double, while the subject could not discern them, if they were held before the material body. The same was found to be true of the senses of touch, smell and taste. It was possible to order the double to knock on a table, to press down a balance, to move a chair and a small table. When the double was told to mount a balance its weight was about one ounce.

When material effects were to be produced by the double it became denser and its hands were no longer transparent to the clairvoyant. According to the sensitives this density results from taking in substances from the atmosphere or from surrounding objects; as an exception the double may get more luminous when producing material effects. Most people felt a passing double as a cool breath; its hands, when touching the forehead of a clairvoyant seemed cold and were seen to be luminous and with the three rings which the subject wore at the time.

Two luminous screens exposed to light and then kept in darkness for some four days, appeared dark in the darkened room. One screen was put on the material knees of the subject and it remained dark; the other was put on the chair where the double had been told to sit and the screen emitted light immediately, a fact corroborated by photographing the screens.

All sensitives saw the double taller than the material body. In over 60 trials only one faint photograph of a double could be obtained, at a moment when it was specially dense and luminous. A well-developed double seems to be composed of vibrating luminous particles, showing also a wave-motion coming from two centres, one the solar plexus, the other the vortex of the head.

Durville also tried *experimental excursions*. First with Mr. Rousseau, born 1885, who since childhood had experienced spontaneous projections, whom he asked to project and visit him at a certain time. Two somnambules with exteriorized doubles were ready and saw a "ghost" coming and sitting in a chair, and were rather afraid of it. A luminous screen lying on that chair was visibly brighter afterwards. Mr. Rousseau reported to have sent his double, felt it going and coming back, but could not remember what happened at Durville's house. Thus the agent's consciousness remained with the physical body in bed.

In another experiment one somnambule was told to send her double to his house at a certain time; there the double was actually observed by two magnetized subjects and recognized. This and similar experiments were repeated with other subjects and some of them could remember what happened during their excursion. In such

experimental excursions the double was clad in a fluidic veil; a nebulous veil was also around the head, though the face was clearly visible, and the body was hidden behind a drapery.

When the double was asked to visit some place a most curious detail was observed; the double seemed to split! It became more luminous but the colouring went back into the physical body which took on the normal polarized colour of blue and orange. The double was then whitish and went through the wall on its errand. On coming back, still luminous in white brightness, the colours shifted again from the subject to the double.

Durville explains this by assuming that the coloured part belongs to the “etheric body”, the white part to the “astral body”. If a sensitive person exteriorizes spontaneously she sees the double in a white brightness; according to Durville the spirits of the deceased are seen by the sensitives in similar fashion. Another detail: the mesmerized subjects sometimes saw a luminous sphere above the double with a second cord between them; the sensitives thought this sphere to be the seat of the will.

These experiments were continued by *Charles Lancelin*, who succeeded in getting fingerprints of the exteriorized double, as reported in his book of 544 pages: *Méthode de dédoublement personnel* (Method of personal exteriorisation), published in 1913.

Some theoretical considerations

The investigations of H. Durville have been cited at some length, because of their theoretical importance and because they point the way to more experimental work. The use of the mesmeric state or of hypnotism for this kind of work is open to criticism; there is the danger that the operator may suggest his preconceived ideas to the subject and thus falsify the results. De Rochas as well as Durville tried to avoid these possible pitfalls.

As soon as we have facts to show that the double itself is of a complex structure we need terms and a “working hypothesis” to distinguish its various parts. Old teachings of mysticism claim to know the various parts constituting the human being; their terms may serve as a first step towards a more complete and substantial theory based on observed facts. These teachings distinguish four bodies: physical – etheric – astral - mental.

The *etheric body* has the same shape as the material but is slightly larger and the protruding part is called the aura, which is seen by sensitives as a coloured halo around the material body. The etheric body is said to be responsible for the chemical and other processes occurring in the material body and supposed to dissolve shortly after death, thus permitting corruption of the corpse. Od and emanations mentioned may be connected with the etheric body.

The *astral body* is said to be of a bluish colour and appears as the finer and

luminous copy of the physical body; it is the seat of passions and during sleep is said to hover above and close to the physical body; it can cause apparitions of the dying and the dead, and appears in the same clothes as the physical body, but sometimes looks as if clad in white gossamer; it is dissolved when the individual is able to pass on to higher spheres of the Spirit World.

The *mental body* is described as of oval shape and not a duplicate of the material body during earth life. As the name implies it is the seat of thought and other mental faculties. We have seen that Durville distinguished between the etheric and the astral bodies, and the luminous sphere mentioned by him could be the mental body.

The assumption of four bodies, however, is but the first step for a theory. More detail is needed to explain the various kinds of *memory* and *consciousness* connected with a number of states, such as the normal walking state, conscious and unconscious astral projection, coma or deep lethargy, mesmeric states, hypnotism and others. To my knowledge no attempt has yet been made to establish such a theory. In the meantime the terms etheric and astral should be used with care.

An example in which the consciousness may have been located in the mental body is the *Marks case*, reported by *Muldoon*. A lady had a number of different projections; in one of them she went to town one afternoon and suddenly found herself separated from her physical body, which continued to walk some distance in front of her. She observed it going into a grocer's shop, buying some things, paying for them and going home again. If the above-mentioned interpretation is correct, we must assume the material body, together with the etheric and the astral, acting normally as under a hypnotic suggestion, subconsciously carrying out her previously formulated wishes.

For another possible explanation of such experiences, we may cite the *Hendry case* (same source). A nurse assisting a doctor during an operation suddenly felt herself out of the body, standing in her double on the other side of the operating table and observing the work of her physical body, which continued to be actively engaged in its task of helping the surgeon, and without any volition on her part; after the operation she felt herself floating over the table and reentering her physical body. She explained the experience to herself by assuming that she fell into a trance and that her body was controlled by a spirit, though at the time she was not a Spiritualist, but became one on account of it. This explanation requires the assumption that no clairvoyant powers were active, as otherwise she would have seen the supposed spirit.

The concept of repercussion

The sensations and eventually the result of all mishaps of the phantom body may afterwards show on the material body. In Durville's experiments, if the double was touched the subject would feel it; if it was scratched, hurt with needles or had inadvertently knocked against some furniture, the skin of the subject would show

corresponding marks, stripes or blue patches. This fact is called *repercussion*, because the condition of the double is thrown back on to the material body.

In normal astral projection no repercussion is observed. The double passes through walls and persons without any after-effects. This might be explained by assuming that the etheric body is not involved in normal astral travelling but responsible for repercussion. Thus the etheric body would participate whenever physical effects are to be accomplished.

Repercussion or similar phenomena have been observed in the séance room with physical mediumship. A shock to, or attacking a materialized form may cause serious damage to the medium's body; also when psychic structures came into contact with coloured substances, the colouring was sometimes found on the body of the medium, even when there was no possibility of material contact.

The word repercussion should not be used in another sense, for instance to describe the trepidation or muscular vibration felt by an agent when an astral projection comes to an end abruptly.

The double of amputated limbs

If a leg is amputated some persons continue to feel the existence of the amputated limb, some only for a short time, others for the rest of their lives, but the majority lose this feeling gradually. Medical science believes this to be an illusion caused by the nerves which are severed. Generally this may be so, but more sensitive persons show supernormal knowledge in this connection. In one case the amputated hand of a man had been put in a box with sawdust and buried; the man who did not know this declared that he felt sawdust in his non-existing hand, and a nail which had hurt a finger, causing so much pain that he could not sleep. When the box was finally unearthed it was found that a nail had actually hurt a finger. Another man, known to Durville, whose arm had been amputated, could with his eyes bandaged, tell when a burning candle was applied to his materially non-existing fingers.

Many clairvoyants have seen phantom-counterparts of amputated limbs. Even photographs of such have been published, but these experiments should be repeated. Cases have been reported of people, who shortly after the amputation of a leg, forgot to use their crutches and walked several steps on their phantom legs. It sounds unbelievable but might be explained by the unconscious action of the etheric counterpart, similar to other physical effects reported, or a kind of telekinesis.

We have mentioned Du Prel's interest in these "feelings of integrity". In his book on bilocation *Bozzano* divides the facts into four classes and devotes the whole of the first class to the double of amputated limbs, which shows the importance he ascribed to this kind of phenomenon.

The subjective aspect

The more common forms of projection have a subjective character as in the examples reported from my own field of observation. Among the many causes producing projections is illness, especially spotted typhus; from this small corner of the whole field medical men try to explain away the existence of a subtle body. They call seeing oneself "Heautoscopy" or "Autoscopy". The theory advanced assumes that everybody has a mental picture of one's bodily appearance and then, due to illness, may see a hallucination of this mental picture.

This theory is inadequate because the objective reality of the double has too often been ascertained. Therefore, such theoretically postulated hallucinations must be exceptions, if they actually should happen at all.

Projections may also be caused by anaesthetics, such as chloroform, further by accidents, by pain and torture. A better knowledge is possible if a healthy agent has a number of projections, is capable of analysing them and takes the trouble to publish his experiences. Among those projectionists who have made a study of the subject, the best known are:

Oliver Fox, born 1885, wrote articles since 1914 and about 1937 published a book "Astral Projection". - Yram (fictitious name), a Frenchman who in 1926 published "Le médecin de l'âme", translated into English with the better title "Practical Astral Projection". - Caroline D. Larsen, living in U.S.A., in 1927 published "My Travels in the Spirit World". - *Sylvan Muldoon*, an American who with Hereward Carrington (psychical researcher) published several books, the first being "The Projection of the Astral Body" (1929).

These books contain a wealth of information and they agree in many details but also show differences between one individual and another. Only a few aspects of these reports can be summarized here. Further, another modern witness to these facts can but be mentioned: *J. H. Whiteman*, who seems to have had over 2,000 pertinent experiences himself and published an article in the Proceedings of the Society of Psychical Research, in May, 1956.

Experiences of Mr. Oliver Fox

Mr. Fox discusses the interrelation of dreams and astral projection. He recommends the experimenter to arouse his critical faculty while dreaming so as to know, because of some inconsistency, that he has a dream, which then becomes a dream of knowledge and constitutes a new level of consciousness. He describes the false awakening out of a dream, when one feels oneself to be awake, but in fact is in a state of trance, connected with strange sensations. Mr. Fox believes the art of conscious projection to be purely mental.

While projected he could see the body he was travelling in, seemingly clothed in many ways, but never naked; he never saw his material body nor the cord. His sensation of sometimes leaving his body through a small trap-door in the head is

similarly reported by other persons, and is probably related to other reports which speak of moving through a tunnel or a funnel-shaped opening.

Like other projectionists, Mr. Fox stresses the sense of reality one has during a projection and its difference from a dream; though his experiences were only subjective he witnessed one experimental case, when a lady friend succeeded in appearing in his room during the night; he saw her plainly and she remembered her astral visit, and was able to describe unusual details of his room and furniture, though she had never visited it in the flesh. On another occasion he appeared to the same lady in her room in the early morning but could not remember it himself.

Yram's experiences

Yram's book is based on experiences which began in 1912. I was informed that he passed over a few years ago but his identity and further details of his life are withheld for family reasons. To develop the faculty he practised concentration, rhythmical breathing, relaxation, entering the silence. More important, he thinks, is the living of a moral life, exclusion of egoistical desires and the practice of altruistic love.

He advises a projectionist to explore first within the confines of his room. The furniture is seen in a peculiar, phosphorescent light. He emphasizes the absolute subjective reality of a projection, which he calls a "brutal fact". If one wants to go farther away, "the substance which you use for your double returns to the material body and it is with a more etheric form that you reach space"; a statement similar to Durville's findings.

During a projection Yram embraced his material body, found it warm and without muscular rigidity; he also observed the cord which apparently can be elongated indefinitely and which ends on the whole surface of the double with thousands of very fine threads. Spirit helpers or guides are seldom seen; during a projection he could see a friend, already passed over and had a long conversation with him. When projected into the spirit world Yram was sometimes attacked by lower spirits; as a protection he found the radiation of a thought of love to be the most powerful defence.

The best time to experiment is between four and five o'clock in the morning, after a few hours sleep, when there is less interference from the subconscious; he was able to produce several projections in one night, returning to the body after the first to take pencil notes, then projecting again with renewed strength. Sometimes he could take his wife with him in his astral travels. He considers himself an Initiate because of his familiarity with meditation and his astral projections, connected with his experiences in higher spheres, of which, however, he only speaks in generalities without giving details of the spirit world.

The experiences of Mrs. C. D. Larsen

Mrs. Caroline D. Larsen is the only lady I know of who published a book on her experiences in this field. Apparently she underwent no special training to attain astral projection though we would like to know more about this and her previous knowledge of psychic matters. Her first projection seemingly was quite spontaneous and happened in autumn, 1910.*

** In Prof. H. Hart's book (mentioned later) the date is given as autumn, 1918, and the following details are disclosed (page 226): "Mrs. Caroline D. Larsen was the wife of Prof. Alfred Larsen who taught violin at Middlebury College in Vermont. He was sufficiently distinguished to be listed in 'Who's Who in America'. In her own right Mrs. Larsen had previously published a book of stories in the Danish language."*

At that time she was a middle-aged, grey-haired lady, had retired early, when suddenly feeling a deep oppression and apprehension, not unlike that which precedes a fainting spell. A numbness crept over her until every muscle became paralysed. She lost consciousness for some moments, then found herself standing on the floor, looking at her pale and deathlike body lying in bed. Walking into the bathroom she saw herself in the mirror with a changed appearance, younger and more beautiful, dressed in a lovely white shining garment.

Though standing in the bathroom she could clearly see her husband and three other men, through all the intervening material barriers, rehearsing a quartet downstairs, and could hear the music. Wanting to go downstairs she met a female spirit ordering her back into her body. She united with it while conscious and with a gasp and a start woke up in it. She says: "This was my first experience *out of the body*. But since then I have often been accorded this privilege. I have travelled far and wide in space, visited heavenly bodies; visited many parts of the Spirit World where I have seen and heard things which I believe have never been given to the world." In her astral visits she was always accompanied by a guide, always the same individual, "dressed somewhat in the fashion of the Roman nobles", who called her Carollo for Caroline.

In comparing her interesting accounts with Mr. Sculthorp's experiences, we find general agreement but not duplication. Her narrative rather gives additional information, especially regarding the earth sphere and outer space. The largest part of her book is concerned with the earth plane. She met spirits of persons she knew on earth but had passed over and also acquaintances who had recently died but did not realize their true situation. Interesting scenes are described when spirits, having died long ago, still intermingle with the living or with those recently passed over. She also saw many spirit helpers in action.

After thus witnessing "spirit life on earth", Mrs. Larsen visited several higher spheres. The first sphere she describes as "a kind of clearing house for the newly arrived" and relates details in agreement with Mr. Sculthorp's report on the "normal states". In what she calls the second spirit plane there are no earth-bound souls and

all are working for higher attainments with many spirit helpers to teach and assist. The third and the fourth sphere were separated from the lower ones by “endless voids of darkness”, and their glory cannot be adequately described in worldly speech; their inhabitants were highly perfected spirits.

She also visited the Land of Spirit Children and witnessed a concert given by a huge orchestra. The music was so overwhelming in majesty and emotional appeal that she could not endure it. Finally she describes a visit to the Abyss of Space outside the solar system and marvelled at the countless living beings that fill the universe. These spirits of high superiority emanated a white light of intense power, which enveloped them in a flaming radiance that varied in intensity in proportion to their spiritual power.

These few remarks must suffice to show the general character of this important contribution to our subject, which, is in fact a corroboration of Mr. Sculthorp's report.

The experiences of Mr. Sylvan Muldoon

Mr. Muldoon had his first projection at the age of twelve and it was a conscious one from start to finish, which kind is very rare. When writing the book he had had hundreds of exteriorisation and excursions, most of which started with a *dream of knowledge*. Like others, he insists on the convincing power of a projection, which turns anybody into a firm believer in immortality. While he occasionally met a spirit during his projections, the latter were confined to the earth sphere.

The theories which he advances deserve the closest consideration but cannot be dealt with adequately in a few lines here. Conscious living, he thinks, consumes some sort of “astral power” and sleep is necessary to replenish that power, which is done by means of a small dislocation of the astral body; therefore, during an illness astral projection is more likely to occur spontaneously. Sleep-walking in the material body is said to have its counterpart in sleep-walking of the astral body.

In a normal projection, with the material body lying on its back in bed, the astral body moves upwards for several feet, is then pushed over into a vertical position, landing on the floor, where, owing to the action of the cord, it sways back and forth several times, before it comes out of a kind of cataleptic state and becomes free. He distinguishes the *cord-activity-range* within some 6 to 18 feet from the physical body (depending on health and other conditions), when the cord has a diameter of one and a half inches.

Beyond the distance mentioned the cord appears as a thin thread of whitish-grey colour and then the astral body is free to move to great distances. In view of Durville's findings the peculiarities of cord-activity-range must be ascribed to the participation of the etheric body, outside this range to the astral body.

The sometimes disagreeable sensation of coming back into the physical body is explained by assuming that the astral body is in a cataleptic state when near the

material body and that it transmits itself on to the muscles with a jolt. This interiorisation may take three forms: (a) a spiral fall, (b) a straight fall, or (c) a slow vibratory fall; the latter is the most agreeable. These varieties are thought to be the result of two forces: (1) the pull of the cord, (2) a kind of gravitational force acting upon the astral. If the gravitational force is relatively strong we get the straight fall, if weak the spiral fall, if just balanced the vibratory fall.

These three varieties may also be observed at the beginning of a projection. If the cataleptic state be observed preceding a projection and there is ability to move, it should be taken calmly and a suggestion be made to project. The control of emotions is essential. Muldoon thinks the vibrations of the astral are quickened when projected, otherwise it would be difficult to understand why it can pass right through the body of a living person, which also contains an astral body.

Within cord-activity-range curious experiences of dual vision and apparent dual consciousness are possible, when one may see the phantom as with the physical eyes. The cord leaves the double at the back of the head and reaches the physical body at the front, side or back of the head; other points of contact, e.g. the solar plexus were not observed. Around the solar plexus “neuric energy” is seen to be concentrated; it is luminous, like white light, and gives the astral body its phosphorescent appearance.

Muldoon postulates a “crypto-conscious” or super-conscious mind, responsible for projection. Whether conscious or unconscious, it can be influenced by the subconscious, can accept suggestions from the conscious mind and also act on a “stress of habit”. Instructions are given, based on such principles, on how to bring about a projection.

Once, on touching an electrically live wire in the street, Muldoon was nearly electrocuted and had a conscious projection as a result of this horrible accident. Thereafter he dreamt the same scene many times, often combined with projection in his room and once even on the very spot of the occurrence, which was several blocks away from his house. These observations shed some light on hauntings, when a scene of violent death seems to be re-enacted. This could be explained by dreams of the spirits in the astral.

Modern investigations

These studies are now gradually being taken up by university professors. As a first step the Society for Psychical Research in London (founded 1882) collected well-authenticated cases of “apparitions” of the living and the dead. Due to the materialistic philosophy prevailing in university quarters, all apparitions were regarded as hallucinations of one kind or another.

During the last years Professor *Hornell Hart* has courageously undertaken to study the cases of astral projection, or “ESP projection” as he prefers to call the phenomenon. In his book “The Enigma of Survival” (1959) he has pointed out the

importance of ESP projection in connection with the problem of survival.

Prof. Hart asked 155 students and 42 or 27% of them reported having had out-of-the-body experiences; he believes that more than 70% of those who have the experience once will have it several times. All this shows that the experience is not a rare occurrence. Together with his collaborators Prof. Hart collected 288 evidential cases, of which he retained 99, in which the agent reported the details or took action before the evidence was received. These cases he summarized in five tables with the following headings:

- Hypnotic ESP projection (20 cases),
- Projecting one's own apparition by mere concentration (15 cases),
- Self-projection by more complex methods (12 cases),
- Spontaneous apparitions of the living, corresponding with concentration of attention, dreams or visions on the part of the projectionist (30 cases),
- Other evidential spontaneous projections (22 cases).

It is seen from this classification that hypnotic experiments have been reported; the difficulty is to obtain evidential results. The technique of hypnosis is quite different from mesmerism and it is conceivable that mesmerism was better suited for this kind of investigation. Probably the technique is of secondary importance provided suitable sensitive subjects are available. Also it is seen that in a number of cases evidential self-projection was possible; thus a number of persons were able to develop the necessary technique.

Some interesting hypnotic experiments were reported by *Stavely Bulford* in his book "Man's Unknown Journey" (1943). He had two good and sensitive subjects and succeeded in sending them to various places on earth and even to the spirit world, where they met each other and made identical reports of their experiences afterwards. Unfortunately the author does not give much detail. He claims to have developed conscious self-projection himself and he describes the process as essentially an auto-suggestion. He is probably right in stressing the importance of preparing a plan and rehearsing the pertinent auto-suggestion to carry it out successfully.

The book of *Stavely Bulford* is thought-provoking as he also attacks the problem of different minds. Following in the path of *Kilner* and others, he claims that the odic emanation of fingers can be made visible by ultra-violet light in a dark room.

Spiritualistic consequences

If a projected person is in a similar condition as the spirit of a deceased person, corresponding observations should have been reported. Indeed a large variety of cases are on record. It has been explained above that hauntings may be produced unknowingly by the doubles of the living. Reports of projectionists having met the spirits of deceased persons or having been helped by spirits have also been

mentioned.

Since the beginning of modern Spiritualism (1848) communications from the living as well as from the dead have been received by all means used, such as table-tilting, rappings, ouija board, automatic writing and through mediums in trance. Characteristic cases may be found in *Aksakow's* book "Animism and Spiritism" (1895), some spontaneous, some experimental. Also with spirit photography the doubles of the living have been photographed, usually to the greatest surprise of the people involved.

But the doubles of living persons have also manifested through physical mediumship. Among earlier cases we might consider the *Davenport Brothers*, whose telekinetic phenomena were said to be produced by their own doubles. In 1876 a plaster-cast was obtained of the materialized foot of the medium *Eglinton's* double. As regards direct-voice and complete materialization there is the interesting case investigated by *Mr. Desvarreux* (cited from *Prof. Montandon's* book "Formes matérialisée") concerning the medium *Mrs. Mary C. Vlasek* in Los Angeles.

Mrs. Vlasek had the gift of projecting at will. In 1926, during a trip to Toledo (Ohio) she succeeded in projecting her double from the moving train on two successive evenings. On the first evening she was able to manifest in a direct-voice circle and to say a few words through the trumpet. On the second evening, visiting in her double a materialisation séance, she fully materialized with the aid of the spirits and spoke to the sitters (her friends) who were in a position to establish her identity beyond doubt.

Most mediums experience astral projections at least occasionally. Among living mediums I might cite the American *Arthur Ford* who published an account of his excursion to the spirit world which lasted a fortnight, during which time his body was in a state of lethargy in a hospital. Further, *Einer Nielsen*, the Danish materialisation medium, who published instances when he remembered excursions while his material body was active as a trance-medium in a Spiritualist service, - a circumstance theoretically interesting. - Recently the English medium *Bertha Harris* also published an account of her excursions whilst in hospital.

I personally know a trance-medium who clearly remembered his visit to some astral sphere while his body was in a trance, being used by a spirit. On another occasion he was conscious in his astral body, standing in the room where the séance was held, when the controlling spirit in the medium's body walked around from one sitter to the next. The medium remembered seeing the spirit walking around but could not see his own material body taking part.

Regarding a theory

The observations mentioned show that the projected astral bodies of different persons are not necessarily in the same condition, as some see their physical body, some do not; some see the cord, some do not; some see spirits, some do not. It is as

if the change of *vibration* of the astral body projecting was different for different persons, with corresponding changes in the possibility of clairvoyant vision. This fact has to be kept in mind when comparing details of the reports given by various projectionists.

As a working hypothesis we should distinguish at least four parts or four bodies: physical, etheric, astral and mental; each has a cord! The physical cord is cut off at birth. The etheric body has a cord the thickness of which is about one inch. The astral body has a cord as thin as a spiders' thread. Of the cord of the mental body no details are known.

The mental body, though sometimes seen as a luminous ball, takes the form of the projectionist's body at least under certain conditions. Mr. Sculthorp (p. 97) as well as Mrs. U. '(p. 130), have observed it and several reports of spontaneous cases mention similar observations. Indeed such a "split" is often observed but may not last long and seems so strange that this detail is not always mentioned in a report.

I believe the etheric body to be responsible for, or to participate in, occurrences when physical effects are accomplished or when the apparition is life-like and seen by everybody, especially in a bilocation. As a rule the material body will then be in deep lethargy; activity of the material body at the same moment seems to be rather rare. The peculiarities of cord-activity-range are also due to the etheric body participating. I suggest the distinctive use of the terms *exteriorisation* (= cord-activity-range) and *excursion* (outside this range).

The problem of *consciousness* and *memory* seems to be rather complex too. Consciousness may be a quality of the highest spiritual principle, the divine spark, and thus may be *continuous*, only we do not know it, unless it is connected with some kind of memory. We may assume each one of the four bodies to have a memory of a corresponding kind, with interconnections which are not always operating. Sections of each memory may remain subconscious, as instinct and memories of former lives (assuming reincarnation to be a fact).

Such ideas of a preliminary character appear to be consistent with observed facts. Each memory may be endowed with a partial or subsidiary consciousness which is governed by the central consciousness. This might explain true bilocation (activity in two places) because the extraordinary speed of thought (see p. 75 *in original book*) would make such a feat possible.

Regarding photographs of doubles, either accidentally or experimentally obtained, some results are reproduced in the book by the French researcher *Gabriel Delanne*, "Les apparitions matérialisée des vivants et des morts" (Materialized apparitions of the living and the dead), published 1909. I believe that by using infra-red photography better and more consistent results might be obtained.

There have been so many reports of spontaneous and experimental cases that I cannot hope to have mentioned all of the many aspects of astral projection. Also the

possibility of artificially produced exteriorisations by the use of drugs and special incense has not been discussed here. To advance research in this field a comprehensive survey should be written, more spontaneous cases be investigated and more experimental work carried out.

Conclusion

For every individual having experienced an astral projection the overwhelming sensation of being freed of one's material body brings about a conviction of immortality, henceforth never to be shaken. This shows the importance of spiritual development, either by means of a Spiritualists' development circle or by meditation and other exercises, together with the application of spiritual principles in daily life.

This being the subjective side, we also have the other, the objective side, represented by experimental investigation.

Combining the two we have what Du Prel had in mind when he maintained that the woof of survival could be established by a study of the living man. I feel certain that from this aspect of psychic science much light will finally be shed on the complex nature of man and a better understanding of many phenomena will be gained.

To the Spiritualist all scientific knowledge is but a means to an end, the end being a step forward in the spiritual development of mankind. Indeed our planet has become smaller as a result of modern transportation facilities, and politics as well as international commerce show a world-wide interconnection. But the spiritual side of life lags behind, because a large part of humanity is not aware of the independent reality of spirit.

Another large part clings to the dogmatic ideas of several historical religions, a circumstance which divides mankind instead of uniting it. Alone the results already established in the vast field of psychic science seem capable of overcoming the inconsistencies and contradictions of historic religions and thus can lay the secure foundations of world peace.

Spiritualism has not only proved survival to innumerable individuals, it is at the same time the only field of experience where true knowledge of the nature of man and his life after death can be found in a general way. A more detailed knowledge is gradually building up for the scientifically minded person.

Seen in this perspective I am glad the present report of Mr. *F. C. Sculthorp* is made available to the public at large, as it contributes new knowledge and also adds considerable detail to other already known facts; it is this wealth of detail which makes his narrative so exceedingly interesting. May this little survey help to stress the importance and universal character of all endeavours in this field.