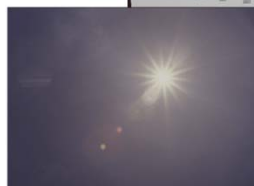


||| What Happens After You Die?

There appear to be about **10 stages** in the afterlife.

The first 4 involve the transition to the afterlife.

Just because your body is dead, doesn't mean you instantly get sucked into the light. First you have to realize you're dead!



||| The First Stages:

Let's start with an overview, then go into more depth. The stages are active ones.

Souls accomplish different things at each step. Note: As with any human process (such as grieving), some of these stages can occur out of order or be repeated.

Knowing these steps makes it easier to understand how spirits can become stuck and how best to help them (or progress yourself when it's your turn).



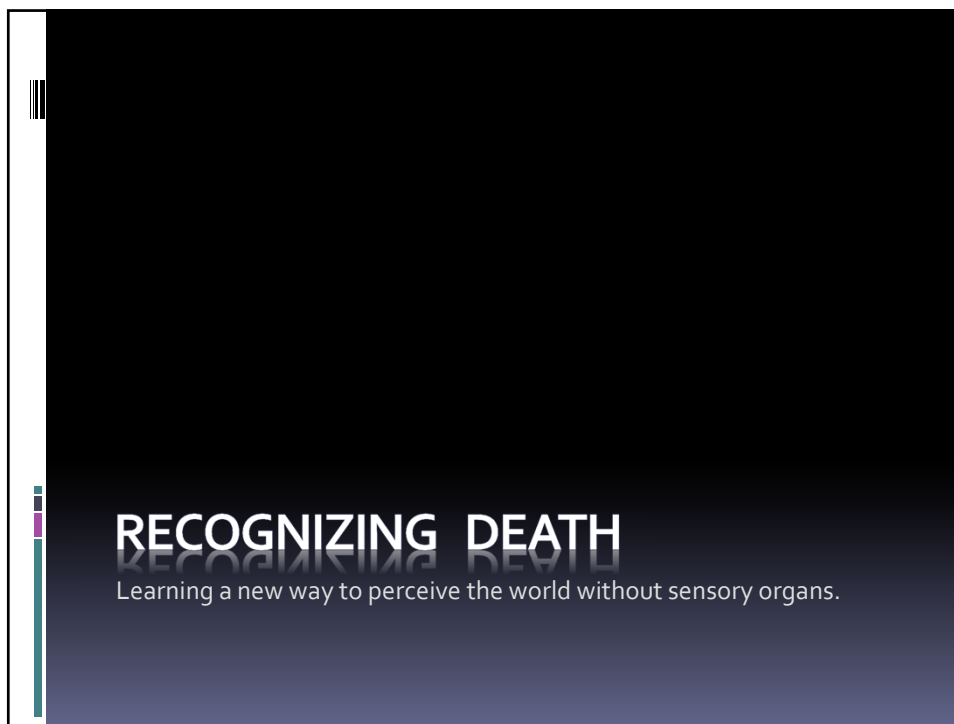
||| Other Stages

For example: **Recovering** often gets repeated and may be combined with reviewing the life, visiting the living, and doing spiritual work.

Visiting the living may be skipped, occur out of order, or be repeated

Personality and belief systems don't change until the life-review and self-judgment stage. This intensifies with spiritual work.





RECOGNIZING DEATH

Learning a new way to perceive the world without sensory organs.

Recognizing Death

Recognizing death is more difficult than one would think.

Need new way to perceive.

Add drugs, illness, or a violent or unexpected passing to the mix, and the confusion can be extreme.

Even in life, there's a tendency to only perceive what one expect to see.

Confusion

Cognitive dissonance

They still feel Alive

Shock from their passing

|| Learning a New Way of Perceiving

They may have an easier time sensing the living than those in spirit. *This is where rescue circles can help!*

Many ghosts are stuck at this first stage. They can't sense guides and don't understand what's happened. It's sometimes experienced as a fog or coma.

They look as they feel and they can be wherever they're thinking of. (Obsession with a person or place will keep them there.)

Of the death of
the body

Perception

Others in spirit

SEPARATING FROM THE BODY

Recognizing you are not your physical form.

||| Separating from the Body

Can be effortless and happen even before they know they're dead.

Usually through the head.

May be affected by emotional attachment to the body and expectations. May see a silver thread or cord to the body, or being stuck near the Earth Plane to "live out their time" because they died earlier than planned in their life blueprint. *There may be self-fulfilling prophecy.*

Must recognize that they are not their body.

Help is seldom needed because time usually solves the problem.

Expectations

Allotted Time

Silver Thread?

May shift mood

MEETING SPIRIT HELPERS

Orienting to their new state.

Meeting spirit helpers...

- There are two waves of spirit helpers.
- The first group (often volunteers) is smaller in number. Their purpose is to:
 1. Provide cues of death.
 2. Meet the dead's initial expectations.
 3. Orient and reassure newcomers.
 4. Buffer the spirit realm from contamination.
 5. Offer to take the newly dead to their next stop.
- Always present but not always recognized?

MOVING THROUGH LEVELS

Sometimes seen as a tunnel of light, a bridge, or just rapid movement past a variety of landscapes.

||| Moving Through Levels

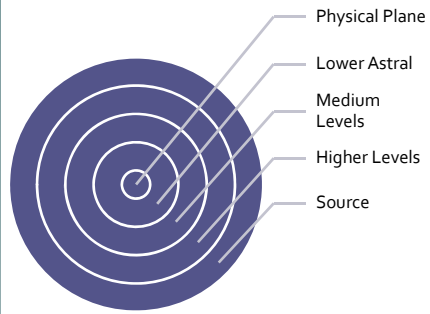
Many think there are 7-9 levels based on vibration and amount of light.

Physical Plane—thought by most to be the densest level. Often called the “earth plane”.

Lower Astral—a “dark” level nearest the physical plane & where spirits get stuck as ghosts.

Medium Levels—where most start. Vary in number depending on who you read.

Higher Levels—for advanced souls
The Source or The Light.



REUNITING WITH LOVED ONES

More orientation and realizing what you have gained.

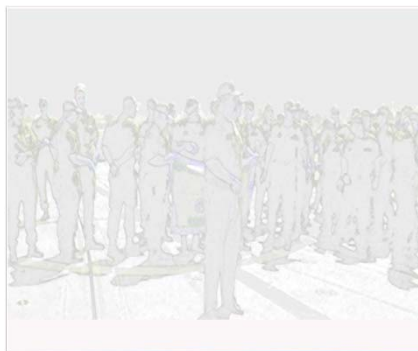
Reuniting with loved ones

The newly dead often encounter a second wave of spirits, which is larger in number.

Most often occurs after they finish moving through levels to their final or near-final destination.

Made up of friends and loved ones, allowing for a kind of reunion that distracts souls from their losses and grieving to refocus them on what they have gained.

May be postponed if souls have trouble with feeling emotions. It can be very draining.



RECOVERING

Sleep, energy balancing, solitude, and managed communities.

Recovering

Sleep is the commonest healing method. It is used for all types of ailments & may be spontaneous or induced by guides.

Hospices may "heal" souls by the **installation of positive energy.**

May involve isolation for those who have trouble dealing with others.

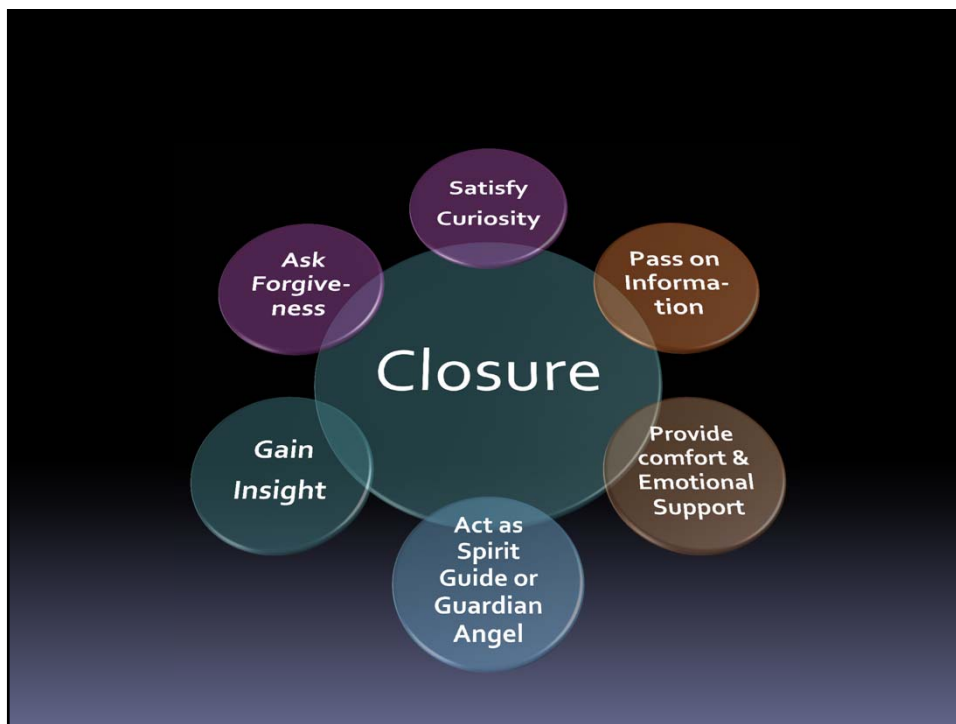
Soothing settings are used, such as a hospice, pastoral setting, or home.

Eventually include **managed communities**, particularly when combined with doing spiritual work.



VISITING THE LIVING

An optional stage that can occur early if they want to go to their own funeral or memorial service (which is common).



Why do they Visit?

Anywhere from 60-100% of widows/widowers may see their dead spouse (depending on the culture).

Visits to say goodbye are often in the first week.

May just be a sense of smell, taste, touch, sight, or sound.

Often occurs in dreams.

Closure

Ask Forgiveness

Comfort the Living

Be a guardian angel
or guide

REVIEWING & JUDGING THE LIFE

Learning from the past and seeing what other life choices would have meant.

Learning from the past...

Reviewing the past is more than an intellectual exercise. It's **reliving** it-- literally walking again not only in your shoes but those of everyone (and possibly everything) whose life you harmed.

Seeing what **other choices** would have led to.

Repeated as many times as needed to learn every truth.

Supervised by guides.

Balanced focus on both the good and the bad.

Intent is of major importance.

Most say this is SELF-JUDGMENT!
(Not done by others)



DOING SPIRITUAL WORK

Self-chosen to allow one to put in action what you have learned.

Spiritual Work.

- Self-chosen (although things may be suggested by guides).
- Includes a wide range of activities, and can vary over time.
- May be solitary self-analysis or involve others, whether living or dead.
- Can involve communication back to the living.
- Guide work for the living or the dead
- Trying to influence the physical plane for the better.
- Plan the next lifetime.



REINCARNATING?
Sources vary in what they say is possible.

If reincarnation occurs

- Souls appear to make a life blueprint in advance in order to plan:
 - What lessons to master
 - With whom & where they will live
 - Who they will meet in life
 - What karma they wish to release (whether on an individual, family, group, or national level)
 - What they want to accomplish in life
- Plans are made with the help of guides.

Adjustment Problems

Spirits can be hampered by:

- Psychological Baggage
- Grief
- Rigid Beliefs
- Ignorance about the afterlife
- Regrets
- Inability to love
- Inability to forgive
- Addiction
- Stubbornness



You can help by:

- Orientating the Dead
- Prayer
- Letting go of your own grief
- Forgiveness



What Guides Say?

Spirit Guides say that the easiest way to think about the afterlife, is as an ongoing process of “cleansing” and refinement of the soul.

Can be a prolonged process.

All souls have guides who try to help them.

Victims may meet those who harmed them, but it has to be agreeable and safe for all parties.

Forgiveness and being willing to let go of your own story help souls progress faster.

Can Spirits Hurt the Living?

- Most of the time – no.
- There are exceptions.
 - Mind-matter interaction
 - Telepathic Influence
 - Attachment (influence)
 - Accidental (especially if sad or lonely)
 - Deliberate (most often with addicts)
 - Possession? (takeover)

||| Moving Spirits On

You don't need to be psychic to do this.

Always protect yourself. This only takes a second. White light.

Most spirits just need orientation (this can be done telepathically). Explain what happened and to look for spirits trying to talk to them.

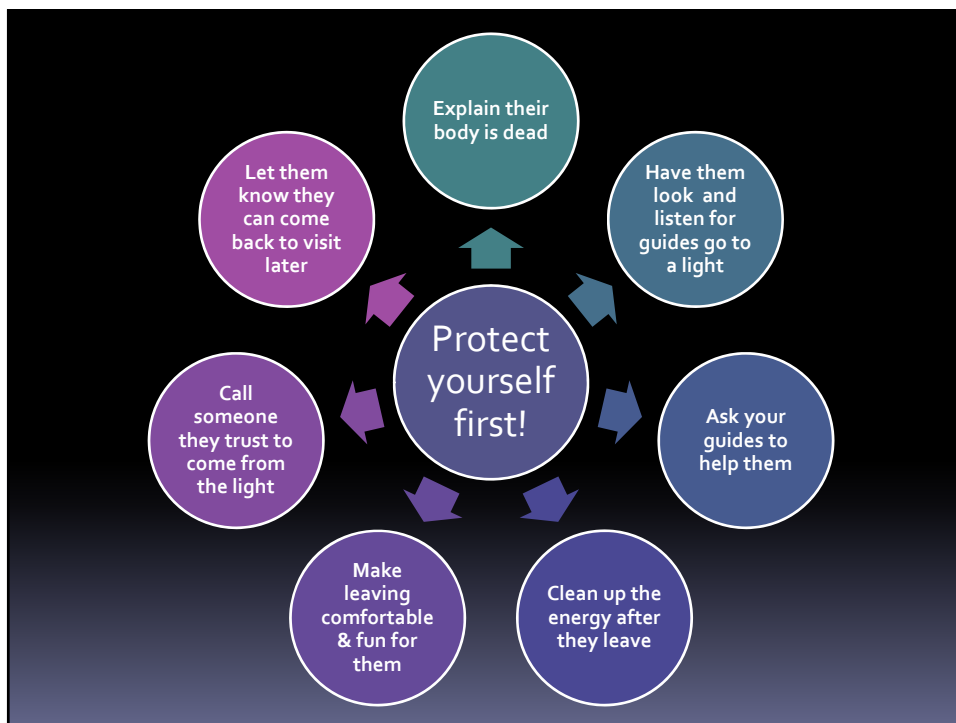
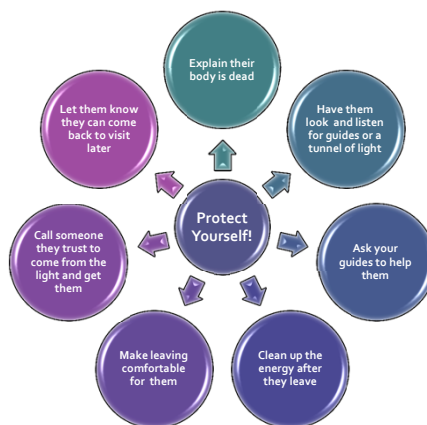
Don't agree to pass on messages. Explain they can do this themselves & come back to visit loved ones in dreams after they go to the light.

You can ask for spirits they would trust to come and get them or your guides to help them.

Can easily be moved in groups.

Always clean up afterward. This can be done with physical decorations or new paint or psychically with white light.

Don't take the energy home with you!



||| If They Still Won't Go...

Always protect yourself. This only takes a second. **White light.**

Remain neutral or loving. Negative emotions can give them a handle on you.

Consider outside expert help.

Ask for your guides or theirs to move them on for you.

Surround them with a sphere of light and move it to the light.

Chain them with light and have them carried off by guides.

Always clean yourself and the place energetically afterward. Consider a self-sustaining shield for the person or location.



||| Stages of the Afterlife (part 1)

Recognizing Death – Learning a new way to perceive

Separating from the Body – Realizing you are not your body

Meeting spirit helpers – Orienting to your new situation

Moving through levels – Finding where you belong

Reuniting with loved ones – Recognizing what you have gained

|| Stages of the Afterlife (part 2)

Recovering – Regaining emotional balance and wellness

Visiting the living – Having a new relationship to the living

Reviewing and judging the life – Learning from past choices

Doing spiritual work – Putting the insight gained to use

Reincarnating? – Deal with karma & have new opportunities to learn

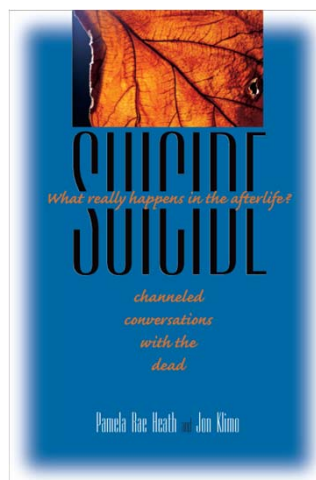
|| Suicide: What Really Happens in the Afterlife?

Part 1: Traditional suicide- historical context, statistics, and channeled messages.

Part 2: Assisted Suicide- a short section including some contemporary context and channeled messages.

Part 3: Suicide-Murder- historical context, statistics, and channeled messages. Includes suicide-bombers.

(Also available as a Spanish translation).

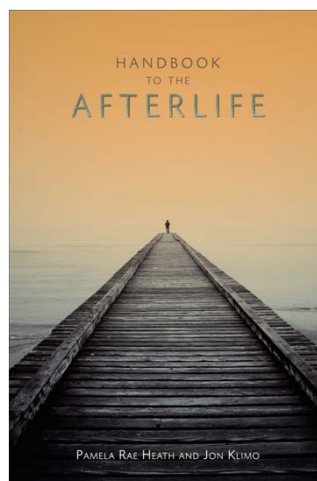


Handbook to the Afterlife

Part 1: Overview of different religious beliefs

Part 2: A Cliff Note's version of the stages souls go through during the afterlife and how they can get stuck during them.

Part 3: How anyone (psychic or not) can connect with the dead, whether to maintain contact or aid them. This includes moving spirits on to the Light.



Just Released!

Mind-Matter Interaction: Historical Reports, Research & Firsthand Accounts – the updated version of *The PK Zone* from McFarland with new material and updated research, including a larger section on EVPs for \$45.

Mind-matter interaction is the newer and more accurate term for phenomena once called *psychokinesis* (soul movement) or the even more dated term *telekinesis* (movement at a distance).

