



The Purpose of Physical Life



Workshop
Workshop

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The Near Death Experience



Life After Life by Dr Raymond Moody

Published in 1977, this was the very first book specialising in Near Death Experiences (NDEs). In other words, the experiences of large numbers of people whose hearts stopped beating for seconds or minutes and who were then resuscitated.

The emotional impact of these experiences is profound and life altering. These experiences erase any fears that the individual has concerning their own death.

Most people do not report these experiences for fear of ridicule and being misunderstood.

These experiences are so profound that no human words in any language can adequately describe them. Most people are frustrated by their inability to accurately describe their near-death experience.

Typical aspects of NDEs

- Floating above the Physical Body
- Feelings of Peace, Bliss, Love or Rapture
- Rapid Movement through a Tunnel or Vortex
- Arrival into a Beautiful Paradise of Light
- Meeting with Deceased Loved Ones
- Telepathic Communication with Other Beings
- Meeting with a Radiant Being of Light
- The Panoramic Life Review
- Judgment of Oneself and what one has Done in Life
- Being Told that they must Return to Physical Life in order to carry out Unfinished Business
- Return to Physical Life

People commonly report that in the state of being experienced during an NDE, time does not exist or is greatly compressed. Although a person having an NDE may only be clinically dead for two or three minutes, their experiences during this period of physical death seems to last a very long time and a great many things happen to them during this time.

These experiences are very common

In 1982 the Gallup polling organisation in the United States found that 8 million adult Americans had had an NDE. There were no children interviewed during this poll.

In a more recent survey conducted by the *U.S. News & World Report* in March 1997 it was discovered that 15 million Americans have had an NDE. That is roughly one third of those who have been at death's door.

Children's NDEs



From the research of Dr Melvin Morse and others it would appear that the NDEs of children are almost identical to those of adults. However, small children who have not yet absorbed sociological and religious conditioning are completely unbiased when relating their extraordinary experiences. Whereas adults may describe the being of light as Jesus, Mohammad, Buddha, Krishna or other religious figures, a child may describe this being as a wizard or in some cases as a very friendly animal. It seems that this being of light always takes the form of a person or animal that we are most at comfort with, or what we expect as a result of our religious or sociological conditioning. Therefore, the descriptions of near-death experiences by children who have had them, are often the most accurate and unbiased.



The Near Death Experience of Dannion Brinkley

In 1975 Dannion Brinkley was struck by lightning and was clinically dead for 28 minutes. This is the longest clinically documented near-death experience ever recorded.

Dannion's best-selling books "Saved by the Light" and "At Peace in the Light" describe his experiences in great detail and in a manner that is highly inspiring.

Before his experience, Dannion Brinkley was a very violent man. During his military career in the Marine Corps he was recruited into an intelligence unit where his job was to plan and execute the removal of enemy politicians and military personnel. Dannion killed a number of people during his career and was rather skilled at his job. After his near-death experience Dannion Brinkley was a truly changed man and has spent his life since 1975 working for the happiness of society

Important points in Dannion Brinkley's NDE

- Struck by Lightning
- Floating above his Physical Body
- Moving through a Tunnel of Light accompanied by the Sound of Seven Chimes
- Arrival into a Paradise of Brilliant Light
- Approached by a Being of Light who radiated Love and Forgiveness
- Seeing other Beings below him who seemed Lost
- Seeing other Beings above him who Appeared more Radiant than he
- A Panoramic Review of his Physical Life and what he had done with it
- Reliving every Thought, Word and Deed made during his Physical Life and Feeling the Effects of those Actions upon the lives of others.
- He was not Judged by the Being, but rather he Judged Himself

- Feeling Ashamed for his Past Actions that Caused others Suffering
- Feeling the Burden of his Guilt Lifting
- The Being of Light was full of Forgiveness
- Escorted to a City of Light
- Entering a "Cathedral" of Light
- Instruction by 13 Beings of Light
- Being shown 117 Major World Events that would take place in the Future
- Being told to Build "Centres"
- Reluctant Return to Physical Life
- Paralysis and very Slow Recuperation
- The emergence of very Advanced Psychic Abilities
- Total Transformation in his Understanding of Life and the Purpose of Human Life
- Founding of the organization "Compassion in Action" and his work as a Hospice Volunteer, comforting the dying
- One of the greatest Psychics alive at this time
- Became a deeply Compassionate Person

Almost every one of the major world events that Dannion was shown during his NDE has now come to pass.

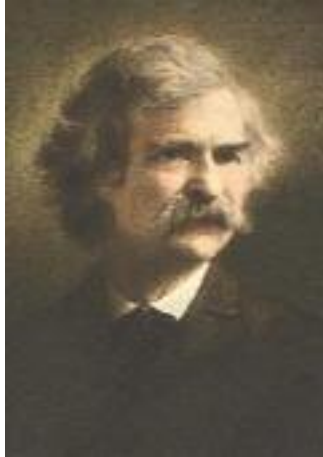
This proves the reality of what he experienced during his NDE.

Recommended Reading

Life After Life by Raymond Moody

Saved by the Light by Dannion Brinkley

The Complete Idiots Guide to Near-Death Experiences by PMH Atwater



The Evidence for Past Lives

The Nature of Human Memory

When I ask you what you did yesterday at 10:45am you may find it takes a few moments before you recall the details of those events. As you begin to recall those details, quite naturally you start to remember other events from the day. Gradually, as you start to recall further events from the day, you start to remember even more details of the entire day. This is the nature of human memory. Memories are linked together by chains of events. As we recall an event in our past quite naturally we start to remember even finer details of those events.

Also, memories of past events that were not of major importance or had very little emotional impact are normally very difficult for us to remember. However, through using hypnosis we are able to recall even the small details without difficulty. The subconscious mind records all details of every event in our lives, even things that we do not consciously notice.

Hypnotic Regressions

Hypnotism is a very effective means of assisting a subject to relax deeply and enter a suggestible state where memories that are normally forgotten can be recalled with greater ease from the subconscious.

A great deal of evidence for the existence of past lives comes from hypnotic regressions. The practice of past life regressions is the result of a single hypnotist who asked his client under hypnosis to go back to the time and memory where the client's problem originated. To the amazement of this hypnotist his client started relating an experience from a former physical lifetime that was causing the present problem.

Since that first experience, past life regressions and past life therapy have yielded a considerable amount of evidence for the existence of previous lives and the Afterlife.

Hypnotists conducting regressions to former lifetimes need to make sure that they do not ask their client leading questions, since this can initiate guided fantasies that bear absolutely no relationship to true past life memories. A skilled hypnotist will always ask open-ended questions in order to uncover true memories.

Verification is Often Possible

Verification of the reality of these previous lives is often possible. This "proof" of the reality of reincarnation and former physical lives is possible when a person

checks up on those former lifetimes through genealogical and historical records.

Through detailed research, many individuals have discovered that the person who they remember to have been in a former physical lifetime really existed and in the manner in which they remember.

Xenoglossy

During many of these past life regressions, individuals have spoken in languages that were completely unknown to them during normal waking consciousness. In some cases, these have been languages that are no longer commonly spoken and that only experts in ancient languages have been able to understand.

After all other explanations have been investigated - such as fraud, genetic memory, telepathy and cryptomnesia (the remembering of a foreign language learned earlier), xenoglossy is taken as evidence of *either* memories of a language learned in a past life *or* of communication with a discarnate entity— a spirit person.

There are many cases on record of adults and children speaking and writing languages, which they have never learned. Sometimes this happens spontaneously but more often it occurs while the person is under hypnosis or in an altered state of consciousness. In some cases it is only a few words remembered but in other cases the person becomes totally fluent and able to converse with native speakers sometimes in obscure dialects, which have not been in use for centuries.

- Dr Morris Netherton reports one case of a blond, blue-eyed eleven-year-old boy who under hypnosis was taped for eleven minutes as he spoke in an ancient Chinese dialect. When the tape was taken to a professor at the Department of Oriental Studies at the University of California it turned out to be a recitation from a forbidden religion of Ancient China (Fisher 1986:202).
- American medium George Valentine under trance séances in Russian, German, Spanish and Welsh. The Brazilian medium Carlos Mirabelli spoke and wrote long technical documents in more than thirty languages including Syrian and Japanese in the presence of scientists and crowds up to 5,000 (Lazarus 1993: 121). conducted
- In 1977 doctors at a state penitentiary in Ohio, USA, discovered that a convicted rapist named Billy Mulligan had become possessed by two new personalities, both of whom communicated in a different language. Mulligan was born and raised in the USA and spoke no foreign languages. But when taken over by Abdul, Mulligan could read and write in perfect

Arabic; as Rugen he spoke perfect Serbo-Croat with a thick Slavic accent (Lazarus 1993: 83).

The most obvious explanations of these kinds of cases are either deliberate fraud or that the person concerned learnt the language in early childhood without being aware of it. Careful investigators always take care to thoroughly investigate these two possibilities.



Dr Ian Stevenson

Dr Ian Stevenson is one of the most respected scientists in the United States. He has done specialized research into xenoglossy and his book *Xenoglossy* (Stevenson 1974) is one of the leading scientific studies in this area. In it he documents a study he made of a 37-year-old American woman. Under hypnosis she experienced a complete change of voice and personality into that of a male. She spoke fluently in the Swedish language — a language she did not speak or understand when in the normal state of consciousness.

Dr Stevenson's direct involvement with this case lasted more than eight years. The study involved linguists and other experts and scientists who meticulously investigated every alternative explanation.

Fraud was ruled out for a number of substantive reasons, which Stevenson outlines in his study. The subject and her physician husband were thoroughly investigated. They were under extreme and continuous close scrutiny, did not want publicity and agreed to the publication of the study only if their names were changed to protect their privacy. Both the husband and wife were considered by their local community to be: honest and decent and their behaviour exemplary. Certainly there was no motive for personal profit. On the contrary they experienced a great deal of inconvenience to fully complete the study over many years.

Cryptomnesia — the recollection of a foreign language learned in the earlier years of a person's life — was also ruled out. Years of investigation of the subject failed to raise any possible suggestion that either she or her parents had learnt the Swedish language in her younger years or associated with anyone Swedish.

- Another case Stevenson investigated with equal care was reported in the July 1980 edition of the *Journal of the American Society for Psychical Research*. It involved an Indian woman named Uttar Huddar who at aged 32 spontaneously took on the personality of a housewife of West Bengal in the early 1800s. She began speaking Bengali instead of her own language Marathi. For

days or weeks at a time speakers of Bengali had to be brought in to enable her to communicate with her own family.

- Author Lyall Watson describes a case of a ten-year-old child, an Igarot Indian living in the remote Cagayon Valley in the Philippines. The child had never had any contact with any language or culture other than his own. Yet under trance conditions the child communicated freely in Zulu, a language he could not have even heard. Watson only recognized it because he had spent his early life in Africa (cited by Lazarus 1993: 84).
- Peter Ramster; an Australian psychotherapist, has documented several thoroughly investigated cases. In his book *The Search for Lives Past* (Ramster 1990 : 227) he cites the case of Cynthia Henderson whose only contact with the French language had been a few months of very basic instruction in Year 7 of high school. Yet under hypnosis she was able to carry on a long and detailed conversation in French with a native speaker who commented that she spoke without any English accent and in the manner of the eighteenth century.

In some cases subjects under trance have communicated in languages no longer in use or known only to a handful of experts.

- Dr Joel Whitton cites the case of Harold Jaworski who under hypnosis wrote down twenty-two words and phrases which he 'heard' himself speaking in a past Viking life. Working independently, linguists identified and translated ten of these words as Old Norse and several of the others as Russian, Serbian or Slavic. All were words associated with the sea (Whitton and Fisher 1987: 210).
- In 1931 a young English girl from Blackpool, known as Rosemary in the files of the Society for Psychical Research, began to speak in an ancient Egyptian dialect under the influence of the personality of Telika-Ventiu who had lived in approximately 1400 BC. In front of Egyptologist Howard Hume she wrote down 66 accurate phrases in the lost language of hieroglyphs and spoke in a tongue unheard outside academic circles for thousands of years (Lazarus 1993: 85).
- Pearl Curgen, a medium from Saint Louis who was barely literate, began to write in astonishingly accurate Middle English. Under the guidance of a spirit entity she produced sixty novels, plays and poems, including a 60,000 word epic poem (Lazarus 1993: 119).

In addition to fraud and cryptomnesia, two other 'explanations' sometimes given by sceptics for xenoglossy are 'telepathy' or 'genetic memory'. Yet there has

never been, anywhere in the world, one documented case of a person being able to speak a foreign language they learned by telepathy.

The other so-called 'explanation' — genetic memory is equally difficult to take seriously. The claim that somehow an Ancient Chinese language became embedded in the genes of an eleven year old Caucasian American enabling him to speak the language is laughable.

There are literally thousands of xenoglossic cases, many hundreds of which have been documented. They involve modern and ancient languages from all over the world. Psychic investigators, such the highly credible Dr Ian Stevenson, used scientific method to illustrate xenoglossy and claim that there are only two possible explanations — either spirit contact or past life memory *both* of which are evidence for the afterlife.

The onus shifts onto the sceptic to provide an alternative credible explanation. So far no one has been able to do so.

Children's Memories of a Past Life



There have been many cases where small children, usually under the age of three have told their parents of their memories of a former physical life. Many of these memories have been verified to be authentic as a result of research on the part of the parent.

These past life memories are present in most small children, especially where there are numerous stimuli in the child's environment that can act as reminders of that former lifetime. In many cases, these past life memories have been discovered as a result of a strange comment made by a child to their parent.

Dr Ian Stevenson (head of the Department of Psychiatry at the University of Virginia School of Medicine) has collected more than 3000 of these past life memories of children. His books "Twenty Cases Suggestive of Reincarnation" and "Children who Remember Previous Lives" are an academic study of some of these cases. As far back as 1961 Dr Ian Stevenson travelled to India to investigate a single case of reincarnation. To his amazement within his first five weeks in India he had found 25 new cases to investigate. Within three years he had 400 cases of reincarnation in India alone. This was the beginning of a study that would occupy most of his career. The incredible volume of cases that Dr Stephenson has investigated and his own credibility has given enormous weight to his research findings. Dr Ian Stevenson's groundbreaking research has virtually proved that human beings can live more than one physical

incarnation. Most of these children who have remembered a former physical lifetime have done so during normal waking consciousness.

A beautiful book entitled "The Children that Time Forgot" investigates the reports from many parents around the world of their children spontaneously remembering and speaking about a previous lifetime. It would appear from the research carried out by the authors of this book, that most small children have memories of a former lifetime.

However, by the time a child starts to interact with others outside the home these memories of a previous life can start to fade rapidly. As a child starts to learn from the society in which they live about what is accepted as real and what is fantasy these memories disappear even more rapidly.

They have been many instances where a small child may make an unusual comment to their parents that may not make any sense to the parent.

For example, there have been cases where a small child has said something like "When I was big I never treated my children the way you treat me". Now, at this point, most parents will dismiss what the child has just said as idle chatter and may even ignore this as a very important cue entirely.

However, if questioned by the parent:

"What exactly do you mean when you say...when you were big, you never treated your children the way we treat you" the child may start relating a detailed story. The child may answer that they remember being an adult some time in the past, where they had a spouse and children. They may even describe the house where they lived, the name of the town in which they lived, and even what their name was. The more the child speaks about their memories, the more other details and events can be recollected. This is the nature of human memory. Memories are linked together by chains of events. When a small child starts to remember small fragments of a former lifetime, quite naturally more memories come to the surface.

There have been many cases of children remembering previous lives quite similar to the one described above. In some of these cases the parents of the child may even check old historical and genealogical records just to prove to themselves that this was not a real memory. Some parents have been amazed to discover that not only was the child's story accurate as far as history goes, but the person who they claim to have been in that former lifetime really existed and lived their lives in the manner described by the child.

The Baby and the Doll

Some years ago in the United States a young mother gave birth to a very sick child. The baby had a strange birthmark on her left arm. Unfortunately, the baby died after only two weeks. Her older sister asked her mother if she could put a small doll in the coffin with her baby sister. The mothers said of course she could not, as she was extremely upset over her baby's death. Unknown to her mother, the older sister placed the small doll under her baby sister's body, where it could not be seen. At the funeral the next day, it was raining very heavily. At one point during the funeral service the young mother slipped on the mud at the edge of the grave and almost fell into the hole.

Approximately one year later this same woman gave birth to another baby daughter. Strangely this newborn baby also had the same strange birthmark on her left arm. At this stage the parents had already moved home to another part of the United States, a few hundred miles from their previous home.

When her baby daughter was about three years old the mother was driving with her husband and two daughters through the same town where they used to live. As they were passing the graveyard where her baby daughter had been buried, her little daughter who was now three years old started jumping up and down excitedly on the back seat of the car. She started saying "look mummy there is the place that you put me in the ground that time when I was very sick and had to go away from you". Her little daughter also asked her "Do you remember that it was raining that day and you nearly fell into the hole with me". The parents had never told their youngest daughter that she had had a baby sister who had died.

The little three-year-old started asking her parents if they could dig up the box that was in the ground to get the little doll that was still there. Needless to say her parents were extremely upset but also amazed at what they were hearing.

On arriving home the mother asked her eldest daughter if she had indeed placed the small doll in her baby sister's coffin. It evolved that even though her mother had refused her permission, her daughter had actually placed the small doll under her sister's body in the coffin. The eldest daughter also assured her mother that she had not told her younger sister about the baby who had died, the doll or the graveyard.

From the experience just related it would appear that sometimes when a small child dies, the same child may return to the parents in the form of a later birth.



Regression to the Spiritual State Between Physical Lives

During many hypnotic regressions, hypnotists have asked their subjects to describe what happened to them during the period AFTER a previous death (the Spiritual State, Interlife or Bardo as it is often known).

It would appear that most people when they die undergo the same types of experiences encountered during an NDE, with the exception that *they are not told* that they must return to physical life.

There is abundant evidence that also suggests that parents, brothers, sisters, cousins, aunts and uncles and even friends and lovers return together to earthly life again and again. A parent may return as his own child's son or daughter, while an uncle may become a brother in a future life. It appears that due to the karmic bonds we form during life we attract to ourselves the same people again and again. These may not only be bonds where karma needs to be repaid, but can also be bonds where those people reincarnating have a shared purpose or goal. We are always born with those who we need for our growth and also those who need us for their evolution.

We also choose the major circumstances of our lives before we are born. We will normally choose our parents and where we will be born, we may choose our profession and what we will do with our lives and even whom we will marry. We do all this in order to enable us to evolve more fully and help others to do the same. It would appear that, the purpose of life is to grow spiritually and help others to do the same.

Although we may choose these major things for ourselves before we are born, once we are actually here in this physical world, we have complete free will to do as we choose.

In the vast state of life we experience between lifetimes, we have so much more access to knowledge and understanding than we have available during the normal type of consciousness we experience in physical life. We can see very clearly what type of experiences and relationships we will need for our growth. Some very advanced souls may even choose very difficult lives of hardship or handicap in order to develop more quickly or even to help others develop more quickly.

When we have so much insight available to us, as to what is best for our growth, we may choose for ourselves lives that under normal circumstances we would shrink back from in horror. Great growth can come from painful experiences. However, not all growth is accompanied by pain and we may also choose for ourselves very happy events too. We're never forced to do anything that we do not want to, or have lives than we do not wish for. We choose everything for ourselves based on what we need to learn, and we always have access to advice from others who are more evolved than ourselves.

After our physical death it would appear that there are many options available to us.

However, research tells us that most of us, at some stage, choose to be reborn into physical life once again in order to further our evolution and growth.

Some reasons why people decide to be reborn

The Law of Karma

This universal law tells us that everything we do in life has an effect both on our selves and our environment. All our actions (in thoughts, words, and deeds) actually mould our reality and create the circumstances of our lives. Whatever causes us suffering in our lives has actually been created by our own past actions, in thought, word and deed. We are totally responsible for all that happens to us.

The law of karma enables us to gradually gain balance in all areas of our lives and as a result enables us to grow in wisdom and understanding.

Much of the retribution we bring on ourselves (as a result of our actions) may be in future lifetimes. Past life regressions have shown that we attract or magnetise into our lives those people who in the past we have hurt, and also those who have hurt us.

In other words, we form links and debts to other people that we will need to balance at some point in the future. It is because of this law of karma that we usually choose to be reborn again and again into earthly life. However, it may take numerous lifetimes where we encounter each other again and again before we can “balance the books” with those to whom we have caused suffering in the past or those have hurt us in some way.

The Purpose of Physical Life

As a result of many of these regressions into the Interlife or Spiritual State between lives, as well as the memories of some small children; we learn that human beings choose the major circumstances of their lives in relation to their karma and what they need to learn.

Under hypnosis we hear many examples of people choosing their parents, time and location of their birth, all in relation to what will be best suited to their individual growth. It seems that we tailor-make our lives according to our karmic and evolutionary needs. In other words, not only do we choose our parents, the major relationships in our life and our careers, it would also appear that we agree to encounter all the people we will need for our growth and the people who will need us for theirs.

As a result of many people's near-death experiences and hypnotic regressions we learn that for most people, the state of consciousness we experience after death may be vast compared to our normal waking state. In this vast state of

consciousness between physical lives, where we can clearly see the effects of our choices and actions, we may even choose major painful events for a forthcoming physical lifetime in order for us to grow very quickly. It would seem that the trade-off of spending a few years of intense suffering is very well worthwhile when one considers the evolutionary effects it can have on us. However, it is important to understand that once we are born into this physical world, we have complete free will and can do with our lives whenever we wish. Once we are here in this physical world everything is completely up to us. We can make a complete mess of our lives if we choose to, but we only have ourselves to blame. Before we are born, we voluntarily forget what it is that we have come to learn. If we were born having complete knowledge of why we are here and what it's is that we need to learn, we would just go through all the motions and not really learn anything. It would be like taking an exam in university knowing exactly what the questions will be, without bothering to really study and learn. No real understanding can be acquired this way. It would appear that the purpose of physical life is to grow in understanding through experience and to help others to do the same. In other words, we all have the same purpose in life, although the ways we may set out to achieve this may be vastly different. The evidence suggests that in order for us to evolve spiritually we must also help others in their own growth too.

Recommended Reading

Life Between Life by Joel Whitton & Joe Fisher

Many Lives Many Masters by Brian L. Weiss

The Children that Time Forgot by Peter & Mary Harrison

Children's Past Lives by Carol Bowman



Exploring the Afterlife

The Nature of Reality

When we look through our microscopes and examine atoms and subatomic particles we discover that matter is mostly made up of free space, of which only a small proportion is occupied by particles. These subatomic particles themselves also exhibit very unusual qualities such as having the ability to be in two places simultaneously amongst others. Therefore our physical “solid” reality is mostly made up of free space that could be shared by many other simultaneously realities only separated by frequency.

This can easily be understood when we consider that we are surrounded by the emissions of many thousands of radio and TV stations at any moment. Whenever we tune into a radio or TV station; only that one station is present to the exclusion of all others. Our universe may be constructed in a similar manner; during physical incarnation we usually only perceive the one reality (or program) to which we are currently “tuned”.

We can also liken this to notes on a piano keyboard. The lower notes could represent the physical reality we can see, touch and feel with our physical senses. Whereas the higher notes could represent realms and states of being that we cannot perceive with these normal physical senses. Most human beings can only sense vibrations (or frequencies) between very finite extremes and anything beyond those extremes is deemed to not exist. However, it is well known that dogs and other animals can hear sounds & see things that humans are unable to. For example, most humans cannot hear “silent” dog whistles. Likewise some human beings possess the ability to see and feel slightly beyond the “normal” range of frequencies and these are the people we know as psychics.



Method 1 Mediums, Channelling and their shortcomings

Much interesting information has been acquired by psychics the world over about the nature of the afterlife. However, it should be noted that much information received by psychics can be greatly coloured or misunderstood by the person passing on the information. Thus, even though there are many highly gifted individuals that can perceive in these realms, we need to be discerning when acquiring information from these sources. We also need to be aware that just as in the physical world, there are many individuals in the afterlife whose intentions and motives may be rather questionable.

Many individuals who have passed over and remain “earthbound” or in lower realms, find great delight in passing on misleading or even damaging information through mediums & clairvoyants. Although many of these individuals exhibit great wisdom and understanding, we should remember that it is relatively easy to access “higher” knowledge when we reside in the afterlife, even in the lower realms. Often this information, although apparently carried with love must be “tested” before we accept it fully. Please read Joe Fisher’s book *The Siren Call of Hungry Ghosts* for some rather disturbing illumination on some of this “highly respected” channelled information.

No matter how loving or caring a medium may appear; this is no guarantee that the information that they are “channelling” is accurate and coming from a high source or that it has not been coloured in some way by the medium’s own expectations, beliefs or misunderstandings. According to Joe Fisher’s very well researched book; many well-known and highly respected mediums may be falling prey to these difficulties. Also, much channelled information, although conveying much truth can be very misleading and may often contain many half-truths.

Recommended Reading

The Siren Call of Hungry Ghosts by Joe Fisher



Method 2 Out of Body Travel

Some people have the ability in full consciousness to separate from their physical body and visit almost anywhere they wish. This phenomenon is known as Astral Projection or Out of Body Travel. This is an ability that almost anyone can learn given patience, practice and determination.

The Astral or subtle body appears to be exact replica of the physical body complete with all normal bodily senses as well as a number of senses that we do not possess in the physical. This subtle body is constructed of matter just like the physical body but in a very rarefied state. During normal waking consciousness our astral body occupies the same space as, or is enmeshed with our physical body. It would appear that this astral counterpart vibrates at a much higher frequency than our physical body, and it is for this reason that it cannot be perceived with our normal physical senses.

Facts

We all have Out of Body Experiences

They are very Natural

We can Explore beyond our Physical Limits

Experiences are often preceded by Buzzing, Roaring or Howling Sounds, Sleep Paralysis, Hearing Footsteps, voices or someone calling our name

COMMONLY REPORTED PHENOMENA ASSOCIATED WITH OUT-OF-BODY EXPERIENCES

- Experienced a jolt or jerk awake - 98%
- Experienced sounds such as buzzing, humming or roaring - 85%
- Experienced vibrations or high-energy sensations - 56%
- Experienced floating, sinking or spinning sensations - 82%
- Experienced sleep paralysis - 72%
- Flying in a dream - 81%
- Being touched or lifted - 33%
- Panic attack, overwhelming surge of fear created by strange vibrations or sounds - 46%
- Hearing voices or footsteps - 37%
- Seeing through closed eyelids - 49%
- Lucid dreaming - 79%
- Seeing or feeling the presence of an unknown non-physical being - 22%
- Seeing, hearing or speaking to a deceased loved one - 24%

Everyone's experiences of separation from the physical body are slightly different. Some will experience only a slight buzzing sensation while others feel that their entire body is gradually becoming numb. Still others experience no sensations at all prior to separation from the physical.

Why do people learn Out of Body Travel?

Solely to obtain answers. We have all been taught that we are spiritual beings, however it is a different thing entirely to experience this for ourselves. It is the difference between theory and actuality. Through having Out of Body Experiences we can all explore and find the answers to the purpose of our lives and the universe. We can gain real knowledge and understanding of almost any subject we wish and it can even enable us to evolve more quickly. Most people go through their lives having no idea of where they came from, who they are and where they are going. They simply go through life putting up with or making the best of what they do not understand. However, with Out of Body Experiences all people can discover answers; we can find our where we came from, who we are & where we are going. This is because we can visit non-physical states of existence right now through going out of body. It opens up new doors for self-development and enables us to tap into elements of ourselves that we have not experienced before.

A Basic Technique

Relaxation

Lie down in a very comfortable position.

Relax the body completely using a relaxation exercise.

Affirmation

Begin with an affirmation such as “Now I’m Out of Body” and hold this affirmation as the last conscious thought before falling asleep.

Vibration Sensations

Generally, while dozing off, the transition is made. You may experience a buzzing sound or energy sensation that often begins at the base of the neck and gradually spread through the body. Our entire body may become numb. At this point we are ready. Sometimes there may even be a high-energy sensation. However, at this point we need to focus our attention away from our physical body. We can then step out or float away from our physical body.

It is critically important not to focus on these sensations too much but just allow them to occur. However, if we do start to focus on these bodily sensations then we immediately draw our attention back to our physical body and the experience will shut down completely. At all costs we must try not to focus our attention on our physical body. If we allow these sensations to continue they will reach a crescendo and at this point we must to focus our attention away from our physical body. Any random thought about our physical body immediately pulls us back to it and our Out of Body Experience will immediately end.

Key to Control

At this point we must focus our attention anywhere we wish. Wherever we focus our attention; we will go. We always go where our mind directs, but we

must maintain the focus. The key to control or maintaining this focus is to immerse ourselves or become interested in our new environment.

For Best Results

For best results we need to carry out these techniques alone and preferably not in our beds. The house should be warm with no need for blankets and it should also be quiet. There is a direct correlation between the amount of sleep we have had on a given morning and whether or not we will have an Out of Body Experience that day. For many people it is best to sleep through two REM periods (i.e. approximately two and a half to three and a half hours). Then it is best if we get up at this point and move to a new location (if possible) and do the technique outlined above.

For some reason when we have been asleep for about two and a half to three hours our mind is relatively alert but still slightly sleepy. It is an ideal scenario for doing the above technique.

Common Fears

Many people have fears of going out of body for the following reasons:

Not Coming Back Again

Because there is always an energy connection between our Astral Body and our Physical Body we cannot under any circumstances get lost. Any thought of our physical body immediately “snaps” us back again into our physical body.

Being Possessed

There have been no cases of people being possessed as a result of Out of Body Travel. We are much better protected than we may be aware of.

Out of Body Experiences are extremely safe and all people have them each night even though they may not remember them. The technique outlined above simply allows us to have them in full consciousness. When we learn to have Out of Body Experiences we can actually start seeing the astral bodies of people who are sleeping floating above their own physical bodies. It appears that all people when entering the dream state float above their physical body even though they are not conscious of this. We need to understand that most people have fear when they visit any new environment. It is completely natural to fear; however we need to address and overcome these fears if we are to have success with Out of Body Travel. Also because our thoughts are very powerful, whatever we fear can manifest. So it is important to realise that when we leave our physical body, our thoughts are the centre of our reality and we are in a perfectly safe environment, which is great fun to explore.

The Target Technique

This is one of the most popular techniques used around the world for initiating fully conscious Out of Body Experiences and is based on the principle that *we go where our mind directs*. It is an extremely easy technique and is so popular because we don't need any special skills to get good results.

Firstly we need to pick a location in our house and select three objects that we have an emotional connection to. These must be objects that we can visualise really well and which can hold our attention easily. Become very familiar with these objects by holding each in turn & examining the details of each. Become familiar with the texture and feel of them, the colours of their surfaces, the way they look from different angles. In other words we need to familiarise ourselves with these objects as much as possible.

Relaxation

Lie down in a very comfortable position.
Relax the body.

Visualisation

While relaxing we then just visualise ourselves walking to the objects we have selected and examining them in the same manner we did earlier. It is actually best to wait until we are feeling sleepy before we actually start visualising these objects. We actually only need to visualise the objects for about ten minutes. However, we need to keep these objects in our mind as the last conscious thought before actually falling asleep, so it is important to only start the visualising when we are drowsy.

Affirmation

We can do this technique every night, as it is so simple. We can also incorporate an affirmation such as “Now I’m Out of Body” or “Now I’m at my Target”

This “Target Technique” will work within 30 days for most people if done each night.

Generally the transition will occur just after we have fallen asleep. Normally we do not actually end up at the target. Normally this technique actually initiates the Vibrational Stage. In other words after we fall asleep we may then awaken to the feelings of buzzing or vibrations mentioned earlier. It is critically important how we respond at this stage. If we think of the body the experience will immediately shut down. So here we need to focus our attention once again on the targets or any place away from the physical body. At this point some people roll out of the body, others stand up or float away. As soon as we fully separate all buzzing sensations will cease, as we are free from the physical body.

Full Consciousness

At this point we to make the request or rather *the demand* “Awareness Now!” or “Clarity Now!” Otherwise we may experience a hazy or foggy type of consciousness. This way we will experience an immediate consciousness upgrade to great clarity. It is essential to request this increase in awareness if we are to truly benefit from our experiences. We need to have our full consciousness to be at least as aware as it is in normal daily life. This is a very important method of controlling the experience. We need to totally immerse ourselves in this new environment.

Thoughts influence Reality

In the Out of Body state our thoughts affect and mould what we perceive and we can create or go wherever we wish.

The following section was written by William Buhlman who's outstanding books and tapes explain in great detail how to have consistent Out of Body Experiences.

The Benefits of Out-of-body Experiences

Exploration extends far beyond the limits of our physical senses and our intellect. After an out-of-body experience, many people report an inner awakening of their spiritual identity, a transformation of their self-concept. They see themselves as more than matter - more aware and alive.

They express a profound inner wisdom based on personal spiritual experience. Many report being connected to something greater than them selves, connected to the very source of life itself. They report a powerful feeling of breaking through a dense barrier of ignorance, fear, and limitation. During my workshops, I often hear reports of an increase in personal knowledge and an inner connection to spirit. Many report a dramatic expansion of their perception capabilities extending far beyond their physical limits - an overwhelming sense of knowing based on direct personal experience.

Perhaps the most important benefit received from out-of-body experiences is the recognition of our personal ability to discover the answers for ourselves.

When I am asked, "Why out-of-body exploration?" my response is simple. I need to know the answers for myself. I find little comfort in beliefs, especially since they are the most abundant commodities available today. Every society, every culture is overflowing with their version of the truth - a manmade collection of solid convictions. These beliefs change with time, evolving and decaying, while the truth of our existence remains the same, hidden under the ever-growing mountain of doctrines, dogmas, assumptions, and conclusions.

I believe that the purpose of life is experience. We must experience and explore for ourselves. We must discover and know, or be a slave to other people's opinions. As the twenty-first century approaches, the time has come for us to recognize our true potential and to explore beyond the prevailing beliefs and convictions. The time has come for us to discover the truth for ourselves.

We have this opportunity today. Controlled out-of-body experiences open the door to an incredible new frontier of human potential and discovery. It allows us to explore beyond the narrow limits of our physical senses and discover the answers to the oldest mysteries of our existence.

According to research and studies conducted by many highly respected physicians; Dr. Raymond Moody, Dr. Melvin Morse, Dr. Ken Ring, Dr. Bruce Greyson and Dr. Stewart

Twemlow, the transformative qualities of out-of-body experiences are limitless. Each year new studies point to additional psychological and physical benefits derived from out-of-body experiences. As I research this topic, I realized that the number of reported benefits are absolutely staggering.

As the number of reported out-of-body experiences continues to increase, the evidence is overwhelming that life-changing benefits are regularly obtained during out-of-body adventures.

The following is presented as an overview of the many benefits reported worldwide in the last three decades.

Reported Benefits

1. **Developed a greater awareness of reality** - According to an in-depth survey conducted by Stuart Twemlow, M.D., Glen Cabbard, M.D., and Fowler Jones, Ed.D., eighty-six percent of their three hundred thirty-nine out-of-body participants reported a greater awareness of reality. In the same survey, seventy-eight percent believed they received a lasting benefit.
2. **Personal verification of our immortality** - A powerful, life-changing event experienced by millions every year. Without a doubt, out-of-body experiences provide firsthand, verifiable evidence of our ability to exist independent of our physical body.
3. **Accelerated personal development** - The recognition and experience that we are more than physical beings opens entire new levels of personal development. I strongly believe that self-initiated and controlled out-of-body experiences are the cutting edge of accelerated personal development. Once we consciously access and control our nonphysical self, we can unlock the unlimited knowledge of our subconscious mind and harness our ability to explore the universe. The entire subject of human potential is dramatically expanded beyond all current concepts and comprehension.
4. **A decreased fear of death** - When we experience ourselves consciously separated and independent of our physical body, our fear of death is noticeably reduced. Fear of death is fear of the unknown. Once you separate from your body, you absolutely know that you continue. I have found that the more out-of-body experiences we have, the less fear and anxiety of death is present.
5. **Increased psychic abilities** - Precognition, telepathy, premonitions, prophecy, the ability to see auras and many other psychic abilities are often reported to be enhanced by out-of-body experiences. The reason for this is currently unknown but many believe it's simply a natural result of us becoming more in tune with our internal energy systems.
6. **An increased desire for answers** - Once we recognize that answers are available; many people begin a personal spiritual quest to solve the mysteries they have held since childhood.
7. **Realizations concerning death** - Out-of-body experiences provide evidence that the process of dying may not be a painful or scary experience but rather a wondrous, spiritual adventure.
8. **Accelerated human evolution** - True evolution of our species is not the biological change around us but the evolution of consciousness. As our world becomes progressively more complex, there is an inner need to discover the unseen reason behind the rapid physical changes we perceive around us. This need to know the answers to the many mysteries that surround us will take our species into the next level of human evolution. When we look back at human evolution, we see a noticeable transition from physical labor-based societies (agricultural) to increasingly intellectual-based (technology) societies. Eventually our species will

be ready for the next major step of evolution - the recognition and experience of our spiritual self and the exploration of the nonphysical dimensions.

9. **Spontaneous healing** - There are numerous reports of individuals healing themselves and others when out-of-body. Often this healing is initiated by a focused thought directed to a specific area of the body.

10. **More expansive self-concept** - Instead of viewing ourselves as a physical being possessing a soul, many recognize themselves as soul (consciousness) temporarily possessing a biological body.

11. **Increased spirituality** - Many report profound insights into their spiritual nature with a stronger connection to their spiritual essence. According to the phenomenology study conducted by Dr. Stuart Twemlow, fifty-five percent of the participants referred to their out-of-body experience as a spiritual experience. In addition, many report a deeper connection to their essence and profound insights into their spiritual nature. A definite sense of being connected to something far greater than themselves. Whether we call it spirit or the universal mind of God, there are consistent reports of a powerful inner connection.

12. **Recognizing and experiencing past-life influences** - The remarkable work of Dr. Weiss and other respected physicians and hypnotherapist have provided convincing evidence that past-life influences are an important element of our current psychological makeup. These subconscious memories can be effectively accessed and explored through personal out-of-body experiences.

13. **Accelerated psychological change** - Out-of-body experiences help us to break free from old mental ruts and habits. On many occasions, individuals have told me that the shock of experiencing themselves independent of their physical body has given them a more enlightened perspective of their current existence. This expansive vision of themselves has been instrumental in awakening new levels of personal growth and understanding.

14. **Obtaining personal answers** - Each of us has questions relating to our existence - What are we? What is our purpose? Do we continue? What is the meaning of life? These questions and many more can only be answered through personal experience. Out-of-body exploration provides a powerful method for all of us to obtain the answers we seek. Why settle for beliefs when the answers are available?

15. **Encountering a being of light, an angel, or nonphysical resident of some kind** - Many people report face-to-face meetings with some form of nonphysical inhabitant. Dr. Stuart Twemlow reports that thirty-seven percent of his study groups were aware of the presence of a nonphysical being while thirty percent reported the presence of guides or helpers.

16. **An increased respect for life** - A pronounced aversion to violence and killing seems to appear. For example, the idea of hunting and killing an animal becomes repugnant. I believe this is due to the personal knowledge obtained concerning our spiritual interconnectiveness.

17. **Increased self-respect, self-responsibility and inner dependence** - Many recognize, often for the first time, that they are the creative center of their physical existence. They often experience the vast potential and power of their inner, non-physical self and tap into their creative essence. Many people have told me that they realize more than ever that they are completely responsible for all their actions, both thoughts and deeds.

18. **A reduction in hostility, violence and crime** - Those that experience themselves as more than just their bodies often realize the self-destructiveness of stealing or harming another person. This is due to their personal recognition that they truly do continue independent of the physical body. Since they now absolutely know they continue after death, they now realize and comprehend that their personal responsibility also continues.

19. **Increased knowledge and wisdom** - Only experience creates wisdom and out-of-body experiences have the unique ability to provide knowledge and wisdom far beyond the limits of our physical perceptions.

20. **A profound sense of knowing instead of believing** - Personal knowledge is powerful and life-changing especially when compared to beliefs. Out-of-body experiences provide firsthand, verifiable knowledge of our immortality and our spiritual identity. This knowledge cannot be adequately explained - it must be experienced.

21. **An inner calmness** - A feeling of peace that comes from knowing instead of hoping that we truly are immortal.

22. **An increased zest for living** - There is a certain excitement inherent in out-of-body exploration that is difficult to describe - an exhilaration that reaches deep into the very core of our being. The realization that we are much greater than our current physical personality or ego. When we separate from our physical body and actively explore our surroundings, we know deep down that we have become the ultimate explorers. Life itself becomes an adventure, an exciting journey of discovery. The inner excitement we feel is unmistakable, the inner knowing that we are blazing a path far ahead of our time.

23. **Increased intelligence, memory recall and enhanced imagination** - Many people report that their out-of-body experiences have somehow enhanced their awareness and intelligence. Some believe that out-of-body experiences may stimulate areas of the brain previously untapped during normal physical life. From a biological point of view, this could be due to a stimulus of the right temporal lobe or the pineal gland. The medical reason for this is unknown but according to extensive research conducted by Dr. Penfield, a Canadian neurosurgeon, when the right temporal lobe is stimulated by a mild electrical charge, patients consistently reported out-of-body experiences. In addition, there is substantial evidence that the right temporal lobe is mysteriously activated during death and near-death experiences. There is research that supports the existence of a connection between the biological brain and our non-physical energy system. If this is so, then maybe there are interactions both electrical and chemical that we are still unaware of. This entire subject requires additional research.

24. **A sense of adventure** - Every day and night is an opportunity to experience a new adventure. The author, Tom Robbins, may have said it best "Our great human adventure is the evolution of consciousness. We are in this life to enlarge the soul and light up the brain."

The benefits of out-of-body experiences are a reality that each of us can experience. All we need is an open mind and the proper guidance to access our unlimited personal potential. The ability to explore unseen areas of the universe is now available, but it is up to us to take the step from being a curious observer to being an active explorer. I believe this step is an important turning point in our life and our personal evolution. The decision to explore beyond the limits of our physical body can provide an effective method to obtain the answers and insights so many of us seek.

This journey of consciousness from the physical to the spiritual is a reality we cannot escape - our only real decision is when we are going to begin.

Questions & Answers

Can out-of-body experiences be proven?

Out-of-body experiences can be proven only by the participant. The ivory-tower conclusions held by many researchers are completely archaic and meaningless in the light of a single personal experience. Many people desperately attempt to fit this unique state of consciousness into their accepted model of reality. For example, several scholars have concluded that out-of-

body experiences are actually lucid dreams; their conclusions conveniently fit their traditional concepts of the mind.

What does it feel like to separate from your physical body?

Many people report a high-energy vibrational feeling and temporary physical paralysis during separation; this is often accompanied by an intense buzzing, humming, or roaring sound. These sounds and sensations normally dissipate after separation is complete. The survey results provide additional information about subject.

What does the out-of-body environment look like?

The environment perceived depends upon the vibrational frequency (density) of the participant. Many people report a physical-like environment. This environment does not necessarily correspond to their immediate physical environment.

How long does it take to have an out-of-body experience?

Each person is different; however, a large percentage of people who practice daily techniques report an experience in less than thirty days.

Why should I invest my time and effort in out-of-body exploration?

The only way to know something absolutely is to experience it for yourself; anything less is theory, speculation, and belief. Out-of-body exploration offers us the unique opportunity to experience and explore beyond the limits of our physical senses. It gives us the ability to obtain firsthand knowledge of our existence.

What will my "new" body look like?

Most people report a higher-energy duplicate of their physical body. The form we experience is a direct result of our expectations and beliefs. In general, most people will see themselves as they appear in the physical world.

Will I be able to see, hear, and feel as I do now?

In your early out-of-body explorations, you will most likely experience your surroundings with a physical-like perception. Our perception capabilities are linked to our expectations; the more open we are to expanded perceptions beyond our physical senses, the more available these enhanced capabilities become. For example, some people report 360-degree vision, enhanced hearing, and the ability to read thoughts.

During my out-of-body experiences I sometimes feel out of sync and have difficulty seeing and moving. How can I overcome this limitation?

This is commonly reported. To increase your clarity and mobility, simply demand (verbally or mentally) that your complete awareness be present: "Complete awareness now!" or "Clarity now!". Whatever personal ability or perception you need to improve your out-of-body experience can be obtained by making a firm request. Repeat your request as often as needed, and remember to make each request a firm demand for immediate results.

Will an out-of-body experience change my religious beliefs?

According to an in-depth study of 350 participants published in 1992 by Dr. Melvin Morse, "Out-of-body experiences do not seem to alter one's professed values." Many people even report that their religious beliefs have been confirmed and strengthened by their out-of-body experiences.

What is the radiant light so often reported during a near-death experience?

This is the higher-frequency light of the inner dimensions being seen by someone not accustomed to its brilliance. The light is commonly seen emanating from the entrance to a tunnel.

What is the human aura?

The aura is the energy field that emanates from all life-forms.

What is the tunnel effect commonly reported during near-death experiences?

This is the opening of the first inner energy membrane. It occurs automatically when a person dies and moves to the interior of the multidimensional universe. The tunnel immediately closes after the individual passes through into the next dimension.

Does the biblical silver cord exist?

The biblical concept of the silver cord is accurate. According to my observations, it is not actually a cord but a thin, fibrous substance similar in appearance to a spider's web. The silver cord appears to function as the connection between the physical body and the first energy-body of all life-forms. Though its complete function is unknown, it is logical that it may act as an inner energy conduit.

Do animals have souls?

Absolutely. Without a soul (conscious energy) no living creature can exist. To be more accurate, the soul possesses and uses a biological vehicle, not vice versa.

What is the purpose of physical existence?

Physical existence allows us to learn from experience. In a sense, the physical dimension is a slowed-down molecular environment ideally suited for the training of developing consciousness. The personal challenges we encounter in our biological life are the lessons we need for our personal development. We learn by being, by doing - by firsthand experience.

How can I determine the dimension or energy level I am exploring?

In general, the more similar the immediate environment is to your physical surrounding, the closer you are to the physical dimension. As you raise your vibratory rate, you will automatically move inward within the nonphysical dimensions. The perceived environments become progressively less dense and increasingly thought-responsive as you move inward away from matter.

Can out-of-body experiences be harmful?

No. They are a natural experience reported in every culture and society of the world. In over twenty years of personal research, I have never heard of anyone being harmed or injured in any way.

Can drugs be used to induce an out-of-body experience?

The key to a valid, productive out-of-body experience is absolute mental focus and control. Without complete control, the interdimensional realities experienced during out-of-body explorations cannot be accurately distinguished from self-created internal hallucinations or imagery. Control is the key to a productive, meaningful experience, and control is the first thing lost when using any kind of mind-altering substance. I strongly believe that nonphysical explorers should not use drugs. Why contaminate your biological vehicle when effective results can be achieved naturally?

Is it possible that I won't be able to find my way back to my physical body?

No. In thousands of reported experiences there is no documented evidence of such an occurrence. We instantly return at the slightest thought of our physical body.

Can my body or mind be possessed when I leave it?

No. There is always an interactive energy connection between your physical body and your inner energy-bodies.

What is the church's official viewpoint on out-of-body experiences?

The Christian church does not have an official or unified viewpoint concerning out-of-body exploration. I have encountered a wide variety of opinions on this subject. Many theologians consider out-of-body experiences a unique spiritual blessing - a personal confirmation of their religious faith and beliefs. Others are perplexed and uncertain where such experiences may fit in their belief system. A few are inclined to fear any phenomenon they don't understand, and automatically classify out-of-body experiences as something to be avoided. Today, increasing numbers of theologians consider out-of-body explorations to be a profound spiritual experience and solid personal verification of immortality.

Every time I feel I'm about to separate from my body, a wave of intense fear overwhelms me. How can I overcome this?

This wave of fear is a common, instinctual response to a new experience. One of the best ways to overcome it is to immediately begin repeating a safety affirmation such as "I'm safe and secure," "I'm protected," or "I'm safe and calm." Any brief, positive statement that helps you relax and feel secure will be effective. As you repeat your affirmation, begin to direct your attention away from your body. This can easily be achieved by thinking about another area in your home or by saying to yourself, "I float away from my body." After a couple of successful experiences, your fear will diminish and eventually disappear.

Is out-of-body exploration safe for everyone?

Yes, with one exception. Anyone who has acute psychological problems should avoid this form of exploration. In general, people having difficulty dealing with their physical reality can only complicate the situation by introducing other realities into their lives.

What is the most important step in gaining full, conscious control of the out-of-body experience?

The key is to repeat the clarity technique whenever your awareness is hazy or out of sync.
"Clarity now!" or "Awareness now!"

Recommended Reading

Adventures Beyond the Body by William Buhlman

Secret of the Soul by William Buhlman

Journeys Out of the Body by Robert Monroe

Far Journeys by Robert Monroe

Ultimate Journey by Robert Monroe



Robert A. Monroe

Method 3 The Monroe Institute & Hemi-Sync

Robert Monroe

Robert Monroe (1916-1995) was a former broadcasting executive and now internationally known for his research into human consciousness and as founder/director of The Monroe Institute

Robert Monroe's interests in human consciousness began in 1956, when he created a small research and development program in his New York based company, RAM Enterprises. The research was originally designed to determine the feasibility of learning during sleep, and in the ensuing years grew into the study of many facets of human consciousness. Three patents were issued to Robert Monroe for the methods and techniques he developed for inducing and controlling various states of awareness, and the trademark Hemi-Sync(R) also became widely recognized.

In 1974, The Monroe Institute was formed out of the original research group and began conducting weeklong learning seminars at its location in the foothills of Virginia's Blue Ridge Mountains. Over 8,000 people have attended the Institute's programs and it is estimated that over 2,000,000 people world-wide have used the Hemi-Sync(R) learning exercises on audio cassettes and CDs.

The Beginning

Spontaneously, one night during the 1950s Robert Monroe had a very strange dream, at least at first it seemed to be a dream. He found himself floating beside what appeared to be a fountain. He then realised that the fountain was not really a fountain at all. What he had thought was a fountain was actually the chandelier light fitting in his bedroom, which had appeared upside down! As he rolled over he saw his bed beneath him. To his amazement he clearly saw his wife in the bed, with a man sleeping beside her. He was amused by this and wondered who would he "dream up" to be in bed with his wife. As he looked closer he recognised the figure in the bed to be himself.

This was Bob Monroe's first out-of-body experience. This experience began to reoccur so often that he thought that he must be seriously ill, perhaps with a brain tumour. These out-of-body experiences were always preceded by a strange vibration sensation that would begin at his feet and work it's way up his body. As he was unable to control these sensations and experiences he became convinced that he was going to die. He visited numerous doctors and had many tests carried out. These tests proved nothing out of the ordinary.

Eventually, while discussing these experiences with a friend, the friend excitedly informed Robert Monroe that what he was experiencing sounded like Astral Travel. This was an experience that Mystics, Yogis and Shamans of the East had investigated for thousands of years. He told Bob that only Masters,

Gurus and other long trained Holy Men had the ability to leave their physical bodies temporarily to achieve indescribable mystical insights.

Bob certainly did not share his friend's enthusiasm, but finally he had an explanation that at least made some sense. Finally, when he realised that this experience was probably not going to kill him, he decided to experiment and see to what use he could put his new talents.

His remarkable voyages of discovery in the non-physical states of existence are documented in his three books: *Journeys Out of the Body*, *Far Journeys* and *Ultimate Journey*.

Robert Monroe originally set up his research organisation "The Monroe Institute" in his own home in order to study the strange phenomenon that he was experiencing. Later this organization evolved its scope into a potent research organisation for studying and exploring human consciousness.

In the early years of his research, Bob Monroe started observing the affects of sound on different states of consciousness. He discovered that by using the natural phenomenon of binaural beats he could initiate the Out of Body state in other people.





His technology, now known as Hemi-Sync is today used around the world for exploring unusual states of consciousness, simply using sound. This technology allows almost anyone to experience profound states of consciousness, that up until this point were only available to the very few.

Brain States

Brain States are the electrical wave patterns generated in every person's brain. These waves vary considerably according to the state of consciousness, sub-consciousness or unconsciousness of an individual. The oscillations or squiggles we see in EEG printouts represent these waves. There are four main types of electrical wave patterns generated by every person's brain. These are Delta Waves, Theta Waves, Alpha Waves, and Beta Waves.

Although at any moment all of these types of brain waves may be present; there is always a predominant pattern. Our brain produces each of these wave patterns according to what we are doing at any moment. For instance, during deep sleep our brain predominantly produces the lower frequency Delta Waves. During our normal waking type of consciousness our brain predominantly produces Beta Waves. When we are in a very relaxed and focussed state, for instance during meditation or day dreaming our brain produces a predominance of Alpha Waves. Finally, while we are dreaming or in a very relaxed and creative state our brain produces Theta Waves.

Brain Wave Frequencies

| Brain-Wave Frequency | State of Consciousness | Brain Wave Sample |
|-----------------------------|---|---|
| BETA: 13 to 30 cps | Fully-Awake, Alert, Excitement, Tension |  |
| ALPHA: 8 to 13 cps | Deeply-Relaxed, Passive-Awareness, Composed |  |
| THETA: 4 to 7 cps | Drowsiness, Unconscious, Deep-Tranquillity |  |
| DELTA: .5 to 3.5 cps | Sleep, Unaware, Deep-Unconsciousness |  |

cps = Cycles Per Second

Stimulating States of Consciousness

Although our brain produces the above patterns according to what we are experiencing at any moment, we can however bring about these states at will using technology. For instance if we are suffering from insomnia and we really need to sleep, then it is possible to stimulate the human brain to produce Delta Waves which will have the affect of making us sleep. Likewise if we are studying and need to retain the information we are trying to take in, then we can stimulate the brain to produce Theta Waves which will have the affect of enabling us to assimilate new information more easily. We can also stimulate the brain to enable us to enter a meditative state more easily.

So therefore, our brain not only produces different states according to what we are doing at any moment, we also have the ability to access different states of consciousness at will through using technology.

Sound and Consciousness

Vibrations from rhythmic sounds have a profound effect on our brain activity. In shamanic traditions, drums have long been used to transport the shaman out of his or her body into other realms of reality through the use of constant rhythmic vibrations. Researcher Melinda Maxfield, studying the Shamanic State of Consciousness, found that the steady rhythmic beat of the drum struck four and a half times per second was the key to transporting a shaman into the deepest part of his shamanic state of consciousness.

It is no coincidence that 4.5 beats, or cycles, per second corresponds to the trance-like state of Theta brain wave activity. In direct correlation, we see similar effects brought on by the constant and rhythmic drone of Tibetan Buddhist chants that transport the monks and even other listeners into realms of blissful meditation.



Hemi-Sync Technology

Hemi-Sync technology is based on the natural phenomenon of Binaural Beats. A binaural beat may be produced using two tuning forks of almost, but not quite the same audible tone or frequency. Firstly we need to strike the first tuning fork and bring it close to one of our ears. If we then strike the second tuning fork and bring it close to our other ear we will not only hear the sound of the two tuning forks in each ear but we will also hear a wavering or wah, wah sound oscillating between our two ears. This is known as a binaural beat and we hear this beat in the centre of our head. It is not a sound that can be recorded since it is actually produced by our brain. This binaural beat is produced by the slight difference in frequency or pitch between the two tuning forks. If the two tuning forks were of exactly the same frequency then we could not hear this wavering sound.

If we select our tuning forks so that one produces a tone of say 200 cycles per second and the other a tone of 204 cycles per second, our brain will then produce a wavering sound right in the centre of our head, that is the difference between these two tones. Thus our brain will actually produce a tone of 4 cycles per second, which is the same frequency as the Delta State that is produced during sleep. Therefore, through listening to this tone for a number of minutes we will discover that we are actually getting quite drowsy!!! This is how we can affect consciousness through using sound.

The Hemi-Sync technology developed by Robert Monroe and The Monroe Institute uses this phenomenon of binaural beats in order to initiate profound states of consciousness that can enable us to explore our inner worlds and non-physical states of reality. The term Hemi-Sync comes from the words "hemispheric synchronisation", which basically means that both hemispheres of our brain become synchronised when we listen to binaural beats. Normally at any moment of our lives one of the hemispheres of our brain is most active. For example, the left hemisphere is most active when we are thinking in a rational

manner or using our intellect. On the other hand when we are at our most creative and intuitive; our right hemisphere is most active. However, one of the affects of listening to Hemi-Sync sounds other than activating certain desired brain wave frequencies, is that it has the affect of synchronising both hemispheres of our brain for “whole brain” activity. This can be a great advantage when we are exploring non-physical levels of reality.

The research carried out by The Monroe Institute has led to the accumulation of a large body of knowledge that enables ordinary people to explore the afterlife using the consciousness altering properties of sound.

The Monroe Institute has created Audio Tapes and CDs of multi-layered binaural beats in order to produce many rather complex states of awareness.

For instance, the most favoured state for initiating out of body experiences is the mind awake, body asleep state. Using Hemi-Sync technology, this state can easily be reached, solely using sound. It can be achieved by layering Delta (Sleep State) tones with Alpha (Relaxed & Alert State) tones. You may even hear your body snoring, while your mind stays alert and awake!

The Monroe Institute is available to almost anyone interested in exploring non-physical realms and unusual states of consciousness. They teach programs using their sound technology that enable the participant to explore the afterlife and get verification of the reality of those experiences. Solely using the power of sound, a person without any previous psychic skills can have an experience that can prove to them that they will survive bodily death.

Recommended Reading (by Robert Monroe)

Journeys Out of the Body

Far Journeys

Ultimate Journey



Main Programs conducted by The Monroe Institute

Gateway Voyage Program

The **Gateway Voyage** is a six-day intensive program designed to provide the participant with tools that can enable:

- development and exploration of human consciousness;
- deeper levels of self-discovery;
- expansion of one's awareness;
- wilful control of that awareness;
- communication with and visits to other energy systems and realities.

The Monroe Institute and its **Gateway Voyage** program are not designed to give pre-set answers. In fact, it is our sincere hope that graduates of the Gateway Voyage program leave with a new and ever-expanding array of questions, and that the tools we provide empower them to find their own answers.

We do not provide a new belief system at the **Gateway Voyage**. Individuals from all walks of life, professions, and a wide variety of religious backgrounds have attended without encountering conflict regarding their beliefs. The only philosophical point we ask you to consider as a serious possibility is that you are more than your physical body. However, there may be times when you are asked to look at different overviews. It will be your choice to evaluate and accept, reject, or remain undecided as to the validity of those overviews; and through direct experience to realize your own *Knowns*.

The out-of-body state and tools that may be utilized to achieve this particular state of consciousness are covered in the **Gateway Voyage**, but that is only a small part of the program's overall scope of self-awareness and self-empowerment. We cannot guarantee a conscious out-of-body experience during, or subsequent to, a Gateway Voyage Program - but we do offer tools that can help you toward that end.

The Gateway Voyage consists of progressive, guided Hemi-Sync® exercises (about 5-6 a day), application sessions, group discussions, and informal lectures, as well as free time for socialization and interaction with other participants.

We believe that coming to the **Gateway Voyage** with an open mind, a willingness to learn about yourself, and as few expectations as possible will greatly enhance your experience. The program does not use a pass-fail, right-wrong learning model. We encourage the exploration of consciousness from a personal and individualistic standpoint that allows *you* to determine what is most meaningful and effective for *you*.

Tools you will be provided include:

- **Focus 10** (mind awake, body asleep)
- **Focus 12** (expanded awareness)
- **Focus 15** (no time)
- **Focus 21** (other energy systems)

These tools and others presented during the program can be used to accomplish a variety of goals.

Goals include:

- relaxation
- recognition and control of personal energy,
- problem-solving,
- the out-of-body state,
- greater self-awareness,
- emotional cleansing,
- programming your future.

The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development and experience are equal or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.

Guidelines Program

Guidelines is a specialized program designed for those who have completed The Monroe Institute's Gateway Voyage program. Guidelines offers still another step in the development of more complete understanding of self.

In addition to exploration of your Total Self and creating an on-going communication with your Inner Self Helper (ISH), the program gives direct training in the early stages of Out of Body training. This is the only Institute program that specifically provides these methods. Training in using a special dolphin energy--either individually or in a group--to heal both self and others is also an aspect of Guidelines.

The theme of Guidelines is to assist you in learning methods in which communication can be established with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-Physical Friend, Universal Consciousness, etc.), it can be any constructive source that has an overview beyond your normal daily physical perception.

In addition, Guidelines encourages the practical application of such communications and states of consciousness. With practice, a person can learn to quickly and directly access whatever information is needed. Our goal is to make such lines of communication as open, direct, and natural as possible, so that during a business meeting, for example, you can calmly and serenely access the communication skills learned and concurrently apply them appropriately within the context of the situation.

Guidelines is held at the Institute in Virginia, and consists of a series of unique exercises which provide training in developing these lines of communication.

After a review of Focus 10, 12, 15, and 21, the participant is taught:

- to easily achieve the state where such communication can occur;
- to speak and report during such states, without disturbing the attained form of consciousness;
- means and methods of establishing contact with other energy forms and;
- to retain full conscious awareness and memory of the communication achieved.

In addition to guided Hemi-Sync tape exercises, there are:

- group discussions,
- application sessions,
- an individual one-to-one (PREP) session in the TMI laboratory and,
- free time to relax, assimilate experiences, exercise, and/or socialize.

Lifeline Program

Participants in **Lifeline** gain familiarity with additional focus levels:

Focus 22 -

where humans still in the physical have partial consciousness, remembered as dreams, deliria, and patterns induced through chemicals;

Focus 23 -

inhabited by humans who have recently exited physical existence and have not adapted to such change;

Focus 25 -

the Belief System territories where those who have exited the physical are residing in a particular belief system;

Focus 27 -

the Reception Centre, Way Station, or Park, designed to ease the trauma and shock of the transition out of physical reality, and to assist those there in evaluating options for their next steps in growth and development.

Participants in **Lifeline** become familiar with these levels of existence and then learn to offer assistance to those they meet in these states of consciousness and to guide them to the Reception Centre.

They also learn to help others come to know they survive physical death as a result of such meetings with old-new friends. The use of Dolphin Energy for healing oneself and others is also a part of the **Lifeline** program which is open to graduates of the **Gateway Voyage**.

Please check the current program schedule for the next Lifeline.

Lifeline is open to graduates of the **Gateway Voyage** Program.

Exploration 27 Program

Exploration 27 is a systematic series of planned visits to Focus 27 to obtain information, data, and direct experiences related to this different state of consciousness.

There are opportunities for extended communications with the residents there, and the possibility for developing relationships, which may provide information useful to the planet.

Perhaps there is information regarding the unique energy field of Focus 27, which can be brought back and applied to physical creations here. There are explorations for the retrieval of historical data regarding Focus 27, including the investigation of artefacts, which may be available.

Opportunities also allow for exploration beyond Focus 27, into previously un-charted territories. This is a week of pioneering, cutting-edge explorations and research, and is open to graduates of Gateway Voyage and Lifeline.

*Please check the current program schedule for the next **Exploration 27**.*

Beyond Exploration 27 Program

This four-day program is an extension of Exploration 27, giving graduates the opportunity to immerse themselves more fully within the processes of the Healing and Regeneration Centre, as well as Focus 34/35. Focus 33 is also explored.

Unlike the relatively structured nature of Exploration 27, Beyond Exploration 27 offers many opportunities for free-flow excursions in which both personal and information of value to others is solicited. Written recording of experiences allows the research department to later analyse the data for commonalities of perception, imparting the satisfaction of participating in TMI's larger research efforts; much like an extension of Bob Monroe's early Explorer Sessions.

Conducted within the newly constructed Roberts Mountain Retreat centre, participants enjoy a first-hand experience of the lovely home Bob and Nancy shared, as well as the log cabin in which Bob wrote *Ultimate Journey*. The small group size (maximum of 18) fosters a feeling of intimacy and the sense of a mutual pioneering spirit, journeying as one together toward profound and unique insights and understandings.

Attending Exploration 27 is a prerequisite for participating in Beyond Exploration 27.

If you have any questions regarding any of the above programs please call the Monroe Institute in the United States at (434) 361-1252 or email them at TMIprograms@aol.com
TMI Web Site: www.monroeinstitute.org



A Map of The Afterlife

Robert Monroe not only made many voyages of exploration into the afterlife himself, he also enabled many others to do the same. His Explorer Team has gathered extensive information about the layout and territory of the afterlife. Numerous people since those early days of the Monroe Institute, during the course of their own explorations have verified this map of the afterlife to be correct.

Robert Monroe and the Monroe Institute recorded as much information about the various states of consciousness as they could observe and named these different states "Focus Levels". Through mapping these different focus states or levels of consciousness, we are in fact mapping the territory of the afterlife.

Physical Reality (C1)

Bob Monroe named this physical reality or state of consciousness as a C1. It contains all that we can see touch and feel with the physical senses. It is this physical reality that we all share. He described this level C1 as a circle with us at its centre.

Focus 22

The next level of consciousness he named Focus 22. Once again, the Monroe Institute describes this level of consciousness as a circle surrounding the previously mentioned C1 level.

In Focus 22 we may find the consciousness of those who in physical life are in a Coma. Here we can also find the consciousness of those who are under the intoxicating effects of certain types of drugs or alcohol. So, when a person is under the influence of say, hallucinogenic drugs their consciousness is not fully here in this physical reality of the C1 level. It is quite possible for someone experienced in reaching this level of consciousness to make contact with those who are in a comatose state.

Focus 23

The next level of consciousness, which surrounds Focus 22, is known as Focus 23. People who have died inhabit this Focus 23. However, it is this level of consciousness in which we find those who have become stuck after death. The inhabitants of Focus 23 are usually in a very confused state. Their consciousness is focused towards the physical world of C1 consciousness. They can be very saddened and angered by the fact that those in physical life are completely ignoring them. They are often unaware that they have died.

There may be many attempts by non-physical helpers or guides to get the attention of those in Focus 23. Unfortunately however, those residing in Focus 23 may not even see these helpers, or if they do, they may think that there are

seeing ghosts. It is therefore often very difficult for those already in the afterlife to make contact with those in Focus 23 and bring them to a better place. It is this level of consciousness that we visit when we do retrievals. As mentioned earlier, it is much easier for those still physically alive to make contact with individuals stuck in Focus 23 than it is for beings already in the afterlife. For those who carry out retrievals, it is their job to make contact with these people stuck in focus 23. If they can get their attention, then they can then introduce them to a helper who will be able to assist them onwards to a fuller state of being.

Focus 24, 25 & 26

The next state of consciousness surrounding Focus 23 is known as The Belief System Territories and is made up of sub levels of Focus 24, Focus 25 and Focus 26.

It is in these belief system territories that we find groups of people who have been attracted together by their shared beliefs during physical life. Here we will find the heavens of all the major religions. These Belief System Territories have actually been created by human consciousness and by religious leaders preaching over the centuries about their heavens that their devotees will arrive at after death. Belief is an extremely potent thing. What we believe in life has a massive impact on what we will experience after death. A universal law states that like attracts like. Therefore when we die, unless we get stuck we will move on to these belief system territories if we have strong religious beliefs.

This level of consciousness, or region of the after life is also known as the hollow heavens. People, who arrive in these hollow heavens after death, live according to what has been taught to them during life, as to what to expect in heaven. A person may reside in one of these hollow heavens until a point arrives when they start to notice inconsistencies in the particular doctrines that their religion preaches. At this point, they can no longer resonate with those present in that particular hollow heaven and they will leave and move onwards to a fuller state of being.

Focus 27

Focus 27 is the state of consciousness or afterlife region where most people arrive when they die, unless they have had a strong religious belief or have got stuck in Focus 23. The options available to those in Focus 27 are vast. Those residing in Focus 27 are involved in many activities. Some may choose to help those physically alive as a guide or help those stuck in Focus 23 move onwards. In Focus 27 we will also find people who are recuperating from a painful or difficult physical death, attended by doctors and nurses, just in the manner they might expect. Sometimes, due to a traumatic death, a person may need to recuperate before they can take up their new activities in full.

Here we can also find scientists and technicians working on projects, just like here in the physical world, only they have access to vast amounts of information and understanding.

At the present time there are scientists working in Focus 27 who are in communication with those in physical life. Some of these scientists in Focus 27 are currently working on projects that will enable two-way communication between those who are physically alive and those who have died, using physical life technology. Although this may appear astounding, much progress has been made. Numerous groups around the world have been receiving messages on computers, audiotape, telephone and even television. Although it may be difficult to believe that such things are possible, we will all hear a lot more about this technology over the next few years.

Whatever activity we choose on arriving in Focus 27, there usually comes a point where we decide to return to physical life in order to grow more fully or help others grow or even bring a wonderful new invention into physical reality.

Our True Origin & Destination

The following is an extract from Bruce Moen's Book *Voyages Into the Unknown* that will go a long way towards answering these questions.

CHAPTER 8: THE DISK VISION'S MEANING (A Probe Called *Curiosity*)

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For months after Gateway Voyage I continued to piece together the meaning not only of the vision from seventeen years earlier but also an understanding of the greater question it pointed to. While gathering insights I thought about the Three Great Questions of my childhood: where did I come from before I was born?; what I'm I supposed to do while I'm living here?; and where do I go when I die? Pondering them I realized they were really different versions of the greater question, What am I?

I had to integrate what I had received during Gateway Voyage through direct communication with I/There, Monroe's Wednesday night talk and the Disk vision from the Spring of 1975. It took me a long time to absorb and understand the meaning. Even now as I write this, four and a half years after my Gateway Voyage, it is difficult to get much of my understanding into words. The only way I feel I can convey what I understand is in the form of a story about who and what I am. A story because so much of what I understand is in the language of feelings, not of words. As you read this story, as I am trying to explain who and what I understand myself to be, listen with your feelings. It's the feelings that communicate it best, not the words.

A probe called Curiosity

Into Itself Consciousness had launched a part of Its own awareness as a probe called Curiosity. Curiosity moved through the infinite possibilities of Consciousness transmitting awareness of Itself to Consciousness through an infinitely extendible, fine filament. Time had no meaning. Space did not exist. Yet Curiosity had been launched into Consciousness way back in the beginning with a Purpose. It had been moving through Consciousness forever with the purpose of discovery, gathering whatever it could find in the vast unknown. Consciousness had always been aware of Curiosity's every move, of course, connected as It was, through the fine filament. Something strange, Curiosity aroused. Faint at first, something unknown had gotten Curiosity's attention as it moved through Consciousness. It was so strange, so unusual, it just had to be investigated to gather in knowledge of whatever it was. Whatever it was it was straight ahead. A jumble of something scratchy, shrieking and irritating. Curiosity could have described it perhaps as down right uncomfortable. But still, it had the Pull. Curiosity was a sucker for the Pull. This Pull had excitement and the thrill of discovery written all over it. After all, that had always been Curiosity's purpose in Consciousness, the thrill of discovery in the great unknown. Curiosity kept moving straight ahead, probing the Pull with everything it knew.

The Pull gets stronger

The Pull felt stronger now. Curiosity had passed by little blips of feeling, uninhabited planets probably, as it had continued to move toward the Pull. The little blips each had some of the same irritating qualities, but what ever was ahead had much stronger attraction, a tremendous Pull!

Curiosity is captured in an orbit

The Pull was getting weaker now, must have passed its source by light years, Curiosity thought to itself. Curiosity arced around to search for the highest intensity of the Pull again. When the intensity of the Pull reached its peak Curiosity accelerated toward it again, toward whatever this new jumble of feelings was. Back and forth Curiosity went, each time over shooting the maximum intensity of the Pull by less and less. Finally, very near its source, the steady blasting jumble was all there was to feel.

Curiosity closes down to investigate

The jumble of the Pull was so intense it felt like a horrendously, disorganizing noise. Later Curiosity might describe it as listening to a billion different radio stations blaring all at once. There were patterns in it to be sure, but it was all so loud picking out one pattern to follow was impossible. After trying everything It could think of to satisfy Itself by knowing the Pull, only one method seemed to work. If Curiosity closed down most of its awareness, to a level of just barely awake, it could feel patterns with purpose in the jumble of the Pull. Purpose! Curiosity understood Purpose! Discovery, gathering in whatever it could find was Curiosity's Purpose. The Pull was something jam packed full of somethings with purposes. With no time in Curiosity's awareness there is no way of knowing when It first found the Pull. No way of judging how long

it hovered there, barely awake, taking in everything It could know within the horrendous noise of the Pull.

Curiosity moves in for a closer feel

Once in a while a pattern would stand out in the noise and Curiosity would follow it along until it disappeared in the blaring cacophony again. This began to occur with greater frequency as Curiosity, in small steps, closed down just a little more of Its awareness. Curiosity knew this was the only way to be closest to the horrendous noise of the Pull and still be able to function. Gradually much of the screaming jumble faded into a background hiss that Curiosity could more easily ignore. True, all that other noise will have to be investigated too, Curiosity thought back to Consciousness through Its filament. But closing down my awareness of it now is the only way I can follow any individual patterns in all the noise of this Pull. This Pull had by far the most concentrated collection of things to know Curiosity had ever come across. By closing down its awareness to everything else Curiosity could get close enough to satisfy Itself by investigating individual patterns in the Pull. It was while following a pattern in the Pull in this manner that Curiosity had, for the first time ever, fallen asleep.

Curiosity experiences The Separation

Curiosity awoke screaming (screaming?) in pain (pain?) from the pressure (what's pressure?) and the cold (cold, what's cold?) as it was expelled into a place (place?) where Curiosity first experienced The Separation. The pattern Curiosity had been following led to being born in the body of an infant living in the physical world. In time (time?) the baby grew, following the pattern Curiosity had unknowingly joined, in a place with hot and cold, dark and light, wet and dry. After it was born the clashing symbols of everything it experienced soon overwhelmed any awareness of who or what it really was. Its curiosity led it to follow every detail of its pattern so intensely it had no memory it had ever been anything else but alive in this pattern. This physical world had suns and planets and moons and stars and galaxies in a universe so vast it seemed to have no end. The planet it lived on, earth, had air to breathe, food to eat, things to touch and feel. Being Separated from awareness of who and what it really was did have one advantage. It could no longer hear and feel the screech and scratch of the emotional energies of ALL those other beings in the Pull. Concentration on the pattern it had joined was effortless for Curiosity now. Awareness of all that other jamming noise was gone. Best of all there were other Separated beings there to interact and play with.

Curiosity lived this first life, gathering in every thing it could find until finally, old and sick, it died. Back in the horrendous noise of the Pull, without the protection of unconsciousness, being dead was quite a shock! Curiosity quickly dove back into the relative quiet of unconsciousness to avoid the noise of the Pull. At death everything it had gathered, all it had come to know while living on this earth, came with it. Of course everything it had gathered remained with it when it dove back in.

Curiosity repeats the cycle in an almost endless loop

In that first life there were so many things left undone, unexplored and unknown. But most of all there were the emotional things, unresolved, between itself and other Separated beings. Curiosity, still asleep, had to go back again and again to find those beings it had been with before. There were wrongs to right, debts to pay and collections to make for what was due. You can guess what happened. Each time Curiosity went back again, born into a new body and new circumstances, it became further entangled in a bigger emotional web than before. New patterns to join, old ones to combine, the possibilities were endless. It's a good thing time has no meaning because Curiosity spent eons in this almost endless loop.

After the last cycle, Curiosity wakes up

Almost all the possibilities of that first pattern Curiosity had joined in the noise had played themselves out when it first began to remember who it was. It was memory of past lifetimes it had spent after being drawn back in by the Pull that had led to awakening. It was while floating in space, not far from earth, that Curiosity first realized what had happened. With most of the noise tuned out by its barely conscious state Curiosity had been looking down toward earth when it remembered. It saw memory after memory of lifetime after lifetime it had spent on earth. It remembered all the way back to when it had first been following the Pull and why. Curiosity remembered it was a probe sent by Consciousness to explore Itself and Its unknowns. It remembered being attracted by the Pull of emotional energies and closing down its awareness to allow gathering everything it could find. It remembered how it had then fallen asleep. Curiosity remembered becoming enmeshed in the emotional energies of the Pull and becoming lost in the Separation. Curiosity began to understand and know the essence of the Pull.

What Curiosity learned about the Pull

When Curiosity had first arrived the noise of the Pull had been a loud, random jumble of too many different feelings at once. It was like hearing billions of different radio stations blaring out their messages all at the same time. With Curiosity's awareness open to its normal level so much flooded in at once it had been impossible to listen to a single radio station at a time. With Curiosity's awareness closed down, just above unconsciousness, almost all the stations became an easily ignored background hiss. Closed down to this point Curiosity could tune into the thoughts and feelings in a single pattern in the noise. It had been able to follow along as these single patterns carried out their strange and convoluted purposes. Closing

down awareness was the Separation that allowed one to survive and explore within the horrendously disorganizing noise of the Pull. Curiosity understood all who lived within the noise had of necessity closed down their awareness level. They were all living in the Separation to one degree or another. If they hadn't closed down they would be constantly bombarded by the horrendous, jumbled noise. They'd feel and hear the thoughts and emotions of every living thing in the entire physical world universe. Closing down was the only way to explore and it was the resulting Separation which blocked any memory or knowledge one's true identity.

Separation's effect on Curiosity's Purpose

Emotional energies and events were so engaging, so distracting, and led to so many different places. Curiosity had been unconsciously gathering these for eons of lifetimes. Consciousness had been aware all along of course, but with the Separation Curiosity had chosen there wasn't much Consciousness could do but watch. There had been no need for Consciousness to interfere. Conscious or not, Curiosity was still fulfilling its Purpose. It was gathering all the fine details of living in this place called the physical world.

Curiosity becomes a Disk.

Curiosity knew when it first closed down to explore one pattern in the noise that all the other noise would have to be investigated too. There was so much more to learn within the Pull. But now, not willing to fall sleep again and become lost in patterns that randomly came along, Curiosity decided to make a change. This time Curiosity would remain aware of who and what it was. Some of the lifetimes in Curiosity's collection had followed similar patterns of emotional energies. Each had learned more in different time frames about details of a particular pattern. Some had been devils. Some had been saints. There were many, many others everywhere in between. Curiosity began to group together each of its selves who had followed similar patterns in its lifetimes. As it did, each group began to form a basic, coherent personality. When they were all sorted out and merged into their partners there were ten, maybe twelve, distinct emotional energy patterns or personalities. Curiosity gathered its selves all together in a constellation of Knowing, a Disk, a Cluster. All had become inseparable parts of what Curiosity now knew Itself to be.

Curiosity has a plan.

Looking at its collection, its Disk filled with the experience of its lifetimes, Curiosity pondered how to gather more it didn't know. By combining emotional energies, personalities on its Disk, into new patterns Curiosity could assemble new personalities. Each one it assembled from itself could be different than any combination Curiosity had experienced before. Each would have the same Purpose as Curiosity. Each would explore the unknown and gather in all it could find. Each would explore wherever its particular set of emotional energies Pulled it. Curiosity would stay at a safe distance away where the Pull was not so strong that it might be tempted to fall asleep again. In this way Curiosity could safely explore the rest of the horrendous noise of the Pull. Curiosity would use these newly assembled, combination personalities to make its own probes!

Curiosity prepares probes of its own.

Curiosity was delighted with the simplicity of this plan. Using itself as a model Curiosity fashioned many probes, all connected to itself by a fine, thin filament of awareness. Each probe was connected to every part of itself on the Disk of Curiosity's personalities. Curiosity would launch these probes into the cycles of lifetimes on earth. They would follow their paths for lifetimes to where ever their patterns took them. But this time it would be different. Curiosity would stay back far enough to never fall asleep in the web of the Pull again. It would watch the progress of its probes, maintaining contact through the fibers of awareness, and safely gathering all the while.

Curiosity launches its probes.

Unhindered by considerations of time or space Curiosity was free to chose any where or any when in earth's future, past or present. These any wheres and any whens would serve as starting points for the probes. Pinpointing patterns within the Pull not yet fully explored, Curiosity launched its probes into times and places in the physical world. Oh sure, they would be lost in the Pull as they followed their patterns, but they would be gathering all along their way. Through their filaments of awareness Curiosity would receive knowing of their every move. And of course Curiosity would send, from each part of its Self on the Disk, guidance through the twists and turns of paths. This Guidance was Curiosity's attempt to maintain a probe's focus on its intended purpose. Experienced as feelings, thoughts, visions, intuitions, dreams and such by the probes, Curiosity could suggest places to explore and things to do. Traveling through the filaments of awareness from the Disk this guidance would assist the probe. And back from the probe, through the same filaments would come the experience and knowing of more patterns in the noise.

Adding to the Disk.

Curiosity had known all along it was bound to happen. Eventually one of its probes would begin to wake up and remember the origin of its curiosity. Once in a great while a probe came back to the Disk during one of its dreams. Probes hardly ever remembered the encounter after they left and reentered the distraction of the physical world. In fact during the dreams of probes was almost the only time Curiosity could communicate directly with them in any way. Even then their entanglement in the Pull usually

distorted the communication so badly that such contact rarely added much direction to the lives of probes in the physical world.

It was always a treat when a probe began to wake up. It usually happened when they became curious about who and what they were. Some of them even found the Disk. It was a special treat when the probe had enough awareness to remember the contact. The more they remembered the greater the chance they would wake up on their own. When they did, wake up that is, they remembered the origin of their curiosity. That sometimes started a process of remembering that could culminate in a probe rejoining the Disk. When these probes rejoined the Disk they did so as new and distinctly different members of the Disk. They had been assembled as unique combinations of original Disk members and as such returned with unique understandings of the Pull. This was highly prized as it opened up so many more possibilities with which the noise of the Pull could be probed. As probes returned and remembered their origin, all they had gathered could be used to fashion new probes. Knowledge grew at an ever increasing rate as probes became capable of encompassing more and more of the Pull. This whole process had been going on for a very long time and the members of the Disk, all the parts of itself Curiosity had become, numbered in the thousands.

One of Curiosity's probes makes contact

On a Spring day in March of 1974 another probe had found the Disk. He had laid down on his buddy's toboggan, taking a short rest from the physical exertion of hauling steel across the snow. He had been in just the right frame of mind to remember when Curiosity sent the Guidance. He was mentally alert and relaxed with not much distraction in his mind. Curiosity had presented a vision of the Disk. The probe had seen it! It was such a captivating image, so different from anything he had ever seen before. It had a soft, gently beckoning Pull and just like Curiosity, the Probe was a sucker for the Pull.

This Probe begins to awaken

As the Probe pondered the meaning of the Guidance Vision the process of remembering began. He started to remember who and what he is. It took seventeen years for Curiosity to make direct, conscious contact again. Seventeen years went by for the probe before he heard, We Love You in the random, pink sound of another Pull. Now he knows he's an I/There. He's a less Separated part of the Total One Curiosity is becoming. And as he gathers more, satisfying his purpose, he knows some day he will rejoin the Disk as a new and unique member. He knows he is One with Consciousness who launched Curiosity as a probe, way back before there was a beginning. Of course Consciousness has been aware of this exploration of Itself all along, connected as it is by that fine filament of awareness to Curiosity.

Winking Out?

In Bob Monroe's description of his I/There or Cluster he talked about watching as the last member of another cluster returned. He described that when this happened the cluster would wink out, it would disappear. He speculated that such a cluster might decide to create It's own reality, somewhere else. Perhaps this new reality would effect the experience of other probes it caught in orbit. Perhaps it would make a better world. I have not yet personally witnessed a cluster winking out so I don't know if that part is true. When I do maybe I will find more beyond that point to tell.

I hope you have been able to listen to my story about Curiosity with your feelings. If you listened to the words it probably sounded confusing. As I have continued to explore the New World of the Afterlife I have gained more insight into the vision of the Disk. It seems to suggest that we all exist simultaneously in many different locations. The Afterlife contains more than just dead people. We who consider ourselves to be alive live there too. I don't yet feel I know all of what that vision means, but I do know, I am Curiosity.



Method 4 The Work of Bruce Moen

Afterlife Explorer

Bruce Moen received his original training from the Monroe Institute and attended many of their programs including their "Lifeline" program mentioned earlier. Bruce is the author of four wonderful books: "*Voyages into the Unknown*", "*Voyage beyond Doubt*", "*Voyages into The Afterlife*" & "*Voyage to Curiosity's Father*".

These books make up the current four volumes of the Exploring the Afterlife Series. As their titles suggest, these books are the experiences of Bruce's numerous voyages of discovery in the afterlife. Each one of these books is a fascinating read, an invaluable handbook of afterlife research.

Bruce also teaches remarkable workshops entitled "Exploring the Afterlife". He claims that he can teach almost anyone to explore the Afterlife & get concrete verification that their experiences are real. Participants learn how to make contact with those who have died and can help those who have become "stuck" move on. This is all done without the use of Hemi-Sync technology. Amazingly, no prior experience or advanced psychic ability are required, just the ability to imagine.

During these workshops Bruce has had excellent results in enabling participants to experience concrete, verifiable contact with deceased relatives, together with verification of the reality of those experiences.

Bruce teaches these amazing abilities in only two days. His workshop includes exercises in breathing, relaxation, the power of intention, enabling perception in non-physical realities and how to make contact with those who have passed over, amongst many other things.

Bruce teaches that the doorway to perceiving in non-physical realities is through using the power of the imagination.

The Creative Power behind Imagination

Normally, we may associate our imagination with fantasy.

However, this is not always the case. In the non-physical States of existence anything that we can imagine is immediately created. Therefore, by the correct use of the imagination we have in our possession an extremely potent means of creation.

The same is also true in the physical world; it is a reality of life, that what we believe strongly about ourselves actually moulds our reality. Through using this power of imagination, by visualising what we need together with a strong intention to bring it into our lives, at some point in the future, what we have imagined will manifest. There are numerous books on the power of creative visualisation available in almost every bookshop.

Although using this method to create the reality we want in this physical world takes time, in the non-physical realms, what we create with our minds manifests immediately in those non-physical realms. Many people have heard the expression Energy follows thought. This is quite correct and applies to both physical and non-physical realms of existence.

Imagination, being such a creative force, can also enable us to perceive in the non-physical worlds or afterlife. Bruce also teaches techniques to enable verification of the reality of those non-physical experiences.

Whenever we visualise anything in our mind we are using the power of imagination. We perceive in the afterlife in exactly the same manner. In other words we see pictures in our mind along with certain emotions. This may sound like pure fantasy and indeed sometimes it may be. However, with practice we can begin to distinguish the difference between real impressions and fantasy. We can also get verification of the accuracy of many of these impressions.

Retrievals

Normally, when a person dies they go through the experiences mentioned earlier. However, in certain circumstances a person may become stuck after physical death. In his workshops Bruce's teaches people how to carry out *retrievals* of those who become stuck after physical death.

It is possible to get stuck for a variety of reasons such as:

A person may die in their sleep and on regaining consciousness in the afterlife, may not realise that they're dead. They may be rather confused when they realise that friends and loved one's, who they can see very clearly, are completely ignoring them and walking right past them.

Sometimes people become stuck if they have died very suddenly and don't realise they have died, or if they have died in a very traumatic way.

Also, what a person believes during physical life can have a great effect on what that person experiences after death. A person who believes utterly that after death there is nothing but complete blackness, emptiness and annihilation may often experience what appears like a deep sleep or dreamless state.

A person who has died and becomes stuck usually has their point of focus turned towards physical reality and earthly life. It is therefore often easier for a person who is still physically alive to make contact with them, and move them on to a place that most suits them, than it is for a being from a non-physical realm to assist them directly.

A person that has become stuck after death may often see people in the physical world going about their daily business. However, it can be very difficult for non-physical helpers to make contact with these people who have become stuck after death. The person who is stuck may actually perceive these helpers or non-physical entities as ghosts.

Bruce Moen (and the Monroe Institute's Lifeline Programme mentioned earlier) teaches people how to make contact with someone who has become stuck after death. Once this contact has been established the "stuck" individual may then be introduced to a non-physical helper who can then assist them to move on to their true destination.

Conducting Your Own Retrievals

The following excerpt is taken from Bruce's fascinating book *Voyages into the Unknown*:

APPENDIX C: GUIDELINES FOR AFTERLIFE CONTACT

A woman died recently. I never knew her. Seemingly in good health she'd given all the signs of someone preparing to leave this world. Over the past months she'd satisfied her urge to visit her grandchildren, friends and relatives who are scattered across the country. Then, quite unexpectedly she had a stroke. In less than a day's time she entered the Afterlife. Her timing couldn't have been better. I was attending a seminar at TMI in August 1996 when it happened. My manuscript was finished except for a suggestion by my publisher. He'd asked me to consider writing guidelines for readers who might wish to join in assisting the recently departed. I'd queried other seminar participants, wondering how someone without my formal training and experience could accomplish such a thing. Before breakfast the last day of the seminar I had my answer.

Janet, the woman's daughter-in-law, and a fellow seminar participant, had gotten a phone call at midnight from her son telling of Grandma's stroke. The next morning, as I stood alone on the deck outside with my cup of decaf and cigarette, Janet stopped to share with me what had happened. She knew about my retrieval activities and asked me what she could do to help grandma. I'd been puzzling over this very issue for over a week. As I tried to answer her question something came through me and out into the air between us as words. We were both hearing them for the first time. I've added more detail to our conversation than actually occurred to clarify the method. In the few minutes of that conversation the procedure I'd been trying to come up with was born. It's no accident that Janet is a midwife.

"First you need to get Grandma's attention."

"How?" Janet asked.

"Start by relaxing. You're familiar with Focus 10. Lie down, move to Focus 10 and let your mind clear of distractions. Any quiet, meditative state will do. Then bring Grandma to mind, remember a time you and she were together, talking pleasantly. Allow yourself to feel what it was like to be with her."

"Like when she was visiting last Spring and we sat out on the patio drinking ice tea?"

"That would do fine. The important thing is to remember what it felt like to be with her. How you felt as you talked to each other, the sound of her voice, your surroundings. Bring it all back to mind, remembering as much detail as you can."

"Surroundings? You mean like the patio table and chairs, the hot sunny day, the shade from the patio umbrella?"

"Exactly. Bring to mind as many details of the time you were together as you need to be able to feel what it was like to be there talking with her. Then begin a pretend conversation with her."

"Pretend?"

"Yes, pretend you're telling her about the time you were sitting out on the patio, drinking ice tea. Pretend she's listening as you reminisce with her about that time together. You can even pretend that she talks back to you, reminding you of things that happened or things she said."

"Why pretend?"

"It's a way of opening up the power of your imagination. Imagination is a nonphysical means of communication. I use the word pretend because it doesn't matter if you believe your conversation is really happening or not. Only that you pretend it is."

"What if I can't actually 'see' Grandma or the patio or 'hear' her voice while I'm pretending?"

"That's completely okay. You are only pretending after all, just pretending to see and hear her. You don't have to actually see or hear her for you to be able to contact and assist her."

"I don't?"

"No. In fact, that you have any conscious awareness of Grandma, your surroundings or conversation is not necessary for you to be able to assist her. The only thing that's necessary is that you pretend to."

"In my pretend conversation with her could I tell her things I wanted to say before she died? Would she hear me?"

"Yes. From my experience I know she'll hear anything you say to her in your imaginary conversation. I know lots of times people wish they would have told someone something before they died and wish they still could. Yes, if there's something you want say to her I know she'll get your message. You can do this

any time."

"Is it possible I might actually 'see' or 'hear' something that is really happening while I'm trying to help her."

"Yes. That's entirely possible. From my experience the more willing you are to go along with the pretending the more likely it is such a thing might happen. Something might happen during your pretending that you know you didn't pretend. These are usually small details like something Grandma might say or do that you had no way of knowing about beforehand. That's a sign of actual conscious contact with Grandma if it happens. But it's not at all necessary that it happen in order to help her."

"Okay, so I'm pretending a conversation with Grandma, feeling what it felt like to be there with her, then what?"

"Next bring to mind another person. This could be someone both you and Grandma know who already lives in the Afterlife."

"That could be Grandpa. He died several years ago."

"Bring Grandpa to mind. Remember how he looked, who he was and what it felt like to be in his presence at a happy time. Invite him to join you and Grandma. Using your example, you might pretend to invite him to come and sit down on a patio chair at the table. Pretend your pouring him a glass of ice tea. Pretend you're calling Grandma's attention to the fact that Grandpa is joining the two of you. Pretend a conversation with him in which you tell him you're trying to help Grandma to go to right place for her."

"Like, 'Grandpa, I'm trying to help Grandma go to Heaven?'"

"Sure. I might say 'the Park' or 'the Reception Center', but you can use Heaven, Paradise, or whatever your own beliefs would allow. Then pretend that Grandpa begins to talk to Grandma. Pretend he tells her he's come to take her to that place. Pretend she sees him and talks to him. Pretend they stand and embrace. Pretend that as she and Grandpa leave together that you thank him for coming. You could even pretend he turns and says something to you as they leave."

"That's all there is to it?"

"Yes, it's as simple as that. Afterwards you might want to jot down in your journal any impressions you had during the experience. How it felt, what happened, what was said, things like that."

"After she leaves could I still tell her things I wanted to say before she died, but didn't?"

"Yes, of course. You could use the same patio scene, and invite her to come. Just pretend she comes and in your imaginary conversation tell her whatever it is you'd like her to know. It's a lot like prayer. From my experience I know your message will get through to her."

"But what if I don't believe any of it really happened?"

"That's perfectly all right. If all you did was pretend you felt any of it happen I can assure you Grandma heard you and got the assistance she needed. She and Grandpa, or the Helper who came in his place, will be in contact with each other. Once they can communicate Grandpa or the Helper will be able to do whatever is necessary to assist Grandma from there on."

"The Helper?"

"Sometimes the person you decide to invite may not be available for some reason. I've seen that happen once or twice. In those cases someone who lives in the Afterlife will come in that person's place."

Sometimes it might be someone else Grandma knows. You might even get an impression of who that person is. Sometimes it's person who volunteers to do these things, I call them Helpers."

"And if I don't believe in any of this"

"That's okay too, as long as you can pretend it's happening. Besides, what do you have to lose?"

"Well, I personally do believe in an afterlife, but even if I didn't I can't see any harm in trying."

As Janet and I stood on the deck talking a TMI staff member came out to tell her she had a phone call. Moments after she left, the overwhelming sadness I began feeling told me Janet was hearing over the phone that Grandma had died. I also knew that while she and I had stood talking she had been imagining the events as they were described. I knew Grandpa had come to the patio table as we talked about him. I knew Grandma had seen him. And I knew they had left together.

Contact and communication with those in the Afterlife is as easy as thinking about them. As easy as remembering what it felt like to be in their presence when they were living Here. Communication using thoughts, feelings and impressions is always a component of my explorations in the Afterlife. Even when I believed I was making it all up in my head it still worked. For anyone with a sincere desire to contact and assist a departed loved one this method of communication will work. It's really not much different than what might be taught in church or Sunday school as silent prayer. Just a quieting of the mind and then expressing what you want to say in your thoughts.

A week after I returned home from the seminar I received a letter from Janet. A little while after we had the conversation above, she used the technique to try to assist her mother-in-law. Janet is a powerful woman with a highly developed sensitivity at a nonphysical, energetic level. Her awareness level is more developed than the average person. She's a skilled meditator and chose to try to assist Grandma during a walking meditation. Janet's description of her experience confirms, for me, the usefulness of the method. Paraphrasing her letter:

After talking to you, I decided to do a meditation walk and decided to walk the labyrinth. (Note: the labyrinth was a special, circular footpath constructed by two other seminar participants.) As I walked I thought through the instructions you had given me. I had an immediate awareness of Grandma's presence. Then I called in Grandpa and felt/saw a merging of bright light as the two of them recognized each other and felt their love for each other. As I got to the center of the labyrinth, I felt/saw a blaze of light

that seemed to completely surround and interpenetrate me. It was a very ecstatic moment - the three of us connected to the entire universe. I just stood there in glory with them. I felt Grandma's gratitude that this sassy daughter-in-law that she loved like one of her own kids had been there for her. Seems like I also felt some kind of apology from her about some times she had been critical of me. Sort of like she saw me from a different perspective and was being called on to review some of her actions.

Gradually I took my leave and began to walk out of the labyrinth. It was a feeling of great celebration. On a humorous note, I thought I should check in with Grandma about whether or not she was ready to go to the light. She definitely was not! She wanted to stick around with Grandpa for the funeral. Just like her to never miss a family get-together!

Some might question the need for attempting to assist a loved one who now lives in the Afterlife. For the vast majority of them it's most likely true no such assistance is necessary. In the balance of things it can do them no harm to try and has the potential to do much good. It may provide just what's needed to help your loved one become aware of their situation. It may provide the means of bringing into their awareness those who've come to meet them. It may bring Afterlife Knowledge to you through your own direct experience. All of these things are possible.

PROCEDURE FOR ASSISTING A DEPARTED LOVED ONE

So to summarize the technique I received during my conversation with Janet the following procedure can be used.

1. Lie down in a quiet place where you won't be disturbed or distracted. No ringing telephones, sudden loud noises or interruptions.
2. Close your eyes and allow yourself several minutes to completely relax. If you know how to meditate that's a perfect way to do this step. If you feel you don't know how to relax sufficiently you can contact TMI using the 800 number on the card in this section. They can provide a Hemi-Sync&Reg; tape especially for this purpose. Use the instructions that come with that tape to learn to relax in a quiet state of mind.
3. Bring to mind the person you wish to assist. Let's call this person Betty. Obviously you will use the name of the person you wish to assist. Pretend to remember a scene in which you and Betty were talking pleasantly while she still lived Here.
4. Bring to mind another person, one both you and Betty know, who previously entered the Afterlife. Let's call him Paul. Invite Paul to join the two of you.
5. Pretend a conversation in which you tell Paul that you would like him to assist in moving Betty to the best place for her. You can use any name for this place that fits with your beliefs.
6. Pretend a conversation in which you introduce Betty to the fact that Paul has joined the two of you.
7. Pretend a conversation between Paul and Betty in which they acknowledge each others' presence.
8. Pretend Paul and Betty leave together.
9. Pretend you thank Paul for coming.
- 10 Write down in your journal any impressions you had during the experience.

At this writing The Monroe Institute is considering the possibility of producing a special tape for use with the above outlined method. With Hemi-Sync sound support this tape would provide the relaxation necessary and voiced guidance in the procedure.

A NOTE TO SOME READERS

While reading *Afterlife Knowledge* some of you no doubt recognized landmarks you've already seen. You may have realized you've already begun exploring beyond the physical world in your own way. When I've talked to people about my experience some of them realize they've been doing retrievals. Sometimes they remember meeting a person in a dream and "providing transportation" to an airport, bus or train station. For some it's to a doctor's office, a hospital or an introduction to a third person. If this resonates with you, the people you meet in such dreams may be familiar to you or they may be total strangers. From my perspective such dreams are often valid Afterlife experience from which you can begin to explore further. Journaling such dreams and talking about them with others who've had similar experience can be very useful. Just the desire for more experience and information can be the beginning of your own journey. I'd like to encourage you to begin that journey. For me the rewards have been most gratifying.

For more information about Bruce Moen's fascinating work visit his web site at www.afterlife-knowledge.com

Recommended Reading

Voyages into the Unknown

Voyage beyond Doubt

Voyages into The Afterlife

Voyage to Curiosity's Father

Method 5 Electronic Communications with the Deceased



Instrumental Transcommunication (ITC)

Since about 1980 psychic researchers have claimed that contact with people who have died has also been made via radio, over telephones, on television, on answering and fax machines and computers. This more recent contact is called Instrumental Transcommunication (ITC) or Extended ITC or even Trans-dimensional Communication. It is highly evidential in that the contact is repeatable, is occurring in laboratories throughout the world, and is being subjected to close scientific scrutiny.

According to Mark Macy, Convenor of the American Continuing Life Research Foundation: the research laboratories in Europe are reporting extended, two-way communication with spirit colleagues almost daily, receiving wide-ranging information through telephone answering machines, radios and computer printouts. They are receiving video images on their television sets showing people and places in the spirit worlds.... As a result, for the first time in history, we are being shown direct physical evidence of what life is really like after we shed the physical body (Continuing Life Research, *Contact* Volume 1 #96/01).

During 1994 ITC experimenters in Luxembourg, Germany, Brazil, Sweden, China and Japan received paranormal telephone calls from Dr Konstantin Raudive who died in 1976 (Kubris and Macy 1995: 14). These calls were tape-recorded and analysed by voice experts.



The calls have continued since then and one two-way taped conversation in 1996 between Dr Konstantin Raudive and Mark Macy lasted for 13 minutes (Continuing Life Research video— *ITC Today 1997*).

According to Mark Macy's World ITC website (www.worlditc.org) scientists working for the International Network for Instrumental Transcommunication (INIT) received from the Afterlife:

- Pictures of people and places in the afterlife on television that either appeared clearly on the screen and remained for at least several frames, or which built up steadily into a reasonably clear picture over multiple frames
- Text and/or picture files from people in the afterlife which appeared in computer memory or were planted on disk or similar recordable media
- Text and/or images of people and places in the Afterlife through FAX.

Such contacts, which were received by European experimenters over a 10-year period and were enjoyed by other researchers from 1995 are giving modern researchers a view of unprecedented clarity into life after death.

The evidence collected by this now extensive group of reliable witnesses — including reputable scientists, physicists, engineers, electronic technicians, doctors, professors, administrators, clergymen, successful businessmen — is undeniably convincing to those who systematically investigate the EVP and ITC. The consistency of the evidence from different parts of the world is overwhelming.

One of the leading researchers in this field today is Sonia Rinaldi who leads the biggest ITC Association in Brazil, with nearly 700 members. She recently announced new contacts received via computer, answering machine, telephone and video camera. At public meetings in Brazil and in the United States large numbers of members and visitors were able to receive direct answers from loved ones in the spirit world.

Up to date information on her research can be read in English on her website ANT Associacao Nacional de Transcomunicadores in English. All her work is based on scientific control and her site contains scientific declarations issued by the most respected University in Brazil, USP - Universidade de São Paulo.

Recently the Institute of Noetic Sciences, an organization founded by Astronaut Ed Mitchell to bridge the gap between science and religion, announced that it will be working with Sonia in a project to examine the claims of ITC.

Mitchell decided to form the group after a spiritual experience while walking on the moon 25 years ago. Today the Institute of Noetic Sciences, based in California, is headed by Winston Franklin as President, and is composed of approximately 50,000 persons around the world, including some of the world's top scientists. IONS designs and funds various cutting-edge scientific research projects.

The Beginnings of ITC

In America the pioneers of this work were George Meek and William O'Neil who worked to establish Spiricom, a two-way communication system more sophisticated than EVP research. O'Neil was a gifted medium who was able to see and communicate with two scientists working from the afterlife. Using a modified side-band radio the voices of 'dead' scientists were captured on tape in intelligent and responsive conversations.



The reader is referred to a book written by John G Fuller. : reports the work of George Meek; called *The Ghost of 29 Megacycles (1981)*. This 351 page book describes in detail the very highly credible research of George Meek and the evidence he has produced to show that life goes on after we die. It is very highly recommended to the serious seeker.

Early ITC Breakthroughs

In West Germany Hans-Otto Koenig, an electronics and acoustics expert, developed sophisticated electronic equipment using extremely low beat frequency oscillators, ultraviolet and infra-red lights. On the 15th January 1983 he was invited to appear on Europe's biggest radio station, Radio Luxembourg that had an estimated listening audience of millions across Europe. Koenig was asked to give live on radio a demonstration of his newly developed ultrasound technique of conversing two-way with those who had 'died'.

Koenig installed his equipment under the watchful eyes of the Radio's own engineers and the presenter of the program, Herr Rainer Holbe. One of the Radio's staff asked if a voice could come through in direct response to his requests. Almost immediately, a voice replied:

'We hear your voice' and 'Otto Koenig makes wireless with the dead.' (Fuller 1981:339).

Other questions were asked. But then announcer Holbe, shaken by what he and everybody else had heard stated:

"I tell you, dear listeners of Radio Luxembourg, and I swear by the life of my children, that nothing has been manipulated. There are no tricks. It is a voice, and we do not know from where it comes" (Fuller 1981:339).

The station issued an official statement afterwards that every step of the program was carefully supervised. The staff and engineers were convinced that the voices were paranormal (Fuller 1981:339).

Naturally enough, more intensive public work was done by Koenig. Other experiments were carried out on Radio Luxembourg with similar success (Fuller 1981:339). One particular voice came through, stating, *'I am Raudive'*. The significance of this is that when Dr Raudive was himself alive he had written the book *Breakthrough* referred to earlier in which he had given full details about his own experiments with the EVP — more than 72,000 voices from those who had 'died' were recorded.

In the 1980's researchers in various countries were able to receive pictures of their 'dead' loved ones on their television screens. In 1985 Klaus Schreiber in West Germany began to get pictures on television tubes of persons who had died. The tubes used 'an opto-electronic feedback system.' There was positive identification in many cases by accompanying audio communication. Schreiber's work was the subject of a TV film and book by the formerly sceptical Rainer Holbe of Radio Luxembourg.

During the 1980's psychic researchers became aware of claims that various people had received telephone calls from loved ones after they had died. The calls were usually only of short duration and when investigated did not register on normal telephone monitoring and billing equipment. Some even came through telephones that were not connected. Scott Rogo wrote a classic book about them called *Telephone calls from the Dead* (1979).

A husband and wife couple working in Luxembourg between 1985 and 1988 with helpers from the afterlife developed two electronic systems, which

became significantly more reliable and repeatable than the systems developed earlier. Jules and Maggie Harsch-Fishbach in 1987 established computer contact, which allowed submission of technical questions to beings in the afterlife with high-speed printout of the carefully considered replies. Also in 1987 they got TV picture sequences of good quality (see *Psychic News* February 25th 1995).

By 1993 the research team in the afterlife was able to access the hard drives of computers and leave detailed, computer-scanned images as well as several pages of text. The computer-scanned images were far more detailed and less subject to distortion than the video images. Researchers on Earth were able to direct questions to their counterparts on the other side and receive answers by telephone, radio, TV, computer, or fax (Kubris and Macy 1995: 14).

The first colour television picture of a spirit entity was reported in October 1995 in association with a computer contact, when a German researcher awoke with a compelling urge to try an experiment with his colour TV set. Accustomed to receiving paranormal video images on his monochrome TV set, but only after being notified in advance by phone by his spirit colleagues, the researcher this time just turned on his colour set and trained his camcorder on the picture tube. At that instant, an image of Swedish ITC pioneer Friedrich Juergenson, deceased since 1987, appeared on the screen and remained there for 24 seconds.

Hearing a loud, cracking noise coming from the next room, the researcher ultimately got up to investigate. Upon entering the room, he discovered his computer had been switched on paranormally and on the screen he found a typed message to him under the name Juergenson, the early EVP experimenter.

Judith Chisholm, founder of the EVP & Transcommunication Society for the UK and Ireland claims that a huge breakthrough for her came with the purchase of a digital recorder, which by its nature cannot record extraneous, broadcast transmissions. She claims that she is now able to record two-way conversations at will with 'dead' people, including her son and primarily a friend and colleague of hers who 'died' in 1986. Her forthcoming book relates how when she can't find time to record, spirits seek her out via her digital telephone answering machine.

Can anyone make contact using ITC?

While there are literally tens of thousands of experimenters making contact through EVP, there are only a handful of experimenters making contact through ITC.

According to those working in the field, this is because ITC can only work with the co-operation of two teams of dedicated scientists, one on Earth and one in the afterlife. Sonia Rinaldi writes on her web page that her team worked unsuccessfully for three years until they were able to attract the energies of a group of scientists in the spirit world led by Dr. Roberto Landell

de Moura, an early pioneer of radio. The European group work with a highly organized sending station in the next world called Timestream.

All of the experimenters working in ITC attest to the importance of harmony, unity, absence of ego and altruistic motive as well as a passionate desire for contact and a constant, favourable holding in thought of a deceased person with whom there is a strong emotional attachment.

Mark Macy has been a key figure in world ITC documenting the results of the most prolific receivers of ITC contacts, organizing annual research seminars on both sides of the Atlantic, obtaining the first significant ITC contact in the United States.

Currently, in the year 2001, he claims to be experiencing miracles in his lab, including colour images of spirit beings on a reliable basis and steady improvement of radio contacts toward loud, clear dialogue. His forthcoming book *Miracles in the Storm*, due for release in November 2001, gives details of this work.

Extract from Victor Zammit's Web Site (A Lawyer Presents the Case for the Afterlife) www.victorzammit.com

The following is also an extract from the Web Site of Victor Zammit

Support from the Vatican:

It may surprise a number of people that the Vatican actually has a psychic department and has priests who make contact with spirits. The Vatican has a department that deals with the Electronic Voice Phenomenon and is getting spirit voices from the 'spirit world.' It must not be forgotten that for many years it was the Vatican, which urged people NOT to meddle in any aspect of psychic phenomena; indeed it prohibited Catholics from doing so- unless specifically exempted. Now it is NOT a 'sin' to conduct EVP experiments.

Historically, in the first centuries of Christianity psychic mediums were given the same prestige as the priests in temples and churches. But eventually the priests lobbied to get rid of the mediums because the mediums were getting information which conflicted with what the priests were allowed to accept.

Conducting your Own Experiments

The easiest method for anyone to try to record spirit voices is using an ordinary tape-recorder recording the hiss from an FM radio that is tuned between stations. Having placed the intent to have a communication, one should speak aloud the question one wants answered. The cassette recorder should be switched on to record the hiss from the radio (known as white noise). After recording this hiss for a period of minutes, the tape can be replayed and listened to carefully. It may take a number of times before these voices can be recorded. However if one's intention is correct and the desire is strong these spirit voices can often be caught on tape.

For more detailed information about EVP & ITC visit Mark Macy's web site:
www.worlditc.org

Recommended Reading

Miracles in the Storm by Mark Macy

Conversations Beyond the Light by Dr Pat Kubris & Mark Macy



Method 6 Reunions with Departed Loved Ones

Reticular Activating System (RAS)

At any moment in time our brain is processing a number of simultaneous types of information coming in from the external world through our physical senses. A portion of the human brain that is sensitive to these changing external stimuli is known as the *Reticular Activating System* (or RAS). Whenever one of our senses produces an unvarying input, then our RAS directs our attention to other senses.

For example, if our eyes are presented with an unvarying visual input then after a period the RAS system decides that there is no important information coming in visually and directs awareness to other senses, creating what is known as a "Blank-out". Here our sense of sight is suddenly switched off.

Researcher Robert Ornstein discovered that "Blank-out" was not merely the experience of seeing nothing, but one of actually not being able to see at all, where the sense of vision is completely switched off. For instance during "Blank-out" the observers did not know, for instance whether their eyes were open or closed.

This phenomenon has been observed for thousands of years. One ancient meditation technique consists of simply staring at a cloudless blue sky until there is no sky. Many ancient traditions describe this "Blank-out" as experiencing "the void", "emptiness" or "the cloud of unknowing". The "Blank-out" effect seems to be the key to many of the benefits of meditation ranging

from stress reduction to increased sensory acuity & mental clarity. However, it is not easy to achieve this state reliably.



Ganzfelds & Ping-Pong Balls

Modern researchers have tried numerous ways of initiating Blank-out in the laboratory from dense uniform fog to translucent goggles. One very simple and highly effective method used by many scientists is to cut a ping-pong ball in half and place one half over each of the eyes. A beam of white light is then directed at each of the white hemispheres. The individual then stares at the white featureless void before their eyes. This unvarying featureless visual input is known as a Ganzfeld and has been particularly effective at producing Blank-out and deeply internalised meditative states of consciousness. As a result many scientists investigating the brain and consciousness use this method in their experiments.

Interestingly, in numerous controlled statistical studies; the Ganzfeld has repeatedly produced a significant increase in psychic abilities such as Telepathy, Psychokinesis and Remote Viewing.

It would appear from these experiments; that when sensory input ceases, the brain itself starts to bring forth its own stimuli directly from the mind. In this state the observer may undergo vivid hallucinations or visions. It would appear that this method is particularly useful in accessing the subconscious mind. It would appear from the findings of many, that our subconscious minds are in constant communication with and can perceive higher realms of existence at all times. The subconscious is also the avenue to our higher self.



Scrying

The principle behind scrying is rather simple and is not mysterious or supernatural in any way. Rather, when our brain has no stimulating input through our normal senses, our mind itself brings forth its own internal stimuli. Thus by fixing our gaze on an opaque featureless surface with no reflections (whether, crystal, water, oil or glass) there comes a point where our mind itself brings forth these images, sounds, smells, feelings etc. These projections from our mind may range all the way from fleeting glimpses of clouds to full 360-degree visions complete with all normal senses.

The ancient art of scrying has been with us for thousands of years and amazingly the research by Dr Raymond Moody tells us that most people possess the innate ability to bring forth visions of the Afterlife when the conditions are correct.

Dr Raymond Moody, famous for his studies of Near-Death Experiences experimented with a number of ways of inducing facilitated apparitions in a controlled setting. Dr Moody studied the classic works from Ancient Greece

which described how people wishing to contact a deceased loved-one used to consult an 'oracle' at a Psychomanteum.

A Psychomanteum was a specially built structure that used mirrors to help facilitate the psychic process. Dr Moody has been able to reconstruct that ancient process with truly astonishing results:

Reunions with Departed Loved Ones

Dr Raymond Moody discovered that most people could have reunions with departed loved ones when a number of simple steps are followed. These steps are followed throughout the course of a full day at Dr Moody's Theater of the Mind in rural Alabama.

The subject would take an extended walk in the countryside during which they explored, together with Dr Moody, the subject's motivation for seeking this experience. Then, after a light lunch, there would be an in-depth interview during which the details of the subject's relationship with the departed were brought to light and discussed fully. Mementos associated with the departed loved one, which were brought by the subject, would be displayed and the meaning of each discussed in depth. The subject would then be conducted into an apparition chamber that contained a large mirror inclined at an angle so that no reflections were visible in it. Under subdued lighting, the subject would be instructed to gaze deeply into the clear depth of the mirror. Afterwards, the subject would be conducted into separate interview and allowed to describe his or her experience in full detail and to ventilate emotionally.

Astounding Success

Amazingly over 85% of those undergoing the above-mentioned procedure experienced vivid visionary encounters with departed loved ones.

There were a number of highly surprising features in these results:

Thus far, all subjects have taken the reunions to be real events and not as fantasies or daydreams. Approximately twenty-five percent of the subjects encountered some other departed loved one than the one they had prepared to see. Approximately twenty-five percent of the subjects experiencing apparitions reported some further encounter with the departed after they returned to their own homes. Subjects said in one way or another that the reunion had helped them resolve unfinished business with the deceased.

- These visions did not disturb the participants but instead seemed to add closure to an unresolved part of their life
- In certain instances the vision was not of the person that was expected but instead a person who had unfinished personal issues with the participant
- The visions communicated in an intellectual manner with the participants
- The participants claimed that it was a real person that contacted them and not just a vision of that person

- In some cases when contact was made with a deceased loved-one, information was transmitted to reveal something that the person seeking contact did not know.

Results replicated by other Researchers

Thus far, this procedure has been successfully replicated by at least ten other investigators working independently. We can now say that the common human experience of seeing apparitions of the departed can be precipitated in psychologically normal subjects under controlled circumstances.

For more information on this fascinating phenomenon visit Dr Raymond Moody's Web Site at www.lifeafterlife.com/html/xref3.htm

Also further information at www.psychomanteum.com

Recommended Reading

Reunions (Visionary Encounters With Departed Loved Ones) by Dr Raymond Moody

Scrying for Beginners by Donald Tyson