

Slide 1: Soul2Soul Educare Presents **“Understanding Death & The Beyond”**

Most of us live in fear of death. The mere mention of the word “Death”, causes stress to many.

Slide 2: People fear death because:

1. Fear of the unknown
2. Attachment (Leaving behind things and loved ones held dear)

Slide 3: The reason why we fear death is because as Francis Bacon said "**Men fear death as children fear to go in the dark; and as that natural fear in children is increased by tales, so is the other.**"

Francis Bacon

Slide 4: We fear the unknown. In the movies, they tend to portray the angel of death to be some dark sinister being with a scythe.

Slide 5: Death is inevitable, it is going to come, so this is why this seminar is so important to:

Click: remove fears of death,

Click: understand what happens after you die,

Click: prepare for death. In order to have a wonderful death, one must live a wonderful life! In this seminar we will also give you methods to live a more auspicious life prior to death in order to achieve liberation from the cycle of birth and death.

Questions like: Does life end with the end of the physical body? What happens after we die? Where does the individual go? What is heaven and hell? Answers to these and many other questions will be addressed in this seminar.

This seminar is a compilation of works from various masters, Holy Scriptures, and scientific journals on death.

You will see where the source of the information came from at the bottom of the screen in yellow text.

Slide 6: Most people don't wish to die...even unhappy people generally don't want to die.

Source: Dada J.P. Vaswani Life After Death. **Click:** An interesting story by Dada J.P. Vaswani portrays this: There was a woman who went to a Sage, complaining about how terrible her life was, she had an incurable disease, her relatives had disowned her and thrown her out on the streets, she had nobody to take care of her. She said that it were better she were dead and said she had no desire to live anymore. So the Sage asked her “Do you really wish to die”. She said “yes I would welcome death with open arms”. So the Sage, brought out an innocent powder and said to her “Here take this powder, and within a few hours, you will be dead, and free from all suffering and pain. The woman was taken aback, and said “I have a number of urgent errands to run right now, and I will be back for the powder”, and she disappeared.

So most people don't wish to die but after this seminar, hopefully your view on death will change.

Slide 7: Death should not be feared

Many of us are afraid of death. According to all the saints, sages, scriptures, death can actually be a very pleasant experience. It's like going to sleep.

How many of you like to sleep? Sleep is such a sweet experience. Sleep is death's twin brother – these are the words of Tennyson. A famous painting in 1874 by John Williams Waterhouse entitled *Sleep and his Half-brother Death* portrays this.

Slide 8: Death is like going home

We are all travelers-only here for a short visit:

Click: There is a sufi story from *The Persian Memorial of the Saints* by Attar about King Ibrahim of Balkh (N of Afghanistan), he had everything in the world, yet he was not happy, and didn't know why. He kept questioning, "What is this void I am feeling?" One day, a stranger entered his Court, and spread a mat on the floor and lied down on it. The King was offended at this stranger's conduct, and asked him "What do you take my palace to be?" The stranger replied, I thought this was a traveler's inn. "How dare you call my palace a traveler's inn". The King thundered. The stranger then said, "Okay answer this question, who lived in this palace before you occupied it?" The King said "My father", and "Where is your father now", and the King replied "dead and gone". And who lived there before your father", the King said "My Grandfather". "Where is he" asked the stranger. "Also dead and gone" replied the King. And who lived there before your grandfather". "My great grandfather". He is also dead and gone? Yes. Then surely this is a traveler's inn. For people come here occupy this place for a while, then move on. You too king have to move on. The stranger then vanished.

But the words lingered in the king's heart. He kept thinking this is not a palace but a traveler's inn.

One night this king heard a Voice, "O King if you want an answer to your questions, you must renounce! Renounce! Renounce!" The King renounced the palace, like Buddha, he took off his royal robes and put on the simple clothes of a sufi sage. He moved from place to place with the same question in his heart "What is the meaning of the mystery of this endless adventure of existence?" "What is death?" He finally arrived in India, and spent some time with a yogi. This is a true story of this great monarch who became a mystic. His awakening happened with the mere thought "this world is a traveler's inn".

This world we live in is like this, we think it's a palace, with all its luxuries, all our desires being fulfilled, but ultimately it is a traveler's inn, because we will have to leave it. This is not our true home. We come here for a purpose, and we keep chasing the shadow shapes of pleasure and possessions, and forget our true purpose.

Slide 9: There are 2 types of death

Just like there are 2 types of birth, the normal and peaceful birth or the un-peaceful birth when the Dr. has to do an emergency C-section etc, there are 2 types of death [**Click x2**], the peaceful death and the un-peaceful death. This is why many people struggle at the time of death.

The un-peaceful death takes place in the case of the person who lives in mortal fear of death and desperately clings to life, or when one is exceedingly attached to someone or something.

The peaceful death takes place when you accept...I am dying...death is my friend...I am not afraid...Death is a door leading me to a radiant world.

Slide 10: Natural & Peaceful Ways to Die

For a person who has not progressed much on the spiritual path, Here are a few natural and peaceful ways to die:

Slide 11:When our body just naturally ages, and different organs of the body do not receive adequate supply of blood which is necessary for their proper functioning. Hence one or another organ ceases to function, results in death of the body.

Slide 12:A stroke – when a small blood vessel in the brain becomes so weakened that, unable to cope with the pressure of the blood pumped by the heart, suddenly bursts. This is commonly known as a stroke, and is also a natural way of death.

Slide 13:The heart gradually becomes weaker, until it finally stops at the hour of lowest vitality, sometimes while one is asleep. This is also a natural way to die.

Slide 14:But for one who has progressed far enough on the spiritual path, he/she may choose their own time of death, and die with their mind fixed on the Lord, heart filled with love, and the lips uttering the Divine name.

Slide 15:Can Astrology predict the exact time of death?**Source: Linda Goodman's Star Signs**

Astrology can only tell you the time when death is *likely* to occur. Astrology is not like math, i.e. in math there is only one answer. In Astrology, so many factors are involved. The astrologers can only see the stars from one direction and the Universe is vast, they cannot possibly see all the directions. Hence astrological calculations may not be 100% correct.

Source: Brihat Parashara Hora Shastra

There are in the horoscope, however, periods when death is likely to occur, and so you can be forewarned, to take care during those times. These periods, are when the soul is likely to leave the body, but it is not necessarily bound to do so. We must not, however, become morbid, and look at our horoscope and say "I'm supposed to die on such and such day, so let me hide under my bed". Man is greater than these energies, and if you adopt a spiritual life, then you can go beyond the planetary influences.

Slide 16: Like a serpent, leaving its skin behind, that is what death is, we just leave our outer physical body behind.

Slide 17: The human build consists of 5 kosas (sheaths): Annamaya Kosa – physical body, Pranamaya Kosa - Vital airs sheath, Manamaya Kosa – mind sheath, Vignanamaya Kosa – intellect sheath and Anandamaya Kosa – Bliss Sheath.

Slide 18:

Info from: Theosophical Society – theosophical writings of Helen Blavatsky - C. W Leadbeater., Man, Visible and Invisible, 1902

Annie Besant, Man and His Bodies, 1911

A good analogy is: a man wears a vest, over it a shirt, and over the shirt, he wears a jacket, and in the winter time over the jacket wears an overcoat. **Click:** When the man takes off his overcoat, does he change as a man or does he remain the same man? This is what happens when man dies, he just takes off his overcoat or his physical body.

Slide 19:

He still remains the same man but now he is identified with his etheric double. The etheric double is built up of very subtle matter and has the same form as that of the physical body, hence the name etheric double. Psychics have confirmed this, at the time of a person's death, they have seen the etheric double coming out of the dying man's physical body. It is through the etheric double body, that vitality and prana flows into the physical body, hence keeping it alive and healthy. Prana is made up of 2 words "Pra" means forth and "na" means breathe. Hence Prana means "breathe forth". It is prana that makes the eyes see, the ears hear, hands and feet move etc. As long as the etheric double is in the physical body, the body can breathe and live. The moment the etheric double leaves, the physical body drops down and becomes inert and dead.

Slide 20: Dr. Raymond Moody in his book "Life after Life" gives accounts of 100's of people who have had near death experiences, where they have died, and come back to life. Many of whom said that even though they were suffering from a serious painful illness, a few moments before their death, the pain ceases, and they experience the most pleasant of sensations.

Slide 21: Let us watch a short film on what commonly happens when one dies:

Source: The Society Spiritual-Science Foundation *The Age of Christ* administers the complete works of Jozef Rulof. It was set up for this purpose in 1946 by Rulof himself.

From this video and most accounts of near-death experiences, we see that:

You continue to be what you were before death, your thoughts, emotions, memories, all remain unchanged.

You see your friends and relatives and you are greatly pained to see them mourning.

When you in the etheric double body see your relatives crying, you try to explain that you are not dead, but since you are not in a physical body, the people around you cannot perceive you.

After death, you watch your dead body as a spectator.

Slide 22: The Alive Cannot See the Dead (video excerpt of what dreams may come excerpt1 00:00-4:33)

This is why when someone dies, we must not grieve because when you indulge in weeping and wailing, you do great harm to your near and dear ones. The more we grieve, the more we cling to them, and so become a hindrance in their progress on the Other side. They feel unsettled because on the one hand they want to come and comfort you and on the other hand they feel blissful in the astral world and want to live there happily. So they become torn. Instead of crying think of how happy they are in the other world. Send them your love.

Plus the dead can hear our thoughts. For they still have the mind without the body, and their minds can read our minds.

Slide 23: Thus when a Hindu dies, they observe 12 days of prayer and do service by feeding holy people, this helps the dead on their journey onward because the etheric double body still lingers for a few days.

Slide 24: In the first film, we also see the etheric cord. The etheric double is connected with the physical body by means of a silver cord. When the etheric double leaves the physical body, the body dies, but if the silver cord is intact, there is the possibility of the etheric double reentering the physical body via the silver cord.

Some people in meditation experience music. Often this music comes from the silver cord. In meditation some people have out of body experiences. Every time the etheric double leaves the physical body and goes to higher regions, the silver cord is struck, and its music is heard. The more often this happens, the richer the music of the cord.

Slide 25: When the etheric double leaves, the body in a sense “dies”. In Buddhism, they say “one must die several times a day because it is in dying that one learns the art of true living”.

Slide 26: Source: Out on a Limb by Shirley Maclaine The silver cord being of psychic nature has no limitations of material kind, ie there are no limitations as to how far it can stretch. The etheric double body may get out of the physical body and travel many millions of miles and return to the physical body if the silver cord is not snapped.

Slide 27: There is an interesting story of how Adi Sankaracharya a great master from India, used the silver cord. One day some disciples asked him a question concerning marriage. Since he had no experience of married life and since he was a celibate, he asked them to give him a little time to answer their question. He moved out of his physical body, entered that of a king who had just died. The body of the king came back to life, and in the body dwelt the soul of Sri Sankaracharya, where he got the experience of married life. After a few days, he left the king’s body and entered his own body, and then was able to answer the questions put to him about marriage.

Slide 28: After you accept that you are identified with your etheric double, you are overwhelmed by intense feelings of joy, love and peace.

Soon you find your relatives or friends who have already passed on, come to meet you. Because you see fathers, mothers, wives, husbands, friends acquired during different incarnations on earth as they will appear from time to time in various parts of the astral realms, a soul is at a loss to understand whom to love especially, the soul learns to give divine and equal love to all. Even though the outward appearance of many near and dear ones may have changed due to different incarnations, you will recognize all near and dear ones because of the intuitive ability that all possess in the astral world. The period of time that elapses between the death of one physical body and the taking on of another physical body i.e. the period between death and rebirth, covers many many years in earth time (sometimes 500 to 1000 years). So if your near and dear one dies today, he or she will probably still be in the astral world by the time you drop your body. This is how one forgets one's earthly attachments when we see those who have passed on.

Slide 29: Source: Embraced by the Light by Betty J Eadie. Life after Life by Dr. Raymond Moody. Most people experience a being of light. Different people see different forms depending on whom they worshipped during their earthly life. Some people who have no religious beliefs, simply identify it as a being of light. If you have a Guru, a Guide, they will come to receive you. For others, their near and dear ones who have died before them, may come to receive them (like they showed in what Dreams may come)

Slide 30: Then every single thing you have done in public and private since the day you were born will appear to you in a panoramic view. The Christians may call this Judgment day – but you are not judged by any God but yourself, as if you are watching your own movie of your life. Imagine seeing everything, for people do so many things in private that they believe nobody knows about. You may begin to be filled with remorse and repentance. And the Being of Light will be watching this movie of your life with you. How would you feel at this point, things you thought were hidden from everyone are being witnessed by you and your beloved Being of Light?

With this feeling of remorse, you will have another feeling of absolute divine unconditional love, you will feel that in the presence of this Being of Light, who totally knows everything about you, a sense of total acceptance and love being emitted.

Slide 31: Source: Journey Through Death by Leslie Grist – Sant Mat audio recording of Radha Soami in South Africa

Most cases report that the Being of Light asks this question. “My child what have you done with your life?” What will our answer be to this question? Hence we must think twice about squandering our lives away on mere pleasures and possessions – the transitory joys of this illusory world. I leave you to ponder upon this thought. It is not too late, as long as you have breath in this body, you have the opportunity to fulfill the purpose you have come here for.

Slide 32: Death is like moving from one room to another which is far better and brighter than this room, so why fear death? **[Click]**

Source: The Gospel of Sri Ramakrishna by Swami Nikhilananda

As was the customs in the days of Sri Ramakrishna Paramhansa, his wife Sarada would have removed her bangles when she became a widow. Now the bangles around her wrists had been put on when she was a little girl, because she was only a young girl when she had married Sri

Ramakrishna Paramhansa, so try as she might, she couldn't take off the bangles, since her hands had grown since then. So she picked up a hammer and decided to break the bangles, when she heard the voice of Sri Ramakrishna. He had died the night before, and yet he was standing before her and he said "Sarada! What are you doing? I am not dead, but have only moved from one room to another".

Slide 33: Death is our friend

I ask you a simple question, if no plant, no animal, no insect, no human ever died since the emergence of life on earth, what would be the state of our world? Truly we would have a problem in this world, imagine tons of cockroaches, flies, insects, trees, plants, overcrowding. A soul uses a body to do its work, and when the body becomes weak and can make no contribution to life, the soul within it feels like a prisoner, and turns to death for release.

Since death is inevitable, why not embrace it? It's going to come one day. From time to time, we should meditate on death, which will take the fear out of death, because in reality, our true self never dies.

Slide 34: Our Dearly Departed can come to help us:

1. **[Click]** They appear to us...as I mentioned in the case of Ramakrishna Paramhansa appearing to his wife.
2. **[Click]** They can appear in a dream.

Slide 35: Source: Proceedings of the Society for Psychical Research, 1927, 36, 517-24. This is the publication of the oldest and one of the most prestigious parapsychological organizations. There was a farmer named "James L Chaffin". He had 4 sons - John, James P., Marshall and Abner. **[Click]** In Nov 1905 he made a will by which he assigned his whole estate to his 3rd son Marshall. Later he changed his mind, and in Jan 1919 he made another will and assigned equal portions of his estate to all 4 sons. Chaffin inserted this will between 2 pages of the family bible, and glued the pages together. He told nobody about this. In 1921 he died, so according to his 1st will the 3rd son inherited his estate. 4 years later, Chaffin appeared in his 2nd son's James P's dreams and spoke to him about his 2nd will in the family bible. Urged by repeated dreams, James P in the presence of witnesses, opened the bible, and lo and behold the will was there. This became a big court case called the Chaffin Will Case", and the Judge decided that the 2nd will must prevail, and thus all 4 brothers were given the estate.

Slide 36: The Astral World: Sources:

Life after Death – by Dada J.P. Vaswani.

Sathya Sai Speaks

King James Bible John 14:2

The Atharva Veda

The Other Side by Sylvia Browne

Autobiography of a Yogi by Paramhansa Yogananda

What Dreams May Come film by Stephen Simon

Slide 37: Death opens doors to other worlds**Source: Life after Death – by Dada J.P. Vaswani.**

A holy man wanted to remember death, so he asked that an artist draw a picture of death so he could put it up on the wall of his house and look at it again and again. The artist brought the picture to him, in which the artist showed the usual Grim Reaper with a scythe in his hand. The holy man asked “Why have you painted death with a scythe? The artist answered “Well Death brings down the Living doesn’t it?” The Holy man said yes it is true that death brings destruction to the physical body, but it also opens the doors to heavenly gates to the soul. Death is a door to a fuller, richer, nobler, more radiant life. Erase the scythe, [click] and give death a gold key instead”.

Slide 38: Source: King James Bible John 14:2 Jesus said “In my father’s house are many mansions”. What he was talking about includes the astral worlds. Death opens the doors to those worlds.

Slide 39: The moment you pass out of the etheric double, you will fall into a deep and peaceful sleep. When you awaken, you will find yourself in the astral world. Each man finds his own place. Your place is where the surroundings and conditions reflect the kind of life you have pursued on earth.

Slide 40: While the soul dwells within the physical body, it acquires a certain vibration. Everyone here vibrates at their own frequency. The more pure and unselfish a person’s actions are, the greater the frequency of the vibrations of their soul. When the soul is separated from the body, it goes straight to that part of the astral world which has the same vibrations as that of the migrating soul.

Slide 41: During your stay in the astral world you are gradually disentangled from desires and feelings you had during your earthly plain stay. Therefore the fewer desires you have here in the physical body, the shorter your period of stay will be in the astral world so you can move to the causal world.

Slide 42: In the Atharva Veda scriptures, it explains that there are 14 lokas or astral planes, the first seven are higher planes Satyaloka, Tapoloka, Maharloka, Janaloka, Svarloka, Bhuharloka, Bhurloka, and then the lower plains Atalaloka, Vitalaloka, Satalaloka, Rasatalaloka, Talatalaloka, Mahatalaloka and Patalaloka. are lower plains.

Slide 43: In meditation, one can reach these astral planes which exist in a subtle form in our own body:

- This world ...*Bhurloka* said to be in the feet;
- world between heaven and earth *Bhuharloka* in the genitals,
- heavenly world and the world of light *Svarloka* in the navel,
- heavenly world *Maharloka* in the heart
- world of Fine Material *Janaloka* heavenly world in the throat,
- a world of mental strength *Tapoloka* in the center between the eyebrows;
- *Satyaloka* world of truth in the crown.

Slide 44:

- *Atalam* in the foot soles,
- *Vitalam* in the nails,
- *Suthalam* in the heels,
- *Talatalam* in the hip,
- *Rasatalam* in the knees,
- *Mahatalam* in the thighs
- and *Patalam* in the anus.

Slide 45: The astral worlds are vast regions (100's of times larger than the material cosmos). They are made up of various subtle vibrations of light and color. (watch clip from what dreams may come excerpt – watch from 4:34 to the end)

Slide 46:

1. There are countless astral solar and stellar systems.
2. Their planes have astral suns and moons more beautiful than the physical ones.
3. The astral day and night are longer than those on earth
4. Here there are no dead planets or barren lands.
5. No weeds, bacteria, insects, or snakes.

Slide 47: There is an even temperature of an eternal spring, with an occasional luminous white snow which does not feel cold and rain of many colored lights. There are bright seas and rainbow rivers.

Slide 48: In the astral planes live [**click for each**] fairies, mermaids, dragons, unicorns, goblins, gnomes, Santa, deities, and angels, all residing on different astral planes in accordance with karmic qualifications.

Slide 49: As in the earth plane, there are palaces and beautiful mansions, as well as dirty slums, so too in the astral planes, there are different sections. Each man finds his own place. The cruel tend to find themselves, after death in the lowest and densest regions of the astral planes, surrounded by creations of their own desires and cravings. These souls cannot travel like evolved souls. They are confined to limited zones. These zones are gloom-drenched where they have to work out their own karma. There are no restrictions placed upon the movement of more evolved souls within the astral world. A soul can ascend to higher levels or descend to lower levels. No passports or visas required. The only thing is that a soul cannot comfortably remain at a higher frequency or lower frequency plane for long. E.g. when a soul goes to a plane higher in light and happiness than the one which it occupies, it finds the plane vibrating at a higher frequency. It may be too bright, the light hurting the eyes for example, or too warm and feel uncomfortable. The vibrations are so refined, so the soul cannot respond to them. The soul may feel choked. So back the soul must go to the level to which it belongs where the vibrations are in tune with its own. This is how a soul finds its place in the astral world.

Slide 50: (Fisherwoman story – a fisherwoman was invited by a Queen to spend a night in the palace. At first the fisherwoman was extremely happy and excited. When night came, and she retired to her bedroom, she found that it was filled with fragrant flowers. There were flowers everywhere on the walls, on the table, on the bed. She tried to sleep but she couldn't. She was used to the smell of fish, and not the fragrant smell of flowers. When morning came, she asked that she return to her fishing village.

This is how the vibrations affect the place the soul wants to be in the astral world.

The man who lives the right type of life, who always aspires to be true, good and beautiful, who lives a life of service, love and compassion, will find himself, after death in lovely beautiful regions.

Slide 51: Thought is all powerful there. You can create anything just by thought.

Slide 52: Here you are capable of doing anything and you can have anything you want by the power of thought. You don't need telephones there, because if you want to contact someone, you merely have to think of them, and there you are in front of them.

Slide 53: All astral beings are free to assume any form, and can easily commune together. Everything is done through intuition.

In the astral world, you will find yourself surrounded with like-minded people.

Slide 54: There can be families in the astral world, new souls that arrive can be invited into an astral family if they have similar mental and spiritual tendencies.

The face and figure of an astral being tends to resemble that of his/her prime in his/her previous earthly stay.

Slide 55: There is no fatigue in the astral world. You can move like lightening.

Slide 56: There is no need to sleep or eat. But you can eat if you choose to. There are luminous ray-like vegetables. You can drink nectar flowing from glorious fountains of light, and from astral brooks and rivers.

Slide 57: In the astral world, one can fulfill all one's higher desires like being an artist, musician etc. For some when they are reborn on the earth plain have special abilities, these could have come from a previous life or from just fulfilling that desire in the astral world.

Slide 58: In the astral world there are no politics, no power for fame or name, no desire for possessions. **Click:** The needs of the body, food, shelter, clothes, ornaments, houses, cars, cease to have any value.

If the astral world is so perfect, then you might ask why do we keep coming back *here*?

Slide 59: The compulsion or temptation of sensory experience is more powerful than the desire-force connected with astral attachment or causal perceptions. Sometimes our unfulfilled karmas force us to come back to the physical world. Also, evolution in the astral state tends to take a very long time. It is *much* easier to raise the vibration of the mind in the 3-D physical world, for example by raising the vibration of the diet and also working through Karma.

Slide 60: Karmas which force souls to return to the three worlds:

2 kinds of beings live in the astral worlds:

1. **Click:** Those who still have earthly karma to dispose of and who must therefore inhabit a gross physical body in order to pay their karmic debts – these are temporary visitors to the astral world.

Beings with unredeemed earthly karma cannot enter the causal world.

They shuttle back and forth from the physical to the astral worlds. Forgetting the astral world when they come to the physical world.

2. **Click:** Normal or long established residents of the astral world, are those who are freed forever from all material longings. They do not need to return to the gross vibrations of earth. Such beings only have astral and causal karma to work out. At astral death, these beings pass to the finer and more delicate causal world. But they go back and forth between astral to causal. Just like most people on earth, have not learned enough to appreciate the superior joys and advantages of the astral life, thus after death, desire to return to this limited imperfect pleasures of earth, in the same way many astral beings during normal disintegration of their astral bodies, fail to picture the advance state of spiritual joy in the causal world, and dwelling on thoughts of more gross and gaudy astral happiness, yearn to revisit the astral paradise.

Heavy astral karma must be redeemed by such beings before they can achieve after astral death, an unbroken stay in the causal thought world.

Slide 61:What comes after the astral world? The Causal World

Source: Autobiography of a Yogi – Sri Yukateshwar’s explanation

Mandukya Upanishad – Hindu Holy Text

In the astral world, the soul keeps on rising higher and higher, until the last earthly ties are dissolved and all links with the world’s sorrow and pain have ended. Then once again the soul enters into deep serene sleep. This is the death of the astral body. From this sleep the soul awakes into a new world. The Causal World, the World of the masters.

No longer imprisoned in the physical body, and freed from the limitations of the astral body of desires and feelings, the soul beholds itself as it is in the Causal world. Here the soul can only carry selfless love. The period of stay in the Causal world is truly a blissful period of rest and refreshment (we go there every night when we enter deep sleep). Here the soul realizes that it is God. Tat twamasi – that thou art. This and other deep realizations dawn on the soul in the causal world.

In the Causal world, the soul can look backward and forward outside of time. It can glimpse at the great Cosmic plan and the part it has to play in that plan.

Causal desires are fulfilled by perception only. The nearly free beings here who are encased in the causal body see the whole universe as realizations of the dream-ideas of God. They can materialize anything and everything in sheer thought. Causal beings consider the enjoyment of physical sensations or astral delights as suffocating to the soul's fine senses. Since they have moved to the causal world, after fulfilling all their astral desires, they don't have too many desires. Causal beings can bring universes into manifestation as the Creator, since they have vast realizations of power.

Causal beings see the difference between their bodies and thoughts to be merely ideas. One can say they have a cosmic understanding.

Slide 62: I am going to quote from Paramhansa Yogananda's book to give you a glimpse of what the causal world is like:

“Both death and rebirth in the causal world are in thought. Causal-bodied beings feast only on the ambrosia of eternally new knowledge. They drink from the springs of peace, roam on the trackless soil of perceptions, swim in the ocean-endlessness of bliss. Lo! see their bright thought-bodies zoom past trillions of Spirit-created planets, fresh bubbles of universes, wisdom-stars, spectral dreams of golden nebulae, on the skyey bosom of Infinity!”

Slide 63: As avatars are sent on earth to help men work out their physical karma, some highly evolved souls eg Sri Yukateshwar (Paramhansa Yogananda's guru) are sent to an astral world called Hiranyaloka or “illuminated astral planet” to aid advanced souls to rid themselves of astral karma and thus attain liberation from astral rebirths.

All the dwellers in the Hiranyaloka are highly developed spiritually, and in their last earth incarnation, have acquired the meditation given power of choosing when to give up their physical bodies at death.

No one can enter the Hiranyaloka unless he has passed on earth beyond the state of nirbi-kalpa Samadhi (in which he is in constant union with God even while going about doing work in the world). This is the state when a yogi dissolves the last earthly karma. Nevertheless he may still have certain astral and causal karma to work out, and therefore takes astral and causal re-embodiments on high vibrational spheres.

The souls in Hiranyaloka help those souls who are nearly ready to enter the causal world. They can go to the astral world and assume some of the burden of the inhabitant's karma, and thus help them to terminate their cycle of reincarnation in the astral cosmos and go on permanently to the causal spheres. Or they can go to the causal world to help causal beings to shorten their span in the causal body and thus obtain Absolute freedom.

Slide 64: Joyous astral festivities on the higher astral planes like Hiranyaloka take place when a being is liberated from the astral world through spiritual advancement, and is therefore ready to enter the causal world.

Slide 65: On such occasions, the all pervading God, and saints who are merged in God., materialize themselves into bodies of Their own choice and join the astral celebration. In order to please His beloved devotee, the Lord takes any desired form. E.g. if the devotee worshipped God as Krishna or Jesus, he will see Krishna or Jesus. If the devotee did not worship God in a particular form, he will see God as an aspect of a Divine Mother or Divine Father.

But this is not the end all: so long as the soul of man is encased in one, two or three body containers, physical, astral or causal, he cannot merge with the Lord.

Slide 66: We experience all 3 states here

When we behave with our senses: tasting, smelling, touching, listening or seeing, we are working principally through our physical body.

When we are visualizing or willing, we are working mainly through our astral body.

When we are introspecting, meditating, contemplating, we are working through our causal body.

When we are awake – we are in contact with the physical world

When we go to sleep and we dream – we are in contact with the astral world

When we go into deep and dreamless sleep – we are in contact with the causal world

Is there a Hell?

Source: Atharva Veda – Ancient Hindu Scripture

There is no hell, only lower plains based on your vibration here on the earthly plain.

Slide 67: There is a sort of purgatory

This is a sort of psychic quarantine, where some souls are required to remain for some time to be cleansed and purified. Here one is forced to face its own record of life events. All the actions that he/she has committed during his/her stay on earth are shown like a movie. The mind feels that its life has been far from ideal. A conflict takes place between the mind (which goes with you after you die) and the soul. This conflict is called purgatory. So this is simply the forced realization of the significance of our own actions. So by facing one's own actions, one is purified. The soul at a single purgation is purified as much as it can bear. The soul thereby wipes out only part of its karma, and in due course comes back to earth with the rest still clinging to it.

Not everyone has to visit the purgatory, if we can lead a pure, truthful life, then there will be no purgatory.

Slide 68: Time for reincarnation:

After some time in the astral world, after the soul has exhausted its fun time and rest there, the soul prepares for a plan for its next incarnation.

Slide 69: Many of the experiences, of “so-called misfortunes”, sickness, financial crisis, accidents, were determined by you while you realized in the astral world, that the “so-called” misfortunes were necessary for the progress of your soul.

Slide 70: Coming here everyone forgets that they themselves wrote down their own destiny, and we constantly seek to escape that which is for our ultimate good. This is why we must accept, accept, accept, all that comes to us, knowing that there is some hidden good in every incident and accident of life.

Slide 71: What happens to people who have sudden deaths?

Source: Garuda Purana – Ancient Text

Source: Journey Through Death by Leslie Grist – Sant Mat audio recording of Radha Soami in South Africa

For people who have sudden deaths, like accidents, air crashes etc., some of them can become ghosts, if their death was gruesome, and they didn't have a chance to call out to God. Others reincarnate very soon unlike what I said earlier that our near and dear ones stay a long time in the astral world before reincarnating. Since sudden death victims, have not finished the work for which they came to the earth plane.

Slide 72: Souls that are quickly reborn, generally have memories of their earlier birth and earlier earth life.

We hear of cases of children who have a recollection of their earlier births, who have clear and vivid memories of what they were during their earlier earth incarnation. Children between the ages of 2-4 start to tell their parents that they remember having lived another life before birth.

In certain cases, if a person who dies in an accident has lived a reasonable good and pure life, such a soul may not need to reincarnate immediately, but instead goes into the harmonious sleep and awakens in the astral plane.

This may be the reason why we do not remember our previous lives because we live in the astral region for such a long time.

Slide73: What happens to a person when they are in Coma?

Source: Garuda Purana

Entering into a state of coma, is not a pleasant thing. The mind is typically enduring hellish planes. We must help our near and dear ones if they do enter a state of coma, by offering prayers by their bedside. This helps them.

Slide74: What are ghosts?

Most people are afraid of ghosts, and the reason why is because they don't fully understand them, and also because we have heard so many stories, and watched so many movies about them, that this has put fear in you. In this part of the seminar, we will give you complete details about ghosts, so anyone that feels their children are too young, may want to send them to the next room. After you understand them, hopefully you should not fear them, but instead help them if the need arises.

In most cases the passage through the etheric double is instantaneous i.e. the soul need not dwell in the etheric double, but simply passes through it leaving it the moment the physical body is dead. The etheric double has no other function other than keeping the physical body alive.

On giving up the etheric double, the soul enters the astral world. The transition into the astral world should be swift, and normally man must not linger in the etheric double.

However, for those who cling to matter and material objects, such people continue to live in their etheric doubles and are what we call ghosts, for it is through the etheric double that they can be in contact with earth and earthly objects.

Slide75: I will tell you a story to illustrate this: There was a rich old man who had built for himself a big beautiful house, and looked forward to staying in it during the last years of his life. He had barely moved into the new house, when he caught typhoid fever and died. In his thoughts, he clung to the house at the moment of death. He had to live in his etheric double, as a ghost for many years. When the spirit lingers in the etheric double for a long time, it becomes a wandering spirit, a ghost. He haunted the home, and made his wife's life miserable, so she sought the counsel of a holy man, who told her to have the Guru Granth sahib, their holy scripture, recited day and night for several days, this helped the spirit to be released.

Slide76: Then there are those who are given Capital punishment. Such people are often forcibly dragged to the death chamber. In their last moments, if their hearts are filled with feelings of fear, horror and hatred, with a violent thirst for revenge, then they also become wandering spirits.

But if there are some innocent people who due to error of judgment or patriots who are condemned to capital punishment. Such people in the moment of death, if they have no vengeance in their hearts, and have filled their hearts with love, they will not become ghosts, but instead go to the astral world.

One of the reasons why Hindus perform cremation of the deceased is to help their loved one reduce body attachment.

Slide78: Death by Suicide

Generally speaking, a person who commits suicide becomes immediately after death, an earth-bound spirit. He feels more unhappy and restless after suicide than when he was in the physical body. He finds that he cannot die. The misery, sorrow, anguish from which he thought he was escaping is now aggravated.

We can help victims of suicide. Since he continues to be within an orbit where our help can reach him, we must surround him with healing thoughts of sympathy and love. We can ask the angels to help him. Through meditation, we can send him rays of love. These will help him awake his own spiritual powers which alone can free him from his own misery.

One girl had a near death experience, and shares her story of what happens when she committed suicide, her story is not like the peaceful near-death experiences...

Click: Watch Beyond and Back on Suicide film.

Ghosts are tormented at every moment. Every moment is a living hell for them.

Slide79: Ghosts like places of low vibration, e.g. they like hanging out at casinos, bars, discos, where there is alcohol, low vibration music, smoke, gambling etc.

Slide 80: Ghosts like dirty environments so if you don't keep your house clean, you will attract spirits.

If one is a weak willed person, ghosts fasten themselves upon such a person. Hence places of vice and sin should be avoided.

Slide 81: Also ghosts work on tendencies and compulsions – they cannot experience anything so if someone has e.g. gluttonous compulsions **Click:**, they may get possessed by a ghost with gluttonous tendencies. We must let go of our compulsive impulses. As per the Garuda Purana it is believed that a bulimic might be possessed by a spirit. This is why it is important to pray before we eat, treat food with reverence, and not compulsively eat it.

Slide 82: You should avoid wearing dead people's watches, rings, clothes etc., because of their tendencies, they may linger on you. This is one reason why David and I stay away from antiques, or used items because they carry other people's energies, and if there are people who owned it, and they are now ghosts, they may linger around their possessions.

Slide 83: Ghosts forms: some of them can be beautiful – again it is all based upon their tendencies. If beauty was something of importance to them, they will look beautiful, if their minds and tendencies were twisted while alive, then their form will be ugly – e.g. this was mentioned in the Garuda Purana, if someone has done cruel things in a previous birth like making another human being starve, they take a form with no mouth.

Click An interesting story by Sadhguru Jaggi Vasudev from the Isha Foundation, tells of a story of a female ghost with a beard, the reason why she had a beard was because when she was alive, she wanted to take part in religious ceremonies, but in those days only men were allowed, so she always wanted to be man, she had seen yogis with beard doing religious rites, so when she died, she kept her form as a woman, but now had a beard!

So whatever tendency of the karmic structure, that will be form they will take.

Slide 84: Ghosts eat vomit, feces, mucus, urine, sweat and tears. Hence whatever we discard they eat, so we should keep our homes and toilets clean. This is why scriptures from India advise not to leave dirty dishes in the sink, and if we do, to put water in them.

Also this is the reason why Hindus believe that one should not pee outside by the trees, etc., because ghosts are attracted to this, and may possess the person doing the act.

Slide 85: Also Hindus believe that a woman with a period should not go outside where there are trees, etc. since to ghosts, when they see the menstrual fluid, it makes them think of birth, and since many do not know they are dead, think of it as an invitation to enter the body again, thus possessing the woman with the period. Also during her period, a woman is weak-willed so she becomes susceptible. Many women may get influenced by the ghosts tendencies if they are hovering around. Its presence makes you aggressive etc. A woman must do extra prayers during her period to keep herself protected. Some Hindus say to carry a sharp object, wear a rosary or prayer beads, or other protective psychic measures e.g. holy ash, water. Whatever the case, a woman must keep herself protected. (story of my aunt who got possessed).

Constant fights, arguments in the house, if you suddenly lose a job, if a woman cannot have a baby, fires in the house, sickness, may mean the presence of a ghost.

How do ghosts get out of their predicament?

They just have to wait it out until their karma wears out. For ghosts it happens very slowly because in the spirit world, time is longer than earth time, so 3 years may equal 30 years or 300 years. So say if they had 3 years of karma left in earth time, this could mean many more years in the spirit world, because they can do no conscious action, everything is only done by tendencies, so they have to just wait it out. This is why it is agony. They can be freed however, by an enlightened being, who dissolves their karma.

Whenever, I sense a spirit somewhere, I pray and always say to it, please go to the light, this is not the place for you. You can always ask your Guru, your God to take the spirit to the light, or Archangel Michael, he is known to help spirits make their way to the other side.

Slide 86: Is it okay to communicate with the dead? I would say within limits. There are many who after the death of their loved ones feel miserable and want assurance that their dear ones continue to live in the astral world. For such people it is okay to communicate with the dead and get the assurance they need. But they should not continue to disturb the dead because it prevents them from settling down in their new conditions.

Let me tell you a story to illustrate this. A mother sends her only son to boarding school. Whenever she writes letters to him or talks to him on the telephone, she tells him with tears in her eyes how lonely she feels without him. The poor child, while he is at boarding school, his thoughts keep going to his lonely mother. He derives no joy from his new friends and activities. He cannot even concentrate on his studies. If we keep sending for our dear ones through mediums, we are acting as selfishly as this mother.

Our near and dear ones have their own work to do in the new sphere. After contacting them once (if you absolutely have to), you should let them live in peace.

Slide 87: A word of caution. There are many who try to communicate with the dead without the help of trained mediums. E.g. people use the ouija board. In such cases, it may be likely that you might get in touch with a ghost that is impersonating your near and dear one. This is common in the spirit world. Many earthbound spirits are eager to have contact with those living on earth. Whenever they get a chance, they push their way and answer for spirits who may not be readily accessible.

Normally the newly deceased are accessible to communicate. After a while, (this may cover a period of a few months), they move to a higher plane where communication ceases to be possible. So if you are trying to communicate with someone who has dropped his body some time ago, it is likely that you will be answered by some earth-bound spirit trying to impersonate him/her.

It is dangerous to communicate with the dead by yourself (without a trained medium) because when you contact the dead, you open a door, and when you get up from your sittings you must close the door behind you. This you do not know how to do, with the result that through the still open door, many earth-bound spirits walk in and surround you. This can cause you harm. Some spirits are mischievous.

Mediums generally work under a spirit guide who will as soon as the communication is over, close the door.

My final word is don't concern yourselves too much with spirits, and they won't concern themselves with you. Keep the Lord's name and form always on your lips and mind, and nothing can touch you.

Slide 88: How to break out of the cycle of birth and death

The thing that binds us to the cycle of birth and death is desire. We work with the desire for the fruit. Most people will not do things without getting something in return. There was a mother, who said referring to her son "my son is growing very money-minded". Her son was an engineer at Georgia Tech. The mother looks after the son, pays his tuition, and one day her CD player breaks down, so she asks her son, "Son can you fix this?" He says "Mummy I can repair it, but provided you pay me for it!" We are all like this boy, we do things in life expecting to get things in return, be it money, fame, recognition.

Also we have desires for worldly objects, worldly gains, e.g. if you really want to become a famous person and you die with that desire, you will come back again to fulfill that desire.

Then there is another desire, a desire for God, even this desire, brings us back.

Slide 89: So the only way to break out of this cycle is to desire nothing. Everything we must do we must do with a spirit of surrender without expecting anything in return. Continue to do your work, offering all you are and all you have at the lotus feet of the Lord.

When you become desire-less, after the death of your physical body, you will move on the path of light, and reach the Abode of the Highest, from where nobody returns. It is the abode of Brahman, the abode of the Eternal. You merge with God.

Slide 90: Let me tell you a story to illustrate this: There was a holy man who lived a solitary life. During the day he worked a few hours, and whatever he made, he distributed to those in need. At night he spent many hours in meditation.

One day, a young girl in the village got pregnant with her boyfriend, and threw the blame on this Holy man.

The villagers grabbed the Holy man and beat him, spat on him and insulted him. The Holy man did not say a single word in his self-defense. He just kept uttering God's name. When the villagers had almost beaten the holy man to death, an old man intervened and said "why do you want to kill this holy man?" The parents of the girl said that they would spare his life, only if he agreed to marry their daughter and provide for her. The Holy man accepted saying to himself "I accept God whatever you give me, now you give me a wife and I will work hard to provide for her". He worked hard day and night and supported the girl. The girl had a very difficult labor and the baby suffered severe trauma and did not survive. At that point, the girl repented her actions, and confessed that the holy man was innocent and that the real father was her boyfriend. The holy man did not say anything. All the villagers were shocked at the patience and loving attitude of the holy man. People flocked to the cottage where the holy man lived to ask for his forgiveness. Where was the holy man? As he learnt that people were coming to see him, he quietly slipped out of the village to seek a new home in an unknown place, because he didn't want fame and praise.

Such people pure and unselfish, with no desire in their hearts, tread the path of light and liberation. Such people do not return to the cycle of birth and death. They are liberated and attain nirvana.

Slide 91: I'd like to give you Sri Yukateshwar's explanation as to what liberation is:

"When a soul is out of the cocoon of the 3 bodies, it escapes forever from the law of relativity, and becomes ever-existent. The soul expanded into spirit remains alone in the region of lightless light, darkless dark, thoughtless thought, intoxicated with its ecstasy of joy in God's dream of cosmic creation.

A master who achieves this final freedom may elect to return to earth as an avatar to help other human beings back to God or they may go to the astral or causal plains to help other souls.

How to prepare for death:

1. **Slide 92:** Establish a link of love and devotion with a divine being, this could be Krishna, Rama, Buddha, Jesus, Muhammad, Moses, your own Guru, a great saint, sage. Everyday let this link grow to a point where you feel their presence wherever you go. For when your body drops down, they will be by your side and lead you ever onward, forward and Godward. In a hospital lay the world famous author Voltaire, he was dying and he felt helpless and kept saying “I see nothing but darkness before me”. Voltaire was a great author but had not established a link of love with God. So when he was dying, he felt lonely and lost. In the next room, lay a little girl, she was also dying, but she had a beautiful smile on her face, when the doctors and nurses asked her, “you are about to die, and yet you are smiling – are you not afraid?” She said “Why should I be afraid? My beloved Jesus is here standing in front of me with outstretched arms”.
2. **Slide 93:** Accept everything that comes to you as a gift from God. Be it a calamity, a sudden misfortune, or even death of loved one. In the Divine Providence, everything happens for our best.
3. **Slide 94:** Lead a selfless life, be a blessing to all those around you. For those that lead a selfish life here in this world, find themselves in tiny, dark cells when they move to the Other side. Help as many people as you can in as many ways as you can everyday. Share the blessings that God has showered upon you with others. Love is the language of the astral world. Learn this language before you pass on. Live for others, help others, feel for others. Once there lived a nun called Sister Leocadia. She worked in the contagious ward of a hospital. One day, a Superintendent of the Hospital came to visit, and he asked her you have been working here for many years, how do you keep from catching the disease, you don’t use gloves, you just wash your hands with regular soap. God is my gloves and my disinfectant she replied. Then the Superintendent asked her “Can I do anything for you?” Maybe transfer you to another section of the hospital since you have been here for so many years, and she said “Yes you can do something for me”. “In my ward, there are only 25 contagious patients, and I can handle 50, please send me 25 more patients. The Superintendent was dumbfounded. Sister Leocadia is a great example of selfless service done with total surrender to God. As we learn to serve in a spirit of love and selflessness, we grow more and more God-like.
4. **Slide 95:** Spend some everyday time in silence, and ask yourself these questions. “Who am I?” “What is the purpose of my visit to this earth plane? Am I drifting away or am I drawing nearer to my goal? So when you die and the being of light asks you “What have you done with your life”, you will be prepared.
5. **Slide 96:** Do not be attached to your possessions, businesses, family members. Keep repeating this affirmation every day: Oh Lord everything belongs to you...Nothing is mine...I too am thine”. Otherwise at your dying breath, if you are attached to something or someone, your etheric double may not be willing to let go and may linger as a spirit. Krishna says in the Bhagavad Gita “Oh Arjuna, whatever you think of at the time of death, to that you will go!”
6. **Slide 97:** Practice repetition of God’s name at all times, so even at your dying breath, you will utter God’s name. You never know when death may come. It always comes unannounced. Unless you are spiritually evolved, only then can you choose when to die.

7. **Slide 98:** Develop self-control. Let go of your compulsions and tendencies. Minimize your desires here on the earthly plain so that your stay in the astral world will not be long. One day a yogi on the spiritual path, has this strong desire to eat a certain food. Now being a yogi who begs for alms, he didn't have money to purchase the food, so he thinks well to have my delicious food, I have to make money. So he finds a building being constructed, and he offers his services to carry bricks to the site of the building. He is not used to hard manual work. He works for half a day, his hands and feet are bruised. He receives his wages, and goes and buys the food he so desires. He decides not to eat the food but instead throws it into the river and says "if you want to eat delicious food, your hands and feet will be bruised". Thus he is free from desire. These desires we have keep us bruised in the world. We suffer the ups and downs. Why not give up desires, so that we can live a peaceful life.

There are 3 types of desires which are especially deadly:

- i. Desire for money – people commit the vilest crimes due to this desire
- ii. Desire for Power – as they say "power corrupts" So many tyrants have committed inhuman acts just because of their lust for power.
- iii. Desire for sense-gratification/sense enjoyment/sense pleasure – if you are disturbed by such a desire, withdraw into the Self, and meditate.

- 8 **Slide 99:** Try to raise your vibration here on the earthly plane as much as you can because **[click]** the greater the frequency of your vibration, the higher is your place in the astral world.
- 9 **Slide 100:** Do some introspection every night and go over your day's deeds. If you have hurt someone, or done some misdeed, pray for it, repent and open your heart. Ask God for the strength to forgive, and make amends the next day to apologize etc. This prevents your purgatorial debt from accumulating.
- 10 **Slide 101:** Don't hold grudges; learn to forgive with all your heart, completely forgetting the wrong that others have done us. There was once a girl named Melania, she lived with her father in a little house which was attacked by some outlaws. The father died, but since she was a child, the robbers didn't kill her but gouged out her eyes turning her blind. 10 years passed, one day Melania was sitting along the path to her home when she heard footsteps, she called out "take care, cause I am blind". It was one of the outlaws, he said to her "I know you are blind, because I am the man who killed your father and plucked out your eyes. Today as I tried to rob a passer-by another outlaw shot me, and I am about to die, but before I die, I want you to forgive me. Melania shuddered with anger. A conflict took place within her, but her higher self won, and she said to the criminal "I forgive you! Repent for all your sins and may God have mercy on you". This type of forgiveness is complete forgiveness.
- 11 **Slide 102:** Learn to offer all the fruit of your actions to the Lord. Do things without expecting anything in return, not even a "word of thanks". If people do thank you, immediately offer it back to the Lord. Have the understanding that you are but an instrument of the Lord, just like St. Francis said. "Lord Make me an Instrument of Thy Peace"