

On death and dying

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CONTENT

Introduction 3

Saying goodbye: a path from mourning to love 4

What happens after death? 12

On death and dying..... 21

Death and beyond..... 26

How the astral world affects us 37

Contact 56

Introduction

This eBook contains several texts about life after death and the dying process. They are channeled by Pamela and written by me. All these texts are available on Jeshua.net but we thought it might be valuable to bring them together in one bundle.

To die is the liberation of the soul, the caterpillar becomes a butterfly of light; it is not *losing* yourself but becoming *more* of yourself. We leave behind a world of fear, struggle and violence and enter a world of light, love, freedom and oneness. We awaken, remember who we really are, and are surrounded by unconditional love.

Are there no problems then? Yes, we do take ourselves with us, and especially all the erroneous ideas we have about ourselves and the world that we have internalized over the course of our lives. They are the greatest hindrance in accepting the wonderful reality.

Fear of death is essentially fear of your true self. There is no need for that fear: you are beautiful.

We hope this booklet can help you to overcome that fear and accept the eternal light that you are.

Gerrit Gielen – March 2023

Second edition - September 2024

Saying goodbye: a path from mourning to love

Gerrit Gielen

*Death is not just a saying goodbye, and more than just grief.
Through death you also become more aware of the love for another
and the love of the other for you.
Love never dies, love is eternal*

When my mother died in June 2019 at 94 years of age, I wrote these words for her memory card.

For several years before she died, she began to suffer from dementia, a process that paradoxically brought us closer together. She grew up in a severe, straight-laced Protestant environment, and she always carried that with her. It annoyed me, especially when I was a child. At a later age, she became increasingly milder and we grew closer to each other. Her dementia accelerated this process.

I remember walking with her as she told me how she was embarrassed that she no longer knew who was alive and who was not. For example, she often thought that her parents were still alive. I told her that this was understandable. I explained that her parents really still lived and waited for her. As she grew older, she became closer to them and began to feel their presence more. What she imagined was in fact true. Thanks to the dementia, she began to be open to those kinds of thoughts. She was able to let go of her old, rigid ideas during that final phase of life. The sweet, gentle woman she was in her essence began to emerge ever more.

I somewhat compare living and dying to the life of a caterpillar that undergoes the process of becoming a butterfly. Throughout life you are like a caterpillar, you crawl around and have no idea of the butterfly

that you are in your essence. Then your world becomes smaller, old age enters, the caterpillar turns into a cocoon. Not nice if you believe that the cocoon is the end, but great if you know that in that cocoon the transformation to butterfly takes place. When you get old and you can sense the butterfly, you have a happy old age, but if you only feel the dying caterpillar then you are unhappy.

In my mother I felt the butterfly was born; there grew more and more love between us.

She died in the nursing home where she spent the last years of her life.

Shortly before her body was taken away, I was given a moment alone with her. I gave her a kiss, and said, "When we meet again there will be love between us." Grief and Love went together. Everything is now well between us.

Much has been written about life after death. To name a few, Pamela Kribbe has once done a beautiful channeling: *Death and Beyond*. And also I, myself, wrote a piece about it: *After Death*. Both text can be found in this eBook.

In this article, I would like to talk about the survivors. How do we deal with the death of a loved one, with the sorrow, the empty hole left in our hearts that follows the death of a loved one?

Belief in a life after death generally does not really help. You will not feel less pain and emptiness than someone who is an atheist. You often see that faithful people develop a very cramped attitude toward their faith after the loss of their loved one. They are angry with God and forcefully suppress the doubt that arises. Or they suppress their sorrow; after all, their loved one is in heaven and happy, so they should be happy. And when they are not happy, they feel that is wrong.

Simply believing that the beloved lives on is not the solution. Neither is the atheist explanation that the other is gone forever, and that there is also a wound that never can, never will, heal.

The solution, in which I believe, is the way of the heart: the experience that love is a reality that transcends time and space. Truly feel, and let love in. Experience through that love that the other is still there.

The pain of death

We live in two worlds: the outer world and the inner. Almost everything we learn in school is about the world around us: that is where things happen; it is where you have to make it. As soon as a child is occupied with his inner world, it is called to their attention. Daydreaming is not allowed; he or she should listen to the lessons in class. This is how we get the message: the outer world is important, not the inner one.

How then do you cope with your feelings, with sadness, with anger? How do you relate to others? How do you make good use of your creativity?

We are taught to find our way in the world around us, but not in our inner world – no geography lessons about our inner world, no matter how extensive that world is.

We do not learn the value of the inner world, and thus of ourselves. In fact, many of us believe that this inner world is not even a part of that outer world – we are our brains. Thus, all the laws of the outer world also apply to the inner world; if something or someone disappears from the outer world, then it also vanishes from the inner world.

It is not difficult to see that this does not add up. As I write this; I listen to the beautiful Miserere of Allegri. It gives me a great sense of beauty;

a beauty I will never be able to discover by studying someone's brains. Someone who is born deaf will never be able to find out how to hear by studying the brains and ears of someone who can hear. Studying someone's brain does not give any insight into the inner world of that person, and so the inner world is not explainable by observing the outer world. That inner world is the source of a lot of beauty; not only music, but also literature, painting, architecture, movies, games, etc. It all stems from the human spirit, and there is something else there: love.

We can endlessly study the world around us, the natural laws, the atoms, but we will not find love there. Love is something of the inner world. Love comes to fruition as we connect with the inner world of another from our own inner world: the all-transcending connection from heart to heart. That death is such a great drama in our lives largely stems from the fact that we neglect our inner world. Because we have come to think that the laws of time and space also apply to our inner world.

The pain that death causes stems from the belief that if a person disappears from our outer world, then he or she is completely gone. And along with that, the inner bond – the bond of love between two people – also falls away. The beloved not only disappears in our outer world, but a hole is also struck within us.

Coping with loss: the victory over death

How can we heal the terrible hole that is caused by the death of a loved one?

1) Give the hopeful a chance

If we are absolutely sure that death is the end, that everything in the past is lost forever, then along with this thought we block out every solution. The pain in us can never heal, the hole will never be filled. We

then have built a dam between the hole inside us and the healing water that wants to flow in: the flow of love of the other who is still there.

Healing begins by giving the positive, the hopeful a chance. If we have to choose between the negative and the positive in our lives, and we do not know which is true, then it is always wise to choose the positive. After all, opting for the negative will certainly not bring us anything, but choosing the positive may bring us something beautiful.

In this case, what is the positive?

That at the deepest level, our inner world stands apart from time and space as we see it in the outer world. We experience time and space, but at the inner level we are not limited to that. Eternal life is not that you go on endlessly with the flow of time, but that the deepest, most essential part of you has never entered the stream of time.

Look in the mirror, see how your body changes, ages, yet feel there is something deep within you that does not change, that always remains the same. Hope arises if you give that feeling a chance – maybe it is true that your body ages but you don't.

If you have looked in the mirror and give that feeling of timelessness a chance, consider this thought: we cannot die because death is something that takes place in time and we are independent of the time.

Hope is what you find when you no longer reason yourself away.

You are a miracle.

You find hope by simply refusing to reason away your deceased loved one.

Their consciousness has withdrawn from the flow of time and space in which you still exist. The love that flows from heart to heart is still there – if at least you are willing to receive it.

2) Give love a chance

The above thoughts are of course abstract, but give them a chance. Take the next exercise.

Imagine waking up in another world after your death; you feel lighter and filled with love. All worries, fears, and burdens are gone. You feel brighter, freer, and filled with love. You think of the people on Earth whom you left behind. You feel them, you see their worries, you see how fixated they sometimes are, and stuck in ideas and prejudices. You also see them struggling to free themselves from them.

No longer hindered by your own earthly worries and fears, you are suddenly filled with love and understanding for the people you left behind. You were a caterpillar; you have become a butterfly. All the fears in you have made room for love.

You try to send the huge love you feel inside to those who are left behind. Unfortunately, they are hardly open. They are stuck too much in their rigid ideas, their pain – and perhaps the sadness about your passing. They are convinced that you are no longer there, are no longer heard, and cannot be felt, and thus they are completely closed to your love. There is a transmitter, you, but the receivers have turned themselves off.

So, what do they have to do to open their hearts, to feel your great love for them?

3) Open Your heart

Now you are the ones that remain behind. And the deceased whom you mourn is transformed into a source of love – love for you. How can you open up to that love? How can you open your heart?

To start: open up to that possibility. If nothing happens, if you do not notice anything, you afterwards can still reject this possibility.

So, you are open to the possibility that the deceased is a source of love for you. But that love also needs a receiver that needs to be tuned in. That receiver is your heart.

Do the following: go to your heart, turn your mind off, and feel your heart. Imagine the deceased as a beautiful radiant Angel – very radiant, completely filled with love for you.

Then tell yourself: I am willing to receive that love. I feel that our love bond transcends death; the heart connection is eternal.

And then feel how love begins to flow.

Feel it in your heart – you are not alone.
Feel surrounded by sources of love.

Receive and give back.
Shift your focus from your outward reality – where death exists – to the inner reality where there is no death, only love.

Then think of your pain, your grief – all your earthly worries. Let the love flow gently there.

Believe in that love. There is no death.

Do you feel better now?

Finally: the reality of the heart

Many people honor two idols: space and time. These two idols classify everything into compartments, ensuring that everything is neatly divided.

Those two idols have a child: death. When space and time are omnipotent, everything is divided, and everything falls apart sooner or later – unity is an illusion. Death, the falling apart from an apparent unity, always wins. People that love intensely can disappear forever into an eternal night.

Scientifically, this so-called obvious fact has long ago become obsolete. Time and space are actually one thing: the time space continuum; that time-space is not above the unity of the universe, but is part of it. Questions such as how big and how old is the universe are therefore also meaningless: the universe is not something that exists in time and space.

Light stands separate from time and space. All the light of the universe, including that of past and future, is one in an eternal now.

If the universe is one, why would we be different?

Let us accept, that deep inside ourselves we stand separate from time and space. That which is called light in the outer world, is called Love in the inner world.

The reality of the heart is the truth of timeless love, and the source of that love, that is us. The reality of the heart also means we can choose to let be born, as an angel in us, everyone we said goodbye to when they went to the other realm.

Imagine this: every time someone dies, a piece is illuminated in us; every time someone dies, we feel more loved. Death is not the end of love, but the awakening of a timeless unconditional love. When we die, our fears and worries disappear, that small, unreal world we leave behind so that our true self can be born as a shining star of love.

Do not say goodbye, but embrace eternal love.

What happens after death?

by Gerrit Gielen

What does the afterlife look like? The main difference between this world and the hereafter is that after death the outer world is a direct reflection of our inner world. On earth, this is not so obvious. People who are filled with hatred and anger can be surrounded by beauty and abundance, while sensitive and evolved people may be wandering through desolate slums. In the afterlife, our environment reflects the extent to which we are in contact with our inner sun. The more love, truth, and beauty we hold within ourselves, the more radiant and bright our environment is.

The inner sun is who we are in our essence: it is the eternal, timeless part of ourselves. At the time of our death, we begin the journey back to that deepest part. To understand what this journey is like, you may envision the earth surrounded by two realms: the astral sphere and the spiritual sphere. These spheres are further divided into many sub-spheres. The spiritual sphere is the sphere of our origin, the domain of our soul. It is a sphere of timelessness, unity, light, beauty, and endless love. Everything that is of higher value in humans finds its origin there. This is the place where our soul dwells; it is our home. We have never truly left that spiritual sphere. We are still there. When we die we begin what we experience as a journey back to that place. But essentially, it is a process of becoming conscious of who we really are: an awakening from the dream of earthly life.

This awakening takes time. We cannot just let go of all illusions and dark feelings about ourselves, about being human, and about the universe that we have accumulated on earth. We have become identified with our earthly personality and this identification can persist stubbornly. Our illusions and identifications are reflected by the astral atmosphere in which we arrive after our death.

The astral sphere

After death, the human being is free; free to return to the spiritual sphere of one's origin, free to create one's own reality. But that freedom is also a pitfall, because many people have no inner freedom. They have locked themselves inside firm beliefs about how life works, what is good and what is bad, and what will happen after death. And there are others who are not enslaved to beliefs, but to feelings and desires, such as addictions, or feelings of anger or inferiority.

The majority of human thoughts and fantasies have their origin in fear. All those fear-based thoughts and fantasies create an inner state that, after death, translates into the outward form of the astral sphere. Accordingly, the astral sphere is largely based on fear and falsehood, whereas the spiritual sphere is based on love and truth. But because people do not realize that their thoughts are reflected outwardly in the astral sphere, they believe their thoughts to be true. This is the great pitfall of the astral sphere: people remain firmly convinced of false beliefs because they see those beliefs confirmed around them.

After their death, people can usually follow four paths associated with four sub-regions of the astral sphere.

1. The path of the soul

This path is followed by every human being who has experienced clear contact with their soul at certain times during their life. Those are the times when you feel really alive and inspired. You feel joy and a sense of purpose; you know who you are, and what you want to do with your life. You feel love for life on earth and your fellow humans, and you know that the universe is essentially good. If you have experienced this at times during your life, this feeling only becomes stronger after death. In the afterlife a process of growth begins during which you gradually become one with your soul: you experience this as a continuation of becoming more of who you really are. Your earthly fears and anxieties disappear and make space for happiness and insight. While your inner

light grows, your environment also becomes more beautiful. You rise up through the spheres until you finally end up in the spiritual sphere, the sphere of the soul that cannot be described with words and cannot be grasped with the human mind.

The realm of the astral sphere where your journey begins can be called the Summerland. It resembles the beautiful areas of earth, but even much more paradisiacal. Fortunately, there are more and more people who follow this path. It is the path that is open for anyone who is involved in the development of consciousness, for all those who are willing to grow and learn. This path is for anyone who has not become stuck in rigid beliefs and negative feelings. Actually, it is open for every human being who is still able to have a good laugh at themselves.

2. The path of the personality

People who allow their lives to be steered by exterior events and impulses follow this path. They are certainly not a bad sort, but they do not listen to the voice of their soul and, instead, live by what society requires of them. They have no rigid opinions and their lives are usually lived in an unobtrusive way. After dying, they enter the astral sphere in an environment very similar to their earthly environment. It is referred to as “the realistic area” of the astral sphere, because it is so similar to earth. Some earthly cities are found there, almost entirely intact except for the many old buildings that have long since gone from earth, but where here they still exist. In general, this realm is quite beautiful: green landscapes filled with friendly towns and villages. People who end up here often do not realize they are deceased, because everything looks so much like earth, and because they did not hold the belief of a life after death.

However, there are guides present who gradually try to open these people to the spiritual. Often this happens successfully, because the people who come here are usually not dogmatic about their beliefs. Typically, people who live in rural areas are easier to reach by the guides than people who live in cities. The illusions of material reality are the strongest in cities.

One's stay in this realm eventually comes to an end. Either a connection with the soul is made and the personality rises up to the spiritual sphere, or the soul makes the decision to incarnate again and the energy of that personality is taken to a next life. The departure from the astral sphere is sometimes called "the second death". Higher entities explain to the personality that the time now has come to say goodbye to their current existence. He or she takes their leave with an extensive farewell ritual to their friends, knowing that they will meet each other once again. Sometimes this departure is experienced as a tragedy by the personality; this is due to the fact that he or she does not as yet possess a good connection with their soul. They will then surrender to the beam of light coming from their soul that forms the seed of a new incarnation.

3. The path of illusion

This path is often followed by people who do not have a good connection with their soul, but have very strong religious beliefs. Think of religious fundamentalists, for example. They are people with a strongly dualistic worldview; they are convinced that they are right and consider everyone who does not agree with them as bad or lost. The more a belief is based on fear, the stronger and more deterministic and dualistic the ensuing views. After they die, such persons end up in a heaven that is exactly the way they have imagined it. But because contact with the soul is missing there, these persons become even more miserable. On earth, they were also unhappy, but they still had the illusion that in heaven things would be different.

This realm is often called that of "the false heavens". It is one of the lower regions of the astral sphere. Because the people here are very strongly convinced that they are right, they are difficult to reach by guides. Let me give an example of this. In some Christian circles it is believed that after death we do not immediately go to heaven, but wait in the grave until the last judgment. As a result, "cemeteries" can be found in the astral sphere where the deceased in their astral form remain in their graves. Of course, they feel unhappy. Guides who want to help them are seen as devils who want to talk them into going to hell.

In the astral sphere, there are many of these kinds of “heavens” resulting from all types of rigid beliefs. There, people feel extremely unhappy, but nevertheless refuse to let go of their beliefs. They experience every loving attempt to help them as temptations of the devil. They are often worried that they are bad, because they are unhappy and dare not admit this openly.

Often, it happens that leaders emerge within such astral “heavens”. These are deceased persons who have been, and still are, totally absorbed in their roles and, for example, believe they are the Christ or some other great master. In addition, they are also regarded as such by others in their heaven. A sect leader, who during his earthly life was regarded as an enlightened master, often continues their role after death. Because this realm lies closest to earth, in terms of vibration, psychics and mediums often pick up energies and information from this realm. It is a source of many false prophecies and misguided channeled information.

The information that is spread from these “heavens” is often very dualistic, moralistic, judgmental, and full of dire predictions that prove not to be true. The words of the “teachers” from this sphere are a reflection of their own soulless personality. Unfortunately, there are many people on Earth who get caught in the traps of these teachers, because the power of this sphere of illusion over mankind is still very great. But in the end, it will always be the case that truth leads to happiness and falsehood to illusion; truth has the more power and will eventually prevail. However, it may take a long time for people to become aware of this, especially if they are in the astral plane where you are free to create as much illusion as you want. Nevertheless, people will eventually come to wonder how their beliefs can be true, since they seem to cause so much unhappiness. They will then begin to doubt their cherished beliefs and dogmas, so in the end, their gentle inner voice will win out over their delusions. And when that happens, the way back to the light begins.”

4. The path of loneliness

Then, there are people who are not saddled with fixed and false ideas, but rather by negative feelings: hate, anger, resentment. They often have caused their fellow humans serious pain and suffering. Someone who has rejected their inner light during life finds themselves in a part of the astral sphere that is dark and lonely. Because the light, which brings beauty and harmony, is missing here, people sometimes take on monstrous forms. Still, because everything here is so dark and miserable, redemption is also possible. If you only have monsters and darkness around you, it is clear that something is wrong. The negative emotions that occupied you eventually begin to lose their power, because they only cause more darkness.

Gradually, the insight comes that all sorts of things that seemed so important during the earthly life, such as power, money, property, and prestige, possess no light in them. The little light that *was* there now becomes more obvious. People remember a single beautiful moment from their earthly life: a kind word, a beautiful flower. They begin to re-evaluate those things, and doing this creates an opening: these persons become accessible to guides. The long road back can begin. Often, a choice for a new life on earth is made: a life that points the way to more inner light.

Punishment and karma

Our thinking about death, and what comes after, is still frequently determined by concepts such as punishment and karma. In almost all cultures, the idea exists of a higher authority that punishes. If we are bad, we end up in hell or we have to contend with heavy karma. Generally, those ideas are created by earthly rulers who want to maintain their power and who are against every form of freedom. Often their doctrine takes this form: “We have been placed above you by God and if you cannot accept that and do not meet our rules, God will punish you with eternal hell.” Or something more subtle: “We have been virtuous in a previous life and that is why we are now rich and powerful; you have been bad in a past life and that is why you are now

poor and unhappy. But if you patiently accept your allotted role, things will be better in your next life.”

What always works best, at least from the point of view of such a ruler, is to cause fear in people about their natural tendencies: sexuality, for example. The aim is to convince people that they are inherently bad and deserve punishment. People who think they are bad and feel guilty are easy to keep under control by an organization which claims to have a monopoly on the truth. If you can bring people into a state in which they think they are bad, and they believe you are their redeemer, you have power over them. Compared to these ideas, atheism is – from a spiritual point of view – a huge step forward.

In the universe, there is no such thing as an authority figure who imposes penalties. Not a punishing God, nor Lords of Karma who send us to a miserable life. But actions do have consequences. When in the winter it freezes, and I am outside without a jacket, then I get cold. That is not a punishment, but a result of my action.

Every time we hurt a fellow human being during our lives, we push the light of our inner sun a bit farther away. That inner sun is not only responsible for our inner light and our feelings of beauty, goodness, and truth, it also connects us with the inner sun of others and with the inner sun of the universe itself. Hurting another is to say “no” to the inner unity of life. It is saying “no” to our soul and also saying “no” to ourselves. The result is a deep loneliness and inner emptiness that is filled with negative feelings. In the eyes of a criminal – especially if they never come before a court – we never see joy or happiness. This is not a punishment, but a direct result of the choices they have made. They have simply said “no” to their inner source of joy and happiness.

After death, that inner darkness is reflected in the surrounding astral sphere. In the astral realm, the outer reflects the inner very directly. When there is no inner light, there also is no exterior light. To an outsider, it may seem as if persons dwelling there are being punished for their life on earth, but seen from the inside, there is hardly any

change. These people felt empty and unhappy on earth and now they still feel that way. The only difference is that they are now directly confronted with their inner darkness, through an external environment that faithfully mirrors it.

The way back to the light

The way back to the light comes from the desire for the light. Even a human being enveloped in the deepest darkness is never completely separated from their soul. There are still fragments of memories of beauty and happiness. Gradually the understanding emerges that violence and power are not the way to discover the light, but rather lead away from it. Love cannot be attained forcefully. All those little memories now form the seeds of a growing desire for happiness, love, and beauty; their inner world softens and the person will become accessible to guides. These guides begin to explain to him or her that the way back to the light can be found through compassion, love, and gentleness.

However, the farther we have wandered away from our inner source, the longer will be the way back. What exactly is that way of return? It is a journey of remembering and rediscovering who we truly are, until all falsehood is let go and replaced by truth. At its core, falsehood means division: the belief that the universe is separated into an infinite number of parts – small egos – all of which are in conflict with one another. Falsehood is the idea of a struggle of “all against all”, in which the realization of the inner unity behind all things has been lost completely. What is the solution to this division? It is to understand all these egos from the inner level and to start embracing all the parts that we have fought against the hardest. For example, a person who has discriminated against people of a different race will choose to live a life in which they undergo discrimination themselves. In this way, their understanding will evolve. The result is ultimately the realization that all those separated “egos” are connected. Then the love and the light of the soul starts to flow again.

The choice for having certain experiences on earth is taken by the soul. When the awareness of the earthly personality is still far removed from the soul, the choices of the soul will be experienced as a kind of power coming from the outside: God or karma. But karma is ultimately nothing more than the lessons that consciousness needs in order to grow, and these lessons are chosen by the soul itself. All kinds of so-called spiritual teachings that strive to eliminate your karma by burning it up, for example, are nonsense. The purpose of karma is to heal and restore the connection with your soul. As soon as you open to your inner light, to who you really are, your karma ends: the lesson has been learned.

I once had a client, a woman who clung to a relationship that made her very unhappy, because she thought this was her karma. But when I attuned to her soul, I felt that the universe – her soul – wanted to teach her that she had to stand up for herself. She thought that she had to undergo her misery patiently, when in reality it was her purpose to stand up for herself and get a divorce. Once she had done that, she had resolved her karma. The purpose of “karma” is thus never to make us suffer, but to make us grow. Suffering arises only when we resist that growth. If we resist making choices that support our growth and well-being, the misery we experience feels pointless and hopeless, and that is what suffering essentially is.

As our consciousness grows, we gradually realize that our resistance to what life offers us is the real problem. Instead of karma, we start to recognize our challenges as our own soul’s purpose. We realize that difficult experiences are not there to cause us suffering or to sacrifice ourselves, but rather to make us conscious of who we really are and to restore our sense of the inner connectedness of everything. In the next stage, in which consciousness coincides even more with the soul, everything that happens to you in your life is seen as your own free choice. Your journey back to the light is almost complete.

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On death and dying

Jeshua channeled by Pamela Kribbe

Dear friends,

I am Jeshua. I am with you as a brother and a friend. My wish is that you do not look up to me as an authority outside you. When you grow up as a child you are first of all taught to listen to your parents and to obey their rules. Later on, when you go to school, you are told you should play by the rules of the school and listen to your teachers because they know more than you do. When you grow older and you finish your education and you begin a job, you are told to listen to your superior, your boss, your employer. So, from early on you are taught to listen and obey. In your mind, there is the idea that you know nothing and the outside world has to inform you, to tell you what is right or wrong and what to do.

And so, as I explain this to you, you come to realize that what you have been told is not true because there is already knowledge within you independent of what others have told you. I am here to remind you of this knowledge within you that you have independent of any external authority. I am not here to tell you what to do with your life.; I am not like a parent and I am not like a boss. I am your friend and my objective is to stimulate you and encourage you to believe in yourself.

I know that in spirituality there are traditions in which the teacher or the guru, or whatever you call him or her, is supposed to be an authority who gives you all kinds of rules to follow, such as how often to meditate, what to eat and what not to eat, or even gives advice about who to marry and who not to.

I am not that kind of teacher. My teaching is more radical, more revolutionary – *you are your own teacher*. Society has worked very hard to make you forget this, but your job is to detach from the ideas and rules of society and to focus on the new awareness, the new consciousness that you carry within yourself and are here to express in this world. I take you very seriously. I do not look at you as if you are simply students. And because I take you seriously, I am not going to give you simple guidelines.

Having said all this, I now want to turn to the subject of death and dying. I want to focus on what happens when you experience a joyful death. To experience a joyful death, you need to be prepared for dying. You need to have the feeling that basically you have accomplished what you wanted to accomplish or experience in your life. This is a feeling deep down inside you. There still might be many things that you would like to do, to experience, but you have to basically feel inside that, “I did in my life what I came for”.

So, to experience this sense of fulfillment or accomplishment by way of preparing for death, you need to start early in your life. That is why it is so important when you are young, or as an adult, to feel deeply what is inside your heart and to truly follow the voice or the calling of your heart. And again, the outside voices of society or authorities, family – whatever – can distract you from your heart’s true desires.

People who stay true to what their heart truly longs for, die more joyfully, because on the soul level -- *and you are a soul* – you know that this life will end one day, that you will leave this beautiful body behind. The soul knows this, and its priority is not to escape dying or to live to become as old as possible. Its priority is to express itself and experience what it wants to experience in this life.

Go with me now to the moment of dying. You can imagine yourself dying because you have experienced death before in many lives, so you do not have to especially see yourself dying, just imagine you are in a

body and you are about to go over to the other side. What happens when you die normally, peacefully, is that you slowly notice how your awareness gets less attached to your body. It is as if you let the body go and you more or less float around it with your awareness.

Often, before you die, there is a stage in which you have to say goodbye to your loved ones, to the world around you and to your own memories, and this stage is often very emotional. It is important to let those emotions be as they are, and if it is still possible, to communicate with the people to be left behind, to tell them you love them, appreciate them. If there is still something that you feel sorry about, that you have regrets about, it will lift a burden from your heart to speak about it, to express it to the ones you love.

It is as if you are cleansing yourself, and then naturally, as death comes closer, you will become less emotional and more quiet inside, with no human need to speak much anymore, and you begin to really detach from the physical world. If you are open to the idea of an afterlife, if you truly believe that your soul journeys on, then you will start to see the other world, the world of heaven or the afterlife. You will start to see images of incredible beauty and peacefulness and have very gentle, calm feelings. It feels as if there are energies there, such as people or guides, although you might not see them. There is this feeling that there is someone there to welcome you, to help you to cross over.

Some people die consciously, and other people die in a state of unconsciousness or sleep. For the people who die unconsciously, it will feel – after they have physically died – as if they woke up from sleeping. And for some of them, when they wake up, it seems to them they are still in the bed where they died, in the hospital bed or in their bed at home.

But there will be guides, helpers from the other side, who will explain to them that they crossed over. Some people have some difficulties understanding this if their mind was not clear or a bit confused. It may

take some time for them to realize that they actually died. But there are always several guides present to help them and to guide them.

People who died consciously have less trouble understanding that they crossed over, that they died. Both ways are okay, but to die consciously with a sense of peace and surrender is a beautiful experience. There is a sense of tremendous liberation. Even though the human body is a spectacular and miraculous thing, it does limit your experience, and when you get out of it, you sense an enormous freedom.

To experience a peaceful and joyful death, it is important to work *with* the natural process taking place before and during dying. The natural process begins when you realize you will die. For example, if you are very ill and no cure is possible, the natural process is to accept it and then face the emotions that will be there, emotions of saying goodbye.

To accept that you are going to die is a major step. Because often, people try to fight against the process, and the usual medical approach is to try to keep you alive as long as possible. But, please, also use your own inner knowingness, your intuition, to feel when it is enough, and be ready to accept that death will come. Because if you accept death, and then go *with* it, you can move with the natural process of dying and enter the stage of saying goodbye, talking with loved ones, going through this emotional stage, and after this, the stage of withdrawing from the physical.

I want to end by saying and emphasizing that death and dying is a very natural process. It does not have to be bad or sad, although it is intensely emotional. Death is like rebirth, and it is about surrender. Humans tend to want to control life and even control death. If you want to experience a joyful death, then you have to let go of this control by the mind and to flow with the process in a more intuitive way.

I asked you before to imagine you were inside a physical body and are slowly letting go of it. And when doing this I want you to focus on one

thing, and this is the moment of leaving your body. Just imagine you are a butterfly coming out of its cocoon. Finally, you can spread your heavenly wings and sense what it is like to fly.

You feel incredibly happy and joyful and connected with life. A happy death connects you with life, makes you feel very alive. Because Earth is still quite heavy, a very dense place to be, and most people have become accustomed to feeling dead inside, or partly dead inside, death, and the transition into the afterlife, often brings you back *to* life, to feeling fully alive.

Let go of fearful images of dying and believe that you can have a joyful death, and that you will always be surrounded by help and forces of goodness and kindness.

Death and beyond

Jeshua channeled by Pamela Kribbe

Dear friends, beloved angels of light, I greet you all.

It is from the heart of the Christ energy that I, Jeshua, reach out my hand and extend my greeting to you.

Beloved angel, know that you are cherished. Know that you are loved unconditionally, even now while you reside in a body of flesh and blood, a mortal body. Even while living within the boundaries of this temporary home, you are still unconditionally part of God, the Home for which you long so much. You have never truly left Home, yet you do not recognize the eternal flame which remains alight forever within your being. Get in touch with that light in this moment, cherish yourself, know who you are. A light burns within you, so beautiful and pure. How come you ever doubted this?

Today we speak about dying. Much fear exists concerning death. Fear of annihilation, fear of oblivion, fear of being swallowed up by the big black hole associated with death. As so often the case in the earthly dimension, you tend to turn things topsy-turvy and present them exactly opposite to the way they actually are. In reality, death is liberation, a homecoming, a remembrance of who you really are.

When death comes, you effortlessly return to your natural state of being. Your consciousness blends with the flame of light which is your true identity. Earthly burdens are lifted from your shoulders. Residing within a physical body imposes limitations on you. It is true that you chose to dive into this state of limitation because of the possibility for experience it had to offer. Nevertheless it's a sensation of bliss to be restored to your natural angelic state. The angel inside you loves to fly and be free, to freely investigate the myriad of worlds which constitute the universe. There is so much to explore and to experience. Once you

are born into an earthly body, you more or less lose touch with this angelic freedom and sense of being without limits.

Please join me now, as we go back to the moment just before the dive into your present incarnation. On an inner level you permitted yourself to commence this earthly life. It was a conscious choice. Perhaps you have forgotten about this, and you occasionally feel doubtful about whether you really want to be here. Yet there has been a moment in which you said “yes”. This was a courageous choice. It is an act of great bravery to temporarily trade your angelic freedom and sense of non-limitation for the adventure of becoming human, of becoming mortal. That adventure holds a promise that makes it all worthwhile. Feel the “yes!” that once rose from your soul. Remember also being drawn to earth. Feel how you connected to earth reality, and feel the moment you descended into the embryo within your mother’s womb. You may notice there is heaviness surrounding planet earth, a certain greyness or thickness.

There is much suffering on earth. Pain, loss, fear, negative thoughts are part of earth’s collective atmosphere. And that is what you, as a freshly incarnating soul, passed through. Your light found itself a way through this darkness and in doing so an unavoidable veil of ignorance fell over your original angelic awareness. Feel the sadness of that event, and behind it, your courage and bravery. You were determined: “I am going to do it. Once more, I am going to root myself into this earth reality, in order to find my own light, in order to recognize it, to rediscover it, and to pass it on to this world which is so in need of it.”

Yes, it has been a leap into ignorance. Temporarily forgetting who you are, not remembering your unbound state of being is part of being human. You forget that you are safe and free, no matter where you are. Being human, you set out to reclaim that natural sense of freedom and safety. In your quest, you can become ensnared by powers that seem to offer you what you are looking for, but in fact are making you dependent on something outside of you. You may lean upon judgments coming from outside yourself, telling you how to behave in order to be loved. These false images of Home, these substitutes, tend to sadden

and depress you. Indeed, the journey down from heaven to earth has been a tough one. Death, however, transports you back to the plane of eternal love and safety. It is in dying that you surrender to who you have always been. If you die consciously, if you can accept death and surrender to it, dying becomes a joyous event.

What happens when you die? Before you die, you pass through a stage of parting and letting go. It is a phase wherein you say farewell to earthly life, to your loved ones. This can be difficult, yet at the same time it offers you the possibility to reflect deeply upon who you are, and what you have learned and accomplished on earth during your lifetime. In the grief you may sense in letting go of your loved ones, it becomes ever so clear what connects you to them. It is a bond of love which is immortal. This bond is so powerful that it effortlessly passes across the boundary that is death. Love is an inexhaustible source, forever giving rise to new life. Do not fear to lose your loved ones, for it is in the moment of saying goodbye that the bonds of unconditional love are reinforced and given new life. For it is certain: when you part in love, you will meet again. You will find one another again, effortlessly, because the shortest way to another always remains the way of the heart.

If you have loved ones who passed over, you can be sure that they are near to you at the level of the heart. Feel their presence, for they are here among us, extending their greeting to you. They feel privileged and free. They are free from the doubt which plagues so many on earth and they yearn to share with you the love and kindness which is available to you at all times.

Those who remain behind often associate the phase prior to their loved one's dying with feelings of sadness and loss. It is natural to grieve the departure of a loved one; it is natural to miss and yearn for the loved one's physical presence. However, we encourage you to try and feel that with their departure a gate toward a new dimension is opened, a dimension where communication is of a nature so pure, clear and direct that it rises above the methods for communication commonly used on earth. You can have direct communication with a loved one after they

die, from your heart to their heart. This way, misconceptions which used to stand between you can easily be cleared, once you honestly and openly communicate with the other. Your message will be received, always.

Once you yourself have died, you will view people who are living on earth from a different perspective. You will be more tolerant, mild and you will find yourself with an increased sense of wisdom. You will not be completely balanced all at once, because there are emotions and feelings that you take with you and which need to be dealt with. You will not be perfect or omniscient once you let go of physical life. And that's not so bad really, for there is still so much to experience and discover on this side! Yet, in most of you there is a new perspective. The dimension of eternity is tangible and this respectfully mitigates your view of what occupied you and the people directly around you during your stay on earth.

Now, what happens to YOU once you pass the boundary of death? Once you have gone through the mourning stage, the stage of saying farewell, you will feel start to feel death drawing closer. The focus of your consciousness now changes. Letting go of the outside world, the people, your body, it will now turn within and move deeper inside of you. Your awareness of the outside world diminishes and this allows you to prepare for the inner journey you are about to embark on. If you consciously accept death, you will experience a "getting ready", a readiness to truly let go. For your loved ones, this is the moment to let you go, for you need all your strength to turn within and prepare yourself.

Dying need not be a painful process. What actually takes place is of a grand and majestic nature. Dying is a holy event wherein the soul connects with itself in a most intimate manner. During the final stage, the dying person senses the earthly dimension in a detached way: the body, the scents, colours, and other physical sensations. Another dimension is entering their awareness, with a radiance so promising and inviting, that it is not so hard anymore to surrender and leave all things earthly behind. Even the presence of your loved ones will not stop you

from going now. The energy of Home – God, heaven or whatever you want to call it – is so overwhelmingly kind, warm and reassuring that it become easy to let go and return your tired and worn-out body to earth.

Once you let go in peace, your soul will rise up from your body gently and fluidly. You will feel supported by universal forces of wisdom and love. If you die without resistance, your immediate surroundings will be filled with warm and loving energy. You will experience an unspeakable sense of relief. You are free, and everything becomes clear. You remember the omnipresence of Love, not as an abstract idea but as a palpable reality. While on earth, you called this kind of love “God”, and you kept a biased, human image of what this God “wanted from you”. You were convinced that there were certain demands made by this God, demands to which you usually did not comply. But here in this dimension, you recall what God’s will truly is: to ensoul you, to inspire you, to experience creation through you and to finally recognize Itself in your countenance. God wanted to become human through you. The goal of the universe’s evolution is YOU: God become human!

God is the source of creation, and you are its fulfilment. You, who have given the light of God human form, are never judged for being human. Instead you are honored. The idea of a vengeful God is yet another perversion, a reversal of truth instigated by fear. God recognizes Itself in you, regardless of what you do or don’t do. When you are back on this side, you become aware of this again, and a truckload of self-judgment and feelings of inferiority will slide off your shoulders. You will feel the original joy of living again, safe in God’s hand.

Soon after your arrival here, you will perceive light beings around you. There will be guides to assist you and people you knew who passed over before you. Sometimes it will surprise you who you will run into over there: people whom you met only briefly, but who touched your heart deeply, may be there alongside lifelong friends and relatives. Anyone you had a connection with based in love, will come to greet you at some point. Once again, it becomes so clear to you that saying farewell is but an illusion, that the heart-connection is eternal. You will

experience a sense of thankfulness and of awe, as you enter this plane of unconditional love and wisdom.

After you arrive on this side, there is a phase of adjustment, in which you get used to your new environment and slowly release your attachment to earth life. You will need to acclimatize. There will be guides to support you who are specialized in this. You will still have a body yet it will feel more fluid than the physical body you were used to. Most likely it will take on the appearance of your most recent physical body. Although there is freedom to take on any appearance that you desire, most people appreciate some continuity for a while. You are also free to create your own living conditions, for instance a beautiful house with a lovely garden, in a natural environment you were fond of while on earth. It is quite all right to live out your earthly fantasies on this plane, which I refer to as *the astral plane*. This is a dimension or realm of being which allows for much creative freedom, although it still resembles and is closely connected to the dimension of physical earth.

Some people have had difficulty accepting death on earth and their transition to the other side may have been less peaceful. They usually need more time to adapt to their new life circumstances. Sometimes it takes a while before they truly realize that they have passed on. Some people have suffered a long-term illness, and find it hard to shake the idea of being ill. They cannot fully believe they are healthy again, and it often takes the patient and gentle support of a spiritual guide to help them release their old body. The old body can stick to the soul, purely as a concept, as a thought-form. The same goes for emotional habits and patterns of behavior. They can repeat themselves on the astral plane until the soul discovers its freedom, its power to let go and open up to something new.

Another possibility is that a soul remains attached to the earth realm, to loved ones in particular, because they died suddenly or very young. This can happen in the case of accidents, disasters, or when the person was in the prime of life. These are situations in which a particular soul did not feel ready or prepared to make the departure. Dying in those cases is more or less traumatic. There is loving support on this side for

these traumatized souls, as there always is. Sooner or later the soul will reach a state of acceptance and understanding of the situation. There is always a viable reason for what seems to be a premature departure from the earth plane. Dying is never a coincidence.

As your stay on the other side extends, your spirit expands into wider and deeper levels of awareness. More and more will you let go of the ways of thinking and feeling you were used to on earth. Essentially, you gradually go back to the core of who you are, your soul, the divine spark within. The more you enter – or return – to that state of consciousness, the more you detach yourself from your earthly personality and the dimension of earth. You will sense a flow of being which reaches beyond that aspect of you. You will get in touch with other lifetimes you spent on earth, incarnations wherein you embodied other aspects of your soul. You become aware of the boundless space that is your soul and the many experiences you have gathered on your journey through the universe.

When people on earth connect to you now, they will sense a person who has gained in wisdom and spiritual love. In fact, as you are moving closer the core of your soul, you are leaving the astral plane and entering what I call the essential plane, the realm of Essence. Most people stay on the astral plane for quite a while after they have died. They look back on their life on earth and reflect on all the experiences they have gone through. In the astral realm, you can experience both joy and depression, both positive and negative emotions. Your surroundings mirror your inner psychological reality. The emotions you have to come to terms with, take on the form of colors, landscapes and encounters. You often visit the astral realm in your dreams, so you are familiar with this field of awareness. In your esoteric literature, when they speak of many layers or spheres in the afterlife, ranging from dark to light, it is the astral plane that is referred to.

On the astral plane, you get a chance to sort out the emotional luggage you've brought along from your recent life on earth. In this you are assisted by several loving guides. At some point, you will let go of all your attachments and emotional pain, and you're ready to move beyond

the astral plane altogether. That's when you pass on to the plane of essence. When this happens, it is like a second death. You leave behind anything that does not truly belong to you and allow yourself to merge with the greater You, your divine core. The moment you pass on to the essential plane, you will be aware of the immense power that moves you. You will experience your oneness with God.

The plane of essence, the plane of the eternal You, is the seat of the divine consciousness from which all creation originates. I ask you to take a moment to connect to this plane, here and now. It is not far away. It permeates everything, both the astral plane and the earth plane; it permeates the entire cosmos. The presence you sense here is the presence of God, pure and untainted. It may be sensed as a deep silence, completely peaceful yet brimming with life and creativity. From this source springs all of creation and to this source it shall return.

When you reach the essential plane in afterlife, you will be able to make conscious choices regarding your future destination. On this plane you may arrange, with the help of teachers and guides, another incarnation on earth, or plan a different journey, dependent on your goals. You can clearly hear the voice of your soul on the essential plane. It is from this plane that you once said "yes" to the life in which you now find yourself.

Take a moment to remember what it felt like to be on this plane. The more you become aware of this dimension during your life on earth, the easier it will be to die peacefully and, after your death, to move beyond the astral plane into the plane of essence.

Death is nothing more than a transition, one of the many transitions you go through in life. Birth is a transition. Life on earth knows so many moments of transition, of passing through and letting go. Just think of it. The body you now reside in has at one time been very small, a vulnerable little baby. And yet your soul, the divine essence inside you, was already working through you when you were that vulnerable little baby. When you reached maturity, many of you got swallowed up by

the demands which life on earth made on you, and you were confronted by fears and doubts. The awareness of your divine core, your soul, got pushed to the background. However, there arrived moments in your life when the dimension of divine awareness opened up again. This often happened at moments during which you had to let go, when you had to say farewell.

Maybe it was saying farewell to a loved one, perhaps letting go of a job; any conceivable scenario. Such events are transitions which resemble dying, not in a literal sense but on a psychological level. You are being asked to let go on a deep level, and it is exactly during those moments of letting go that you can start to feel the reality of your eternal Self, the divine light that burns inside you. This reality remains with you unconditionally, even when everything around you falls away. And so it is when it comes to physically dying. If at that moment you are courageous enough to let go, the plane of the eternal will embrace you and you will experience a very strong awareness of who you really are.

Dying in conscious surrender is a holy event, filled with life and beauty. The majesty of what is enfolding will be tangible for those present. The more the ones who are present have experienced “dying while being alive”, the more they will be filled with awe and reverence about the transition they are witnessing.

With regard to all the transitions available in creation, ranging from physical birth and death to moments of intense emotional detachment during your life, the pivotal question ever remains not whether you will survive, but whether you are able to retain the connection with your own divine core. Can you stay in touch with the plane of Essence, your origins, Creation’s heartbeat? Connecting with the essential plane often during your life is the best way of preparing yourself for death, and for what lies beyond. By becoming aware now – prior to physical death – that the very core of who you are does not depend on the current physical body you reside in, nor on the identity which you assume in the world, do you set yourself free to smoothly make the transition once the moment arrives.

Connecting with the essential plane is a choice you make. Dying in itself won't get you any closer to it. After dying, you will very much be the same person as you are now, albeit endowed with different possibilities and given a wider perspective. Yet the crucial question ever remains: do you remember yourself? Are you able to consciously connect with that dimension of timelessness which flows through you and which truly inspires you ?

You are un-perishable, dearly beloved angels of Light. Take faith in this. Let yourself be comforted and supported by this knowledge when your hour of death arrives; and now also, while you struggle with the issues of your life.

In order to die peacefully, you are asked to detach yourself on the inner level from anything that ties you to earthly existence. Practice this detachment continually while you are living, and you will be prepared to die.

You may ask: "Isn't it tragic to detach yourself from life, while you are standing in the middle of it?" The answer is: "No. Instead, it is testament to a truly powerful spirit."

What does detachment mean? It means that you pay attention to essence, that you do not get caught up in non-essential matters. It means you do not create unnecessary emotional drama; it means you experience joy in the simple things of life. To practice detachment and stay tuned into the plane of essence entails being aware of a hidden dimension, which lies directly underneath and behind the observable. It means to renounce quick judgment in terms of good and bad, and to trust a cosmic intelligence which far by exceeds the human mind.

Many of you are trapped in a thinking fever. You feverishly consider life; how to solve problems, how to accomplish all the things you think you need to do. You are very fixed on organizing life through your will and your mind. Detachment means you take this thinking aspect of

yourself less seriously. Is this a tragic thing to do? No. Instead, it brings light and airiness to your life.

It is by your excessive urge for control that life becomes a struggle, tiring and heavy. Detachment brings peace of mind, humor and thoughtfulness. Being aware of the finiteness of life inspires the natural desire to cherish life. And it is there where your divine core can effortlessly flow through you, from the essential plane to your earthly reality. Once that happens, you will have conquered death before you have died.

How the astral world affects us

Introduction

How do scientists think about human beings? They are usually concerned with our brains, or slightly more accurately, the app operating on the biological computer we call our brain. From their perspective, a human being is someone temporarily residing in a small box called the skull. If the computer or brain breaks down, then the app is no longer active, and we are no longer here. Simple and straightforward, if somewhat cold.

This is not my vision of human beings. I believe that the truth about the human being is far more expansive. The universe is infinite and everything in it is interconnected. Consciousness pervades everything and every human being is part of this one consciousness. Man is not small and finite, boxed in by time and space, but infinite and eternal.

You are not your brain; you are the universe. There could not be a greater difference.

The idea that you are your brain is based in duality, which at the deepest level is a belief that denies your oneness with the universe. A self that is not unified with the universe is a self that is separate and opposed to it. When separation takes hold, other human beings easily seem strange and mysterious, and in some people's minds that spells danger, which calls for control, domination, and confrontation. This is how duality works, it leads to struggle and suffering on the physical level, and also on the psychological level where there is always the threat of subjugation, nothingness, and death.

Man has no death to die; (s)he is the eternal universe itself.

The conviction that we are separate distances us from the source, from unity. Some people hold on to this conviction, take it with them after their physical death, and cling to it in the afterlife. This creates an

energetic sphere or field around the Earth due to their stubborn beliefs in duality. This sphere, which reflects our dualistic ideas, is called the astral plane. Even though we are on Earth, we are connected to it, it influences us and ratifies dualistic ideas and ideologies we hold within us. The astral plane around the Earth is a strong energy field that is an obstacle to making the shift from thinking dualistically to embracing and choosing Oneness. We live in an (almost) closed energetic circle called the astral sphere that perpetuates misery on Earth.

How the astral world influences us, and how we can detach ourselves from it and break the hold it has on us, is what this piece is about.

Before I discuss that, however, I will explain in detail what duality is and how it is rooted in fear.

What is duality?

Duality is two principles that are opposed to each other and cannot be reduced to each other. Duality plays a key role at the level of human thought, but it is not something that exists in reality. It is not a real thing. Everything that exists is part of the same one universe and therefore can never exist separately from the other because the universe is One. An example of duality would be to think that the opposite of light is dark, but in reality, darkness is simply the absence of light.

Human thoughts are full of fear with duality playing an important part in perpetuating it because after all, we are afraid of lots of things on this earth. We are afraid of the dark and feel something may be hiding in it that could hurt us. If something is foreign to us, we see it as unlovable. The dark is seen as something opposite from the light. We feel safe in the light, we don't feel safe in the dark.

The psychological root of duality is fear. If we fear something, we think it can hurt us, that it is evil and in opposition to us. This is how duality is created and perpetuated. Only when we are free of fear can we experience that we are one with the universe, one with everything.

I can remember talking to a man once who had attended a fundamentalist Christian school in his youth. He said, “I thought back then how lucky I am. I am learning the truth and am chosen, while the rest of humanity is going to hell.”

To think that you are special, and others are not, is an example of duality, which we encounter everywhere. We don’t know the “other,” so we think they are bad, immoral, a threat, and undoubtedly to blame for everything that goes wrong. Think back on history, witches who were burned at the stake, Jews who were persecuted and killed, Muslims who are demonized. We fear anyone with a different skin color and religion, we see opposites as threatening. They must be eradicated, and the result is war, oppression, and suffering.

Our worldview mirrors our self-image. There is a one-to-one relationship between the two. For example, a man who is afraid of women will hold a worldview which judges women to be inferior, dangerous even, and based on those judgements will feel justified suppressing her. Inwardly, he will suppress his own feminine side too, thus negating his consciousness that all is one. If you seek self-knowledge, examine your worldview.

A worldview based on fear puts us in boxes and draws boundaries that separate us—separates us from people, from man and the cosmos, and from man and nature. If we are always afraid of what looks opposite to us, or what is different from us or on the other side of the boundary, we feel justified to control, dominate, and exploit it.

A child who is pumped full of these kinds of ideas throughout his life has to discover for himself that no matter how correct and logical they might have seemed at the time, they are irrational, and fear based. Most people do not change their thinking and escape from the box up in their head. They live their lives in fear and perpetuate it.

Much has been written about fear and duality, and I have touched on it here. Now, I would like to talk about a subject we don't hear much about, and that is how the astral world plays its part in all of this.

What is the astral world?

Man is a creative being and the astral plane, which surrounds the earth, is an expression of man's creative power. It is largely the product of human fantasies and desires, whether conscious or not. In the astral sphere, your imagination and fantasies become reality, what you see and experience around you is a direct reflection of your inner state. The separation between inside and outside is removed. You walk around in your own mental and emotional creations, so to speak. Sometimes these creations are incredibly beautiful and rich—beautiful landscapes in the higher astral realms, for example. Sometimes they are not beautiful, they might be dark and violent, or plain ugly and boring. Not every person who dies and passes into the astral sphere possesses a rich and exalted spirit. So, the astral sphere reflects both the exalted and the ugly in man, beautiful pure feelings, and ideals, but also lower feelings of violence and primitive sexual instincts.

Human beings alone do not shape the astral sphere. It is an open field where various kinds of cosmic energies can penetrate and if they are of a pure intention, they wish to help humanity. To give an example, many people who were raised Christian love Mary, the mother of Jesus. The thoughts they have about her take form in the astral sphere where strong beliefs in something, especially if it is a strong collective belief, create an energetic reality. A collectively created "Mary" is thus at work in the astral world, and if this form of Mary is created from pure truth, higher energies can use it to transmit light and consciousness to others. They use human representations to transmit loving energy to them. People on earth can feel that they are being helped and supported by Mary and may even receive messages from her. Through such collective projections, higher energies can penetrate people's consciousness, and help them transcend the lower astral sphere.

It can work the other way, too. There are many man-made representations of Mary conjured in the mind resulting in different Marys “living” as projections in the astral sphere. To be clear, these Marys are not souls, they are constructs of the human mind, and not all of them have their origins in pure and loving beliefs. There may be heavy Christian ideas projected onto Mary that have to do with sin, service, penance, and guilt.

In addition, the number of Marys in the astral world is multiplied by the fact that there are deceased people who believe they *are* Mary. If a person on earth believes they are a reincarnation of Mary, they will not abandon this idea after death. They suffer from delusions and will fight to maintain this fabricated identity. They do so by sticking with their dualistic morality, and like to predict disasters, for one reason, because it generates attention and an emotional response from “followers.”

The astral world is a very chaotic place and can be a big source of untruths. There are higher realms in the astral plane where souls can identify the light and source of pure consciousness, but in the lower earth-bound parts of the astral world, there is a jumble of human projections, emotions, and desires. As exemplified, there are a multitude of ideas projected onto Mary, and many of them of questionable.

The astral world and life after death

After death, the natural course of a soul is to travel through the astral sphere and leave it behind. After one dies, there is a natural urge for consciousness, to return to the source and from there enter into a new cycle of birth. When you break free from your life on earth, and all the limitations of being human, it is a heavenly experience because there is an expansion of happiness and consciousness. You rediscover your true self, and once again experience oneness with everything. There is a deep remembering, no sense of loss but growth, an integration of your earthly and cosmic being. You realize that at the deepest level you are the source; that you coincide with God. After this natural shift of consciousness, the illusion of duality completely disappears.

This shift only happens when you are in a place of complete freedom. You are free on earth and in the hereafter; no one is coercing you to do anything. But herein lies the trap. It is true that most of us are not free. We are in the grip of rigid beliefs and ideologies based on duality. Until we let go of the fear-based belief in separation, we cannot embrace our inner Oneness. Otherwise, we stand still and remain stuck in the astral plane until finally the wheel of rebirth turns again.

The astral plane is static because what is inside you and what is outside you coincide. You are trapped in a repetition of the same experiences, the same subjective states of mind, which lacks dynamism and growth. The soul will seek to free the personality from this dilemma by immersing it in a unique perspective of experience—a new incarnation.

It is possible that while you are between two earthly lives you may not transcend the astral sphere, and so, you re-enter an earthly life. This is certainly not always the case. For many transcended people, life in the astral world is a pleasant, temporary phase. Most realize that they have physically died and take quiet time to process their earthly life and grow toward the light, aided by loving guides.

The guides help people make sense of their lives and the impact of their choices and actions on themselves and others. Gradually, they release Earth's atmosphere and all their fear and duality-based beliefs. Love, happiness and beauty are attractive teachers that manage to touch most people and draw them into an upward movement towards the light. And anyone capable of humor and self-reflection is open to this light and further growth.

Most people love discovering that there is nothing to be afraid of, that you have no enemies, that the universe is a magnificent miracle of love. They also experience the joy of their own growth. By letting go of all fears and all fear-based ideologies, they become more themselves.

The key to letting go of the astral sphere and returning to source, to an awareness of your oneness with All, is the willingness to enter into

inner growth and to open to love. The reward is great—beauty, truth, and love. It is a liberation from a cocoon of fixed ideas and beliefs. The universe with all its beauty and wonders opens up. Who doesn't want that?

Unfortunately, there are people who don't. They do exist. Surely there are quite a few people who hold tight to rigid dualistic ideas. Here are some examples.

– People who have hurt others in the past and refuse to face up to it.

For example, war criminals who believed they had the right to persecute and kill people. After all, to them, they were evil, a threat. Many perpetrators cling to the belief that they were within their rights to do this, even after their deaths. When you have hurt others because you hold tight to a particular belief, it is exceedingly difficult to let go of it. The more misery you cause, the stronger the belief becomes and the more difficult it is to let go of it.

– Ideological and religious fanatics who practice dualistic thinking.

Many religions, curiously many monotheistic religions, proclaim dualistic ideas. We are good, others are bad. Those who disagree with us (pagans, unbelievers) will go to hell and must be persecuted. There is a deep belief in the separation between man and God. God is great, good, and all-powerful, man is small, sinful, and void. If you identify strongly with such an aggressive religious and moralistic worldview, you will not easily let it go in the afterlife.

– Victims who cannot forgive.

To forgive is to let go. To forgive is to allow growth to occur and to accept the inner Oneness of life. To forgive is also to say yes to the offender in yourself. Not to forgive leads to bitterness. It blocks the flow

of love and suppresses and denies the offender in yourself. You can remain stuck in your identity as a victim even after death.

– People who are completely focused on the outer world and identify strongly with their possessions and careers.

In the astral world, it is possible to continue your earthly life to some extent. You can surround yourself with material wealth and create a bubble of prestige and success. But you will feel basically alone. Life will become increasingly empty and meaningless over time, and before you begin to figure it out and truly long for contact with your soul, a great deal of time may have passed where you stay in the lower astral sphere.

– People who cannot let go of other people.

If you are excessively attached to people still living on earth, a partner, or a child, out of a keen sense of duty, care, and emotional dependence, it can keep you from journeying through the astral sphere and letting go of Earth. If you are excessively attached, you can still feel stuck in the emotions of loss, pain, and powerlessness even on the other side. The inability to draw boundaries and say goodbye can hinder the dynamics of your inner growth. This is true on earth, and death does not necessarily put an end to compulsive, obsessive relationships. The astral sphere is full of a great many souls who cannot detach themselves from Earth. They continue to cling to their loved ones out of fear or dependence.

– People who believe they hold the truth and have nothing more to learn.

An example would be the so called “gurus” of cults. “Spiritual leaders” who believe so strongly in their “teachings” that they want to continue practicing it after death and may even find followers in the astral sphere.

– People who do not listen to their inner voice but blindly follow others.

To allow your decisions to be determined by an outside authority (parents, a partner, school, societal norms, religion) makes for losing touch with your own soul. During your earthly life you will discover that this comes at the expense of your joy, fulfillment, and self-respect. Many people who succumb to this eventually find it unbearable and head into a crisis that eventually brings them back to themselves. But if you continually ignore these feelings and submit to the authority of a guru or any outside authority, alienation from yourself can occur. This alienation goes with you after your physical death and keeps you in the astral sphere which will reflect back this state of inner emptiness.

This is not a complete enumeration, but it gives you an idea of what kinds of people populate the astral sphere. In addition, the astral sphere is full of all sorts of non-human energies that are attracted to it for assorted reasons.

In the astral world, like-minded people attract each other and create a reality that confirms their beliefs. The outer world fits seamlessly with their inner world. This creates an “island of untruth” that the inhabitants mistake for reality. They live on this astral island in a closed system and are often inaccessible to spiritual guides who could show them a different, unique perspective. On these so-called religious islands, which the residents—even if they feel very unhappy there—mistake for heaven, the guides are usually considered representatives of the devil.

In the astral sphere, much more than on Earth, the outer environment reflects the inner life of the person. Because people in the lower levels of the astral sphere are not attuned to their soul, or their inner beauty, their environments are not beautiful, instead there are drab buildings in drab surroundings. Fortunately for the inhabitants there, the desire for beauty is a way to escape that environment. Desire for beauty restores contact with the soul and creates a way out; an opening to the higher realms

where a person can accept help and free themselves from the “islands of untruth.”

Besides these islands, there are much larger places in the astral world inhabited by groups of people who share similar beliefs about their identity. This sense of identity may be based, for example, on a common language, nationality, or skin color. If such an area is exceptionally large, it is called a sphere. Inhabitants of a sphere are generally less attached to their identity and more willing to change. Therefore, there is more light and beauty here than on an island defined above. People realize that the goal is to grow toward the light, they take the time to do so, and may realize it is necessary to reincarnate so they can internalize a new and unique perspective.

In general, the larger the area or sphere, the more light there is. Again, the point is—separateness is a sign of untruth. There are still some islands with hardly any residents, however, there are still Nazis on them who are unable to let go of their beliefs.

People who live in high separation—an island of untruth—adhere to a strong dualistic worldview. This worldview causes a suppression of their true self. Believing in some absolute “sacred” truth always leads to the suppression of one’s inner sun and thus, to dwelling in the astral world. This is sometimes seen as a punishment, but it is not. In the universe there is no such thing as a punishing God, or any other authority that dispenses punishment. The situation you are in is purely the result of choosing to adhere to a belief that is not true, thereby suppressing your true self. To embrace the truth is to embrace yourself. To reject the truth is to reject yourself.

To believe that something does not belong, and to deny the unity of the universe always means that you reject a part of yourself. To believe that others are bad, that others do not belong, always leads to an inner rift. The views you have about the universe reflect the views you have about yourself.

The psychological impact of the astral world

The inhabitants of the lower parts of the astral sphere, the islands of untruth have an extreme psychological focus on Earth and reinforce the dualistic fear-based world views that prevail there in the collective mind.

A lot of so called “spiritual information” comes from these islands of falsehood, to which you may ask “how does that work?” Suppose there is a sect leader on Earth who, like many other sect leaders, proclaims a certain doctrine, and in doing so, underlines it with the message, “I am special, I have a ‘direct line up’ and know and see more than you do. You better do what I say, and you will be saved.” After this person dies, they continue to proclaim these “truths” and gather followers. Death does not usually cause people to change their opinions or behavior. Thus, an island of falsehood is created in the astral sphere. However, because his energy is still close to the earthly level, this “teacher” can emit his influence on people who are sensitive enough to pick it up. When they do pick up his messages, they can easily mistake them for the truth. After all, the information comes from “the other side.”

The ideas proclaimed by such an astral guru reinforce the existing fear and duality on Earth. The receiver of such information, who is already anxious himself or has strong judgments about right and wrong thinks, “You see? I am right. It has been confirmed by a higher source.”

This is a clear example of astral influence, but it can also take place more subtly and unconsciously. Many people sometimes suffer from “intrusions,” or unpleasant, violent thoughts that drift in from the astral sphere that scare them. What happens is that the lower astral world resonates with negative or aggressive thoughts you have and greatly magnifies them. The trick is to recognize those intrusions as non-genuine, like noises you hear from the street, but ignore. You let them be and move away from them.

The main problem with the lower astral world is that the inhabitants of the islands of untruth have a common interest in inhibiting human

evolution. After all, evolution leads to man's deeper connection with his soul, expressing his freedom and light. To those on the islands of untruth, this would mean that they would no longer be nourished and would slowly begin to disappear. Indeed, eventually the entire astral sphere will disappear, insofar as it is the result of losing contact with the soul. A unity consciousness will then awaken on Earth—a world without borders, a world without war, a world of harmony among men, and harmony between man and nature.

Many inhabitants of the astral sphere believe that the end of it will be the end of them. Like many people on Earth, they believe in their own finitude and want to avoid it. They realize, sometimes consciously, sometimes instinctively, that the astral sphere is fed by lower energies produced by humans. So, they try to maintain duality on Earth, and that includes struggle and suffering. They see this as their salvation. The forces of light and love are their enemies. After all, light and love ensure their downfall. The central idea perpetuated by such astral forces is “the battle of good against evil,” pure duality. Paradoxically, they present themselves as “leaders of good” and under this guise provide humanity with “advice” that is often moralistic, incantatory, prophetic, and threatening in tone.

The myth of the battle between light and darkness

There is an ancient belief that the forces of light are battling the forces of darkness, which is the ultimate duality, good vs evil. Consider, for example, the idea of monotheistic religions that teach God and Satan are engaged in a fierce battle over human souls. In fact, there is no such battle. That is a myth. Light does not fight darkness. Where there is light, darkness simply no longer exists. Darkness is the absence of light. People can fight against Christ, who teaches, “love your enemies,” but Christ does not fight back against them. Love does not fight hate. It transforms hate.

An imaginary battle of hate against love, of darkness against light does exist. The inhabitants of the islands of falsehood believe firmly in this form of duality. They see all who believe in the inner unity and love of

the universe as a threat. They see themselves as the forces of light fighting against darkness. They proclaim the myth of the battle of light against darkness. Ultimately, they are fighting against themselves. Whenever and wherever people believe in this struggle, they are influenced by the astral world.

How do these influences work? See below.

1) Lower emotions

Analyze the emotions of a crowd during a lynching in which a mass of people ruthlessly and hysterically rages against a victim who has been branded a sinner. Those who participate in such a bloody massacre are driven by an aggressive, animalistic emotion. Astral energies intervene and amplify these emotions. Sometimes this energy is so powerful that it takes control of a large area of a country's population resulting in pogroms (large-scale persecutions) or war. When such a situation is finally over and a person is free of this influence, they often say, "I don't know what possessed me."

2) Unconscious influence via hitchhikers

Many people are not properly grounded, that is, they do not fully occupy their aura, which is a space intended just for them. This creates "holes" in their aura which are an opening or dwelling place for astral entities to enter. Such entities are a source of negative feelings and thoughts. The fact that you have one of these "holes" indicates that you have a limited idea of yourself. You maybe condemn a part of yourself, suppress it and therefore limit your ability to be in contact with your soul, joy, and inspiration.

For example, a man may consider that masculine energy is superior to the feminine, or that in order to be a "real man," he must suppress his feminine side. If he believes that the feminine is inferior, he will push it away to the point it becomes completely inaccessible to him, which

creates a hole in his aura where his feminine energy could flow but does not.

He does not allow it to incarnate in him and find ground. An astral energy can take advantage of this entry point and radiate feelings and thoughts in accordance with the man's limiting belief. This astral influence magnifies the man's limited idea. The feminine is seen not only as inferior or nonessential, but as bad, dangerous, something to be controlled and fought against. The duality in the man's thinking is reinforced and the natural bond of love between the masculine and feminine is undermined. This seriously affects his relationships with women. He behaves disrespectfully toward women, is not able to process his feelings properly, and can become aggressive and depressed.

3) Influence through clairvoyance

Humans who are bothered by ideas of terrible natural disasters happening to them are being influenced by the exact same kind of thinking that has its roots in the astral world. It is possible for a traveler in the astral sphere to perceive these ideas as objective reality. In addition, fears imagined and magnified by the astral sphere are perceived by clairvoyants on Earth, who interpret these representations of fear as an actual picture of the future. A cycle of fear is thus created. Passing along this kind of information from a lower astral sphere is what clairvoyants have inundated us with throughout the ages, but their predictions about disasters and "end of time calamities" never come true. However, many people take those predictions seriously and become fearful as a result, thus feeding the astral world as it feeds them and completing the circle.

4) Influence through channeling and guides

There are many people in this world who believe they are spiritual teachers, or an incarnation of Jesus or some other well-known personality. Sometimes they are so unbalanced that they end up in a mental institution. If they don't break free from this delusion during their Earthly life, they can continue their "teachings," and gather followers after they

die. They create their own island of falsehood. Because these islands are usually close to Earth, they are easily picked up by people channeling information.

Anyone who bothers to check channeled information about Jesus (Jeshua) will quickly discover that the channeled information about his life is always different. According to one source, he died on the cross, according to another, he did not. According to one, he married Mary Magdalene, according to another, he did not. These different fabricated stories stem from all the “Jeshuas” in the astral sphere that surrounds Earth, and they actually believe they are him.

How do you recognize the truth? It’s quite simple. Truth frees, truth expands consciousness and truth is love. Truth makes you aware of your inner unity, the richness and beauty of life.

Untruth works with fear. Astral sources detect your fears and amplify them, transforming semi-conscious fears into permanent dualistic beliefs, hindering inner growth.

For example, many people fear having no control over their own lives. An astral channeled source or guide will say, “you have no control over your life, it’s true, humanity is being manipulated by dark forces behind the scenes.” The first thing many people think when their fears are confirmed is, “You see, I’ve always known this, I’ve always felt this deep inside.” As a result, everything they think revolves around those dark powers, while the process that can really lead to growth, facing one’s own fears, is never entertained. Because this kind of information emanates from lower astral sources, fear becomes frozen in a dualistic worldview; good versus bad, light versus dark. This causes one’s inner growth, which always comes from going inward to transform fear, to be blocked.

People are led to believe via these types of guides that they have acquired deep esoteric knowledge and that the masses are naive and ignorant, thus increasing the belief in duality amongst fellow human beings.

How to deal with astral energies

Astral energies have power over us only if we give them power. When we believe in duality, and in the battle of light against darkness, we deny our inner oneness. By denying our inner unity, we identify with something we are not and create a hole in our aura. Thus, there is a place for an astral entity to enter, which does nothing but validate our fear and confirm our belief in duality.

We free ourselves from astral energies by taking three steps.

1) Choose beauty

Beauty is a mystery. Why do we enjoy music, a beautiful landscape, a beautiful flower, or a work of art so much? We don't know exactly. Often beauty is not considered important. What is most important to us in life is usually money, career, and prestige. But beauty does matter. Beauty is nourishment for the soul; indeed, it is the awareness of one's own soul. To experience beauty is to experience your soul, it is a memory of your soul. You are the beauty you see.

People tend to seek complicated and arduous ways to elevate themselves spiritually. But there is an amazingly straightforward way to elevate yourself—open yourself to beauty and enjoy it. Dwell for a moment on a beautiful flower, a sunrise, take time to listen to music, look up at the night sky and behold the stars. Take it in. Life will become so much more inspiring, and inwardly you will feel richer.

Wherever there is beauty, there is a higher vibration—there is the soul, there is your true self.

2) Choose unconditional love

There are people who hurt their fellow human beings and cause them a lot of pain. You can believe that these people are bad, must be fought against, and that you are right to be extremely angry with them. Or you

can say, these are people who were severely damaged as children, people who need love to gradually return to a normal state.

If you choose to go along with mass consciousness and choose to fight and rage, you are choosing to suppress something in yourself—the angel in you, who loves unconditionally, the Christ in you, who tells you to love your enemies.

To choose to love your enemies and to be open to compassion and understanding, is a deep choice *for yourself*, for your deepest core. Your real self is a source of unconditional love. Within you lives a deep desire to lovingly heal all those damaged people who are so violent and so full of hate. Your inner eye sees the wounded child in them.

Choose to love. First, that means to choose to love yourself. Look honestly at the fearful part of yourself and accept it with understanding and compassion. It is a part of you, but it is not your boss. By consciously embracing it, you free yourself from the astral forces that are using your fear to manipulate you. It is *your* fear and when you realize this, you won't allow it to flow into the world where it can manipulate others. To love yourself is to take responsibility for your fears.

3) Choose truth

Truth is not something that can be proven; only in mathematics is proof possible. Truth, however, can be shown; truth can be lived and experienced. What is truth? My definition of it is that unity exists in everything, and love transcends time and space. Ultimately, something that cannot be put into words.

Trust that reality will always bring you into harmony with the truth. You never have to convince other people of your truth, don't worry about that, leave that to reality. When you express your opinion, you can do so openly and quietly with respect and love for the other person. Only words carried by love can touch and move the heart of another.

Finally, what is unity consciousness?

Above, I talked about unity consciousness. But what does that actually mean? What is Oneness? “We are one” is something totally different from “we are the same.” The unity of which I speak is in fact the opposite. We are all different, we are all unique. Unity includes multiplicity and plurality, and by embracing the uniqueness in yourself, you participate in that unity.

Think of your body. It is a unit, yet all the parts or organs are different, and each has its own function in the service of the whole. They form an organic unity. Everything is different, everything has a different function and is a unique part of the greater whole.

This unity consciousness does not lead to uniformity. On the contrary, it leads to embracing diversity. The paradox is that the very suppression of this unity consciousness leads to uniformity. It is precisely unity consciousness that allows each person to flourish in their own unique way and make their own unique contribution to the beauty of the whole that is humanity. In contrast, the denial of our underlying unity leads to pigeonholing people, ideas, and philosophies which suppresses our unique way of expressing ourselves.

Unity consciousness has two aspects that reflect each other, the awareness that inwardly we are one, and thus can lovingly accept everything in ourselves (dark and light), and the awareness that outwardly we are one, the entire universe around us is one and connected.

Both aspects are deeply connected. If we adhere to a dualistic ideology about the outer world, dividing it into boxes such as “good and evil,” we will suppress and condemn things within ourselves. By doing so, we will perceive the world around us in a disturbed way. This will influence our behavior and contribute to the creation of a discordant society. For example, if a man suppresses the feminine in himself, he will also begin to suppress women around him. If many men do this, a society will be created where the feminine is systematically suppressed with all

the consequences that implies—creation of hierarchy, control, violence, and disharmony with nature.

Unity consciousness sounds lofty, but it begins with something remarkably simple and obvious—self-acceptance. As long as we do not accept ourselves as we are, and suppress or condemn certain parts of ourselves, we remain incomplete. This leads to a disturbed dualistic worldview and to spiritual stagnation. This spiritual stasis often persists after death. When we die, there are many changes, but we take ourselves with us to the other side, and that includes all of our beliefs as well. If we have an incomplete self-image, we create a world on the other side that reflects that in the astral world. The astral world influences the Earth in such a way that it tries to sustain itself by empowering duality on Earth.

Ultimately, unity consciousness is the same as unconditional love. As soon as love becomes conditional, there is duality, and we lose touch with unity consciousness.

Unconditional love is first of all unconditional love for us, we condemn nothing in ourselves, suppress nothing. We look at the darkness within ourselves and embrace it with love and understanding. By becoming whole, we experience the unity and wholeness of the world around us.

This enlightening experience makes the astral world, and all others forces that maintain duality, disappear. Then, people can take on their natural role in the universe and on Earth—that of star children.

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