

Afterlife Selection 2020

*We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.*
—Pierre Teilhard de Chardin



IVAN COOKE: THE RETURN OF ARTHUR CONAN DOYLE

TONY ORTZEN: MORE PHILOSOPHY OF SILVER BIRCH

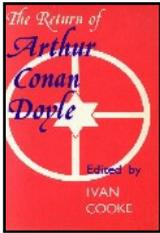
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Conscious spirituality in search of truth...



IVAN COOKE: THE RETURN OF ARTHUR CONAN DOYLE

Sir Arthur Conan Doyle is best known for his fiction writing of the “Sherlock Holmes” detective books. However, Doyle was an incredibly gifted businessman who devoted a large portion of his life promulgating Spiritualism, mediumship, researching proof of survival following the death of the physical body and more in the last century.

Through the spiritual mediumship of Grace Cooke Doyle's spirit was able to communicate experiences as now understood by him from the etheric worlds. This was even to the extent of updating his previous knowledge of spiritualist teachings as experienced from the realms of 'consciousness' existence. In “The Return of Arthur Conan Doyle” book edited by Ivan Cooke, Grace's husband and published by White Eagle Publishing Trust in 1963 Doyle conveys a deeply spiritual expression of an afterlife.

During the 1970s -1980s, I was following spiritualistic teaching and Doyle's work contributed considerable new wisdom-knowledge. In 2014 whilst developing my 'conscious spirituality project' [current] and re-reading an original copy of the above book the literature reaffirmed early spiritual depth. This book, and similar works by Sir Arthur Conan Doyle is highly recommended for seekers of Truth. An extract follows.

– Philip Crouch, Tasmania, 2020

ACD: 'THE HARMONY, PERFECTION AND GLORY OF THE HEAVEN LIFE'

[PP: 106 -108] CHAPTER 11: PART TWO

‘...Slight messages such as these gave assurance to my family that I was conscious, at all events. And then I seemed to be picked up, as it were, by a ray of light. A power unknown came to my aid giving me understanding of my true state, and I subsequently learned that this ray of light was a projection of love and power from the Polaire Brotherhood. It proved inestimable value to me and brought a clear vision of the actual state of life which exists immediately after death.

For it seems that every soul must pass through such a condition, or such a period of time, which may be short or long according to the mental condition of the man when he leaves his body. With some souls this is only a matter of a few hours or days; with others it may occupy years. Even the Master Jesus descended into a condition of uncertainty which is called Hades the sphere of disquieted spirits. So also must every soul on leaving the earth pass through that sphere.



As I have said before, it is very difficult for the soul to escape from its physical, mental and astral attachments—only the enlightened soul can traverse rapidly the spheres of the denser astral. In spirit, life **time ceases to have reality**. ‘In the twinkling of an eye we shall be changed’—as St. Paul said—‘at the last *day*’—but this does not mean at the end of this world, as our Christian friends are apt to declare. It means at the end of the soul’s *world of matter*; and the astral worlds are still worlds of matter, albeit of finer matter.

Then, when man passes through the grey astral spheres and is touched by the light of the eternal spirit of God, in the twinkling of an eye he is changed, and casts off the old terrestrial body and puts on the body celestial and dwells in the heart of the eternal spirit. Truly, it is said that a gulf is fixed between the man who dwells in Abraham’s bosom and the rich man imprisoned in the fires of hell! Can this be obviated? Will this same gulf always exist between the man of heaven and the man of Earth?

Always; that is, so long as the latter thinks only earthly thoughts and so houses his being in earthliness. We have dealt with the conditions immediately following death, and it may appear that we have enlarged overmuch on the gloomy side, by talking rather pessimistically about the grey astral spheres, the astral memories and the mistakes of the Spiritualists. This may be because I have so recently passed through that state, which is so disquieting and disturbing that it may have left a rather deep impression on that part of me which more readily contacts the earth.’

The difficulty is to find adequate words with which to describe the conditions of life after death. The representations of life spent on the astral planes made from time to time through Spiritualism are often only the actual experiences of souls still closely linked with earth. For on the astral planes are many conditions closely attuned to the desires of those dwelling there, much as on earth you get the many grades of society living in their own environment.

You will therefore obtain a variety of descriptions each pertaining to its own particular plane of astral existence. After passing through a ‘death’ of his astral body, the man discards his astral vehicle and enters into heavenly life, we find at last a condition of at-one-ment, of attunement; a condition wherein the soul is conscious only of the one vibratory note of love and service permeating its being. In these spheres the soul thus becomes cognizant of the cosmic powers which rule creation.



When speaking of the Second Death through which every soul must some day pass before it quits the astral, and after experiencing a period of unconsciousness which may last for minutes, hours, days or even years, we said that the soul then wakes to a renewed, rich and vivid life.

Time is nothing over here, although we have to speak in terms of your earth time. The Second Death has taken place, and all that remained which was of the earthy, in that soul has passed away. With the Second Death there comes the great awakening—the soul's awakening—when it sees truth revealed, and for a moment gains a vision of the mighty salvation attainable through Christ.

With such prospect as this in view the man advances into the *mental* condition of his being. I would however make it clear that the soul does not pass through every mental plane of the spiritual life, but automatically migrates to the particular mental plane to which it is attuned.

There after in succession the soul will work its way through every planes of grade of *spiritual* existence; and this is not because of the single existence on earth which it is supposed each man undergoes (and thinks only of mortal life) but by and through every incarnate life which he has ever experienced. For the soul of each man lives through many incarnations. During each separate incarnation it will mark out the plane or place on the mental plane to which it will some day travel, and where it will for a period dwell.

Thus, in the course of time that soul will experience every phase and every condition of the spiritual life. Is this clear? Do you understand that during his life in the physical world man is always laying foundations for the particular astral, mental, or celestial home to which he must go; so that he will attain a lesser or fuller degree of freedom and happiness in his astral, mental or celestial life in exact accordance with the degree of his aspirations and spiritual growth during his span on earth.

ACD: 'THE HARMONY, PERFECTION AND GLORY OF THE HEAVEN LIFE' PART 2

[PP: 108 -111]

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I have now to endeavour so show the difference between the *mental* planes (whereon the soul emerges to dwell after the Second Death), the mental activities on these planes and the *celestial* life which lies beyond. For the mental body which man inhabits after quitting his experiences in the astral worlds is a purely *mental* state, which differs widely from the spiritual state beyond.

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The mental plane is one of great power, on which the soul must exercise its full mental faculties, which, as it were, become unleashed and augmented when it enters this plane of existence. Nor can it quit the mental plane until a delicate **balance has been reached between its mental and spiritual qualities.**

For a period it would seem that the soul must remain on the mental plane to grow in quietude, much as a seed is sown in the soil and left to germinate.

Have passed into the mental world, man has to dwell there to obtain soul-growth before emerging into the celestial world, bringing with him the spiritual power and equipment he has gathered during his journey.

It is in the *celestial* world that the work of creation really begins.

That is the glory and magnificence of the celestial, and of its creative art which is the real *becoming* of all creation. In this heaven world the soul of man absorbs the a potency of divine quality of Christ; having itself become almost angelic, it dwells among angelic being sharing their lustre. Would that we could endow you with some flash of intuition or insight which would reveal a glimpse of the harmony, the perfection and the glory of heaven life!

For it is here that the soul of man becomes conscious at last of its true nature, here the ego knows itself a very part of God. After their passing from earth life the souls of men reach this celestial sphere of being in about thirty years of time (as men gauge time) and in the normal course of their development. Nothing drives the soul onward against its own inclination.

Man's own power of freewill is ever operative. If he wants to linger in the astral conditions, he can stay as long as he desires, so that a century or more may pass; or if he wishes he can sometimes pass quickly onwards, **but only when he is longing with all his heart to become reunited with the God-consciousness which is his real home.**



Suggested resources:

The Return of Arthur Conan Doyle, ACD, from the Mediumship of Grace Cooke, 1963, White Eagle Publishing Trust, ISBN: 0-85487-037-7 (Book currently out of print-Amazon has used copies). See White Eagle Lodge] Arthur Conan Doyle's book, "*The Beyond*." Similar context to the 'Return of ACD.'

<https://www.whiteagle.org/shop/books/white-eagle-publishing-book-list/arthur-conan-doyle-s-book-of-the-beyond>

<https://www.conandoyleinfo.com/life-conan-doyle/conan-doyle-and-spiritualism/>

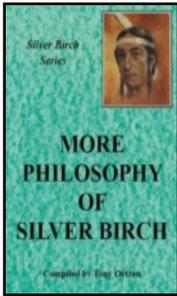
<http://www.victorzammit.com/audio/doyle20nov10.mp3>

<http://www.victorzammit.com/afterlifevoices/index.htm>

[**LINK TO AFTERLIFE INDEX**](#)



Conscious spirituality in search of truth...



TONY ORTZEN: MORE PHILOSOPHY OF SILVER BIRCH

Silver Birch teachings on the nature of spirituality as associated with an afterlife could be considered required reading for any ardent 'seeker of Truth' researching and exploring consciousness-spiritual style literature. There are many book titles under the title of 'Silver Birch' and communications from the spirit or etheric world. "More Philosophy of Silver Birch," compiled by Tony Ortzen - editor of Psychic World Magazine published in England provides an excellent source for seekers of Truth.

Literature content in this book was originally communicated through the mediumship of Maurice Barbanell a gifted 20th century medium. Silver Birch teachings and subsequent afterlife literature have been on my bookshelf since the late 1970s. During the 1980s whilst participating in spiritualistic circles, Silver Birch literature was considered standard reading text. His "spirit" teachings remain just as important today and new enquirers or seekers of Truth will benefit significantly from this literature.

Silver Birch and the Universal Spiritual Brother&Sisterhood teachings reflect two meaningful resources for people pursuing conscious spirituality. Below, is an extract from the above book involving a question-answer session with circle participants, and Silver Birch's responses—often provided with humour along with wisdom knowledge.

— Philip Crouch, Tasmania, 2020

TONY ORTZEN: SILVER BIRCH AND THE MEDIUMSHIP OF MAURICE BARBANELL

'Maurice Barbanell, a poor Jewish man living in London's East End was by all accounts, an atheist. Spirituality was on a slow decline in the early 20th century though mediums still provided their demonstrations in private parlours throughout Britain and America. Barbanell was just 18 years old when invited by a friend to a mediumship circle and he did so mockingly. "Old women became Chinamen and all sorts of things!" he declared with a laugh. But the medium reproached him with a warning, "You will be doing this before long."

Barbanell scoffed, but returned a second time and promptly fell asleep, or so he thought. When he awoke, he was informed that he had been in trance and the spirit who came through gave his name and declared that Barbanell had been in training for years and would, 'before long, be speaking on Spiritualist platforms'.

Thus, the medium's prophecy came true and the wisdom of Silver Birch was ushered into the world through a publication called Psychic News, though Barbanell himself kept anonymous as the source of the mediumship transcripts he was producing. In 1938, the first printing of "Teachings of Silver Birch" was published.



It is, as of 2006, still in print. All of the quotes on this page are contained in this work, though the teachings are so timeless its hard to remember that they were spoken first in the 1920's and 30's, long before many popular new age ideas were common. Silver Birch calls himself a messenger of **“The Law,”** which may be interpreted as a universal set of truths that govern reality.

SILVER BIRCH NAME IS A PSEUDONYM

The name Silver Birch is a pseudonym. As Silver Birch himself says, *“I had to come in the form of a humble native American] to win your love and devotion, not by the use of any high sounding name, and to prove myself by the truth of what I taught. That is the law.”* Whether Silver Birch actually lived once as a Native American, he uses the term ‘Great Spirit’ to reference God often through the text. Like other great channels, such as Jane Roberts, for example, the teachings speak for themselves. Silver Birch, like Seth, offers no proof of his existence; evidential claims are not his purpose. The teachings must stand on their own, regardless of the source. Like the mind-blowing teachings of Seth, I believe Silver Birch deserves to be heard, even if we have no mechanism to prove their origins. **As with any spiritual teaching; you take what is meaningful to you.**

PURPOSE OF THE TEACHINGS

Silver Birch comments on why teachers choose to communicate with humans on earth and their struggle against the “falsities” of misunderstood ideas in religion:

“Our work is to give that which as a purpose, significance, so that, while it demonstrates the existence of Law, it also enables comfort to be given and knowledge to be spread. Our work is not only to reveal the existence of laws beyond the physical but to reveal truths of the spirit.

We have a gigantic system of misrepresentation to oppose. We have to undo the world of centuries. We have to destroy the superstructure of falsity that has been built upon the foundations of creeds. We are striving always to teach the children of matter how to be free and how to bask in the sunlight of spiritual truth...”

Silver Birch’s teachings are prescient, especially in light of the division and turmoil our world is facing. **Silver Birch does not mince words.** For example, it was asked of Silver Birch if it was wrong to go on a fox hunt. The hunter in question justified shooting the fox because the fox had eaten 20 chickens. Silver Birch’s response was priceless, *“Suppose I gave the fox a gun and told him to shoot you because you had eaten twenty chickens?”*



The book from which these quotes are sourced, *Teachings of Silver Birch*, edited by A.W. Austin and first published in 1938 is a great read all around, but as this is a blog dedicated to research of life after death, I am most fascinated with Silver Birch's descriptions of the death process, entry into the spirit world, and the mechanics of our new afterlife.

As you read the questions and answers below, keep in mind that this was occurring right around the beginning of the second world war. **If you are knowledgeable about the kinds of wisdom passed along from near-death experiences, channellers, life-between-life regression transcripts and other more modern spiritual sources, note the interesting similarities of Silver Birch's teachings.**

TONY ORTZEN: SILVER BIRCH ANSWERS QUESTIONS ON THE AFTERLIFE

Much of the book is in a layout formatted in question/answer style. Therefore "circle participant" questions appear highlighted in **bold** and responses from Silver Birch are shown as **SB**:

Q: What exactly happens after death, just after the breath has left the body?

SB: *When the soul is conscious, it sees the spirit body withdrawing gradually and it opens its eyes in the world of spirit. It is conscious of those who have come to welcome it and it is ready to start its new life. When the soul is not conscious, it is helped through the passage and is taken to whatever place necessary - it may be a hospital or a house of rest - until is ready for it to become aware of its new life.*

Q: When we pass out of the physical body, is the one we use in the spirit world as real and solid as the one we leave behind?

SB: *Far more real and far more solid than the one that you leave behind in the world of matter, for your world is not the real world at all. It is only the shadow cast by the world of spirit. Ours is the reality and you will not understand reality until you pass into the world of spirit.*

Q: Are there separate spirit worlds connected with all inhabited planets?

SB: *That which you call the spirit world is but the spiritual expression of the universe, which embraces all life expressed in all planes.*



Q: Is there only one spirit world?

SB: *Yes, but it has an infinite number of expressions, and life on planets other than earth is embraced as well as your world of matter, because they have their spiritual expression as well as their physical expression.*

Q: Will one recognize, after death, one's child who died when very young?

SB: *Yes, because he will be shown the child as he knew it. They always forget that the child will know the parent, for the child has been watching over him all the time and will be the first to greet him when he comes to my world.*

Q: Shall we will with those we love in the spirit world, although separated by convention in the physical world?

SB: *It is impossible to separate love from its beloved.*



Q: If it is true that we have been through countless lives before this one, why is it that we are not more progressed and ideal than we are?

SB: *You can be in the world of matter and be a saint; you can be in the world of matter and be the lowest of the low. It does not depend on the earthly plane. It depends of the evolution of the soul.*

Q: Have we still an infinite number of suffering and struggling lives to go through in the future, as in the past?

SB: *Yes, Infinite. Struggle, suffering, through the crucible of pain does the Great Spirit express itself. Suffering tries the Great Spirit. Suffering enables the Great Spirit within to emerge purified, strengthened, refined, even as the gold emerges from the ore by crushing, by refining. Until it has been through these processes, it is not revealed as gold.*

Q: If that is so, what is the use of the idea of heaven after death?

SB: *That which you consider heaven today you will not consider heaven tomorrow, for happiness consists in striving, always striving, for the higher and the higher beyond that.*

Q: Do the spheres of the etheric country in which you live surround the earth or sun or planets?

SB: *They do not surround any of them. They are not bounded by geographical distinctions. They are not located in forms of spheres or planets. They are part of the vast universe. They blend and inter blend with all phases of life experienced in all planes of life. Some of these planes you know about. Others you do not know yet, for there are planets on which there is life as yet unknown to your world.*



TONY ORTZEN: SILVER BIRCH ON “LIFE IN THE BEYOND”

IN CONCLUSION, A LONG TREATISE BY SILVER BIRCH DESCRIBING THE SPIRIT WORLD:

‘When you have tasted and enjoyed with your full consciousness all that my world has to offer, you will realize that it is the love we bear for you that makes us come back to work amongst you. You have not tasted the joys of the world of spirit. There is nothing in your world of matter with which you can compare to the life of the spirit, freed from the trammels of the flesh, escaped from the prison of the body of matter, with liberty to go where you will, to see your thoughts take shape, to follow out the desires of your heart, to be freed from the troubles of money.

When you have tasted and enjoyed with your full consciousness all that my world has to offer, you will realize that it is the love we bear for you that makes us come back to work amongst you. You have not tasted the joys of the world of spirit. There is nothing in your world of matter with which you can compare to the life of the spirit, freed from the trammels of the flesh, escaped from the prison of the body of matter, with liberty to go where you will, to see your thoughts take shape, to follow out the desires of your heart, to be freed from the troubles of money.

No, you have not tasted the joys of the world of spirit. You who are encased in matter, do not yet comprehend the beauty as it can be. You have not seen our light, colors, scenery, trees, birds, rivers, streams, mountains, flowers - and yet your world fears death. Death strikes terror into their hearts. But you will only begin to live when you are ‘dead’. Now you live, but in reality you are almost dead. So many are dead to the things of the spirit. The little life-force flickers in their puny bodies, but no spiritual things can find any response within them.

But gradually we make progress. Gradually the force of the spirit increases in strength all over your world of matter. Gradually darkness retreats, as it must when confronted by the light of spiritual truth. There are no words to compare the life in your world of matter with the life in the world of spirit. We who are ‘dead’ know so much more of life than you do. This is the world where the artists finds all his dreams come true, where the painter and the poet realize their ambition. Where genius has full power of expression, where the repressions of earth are swept away and all gifts and talents are used in the service of one another.



Suggested resources:

Silver Birch: “ More Philosophy of Silver Birch” Compiled by Tony Ortzen

In Australia, available from TS Bookshop, Melbourne. ISBN: 9780 853 841 1036

http://tsbookshop.36-400.com.au/?pg=proddetails&prod_id=9780853841036

Silver Birch Teachings - About Life In The Beyond.

<https://thesearchforlifeafterdeath.com/2017/02/26/silver-birch-teaches-about-life-in-the-beyond/>

http://whitecrowbooks.com/ebooks/page/more_philosophy_of_silver_birch/

<http://www.victorzammit.com/afterlifevoices/index.htm>

Tony Ortzen-Psychic News UK:Editor:

<https://www.psychicnews.org.uk/articles/Subscribe>

Spiritual Light, *The Universal Spiritual Brother&Sisterhood*, USB

<http://www.theusb.org/usb-teachings/#principal-book>

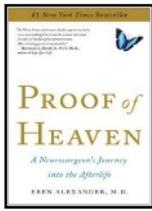
An Introduction to the USB foundation teachings:

https://www.youtube.com/watch?v=T5rSANGx4WU&index=7&list=PL_kBQnjZGUqGCN9jZwQTFfX2Y7IzIPO63

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Conscious spirituality in search of truth...



DR EBON ALEXANDER: PROOF OF HEAVEN AND 12 ADCs

Dr Ebon Alexander was a medical academic and practising neurosurgeon who believed concretely that the human brain holds all the answers relating to medical and scientific knowledge. However, whilst undergoing a major medical procedure himself under anaesthetic, Alexander would profoundly change his known view of the world.

His experience, later described in “Proof of Heaven” published in 2012 as a ‘Near Death Experience’ NDE would challenge current medical or scientific understanding of the human brain for the good doctor. The NDE experience itself was profound. As a result Dr. Alexander would lay the foundations to explore this and related phenomena through eternea.org with other medicos, scientists, general public to explore areas of consciousness further. An extract from the above book appears below. Further, an example of twelve After-Death-Communications experiences as identified in the J&B Guggenheim research follow.

—Philip Crouch, Tasmania, 2020

A NEUROSURGEON’S JOURNEY INTO THE AFTERLIFE

‘Near-death experiences, or NDEs, are controversial. Thousands of people have had them, but many in the scientific community have argued that they are impossible. Dr. Eben Alexander was one of those people. A highly trained neurosurgeon who had operated on thousands of brains in the course of his career, Alexander knew that what people of faith call the “soul” is really a product of brain chemistry. NDEs, he would have been the first to explain, might feel real to the people having them, but in truth they are simply fantasies produced by brains under extreme stress.

Then came the day when Dr. Alexander’s **own brain was attacked by an extremely rare illness**. The part of the brain that controls thought and emotion—and in essence makes us human—shut down completely. For seven days Alexander lay in a hospital bed in a deep coma. Then, as his doctors weighed the possibility of stopping treatment, Alexander’s eyes popped open. He had come back.

Alexander’s recovery is by all accounts a medical miracle. But the real miracle of his story lies elsewhere. While his body lay in **coma, Alexander journeyed beyond this world and encountered an angelic being** who guided him into the deepest realms of super-physical existence. There he met the Divine source of the universe itself. This story sounds like the wild and wonderful imaginings of a skilled fantasy writer. But it is not fantasy. Before Alexander underwent his journey, he could not reconcile his knowledge of neuroscience with any belief in heaven, God, or the soul.



That difficulty with belief created an empty space that no professional triumph could erase. Today he is a doctor who believes that **true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition.**'

J&B GUGGENHEIM: AFTER-DEATH COMMUNICATION: ADC EXPERIENCES

–IS THERE LIFE AFTER DEATH?

–WILL WE BE REUNITED WITH OUR DECEASED LOVED ONES WHEN WE DIE?

–CAN THEY COMMUNICATE WITH US NOW?

'Hello From Heaven! A new field of research ~ After-Death Communication confirms that life and love are eternal by Bill Guggenheim and Judy Guggenheim was published by Bantam Books, New York, in 1996. The authors founded, defined, researched, and named an entire new field of human experience that may be as old as mankind. © 2012 W.G.III. ADC text and descriptions below used by permission.

DEFINITION

An After-Death Communication, or ADC, is a spiritual experience that occurs when someone is contacted directly and spontaneously by a family member or friend who has died. An ADC is a direct experience because no psychics, mediums, therapists, rituals, or devices are involved. And an ADC is a spontaneous event because our deceased loved ones always choose when, where, and how they will contact us.

RESEARCH HISTORY

During their seven years of research, the authors interviewed 2,000 people, who were living in all 50 American states and the 10 Canadian provinces. They collected more than 3,300 firsthand accounts from people who believe they have been contacted by a deceased relative or friend. The subjects range in age from children to the elderly (from 8 to 92 years old) and represent diverse social, educational, economic, occupational, and religious backgrounds.

The Guggenheims conservatively estimate at least 60 million Americans - or 20% of the population of the United States - have had one or more ADC experiences. And some polls indicate the actual numbers are double these figures - that more than 125 million Americans, or 43% of the population, have had an ADC. As a result, after-death communications appear to be the most common form of spiritual experiences that people have.



J&B GUGGENHEIM: TYPES OF AFTER DEATH COMMUNICATION-12 ADC'S

Hello From Heaven! contains 353 accounts of ADC experiences, and each one is a complete short story told in the experiencer's own words.

Based upon the Guggenheims' research, the following are brief descriptions of the twelve most frequent types of after-death communication people report having with their deceased loved ones. These may occur individually or in combination with other types of ADCs. They can **happen in a home, at work, at a funeral, in a car, aboard a boat or Aeroplane, in a department store,** and virtually anywhere else - and at any time of the day or night.

SENSING A PRESENCE:

Sentient ADCs. This is the most common form of contact. But many people discount their experiences, thinking, "Oh, I'm just imagining this." It's a distinct feeling that your loved one is nearby, though he or she can't be seen or heard. Though most often felt during the days and weeks immediately after the death, you may **sense or intuit his or her presence months or even years later** - which is true of all other types of ADCs as well.

HEARING A VOICE:

Auditory ADCs. Some people state they hear an external, audible voice with their ears, the same as when a living person is speaking to them. **The majority of communications are by telepathy,** however - you hear the voice of your relative or friend in your mind. When you have two-way communication, it's usually by telepathy, which is also called mind-to-mind contact or thought transference. A large percentage of the messages received are brief and to the point, like telegrams of 25 words or less. On the other hand, a few experiencers are able to have entire conversations by telepathy.

FEELING A TOUCH:

Tactile ADCs. People who have a very close physical and emotional relationship recognize the distinctive and familiar touch of their family member or friend. **You may feel your loved one touch you with his or her hand, or place an arm around your shoulders or back or waist, for comfort and reassurance.** You may feel a tap, a pat, a caress, a stroke, a kiss, or even a hug. These are all forms of affection, nurturing, and love.



SMELLING A FRAGRANCE:

Olfactory ADCs. You may smell your relative's or friend's favorite cologne, after shave, or perfume. Other common aromas are: flowers, bath products, favorite foods, tobacco smoke, and his or her personal scent. Two or more people who are together at the same place - and at the same time - may share this type of ADC experience.

PARTIAL APPEARANCES:

Visual ADCs 1. There are a wide variety of visual appearances, which are divided into two general categories: partial visual and full **visual ADCs**. **Appearances range from a "transparent mist" to "absolutely solid,"** with many gradations in between. Partial appearances include seeing only a colored light, an outline of their body, or just the head and shoulders of your relative or friend. And he or she may be transparent, translucent, or almost completely solid. Quite a few visual ADCs occur in the bedroom, next to or at the foot of the bed.

FULL APPEARANCES:

Visual ADCs 2. Someone you love may make a full appearance to you, and you will see his or her entire body, from head to foot, and **that person will look and feel fully solid and lifelike to you.** Typically he or she will be expressing love, well being, and happiness with a radiant smile. They virtually always appear healed and whole regardless of their form of death. It's quite common to see people who died in their later years return at a much younger age - often in the prime of their life. **Verbal communication may take place, but not always.** They are trying to assure you they are okay, and you don't need to be concerned about them. Visual ADCs provide a great deal of comfort and relief.

A GLIMPSE BEYOND:

ADC Visions. You may see an image of a deceased loved one in a "picture" that is either two-dimensional and flat, or three-dimensional like a hologram. It's like seeing a 35 mm slide or a movie suspended in the air. These are usually in radiant colors and may be seen externally, with your eyes open - or internally in your mind, while your eyes are closed. You're seeing your loved one in heaven, and communication may occur, **especially during meditation or prayer.**



HOMeward BOUND:

Out-Of-Body ADCs. OBE ADCs happen while you are asleep or in a deep meditative state. They are very dramatic experiences during which you leave your physical body and visit your loved one in a place nearby, at another location on Earth or within the physical universe, or in the spiritual dimension called “heaven.” The latter contains beautiful flowers, birds, and butterflies; lovely gardens and stately trees; sparkling water, radiant lighting, and other magnificent aspects of nature; and it’s filled with love, happiness, peace, and joy. **Out-of-body travel is accomplished at the speed of thought.** Many of these accounts read like near-death experiences, but those who have them are in good physical health at the time.

PERSON-TO-PERSON:

Telephone ADCs. This type of ADC can occur during sleep or when you are fully awake. **You will hear a phone ringing, and when you answer it, your deceased loved one will give you a short message.** Two-way conversations are also possible. His or her voice will usually be clear, but may sound far away. If you are awake when the call on a physical phone is completed, it will seem that the line has been severed, for you won’t hear a hang-up sound, a disconnect click, or a dial tone.

MATERIAL MATTERS:

ADCs of Physical Phenomena. Those who are bereaved often report receiving a wide variety of physical signs from their deceased relative or friend, such as: **lights or lamps blinking on and off; radios, televisions, stereos, mechanical objects, and toys being activated; photographs, pictures,** and various other items being turned over or moved; and a very long list of “things that go bump in the night.” Messages are sometimes left on computers, telephone answering machines, and other electronic devices.



Suggested resources:

Proof Of heaven - Dr Ebon Alexander, 2013, Simon and Schuster, USA, ISBN 10: 1451695195, ISBN:13 9781451695199.

<http://ebenalexander.com/books/proof-of-heaven/>

<https://www.bookdepository.com/Proof-of-Heaven/9781451695199>

<http://www.eternea.org>

Judy and Bill Guggenheim: <http://www.after-death.com/>

<http://iands.org>

<http://www.rhine.org>

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ROBERT LANZA MD: DOES THE SOUL EXIST? EVIDENCE SAYS 'YES'

Robert Lanza MD is a scientist and BioCentrist. Professor Lanza says "biocentrism explains that the universe only exists because of an individual's consciousness of it - essentially life and biology are central to reality, which in turn creates the universe; the universe itself does not create life."

Lanza poses the question "Does the Soul Exist?" and offers a new scientific theory that includes a conscious-spiritual dimension. He is also attempting to bring a deeper understanding of the probability or understanding of what is a soul. Other scientists including professors Charles T Tart, and John E Mack include transpersonal psychology dimension towards clarifying the above areas. In a "Psychology Today" blog Lanza discusses the topic of the soul, an extract follows.

—Philip Crouch, Tasmania, 2020

LANZA: NEW SCIENTIFIC THEORY-RECOGNISES LIFE'S SPIRITUAL DIMENSIONS

'The reality of the soul is among the most important questions of life. Although religions go on and on about its existence, how do we know if souls really exist? A string of new scientific experiments helps answer this ancient spiritual question. The idea of the soul is bound up with the idea of a future life and our belief in a continued existence after death. It's said to be the ultimate animating principle by which we think and feel, but isn't dependent on the body. Many infer its existence without scientific analysis or reflection.

Indeed, the mysteries of birth and death, the play of consciousness during dreams (or after a few martinis), and even the commonest mental operations - such as imagination and memory - suggest the existence of a vital life force - an *élan vital* - **that exists independent of the body.**

WISDOM

Yet, the current scientific paradigm doesn't recognize this spiritual dimension of life. We're told we're just the activity of carbon and some proteins; we live awhile and die. And the universe? It too has no meaning. It has all been worked out in the equations - no need for a soul. **But biocentrism - a new 'theory of everything' - challenges this traditional, materialistic model of reality.**



In all directions, this outdated paradigm leads to insoluble enigmas, to ideas that are ultimately irrational. But knowledge is the prelude to wisdom, and **soon our worldview will catch up with the facts.**

NEUROSCIENCE

Of course, most spiritual people view the soul as emphatically more definitive than the scientific concept. It's considered the incorporeal essence of a person, and is said to be immortal and transcendent of material existence. **But when scientists speak of the soul (if at all), it's usually in a materialistic context, or treated as a poetic synonym for the mind.**

Everything knowable about the "soul" can be learned by studying the functioning of the brain. In their view, neuroscience is the only branch of scientific study relevant to understanding the soul.

COGNITION

Traditionally, science has dismissed the soul as an object of human belief, or reduced it to a psychological concept that shapes our cognition of the observable natural world. The terms "life" and "death" are thus nothing more than the common concepts of "biological life" and "biological death."

The animating principle is simply the laws of chemistry and physics. You (and all the poets and philosophers that ever lived) are just dust orbiting the core of the Milky Way galaxy.

As I sit here in my office surrounded by piles of scientific books, I can't find a single reference to the soul, or any notion of an immaterial, eternal essence that occupies our being. **Indeed, a soul has never been seen under an electron microscope, nor spun in the laboratory in a test tube or ultra-centrifuge.** According to these books, nothing appears to survive the human body after death.

PHILOSOPHY

While neuroscience has made tremendous progress illuminating the functioning of the brain, why we have a subjective experience remains mysterious. **The problem of the soul lies exactly here, in understanding the nature of the self, the "I" in existence that feels and lives life.** But this isn't just a problem for biology and cognitive science, but for the whole of Western natural philosophy itself.



WORLDVIEW

Our current worldview - the world of objectivity and naïve realism - is beginning to show fatal cracks. Of course, this will not surprise many of the philosophers and other readers who, contemplating the works of men such as **Plato, Socrates and Kant, and of Buddha and other great spiritual teachers**, kept wondering about the relationship between the universe and the mind of man.

Recently, biocentrism and other scientific theories have also started to challenge the old physico-chemical paradigm, and to ask some of the difficult questions about life: Is there a soul? Does anything endure the ravages of time?

CONSCIOUSNESS

Life and consciousness are central to this new view of being, reality and the cosmos. Although the current scientific paradigm is based on the belief that the world has an objective observer-independent existence, real experiments suggest just the opposite. We think life is just the activity of atoms and particles, which spin around for a while and then dissipate into nothingness. But if we add life to the equation, we can explain some of the major puzzles of modern science, including the uncertainty principle, entanglement, and the fine-tuning of the laws that shape the universe.

PARTICLES

Consider the famous two-slit experiment. When you watch a particle go through the holes, it behaves like a bullet, passing through one slit or the other. But if no one observes the particle, it exhibits the behavior of a wave and can pass through both slits at the same time. This and other experiments tell us that unobserved particles exist only as 'waves of probability' as the great Nobel laureate Max Born demonstrated in 1926.

They're statistical predictions - nothing but a likely outcome. **Until observed, they have no real existence; only when the mind sets the scaffolding in place, can they be thought of as having duration or a position in space. Experiments make it increasingly clear that even *mere knowledge in the experimenter's mind* is sufficient to convert possibility to reality.**

Many scientists dismiss the implications of these experiments, because until recently, this observer-dependent behavior was thought to be confined to the subatomic world. However, this is being challenged by researchers around the world. In fact, just this year a team of physicists (Gerlich et al, Nature Communications 2:263, 2011) showed that quantum weirdness also occurs in the human-scale world. They studied huge compounds composed of up to 430 atoms, and confirmed that this strange quantum behavior extends into the larger world we live in.



INTUITION

Importantly, this has a direct bearing on the question of whether humans and other living creatures have souls. As Kant pointed out over 200 years ago, **everything we experience - including all the colors, sensations and objects we perceive - are nothing but representations in our mind.**

Space and time are simply the mind's tools for putting it all together. Now, to the amusement of idealists, scientists are beginning dimly to recognize that those rules make existence itself possible. Indeed, the experiments above suggest that objects only exist with real properties if they are observed. The results not only defy our classical intuition, but suggest that a part of the mind - the soul - is immortal and exists outside of space and time. "The hope of another life" wrote Will Durant "gives us courage to meet our own death, and to bear with the death of our loved ones; we are twice armed if we fight with faith." And we are thrice armed if we fight with science.

Importantly, this has a direct bearing on the question of whether humans and other living creatures have souls. As Kant pointed out over 200 years ago, **everything we experience - including all the colors, sensations and objects we perceive - are nothing but representations in our mind.** Space and time are simply the mind's tools for putting it all together. Now, to the amusement of idealists, scientists are beginning dimly to recognize that those rules make existence itself possible. Indeed, the experiments above suggest that objects only exist with real properties if they are observed.

The results not only defy our classical intuition, but suggest that a part of the mind - the soul - is immortal and exists outside of space and time. "The hope of another life" wrote Will Durant "gives us courage to meet our own death, and to bear with the death of our loved ones; we are twice armed if we fight with faith." And we are thrice armed if we fight with science.



Suggested resources:

Does The Soul Exist? Evidence Says 'YES.' Robert Lanza MD, in a feature article in Psychology today/blog/centrism.

[https://www.psychologytoday.com/intl/blog/biocentrism/201112/does-the-soul-exist-evidence-says-yes,](https://www.psychologytoday.com/intl/blog/biocentrism/201112/does-the-soul-exist-evidence-says-yes)

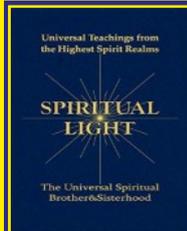
<http://www.robertlanzabiocentrism.com/biocentrism-how-life-creates-the-universe/www.robertlanza.com>

https://www.youtube.com/watch?v=zI_F4nOKDSM&lc=Ugi2h-rIHKRW-HgCoAEC

"Facts do not cease to exist because they are ignored" - Aldous Huxley

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“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother&Sisterhood*, www.theusb.org

CHAPTER 13 - SPIRIT LIFE

13.1 THE SPIRIT WORLD

+TOPIC: *1307 Answers to Some Questions about Spirit Life*

Because of their general interest, we quote some questions put to us, and our answers.

1. “The USB teaches that things in the spirit world are as real and solid to spirit people as things on earth are to us. What would happen if someone hurled a spear at another, or severed a limb with a sword?” Nothing serious. Spears or swords or any other weapons could only affect spirit people if they *thought* they could, and even then they would pose no real problem. For they, or other people, could either *think* the weapons away, or pluck the spears from their bodies, or put the severed limbs back in place.

The spirit [etheric] body of an individual *cannot* be harmed in any way. Of the various bodies a person possesses, only the *physical* vehicle can be impaired. However, it is not uncommon for spirit people unaware of this truth to suffer great anguish from the belief that the spirit body is or *could* be damaged—until they learn that nothing and no one can injure a spirit body. Thought governs the spirit world to a degree that few on earth realize.

2. “What happens if a spirit animal is hurt?” It would be attended by spirit people devoted to the care and welfare of all creatures.
3. “What is inside a spirit body?” Exactly what is inside a physical body but of much finer substance +[1309].
4. “Do spirit hair, fingernails, etc., steadily grow, as on earth, thus requiring periodic attention?” They grow if individuals *expect* them to.
5. “What happens when two spirit objects, such as ‘wood’ or ‘stone’ collide? Would they shatter or splinter?” They might. But spirit people could, by the power of thought, promptly restore them to their previous condition.

+ Denotes *Spiritual Light* book core topic numbers. These topic entries clarify context subject matter further, and are identified in book chapter headings, along with a comprehensive index.

6. “Is it mechanically possible to drill holes in spirit materials?”
Yes. But it is much simpler to use the power of thought to construct holes *directly* than to use that power to construct a drill and then manually operate it.
7. “What does a spirit person feel if she accidentally bumps into an object?”
Nothing unless she *expects* to feel pain or discomfort from the contact.
But she could throw off that feeling at once.
8. “What does a spirit person feel if another grips his hand too firmly?”
Here to nothing, unless he *expects* discomfort. Of course he could sense any warmth or sincerity in a handclasp, just as we do.
9. “Why do first reports from individuals who have passed on to spirit life so often mention ‘guided tours’ for the new arrival and the discovery of the spirit homes they have built for themselves?”
It is perfectly natural for new arrivals in the spirit world to be shown the surroundings that will be theirs for at least a while, and it is a courtesy they welcome. The latter part of the question reveals a common misconception; for despite what many teach, people do *not* build their spirit homes while they are still living on earth.

A Blessed Soul says:

What people prepare for themselves, while on earth, is not actual *dwelling*s in the spirit world, but individual entries to areas or planes (levels of consciousness)—the exact *level of consciousness* that each achieves on earth and so will automatically gravitate to in the spirit realms + [1301], though not always at the very instant of passing.

One may first go to a lower level to meet and be reunited with any love ones who would not be comfortable in the level one will be occupying.

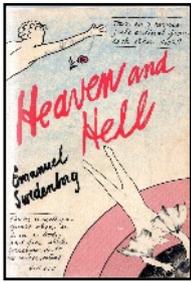
If a long or painful illness preceded one’s passing, one would usually need a period of adjustment or convalescence in one of the many rest homes or hospitals in the Astral realm. (There is no need for such facilities in higher realms.)

Another consideration is this. Even if it were possible, while on earth to build an actual spirit dwelling for oneself, it would in almost all cases be pointless: For if over the years one’s level of consciousness changes frequently, as is usually the case, one would, as frequently, have to start rebuilding. It would be a waste of time and effort.

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If any teaching and/or philosophy in this USB document is in conflict with or is not supported by *Spiritual Light* (ISBN 978-0-9912422-1-4 deluxe flex-cover, 978-0-9912422-2-1 paperback), which contains the only complete and *official* teachings and philosophy of the USB, then *Spiritual Light* governs. The inclusion of this statement, in a box in a prominent position, and worded as in *Spiritual Light*, is required on every authentic USB publication containing its teaching and/or philosophy.



VAN DUSEN: A GUIDE TO SWEDENBORG TEACHINGS AND “HEAVEN AND HELL”

Emanuel Swedenborg was an 18th century Swedish pluralistic-Christian theologian, scientist, philosopher and mystic. His teachings on the existence of etheric or spirit world, afterlife visitations remains as viable today as when first recorded by Swedenborg. There is extensive literature available on the above accessible through, books, articles, similar publications that can be found on the Swedenborg Foundation’s website.

In context, Swedenborg’s original record of ‘nightly visitations’ to etheric spirit realms, out-of-body experiences, angelic beings and more associated with the afterlife is well documented. The foundation’s website also links potential students and seekers of Truth to branches across the world. A key component of the teachings stress that people studying this work should use their reasoning and intuitive abilities before accepting Swedenborg writings.

The book “Heaven and Hell” (along with several other Swedenborg books) was given to me in 2019 by great friends Alwyn and Laurie Lewis from Hobart. Van Dusen, a Swedenborg follower, student, and author compiled an explanatory PDF document outlining the basics of Swedenborg teachings. A short extract from the book “Heaven and Hell” translated by George F Dole in 1979 also appears below.

–Philip Crouch, Tasmania 2020

VAN DUSEN: A GUIDE TO THE ENJOYMENT OF SWEDENBORG

[P:1,PDF] VAN DUSEN ‘A GUIDE’ ON SWEDENBORG’

‘Swedenborg’s theological writings help some people to soar, to wander in spiritual worlds, and to gaze upon the design of creation. For others, these same books are dull stuff. Same books. Different reactions. It would be easy to say those who soar have spiritual insight, while the others are dull clods, but I don’t believe it.

Although we do not yet fully know why some soar and others are left behind on earth, we know enough to help many more enjoy the writings. If you take a volume like *Divine Love & Wisdom* and read it as you would any novel or non-fiction, you have a good chance to be left behind on earth. It is something different. Some people, like the blind and deaf Helen Keller, were inwardly prepared by their experiences and took off with the first few passages. My purpose is to help you soar also.



My focus is Swedenborg's theological writings, all completed late in his life. His 150 or so scientific works, completed earlier, are qualitatively very different. They read like the efforts of scientist in the 1700's to piece together what little was discovered with intense reasoning and speculation. Having surveyed almost all the knowledge then known, in 1744 he turned inward and explored the nature of mind itself.

He had a series of spiritual experiences. Thereafter he wrote some 30 volumes of the richest theological/psychological material we could hope to find. These 30 volumes are our focus. In contrast to the analytical reasoning of his prior scientific works, these read like the reports of a seasoned traveller who has come back from very moving experiences in an amazing land. He knows.

He reports. He later saw his long journey thru all the sciences as merely preparation for this spiritual journey. Swedenborg patiently wrote and copied these 30 volumes of his theological works with a quill pen and saw them through the press at his own expense. For some 200 years people excited by these writings have continued to make them available in dozens of languages. Yet only a few thousand people are privileged to have seen into their richness. Beyond this small circle there are millions who know nothing of them, or seeing them, find no riches.

[P:3,PDF] VAN DUSEN 'A GUIDE' ON SWEDENBORG'

Here is the secret. Swedenborg's theological writings are always referring to real life and experience. *There is nothing in the writings, including God Himself, that you cannot find in your experience. And this is the way to understand them.*

Under stand, get *under* or in them. As an intellectual statement, 'life is love', is merely a rosy platitude. But be careful of what you say of the love that is my *life*, for I will be checking its validity against my experience. If you take the writings as abstract theorizing about good, wisdom, spirits, etc. they do soon fall dead. **But continuously check them against the very fabric of your experience and they unfold an exciting story.** There are many other clues as to how to proceed, but this is number one. Enter the writings.

They are talking about you personally. Everything said can and should be checked against your life. There is not a trace of abstraction in this theology. Cut it and *you bleed*. It is far easier to remember this way. Nothing is really understood until it is lived. Besides, it is a central purpose of the writings that they become 'of the life' so that they might live. This was the point of my pamphlet on *Uses .2 Use is at the core of "Heaven and Hell,"* [Book].



If I think of my life in relation to others, how I fit in, how I contribute, I literally live in a world which opens out into endless larger spheres. But, in contrast, if I think of myself only, what is in this for me, I literally live in a closed in, narrowing world. This is the difference between heaven and hell.

In the heavenly attitude I am in a world where I am of some use. My use is my place, my function, how I fit into the scheme of things. In the attitude of hell I am thinking of myself; how is this good for me? What pleases and displeases me? Others are pushed aside as less important. In the larger social sphere I am useless or even anti-use.

In this for-me-first world I am never pleased enough, comfortable enough, rich enough. It is hell. **Oddly enough I am more considerate of myself in the heavenly world. I must eat properly and go to bed early enough, to be able to work tomorrow.** It even includes business. I make things and sell them. People buy them because it pleases them. I am useful to them. Yet I can thereby make a living. This is an example of how I have interiorized or linked to my life experience Swedenborg's concepts of uses, heaven and hell. I see heavens and hells all around me. Feel free to use your imagination to visualize.

GEORGE F DOLE TRANSLATION: "HEAVEN AND HELL" EXTRACT

[P:445]

MAN'S AWAKENING FROM THE DEAD—AND ENTRANCE INTO ETERNAL LIFE

'When the body can no longer fulfill its function in the natural world corresponding to the thoughts and affections of its spirit (which the person receives from the spiritual world), then we say that the person dies. This happens when the lung's respiratory motion and the heart's systolic motion cease.

The person, however, does not die. He is simply separated from the physical component which was serviceable to him in the world. The actual person is still alive. We say that the actual person lives because of his spirit. For the spirit does the thinking in a person, and thought together with affection constitutes the person.

We can see from this that when someone dies, he simply crosses from one world into another. This is why "death" in the Word, in its inner meaning, refers to resurrection and to continuity of life.'



Suggested resources:

Heaven and Hell - Emanuel Swedenborg: First published 1758, 56th printing,
Revised Dole Translation, 1979, ISBN: 0-87785-153-0, USA,

<https://swedenborg.com/emanuel-swedenborg/about-life/>

Van Dusen PDF: <http://www.swedenborg.com.au/Websites/saa/images/pdf/A-guide-to-the-enjoyment-of-Swedenborg.pdf>

<http://www.swedenborg.com.au/spiritual-philosophy>

Comparative teachings can also be found in The Universal Spiritual
Brother&Sisterhood,USB. "*Spiritual Light.*"

<http://www.theusb.org/usb-teachings/#principal-book>

https://www.youtube.com/watch?v=T5rSANGx4WU&index=7&list=PL_kBQnjZGUqGCN9jZwQTFfX2Y7IzIPO63

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Conscious spirituality  in search of truth...

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