

LIFE AFTER DEATH

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EARTHLY DEATH

by Guy Poulin

Death! What a difficult reality for many to face! But it is inevitable, whether we accept it or not. No one can run away from it. There are many different attitudes towards death. For some, death is a natural phenomenon where only life on earth ends but existence does not; they face it without fear and with serenity. Others see death as a release, an event that will put an end to their life filled with suffering. However, in many cases, we find people who refuse to face this reality, either because they believe that death ends all conscious life, or because they do not really know what life is like in the beyond and are afraid of the unknown. But there can also be a fear because we intuitively feel that there might be debts to pay for the kind of life that we lived while on earth.

Knowledge of what happens at the moment of death and afterwards would certainly help us face this event with more serenity. Even if the beyond holds hidden dangers for those who die with impure souls, the fact that we knew what would happen, could help us to avoid danger and feel reassured no matter what the dangers may be. An illustration may help make this clearer. If I walk on dangerous grounds, for example, where I risk falling, but I know exactly where the danger spots are and know how to avoid them, I then feel more secure no matter what dangers might exist. However, I would feel insecure, if I knew that there were dangers without knowing exactly where they were.

It is the same in the beyond! It avails us nothing to be reassured by gentle and kind words about the beyond, when these words do not correspond with reality. These words can bring temporary relief but sooner or later, the same questions and fears arise once again. It is always best to face reality even though it may be difficult at

first. We must know the truth and also the laws that govern us in order to better adjust ourselves to these laws. In the end, after confronting the truth, we will feel confident and more secure. In this way we learn what to avoid and find only joy in doing so.

Now, let us take a look at what awaits us at the time of death, the moment we cross over into the beyond and leave our earthly cloak. The explanations that follow are only for those who believe in life after death and who believe that we can gain knowledge of it while here on earth. It is based on a new knowledge brought by **Abd-ru-shin** in a book of spiritual high value entitled: “**In The Light of Truth - The Grail Message.**”

The best way to prepare for death and for a better existence in the beyond is to live our life well and in the moment. The qualities or faults, the strengths or weakness that we develop during an earth life will follow us into the beyond. Patience, determination, courage, compassion and many other such qualities are precious gifts which we bring over with us. On the other hand, if pride, arrogance, vanity, stubbornness, cruelty, sensuality, etc..., dominate us and we continually put our personal desires first, we then bring along only weaknesses.

Earthly death does not change us in any way. It does not suddenly make us a better person or a worse person. The only change that will occur is the detachment from our physical body. It does not change our temperament or our personality. All of our dreams and wishes, or in other words, our intentions, are quite evident in the beyond. We can neither pretend nor hide our true feelings. All is unveiled because the exterior appearance of the soul reveals what is within. While on earth we are able to hide our true selves, but in the beyond we cannot. Our desires and wishes, our true hopes and dreams that we carry within, will be sensed much more intensely in the beyond than they were here on earth. And in addition, our strongest desires will bring us to the place which corresponds with these desires. We will examine this further later on...

Another important element to consider is the fact that here on earth, people who differ in their thinking and maturity, can live side by side. Therefore, it is possible for a selfish person to live beside a much nobler person who stands on higher moral ground. In the beyond, this is no longer possible because there are two specific laws of creation which uphold and maintain order. They are the **Laws of Gravity** and of **Affinity**.

The Law of Affinity brings those with the same aspirations and goals together. On earth, we can also see this law manifesting and is expressed in the proverb: “Birds of a feather flock together!” But during our life on earth, the attraction of affinities may not always be possible due to the limitations of the physical world. In the beyond, however, it manifests with all certainty. All those who nourish the same desires find themselves inevitably drawn together. These souls will mutually help one another to be happy or to suffer. Only a change of desires can cause a soul to change its affinities and likewise its dwelling place.

There is also the Law of Gravity, which exists in the beyond as well as in the physical world. When a soul ascends in the beyond, due to its unburdened lightness, it rises to more luminous worlds that are more ethereal and light. However, a soul that is heavy and burdened takes the opposite direction and sinks into worlds that are denser and more obscure. The intentions and desires that a man nourishes on earth have a particular effect on his ethereal body, his outermost cloak that he wears once he has left his earthly body. An ideal human being, who works towards a high and noble goal, keeping his heart pure with a sincere and honest volition and unconditional love towards his fellow men, will develop a light and more luminous ethereal body. Thereby he can rise into a world where the lightness corresponds to his own. And in this world, which is as real for him as the earthly world is for us; he will find people who share the same qualities as his own. He will be surrounded by purity, nobility, beauty and love.

On the other hand, selfish desires burden the ethereal body and its weight corresponds more closely to the earth's density, allowing the soul to satisfy its cravings. This allows the soul to remain in proximity to those on earth who nourish the same desires. In this way it will come to feel a bit of the same pleasures as those on earth.

However, selfish desires can burden the ethereal body even more, especially if the desires are filled with malice towards others, such as hate, cruelty, or envy. Then the soul will fall even deeper into the regions of darkness where the density corresponds to its own. There it will find those of a like nature, giving in to the same vices, only unrestrained. Like them, this soul will excessively yield, to its vices. All of these souls help to create mutual suffering in an incredible manner. Eventually, only disgust for themselves and a yearning for a purer way of life will help these souls to become lighter and allow them to leave these obscure worlds and rise towards higher planes in the beyond. Of course, their yearning must become an intense longing which is strong enough to overpower their vices completely.

Let's now take a look at physical death. It is experienced very differently from one person to the next. There is more than one way to take the first step into the beyond. It all depends on the state of one's soul at the time of passing. For example, a person who has greatly developed his spiritual life on earth, who and has acquired a mature sense of morality, can cross over consciously into the beyond. He will be conscious of the fact that he is leaving his body, standing beside it, and rising above it, etc. He will see the people who are standing around his body and crying over his death. He will also see, however, the helpers in the beyond coming to welcome him in a friendly way. They will explain to him the higher world awaiting him once he has completely severed all the threads connecting him to his physical body. On the other hand, the person who has led a selfish and less spiritual life will remain unconscious for a certain time after death, awakening in a new environment and not

realizing that he is now in the beyond. He believes that he is still living on earth but cannot understand why everything looks so different. These are just examples, as it would be impossible to explain all the different ways in which a soul crosses over into the beyond.

The separation from the physical body and the amount of time it takes varies greatly, depending on the spiritual state or material desires.

Abd-ru-shin explains:

“...After the separation the ethereal body remains attached to the physical body for a time as if with a navel cord. The higher the soul now born into the ethereal world has already developed itself towards this ethereal world during its life on earth, the looser this cord will become.”

“The more a man’s volition has chained him to this earth, i.e., to gross matter (...) the more firmly will this volition bind him with this cord to his physical body and consequently also bind the ethereal body...”

“...Such great resemblance and close relation to matter makes it very hard for the ethereal body to detach itself from the physical body...”

“After the final severance of this connecting cord, the ethereal body sinks to that level in the ethereal world where its surroundings are of corresponding density and weight...”

“It is different with those people who during their life on earth have begun to strive for all that is noble. Because they bear within themselves a living conviction about the step into the ethereal world, the severance is much easier...”

“Owing to its finer nature such a strand severs the connection more quickly, setting the ethereal body completely free in a shorter space of time to soar to the region consisting of this finer and lighter substance. There it can only find kindred souls and gain peace and happiness through the increasingly high quality of the intuitive life...” (In *The Light of Truth, Volume II, Chapter 30 - Death*)

Abd-ru-shin instructs those who are close to the deceased, not to cry or to make any loud noises because this could hinder the deceased. During the detachment process from the suffering body, the person is already insensitive to pain, but loud outbursts and lamentations could bring back this pain. In his desire to comfort the suffering of those around him, he will seek to come back into his physical body in order to talk to them and to appease them. Because of this, he will connect once more to the threads that tie him to his body, and he will once again feel agonizing pain. He will then have a much harder time to detach himself anew from this tie.

It is why Abd-ru-shin says to us :

“Therefore absolute quiet should reign in the chamber of death, a dignity and seriousness corresponding to the importance of the hour! People who cannot control themselves should be forcibly removed, even if they be the nearest relatives.” (Volume II, Chapter 30 - Death)

When we apply this new spiritual knowledge, brought to us through “The Grail Message”, and understand the spiritual laws that govern our existence and our evolution, we can then lead a more conscious life on the path to happiness and accomplishment. This path will also allow us a more agreeable passage into the beyond and a continued existence of happiness.

However, we should not follow this path only out of fear of suffering or in the hopes of being rewarded. We would, once more, only be thinking of ourselves.

Rather, it must come out of an honest good will, a sincere desire to help others, wishing only to give them what is good and useful. This desire must spring forth spontaneously from within us. It must not be forced or induced by others. It must be natural and continue being this way, with no thought of reward. Only in this way will our good volition become strong and move us forward towards the Luminous Heights.

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DEATH

by Abd-ru-shin

There is one thing in which all men believe without exception. It is death! Everyone is convinced that it will come. It is one of the few facts about which there is no dispute or ignorance.

Although everybody from childhood onward reckons with the fact that they must eventually die, yet the majority always try to ward off the thought. Many people indeed are even irritated if the subject is broached in their presence. Others again carefully avoid cemeteries and funerals, and if by chance they meet a funeral procession in the street, they seek to efface every impression as soon as possible.

They are always oppressed at such moments by a secret fear that death may one day suddenly surprise them. An indefinable horror prevents them from seriously grappling with this irrefutable fact.

There is hardly another event that is so inevitable and yet so constantly pushed aside in their thoughts as death; and hardly so important an event in life on earth, except for birth! It is a striking fact that man wishes to concern himself so little just with the beginning and the end of his earthly existence, whereas to all other events, even quite trivial matters, he tries to ascribe a deep significance.

He examines and ponders over all the intermediate happenings much more than upon that which would enlighten him on everything – the beginning and the end of his life on earth! Death and birth are so closely linked because one is the result of the other.

In the first place how little serious thought is given to the act of procreation! Only in very rare cases is there anything to be found worthy of the dignity of a human being! Just in this matter man

cheerfully places himself on a level with the animal, yet without being able to preserve its innocence. This, indeed, puts him *below* the animal, which acts according to the level it occupies in Creation.

Man, however, can not or will not keep to the level that befits him, but descends to a lower one, and then wonders why the whole of humanity gradually deteriorates in various respects.

To start with all the customs at weddings are so designed as to make marriage appear merely an earthly affair. It even goes so far in many cases that more serious-minded people would like to turn away in disgust from the suggestive details which hint at nothing more than earthly intercourse. Wedding festivities have in many cases degenerated into absolute match-making orgies, which parents conscious of their great responsibility should strictly forbid their children to attend!

However, youths and young women who do not themselves feel disgust at the customs and insinuations during such festivities, and who although responsible for their own actions still do not stay away, may already be counted as belonging to the same base level, and can thus be left out of all consideration. It appears as if even in this matter people were trying through a drunken revelry to deceive themselves over something they do not want to think about.

If, then, life on earth is built up on such a frivolous foundation, as has indeed already become customary, one can understand that man also tries to deceive himself about death by striving desperately not to think of it. This pushing aside of all serious thoughts is closely connected with his own base attitude during the act of procreation. The indefinable fear which accompanies man like a shadow during his whole life on earth largely originates in the fact that he is fully aware of all that is wrong in his frivolous and unworthy actions.

And if he cannot get peace any other way, as a last resort he artificially and frantically clings to the delusion that either death is the end of all things, whereby he consciously acknowledges his inferiority and cowardice at possibly being called to account, or the hope that he is not much worse than others.

But all these illusions do not alter the fact in the slightest degree that earthly death is approaching – coming nearer day by day, hour by hour!

How pitiful it so often appears when the majority of those who so rigidly tried to deny any responsibility in a life after death begin, in their last hours, fearfully to ask the great questions, thus proving they have suddenly become confused about their own convictions! But their questioning is of little avail then, for again it is only cowardice which, shortly before the great step out of this earth-life, suddenly conjures up the possibility of a continuation of life and of being called to account therein.

However anxiety, fear and cowardice can no more diminish or redeem the unconditional reaction arising from every deed than can stubbornness. Real comprehension, i.e., a true understanding, cannot be attained in this way. Prompted by fear, their intellectual cunning, which often enough proved trustworthy during their earth-life, plays a mean trick on dying people during their last hours by inducing them, out of ordinary prudence, suddenly to become outwardly pious; this at the moment when the severing of the ethereal man, who continues living, from the physical body has so far advanced that during this process of separating the intuitive life has become equal in strength to the intellect, which up till then had forcibly subjugated it.

But they gain nothing from this! They will reap what they sowed through their thoughts and deeds during their life on earth! Nothing has been improved or changed in the slightest degree! They will

be irresistibly drawn into the network of the strictly operating Laws of Reciprocal Action, so as to experience in the Ethereal World all the errors they perpetrated in thought and deed as a result of wrong convictions!

Such people have every reason to dread the hour when they must leave their physical bodies, which for a time offered protection against many ethereal happenings. This protection was given to them as a shield and a cover so that behind it they could have changed for the better in undisturbed peace, and even completely redeemed many a thing which would otherwise have hit them severely.

It is doubly sad, yes even ten-fold so, for those who spend this time of mercy which every earth-life represents in frivolous deception, as if it were a drunken revel. Many there are who have every reason for alarm and apprehension!

The case is quite different with those who have not wasted their existence on earth but who, although at a late hour yet still in time and not impelled by fear and anxiety, have set out on the road to spiritual ascent. They will take their serious seeking over with them as a staff and support in the Ethereal World. Without fear and anxiety they can venture to take the step from the Gross Material World into the Ethereal World which is inevitable for everyone, because all that is transient, such as the physical body, must sooner or later perish again! They may welcome the hour of this release, for it means definite progress for them, no matter what they have to experience in the ethereal life! Their good experiences will then bring them happiness and the evil ones will be made surprisingly easy, for their good volition will help them in this far more powerfully than they ever dreamed.

The process of dying in itself is nothing but birth into the Ethereal World, similar to the process of birth into the Gross Material

World. After the separation the ethereal body remains attached to the physical body for a time as if with a navel cord. The higher the soul now born into the Ethereal World has already developed itself towards this Ethereal World during its life on earth, the looser this cord will become.

The more a man's volition has chained him to this earth, i.e., to gross matter, indicating thereby a refusal to acknowledge any continuation of life in the Ethereal World, the more firmly will this volition bind him with this cord to his physical body and consequently also bind the ethereal body, which he needs as a garment for his spirit in the Ethereal World.

The denser his ethereal body is the heavier it becomes according to the prevailing laws, and the darker it must appear. Such great resemblance and close relation to matter makes it very hard for the ethereal body to detach itself from the physical body, so that it happens in such cases that it must still undergo and feel the last physical pains as well as the whole process of decay. Neither does it remain insensible with cremation.

After the final severance of this connecting cord, the ethereal body sinks to that level in the Ethereal World where its surroundings are of corresponding density and weight. There, in this environment of equal weight, it will find only those of similar tendencies. It is understandable that conditions there are worse than when on earth in the physical body, because in the Ethereal World all intuitive feelings express themselves in *full* force and without restraint.

It is different with those people who during their life on earth have begun to strive for all that is noble. Because they bear within themselves a living conviction about the step into the Ethereal World, the severance is much easier. The ethereal body of such a person and its connecting cord are not dense. Their texture is

alien to that of the physical body, and this permits the severance to be very quickly effected. Thus during the entire so-called death struggle or the last muscular twitchings of the physical body, the ethereal body is already standing *beside* the latter, if indeed one can speak of a death struggle at the normal death of such a person. The loose and slender condition of the connecting cord prevents the ethereal being standing beside the body from feeling any pain because, being so frail and light in substance, this cord cannot transmit pain from the physical body to the ethereal body.

Owing to its finer nature such a strand severs the connection more quickly, setting the ethereal body completely free in a shorter space of time to soar to the region consisting of this finer and lighter substance. There it can only find kindred souls and gain peace and happiness through the increasingly high quality of the intuitive life. Such a light and less dense ethereal body naturally appears brighter and more luminous, until finally it becomes so transparent that the inner spiritual core begins to break through radiantly before it enters the spiritual sphere as a completely luminous radiant spirit.

Those, however, who are present at a death bed should take warning not to break out into loud lamentations! When the grief at parting is too strongly expressed, the person in the process of detaching himself, or who is perhaps already standing beside his body in ethereal form, may hear or feel it and be emotionally disturbed by it. If then pity awakens in him, together with the wish to say a few words of consolation, this again binds him more strongly to his physical body through the desire to make himself *understood* by the grief-stricken mourners.

He can only make himself understood on earth by the use of his brain. This effort, however, makes for a closer connection with the physical body, and indeed this is a necessary condition. The result is that not only does an ethereal body still in the process of detaching

itself re-unite itself more closely to the physical body but, if it is already standing detached beside the physical body, it will be drawn back into it once more. The final result is that he will once again feel all the pains from which he had already been delivered.

When the process of detachment is renewed it is much more difficult, and may even last for some days. This brings about the so-called prolonged death struggle, which becomes really painful and difficult for the soul wanting to depart. The blame lies with those who, through their selfish grief, have called it back from its natural course of development.

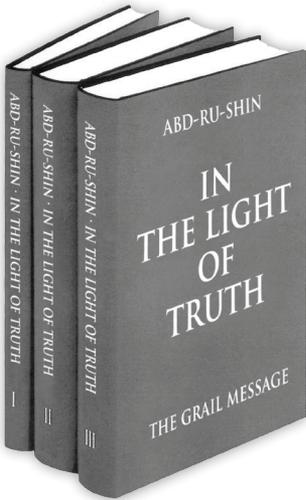
Through this interruption of the normal course, be it only the weak attempt at concentrating on making itself understood, a new and forced connection has taken place. To dissolve this unnatural connection again is not so easy for one who is completely inexperienced in this matter. And, because it desired this reconnection itself, no help can be afforded.

Such a connection can easily be effected as long as the physical body is not yet completely cold and the connecting strand, which often does not tear till after many weeks, is still in existence. It is unnecessary suffering for the dying man, a rudeness and want of consideration on the part of the bystanders.

Therefore absolute quiet should reign in the chamber of death, a dignity and seriousness corresponding to the importance of the hour! People who cannot control themselves should be forcibly removed, even if they be the nearest relatives.

Abd-ru-shin
In The Light of Truth
Volume II, Chapter 30

IN THE LIGHT OF TRUTH THE GRAIL MESSAGE



Why does God allows all this?

What is death?

Is it the end of everything?

Who are we?

Where do we come from?

Where are we going?

What is destiny?

What is the Holy Grail?

What is responsibility?

The Grail Message guides the reader who still carries a spark of goodwill within, joyfully along new and clear paths that cover the whole of creation.

This Message, as it unfolds, answers all questions not yet resolved about human existence here on earth and after physical death, with a strict logic and complete clarity.

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