

REINCARNATION

by Guy Poulin

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This booklet contains translations according to the sense of the original French and German texts. In some cases the word-forms of the translation can only render the meaning and contents of the original approximately. Nevertheless the reader will come to a good understanding of it, if he strives to absorb the meaning of the contents inwardly.

CONTENTS

REINCARNATION *by Guy Poulin*

| | |
|--|----|
| Introduction..... | 5 |
| The Law of Reciprocal Action..... | 6 |
| Why do some people suffer so much in life?..... | 6 |
| Why don't we remember our past lives?..... | 8 |
| How many times must we reincarnate back on earth?..... | 12 |
| Must we always reincarnate as a human being?..... | 14 |

IN THE LIGHT OF TRUTH:

THE GRAIL MESSAGE *by Abd-ru-shin*

| | |
|-------------------------|----|
| For Your Guidance!..... | 16 |
| What Seek Ye?..... | 17 |
| The Grail..... | 21 |

REINCARNATION

by Guy Poulin

MOST OF US HAVE ASKED OURSELVES, at one moment or another in our lives, serious questions concerning our existence. Questions such as:

“What am I doing here on earth?”

“What is the purpose of my earthly existence?”

“Why is there so much hardship and suffering in the world?”

“Why do such difficult things happen to me?”

And yet there are clear and logical explanations to these important questions that arise during particularly difficult moments of our lives. These answers and explanations can be found in a book of new spiritual knowledge entitled: *In The Light of Truth, The Grail Message* written by Abd-ru-shin.

This booklet has been inspired by this spiritual work and attempts to respond as clearly as possible to many of the questions that preoccupy us, but it is not in any way meant to replace the spiritual work itself. Nevertheless, I invite the reader to examine what I am about to put forward.

The questions raised at the beginning of this booklet can remain inexplicable mysteries, or on the other hand can be answered clearly, logically, and unequivocally. To arrive at the latter possibility, it is necessary to introduce two concepts: the “Law of Reciprocal Action” and the possibility of earthly reincarnation.

The Law of Reciprocal Action

Let us first briefly examine the Law of Reciprocal Action: “What a man sows, he shall reap a hundredfold.” This image, given to us by Jesus a long time ago, clearly demonstrates how the Law of Reciprocal Action operates. This law not only applies to the sowing of earthly seeds (corn, wheat, clover, etc.) but also to the sowing of spiritual seeds. We sow spiritually through our actions, our words, our attitudes, and even our thoughts, all of which bring consequences upon our surroundings. These effects can be agreeable or disagreeable, constructive or destructive, useful or harmful.

Later on, we in turn must reap, or in other words, experience exactly the same effects as those which we brought upon our surroundings. These consequences return to us through many diverse external means, sudden changes in our inner state, improved or worsened states of physical health, etc. But no matter what forms these consequences may take, sooner or later, in this life or the next, everything returns to the originator.

Once we have well understood the essence of this law, which is a manifestation of Divine Justice, we can then seek to observe around us and in our lives how this law operates and what effects it produces therein.

Why do some people suffer so much in life ?

However, upon a close and strict observation, new questions may arise. Why is it, for example, that some people endure so much in life while they are far from having caused as much suffering to their environment? Perhaps you are among those who have been forced to endure moral or physical suffering

without being able to see when or where you could have sown such things yourself. And if, on top of it, they are problems that began affecting you early on in your childhood, then clearly in this case you cannot know where and how all this was previously sown. But if there is such a thing as Divine Justice, all the suffering that you must now endure has indeed been sown at some time.

In his spiritual book, Abd-ru-shin explains that some of the consequences of our actions in this present earth-life will return to us during this same earth-life. Others, however, will only return to us during our journey in the beyond, because earthly death does not arrest the effects of the Law of Reciprocal Action. Furthermore, some of the effects of our present actions will only reach us during a subsequent earth life.

Therein lies the explanation for the many happy or unhappy experiences that we are destined to live through in the course of our earthly existence. They are the results of seeds sown in a previous earth-life, and it is only now that we must reap a hundredfold.

Now then, let us try to understand the proper notion of Divine Justice, in spite of all the disparities and apparent injustices that exist in the world and in our own lives. Without acknowledging the existence of the Law of Reciprocal Action or the possibility of reincarnating upon the earth, we would stand on shaky ground. There would then be a grave danger of asserting that God often intervenes arbitrarily and at times even acts contradictorily in His Creation; that He wants human beings to suffer and only intervenes when He feels like putting an end to it, etc. Under these circumstances, the notion of God can easily be dragged into the mud.

In reality, God never contradicts Himself. He is always perfect unto Himself, from eternity to eternity. Every new act of His Will never contradicts previous acts. And the Laws of Creation, which are derived from the Divine Will, are strict and unchangeable just like this Will. We can easily witness their uniformity by observing the laws of nature. This same uniformity is also found in the cosmic laws that direct our destiny. The many and varied effects that this single law can have upon our destiny depend solely on the type of seeds we choose to sow.

Why don't we remember our past lives ?

Now let us take some time to reflect on reincarnation, in order to clarify this concept. For example, if we do reincarnate, why do we not remember our previous lives? Is this not already fundamental proof that reincarnation does not exist? In order to answer this question, I wish to cite a passage from the work *In The Light of Truth*, in which Abd-ru-shin says :

“Through his union with the physical body, that is, through his incarnation, a bandage is placed before the eyes of every human being, which prevents him from surveying his past existence. Like everything that happens in Creation, this also is for the benefit of the person concerned...”

If everyone could precisely recall his previous existence, he would merely stand aside and remain a calm onlooker in his new life on earth, in the consciousness that by so doing he was making progress or redeeming something. However, instead of helping him to advance, this would expose him to the great danger of sliding downwards.

Life on earth must be really experienced if it is to have any purpose! Only what has been inwardly lived through in all its heights and depths, what has been thoroughly perceived in one's intuition, only that may one truly call one's own! If a man could always clearly know from the very outset the exact course that would benefit him, there would be no occasion for him to weigh and decide. Hence he could acquire neither the strength nor the independence that are absolutely necessary for him."

(Volume II. Lecture 10. The Mystery of Birth.)

The subject of reincarnation also leads us to consider that a human being does not always live within a physical body, that a part of his being survives earthly death. It is this same part that can, at a precise moment, reincarnate into another physical body. This part is the soul of the human being.

But be careful, this soul does not reincarnate into another human being. It reincarnates into a new physical body. The true human being is within this soul, whether it be inside of a physical body or separated from it. The soul houses the spirit, the "living core" of the human being.

Our capacity for consciousness does not stem from the physical brain, but from our soul (or more precisely our spirit), which inhabits the body and then uses this same body as a necessary tool with which it can establish direct contact with the physical world.

When the soul detaches itself from the physical body at earthly death, the body becomes inert and decays. The state of consciousness of the deceased human being does not cease with the death of the physical body. Rather, it is that the conscious being, who up until now inhabited this body, has departed. Then begins for him a conscious existence in the world of the

beyond. This state of being lasts until a new opportunity arises for him to reincarnate on earth, that is to say, to assume another physical body with a brand new brain.

At the beginning of a pregnancy, a soul awaiting incarnation who is conscious and independent in the beyond, first establishes delicate ties with the new physical body which is forming in the mother's womb. These connections gradually become stronger and more numerous. At a specific time, towards the middle of pregnancy, the incarnation of this soul into its new physical body occurs. It is then drawn into and enveloped by the new body. It is at this precise moment that the earthly mother starts to feel the first movements of her child. A soul has therefore incarnated when the tiny forming body starts to move. This soul is then firmly united with a new physical body, and at the same time takes on its limitations.

Thus at the beginning of a new earth life, the immaturity of the new physical body will considerably limit the inhabiting soul's ability to be conscious and to express itself. However, with the growth and maturity of the body, the possibility to become conscious increases, as well as the possibility to express who it is, how it is, what it wants and does not want, etc.

Upon reincarnation into a new physical body, the spirit takes a new brain as its principal tool for contact with its physical environment. Initially, this brain has no recorded knowledge or memories. It is therefore necessary to learn afresh how to walk, to speak, to read, to write, etc., even though all this was done in a previous life. Likewise, no memory of previous lives is recorded in the new brain. Is this to say that at every reincarnation we must start over again from nothing?

Indeed, a human being does not bring back with him, in his new earth-life, the intellectual knowledge acquired previously. But he certainly does bring back the more or less advanced state

of inner maturity that he acquired through experiences in past lives. He brings back the strengths and weaknesses of his character, the qualities and the faults developed previously. He brings back talents and predispositions which he had cultivated prior to this present life. In his “baggage,” he also carries living experiences which have left their mark – positive or negative – on his inner being and which, at first, will make up part of his unconsciousness or subconsciousness. In fact, all that we are capable of bringing back from our previous earth lives can be summarized as follows :

“...Every genuine experience leaves a firm imprint upon his intuition, upon the immortal part which, newly fashioned by these impressions, man takes over with him as his own, as a part of himself. But only that which he has really experienced, for all else is extinguished at physical death!

That which has been experienced remains, however, as the clear extract of his earthly existence, as his gain. Not all that has been learned has been experienced; but only that which has been learned through experience becomes one’s own. All the rest of the learned lumber, for which many a man sacrifices his whole life, remains behind as husks. Therefore each moment of life can never be taken too seriously, so that our thoughts, words and deeds shall not deteriorate into meaningless habits, but pulsate with vital warmth!”

*(Abd-ru-shin, In the Light of Truth, Volume II.
Lecture 10 The Mystery of Birth)*

All of the experiences acquired during past lives rest within us at the beginning of each new earth-life. Therefore we do not have to begin all over again from scratch, for these qualities can gradually reawaken inside the soul with the maturing of its new physical body and the many situations in which it finds itself.

They then manifest in the form of so-called “innate” talents and “natural” tendencies, which develop in the course of this present life without our having to make any particular effort.

For example, perhaps you know of children who are said to have a good nature. Children whose parents have relatively little to do in order to raise them properly, so easily do they learn the correct manner of behaving in life. For these children, it is a matter of an acquired experience originating in previous lives.

On the other hand, some parents may observe a disagreeable characteristic in one of their children which appears to unfold quite early in the child’s development. Perhaps they have much trouble helping their child to correct this disagreeable tendency, with the result of only a partial improvement or little improvement at all. In this case, they are dealing with something that the individual who has become their child has firmly rooted within him, and which he evidently brings back with him into his new earth-life.

How many times must we reincarnate back on earth ?

That depends on each of us! First, consider that each of our different incarnations on earth form an important step along a necessary journey of spiritual development. We began this journey as unconscious spirit seeds, and we are meant to develop towards a state of great spiritual maturity; indeed towards a state of perfection within our species. This development takes place through our spiritual experiencing, both on earth and in the beyond, until we have matured to the point of being able to ascend into “Paradise”, which in truth is simply the Spiritual Realm. There peace and beauty reign, for the perfected hu-

man spirits dwelling therein no longer sow any harmful seeds into their environment, and therefore reap only joy. In order to eternally dwell there one day, it is necessary that we prepare ourselves through our manner of living and behaving here on earth.

However, one earth-life does not suffice to obtain the maturity we need to ascend, conscious and unhindered, all the steps that lead us to the Paradise that awaits us.

A few earth-lives might be enough for one who takes his spiritual evolution to heart and dedicates himself to making the necessary efforts, whereas many earth-lives await those who are less committed. And still more earth-lives will be necessary for those who only believe in material realities or who cause damage and suffering here on earth. For the latter, there is absolutely no question of taking a single step towards Paradise as long as they have not adjusted their way of seeing life, as long as they have not earned the degree of maturity that earth-life is destined to bring them, and as long as they have not finished repairing all of the damage they have caused on earth. Their deplorable situation will be a cause for many reincarnations on earth, and sadly, in the course of the greater part of these earth-lives, they will only waste their time and place new obstacles on their path of development.

But if they decide at last to follow the right direction and make all the efforts necessary to make up for lost time, then they too can one day come to repair all that they have done on earth and finally free themselves from the need to reincarnate.

Let us consider that at each moment we have the freedom to decide the direction we wish to take in life. On account of this freedom to decide, which will never be taken away from us, it depends solely upon each of us whether our current earth-life

represents a progress – be it great or small – in comparison to our previous life, or a retrogression.

Must we always reincarnate as a human being ?

Throughout creation, the governing Laws are logical and perfect. This strict logic operates as uniformly in the Laws of the Material World as it does in the Spiritual Laws which guide our destiny. Reincarnation is no exception.

Where reincarnation is concerned, logic dictates that a human being will always reincarnate as a human being and will find in his new earth-life the opportunity to improve and perfect himself. The same holds true for animals: each species of animal always reincarnates into the same species and thereby gradually perfects its kind, since each has a place and purpose in Creation, be it here or in the beyond.

Of course, there has been an evolution in the material world, in which the human body developed from that of the animal. This evolution did indeed take place, but only for the physical body, which serves merely as an envelope or tool for the human spirit. As for the evolution of the spirits themselves, they started out as unconscious seeds, but these seeds themselves already belonged to the human species. Each must develop into a state of perfection within its own species, and not try to become anything other than what it is.

With every reincarnation, the human being brings back with him, into his new earth-life, that which he was at the end of his last earth-life, or that which he has become following a certain development in the world of the beyond. And it is on this foundation that he must continue to build and perfect his being in the course of the new earth-life that is offered to him. He does

not, therefore, change his fundamental species or personality from one life to the next. He may, however, change his nationality or race, as with his physical appearance, because these elements concern the physical body, for which the external appearance is influenced in part by heredity.

Between each earth-life, the human being journeys for a shorter or longer period of time in the beyond, or more precisely in the plane of the beyond that corresponds with his degree of maturity at the moment. There he can progress to a certain point, but if he lacks the inner maturity that earthly experiencing alone can provide, then he will reach a point where he can advance no further and will have to return to earth to seek all those experiences that he is missing. Once he has succeeded in acquiring all that earthly life was destined to bring him, he is then able to pursue his path in the beyond towards Paradise, without ever needing to return to earth.

Each of us is presently here on earth in order to learn how to live so that we may elevate ourselves one day, without obstacles, towards our ultimate goal that is conscious and eternal life in “Paradise”, the “spiritual realm”.

Let us gain from every situation, from every moment, in order to learn through experience all that is necessary for us to reach our goal!

Since 1983, Guy Poulin has offered lectures throughout many different regions of Québec, on themes such as life after death, reincarnation, intuition, the laws of happiness, etc. The texts from these lectures are placed at your disposal in the collection Booklets for Reflection from Grail Forum Publications. All of these lectures are based on the knowledge brought in the work entitled: In the Light of Truth, The Grail Message by Abd-ru-shin.

IN THE LIGHT OF TRUTH THE GRAIL MESSAGE

BY ABD-RU-SHIN

Among all books of spiritual content this work occupies a unique place. It brings the recognition of the all-embracing Laws of Creation, and guides the reader to a profound knowledge of the meaning of existence. The author writes:

“...I wish to fill the gaps which have so far always remained unanswered in the souls of men, and which never leave any serious thinker in peace, if he honestly seeks the Truth”

FOR YOUR GUIDANCE!

IN THE LIGHT OF TRUTH - Foreword

THE BANDAGE FALLS, and belief becomes conviction. Liberation and redemption lie only in conviction!

I am addressing earnest seekers only. They must be able and willing to examine this matter objectively! Religious fanatics and irresponsible enthusiasts may hold aloof, for they are detrimental to the Truth. As for the malevolent and prejudiced, they shall find their sentence in the very words.

The Message will strike only those who still carry within them a spark of truth, and the yearning to be true human beings. To all such it will become the shining light and staff. It will lead them unswerving out of all the chaos of the present-day confusion.

The following Word does not bring a new religion, but is

intended as the torch to help all serious listeners or readers find the right path, which leads them to the longed-for height.

Only he who bestirs himself can advance spiritually. The fool who uses extraneous aids for this, in the form of the ready-made opinions of others, only walks his path as if on crutches, while ignoring his own healthy limbs.

But the moment he boldly uses all the abilities which lie dormant within him awaiting his call, to help in his ascent, he is employing the talent entrusted to him in accordance with his Creator's Will, and will easily overcome all obstacles that seek to divert him.

Therefore awake! Genuine faith lies only in conviction, and conviction comes solely through an inflexible weighing and examining! See that you are truly alive in the wonderful Creation of your God!

Abd-ru-shin

WHAT SEEK YE ?

IN THE LIGHT OF TRUTH - *Volume I, Lecture 1*

WHAT SEEK YE? What is all this tumultuous agitation? It permeates the world like a ferment, and a flood of books overwhelms all peoples. Scholars pore over ancient writings, investigating and pondering until spiritually exhausted. Prophets arise to warn, to predict ... suddenly from all sides people strive feverishly to spread new light!

Thus it rages now over the troubled soul of mankind, not refreshing and invigorating, but scorching, consuming, absor-

bing the last vestiges of strength still left to the afflicted one in this gloominess of the present time.

Here and there also a whispering is heard, rumours of a growing expectation of something impending. Every nerve is restless, tense with subconscious longing. There is seething and surging, and over everything lies a kind of ominously brooding stupor. Fraught with disaster. What *must* it bring? Confusion, despondency and ruin, unless a mighty hand tears asunder the dark layer that now envelops the terrestrial globe spiritually. With the slimy tenacity of a dirty morass, absorbing and smothering every ascending free light-thought before it has become strong; with the gruesome silence of a swamp, suppressing, disintegrating, and destroying every good volition even in the bud, before any action can arise from it.

But the seekers' cry for light, imbued with strength to cleave through the mire, is turned aside and dies away beneath an impenetrable canopy, assiduously set up by the very people who think they help. *They offer stones for bread!*

Look at the innumerable books :

They do not animate, they only weary the human spirit! And this is the proof of the barrenness of all they offer; for whatever wearies the spirit is never right.

Spiritual bread immediately refreshes, Truth revitalizes and Light animates!

Simple people must surely despair when they see what walls are being built around the beyond by so-called psychic science. Who among the simple is to grasp the learned sentences and strange expressions? Is the beyond, then, intended exclusively for psychic scientists?

They speak of God! But is it necessary to set up a university in order first of all to acquire the abilities to recognize the con-

ception of the Godhead? To what lengths will this mania, which is mostly rooted only in ambition, drive them?

Readers and listeners stagger along like drunkards from one place to another – unsteady, not free in themselves, one-sided, because they have been diverted from the simple path.

Listen, you despondent ones! Lift up your eyes, you who are seriously seeking: *The way to the Highest lies open to every human being! Proficiency in learning is not the gate to it!*

Did Christ Jesus, that great example on the true path to the Light, choose His disciples among the learned Pharisees? Among the Scribes? He took them from the simple, natural people, because they had no need to struggle against this great delusion that the way to the Light is hard to master, and must be difficult.

This thought is man's greatest enemy, it is a lie!

Thus turn away from all scientific knowledge, where it is a question of what is most sacred in man, which must *be fully grasped!* Leave it alone; for science, being a product of the human brain, is piecework and must remain piecework.

Consider, how should scientific knowledge, acquired by laborious study, lead to the Godhead? *What, after all, is knowledge?* Knowledge is what the brain can conceive. Yet how very limited is the perceptive capacity of the brain, which remains firmly bound to space and time. Even eternity and the meaning of infinity cannot be grasped by a human brain. Just that which is inseparably linked with the Godhead.

But the brain stands silent before the incomprehensible power streaming through all that exists, from which it derives its own activity. The power which everyone intuitively perceives as a matter of course every day, every hour, every moment, whose existence science too has always recognized; whereas

with the brain, that is with the knowledge and intellect, one seeks in vain to grasp and comprehend it.

So inadequate is the activity of a brain, the basis and instrument of science, and this limitation naturally also affects what it produces, hence all science itself. Thus science does indeed *subsequently* help to elucidate, classify and arrange all that it receives ready-made from the creative power which precedes it; but when it seeks to assume leadership or offer criticism, it must inevitably fail so long as it binds itself so firmly to the intellect, that is, to the perceptive capacity of the brain, as it has done hitherto.

For this reason erudition, along with those who adjust themselves to it, always remains clinging to details; whereas each man carries within himself, as a gift, the great inconceivable whole, and is fully capable of attaining to the noblest and highest without laborious study!

Therefore away with this needless torture of spiritual enslavement! Not for nothing does the great Master exhort us: "Become like children!"

He who bears within himself the firm volition for what is good, and strives to give purity to his thoughts, *has already found the way to the Highest!* All else will then be added unto him. This requires neither books, nor spiritual strain; neither asceticism, nor solitude. He will become sound in body and soul, freed from all pressure of morbid pondering; for all exaggeration is harmful. You are meant to be human beings, not hothouse plants which through one-sided cultivation succumb to the first puff of wind!

Awake! Look around you! Listen to your inner voice! That alone can open the way!

Heed not the dissensions of the churches. The great Bringer

of Truth, Christ Jesus, the personification of Divine Love, did not concern Himself with creeds. After all, what are the creeds today? A shackling of the free spirit of man, enslavement of the Divine spark dwelling within you; dogmas that seek to compress the work of the Creator, and also His great Love, into forms moulded by the human mind. This indicates a dishonouring of Divinity, a systematic disparaging.

Every serious seeker is repulsed by such things, because they prevent him from ever experiencing the great reality within himself. As a result his longing for the Truth becomes increasingly hopeless, and finally he despairs of himself and of the world!

Therefore awake! Shatter the walls of dogma within you, tear off the bandage, so that the pure Light of the Highest may reach you undimmed. Then your spirit will soar aloft in exultation, jubilantly sensing all the great Love of the Father, which knows no limitations of earthly intellect. You will at last know that you are a part of this Love; you will grasp It easily and completely, unite with It, and thus gain new strength daily and hourly as a gift, enabling you to ascend out of the chaos as a matter of course!

THE GRAIL

FOR THOUSANDS OF YEARS, tidings about the Grail have circulated amongst mankind. Early poetry and legends concerning It were followed in later times with serious study and scholarly research. Yet despite many earthly investigations, the question, "What is the Grail?" nevertheless remained without a clear answer. Finally, the Grail came to be regarded either as a lost religious artifact or merely a symbolic conception.

However, we learn from the Grail Message that the Grail actually exists, although it is not to be found upon the earth. Rather, it is described clearly as a spiritual reality. The following passage is excerpted from Abd-ru-shin's lecture *The World*:

“Far above the eternal cycle of Creation there floats like a crown in the center an “Azure Island”, the abode of the blessed, of the purified spirits, who may already dwell in the Regions of Light! This Island is separate from the World. Therefore it has no part in the cycle; but in spite of its height above the rotating Creation, it constitutes the support and the centre for the outgoing spiritual forces. It is the island that bears on its height the much-praised city with its streets of gold. Here nothing is subject any longer to change. No “Last Judgment” is to be feared any more. Those who can dwell there are “at home”.

But as the last, as the highest on this Azure Island, inaccessible to those not specially called, stands the... Grail Castle, so often spoken of in poetry!

Encompassed by legends, the object of longing to so many, it stands there in the Light of Greatest Glory and harbours the Sacred Vessel of the Pure Love of the Almighty, the Grail!

The purest of spirits are appointed as guardians. They are bearers of Divine Love in its purest form, which is very different from what men on earth imagine it to be, although they experience it daily and hourly.

Through revelations, tidings of the Castle were brought down stage by stage the immense distance from the Azure Island through the Ethereal World, until finally, through a few deeply inspired poets, they also became known among people of the gross material earth. Passed on downwards step by step, the Truth also unintentionally suffered various misrepresentations, so that the final version could only be an increasingly dimmed reflection, which gave rise to many errors.

If now from some part of the great Creation in dire distress, suffering and ardent appeals rise to the Creator, then a Servant of the Vessel is sent forth as a bearer of this Love to intervene helpfully in the spiritual need. What floats merely as a myth and a legend in the Work of Creation then enters Creation as a living reality!

Such missions, however, do not often occur. Each time they are accompanied by incisive changes and great upheavals. Those who are thus sent bring Light and Truth to the erring, Peace to the despairing; with their message they stretch forth their hands to all who seek, offering them new courage and new strength, and guiding them through all Darkness up to the Light.

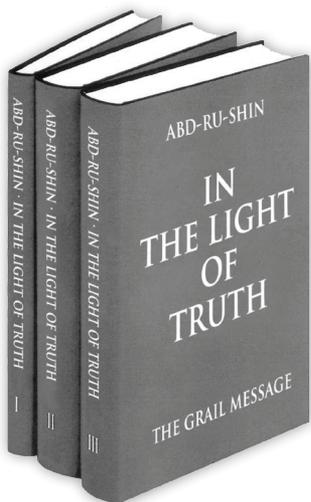
They come only for those who long for help from the Light, but not for the scoffers and the self-righteous.”

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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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