

# *Spirit Life*

## *What Happens When You Die*

*Session 1*

*This document is a transcript of a seminar  
delivered by AJ Miller (who claims to be Jesus)  
from the Spirit Life series,  
exploring what happens when you die.*

*Delivered By*

**Jesus (as AJ)**

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## *1. Introduction*

Somebody just asked me what the subject I was going to discuss today was. (Laughter) And there are a series of talks that I would like to start giving, which will probably take quite a few months to deliver, all regarding what happens when you die. And then what happens in life in each sphere of the spirit world, so the 1st sphere, the 2nd sphere, the 3rd sphere, the 4th sphere, and so forth.

**Participant:** Would it be like a guide book?

I don't know if it's a guide book. Just to give you a heads up really.

**Participant:** Each of the spheres, though, whether you are in the spiritual world or in the physical plane, is going to be much the same?

No, on the physical plane it's obviously a fair bit different but it'll give you an idea of what kind of truths you normally learn in each sphere of the spirit world. See here on Earth you can learn anything at any time. So you can learn a truth about the 21st sphere, and grasp it emotionally just as easily as you can about learning an emotion say about the 7th sphere.

When I say “just as easily” that's probably not the truth because obviously there are certain emotions that you need to process before you can access others. So there's sort of a sequence involved to a degree but the beauty of talking to you about it is that we also get to speak with the spirits that are with you about it. Because many of the spirits who come along to these sessions, have a lot of feelings of like they don't know why they are where they are, and all that kind of stuff and I would definitely like to help them address some of that as well - so besides your self gaining knowledge.

Okay, so you could call this talk part of the Spirit Life series of talks I'm going to give. And the first of these sessions is “What Happens When You Die.” And then it will be “What Happens After You've Died After a Bit of Time” and then it will be “What Happens After You've Done Some Progression” and you get into the second sphere or the third sphere and so forth. [00:02:55.00]

Now of course, for many of you, if you progress and work through your stuff as we've been talking about over the last couple of years, you'll actually find that what happens when you die, is going to be very, very different to what's happened historically when people die. Because of the soul condition of people on Earth, if you raise your condition, and we'll talk about this in a minute, then of course what happens when you pass is going to be very, very different than what it could have been if you hadn't dealt with those groups of emotions.

## *2. Our soul condition determines when, where and how we pass*

So what we want to do firstly is remember the basics, and that is, here's our soul. What's our soul full of?

**Participant:** Desires, emotions, passions,

It's emotions, longings. But let's start using some other things it's full of, beliefs, which are all emotional.

**Participant:** Fear.

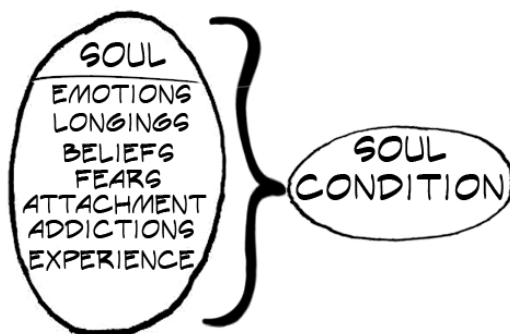
So we have fears. They are all emotional. [00:03:58.00]

**Participant:** Attachments.

Attachments. Very good, yep. Emotional attachments we have to other people, other things, life, and our life. Even many of you are very attached to your car. You know the proof of that? You go to a car park and have someone key it along the side and you'll see how attached you are. (Laughter) So there are attachments there, emotional attachments.

**Participant:** Addictions.

Addictions, okay. Well, imagine if you're addicted to alcohol or you're addicted to drugs. Now that's a physical addiction. What about emotional addictions? Let's say I'm addicted to controlling my children's life. That's an addiction too. They are all different addictions that we might have. So they're all different addictions and they all have an effect when we pass. Now, we could keep going there, but let's label all of that as one thing; all soul condition.



*All the factors that make up our soul condition determine how, when and where we pass*

The truth about when you pass is all based on this one thing, and that is my soul condition determines everything that will happen; the moment of my passing and actually how you pass. Your soul condition also controls that as well. It controls how you pass, when you pass, what happens when you're passing and then what happens after you've passed, so it's everything.

But you throughout your life have had many experiences. You've had many friends, some of whom have come and some have gone, and you've had new ones come along, and once you met me you haven't made any new ones! No, that's not true! (Laughter)

**Participant:** A lot more.

You've had a lot more new friends come along since then, haven't you?

**Participant:** Different ones.

A lot of different ones and all of those things add to the experiences of your soul. So you even have experiences that we could add to your soul condition. Now, obviously, the experiences that we have are very different depending on how long we live, where we live and what kind of background and upbringing we've had. All those kind of things all have a huge influence on our experiences, and they also therefore have a huge influence on our soul condition.

So the sum total of all of these things added together creates the soul condition and the soul condition generates our own death and what happens after we pass. And when I say "generates our own death" I mean that literally. It's our own soul condition that causes our own body to degenerate over a period of time that creates its own death, assuming that we don't have an accident, but if we have an accident, it's our soul condition that attracts those accidents. [00:07:10.00]

Everything to do with our soul condition attracts our life including the process of our passing, if we could call it that. So rather than calling it, "What Happens When You Die", we're really referring to the physical body dying, and that's not you dying, that's just the physical body going into a separated state. So, what we're going to do is just go through some of the things that happen to you physically when you die and then what happens to you in terms of what is created in your life.

### ***2.1. An illustration of Lawrence of Arabia's death, described in "Post Mortem Journal"***

**Participant:** When we were in the car coming down here today, Alwyn said she wanted to know what happened to Lawrence of Arabia when he passed. We both read the book "The Post Mortem Journal." He was a warrior and he killed a whole lot of people and did a whole lot of really nasty things and that book is all about all these very uplifting things that happened to him when he got to the other side. So we were discussing that and have a lot of questions about it.

Yep. Well, the truth is, you mustn't have read the first bit of his book.

**Participant:** I can't remember it.

Yeah, because he can't remember it either.

**Participant:** Oh. Okay.

In the first bit of his book he actually describes the first period of his time in the spirit world that he can't even remember, he was in such a bad condition. He only describes from the time he can remember onwards, and the truth is that he was obviously still shutting down a lot of his memories even when he channelled the material. So if you read the start of the book you'll notice there's a period of 7 years, I think, where he was just in a stupor. He described it as a pain stupor that he has no desire to ever recollect and that's why he doesn't tell you about it.

### *3. Audience questions*

#### *3.1. An example of a woman's father dying*

**Participant:** When my father died I thought his death was quite okay. Unless I've got a big judgement about him, I think he's not a good person.

When you say, "His death was okay," what do you mean by that, Laurleen?

**Participant:** He didn't care about us but we all were around him for years just before his death and at his death. And as far as an onlooker would see it as, he had what you called a loving family around him and he got all the right things, if you know what I mean. And his actual physical discomfort, that I'm aware of, was very short.

How did he create that? He created that by being a despot all of his life didn't he?

**Participant:** Yeah.

Yeah, so that's how he created that situation at his passing. And, by the way, that's not what he's like now. That's just the process of just before he died. The reason why he created it that way was that he was a despot to the rest of his family. And for the rest of the family, you were all so afraid of him that what else were you going to do? Were you going to not be there? [00:10:59.00]

**Participant:** I see myself now at the time, I thought I was just being okay but I was still pleasing him.

Exactly. The whole of the family were still pleasing him. And this is what happens to despots often; they create an environment through a Law of Attraction where the family fears them so much that everybody surrounds them when they die but none of them actually feel anything for them.

**Participant:** Well, I thought I did. Whether I did or not, I thought I did.

I mean in a loving way, they feel a lot of fear and they feel a lot of other emotions. They feel a lot of anger often as well towards him about what they've done to their life and all of those things; which, by the way, he feels the instant he passes.

**Participant:** Yes, I think he does now.

Yep. So we want to be very, very careful. When I say your soul attraction creates even the way you die, that is the truth in his case. You see, it's his soul attractions, which are him becoming an arrogant, autocratic, male-chauvinistic male through his life, that then attracted a heap of woman who were in a fear-based state who needed to help him and support him. They helped him and supported him through his death as well. But the instant he passes in the spirit world, now he's going to have a very different life to that.

And so while his soul condition created that life up to that point, it was also the soul condition of others bending to him. Because the truth is if all of you had followed your passions and desires properly, none of you would have been there at his death: none of you. None of your family would have been there. You would have all gone like, “He was just a terrible man,” and many of you would have been really angry and upset. Most of you still haven't forgiven him, so there was no forgiveness at the time, and if you were more honest with your emotion none of you would even have gone and that would have been a truer reflection of his own condition – ironically – as well. [00:12:58.00]

**Participant:** Question about when the soul leaves the body?

Are there any questions about up until the point of dying basically, and the soul condition?

### ***3.2. An example of people with dementia***

**Participant:** Just a question about people who have dementia, who are not completely in this world anymore. Where are they? Are they able at that point to do anything for themselves as far as changing their soul condition?

The truth is for a lot of them that they are already in their sleep state a lot, so they are already experiencing a lot of their sleep life. But also most of them are very afraid of death and so because of their fear of death they create a long life on Earth where other people need to support them and care for them because they're just terrified of passing. Their terror of feeling their own emotions created their condition of dementia and because of that terror, they often live many years; some of them have long lives after they get dementia. That's a sad reflection firstly of our denial of emotion as a human race, but secondly our fear of death because a lot of them, if they had less fear of death, that state wouldn't last anywhere near as long.

**Participant:** So they could still be helped by Celestial spirits or by our prayers?

It's very difficult to help a person with dementia, even in the spirit world, because of the depth of their fear, and the depth of their fear of facing their own personal truth. So a person with dementia faces a lot of obstacles when they pass because of their fears that they have obtained through their life.

We'll talk about specific cases as to what happens to them once we've had a bit of an overview about what happens generally because every case, when you pass, is very, very different because obviously, the soul condition is very different. So every case of passing will be very different as well. [00:15:35.00]

### ***3.3. An example of a woman's son passing***

**Participant:** Hi AJ. My son passed over on the 4th of January of this year.

Yep. What was his age? Do you mind?

**Participant:** He just turned 21.

Twenty-one.

**Participant:** In his sleep. They had to do an autopsy because there's no idea why he died.

He just sort of passed without any...

**Participant:** Peacefully.

Yeah, and without any seeming problem?

**Participant:** No, no problems. He was very healthy. He was slightly intellectually handicapped, disabled. Loving person. That's why I'm confused about the soul condition.



Yep. Well firstly, you're looking at death as a problem, whereas I don't look at it as a problem. There are many beautiful experiences that happen during the process of passing. I'd suggest to you that your son, being partially handicapped, would probably much prefer his life in the spirit world than he would prefer it on Earth.

**Participant:** I've had that channelled to me.

Yeah, and as a result of that, events happened through his desire. So remember, part of his soul condition is his emotions and desires. What I feel happened to him was that he did not come back to his body when the body awoke. So what happens in that case, is if your body attempts to awake and you don't come back to it during the process of awaking, you will automatically pass. And there are actually allusions to this in the Padgett messages - for those of you who have read the Padgett messages - remember that Helen said to Ned, Mr Padgett that she was afraid that she'd keep him in the spirit world too long and then he wouldn't be able to get back into his body. So I feel that's what happened to your son actually. He overstayed his spirit time, he did it by mistake but he was enjoying himself. His physical body woke up and he wasn't connected to it and the chord snaps under those conditions. [00:17:40.00]

**Participant:** Right. I was confused because he was very happy with his life here.

Yeah. I feel from him that it was a mistake; he didn't know that he had to come back then. There was a draw from his body but because he was enjoying himself so much, he just didn't respond to the draw of his body. Almost everybody responds to the draw of their body as they're awaking instantaneously, but your son didn't, possibly because of the handicap actually. He's enjoying himself.

**Participant:** Yes I bet he is. (Laughter)

No, he doesn't want to come back here. Sorry, Mum, but that's the way it goes! (Laughs) Yeah, and this is the thing, we look upon death as a problem. When I say, "Soul condition creating our death", we think, "Oh, that must mean I had a terrible soul condition to pass when I was 21." No, it doesn't. It can mean totally different things. There are many children who pass who obviously don't have terrible soul conditions but they do pass because of a Law of Attraction. [00:18:51.00]

**Participant:** I have been in a bit of turmoil because of a DVD I watched of yours where you said that the parents' soul condition or the parents' emotional condition could actually create a child's death.

That is very true.

**Participant:** But you also say that you should not carry that blame with you, you have to look at your condition.

Just look at your soul. So, what has it triggered or brought up for you? It's triggering some of your emotions about death itself and it's triggering some of your emotions about his life on Earth and what it would have been like compared to what it could have been if he was clear intellectually. There are some issues of self-blame that you actually have about his disability. [00:19:35.00]

**Participant:** No, not...

It wasn't a question. (Laughter)

**Participant:** When I think of the emotional condition I was in when I conceived him, yes.

And all you need to do is go into those emotions. Yeah, just let yourself feel them. That's where a fair bit of your grief is actually. And he's fine. You don't need to worry about him at all. He's more worried about you, than you need to worry about him, actually. (Laughs) [00:20:03.00]

**Participant:** And can I also say I've had a number of dreams that have been very vivid, where I've been with him.

Yeah, see, I wouldn't call those dreams. I'd call those sleep state experiences.

**Participant:** Right.

And this is one thing that most people don't realise on Earth too is that every time you go to sleep at night you spend time with people in the spirit world. Now obviously, because of your love for your son, you're going to spend quite a lot of time with him in your sleep state. [00:20:30.00]

**Participant:** I've actually asked him before going to sleep and it's when I'm at my lowest that he seems to come to me and actually the next day I can see a huge improvement.

He's trying to cheer you up, yeah. It would help him a lot if you can let yourself feel your grief completely because at the moment he feels it as a pull back to you all the time.

**Participant:** Yes, and I'm feeling that. I don't want to create that. I do need to release that.

Yeah. It's not the head stuff. It's the grief he's trying to make better for Mum, and so if you can just release that grief and realise that he's all fine and that you get to spend plenty of time with him in the sleep state. Later you will remember it all as you progress anyway so you won't have to worry so much about the fact of his passing. Let yourself release some of those things.

**Participant:** Right. Thanks so much.

#### ***4. Some spirits are not aware that they have passed when they die***

**Participant:** How is it that some spirits don't realise that they've actually passed when they get there?

Well, your realisation of your passing is all to do with your belief systems. So if you don't have any definite belief about the spirit world at all and you have deep attachments to the Earth, and you have deep attachments to your job and deep attachments to people here, you might not even realise you've passed. If you didn't know all the information you already know, you might not realise you've passed at all because a lot of times you're drawn back through your soul condition to people on Earth, and we'll talk about this in more detail when we talk about the 1st sphere. But you're drawn back due to your condition to people on earth. [00:22:16.00]

So you'd be like you now, walking around, often you have the dress that you prefer to wear, or the garb you prefer to wear, on, because that's what your garb is; a reflection of what you desire. And you're walking around going up to people and going to talk to them, and none of them will even see you and you go like this, "What's going on? What's wrong with all of them? Everyone's in a stupor, nobody can see me anymore." And there's lot of confusion-based emotions and that is because of our belief systems before we pass.

So don't forget that when you pass the only thing that has changed is you no longer are connected to your physical body. That's the only thing that changes. You are now connected to your spirit body. When I say, "now connected", you always have been, but now all of your sight and all of your hearing and all of your sensory apparatus all work through your spirit body. So everything that happens is a spirit experience for you, but often you're drawn to the same people but they are all still living on Earth.

So you go up to talk to them and they don't listen to you and then some people get very frustrated and angry; "What's wrong with them?" and then they go to their work and somebody else is sitting in their chair and, "What's going on there? They've taken my job away from me." (Laughter) And they project a lot at the people as well in this space of course with anger. Some of them will even go so far as to try to make objects fly across the room, in order to scare the people so that they leave their location. [00:23:59.00]

**Participant:** So what about the person that passes into a really dark place, wouldn't they realise that it's different?

Most of them don't realise because of their own dark condition before they pass. So for instance, if you had a deep belief there is no God, there is no afterlife, there are no hells, there are none of those things, and then you passed and your condition personally was a hellish condition, but the hell doesn't look like the fire and brimstone that all of the Christian religions teach you. It's dark and dingy and smelly and cold and all those things. You would just think that somehow you just got taken into a new location on Earth that you know nothing about and you can't get out of it, and that's what many of them feel.

## ***5. The truth about reincarnation***

**Participant:** Some religions believe that you actually, in your passing, have a transition period and then you move into another body. So what's your take on reincarnation?

You mean what is the truth on reincarnation? (Laughter) I'm perfectly happy to tell you the truth about reincarnation, but it's not a part of what happens. What happens is there is no real reincarnation as people portray it on Earth today and it is physically impossible to reincarnate actually until a person reaches a dimension in the spirit world that's highly developed. Nobody who has passed has ever historically passed in that condition, so there is no reincarnation in the state that people have talked about it today: none at all. [00:25:50.00]

And actually, when you get to the 3rd sphere of the spirit world, you'll be told that quite definitely. But in the first two dimensions of the spirit world, there are many spirits who believe in reincarnation. What many of them try to do after they've passed is reincarnate. The way they do that is they watch for a conception of a child, and if they can get into that child's body along with the child's soul, they will. So many children born today are actually born over-cloaked, as a result of that attempt, due to the beliefs of reincarnation. And this is also the major cause of child onset diseases. For almost every child who has a disease either before birth or at birth or shortly afterwards, even right up to 2, 3, 4, 5, 6 years of age, almost all of those diseases are the result of a spirit attachment due to the parents' condition not preventing the attachment. So that child will often act like a person who has passed because they are actually being over-cloaked by that spirit. People then think that supports the whole view of reincarnation. "Oh, he seems to be like my grandpa," or whatever. The truth is that the majority of the time grandpa is over-cloaking him and actually determining a lot of what he does.

I've had many experiences with this and which I've told you about in the past, with children with leukaemia, because most children with leukaemia actually pass due to spirits over-cloaking them and creating their cancers because the spirits themselves had cancer when they passed. So most child onset diseases are like that.

That was a very brief answer. There is a whole discussion I've given about reincarnation that you can listen to and that tells you the truth of reincarnation as it really occurs. You can download that from the Internet. [00:28:12.00]

## ***6. Sleep state and spirit world experiences***

### ***6.1. An example of a mother with dementia***

**Participant:** My question is about death and dementia but if you'd rather move on, that's okay.

Fire away.

**Participant:** My mum was one of eight girls and three boys, and she's very demented. She can't really put words together. There was a lot of anger for a while, which was due to two of her sisters, who had died, who were expressing their anger through her. They weren't demented but the most recent sister that died had been demented for a long time. And what happened to mum, almost at the time she died, which was on the other side of the world, she just went really sleepy, and the nurses thought she was going to die for about three days and then she woke up again. And I thought maybe she's just hanging out in the spirit world with her sisters. But what happened?

The person who has dementia will often cycle in and out of the spirit world, although they might occasionally wake up, and this is why you generally start seeing the onset over a period of time. The person's really quite out of body at different times because they can't connect to their brain enough, they're so used to doing that. And your mum, who was obviously heavily suppressing her emotions all of her life, which closes down areas of the brain, which then means that she can no longer use them. When she can no longer use them, there's a tendency then to get out of her body so she can have experiences in the spirit world.

You'll often feel the soul and the spirit body of the person, going away and then coming back and then going away when you are with them. Some of you who are doctors will actually feel that process occurring quite frequently. And what

happens generally is their bodies can easily be overtaken in that state, as well, by other spirits. They are usually family-based spirits but often there are whole interplays of spirit against spirit through the body as well. So you have two spirits fighting with each other through the body and things like that. This is why a lot of dementia patients get quite violent at times and then you have others who go very docile, although that's rarer. But often spirits heavily influence their state from that time on. Are you asking specifically about what's happening with your mum, Karen? [00:30:33.00]

**Participant:** Just in regards to that sleepiness for three days, which correlated to her death?

Yeah, a lot of times what happens when a person's in dementia and another one of their sibling's passes, there's a lot of spirit world discussion going on and they'll often leave their body and come back. It wasn't your mum in this case, was it? It was another sister, who experienced this? [00:31:04.00]

**Participant:** Yeah, the demented sister died and my mum got very, very sleepy for a few days.

And she's got dementia too, hasn't she?

**Participant:** Very, yes.

So yeah, what happened, I would say in this case, is that they met in the spirit world, had a lot of discussions and everything and perhaps, I think, her sister felt a bit like, that it wasn't such a scary thing passing as what she imagined it to be and there was a discussion with your mum about that but your Mum's terror caused her to want to come back to her body anyway. And your Mum's quite terrified of death.

**Participant:** Yeah. I think she's going to live for years in her dementia.

She hasn't passed yet, has she?

**Participant:** No. I think she's going to stick around.

She's terrified of passing. She'd rather stay in this dementia for as long as she can.

**Participant:** I agree.

Yeah. Just sit down with her and have a talk to her about not needing to be afraid of passing.

**Participant:** When I think she's in her sleep state?

Yeah, when you feel like she might be with you. Is she now here in Australia?

**Participant:** Yes.

Yeah. So sit down with her. You'll feel when she's not really present in her body. She's in a sleep state then. Call her to you and talk to her about not needing to be afraid. It will give her a bit more freedom actually, although she's not happy about where she'll arrive in the spirit world; this is part of her problem. [00:32:40.00]

**Participant:** So you know that in your sleep state? Is your sleep state exactly where you would arrive in the spirit world?

It is not exactly where you arrive but you finish up in your sleep state watching other people who are in the same condition as yourself and seeing their bodies. And after a while you start getting a bit freaked because you have a tendency then to look in a mirror and see your own body, and you're freaked out about your own appearance. So you get very frightened and you go, "Well, where am I going to go then? I saw those other people where they went, where am I going to go?" and you get very afraid of all of that as well.

And what would help your mum a lot; knows how to progress in the sleep state. If you can talk to her about how to progress, that'll reduce her fear about her state. The truth is she's not darkening her condition on Earth by staying but she's not helping it either because she's not growing either.

**Participant:** I thought she was helping herself in the sleep state but that was just me wanting to believe that.

Yeah, I feel most people with dementia have huge amounts of resistance to death because of their fear about their emotions. And when they look at themselves in the mirror, they can see those emotions influencing their spirit body and they become so afraid of that. And then they watch where other people with those same spirit bodies go and after they get all that information they don't want to die at all. So they just stay in this dementia state for as long as possible.

And often they have other spirits keeping them alive in that place, because that's their will. They want to stay alive so other spirits then just hook into that and keep them alive, keep them alive, they use their body to express their rage and so forth and that's why you get a lot of violence with dementia patients. [00:34:35.00]

## ***6.2. Many spirits are confused about their location in the spirit world***

**Participant:** Was that a spirit talking to me because just lately I had this feeling, where I wanted to ask all my friends, and my family what happens when we die. I never have that desire before but now, all of a sudden I felt a desire to know.

Well, one of the reasons why I'm having this talk is because a lot of the spirits that come along to these talks don't have any idea about why they are where they are. They've got no idea at all, and many of them are in darkness. They don't understand why. Some of them are not in darkness but they just don't understand why they didn't arrive with Jesus in the heavens and all those kind of things. They have a lot of questions about all of those things, you see, so that's why I wanted to discuss this subject and a series of subjects as a result. [00:35:32.00]

**Participant:** Yeah, because just a month ago I started to ask everybody. It just came to me to ask people, and I get so many different answers it's quite amazing and so many people just felt like death is the end, especially my family, it's just finished.

Yeah. Well, for those, many of them can't come back to the Earth because they don't even have the energy to do so and they are in fairly dark locations in the spirit world. So, we'll talk about all of that as part of the process here.

## ***6.3. An example of an woman who is fearful when she wakes up in the morning***

**Participant:** I've wanted to ask about this for quite a long time. I wake up of a morning feeling very anxious, quite often fearful and sad and I've wondered for a long time if that's because of my soul condition?

I feel for your self, it's a combination of factors. One is that many of us have to walk through a number of dark spirits to get back to our body and that process every morning is quite frightening. Particularly if you imagine you have hundreds of dark spirit around your body, waiting for you to come back into your body. There'll often be quite a lot of fear associated with that.

But it also can be about your recollection of your own sleep state experiences. And many of you now are having quite good sleep state experiences. Many of you are not aware of this but you are having quite good sleep state experiences and the contrast between the sleep state experience and the awake state experience is so great that sometimes you don't want to come back home to your body. And you feel a bit afraid of stepping back into your daily routine on Earth because of what's happening in the spirit world. [00:37:15.00]

So the key with all these things is, when you wake up, to feel your fear, let yourself connect with what it's about and process that, just release that.

### ***6.3.1. When we become at-one with God we will remember all of our sleep state experiences***

You'll get to a point where you enjoy your life here as much as you would enjoy your life in the spirit world and in fact when you are at-one with God; it's like a seamless world. Your sleep state experience and your awake state experiences are remembered as a continuous flow. You know how at the moment many of us go to sleep and we pass out and then when we wake up we remember we had a dream or two but we don't remember much else? Well, you'll remember everything.

So you remember floating away from your body, and you go up to this area of the spirit world, which at the moment condition-wise is a first sphere condition, and that's the sleep state experience where people can come and visit you and you can go and visit people. You can check out things on the other side of the world, you can do all sorts of things. And you'll remember all of those experiences. Then as your condition grows on Earth you can be in the second sphere and do all of that or the third sphere and do all of that. And so you imagine, progressively you'll see your own progression even, in terms of your environment. So these are all beautiful things that can happen when you remember, or allow yourself to remember. [00:38:39.00]

#### ***6.4. Using the sleep state to acquire proof of the spirit world***

**Participant:** I wake up tired every morning.

Like a bus is running over you every morning?

**Participant:** Maybe a large car.

Just a large car. (Laughter) No worries.

**Participant:** But I want to know, it's not just people who have already passed over that you meet in the sleep state, is it?

No.

**Participant:** It can be anyone else who's asleep.

Everyone else who's asleep

**Participant:** I'm kind of wanting some proof, like I'm thinking why don't I come back with some proof?

So why don't you get some proof.

**Participant:** Okay.

The way you get some proof is set your intention before you go to sleep to give yourself some proof about the whole process. And see what happens. But many of you have already had the experience when you meet somebody who you feel you've already met, when you definitely haven't. Well you definitely have because you've met them in your sleep state. So many of you think in your awake state, "Oh, I've got to go here," and you go there and all of a sudden you meet someone who you think you know but you don't. Well how did all that happen? That happened by being teed up in your sleep state. And a lot of your life is actually dictated to you by decisions you make in your sleep state. [00:39:55.00]

#### ***6.5. It's possible to commit adultery and take other unloving actions in the sleep state***

**Participant:** So presumably you'd be following your desires when you're in your sleep state so you could meet up with somebody that you might be interested in meeting up with?

Yes. Many of you commit adultery in your sleep state. I'm serious.

**Participant:** I was wondering about that. (Laughter)

It's the soul condition that allows you to do such things. So if you're not happy in your marriage on Earth and you've met your soulmate in your sleep state and then you haven't dealt with the emotion of morality, you'll be highly tempted to hook up with them in the sleep state and just hope you remember it. (Laughter) And sometimes you do, don't you? Like sometimes you have dreams that you feel like were real. You had a memorable sexual experience or whatever. And many of these are sleep state experiences. Many times we don't want to remember them in our awake state, and that's why we don't remember much of our sleep state experiences. [00:41:00.00]

The truth is that you have just the same capacity to do good or evil in your sleep state as you do in your awake state, depending on your soul condition. So many of us cause just as much trouble in our sleep state to other people as we do in our awake state. Many of us do that and it's all to do with how we feel in the end.

### ***6.6. An example of a woman who wakes up tired each morning***

So many times when we come back to Earth the reason why we feel tired a lot is because we're enjoying our spirit state experience a bit more than we would normally and what's happening on Earth is not what we would want to do. But we're not prepared to confront the fears we have to change our life. And so what happens when that occurs is we come back into our body and all of a sudden we feel overwhelmed with all of the fears of what we're not confronting in our own life right now and so we feel exhausted by the time we get up. The truth is that when you marry up your sleep state experiences with your awake state experiences in the sense that you desire to do the same things in both experiences and you honour your desires and passions in both experiences; you will feel a joy about coming back to your body rather than an exhaustion. And of course once you deal with your emotions that cause you to feel tired about your awake state, then of course you're not going to be tired in your awake state.

So at the moment one of my emotions is that myself and Mary are still not close to each other like we used to be. The feelings that I have in our soul union state and in the sleep state we are almost back in a union state. In our awake state we're like poles apart still, so every time I wake up in the morning the first thing that hits me is this emotion of being away, away from Mary. That's the first emotion, so you just let yourself grieve it, like let yourself feel it right in that place. [00:43:16.00]

### ***6.7. Where people go during the sleep state in the spirit world***

**Participant:** If you've done terrible things on Earth, are your sleep state experiences in the hells? [00:43:39.00]

Yeah. Less so though. There's this area, you could call it an area of twilight, I suppose; sometimes on Earth we refer to it as the twilight zone. There is an area in the spirit world where you go in your sleep state, and you're in an Earth-based condition, so you're not as conscious of what your true condition is, even in that state.

There are some very good examples of this in the book “The Life Elysian” and the book “Through the Mists” where the writer of the book who's in the spirit world sees his Dad in the sleep state. And my suggestion is have a good read of that because that explains a lot about the sleep state - and his dad had a bit more spiritual awareness in his sleep state than he had in his awake state because he's obviously conscious of a lot of things that he wasn't conscious of when he was on Earth. One thing that you're conscious of is you can't die, so in your sleep state you have less fear about death than you do in your awake state, generally, because in your sleep state you can see you can see that you can't die so they have a lot of different emotions.

And so generally a person's sleep state condition is in a bit better condition than their awake state condition, firstly, and then secondly there is an area of the spirit world - the way Aphraar draws it in the aforementioned books is it's like the sleep state can fit into any of the spheres to a degree but the people in the sleep state can't visit in those spheres, but those people in those spheres can visit the sleep state. So in your sleep state you could visit a very, very bright person, a very loving person or you could also see a very hellish person; a very dark mean person as well. So it just depends a lot on what your attractions are as to where you will go. Now some people's attractions are very different in their soul in comparison to their mind. So there are many religious people who would never be drawn into something like, say, a brothel, on Earth but in their sleep state they are drawn into those things because of their emotions. So many times that actually happens as well. So our sleep state experience is not quite the same as our Earth-based experience because of what we allow ourselves to do and also what awareness and knowledge we have in that state, compared to what awareness and knowledge we have in our awake state. [00:46:24.00]

### ***6.8. Remembering sleep state experiences after we have passed***

**Participant:** Also, with the memories of my sleep state that I have now, if I pass right now, do I not go to those places I'm hanging out anymore? [00:46:42.00]

Well no, what happens with your memories is very much like I've described from an emotional perspective. When you desire to emotionally remember things, you will remember things when you pass. So what that means is if you have a desire when you pass, or you don't even have an awareness of anything that has happened to you in the sleep state I'm talking about, there will be a series of events that occur leading you to the point of recollection.

Now this is also described in the book *Through the Mists* if you want to read that book. Aphraar goes through this series of events that lead him to different recollections, which eventually lead him to his mother. He believed that he was not with his mother, his mother had died I think 40 years earlier, at his birth, and he believed that he'd never seen her. But the moment that he met her all of these memories of his sleep state experiences came to him, of all the times that he'd spent with her in the sleep state, and even what her name was in the sleep state, and his name, and so they knew everything automatically.

So the truth is when you pass over into your spirit life, you will eventually get to a point of connection to a memory. Now all of you have this happening to a lesser degree here on Earth already. So if you go to your place of birth that you might have spent the first 10 years of your life at, for example, a whole series of memories that you never could recollect before you went there will come up for you. This is why it is very, very powerful on the Divine Love Path to visit where you've been because they are entry points of your memories that allow you to process emotions. So for example if you lived in a very traumatic time in England, like 35, 40 years ago or 50 years ago just after the war and you were brought up in a certain type of environment and you're not yet connecting with those emotions and you can't even remember the events; my suggestion would be to go back to England if you can afford to do it and go and visit those locations and feel because there will be connection points. [00:49:01.00]

And this is what happens in the spirit world when you pass. More and more connection points happen and for some people it happens very rapidly, but for some people it happens over thousands of years because of the darkness of their own condition. The brighter your condition, the more rapidly it occurs. The more knowledge you have of it the more rapidly it occurs. So for Aphraar it occurred within the first few weeks of his passing. Through his desire he did a lot of different things and was led home to his mum. And when he met his mum all of these other things came to him as a result and that just happened in the first few weeks of his passing. But it doesn't happen like that for everyone.

## ***6.9. Processing emotions in the awake and sleep states***

**Participant:** Not infrequently I feel I go through some stuff in the awake state and I don't feel much better and then I wake up the next morning feeling a whole lot better. Now does that mean you've done stuff in the sleep state or it just takes your body a while to...?

Yeah, what happens is there are certain emotions in your awake state that lock you up from dealing with the emotions in your sleep state and when you release an emotion in your awake state that opens up a whole series of memories for you. Then in your sleep state you begin processing those emotions generally and you can wake up like feeling really good after that, and then it will expose a lot of things in your awake state after that generally as well. So there will be this cycle going on.

Also many of your unhealed emotions relate to your sleep state and what you've observed in your sleep state. So for example, I've said this frequently before, if you've observed your partner committing adultery in the sleep state then it'll be one of the emotions where, when you get on the Divine Love Path, you'll work your way through in the sleep state and eventually an awareness of it will come to you in your awake state, if it hasn't already done so. [00:51:14.00]

### ***6.9.1. Spirit guides often wake us in the middle of the night***

**Participant:** The other thing that happens all the time to me is that at two or three or four in the morning is when I can think so clearly. It's like you just wake up and everything's very obvious.

Yeah a lot of people will have their spirit guides waking them up from anywhere between 2 and 4 o'clock generally.

**Participant:** Yeah, that's what it feels like, yes.



Many of you are having this happen. That is the time when you are the most able to be impressed upon with regard to your emotional condition and emotions that you're suppressing. And so because you are the most relaxed, you've done some rem sleep and you're now into deep sleep generally and during that phase spirits if they wake you up in that phase, Divine Love spirits have the ability to feed you a lot of your emotional injury and conditions but also to communicate with you better and so they often will do so at those hours. [00:52:11.00]

**Participant:** Just on that one, is that why you often have the most vivid dreams after that time? Like I often wake up between that time and then doze off again and that's probably when I have the most vivid dreams.

Many of you are already setting your soul intention to have dreams that demonstrate to you what you're not dealing with in your awake state. And yes, after that period of time generally they can wake you up, you go to sleep, they wake you up and keep you in that phase where you can dream and when you dream that exposes, if you allow it to, the stuff that you're not dealing with in your awake state. So it's a very powerful way of working through whole groups of emotions that you're denying in your awake state.

### ***6.10. An example of a woman communicating with her ex-partner in the sleep state***

**Participant:** I had this experience a few years ago when I parted with someone and I never really expressed some stuff to them and it just became this really huge desire in me to say these things to them; they were nice things. And it went on for quite a long time, and then I had this dream and we met, I said everything I had to say, and thanked him and everything, and then that was it. I never felt the desire again. It just went. It was very vivid and really great.

Yeah. What happened there is you met up with them in the sleep state, said the things you needed to say, now that you've satisfied yourself, there was no longer the impetus to do it in your awake state. My feelings are though you could allow yourself to deal with the reasons why you didn't do it in your awake state. [00:53:52.00]

**Participant:** I had no contact with him. I didn't know where he was or anything.

You didn't know where they were.

**Participant:** Yeah

Yep, so often that attracts things in the sleep state.

## ***7. Questions from spirits about where we go during near death experiences vs. when we pass***

**Participant:** There's a lot of spirits influencing this question. When we have near death experiences a lot of us go into this amazingly loving space. So there's a mob of spirit around who are really confused, who have done that, who are really confused about where they are now.

That's a very good question and it's very important that I answer this for the spirits' sake as well. When you're in a near death experience what happens is you go out of body and generally, because it's at the time of your potential passing, lots of very high spirits surround you in this particular state. And when I say lots, there can be spirits from anywhere from the second sphere to the Celestial spheres surrounding you, but often there are a lot of Celestial spirits involved in the process of anybody's passing. And what they do is they surround you in this sort of altered state, being able to nurse you through the process of death, if you like.

Now, many people then come back into their body on Earth, and assume that that demonstrates their true condition, which is not a valid assumption. Because in that place what you've had is literally sometimes tens, if not more, people surrounding you, protecting you in the place of your passing. The reason why it's done, and it's a loving thing that is done, is that every time any person passes they are surrounded by spirits who will assist them through the process of transition from their Earth life to the spirit life.

Now that process of transition often goes through an intermediary phase, which we'll talk about during the course of these discussions. You could think of the intermediary phase as almost like a hospital, where it's in fairly lovely grounds, a fairly pretty place, prettier than Earth. It's the top of the 1<sup>st</sup> sphere condition, which is prettier than Earth, "Paradise A" type of condition. And then because of the feelings of euphoria that the person who's about to pass has, they then assume that that is a reflection of their own condition. But it is not. It is a temporary place that happens to every single person where it's possible to happen, and there are times when it's not, where spirits are assisting them in the process of the transition between death from the Earth and life in the spirit world. [00:56:42.00]

And so we can't assume that just because we've had a lovely experience in our near death experience that our actual condition will bring us or attract us to the same location when we actually do pass. There are many spirits who have had near death experiences on Earth and then made the assumption that they would pass into the same place that they had the experiences with and that is a gross misrepresentation of what actually happens to them. What happens when they do pass, as we'll explain in a minute if we get there today, is that their soul condition attracts them to their true location after a period of transition.

### ***7.1. Recognising the soul condition by the state of the spirit body***

So let me ask the spirits, Brian, if you can answer these questions, did all of them experience a period of transition where they had a few days where they felt like they were in an okay place, like in a type of hospital? Or did they instantly go to a darker place that their soul drew them to? [00:57:47.00]

**Participant:** Most of them had the sort of experience that you described, lovely gardens, even nice people, everything's a lot brighter. Everything's a lot more compassionate even.

Exactly, and then when they started to see their condition in the mirror, what happened then?

**Participant:** Freak out. Oh goodness. Shocking.

Yeah. So what happened?

**Participant:** Very scary actually.

So you imagine if you're not aware, but you are actually deformed. Like your whole body, your face, everything, looks deformed; which is a mirror of your soul condition - depending on what their condition is but for most people when they pass their body is quite deformed. For most people their spirit body looks older than a hundred years old, or worse than that, when they pass. And when I say "most people" I'm saying 99.9% of the population passes in this condition.

So you imagine you're welcomed into a place that's got nice surroundings, there are no mirrors anywhere and you're surrounded by a lot of lovely pretty faces, and everyone seems lovely to you, they're really compassionate and kind and understanding; these are the people who are assisting you through the process of transition and they are in a good condition. And then occasionally, in fact then quite frequently you'll see a person that's really ugly and you might ask the person you're with, "Oh, why are they looking like that for?" and the person you're with will say. "That's because of their condition and what they did on Earth." And you'll go, "I'm glad I'm not in that condition." Then after a while you'll realise actually maybe you are in that condition because some of those people are looking funny at you. [00:59:42.00]

**Participant:** Some of the spirits are nodding at the moment.

Yeah. So maybe some of these people are looking at you funnily, and then you have a desire to look at your own condition. And when you look at your own condition that's when you get the shock. But it's also the point where you no longer stay at the location that you were welcomed at in the spirit world. And what happens now you're automatically attracted through your soul to the location that matches your soul condition. So the location you're drawn to in the spirit world will now match your very appearance. So if you look 200 years old and the skin's falling off your bones...

**Participant:** (Laughs)

No it's not funny because many of these spirits have had this experience, so we need to not laugh at them.

**Participant:** It's not funny.

Yeah. Many of these spirits have had their flesh falling off their bones, in the spirit state, I mean, their spirit flesh, if you like, falling off their bones and sockets for eyes where they can barely see out of. It's terrible. It's like they're hundreds and hundreds of years old but still alive, and once they saw that condition they went to the same location in the spirit world where everybody else is in that same condition. Now if you can imagine the shock of that you get some kind of impression how most people are shocked when they pass. How are they feeling, Brian? [01:01:08.00]

**Participant:** Yes, there's a smallish group of them who are crying right now and they're grateful for hearing the story.

Yes. Now the thing I'd like to say to them, though, is they don't have to stay in that condition.

**Participant:** Yeah, that small group have got that. That's actually in their souls now.

Awesome. So their condition is just a reflection of the emotions and their beliefs and their desires and passions that are out of harmony with love, and they can change those things. They'll get plenty of assistance to change, when they want that assistance. Everywhere in the spirit world there are literally thousands of people wanting to help. So there are many bright spirits around them who want to help them but the process of grieving is a part of the process of change.

**Participant:** Yeah, they're crying.

Yeah. You know that feeling Brian, that you had of the shock. It'd be great for you to write down something about that because most people on Earth have no idea how much they're going to get a shock.

**Participant:** That shock just now, yeah. Okay.

And the truth is that if we knew how much we were going to get a shock, the majority of us would want to change now rather than later; that's the truth. Many of you now are personally going through your own shocks, about what your real condition is compared with what you thought it was. Well you imagine passing without that knowledge. You imagine passing with the feeling you were going to be fine. Your body looks fine, you've been a week or two weeks in the nice sleep state experience which looks to be the same as your near-death experience if you had one, and then all of a sudden things start changing when you see yourself. [01:02:59.00]

Have they got any more questions Brian? They're crying a fair bit.

**Participant:** Yeah, but they also feel they can help some of the others now too. [01:03:10.00]

Yeah, the key is for all of us to realise that our condition is not as we judge it, but rather God's Laws judge our condition and God's Laws don't change. And this is something that we need to really bear in mind. Down here on Earth you can falsify things a fair bit. Look at what we do. If you're a woman you might dress up in a nice pretty dress, and put on a bit of make-up. Now you look pretty different than what you looked 10 minutes earlier, and that's one way to falsify ourselves. But there's another way we do it quite frequently and that is, we often have some very dark desires and emotions in our soul that we refuse to acknowledge in our awake state. And imagine coming face to face with how they have harmed your body in the sleep state soon after you pass. Imagine that process; it's a very confronting process.

### ***7.1.1. An example of a woman experiencing shame around AJ***

**Participant:** Whenever I come here I always feel very shy to even have contact with you, eye contact or say hello or anything, because what I feel is you're seeing this really ugly - all my emotions that you're seeing - and I feel so uncomfortable because I know it's all there.

Well that discomfort is a reflection of the emotions you do need to heal. I agree. The truth is; yes, that is true. A person who is in a condition of more love can see a person out of harmony with that condition. And you'll be able to see that in others too as you progress in love. But a person in the condition of love does not judge it. And this is why many of you feel free to share about your life stories and your condition with me because you can feel that I don't judge that condition or story.

And it's the same in the spirit world. The reason why these people when they passed, were a bit shocked with where they ended up eventually was because when they were in the first place of reception everyone was treating them nicely because everyone there was loving, and because everyone is loving, everyone can treat them nicely and so they felt that lack of judgement. They felt no judgement from them and it was only when they actually want to see their own condition that they get immediately drawn to that place where they belong. [01:05:49.00]

**Participant:** So when you stand up there you must have a very ugly view.

I don't have the judgement.

**Participant:** You don't have? (Laughs)

Because I don't feel that you're ugly.

**Participant:** Right.

Do you understand?

**Participant:** No.

Well how could I feel you're ugly when I can also see your pristine soul and what that feels like to me and your potentiality? And how can I actually feel you're ugly when I know that all these emotions that are in you, most of them are caused by other people and your choices that were out of harmony with love were also caused by other people's influence. Do you see? I don't feel judgmental about it at all. And how could I feel judgmental when I myself have actually been in your condition? Like I said to you before I begun this, in this life, I have been in the hells and in that condition. If I'd passed at that time I would've passed in quite a dark space and quite ugly as well so how can you judge then another person for being in that condition? [01:06:59.00]

## ***8. Assisting spirits in a dark condition***

**Participant:** Just relative to spirits, if we're reading the Padgett messages or we're reading really beautiful material of that nature at night time are they reading it too? Or would it be helpful if we read out loud to them?

Yeah, many spirits are reading along with you. All you need to do is invite them to read along with you. The issue though that many of them have is that because where they are is not like what's being described, they need help to make the transition from where they are to what is being described, and it's not sufficient just to say to a person, "Go to the light" as a lot of New Age people do say.

You'll notice if you listen to the recordings that I have posted on the Internet, where I have spoken through mediums to spirits, I always try to connect with their emotional condition and what's going on with them emotionally and why they're in that certain condition they're in. And I always try to leave them with some positive things about what they can do about that condition. So what I try to do is help them make the transition between where they are now and where they could be if they desire to be. Many of them don't even have the desire to be there and what I try to do then is try to help them, to encourage them to have the desire to be there. [01:08:34.00]

This is the problem with a lot of mediumship on the Earth. A lot of mediumship on the Earth is so self-focussed that we're asking the spirits to give us information and many of the spirits who are trying to give us information actually are in a worse condition or just as bad condition as we ourselves are, and so it's really pointless trying to get information from them. And when you know a truth about something in the spirit world that you firmly believe in, you can have a powerful effect on their lives and how they can progress and then they can assist you in that progression. So my feelings are, try to feel where they are now and help them come to this place where they want to at least try to get into a better condition, wherever their condition is.

Sometimes some of you will be surrounded by spirits, through your Law of Attraction. Let's say you've been abused sexually as a child and you're a medium; some of you will be surrounded by men who have abused women on Earth. Now the loving thing to do would be to help those men and it's a part of our own process of working through our emotions,

helping those men get into a better condition in the spirit world. Because at the moment they are helping other men abuse more children, and if we can help them get out of that state and into this new state then all of a sudden we alleviate the pressure on lots and lots of children on the Earth just by our actions with those spirits. So it's really important to focus on how you can assist those spirits when you feel them around you. And there's a lot you can do. Much more than what's being done, can be done. [01:10:13.00]

**Participant:** If we formed groups for the purpose of doing that?

Certainly, that's a wonderful thing to do. I know with Padgett, we were focussed with Padgett on trying to give the truth to the world. But he had a desire to help spirits a lot and we suggested to him once a week that he actually just focussed on helping the spirits who were dark spirits, and he did that, and many of the recorded messages in the Padgett messages are those messages of the spirits that he helped during those times.

It's a wonderful thing you can do and, honestly, often a lot more rewarding than helping a person on Earth. The reason why is that many of the spirits do have a desire to progress by the time they come to you. And so it's a lot easier to help a person who has a desire to progress than it is to help a person who's really resistive. [01:11:02.00]

So it's very powerful. So I'd suggest any of you who are mediums really consider doing that on a regular basis. The issue you face though is don't get hooked on it because if you get hooked on it you won't progress yourself and if you don't progress yourself you won't be able to help more people. You'll stay in your own condition. So don't get hooked on it. But allow it to occur. I personally love doing it. Whenever I have the opportunity offered to me from a medium I just take it instantly, generally.

### ***8.1. An example of a woman showing Divine Truth DVDs to her passed relatives***

**Participant:** I started watching the DVDs about five months ago and in one of the early ones I can remember you suggesting letting our relatives who've passed know about it. And it just coincided with my having gotten out all of the photographs of parents, uncles, aunts, grandparents, to put on a big section of the wall. So I lined the whole lot of them all up along the lounge and just had the television on. It felt really good.

Awesome, yes.

**Participant:** I haven't done it all the time but enough to make that contact and explain to them why I was doing it. I'd just say, "Well it's going to be going on for a while here."

Yeah. Now some of them will feel drawn to the situation because they already feel ready to know what happened. Others are not that drawn. It just depends on their personal circumstances and situation in the spirit world. But you will often be surprised how many are drawn to you in that state because a lot of them arrive in the spirit world; they have this terrible shock and then wonder why it happened. So having some explanation of why it happened is a great, great thing. I know some people who even have the videos playing and they just invite the other spirits to come in and sit down while they do something else. And that helps every one of those spirits who are listening to that. [01:13:12.00]

**Participant:** I didn't feel too much attachment as to whether they were too interested or not, I just left them to it.

Awesome. That's wonderful. And I feel quite a number of your relatives have benefitted from it already.

**Participant:** Thank you. I'm one in the family who's been closer to a lot of the oldies.

Yeah, and it's the feeling of love and respect that you have for them that draws them to you in the first place.

**Participant:** I don't know how they feel about me calling them the oldies!

Well they are older than you. (Laughing)

**Participant:** Thank you.

This is a subject that seems to fascinate people, isn't it, and I often am fascinated about how fascinated people are about it because to me it just seems like the same as living on Earth. But anyway, any more questions?

## ***9. What happens to over-cloaked people when they die***

**Participant:** I just wanted to know what happens to people who are very over-cloaked on Earth, like a lot of people with mental illness for instance. And obviously a lot of normal people are over-cloaked. So what happens to them when they pass over?

It depends a little, but let's describe some scenarios of what happens. Let's say a person on Earth was over-cloaked, so much so that they almost became the person who over-cloaked them. Well, what happens the instant that you pass, the connection instantly severs between you and the person who's over-cloaking you. Because the person who's over-cloaking you, in many cases, is in even a darker condition than yourself and as a result of that what often happens is the person comes back to the time when they were first over-cloaked and then there's these terrible feelings of grief that begin, about having lost a large portion of your own life and often they have a lot of sadness and grief about that. [01:15:13.00]

### ***9.1. An example of having schizophrenia or manic depression***

If a person has been, say, a schizophrenic or manic depressed, where they have a cycle of being over-cloaked and having downers, it's actually the down period that their life will mirror once they pass, which is scary in itself, and which is the reason why they allow the over-cloaking. So the down periods of time are where the person's real condition is, and they often pass in a terribly depressed state, suppressing huge amounts of rage. So that's what happens to many people who have manic depression.

With schizophrenia it's a little different because you often have five or six or 10 or 20 spirits surrounding you and those spirits all have less impact on you as soon as you pass. But then you've got to come face to face with the fact that most of your life wasn't your own, so there are a lot of emotions associated with that.

### ***9.2. An example of gurus who are over-cloaked***

If you're over-cloaked and you wanted it, and many today are in that condition, where they had what they call a "life changing experience", where now they've become a guru in this twinkling of an eye, then the spirit who was connected to you will disconnect from you. But often a spirit is in a higher condition than yourself and so they will often try to visit you, but because you believed it was yourself you often won't recognise them. So again it gets back to what happened in the interactions with the spirits involved.

But for almost everyone who has some degree of being over-cloaked there are huge feelings involved in their passing as a result of it. Many of the people on Earth who are so called gurus and who are doing all these wonderful things (and some people are even saying that they're God); doing all these healings and other wonderful things; when they pass they are severely disappointed. And, by the way many mediums, which are mediums in a New Age sense, are severely disappointed with their own passing because they believe their own condition to be much better than it really is. And they believe their own beliefs about the spirit world, which often come from first sphere spirits, and they are often in deep error about their own beliefs about the spirit world, and they often have a terrible shock as well. [01:17:51.00]

I can't give a definitive answer on every passing but that gives you a bit of a summary of what happens in each case. Everything is dependent upon the desire of the person and when we are over-cloaked; our desire is involved in that, every single time. And those emotions, because they are not being assisted anymore through the addiction, are often exposed very rapidly after our passing. What that means then is that our own emotions finish up dictating not only the passing itself, but the separation from the spirit involved; but our own emotions are so heightened, because our addiction was being helped by the spirit who was attaching to us, and now that attachment has ceased, now there is a terrible feeling of the addiction not being met inside of ourselves. And people go through terrible experiences emotionally in recognizing that disconnection. It's pretty hard.

You can see why a lot of people are afraid of dying because in reality they have a lot to be afraid of in some ways. Not that it's real, the fear, but there are a lot of very painful experiences that await them when they pass. And it's what people

call hell; there is a reason why the religions believe in a hell, and that is because there are hellish conditions in the spirit world where the majority of people on Earth do pass into and unfortunately have to work their way through. Now some work their way through it very rapidly, others spend many thousands of years and some have even spent tens of thousands of years in the hells, if you can imagine that. It's hard to imagine. [01:19:42.00]

## 10. Audience questions

### 10.1. An example of a lady who is enraged with her father

**Participant:** I have been trying to process my emotions with my father. They oscillate between rage and really neutral, like...

Rage and really, really rage?

**Participant:** Yeah, and then I go into numbness like, “No, that can't be.” So it's a denial that I'm aware of but it's because I just keep working at it. Now what my question is; if I can do things in my sleep state that are negative as well as positive, because I'm not getting through my emotions with my father and I'm angry, and I'm in denial, when I go into a sleep state do I, unbeknownst to me in my awake state, go there and give him hell? Do I do that?

Well, you're already doing it in your awake state so it's highly likely you'll do it in your sleep state. (Laughter) Because when you say you're in a rage with him in your awake state you are giving him hell as the saying goes, in that state.

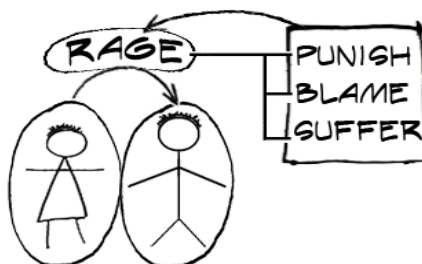
You see, it doesn't matter whether you're on Earth or in the sleep state, what happens is every time you interact with him at the moment what's he's feeling from your soul is your rage. There's just rage. Now he wants to defend that at the moment, so he just gets in a rage back. It doesn't help any of you really do anything about it but that's what he feels. He wants to rage at you and you want at rage to him but nothing really changes in that state and yes, it's highly likely you'll do that in your sleep state because you're doing it in your awake state. So my suggestion is to go further into the grief relating to dad and the fear relating to dad rather than the rage. [01:21:50.00]

**Participant:** Yes, I have been trying to go to the grief.

I know.

**Participant:** It sometimes goes there and then it comes out.

Can I suggest though, and this applies to many of you who are in rages with other people; you want to stay in the rage because in your rage you can punish them and you want to punish them. And in your rage you can blame them and you want to blame them. And in your rage you want to make them suffer and you can make them suffer, that's the whole point. [01:22:25.00]



*A woman in a rage with her father wishes to punish and blame him, and for him to suffer*

Now what we need to do is give up those desires and when we give up those desires, we'll give up the rage. When we give up the rage we can now enter the fear and the sadness that's within ourselves, and ironically, that's the thing that's going to actually affect them more. That's when they probably will get into some form of repentance about what they've

done. They are not going to get into a state of repentance while you're raging with them. Do you ever get into a state of repentance when somebody rages at you? What do you do most of the time when someone rages at you? Rage back, many times, isn't it? So how can you expect someone in a darker condition to yourself that caused your pain to actually do anything different other than rage back, can you see? [01:23:14.00]

So what we need to do instead is relinquish the desires. Every one of these desires to punish, blame and suffer has an emotion attached to it. So if I want to punish someone, why do I want to? There's an emotion. Do I want to blame them? There's an emotion in that. Do I want to make them suffer? There's an emotion in me, in that. And I need to release those emotions and then my rage will dissipate.

**Participant:** Could you just take one, let's say "punish", what is the emotion related to punish there?

Well, it's different for every person, because it depends what's been done to you by that person as to why you want to punish them. So if that person had only stolen your house then you might want to do a totally different thing to them compared to if they had actually sexually abused you as a child. Can you see the difference?

**Participant:** I see.

So my desire to punish them will be based on different emotions based on what they have personally done to me. Do you see that?

**Participant:** Yes, but how do I get past that because when I'm actually doing things to try and process it, I keep going back and repeating the same thing trying to get out of it.

So all you need to do is feel what that person did to you. But now feel it inside of you instead of as a rage. So, in other words, feel it as grief or terror rather than as a rage. [01:24:38.00]

**Participant:** Yeah I try to do that.

No, no, no. I'm saying if you have to try to do that, then you need to focus on these emotions of wanting to punish, blame and suffer because once those emotions dissipate, you won't need to try to do it. It will automatically happen. It's like while I'm holding on to the desire to punish someone, do I want to give up my rage? No. While I'm holding on to my desire to blame someone, do I want to give up my rage? No. While I'm holding on to my desire to make them suffer, do I want to give up my sadness? No. Because if I give up my sadness then I won't feel like making them suffer anymore and I feel like they deserve to suffer for what they did and I feel like they should suffer. So we need to give up these emotions and then the rage will dissipate and then ironically we'll get to our own grief, which is what we need to do to heal ourselves.

## ***10.2. An example of a woman meeting her father who has passed, in the sleep state***

**Participant:** When somebody passes into the spirit world or I, in this case, pass into the spirit world, will I then get to meet, in this case, my father who I've never known and my mother as well? My father never saw me after I was born.

Can I suggest to you, your father has already passed, hasn't he?

**Participant:** I don't know.

I feel he has.

**Participant:** Yeah, I feel so too but I don't know.

Can I suggest to you that you've been meeting him ever since he's passed, in the sleep state? And what will come to you is a recollection of those events. [01:26:18.00]



**Participant:** Thank you, yeah, because I felt maybe, my mother had passed when I was 11 weeks and maybe when he passed, she may have pointed me out to him so he is aware...

Stop talking.

**Participant:** Sorry?

Stop talking. Feel your emotions.

**Participant:** Yeah, I'm...

You just about had an emotion! It was just there. I just want to say to you what your father was doing then was confirming to you that he does talk to you when you go to sleep and you don't let yourself grieve this now. Just let yourself grieve that. Isn't it wonderful? Isn't it wonderful that he does that?

**Participant:** Thank you. (Tearfully)

So let yourself feel that. That's fine to feel that.

**Participant:** Sadness, isn't that grief?

Yeah, I call it grief because often times we feel grief is deeper than sadness. Like if you can imagine for a moment, a lot of people say, "Oh, I feel sad," and they're not crying at all. Well, I'm saying is that when you really feel sad, you'll be grieving just like a person who's just grieving a loved one dying often grieves. So you'll be wailing when you grieve. And I often use the word "grief" to indicate the difference in the emotional intensity of what we need to feel, but yes, I believe that's sadness. It's the same emotion. [01:27:44.00]

### ***10.3. Seeing other people's soul and spirit body condition***

**Participant:** I was just wondering when you were talking before about like being in a state where you can really see people and their soul condition. What do you see? Is it kind of colours or is it our spirit body or our spirit attachments? What do you see?

No, for me at the moment what I'm seeing is just feeling you, but I see that as seeing you. It's very hard to explain to most people. But the picture of your face in your sleep state comes to me after I feel you. Do you understand?

**Participant:** No.

Okay. We've got some people staying with us at the moment who are just doing some work around our house because we never get there to do any. (Laughs) And the lady, who's there, her name's Katrina, has just started developing being able to see people's spirit bodies. So what she does is she sits the person down opposite to her and she looks at them, and she sort of allows her eyes to blur away from the person and all of a sudden their spirit body comes into focus, and then she describes the spirit body that she sees. Now that is a totally different process to what I'm doing but I'm saying that you can do that. Every person here can do that. [01:29:32.00]

**Participant:** So, you just kind of stand there and you can feel what all of us are projecting at you?

Yeah.

**Participant:** Is it just what we're projecting at you in particular?

No.

**Participant:** Or is it everything?

Yeah. And everything you're projecting at other people, and also as a result of that a lot of your memories, the reasons why you're projecting it as well. So often when I stand in front of a person, I can feel all of the memories that are in them that created the state they're in.

**Participant:** Yes, thank you.

You're worried now.

**Participant:** Truthfully, that's sort of why I asked the question, because I'm not sure what I look like, I suppose, or what you see me as. I suppose that's where it came from.

#### ***10.4. Seeing our own soul condition***

What I'm trying to do in these talks is help every person become more self-reflective because the more self-reflective you become the less you'll need somebody else to tell you what's wrong or right with you. So one of the best gifts I can ever give you is to empower yourself to see yourself truly. And part of that is telling you the truth about the world in the spirit world and how different emotions and different morality choices that we make affect our soul condition. So while I tell you the truth of that, that helps you become more self-reflective.

So what I'm suggesting is allow the talks to help you become more self-reflective rather than wanting me or somebody else to tell you what's really going on for you all the time. Because if you can be self-reflective with God, in particular with your relationship with God, what happens is then you see yourself like you're looking in a mirror. [01:31:40.00]

So you imagine you were those spirits that Brian was talking about earlier. They had a near death experience and they had a nice lovely experience. If they could look in the mirror in that near death experience, that would be interesting, and they would come to a full reflection of their own condition. That would've been great, but that generally never happens. So they come back to Earth, they live the rest of their life then they die and pass into the spirit world. Now they live in that area which is just that welcoming area in the spirit world, which is very pleasant area, while they're waiting to see themselves.

Now for you, if you don't wait to see yourself and you're willing to see yourself right now, you won't have to go through that experience either, because you'll be able to see yourself and you will expect what you see, as after a while when you can see yourself truly. So allow yourself to see yourself completely. You know all those things you feel ashamed about? That's a part of you too. [01:32:42.00]

**Participant:** At the moment I feel like I don't trust myself.

Which is why you asked the question.

**Participant:** Yeah, because I feel like I keep crying about effects and like I just don't trust that what I feel is even real. Like I'm not going anywhere.

Yep, and remember I've said to you frequently that if you are grieving, most of the time you will feel childlike while you're grieving. Now, if that's the case then you're crying generally about causes and not effects, but if you're feeling like an adult grieving then you are probably crying about effects and not causes.

**Participant:** I feel like I have cried about a lot of causal emotions and my Law of Attraction changes but then it goes back again.

In that case, has it changed?

**Participant:** No, but does that mean that there's still more to uncover there?

Yep.

**Participant:** Yeah okay.

Yeah, allow your Law of Attraction to tell you what's going on like that. But getting back to the comment about how we look, if we can see ourselves truly now about how we look and we really see ourselves truly then that's going to prevent any shock from the future. [01:34:04.00]

Quite a number of you are feeling really quite distressed. This is why he's crying. (AJ referring to child in the audience crying)

**Participant:** It's not just me?

No, it's not just you, Jenn. (Laughter)

Yeah, he's just feeling the freak out of "What do I look like? What do I look like?" going on in this room at the moment and he's obviously feeling that quite strongly. The key is to allow yourself to see what you truly look like because if you can see what you look like, you can change it. But if you don't see what you look like, how can you change? It's not possible to change. And this is why when I have these discussions about saying to you your true condition on certain issues, some of you get really upset and angry and frustrated with me and so forth. But actually if you could see it as a gift to see what you look like, because I'm not judging it. I don't feel bad about it, like I still feel like giving you a hug after I tell you, don't I? So I don't feel like you're terrible, but it is something that we need to address if we want to get closer to God and we want to get closer to each other and we want to get closer to our soulmate; we want to address all of these different things. So allow yourself to see yourself as you truly are. When you pass into the spirit world, that will be forced upon you, so isn't it better to do it voluntarily now than waiting until it's forced upon you? Wouldn't that be better?

**Participant:** Thank you, AJ. So when you actually are in hells on Earth and you go through your feelings on Earth here while you're in that situation, you don't have to risk that you end up in the hells anymore?

No. That's right.

**Participant:** Okay.

### ***10.5. Longing for God provides incentive for further soul growth***

And that's why I'm having this discussion with you, is because many of you have the prospect of not even passing into the first seven spheres of the spirit world. You'll pass into the 8<sup>th</sup> sphere or greater of the spirit world. You have that prospect and you never have to go through this whole process of what it looks like in the hells, and what it looks like in the 2<sup>nd</sup> sphere. You can visit them, and check them out but you don't have to live there. [01:36:33.00]

But many of you will be severely impressed with the second sphere. But (Laughter) this is part of the problem when we pass too, is that we get to a place that we're happy with and everything's breezy at that point and this is where your desire for God needs to be so strong that no matter how happy you are where you are, that you actually still have a desire for God pulling you further towards him.

**Participant:** That's what happened to Helen all the time.

Yeah, in the Padgett messages it describes how your desire for God is what's going to pull you through the entire process. If you just do it because you're afraid of what you look like then you'll get to the 2<sup>nd</sup> sphere and you'll walk around with a good body (Laughter), you'll even maybe strip half of it off to show the others (Laughter), like a beach person would do (Laughter), and feel pretty good about yourself, but you'll stagnate in that place not realizing the bliss and happiness that is ahead of that place, if you don't have that longing for God driving you in your choices and decisions.

So if you have a longing for God driving you now, what will happen is that longing that you've developed now inside of yourself will just increase, increase, increase, increase and by the time you pass you'll not only pass into a good state but on top of that you'll have a burning desire to keep progressing, and you'll do that without fear. But if you decide to do it for some other reason, like you want your face to look nice when you pass, rather than any other reason then what will probably happen is your face might look better after you deal with some emotions and you might pass into the 2<sup>nd</sup> sphere or something like that, and you might feel quite content with that location because that location is certainly a better location than what's here on Earth, but you won't experience the bliss that I'm describing to you that comes from the other

conditions above that condition. So if we can allow ourselves to focus on our relationship with God; that will draw us through these conditions. [01:38:42.00]

## *11. Closing Words*

I'll finish now because it's after 6 now. What we'll do is I'll have more discussions about spirit life. I want to spend quite a bit of time on the 1<sup>st</sup> sphere and the hells in the 1<sup>st</sup> sphere, just for the sake of many of the spirits that are with us, and around us, and also for the sake of you helping other people in the spirit world as well because there are literally billions of spirits in those places in the spirit world. We want to talk about how they influence us and all those kinds of things, and why they do it, and have some compassion for them. Many of you just get nasty with the spirit when you're told that you're being over-cloaked by a spirit. That's not having compassion for them, the spirit's only doing what you want them to do, in the sense of your soul wants them to do, so allow yourself to feel some compassion. And it's knowledge that in the end gives us a lot of compassion, when you see what's really gone on, you get a lot of feelings of compassion for others.

So the next discussion we have will be more about the actual passing process, what actually physically occurs to your bodies. And then we'll talk about that process of your first point of arrival in the spirit world that most people go through, where they don't yet see their own condition and what happens in that place where they don't yet see their condition.

Thank you again for your time, guys. (Applause) Thank you for your questions, many of which were motivated by some spirits so I'd like to thank those spirits for attending and for their questions as well which were very interesting.

We love you guys. Catch you later.