

The all-important Why

Thoughts in regards to suffering and the
meaning of our existence



Erdmute Tannhäuser Lübbecke 2021

Content:

An old school teacher writes and draws for her fellow men. She would like to make a contribution in regards to confidence, faith, courage and trust in times like these.

Starting with the question “Why does God allow all of this?” she gently spreads her spiritual knowledge in front of the reader. At the same time, she confesses to what gives her, her own inner strength: Everything has a deeper meaning. God has not turned his back on mankind. But as human beings, we have to pause and to strive to recognise the major coherences: Where do we, as souls, come from and where do we go?

This takes time and effort. But we can gradually build our understanding and our inner attitude so that we can wander through life more relaxed and with more confidence, also better deal with the greater and lesser catastrophes our personal life brings with it. And over time, we will gain a certitude that will help us look calmly towards our own demise. Because it is the beginning of a new period in our life.

The author:

Born in 1940 in Silesia. Formative impressions during childhood and youth from flight, expulsion and the poverty of refugees. Disposition towards the Protestant Church and intensive pioussness, enthusiasm for music and musical instruments. Primary school teacher teaching the major subject of music. Married with two daughters. Sudden death of husband in 1978 and the beginning of her spiritual quest. Member of a spiritual circle between 1982 and 2007 with drastic, lifechanging consequences. Active in various care facilities since 2004 in an honorary capacity, emphasis on teaching music, giving spiritual support and individual care. Writes for her fellow men with an urgent desire to contribute towards more faith, consolation and confidence.

DEDICATION

This book is dedicated to my fellow human beings that were born disabled or ill.

To parents that have lost a child or whose child has taken its own life.

To people who visit their relatives in clinics, nursing homes or hospices and go home filled with despair and hopelessness.

Those amongst my fellow men who received the news that they only have half a year to live.

Those that have burdened themselves through severe misdemeanors and whose feelings of guilt will not allow them to find peace.

All of my fellow men who feel depressed and despondent due to their present situation.

And those that are afraid of dying, illnesses, death and calamities within their family.

And above else, those that say that they cannot believe in anything.



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A hearty welcome!

At this very moment you are entering the private abode of an old teacher and she is happy to let you in. This is where you will gradually find out what takes place inside of her and her inner thoughts. You will read here the things she does not talk about. She doesn't talk about it because her thoughts are too different from what is talked and believed within Church and religious communities. She would not like to affront anybody and the things she has to say cannot be just brushed aside with a few words.

The story of her life led to a situation at some stage where she could no longer be content with the customary. And this is where she "deviated" and started to write down all the things that she has made her own during decades of searching, questioning and research.

She is aware that this could not only trigger a shaking of heads, but also protests and the old teacher might get into trouble. But she holds the opinion that she can deal with that and that it is far more important for her to *not mince words for once* and honestly write about the things that move her and about what makes her what she is. She thinks that it might answers pressing questions for the one or the other who reads this and helps them to go through life with confidence in these troubled times.

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We live at a time where fears and uncertainty gain ground. We become more reflective. What holds the future for our planet Earth and for us, its inhabitants? And this is my spiritual contribution to our situation.

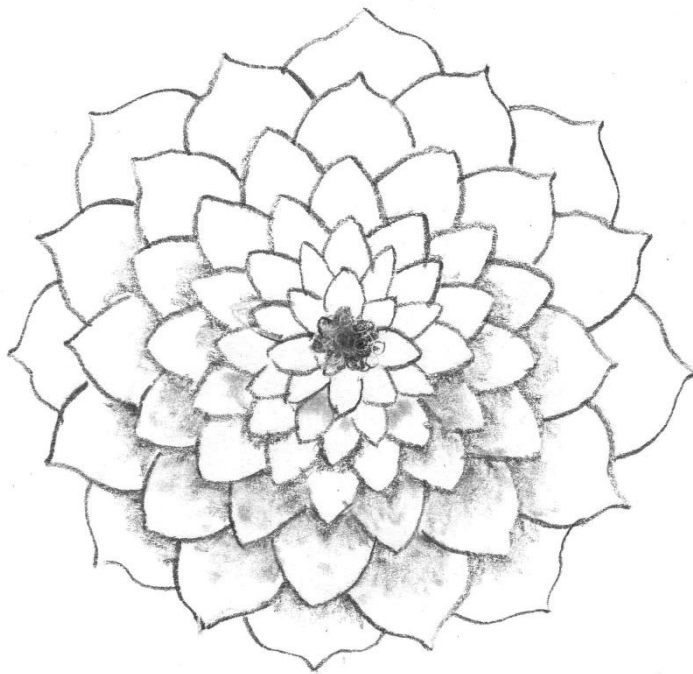
Please do not feel aggrieved about anything when you now read what I have to say. And particularly do not feel talked into anything, just take *what you can presently utilise* from it. Leave all the rest aside.

Deal with this in a most relaxed way and also realise that you might not be able to absorb all of it in one fell swoop. Some of it might be rather unfamiliar - as you will see.

I have drawn a little bit, very modestly with a pencil in order to illustrate some of the themes in a simple fashion. Some of the drawings are simply decorative and playful to loosen things up. Because what I am writing about here is in places somewhat alien and not easily digestible - as I said - unfamiliar.

Lübbecke, late summer 2021

Erdmute Tannhäuser



The all-important Why

We sat once again around the kitchen table. My friend had complained again about her hardship, illness, fears and insecurities. “There must be a reason why this is happening to me” she wailed. “What could I have possibly done wrong?” She really tried to do everything correctly according to her own belief system. But she talked about guilt and punishment in spite of this.

How often have I tried to talk her out of this idea of guilt and punishment and also this constant self-accusation? And I tried once again to give her my views about the meaning of life and our suffering. She asked her questions and she must have been in agreement of what I presented to her. When I had finished, she asked:

“Could you not put everything that you just told me to paper?”

“That would be a lot of work” I answered. “And you wouldn’t read it anyway.” I do know that my good old friend often lacked the concentration to read longer coherences due to an illness.

“If you write it down, I will certainly read it” she promised me.

Oh well, so I promised her that I would write it down. “But I will add a few more things to it” I said to her. “You must however give me time to do this, because it will take some time.”

She agreed and promised to be patient. I now have a promise to fulfil.

I will write in such a way that my friend will find it easy to understand. I also take my other fellow human beings into consideration, because they might also find that my writing could help them one day. Because great perplexity reigns in regards to diseases, suffering and dying. It always has and does particularly so these days. It is *the all-important Why*.

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How did it happen that I, as an old woman, often act as a “comforter” in the nursing home next door and other places? It simply developed from my way

of life. It is based on the fact that there have been times during my life where I was in desperate need of consolation myself. Times when I did not receive any myself.

Let me start at the beginning. I was 38 years old at that time and the year was 1978. I still remember clearly how it feels to be young. We were so energetic, optimistic and unaware. We were healthy, our children and ourselves. We were building and we established a large garden. It was simply wonderful and everything seemed to be so self-evident: Family, job, property, success, friends...

Yes, and then came the moment, out of the blue, when I stood next to a coffin. My most beloved was lying in this coffin, pale and silent. No power in the world could wake him up and make him breathe again. He was simply dead, conclusively dead. What a shock! I no longer understood the world...

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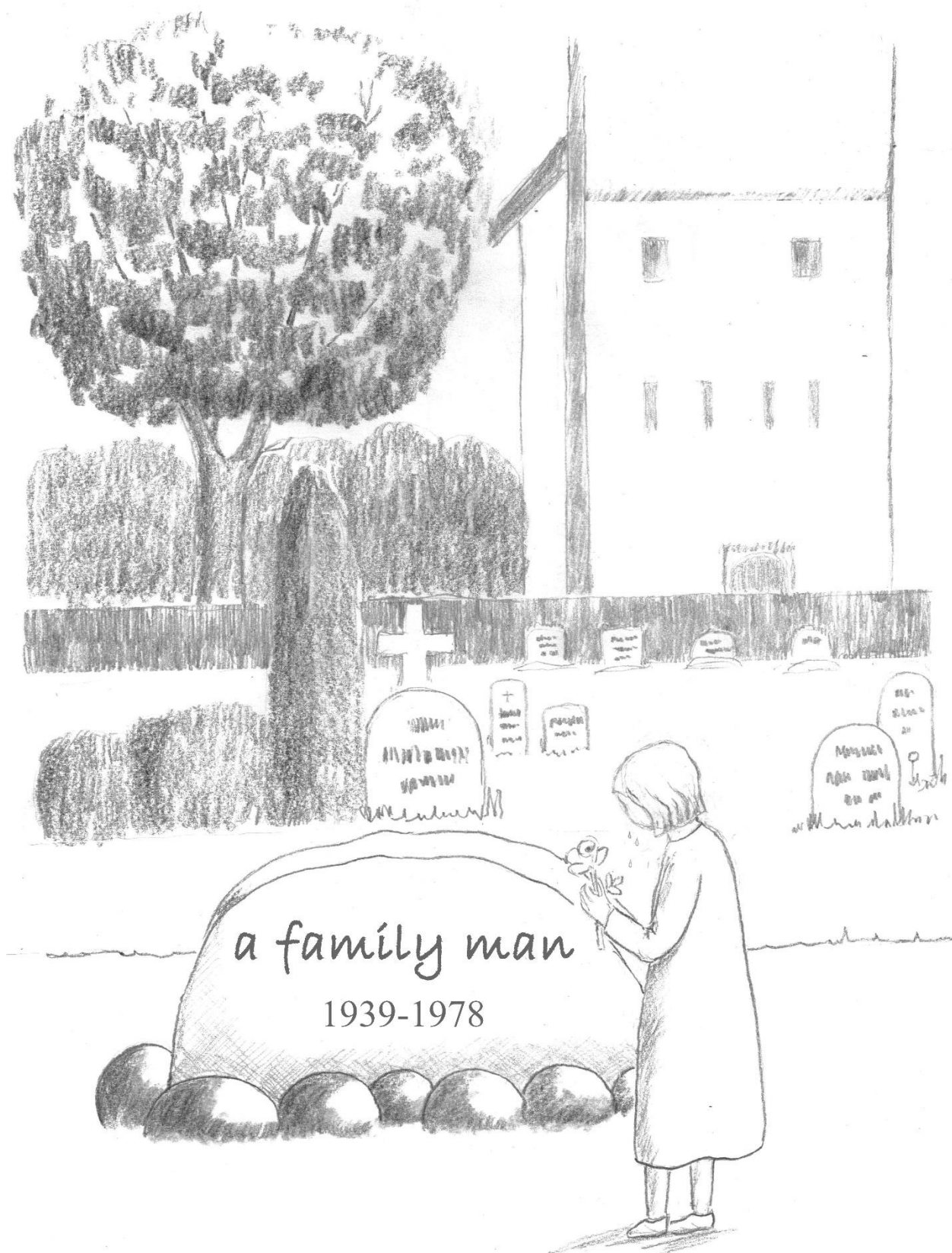
A place was now irrevocably empty! But life had to go on. And it did go on. But there was a deep wound inside of me and perplexity. Why was all of this like that? How could a young life come to such an abrupt end? I was naturally aware that such things happened to others, but only from a distance. But this here? I now found myself in the middle of suffering and disconsolation.

But whilst I “functioned” in my daily life, the great questioning and search began. It doggedly stirred inside of me, over and over and this for many years.

**It was the question about the meaning of our life,
it was also “The all-important Why”.**

What was it all in aid of I thought: This being born and then to die? And what we call “life” lies in between. But what kind of life is it? A small section of mankind has a more or less good life, but most people by far live in hardship and poverty, with diseases and exploitation.

Other questions were added later: Why is it that children are born already ill and handicapped? Why must some people walk around with an ugly face all their life? Why must this mother die before her little children?



And these days: Why do swarms of locusts eat the whole harvest of people in Africa? Why renewed earthquakes and no roofs over the heads of these poor people?

And it usually afflicts those that are poor in the first place.

Why all these terrible diseases? And now this virus into the bargain. Nobody knows how this will pan out. And then these terrible wars! The inundations! Burning forests and villages! Calamities all over the world, wherever one looks!

But it is written somewhere that there is a God who represents love. But who can actually believe this? If he was really almighty and love personified he would allow this or? How could he just observe this?

*

Questions that demand answers

These were my questions. My Church couldn't give me any answer and also no real comfort. But something nagged me inside and it wouldn't let go. I had been eminently pious before and even an enthusiastic co-worker. I was well versed with the Bible and I knew whole chapters by heart. But I stood here now with empty hands. Anyway, this is how I felt.

You can believe me when I say that the answers to my questions were not easy to find. Oh, it was a long journey! These were not the times of the Internet when one can find books and other information at the click of a button. I spend decades searching, but it was not in vain. I experienced wonderful things, too many things to report about. But I didn't relax and invested a lot of time and effort in this, even money.

The fruits of my labour show up now that I am older. I feel fulfilled and consoled, calm and as if delivered through what I have found. And this is what I want to share with everyone that wants to listen to me. It is my personal, mental, ergo spiritual knowledge that gradually found its way to me.

But please! - nobody should be affronted when I deal with and express things that are alien and unfamiliar. Remain completely calm! Everyone has the freedom to think and to believe - or not believe - what resonates with them. Something that is good and helpful to me must not necessarily be good and helpful to you by a long shot. Therefore: Please look upon my writing as my offer. My request for more understanding. You can simply add your own existing religious understanding that you are presently comfortable with.

To know more about life and death and the survival after death means to be less fearful. Anyway, that has been my experience. I do indeed live in peace and with composure and people sometimes envy me because of it.

It is important for me to say to you once again: Take from my lines the things *that you can use at this point in time* and leave the rest aside! It might appeal to you five or ten years from now.

I consciously turn to those amongst you that say of themselves: "But I can hardly believe it and I don't know whether I really want to." I am pretty sure that you will find something when you read this, that you comprehend and that

is applicable to you. But please be patient with me, because what I have to say cannot with the best of intentions be said with a few, succinct words. We must take our time when answering *the all-important Why*.

Now when you read my lines, I suggest that you pause now and then to contemplate and to take time to process the unfamiliar. It is best to read it a number of times! As I said before: It also took me a long time before I could understand more about it.

If you like, you can call me.



The visible and the invisible

I feel that we should direct our attention to what's "visible and invisible" to begin with, because everything is built upon it. Most of us have a vague notion that the invisible actually exists. That next to the here and now, there is also a hereafter. That next to the body there is also a *soul*.

When I talk about the *soul* here and furthermore, I do not mean what is generally called the "psyche". But I mean something that outlasts "death", that cannot die, that is invisible to each of us and that one can call *life itself*.

I would like to emphasize this with a small observation:

I was called to the nursing home next door to see a 93 year old man. His wife had just died and as a volunteer I was asked to sit with him for a while. He was nearly blind. We talked quite often over the next months. I was able to encourage the old choir singer to sing and this was good for him. He even learned to passably play the harmonica later on.

This made him very happy and, rightly so, even a little proud. One day when I was with him he sat on his bed and played the harmonica. I accompanied him with my guitar and he enjoyed himself. He suddenly stopped and with a grin on his face he said:

"I wonder what my wife thinks as she looks down from above to see that I can play the harmonica?"

I sat up and took notice. What did he say? Did he believe that his deceased wife could see him? Who would have told him something like this? This must simply have been his imagination. One could call this "folklore".

And this folklore that he expressed here implied: "There is another world "up there" next to our world and it is invisible. This is where one goes after one's demise. And the deceased can see what their relatives do down here. Everyone goes to this other world one day."

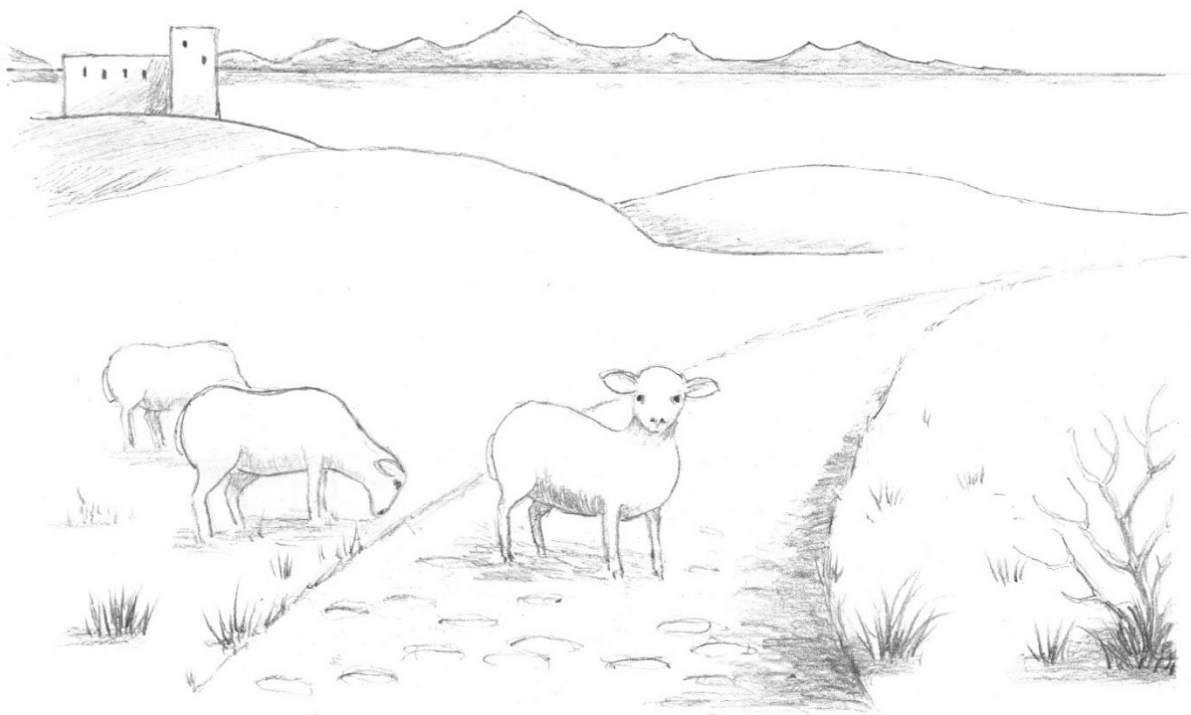
This is folklore and it has actually little to do with Christendom. This folklore can simply be within the consciousness of people, rather unconsciously.

There are also people out there who imagine that the deceased can protect their relatives on Earth. My grandfather seemed to believe this, because he expressed

this in a letter that survived to this day, a letter he wrote immediately after the war. He held the opinion that my deceased grandmother accompanied and *protected* my mother and us four children during all the confusion, the misery and expulsion. This was also folklore.

Ergo, this folklore existed and still exists - independent of religions - that says that this hereafter, this other world exists, one that we neither see nor hear under normal circumstances.

How can I express what I would like to say more succinctly? I will tell you about the young man from Wales. Wales is a peninsula that can be found on a map on the left hand side of England. It is known for its wonderful scenery, its glorious choirs and lots of free-roaming sheep.



A boy from Wales

He was born in 1959 in a small town in mountainous Wales. With his example I am able to convey to you how the visible and the invisible world touch one another. This young man is not an exception, because people with “second sight” have always and still do exist. They are able to see the invisible.

I selected to this Paul Meek, because I was able to get to know him relatively well. I read his four books and I was able to look at a whole series of videos about him on the internet. He gave me the impression of being modest and above-board. If you were to encounter him in the street, now that he is in his early sixties, you would not see anything special about him: He is small and somewhat “stockily build” as he himself would say and he has an alert, round face. He looks completely inconspicuous, but he is one of those that really has “second sight”.

In his first book “Heaven is only one step away”(translated title) he reports amongst other things about his childhood and youth. It was quite natural for him to see the beautiful colours (and sometimes less beautiful) around people, their aura, from early childhood onwards. Maybe you don’t know what an aura is? The soul inside people emanates something. One could call it delicate energies. That is the aura.

We cannot see it, but someone like Paul Meek could see it since childhood. When his father was ill, Paul saw his aura had suddenly turned colourless and the boy could ascertain from this just how bad the situation with his father was.

Paul loved the atmosphere in the Church ever since he was a child. He perceived the singing and the sound of the organ as lovely colours. He then also saw angelic beings. He was naïve enough to think that all of this was a part of it and that all the others could also see what he saw. He only later gradually recognised that he was “different” in this respect. He was clairvoyant.

Paul Meek writes that apart from this, his childhood and youth was far from being rosy. He was the oldest of six children. His father was a miner, like almost all the men in Wales at that time. They lived in their own house, but money was always tight. When his father became ill and lost his job due to pneumoconiosis (dust in his lungs), money became even tighter. The mother did what she could, but life was at times very difficult. As the oldest, little Paul had to diligently help. And as overly sensible as he was, he sensed the thoughts

and worries of his parents and he found this difficult to deal with. He was often so depressed that he didn't know which way to turn.

This is when he sensed at times that he was not alone and abandoned. He abruptly saw a woman dressed in white next to him, she seemed very familiar to him, and she talked to him, gave him courage and comforted him. It was apparently his deceased great-grandmother. He saw her and he heard her talk. He was therefore not just clairvoyant, but also "clairaudient". Dear reader, did you know that something like this exists?

After such an experience, something he kept to himself, the youngster once again had the energy to live his life that he perceived as been very hard.

But he always felt a great longing inside. All he wanted was: Music. He lived with and from music, the songs, that he could learn. This was the way he was. He was a good singer and the little singer was soon discovered and called to do solo performances because of his beautiful voice. This made him glow with zeal and joy. He was also allowed to sing in the choir and this livened him up.

But that wasn't all: Paul would dearly like to learn to play the piano. This was his most secret and dearest wish. But he was well aware that he could not burden his poor parents with this also. How could they possibly buy a piano and also pay for lessons? He knew that this was not possible.

Secret tears flowed now and again. But he also received his clandestine visits that nobody apart from him could see. He was consoled and also assured that he would surely receive his own piano one day. He was asked to calmly wait and see.

During one winter - Paul doesn't write what age he was - he fell ill with a terrible headache. The doctor thought it was influenza and refused to visit him a second time. Days went by before another doctor came and talked about meningitis and indicated that it was probably too late. The youngster was transported as an emergency case to a far distant hospital and when he finally arrived there, he was hovering between life and death.

Immediately after his arrival he experienced something strange: He saw how he separated from his body and how he hovered under the ceiling from where he could see his crying parents, the doctors and the nurses. He then proceeded through a tunnel into a bright and radiant world where he was approached by friendly, loving faces from all sides. He felt very happy for a short time and he

felt that he was in heaven. But he was then told that he could not remain and that he had to return to his body. “There are still tasks waiting for you there.”

He was not aware at that time that he had just had a “near-death experience”. All he knew was that he had been “to heaven”. I will write more about this later.

In this clinic, he was isolated in a small room for many, many weeks (we would say these days that he was in strict quarantine) and he slept a lot.

Everybody there was very nice to him, but in spite of all the care: He just didn’t get better. He thought over again that to return to his body must have been a mistake. It was much more beautiful in “heaven”. What was he doing on Earth? There were only problems, adversity and pain here.

But he also experienced something exhilarating during his time of isolation: Was he dreaming or was it his clairvoyance? Children from all over the world were often in his room and they played and danced. This gave him something to laugh about. And an American Indian came to him almost every day, he was a glorious sight in his magnificent feather headdress, he stayed and held his hands over the body of the little boy. Was he healing him? None of the other could see him.

But Paul lacked a genuine will to live. This lasted until his parents told him one day during a visit: “Your grandmother was able to buy a used piano for a good price. It is already set up in our home!”

Life returned to the youngster and it didn’t take long after that that he could go home.



It is a deceased relative he sees clairvoyantly
who consoles him and gives him courage.

Special talents

Life went on and it was filled with school, choir singing, visits to the Church, helping his mother and now also practicing on the piano. Singing lessons were added and he earned the money to pay for them with babysitting. His clairvoyance was talked about. Many people in Wales believed in such a gift, in “second sight” in those days. Adults sometimes came to see him to ask him in all seriousness whether he had a “message” for them. And he simply voiced the things that “came through” in images, words and feelings.

Dear reader, you might have noticed: This was more than “clairvoyance”. This young boy wasn’t just clairvoyant, but also “psychic”, because he was able to receive and pass on messages on the side. He was a channel between the hereafter and the here and now. And he accepted this. He didn’t give it much thought, because he had already noticed that he was “different”. He was rather pleased to be able to do people a favour.

When he turned 14, he got to know a different Church, the “Spiritualist Church”. It didn’t look much different from a shed on the outside. But he met people here that were like him: Clairvoyant, clairaudient, clairsentient and psychic. He immediately felt at home there, well looked after and above everything, understood.

The “Spiritualist Church” is a Church that was established and is recognised in England, but it must be financed and maintained by its members. Young Paul found himself attracted to this Church to an even higher degree. One immediately recognised his eminent psychic gift there and they carefully and lovingly encouraged him.

I only want to touch upon the following briefly. Paul received a grant and he was able to study singing and playing the piano in London, something he had so dearly wished for. At the same time, he trained to become a “medium” according to English traditions. He gradually turned into a “channel” between the here and now and the hereafter and was able to help people. These were very emotional and educational years.

England seems to have more people that are drawn towards the “supernatural” than Germany. More people seemed to be open to the things there that we here only acknowledge with great scepticism; namely that a connection between the here and now and the hereafter is possible and that it can be beneficial.

Paul turned his special gift into a career later. But he utilised his singing voice to earn money and to hold his head above water.

He sang for years, amongst other places, in the opera choir at the Bayreuth Festival and he soon took up residence in Munich (From 1992), where he was in turn also made welcome with his psychic abilities. It was and it is his special gift to establish “contact with the hereafter”. According to English examples, he held so-called “sittings”, ergo meeting with grieving relatives of the deceased.

He was for instance able to say: “I see a man behind you who puts his hand on your shoulder and who is lovingly looking at you. I receive the thought that it could be your husband. I recognise that he died in November from lung cancer. His birthday was in May. He was an ardent angler. He would like to say something to you...”

These few words alone allowed the widow to recognise that it was indeed her husband that Paul saw. She recognised on hand of this that her husband lived on and this in itself was a comfort and a reassurance for her.

One has apparently better understood in England that a lot of suffering and desperation can be avoided when the mourning relatives can recognise and experience that the deceased do actually continue to live, but as a soul in an otherworldly body in this otherworldly world. One also holds opinion there that it can be extremely beneficial if one can ask for forgiveness and receive forgiveness after the separation through death, ergo when something unexpressed can still be uttered so that peace can reign on both sides.

Paul Meek was seen on German speaking television for many years. If you are connected to the internet, you can enter “paulmeek youtube” into your search engine. You can then become acquainted with this friendly Welshman and see how he verifies his clairvoyance and his psychic abilities to a group of people and this in a way that has been demonstrated in England for a long time.

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I believe that it is Paul Meek's genuine wish to take the fear of dying and death from people. And he certainly makes a contribution in this respect. His television appearances reached a lot of people in Germany and the echo was overwhelming. His books were also bestsellers (See the last chapter "Suggested books and videos").

I do not strive to make contact with the deceased myself, even if I knew of a talented and reputable medium nearby. I do not see a necessity for it. I am quite happy to make mental contact with my mother or my husband for instance and to send them a greeting or a thank-you or a blessing that way.

But I can accept the things this man from Wales does. Particularly tragic cases do eventuate at times. I know a woman who completely lost her grip on reality after the suicide of her young son and for a long time could not find peace. She spent half the nights at the cemetery. I found what she told me devastating. This lasted until an opportunity presented itself where she could experience the things that I have just been talking about in regards to Paul Meek. She could experience, and this a number of times, that her son lived on and that he could live a meaningful life "over there". She told me that this had decidedly helped her to find her way back to a normal life.

I believe that the things Paul Meek and other psychically gifted people can do and offer in this respect can be a blessing in a case like this. To experience something like this can help us free ourselves from our purely materialistic mental habits. There seem to be a greater number of people in other countries, like for instance England, that are open in regards to the supernatural. As Paul Meek writes, people there seem to be able to deal with death somewhat "easier".

Are you shocked by the things that you have just read here? It is what I meant when I said "alien and unfamiliar" at the beginning. Stop reading for a while! Allow yourself a break, because you will be confronted with more alien and unfamiliar things. You can also give me a call!

News from another world

Something Paul Meek probably did to a lesser degree was “channelling”. What is channelling? The medium, ergo a psychically gifted person, brings its own thoughts to a standstill and even falls at times into a so-called “psychic sleep” (a special gift) thereby offering itself as a “channel” for messages that come from the other world to people here. Often long lectures occur in this way, so for instance about Jesus, about the spiritual, otherworldly world, about the meaning of life and about passages from the Bible that seem incomprehensible to us.

Paul Meek maintains that the origin of all religions is found in mediumship. Prophets, seers and wise or so-called “saints” have always been the “mouthpieces” for messages from heavenly beings. And this not just during biblical times.

I was personally able to experience such psychic proclamations in a group and this for years. These were impressive experiences and they gave me the certainty that an invisible world actually exists, that we are never alone and that we are lovingly observed and accompanied. I also gradually recognised where my former religious understanding had not always been correct.

I would certainly not entertain the thought of mentioning this in a Christian group, because it would be labelled as “Spiritism” and simply seen as something godless or even dangerous. This is probably due to the fact that a lot of mischief has taken place with contacts with the hereafter. As far as I know, the Christian Churches in Germany and elsewhere categorically reject the idea of contact with the hereafter, at least up to now.

Their most important book, the Bible, is however full of such things!

Are you a little familiar with the Bible? Whenever it states: “And the Lord talked to...”, it must have been dealing with a message “from the other side”, don’t you think? “And the angel talked to Zacharias...” - this couldn’t have come from this World!

If you are interested you should read Chapter 14 in the First Letter to the Corinthians in the New Testament. Whenever Paul uses the word “prophetic speech” he means what we call “psychic proclamations” these days. And he beseechingly admonished the community in Corinth: “Strive for prophetic speech!” Meaning: Endeavour to find good mediums. (With “Speaking in

strange tongues”, something he mentions a number of times, he meant a spirit talking in a strange language that none of those present can understand, whilst the medium is in a trance. This was regarded as particularly conclusive in the old days. But Paul admonished the members of the community, because they were so keen on it, even though it did not bring them any spiritual progress.)

It is important to also mention a sentence in 1 John 4: “Dear friends, do not believe every spirit, but test the spirits to see whether they come from God. Because many false prophets have gone out into the world.”

To know this is imperative: Not everything that comes from “the other side of the veil” is automatically positive and true. Because there are also dark spirit entities.

Dear reader, I imagine that you have never heard something like this. But this theme, “News from another world” is important to us if we want to answer the question of the all-important Why. We should simply know more about it.

A lot of things have happened in this respect in our time, I mean the last 150 years to today. A lot of circles have gained renown, circles through which spiritual messages filled with wisdom reached people and still reach people today. As I told you, I experienced this first hand for years myself. This happened and is still happening, as far as I can know, not only in America, but more intensively in England and Brazil, but also in Germany, Switzerland, Japan and surely in lots of other countries that I have no reports about.

Such messages from the hereafter are mostly recoded on tape these days and then transcribed later. How our knowledge about the world of the hereafter and about life after death has expanded through this is simply overwhelming. Seeking and questioning people have unimagined opportunities to gain more insights these days, also through the internet.

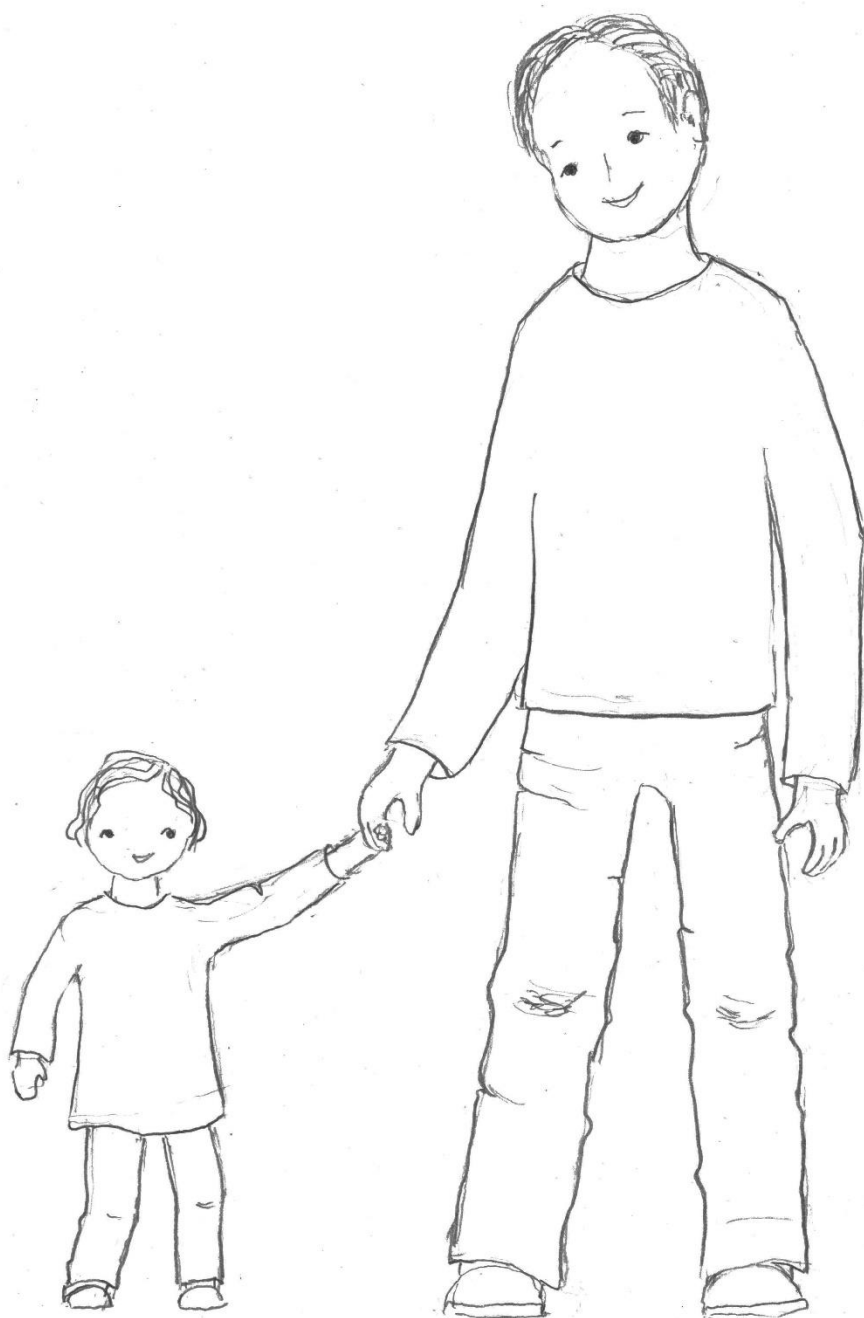
I am presently reading, for the second time, a thick book by the Swiss psychologist Beat Imhof titled “Wie auf Erden so im Himmel”. The amount of knowledge, citations and documentation this man collected in regards to the theme “Life after death” is hard to believe. The knowledge about the hereafter becomes ever more comprehensible these days through such books.

Christian theology has, as far as I am able to assess this, stood still by sticking to its old statements: Rest until Judgment Day, resurrection of the dead, Last Judgment, eternal damnation, heaven and hell, purgatory etc.

“May God give him or her eternal peace!” or “We hope for the resurrection on Judgment Day”, is quoted at funerals. What kind of peace is this supposed to be for those that lie in a grave to gradually decay? And then the “resurrection” after an undetermined length of time? This is something that I could never really believe. I am convinced these days that we continue to live immediately after our demise. And a lot of people also believe this in the meantime. More about this later.

I knew nothing about life after death when my husband suddenly died. I only had a completely blurred inkling about it. In my grief and my search for comfort I avidly acknowledged, tested and contemplated the new insights that I gained from psychic proclamations, when the time was right. A lot of it was plausible and comprehensible to me. It warmed my heart and invigorated me like I never experienced before. And there was nothing there that could have scared me, on the contrary. My world of thought and my view of the world gradually changed. I could never again think the way I did in the past.

But what was the result of my search? I am completely aware that it might not be obvious to some readers right away. But I dare to report what I found in spite of this and I will carefully turn one page after another.



The two of you are more than flesh and blood.
You are more than skin and bones and organs.
You are immortal life!
Did you actually know this?
You are spirit and soul! You are immortal!
In your core you are eternity!

What I can consider to be true

As I am writing this chapter, I specifically think about those amongst my fellow men that say about themselves that they find it very hard to believe in anything. I can understand this completely and this is why I do not want to be too intrusive when I write about what I can consider to be true.

Therefore: After all that I ever heard and read about otherworldly messages, I can only come to the conclusion that this higher power actually exists. This is being confirmed by the hereafter over again. Some people have this knowledge instinctively from early childhood. In Christendom we call this higher power “God”, “Lord” or “Father”.

God is invisible and unimaginable to us. But what we can see of God are his enormous works. The immeasurable universe on the one hand and the miracles under the microscope on the other hand. And lots and lots of other things in between, too numerous to recount.

This is one thing. One can contemplate this.

But something that is equally difficult for most of us to understand: There is invisible “life” all around us. And I also believe that this is true. Spirit entities exist that manage without a physical body. They are everywhere, invisible to us and they can also be very close by.

This is a little harder to comprehend. We human children are completely relying on our sense of vision. And to imagine that somebody is next to us that we cannot see, takes some getting used to, because we are not clairvoyant like Paul Meek.

I have come to the conviction that something like angels, guardian angels and heaven beings do actually exist. This is not a fairy-tale story to me. The wings depicted in pictures are only loving symbols of their manoeuvrability. Because they can move with ease to everywhere they have a task to fulfil. This is also confirmed by Paul Meek.

In the meantime, I also hold as true that they can go through closed doors and through walls, being spirit entities, nothing can hinder them.

We can also expect that there are “hosts” of them, an infinite number, and that is it a part of their assignment to squire us human beings on Earth and this includes animals and nature. I myself have been convinced for numerous years that I am never alone and that somebody is always with me.

There is also an infinite number of other “spirit entities”, bright ones and dark ones, good ones and not so good ones and even downright malicious ones. We can also imagine the souls of the deceased as spirit entities, as spirit people. They can be invisibly around us. A lot of “completely normal” people have experienced this, naturally also in the past. A lot has already been written about this.

Why do we find it so difficult to deal with the invisible? We are actually constantly dealing with it! You might ask: “How do we deal with it?” Dear reader, we deal with it when we turn our radio on!

Radio waves are everywhere. Nobody has ever seen them, but they do have an immense effect. We could not listen to the radio if these invisible radio waves did not exist. The same applies to the reception of information via our modern telecommunication channels, like for instance “smartphones”.

Or: Nobody really knows what electricity is. Or can you explain electricity? Electricity is also invisible, but it works. We can see its effect when we stick a connector into a power point. Invisible energies are at work everywhere. Radio waves, mobile phone waves, microwaves, x-rays and radioactivity - they are all invisible.

Therefore: Why should my guardian angel not be standing or floating next to me and look after me? He does not require a physical body like me and he can be very powerful in spite of this. I find this easy to believe.

Have you ever heard of Kirlian photography? It was invented during the last century. One can photograph parts of the human aura with it, ergo make it visible and lots of other things too. Because all living beings emanate something, even stones or homeopathic drops emanate something. I myself have seen how such photos were produced. One can therefore make a lot of things visible these days that are normally invisible.

Independent of this: We human beings are simply *more than flesh and blood*! We are more than just skin and bones and organs! This is an assertion that you dear reader can surely comprehend. You can actually feel that you are full of

thoughts, sensations, feelings, knowledge, inner visions and memories. - And all of us emanate something invisible.

After all that I have written so far you can come to the conclusion that the survival after our demise is quite a normal thought to me. The things that happened around Paul Meek do therefore not surprise me at all. It is a matter of course to me that human beings continue to live as souls, as spirit entities after their demise, exactly the way we do but without this physical body. We as souls do not experience death. We continue to live, on and on.

It has also become gradually clear to me that: My soul, my life as it were, something that is also called “spirit spark” or “divine spark”, is actually my “real me”. Only my body can be dead. It does indeed decay after its demise.

To understand this and to have this attitude towards life is a great step in our human existence. I mean that those that have adopted this simple truth live differently, more knowingly.

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On another subject: I do find that we can easily use the term “heaven”, because according to all the reports that I have read, this glorious, bright and well-ordered world “up there” does really exist. All of them say and write the same. We do find it difficult to imagine it at first, but it has become something natural to me in the meantime.

Yes, and what about this so-called hell? We heard this word now and again since early childhood, even if it was only in a Punch and Judy show.

What I found out bit by bit was that very dark, cold, boggy and disgusting regions do actually exist on the lowest levels of the otherworldly world. One doesn't wish this on anyone, namely that they end up there. Souls that were really abnormally evil during their time on Earth live there amongst snakes and monsters, souls that prefer to remain unteachable, cruel and detached from God. They remain there until they change their mind and are prepared to receive help.



All alone during a storm? Mistake!
You just don't see her invisible companionship...

Something that absolutely does not exist is “eternal damnation” and “eternal agonies in hell”, something the Christian Churches mistakenly still preach. I find it irresponsible and really bad that Churches that call themselves Christian Churches, still instil fear in people’s hearts with this. The simple facts are:

Everyone that is still in possession of a tiny spark of good will, will be helped to gain more light.

What I have described so far does naturally not suffice to answer the *why question* by a long shot. I must ask you to have patience. I must write about a few other fundamentals before I can deal with this question. The following chapter belongs to these “fundamentals”.

*

When somebody leaves us

It is first and foremost important to me that you can even better understand the coherence between the body and the soul. This does not necessarily have anything to do with “faith”. Simply accept it as a law of nature, a biological fact: A body cannot function and be vital without this inherent energy, the soul. To be correct I would probably have to write “spirit soul”. But I will simplify things by calling the thing that resides in every human being, “soul”.

We can easily recognise what it means to have a soul live inside of us, when someone dies. He or she were breathing a minute ago, but suddenly: No more breath! The face turns gradually grey and a strange atmosphere enters the room. “Life” has left the body.

What happens during the dying process? The soul that gave the body its vitality for years or decades, leaves the terrestrial shell, the body. “He breathed out his soul” was a common phrase in the past. One often says these days and rightly so, “He passed away”.

We know inside, and we can also perceive and sense that something decisive has taken place: The body is now “empty”. An illness, old age or an accident was the trigger for the soul being no longer able to remain in the body. But it is quite often the case that the allocated time for that person had simply run out.

*

The first time this became somewhat more clearly to me was in 1982 (four years after my husband’s death), when I read the booklet “The Ministry of Angels” by the English nurse Joy Snell. This woman, she was clairvoyant and psychically gifted, made the following observation during her night vigils 100 years ago:

Whenever the end for a patient was near, she almost always saw two figures standing near the dying. It looked as if they were waiting. Joy Snell thought that they were angels, but sometimes probably also deceased relatives or friends.

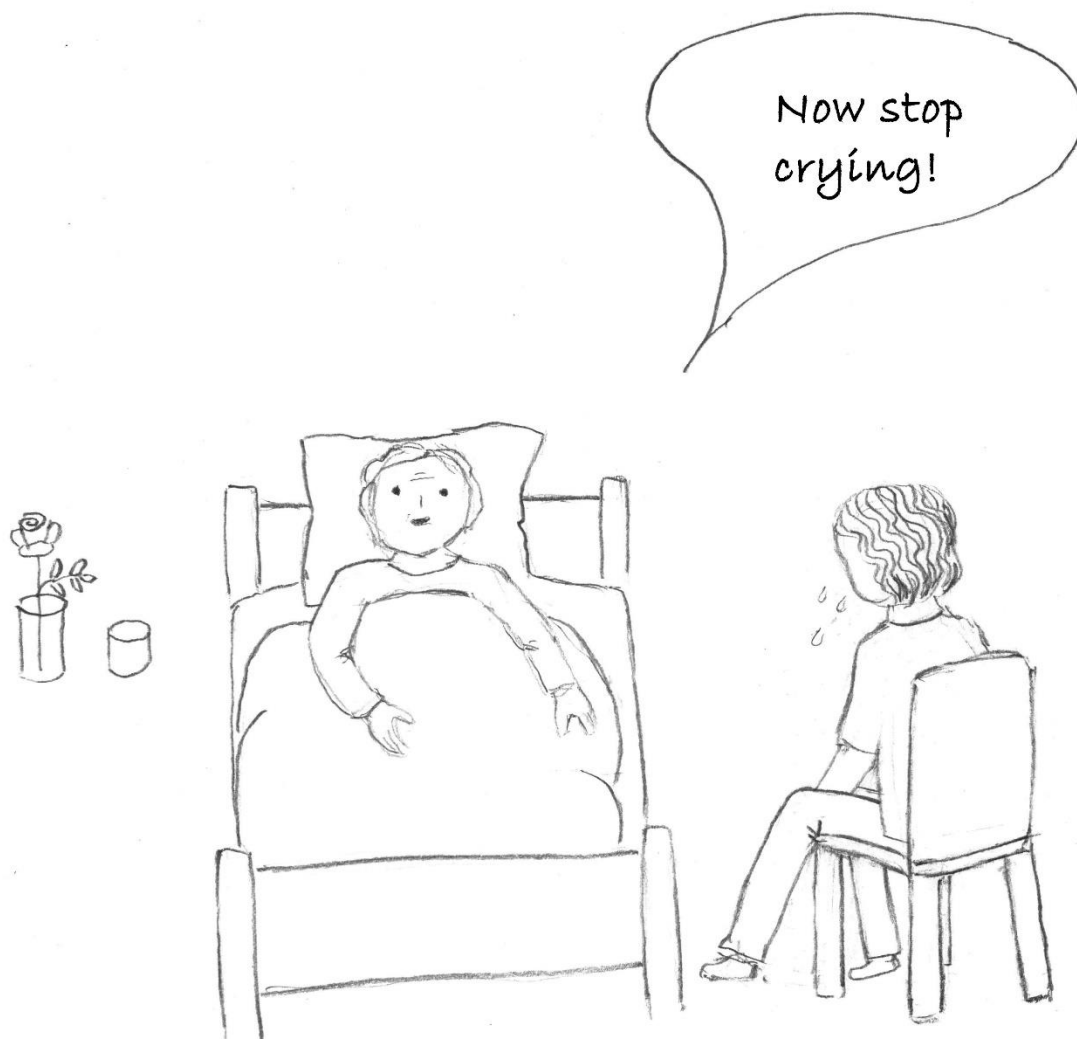
Somewhere along the line, the breathing came to a stop and the heart beat its last beat. The strangers seemed to have waited for this to happen. They helped the soul to free itself and they took this “soul body” into their arms and floated away with it. Joy Snell writes that this often looked so beautiful that she could only rejoice at the sight of this.

I could imagine this very well and this image impressed me. It was a comfort to me and it made me feel completely calm and confident when I sat with dying people later in life. I always thought: Something natural is taking place here: the soul disengages itself from this used up body. How pleased and relieved will the soul feel when it realises that it has managed to arrive “on the other side”!

Death is no longer a full stop to me; it is rather a colon and we know that there is more to come after a colon. But how do things progress after? What can the soul expect on the other side? Does a genuine life after death really exist? And what would it look like?

We have only been able to assume it up to now. But as I said before, starting 150 years ago we got to hear more and more about what we can expect when we as a soul have left our body. It has virtually turned into a science, but unfortunately not (yet) an officially recognised science and not taught at any university. A lot of statements by the deceased (from the hereafter) have been collected, sorted and evaluated. And building upon these results one can dare to make a number of valid statements about life after death. This has also really nothing to do with religion or belief systems. It is simply implemented according to a law of nature.

*



"Now stop crying!
To die when one is old is quite normal"

"But you shouldn't die!"

"Just don't think that I am dying! Simply imagine that I am going on a journey to another country. I will then be still here. It doesn't mean that I am therefore wiped out."

"Well, but we will not be able to talk to each other..."

"This is true. But we can talk to one another in our thoughts. Grant me this so that I will have this soon behind me! I will feel better after in the other world."

From this world into the other

To begin with: What does the soul look like after it has left the dying body? It looks almost the same as the human body it was in. Maybe somewhat more beautiful and more delicate.

It might be weak and exhausted to start off with after it has separated from its ill and dying body. But it still represents *a person*. But one with an “ethereal” body and no longer with a “gross” one. And this is why it retains many of its capabilities like: Hearing, seeing, thinking, moving, remembering, etc. As before, it has its consciousness, its ego. A clairvoyant person would recognise it in its “disembodied” state without any problem.

After the separation from its physical body, the soul is brought to the world of the hereafter where it is supposed to recuperate and to regain its energy.

This spirit entity, this soul is however not an angel as some people assume: “Grandma is now an angel.” This is not correct because: Grandma now continues to live as a spirit entity.

The soul takes its own attributes, its character, its essence with it, and also all its good and bad experiences, memories, knowledge and its insights.

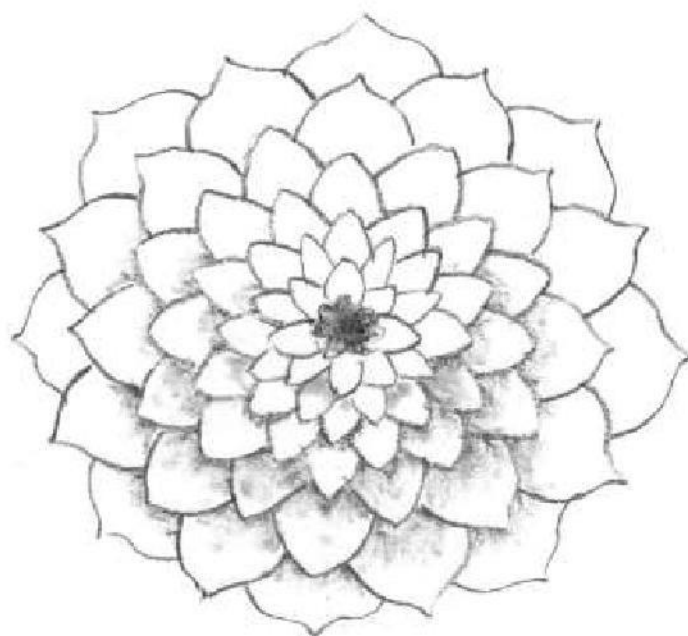
This will probably seem strange to you and something that you have to get used to. But a lot of people are nowadays aware of this. And maybe every second person on Earth will know this in the not too distant future, because these important insights cannot be stopped from spreading in the age of the internet.

Some actually take a long time before they realise that they have died. Why? Because they never expected to survive after death. And because they still feel so very lively after they have died, they do not comprehend that they have actually died!

Something they now find strange is: When they return to their families - nobody can see them and nobody can hear them! And something that really amazes them: They simply reach through people, animals and objects, because they are in spirit now. Some souls are drawn back to their relatives, their homes and possessions in spite of this and this for a long time. Clairvoyant people can sometimes see them. These are called “earthbound” souls.

I already knew from the eighties that we live on after our demise. But I initially could hardly imagine how this could be. We had these cartoons: Sitting on a cloud in a night dress playing the harp, that was heaven. But this surely couldn't be right! But then certain books came my way, one after the other. (Some of them are described in more details at the end of this script) And I started to read... My world of thoughts slowly filled with images and imaginations about what we could expect once we found ourself "on the other side" one day. This was really helpful to me, because the hereafter was no longer an empty space to me. "In my Father's house are many mansions" (John 14:2) - these words from Jesus gained a completely new meaning.

Ever since then I have this quiet confidence and certitude that everything will turn out alright. Things will also turn out just fine for those that will die in the nursing home next door. All human beings do indeed survive as souls and they will also have their place in the other world.



When somebody is seemingly alone when they die

A great wailing goes through the land during these times: “I couldn’t even say good-bye to my husband”. Or to my father or my mother. I personally experienced how relatives bitterly suffered because of this. “He died all alone, I wasn’t allowed to go to him, because I was in quarantine myself...” “He was all alone when he died, because I wasn’t allowed inside the hospital.” The relatives have a guilty conscience about not being able to see the seriously ill and to have to let them die alone.

In such cases I say or think: Abandon these feelings of guilt! You couldn’t do anything about it. The situation presented itself to you like this. I know that this was cruel.

The reality is that nobody dies alone!

Nobody! We are always accompanied, also and specifically when we are about to die! Remember the observations made by the English nurse! We are surrounded with love and care. We will actually feel this and we will eventually become completely calm.

When people are about to die, they no longer perceive their relatives all that clearly most of the time anyway. But they sometimes “see” those that are invisibly there around them, meaning that they become momentarily clairvoyant at the boundary between life and death.

I experienced this with a dying patient at the nursing home. She had a really difficult time of it for many years, probably more so than most people! But once she entered the dying phase and only slept or dozed, I was able to observe how she, wide awake, glanced to one side now and again with a radiant smile, so radiant, it was incredible! She then went back to sleep. This was repeated over the next days. I will never forget this.

What did she see there? I assume that it was her deceased mother that approached her, because she was the real reference person in her life. She might have seen her beloved dog, Pelle? Be that as it may, I had never seen this woman smile during the six years that I visited her, her condition was simply too miserable. But she could smile like a child when she was dying.



We *should* therefore also absorb this in our world of thoughts, namely that this invisible world exists around us and that we are constantly, invisibly accompanied and observed. This could be by our guardian angels or other invisible helpers or also other spirit entities. Nobody lies alone and abandoned in intensive care or on a deathbed. “Abandoned by God and the world?” This idiom is only partially correct. God and his helpers never abandon us. Well, this is the conviction I arrived at. A person might seem abandoned looking from the outside, but invisible entities are certainly present. Everything is accurately controlled from the other side.

To clarify this in a different way: Let us assume that somebody unexpectedly dies during the night. Nobody is there, nobody notices it. But invisible helpers must have been with that person, attentive and filled with compassion, to observe it. And when the time came, they helped him to slowly separate his soul from the spent body. These helpers then silently floated away with this soul. This is how we can imagine this.

This is probably the case with all others that die alone: The soldiers during wars, the mountain climber who falls to his death in the solitude of the mountains, all the people that instantly die in an accident - their souls are collected, lovingly salvaged and taken care of.

A plane was intentionally brought down in the French Alps a few years ago, do you remember this? The pilot had been mentally ill. Only tiny parts of the bodies remained, they were strewn all over the rocks in a wide circle - a terrible sight to contemplate, or? These corpses could not be recovered and buried.

But these souls were recovered and taken to the world of spirit.

This gives me consolation, probably to you as well. These souls must have been incredibly distraught and confused. To be flung out of one's body so abruptly! But a soul remains a soul, remains a vitality and is indestructible.

I like to recommend this to everybody: Do not be afraid of dying! What happens before you die can indeed be really severe and grave. But it does come to an end sometime. Dying in itself is not terrible. It only takes a tiny moment, like a short instant of unconsciousness - and one is able to see one's body “from outside”. And this is the beginning of a new life - in the hereafter. This is also something that each individual could contemplate within themselves.

Can one prepare oneself for an unexpected death? I certainly think so. Independent of whether we are drawn towards one religious denomination or another: It is always important for us to consciously endeavour to think, to talk and to act right from day to day. It's as "simple" as that.

Ergo, that we retain our thoughts under control. We should never allow bad and envious thoughts to enter our mind, because they damage our whole surrounding and eventually return back to us. We thereby abide by the ancient and trusted rule of life to only do good and to forebear the bad. If we do this, we are, independent of our religious attitude, rather well prepared and we shouldn't worry about what will happen to us if we were to actually suddenly die. (For myself I make sure that I connect with "above" every day, one calls this praying. But our endeavour to be "good" is highly precious in itself!)

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One calls this near-death experience

You might now say: “Yes, but what if one cannot believe in a life after death?” I will say to you: “This isn’t a problem. You will experience whether this is true or not one day anyway - after you have died. The penny will drop when you realise just how alive you are! Because this thing about life after death is like a law of nature.

Even if you cannot believe it, try at least to follow your conscience and do the right thing and omit doing anything bad. Do not worry too much about it! But absolutely take the time to contemplate this. Allow it to enter your mind over again:

“There is this world that we live in, this physical, visible world. But there might also be an otherworldly world, an “ethereal” one that we cannot see.” - Most of us do have an inkling about it somewhere in our subconscious.

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Therefore, what can we find out about the hereafter? We can know and understand unequally more about it than in the past, because we have a lot of messages from the hereafter at our disposal.

Not all of these messages are the same. They are as different as people are different. But they all have one thing in common: We continue to live as a soul and spirit! We are therefore immortal. Life will always continue for us, whether we believed in something or not.

But *how* does it continue “over there”?

In regards to this, I would like to talk about “near-death experiences” once more. I met three people who told me that they had been clinically dead and that they had one of those near-death experiences. They had been momentarily to the “other side” and they were able to say something about it after.

What are near-death experiences? This is a strange phenomenon. When the heart stands still and the breathing also, people are dead. But in some cases, they can be resuscitated and this happens more often these days due to the progress made in medicine.

During this short time without heartbeat and breathing, some of the “clinically dead” experience something strange: They leave their body, they float under the ceiling and are able to clearly see their body and all those present (Remember Paul Meek when he arrived at the clinic as a child). They hear what is being said and they experience the endeavours to resuscitate their body from outside as it were. They are often able to move to other rooms. Or they might move through a tunnel towards a light where they find themselves in a very beautiful environment, in a wonderful light and in a heavenly state. The latter has often been reported.

But it can also happen that they suddenly gain an insight into their life up to this point. They see the things they did well and not so well crystal clear. They experience the thoughts and the feelings of people that they inflicted suffering upon during their life, consciously or unconsciously. They are then ashamed of themselves and they want to atone for it. They recognise that things are only really good when they are done with love.

One was able to resuscitate these people and they were allowed to (or had to) return to their body. And this is the only reason why they were able to talk about their experiences later. Some of them didn't really like the idea of having to return to their damaged or seriously ill body, because they had felt so happy during the short time they had spent in the light. They had been filled with an intensive feeling of lightness, warmth and love.

They might also have been able to look back at their life like through a time-lapse apparatus - as one calls it - and recognised all the things that they hadn't actually done all that well. This is why a lot of those that had a near-death experience tend to live considerably more conscious and also make more of an effort. They want to know more about life after this life and they want to become better human beings. Death has completely lost its horror after this experience, because they actually experienced the fact that life goes on, that this other world actually exists and that it is beautiful there.

When one enters “near-death experiences you-tube” into one's search engine on the internet, one immediately encounters people that report about their own near-death experiences and about how their attitude towards life and their whole life often changed thereafter.

But I have certainly also come across reports on the internet from people that say that they had a terrible, gruesome near-death experience. It had simply been only awful. We are supposed to be dealing with people here that had committed a murder or had somehow acted unscrupulously. One man reported on line that he had turned his life around after such a terrible near-death experience. He had become a different person. All he wanted to do is to act and think philanthropically ever since. - Abominable near-death experiences happen rather seldom. I only mention them to complete the picture.

Dear reader, please allow me to include a small report here, one that I heard about a few days ago. I had approached an 82 years old friend about his “near-death experience” that he had once briefly mentioned. And so, he told me the details. It was in 1998. He had been laying in the intensive care unit at H. suffering from severe blood poisoning and he had been in a very critical state.

He said that it has not been something spectacular. He did not want to peddle his near-death experience. His case had been as follows: He initially experienced a review of his life, as he called it. He saw all the good things and all the bad things that he had done. It had been akin to giving account for his actions. But the good and the bad had balanced themselves and he had been relieved. He had not gone through a tunnel as others often report. He had simply found himself in what he thought was heaven from one moment to the next. Bright, warm and beautiful. He suddenly felt very happy. He wandered through an olive grove, it was so warm and he felt infinitely well. He then saw a white house that had green stripes on its doors and windows. You know, as decorations. I thought, there must be people here. I walked towards the house... and I was suddenly brought back.”

Dear reader, you can take a somewhat longer pause at this point of my exposition and say to yourself: “This is enough for now.” You can put this script aside for a while to allow what you have read “to sink in” as it were. I write this because I know from experience that one cannot deal with so many new things all at once. One might also find it difficult to leave one’s existing religious beliefs and views behind. One doesn’t have to do this. But one can acknowledge the new and contemplate it. If you like you can call me!



When a person is clinically dead

Some more “hereafter lore”

Now once again back to our question: What is it like in the hereafter, what is heaven like?

The Swiss book author Imhof wrote: “As on Earth, so in Heaven”. We cannot manage here on our planet Earth without some kind of order. And the same applies over there. We will certainly open our eyes wide when we arrive there one day and see how exactly everything is organised.

The same happened to the English author and journalist Thomas William Stead. Does the name “Titanic” mean anything to you? It was a huge luxury steamer. In April 1912, it collided with an iceberg on its maiden voyage between England and America and it sank within a few hours. T. W. Stead was a 62 years old journalist on this steamer and he lost his life with 1516 other passengers.

Even before one knew more about the number of dead and survivals in England, Stead was able to make contact with his psychically gifted daughter in England and tell her that he had died and that he was now in the hereafter.

T. W. Stead had intensively dealt with life after death during his lifetime and he had apparently read all the information that was available in England at that time, ergo 100 years ago. He was therefore well prepared for his sudden death and he became immediately aware that, like many others around him, he had lost his body and that he was now “simply only” a soul. The shock was therefore not as great as it was with the others and he was therefore able to very consciously experience his arrival in the hereafter.

His daughter Estelle was a “writing medium” (more about this later) and he was therefore able to report his observations, perceptions and insights to her over the following period. He ascertained that life in the hereafter was the way he had read in reports about it during his time on Earth. (See the chapter at the end of this book “Suggested books and videos”)

He reported that where he found himself, things went along similar lines as on Earth. That he was in a kind of special sphere for souls that had been wrenched from their terrestrial life unprepared. Due to the prevalent colour blue of the landscape, he called the region he found himself in the “Blue Island”. He was



The sinking of the Titanic
on April 12, 1912

A giant ship sinks and 1517 disturbed souls
must be taken to the hereafter...

there with all the other casualties and they were apparently there to recuperate from the shock of their sudden death. It was beautiful there. They were able to go for walks, read, engage in sport, sit together, chat etc.

He wrote amongst other things that just because he was now in the hereafter, he didn't suddenly know everything. He was engaged in learning more and he was endeavouring to gain more understanding. And once he had opened a door, a door to understanding, he would already see the next door, a door he would dearly like to open as well. Our development was progressing all the time.

He also wrote that when relatives on Earth had the desire to convey something to their loved ones in the hereafter, it was very easily possible. The souls in the hereafter were apparently *much more sensitive than we on Earth*. If one were to direct distinct thoughts from Earth to where they were, there was a great possibility that these thoughts would get to where they were.

I find that this is a good lead for relatives with feelings of guilt. Remember: "I couldn't even say goodbye to my husband". Even if something in a human relationship had not been cleared up or when something unsaid should have been said, this represents a very good opportunity to rectify this. One could therefore say or think:

"Dear Herbert, I am infinitely sorry for having to leave you on your own during your most difficult time. You can believe me when I say that I also suffered terribly from this enforced separation. I would also like to thank you with all my heart for the good times that we had together. It wasn't always that easy for you to deal with my righteousness. Please forgive me. Have you managed to recuperate a little? It is my dearest wish that things go well for you..."

One could also write a letter to the deceased and leave it open somewhere in the house. This would also be a possibility to say what has been left unsaid, so that peace can reign after some time has passed.

Dear reader, as T. W. Stead reported later to his daughter Estelle: To be in the hereafter doesn't mean that one is in "the highest heaven". There are many different planes in the other world. There are those that are very similar to Earth. But there are planes and "spheres" beyond the initial sphere that are so infinitely beautiful, that we cannot even begin to imagine how beautiful they are.

The hereafter is therefore not the only hereafter. Heaven is also not the only heaven. There are therefore an infinite number of different “planes” and worlds within this infinitely vast realm, bright ones and not so bright one, beautiful ones and less beautiful ones. How we live there, with whom we live and how we will fare is not subject to chance. It completely depends on the *attitude*, the *awareness* and the expected “*harvest*” that we bring with us from Earth.

Like attracts like.

Due to the fact that all of us have a conscience, we are naturally aware just how we should be: Namely loving, helpful, honest, generous, orderly, righteous, forgiving, compassionate, moderate, patient etc. And we also know the things that drag us down and what we should forbear. This is how our world of thoughts, feelings and our conscious awareness forms during our life. And depending on how our soul developed during this life on Earth, the place where we find ourselves as souls after our demise will be accordingly.

We get to the place that is fit for us.

Once we are “over there” we will get the opportunity to review our life and to assess it. What was good and what was less so? Where did we succeed, where did we fail and where did we go wrong? What was of value and what was worthless? What have we failed to do? We will probably learn a lot and we will probably feel sorry about some of the things.

We will however realise after that there will be no standing still for us. We have to strive to develop ever further in the hereafter also, towards improvement, love, understanding and recognition in order to find perfection someday. This is something that I read about everywhere, not just with T. W. Stead. We are regularly instructed, because we are rather ignorant when we arrive over there!

By the way, there are glorious landscapes, rivers, mountains and lakes in the world of the hereafter, beautiful trees and bushes and enchanted gardens. There are supposed to exist wonderful flowers there too, like the ones that grow here on Earth, but also others that we do not have here. There are supposed to be beautiful regions there, glorious buildings and parks, all according to the “sphere” one finds oneself in. The air can be filled with invigorating scents and wonderful music. These are the things one reads about over again. And the

light was supposed to be “supernatural”. The animals are tame and they come to you so that you can pet them...

In as far as I have understood it, most of us will find one another on one of the middle “planes” one day, all according to how we developed during our life on Earth. As souls, we will be educated and advised by “higher entities”. We will probably encounter our deceased friends and relatives, particularly those we were close to. Maybe also with our adversaries and we might then be able to reconcile with them.

I gained the impression that we will also see our pets again, those that we had a very close relationship with. And we will certainly perform some sort of work there! Isn’t this astonishing? There is no idleness or boredom in the world of the hereafter. We will be allocated a job or we may select one ourselves. We will still have our free will. And we will certainly learn more.

But we will not encounter the Lord of this infinitely large and wide world of spirit where we find ourselves. We will still be far away from Him. God, the Father is much, much higher. We would not be able to bear his countenance at all. We will however see angels and other eminent beings and be able to converse with them. They will answer our questions and also advise us. And they will also encourage us to trust the Almighty, to love him and to pray to him.

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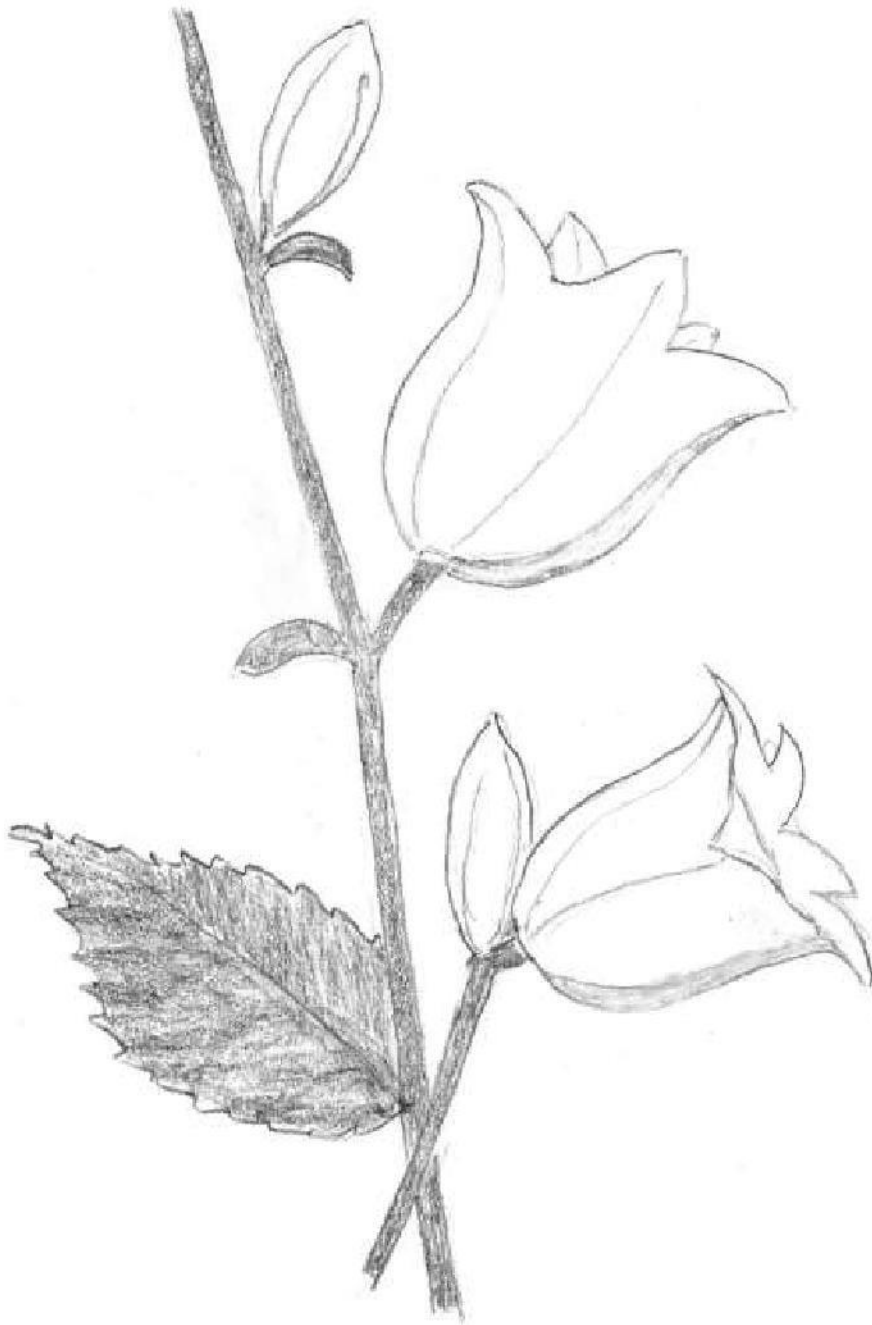
I would like to add a little parable story here, one that I heard during an interview with Beat Imhof:

A woman had lived her whole life in affluence and luxury. After she had died and had arrived in the hereafter, the place of residence allocated to her was just a tiny, pathetic and warped wooden hut. She became angry and upset and complained to the very first angel she encountered: “How can this be?”

“Well,” answered the angel, “we were unfortunately not able to build something better with the material you brought with you from Earth.”

What “material” was the angel of this anecdote talking about?

I believe that he meant all the caring characteristics that we are supposed to foster: Empathy, brotherly love, helpfulness, humility, maybe relinquishments in favour of the less fortunate. All the things that she probably omitted to do during her life on Earth. She had arrived in the hereafter as poor as a beggar. She had never dreamed that this would happen...



This is a careful attempt to visually indicate the various levels of the hereafter and to describe them:

Even though hell doesn't exist, we do have these dark and cold worlds according to our present day insights, one could also say: Valleys of the cold and loveless hearts. These are places of reformation for souls that acted without love and empathy on Earth, that might have been cruel, hard hearted and greedy for power and burdened themselves with much guilt. They were also not willing to change their attitude during their time on Earth.

They find that to change their way of thinking and to "raise" their consciousness is a very difficult path to take in the hereafter, if they do not want to continue to remain in darkness. If they are prepared to accept help, they are visited, taught and enlightened by higher beings.

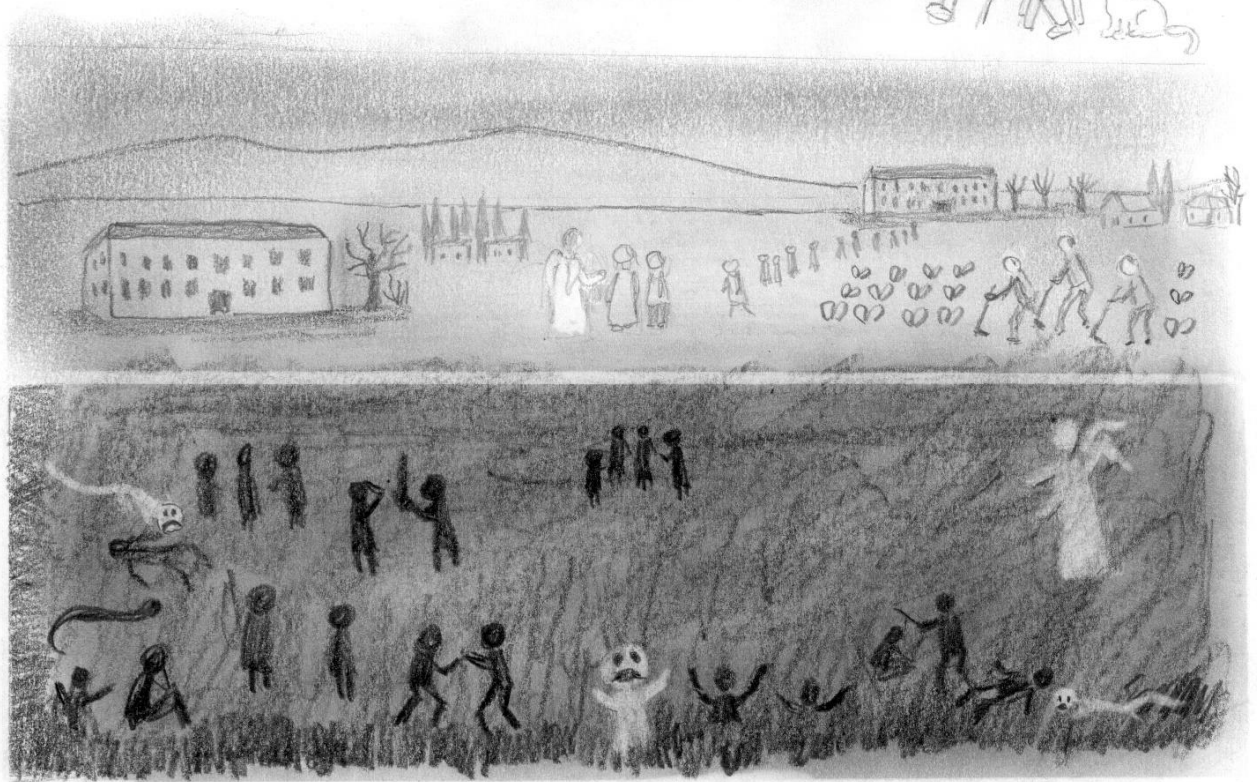
The moment they change a little and show good will, they are helped to leave these dark worlds and to ascend to the lowest plane within heaven. It *isn't* all that beautiful there, but it is bearable. It apparently never gets really bright there, it is a "twilight land". But every soul has some very simple accommodation, clothes and, if willing, the opportunity to pursue regular work.

They are instructed and they gradually realise that it is up to them to ascend higher one day, to spiritual worlds where conditions are indeed "heavenly": With wholesome light and glorious nature, with neat gardens and beautiful landscapes. The accommodation there is agreeable, one is well dressed, one can select one's work and even learn new things.

One virtually goes to school to learn more "hereafter lore" until one understands what one has to do to be able to ascend even higher. Because every individual soul's development will always continue.

I can only indicate what's above these landscapes with stars. Because there are apparently worlds above that are incredibly beautiful according to our concepts.

As I said before, this can only be an attempt to describe parts of the world of the hereafter, it comes from messages from the other side that we can nowadays read about at various locations



A letter from the hereafter

In order to illustrate this in more detail I would like to mention a little book here, one that I like very much and therefore have read a number of times. Its past history leads us to Brazil:

For over one hundred years, there also exists a very lively, spiritualistic Church in Brazil next to the dominating Catholic Church, it might similar to the one in England, and more than 4 million Brazilians belong to it. As in England, the aim is to connect to God, but also to engage with the world of spirit. This means that they are also familiar with the theme of “mediumship”.

The very well-known *writing medium* Francisco Cândido Xavier (1910 - 2002) lived in Brazil. One can see photos of him on the internet.

What is a writing medium? This simple employee, one can read on the internet that the Brazilians regarded him as extremely humble and charitable, sat down with a pen and sheets of paper (I could observe this on an old video) and internally prepared himself to act as a medium, ergo to serve as a channel for the world of spirit. Some extremely rapid writing started without interference from him, something he couldn't influence. Because his hand was controlled from the hereafter, he had no idea what it was writing. This is how numerous books filled with messages from the world of spirit eventuated.

We are told that what he earned from his books was given to charitable organisations.

This is how a thin little book came into being, titled:

“Message from a Teen in the Spirit World - dictated by the spirit Neio Lúcio”. This booklet originated in Brazil in 1947 and it was translated from Portuguese into several languages, including English.

The youth's name was Carlos and he died from diphtheria aged 14. One year later, after he had already spent one year in the hereafter, he was allowed to write a long letter to his younger brother Dirceu who still lived on Earth. One of his teachers in the hereafter, Neio Lúcio let it be known that this letter was written down via the writing medium F. C. Xavier. What impressed me very much about this letter was how graphically and intelligibly Carlos was able to describe when he was laying there dying and what happened after. I would like to tell you some of it at this point. You will be interested.

Even though Carlos suffered severely towards the end and felt this terrible pain in his throat, he was able to notice every detail that happened around him. His mother cried uncontrolled, his father nervously paced up and down in the next room. His younger brother sat in a chair and looked at him in a depressed and sad state and the doctor Dr. Martinho sat at his bedside and held his hand feeling sad and helpless.

Carlos wanted to talk but he couldn't. He could no longer move his lips. But in his thoughts, he prayed the prayers his mother had taught him. This is what he wrote one year after.

He felt so infinitely tired and he dearly wanted to sleep. But he didn't dare, because he was afraid of not waking up again. He had actually had a bad experience: One year ago, he had seen his dear friend Osario lying cold, mute and lifeless under a heap of roses. And he had this extreme fear that this could also happen to him, namely that he would also die.

If he had been able to speak, he would have implored Dr. Martinho to not let him die. He looked in vain for any sign of confidence in the faces of those present. All he saw was despair, fear and tears. And this is why his own fears increased.

Until a tender sound and a little movement attracted his attention. As if appearing from a mist, his aunt Eunice stood next to his bed. He immediately recognised her, because he had often seen her photo. She was the sister of his mother. She had died when Carlos was still a small boy.

Nobody there seemed to notice her, but Carlos was happy. She wore a beautiful dress with ribbons. She smiled very relaxed and talked to him in a friendly and encouraging way. This helped the young boy in his stress. The thought that she was dead or maybe even a ghost did go through his head. But she was so beautiful and joyful, that she could certainly not scare anybody. Carlos wrote in his letter that she was a real blessing to him at that moment.

Aunt Eunice placed her hands on his head and he immediately felt better. He felt distracted from his painful throat and he could think more clearly again. Carlos wanted to ask his aunt something, but it didn't work. He could not move his lips. But she could apparently read his thoughts and she said to him in a friendly way:

“Carlos, do you really think that somebody can disappear forever? Don’t be afraid! You can go back to sleep. Don’t worry - I will look after you.”

She then placed her hands on his sore throat and caressed his sweaty face. “Go to sleep Carlos, you are tired.”

He heard his mother crying loudly, but then sensed how a higher power hoisted him out of his bed.

“Let’s go” he heard his aunt Eunice say very friendly. She then took him like a little baby and carried him towards the entrance door. The Moon shone and the air was wonderfully refreshing. He was now able to breathe without pain and effort. He was happy and he now thought that he was healthy again and would be taken right back. He then finally went to sleep.

(Dear reader, I recounted the beginning of the letter by Carlos in a very abridged form. You might now get an impression of how this part of the described dying process could feel like.)

When Carlos woke up, he didn’t know how long he had been asleep. He found himself in a beautiful room flooded with light. He thought: Is this a hospital? He no longer felt any pain and he felt a lot better. But he was weak, very weak.

But where was his mother? Why didn’t she come? He suddenly felt homesick. Did he have his voice back? He called out for his mother as loud as he could. The door opened and aunt Eunice entered.

She looked at him in a good mood and said:

“Don’t be afraid Carlos, you are now with us.”

What did she mean by that? Carlos thought about it. Aunt Eunice had been dead for a long time. But he himself, he actually felt quite normal. What was wrong with him?

His aunt could read his thoughts. “Yes, Carlos, you are now with us who have already died.”

When he heard this, he got goose bumps with fright. But his aunt remained quite unperturbed and with a happy voice said: “Why are you afraid? You have nothing to fear.”

And this is how his life in the other world began.

Carlos soon experienced a very hearty reunion with his beloved grandma. A friendly doctor came every day and placed his healing hands on him and they had long conversations every time he was there. It was mainly about mentally stabilising Carlos so that he didn't suffer as much from being separated from his mother.

After he had markedly improved, he ended up in a boarding school and his further education progressed...

What the Swiss author Imhof had used in the title of his book is confirmed here, namely **“As on Earth so in Heaven”**.

This story might seem too fabulous to you. But there might be a reason why the earthly and the otherworldly life could be very similar. This is very helpful to the souls that have just experienced the separation from their physical body and now feel insecure and disturbed. Other, higher planes might be different.

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Dear reader, I don't know how you fared so far with reading this. But I think that you are flooded with a lot of new information here. We will now deal with a new theme. Another break might be advisable. I leave it up to you...

Or you can stop completely at this point. The “Why” question has naturally not yet been answered. Reading this chapter gave you the opportunity to hear a lot about the visible and the invisible. But above everything else, you now know that you continue to live no matter what happens. This is a very decisive insight! And you will have gained a lot if this gradually turns into your normal view of the world.

You will live your life differently, calmer and more relaxed. You will suffer a lot less.



Don't be afraid Carlos!
You are now here with us.
See, there comes your grandmother and
your cousin Antonio! They are looking
forward to seeing you. Do you know that
we all have died some time ago?

Where am I here?
Mother! Where is my
mother?

A special conversation

We will once again immerse ourselves in the theme “Life after death”. What I described above, namely the opportunity to develop further in the hereafter, to work and to learn, can last for years or decades (according to earth years). But maybe one day one will be taken to one side for a conversation about how things might progress from there. Things do not remain like this forever.

One might say to us that one is very pleased that we have made such an effort and that our understanding and our consciousness have really expanded. But that we were surely aware that further development and further ascend were waiting for us and that a lot of things had to be made amends for.

We might ask: “And what do I have to do to achieve this?”

“We advise you to return to Earth and once again dare to live a life of joy and suffering on Earth.”

“To be born once again? All that risk involved? I will by then have forgotten all the things that I learned here and make the same mistakes over again!”

“No, you will not have forgotten everything. Your soul will carry it inside and also the memory of your time here in the world of spirit. You also have your conscience and your guardian angel and they will warn you when you’re about to stumble. And we will be with you and support you from here.”

“But why, why should I return? It is much more beautiful here. And living here is also much easier!”

“Because you will not progress with your development here in the long run. You do want to ascend higher. To do so you require the learning experiences Earth provides, the experience to live in a heavy, physical body and to confront all the temptations and difficulties life on Earth has to offer. This will bring growth and development to you as a soul. And with the things that you have grasped here so far, you can probably also lend assistance to other people down there. We will support you in this.”

Dear reader, this might give you a bit of a scare, because we have suddenly touched upon the thought of reincarnation. Don’t be too anxious about this idea if you never heard about it! Have the heart and courage to enter this

unchartered territory! You are in good company. More and more people believe these days that we return to Earth over and over again. You can also read about this on the internet.

The thought of reincarnation is really a relatively “popular belief”, because there have always been people that remembered a past life and talked about it. The Christian Churches reject the idea of reincarnation, but one can read on the internet that it was for instance still a part of early Christendom (As it was with the Jews during Jesus’s time) and that it was only abolished and forbidden at the Council in 553 A.D.

But our soul, it has already experienced many lives on Earth (incarnations), has this knowledge always within itself, but rather on a subconscious level for us as human beings. Because why else would my neighbour say: “I will certainly choose a different job in my next life, that’s for sure.” Or why would a man say: “I must have been a sailor in last past life. You have no idea how much I am drawn to water!”

Or: After a long telephone conversation with an old college friend, he said: “Do you think that we will manage to see one another again in this life? - Or: “I will probably not be able to manage this in this life,” Words like these, spoken in passing, allow us to recognise that the idea of a *life before this life* must slumber deep inside of us. It is that subconscious folklore.

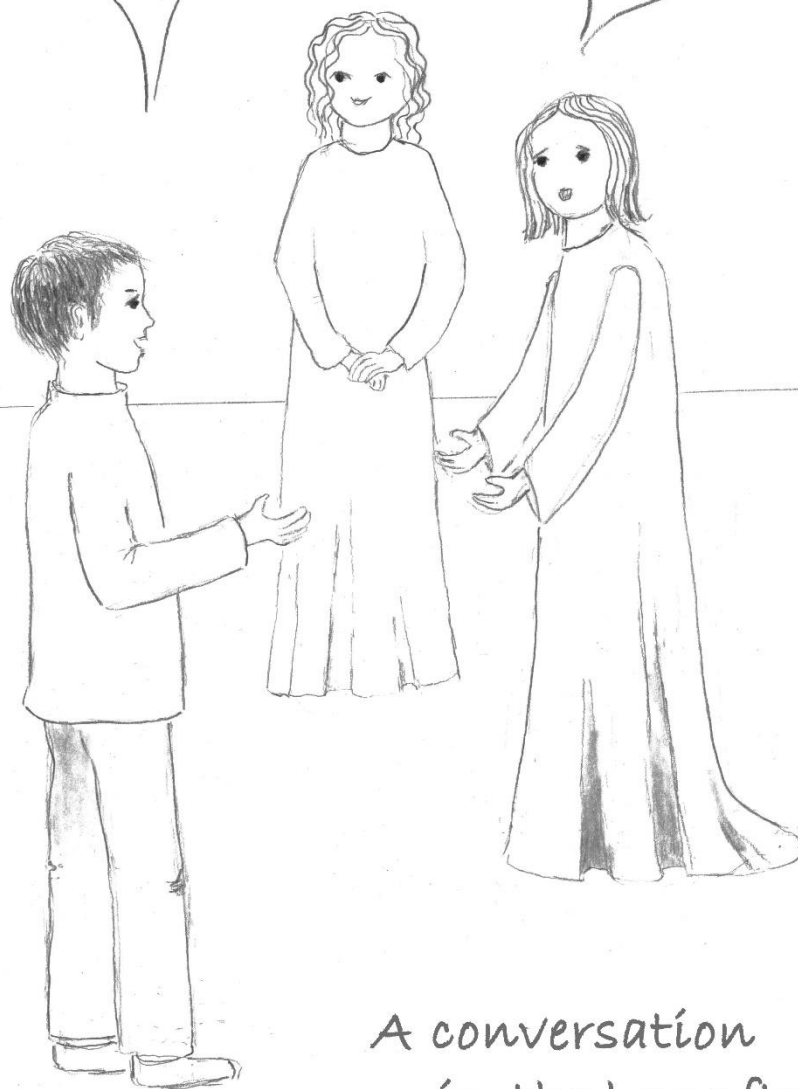
Another explanation for those that are not all that familiar with this:

The word incarnation comes from Latin and means *embodiment* (to enter into the flesh). Reincarnation means *re-embodiment*. But one could also simply say “rebirth”.

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I am supposed to go
back to Earth!?
But why?
It is a lot better here!

Don't you want to
progress in your
development?
Don't you want to
climb higher?



A conversation
in the hereafter.

The idea of reincarnation

Dear reader, with this theme we are getting a little closer to answering our *Why question*. Be happy, because it will get easier once you have internalised these coherences.

Therefore: The doctrine of reincarnation implies that the soul enters the world of spirit after its life on Earth, ergo enters the hereafter, and that it returns to Earth as a little child after a reasonable period of time in order to lead a new life as a human being. It is therefore a *coming and going*. But why? What sense does this make?

The answer: Every soul strives towards *perfection*. (I will write about this later) And one singular human life would never suffice to achieve this goal. This makes sense when we observe ourself dealing with our fellow men - with our manifold weaknesses and shortcomings, with our lovelessness and wickedness.

When we include the idea of reincarnation in our view of the world, we are able to understand more and more. So, for instance: Why do some many children die before they have actually started their life? What sense would it make if everything was over and done with for a singular soul? The idea of rebirth helps us understand. We can then imagine: This soul will return again, as a little child, and it might then experience a long and fulfilled life on Earth.

When we accept this idea within us, we will become calmer over time. We will be able to look upon all the fates and all that dying here on this planet with a little more understanding.

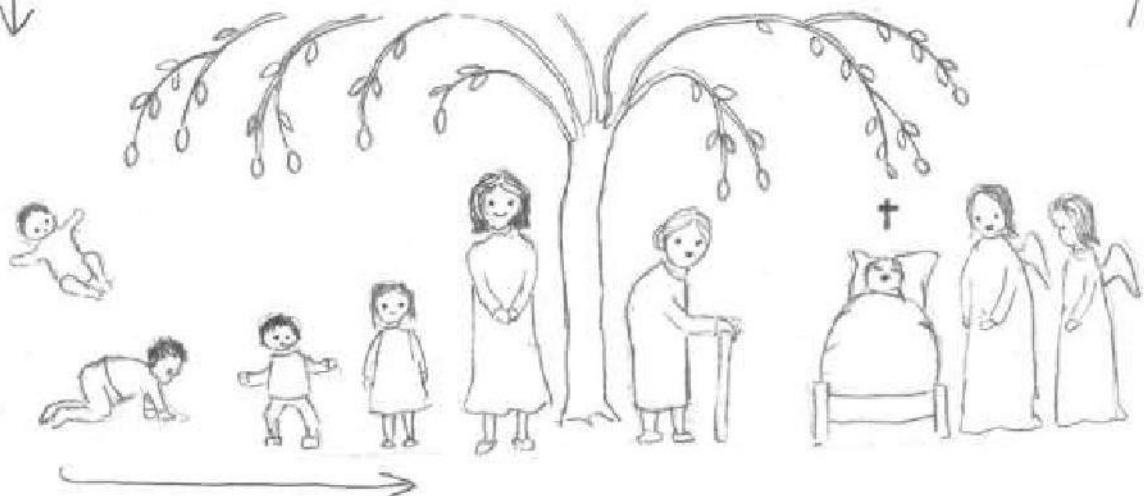
I know that it isn't easy to comprehend all of this. But if we try to see the larger picture, ergo the coherences, the wide periods of time, we will become somewhat more composed when confronted with all that other misery here on Earth. We will understand: One human life is just one small chapter within a long existence!

I find genuine comfort in this. The dead little child that I held in my arms all these years ago, her soul does indeed have so many lives in front of it. I was naturally not aware of this in those days. The soul of this little girl has probably already



The doctrine of rebirth: On the bottom right, we start as a baby. We then grow up and experience childhood, youth and the time as adults. This is if everything goes well and we don't die before! Old age follows and then death! Our soul is collected by angels or other helpers and taken to the hereafter, to a region that corresponds with its level of development.

The soul is already expected there and it may recuperate to begin with. It is taught by higher beings and it gains more and more understanding and more insights. It also pursues some kind of work. It returns to Earth after years or even decades and it starts anew as a newborn.



“incarnated” again in the meantime, meaning that it has started a new life as a newborn in one family or another, or maybe even with the self-same family, because another girl was born soon after.

When little children die, they are naturally also collected and taken to beautiful children’s homes in the hereafter. One can read about this also. They are lovingly nurtured with great care and educated until their time to return to Earth has come.

This might initially sound a little like a fairy-tale to us. But I found in the meantime that I can imagine this very well. And I find that this could also be a blessing for parents who have lost a child. They might be able to recognise: Yes indeed, we miss our child and we are terribly sad, but we can at least have the certainty that its life has not been extinguished altogether. They will have the certainty that it is well and lovingly taken care of. This must be of some comfort to them. And it will return to earth one day!

You might want to take the time to quietly think about this. I read that one third of the population of Finland believes in reincarnation. Strange, I would never have thought that. Because they are not Buddhists, the majority are Lutherans as far as I know.

I have to admit that it took a long time before this became a part of my normal way of thinking, namely: “I have been on the road for a long time, through many lives. I have such an infinite lot of experiences behind me. How often have I died? How often maybe starved, drowned, beaten to death, died in a cod etc. And every human being that I deal with has all of this behind them also. It’s just that we don’t have any conscious memory of it.”

If you are connected to the internet you can enter “reincarnation you-tube” into your search engine and you can look at videos on this subject.

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The little Burmese

The theme of “reincarnation”, ergo rebirth, has already been dealt with from all kinds of angles. I have at least four books in my bookshelves dealing with it. A newspaper report from 1962, cited from K. O. Schmidt’s book “Kehret wieder, Menschenkinder”, particularly remained in my memory. I recount the story in my own words:

An eight years old girl in Burma (today’s Myanmar, in Asia) suffered head injuries in a severe traffic accident and lies in a coma for a long time after. When she finally wakes up, she has apparently lost the ability to speak her native tongue - and now speaks French. One of the doctors can understand her, because he had studied in Paris. After a while, this girl makes the following statement: Her name was Simone Rougard, she was born on the 9th of August 1887 in Briancon (in France) and she had four children. They were surely already wait for her etc.

An American parapsychologist got to hear about this case and after a number of trips back and forth, he was able to establish that a girl with this name was born on the 9th of August 1887 in Briancon and that she had died of puerperal fever on the 7th of May 1914 when she was still a young mother. The house that she had lived in was still standing and when shown a photo, the little Burmese girl recognised it immediately. “Yes, this is where I live.”

A lot of such cases have been described in the meantime. The American Ian Stevenson investigated the most promising cases for decades and published them in his book “European Cases of Reincarnation Type” in 2003. Once he found out that there was a child somewhere that recounted details of its past life, he travelled there in order to gain clarity through numerous conversations. He was sometimes able to verify an actual reincarnation on hand of powerful evidence. He was also able to ascertain that when children died very young, they would often reincarnate after a short time, after months or after one or two years, and sometime even into the same family.

Other authors dealt with the question of why little children sometimes speak so strangely, as if they had memories from a time before they were born. This would often send a shudder down their spine. How could this possibly be?

Small children are still “very close” to the celestial worlds. Have you ever noticed how very young babies can look at you so “knowledgably”? They might still have the memory of the other world within themselves and maybe also of their past life. It is said that they have not yet forgotten the heavenly gardens. Because they are so tiny, they cannot talk about it.

Adults remember past lives on very, very rare occasions. But small children do so relatively often. It seems to be a case where the veil of forgetting the time before their birth is sometimes pushed aside for a moment or two. They then seem to know that they had been in “heaven” before, respectively that they looked down on their parents from above.

And so it happens that a two and a half years old child will suddenly stop playing and pensively says: “It was completely different where I came from” to then continue to play. Two years old sometimes sadly say: “I want to go home.” - “But you are at home.” - “No, I mean where I have been before.” Or: “You are not my Mama. My previous Mama had dark hair and she smelled differently...”

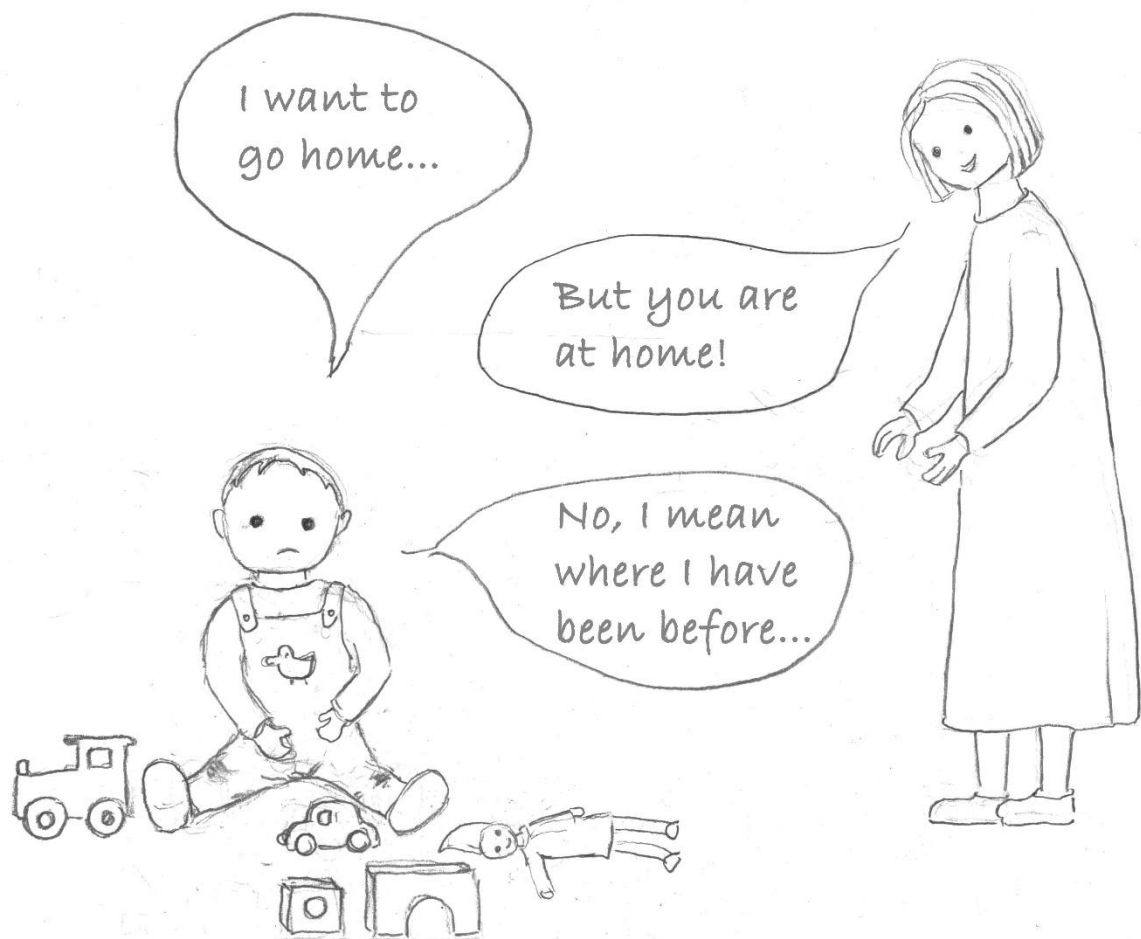
Or: “Mama, before, when I was grown up, I cooked the pudding for you.” Some small children can tell us a lot about the time when they were still “in heaven”, for instance how they died, how they had an accident and died. But they most of the time only remember this whilst they are still small. They usually almost always forget about it after.

I was particularly taken by a small experience told by a female doctor in the book “Memories of Heaven” (I listed this book in the last chapter).

The doctor writes analogously: Her first child, a girl, only reached the age of one. She had composed a lullaby for her child, a very personal one that could not be found in any song-books. And this is what she always sang for her baby. She never chanted this song again after the death of her child...

Seven years later, she gave birth to another girl and it grew up to be healthy. When this girl was four years old, the doctor heard her child sing this very lullaby. This gave her a terrible jolt and she asked her daughter: “Where did you hear this song?”

“But Mama, you always sang this song for me before!” - This soul must have returned to the same mother.



The veil of forgetting tears for a moment and a small boy remembers the time before he was born

When somebody cannot believe in anything

I could never understand in the past that someone could not believe in anything. But I completely understand these days, when somebody says: “I cannot believe all this nonsense.” Each of us has a different background, not just in regards to family. The things that we bring with us from past incarnations, from past lives are indeed so different. They do not necessarily have to be such outstanding talents like Mozart, Bach or Einstein possessed. But they also include all our other, inner characteristics, one could also call them: Our character traits. And so, it can happen that some find it easy to believe things - they bring this with them from past lives. But it can also be a case where some have a blockage that is there for various reasons.

But I find that in regards to the theme of reincarnation, rebirth, it is not so much about faith, but rather more about knowledge and understanding! I mean to say that the information that I write down here is rather plain.

The fact that so many children, and on rarer occasions adults, can remember a past life must have some meaning. And particularly if one can also verify that this life actually took place, at a specific time and a specific place, like it did with the little Burmese girl. One does then not have to think that one could believe it, because it has become comprehensible. But everyone can deal with this information as they see fit.

Why can you and I not remember a past life? Because we could hardly deal with it. We are supposed to dedicate all of our attention to our current life that is hard enough as it is. I have up to now only ever met one person that told me that she can remember a past life very succinctly. She lives here in Lübbecke.

You have probably noticed that I would like to become more intimate with the theme of “rebirth”, because I feel that we require this insight in order to be able to answer the all-important “Why” question.

I gradually started to comprehend this myself and I am absolutely convinced that all of us have already had a lot of lives in the past, each one of us. We have experiences with being born and with dying. With joys and with suffering. With love and with hatred. With lying and with being lied to. And probably also with priests, monks and Churches. And a lot of the things we experienced as a soul



in past lives, were decidedly also terrible, were traumatic and the soul still remembers it all! And parts of it stick to our subconscious.

There are people whose throat tightens up when they smell frankincense or hear an organ play. They become ill by just entering a Church or a graveyard. Why this is so can only be explained on hand of possible terrible experiences in a previous life. Did the soul for instance have some horrific experiences with the Church during the Middle Ages? The inquisition with its tortures, pyres and the burning of witches springs to mind, allegedly all in the name of God and Jesus Christ whilst the Church bells were ringing and pious words were spoken! The soul never forgot these traumatic experiences. This can be one of the reasons why somebody will instinctively reject everything to do with religion and the Church.

We therefore carry an infinite number of impressions from past lives within us. We are not aware of them, but they are there just the same.

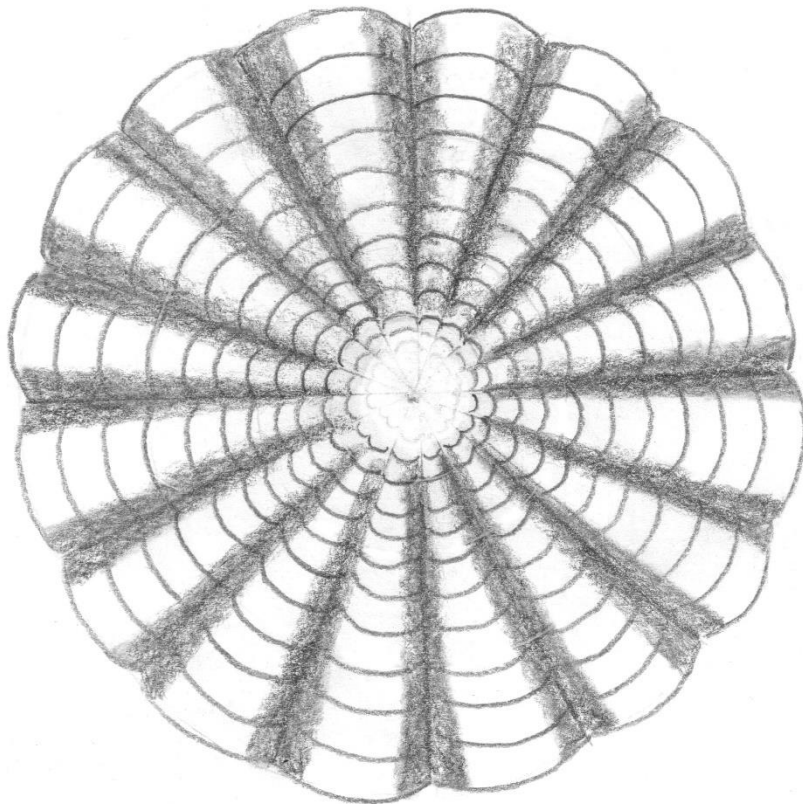
We were however not just victims; we were naturally also perpetrators. Who knows what kind of terrible deeds we have done in the past? We might also have been very cruel; we just no longer remember it. But our soul still knows about it. We were not always as tame and good-natured as we are today. It is however the way we are today and it is the result of all our past lives. Und we are surprised to find that all of us are so completely different and that we have the most peculiar and the strangest character traits?

Some will not climb an observation tower at all cost whilst some will, for all the money in the world, not step unto a boat. Some faint by the sight of blood whilst other get into a panic when they see a large dog. Why is one afraid of rats, mice and spiders? Why do some small children cry their eyes out when asked to get into the water at the beach? How can one be afraid of certain colours, smells or noises? Where do these nightmares stem from?

When one takes the possibility of reincarnation into consideration, one is able to understand some of this.

I know that all of these thoughts and considerations take some getting used to when one has never heard about them before. Even if one keeps an open mind, it can take years before the idea of rebirth becomes part of one's own, completely normal view of the world. This was so in my case; it did indeed take a long time.

Even though we have already learned a lot - the all-important Why question has still not been answered. A few substantial things are still missing. We must finally get to the question of why we live on Earth with a body and a soul? What are we actually? Where is our origin to be found? I will talk about this in the next chapter. Get ready to deal with a really difficult subject.



Where we come from

Dear reader, you must have gathered by now that the thing that is of the greatest importance is *the soul* and it will always be the soul. The body changes over again. But what remains is the soul. To put it differently: The driver is always the same - he only uses different vehicles. To comprehend this is in itself a really great step on our journey towards understanding and towards our humaneness.

But now: Where does the soul actually come from? I find that the time has come to talk about the major coherences so that we can finally solve our Why question. But do remember that my knowledge can also only be *partial knowledge*. We mortal human beings cannot fathom everything and that's a fact. But we can learn to understand the rough outlines.

It would probably be appropriate here to at least believe *something*. I find that the things that we have discussed so far, life after death and the idea of reincarnation, can quite easily be grasped by the mind. There is a certain logic in it. But what comes now can seem like a fairy-tale effect to you or sound like a legend. Therefore, dear reader: Accept it simply as a legend to begin with; there is usually a core of truth in legends, don't you think?

Our "history":

All of us that live here on Earth emerged from God an infinitely long time ago.

God placed a spark of his love, a spark of his divinity inside of us. This is why some people say: "We are divine. We are God's children." This is where this Father-Child notion Christian tradition adheres to has its origin.

Accordingly, the highest power within the universe is our Father! And this applies to all the people we encounter, also each and everyone that we see in the news. This can certainly go beyond our capacity to imagine things, but we could consider it possible, couldn't we? Even though one might not see it on the outside, we are of divine origin inside. (Well, I say so, but you do not necessarily have to believe it. It is up to you.)

I will continue with our story:

We were once beautiful and flawless. We loved God, our Father, and we loved one another. We lived in God's immeasurable spiritual realm that offered us infinite room for our unfoldment. Wonderful harmony reigned amongst us, joy and bliss. Conflict, hatred and envy were unknown to us, as were greed, avarice and lies. It was a paradisaical life that lasted a long, long time.

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But this harmony was tarnished somewhere along the line. Thoughts developed in the radiant Angel of Light "Lucifer" (whom we called Devil or Satan later), thoughts that had never been thought before in these bright, heavenly regions: These were thoughts of envy and jealousy. Lucifer was jealous of his higher placed brother, "the Son" (Whom we later called Jesus during his short life on Earth). Lucifer wanted to take his place.

He kept his thought to himself for a long time. But he then turned to others. He also turned *to us* and infected us with his discontentment. He promised to do everything even better, to establish a new order, a better order for us, with better opportunities.

Time went by. But a point arrived when many of *us* finally felt the wish to follow Lucifer and to benefit from the new opportunities he had promised us. But this was a rebellion against the Father and it was unthinkable in the heavenly regions.

But once the thought of discontentment has taken hold inside of us, we were no longer able to shake it off. We were even prepared to leave our heavenly home for this. Lucifer must have continuously talked this over with us, namely how wonderful this would turn out to be! (We experience how seducible people can be even nowadays, when somebody appears who can talk eloquently...)

It is said that this desire grew in us over time and this made us lose our original innocence, purity and felicity. We darkened and we didn't even notice it. We were simply dumb and frivolous! That someone could dupe and inveigle us like this was simply incredible!

The following situation developed in our eternal homeland at some stage:

Lucifer did *not* receive the Father's permission to take the place of "the son". But this Prince of Light had got completely involved in this desire and influenced us to such a degree, that we were prepared to go with him to experience something new and to develop ourselves outside of our heavenly homeland. We must have imagined that it would probably be extremely beautiful.

The Father let us go with a heavy heart. We hear from various sources that we did not go voluntarily, that we were "evicted", because we were not ready to relinquish our desire and did not let it rest.

Be that as it may: We lost our beautiful home. This reminds us of the symbolical story of Adam and Eve and their ejection from paradise. They had also wanted more than to simply be happy and content dwellers in this wonderful garden. - It is said that one third of the inhabitants of the heavenly regions have left their original homeland in this way.

And you and me, we were with them! It would otherwise not be necessary for us to live here on Earth now with all the problems and catastrophes that we face here.



The original Fall from Grace

The words “Fall from Grace” do actually exist. It denotes the things that happened then: Our rebellion and our exodus from “paradise”, our separation from our homeland and from God.

To put it short and sweet: God placed planet Earth at the disposal of his aspiring children. In order to live there, we had to adopt a physical body, as we had only lived as spirit beings up to then. This was in conjunction with our exodus from our eternal homeland. We probably agreed to anything as long as our wishes were fulfilled. Above everything else, we wanted *to create*. This is something Lucifer probably promised us if we were to go with him. He now had an infinitely large number of souls, spirit beings, on his side and this made him feel pretty mighty.

The price for our arrogance and flippancy was high.

Did we have to live in the bodies of animals to begin with as some assume? I don't know. But let's assume that we were like Adam and Eve after they were forced to leave paradise depicted in the symbolic story in Exodus, 1 - 3. We had to constantly concern ourselves with food, protection and shelter and also some kind of apparel from then on. And we had to fend off all kinds of things. This is how the hardship and affliction of our terrestrial existence began. We begot children and had to bring them into our new world in agony and then look after them. We were proud to have many children, but it also meant more hardship and adversity!

And above all: We now had a *mortal* body! This on its own brought fears, adversity and sadness into our life.

We as souls, now found ourselves on this “Wheel of Reincarnation”: To be born, to experience the joys and hardships of a life on Earth, to become guilty of something, to then take our leave from the Earth and return to the hereafter. To then begin over again as a newborn child...

The fight for survival here in this physical world made us hard. Our souls darkened more and more, from incarnation to incarnation, that is to say from one life to the next. Our souls initially retained some memory of the beauty of our homeland, but it faded more and more. We were in Lucifer's domain here.

We had followed him in our blindness, he now had power over us and he did not allow us to return!

We can now imagine how we changed. After many lives on our planet, we had distanced ourselves a long way from the loving, peaceable and cheerful children we once were. We started to kill animals in order to eat them. We discovered fire. We became ever more brutal and we no longer shied away from killing people and to wage wars. We discovered that we could exercise our power over others and we exerted it indeed. You and me also.

All of this is behind us now. This is difficult to imagine, but it must have been like that.

When we, as souls, were in the hereafter between incarnations, we apparently found it *easier* to remember where we had come from. We might have exchanged our thoughts and ideas between us and we might have asked ourselves:

“How could we leave the homeland of our Father? We had it oh so good there! What joy and love we felt there! This beatitude! We have now distanced ourselves further and further from what we once were. And we burden ourselves even more when we have to live in a physical body. But this cannot be avoided. Isn’t this absolutely terrible? Lucifer reigns over us here. We never thought that he could distance himself so far from God. He invites us to do all kind of evil and he now retains us here in darkness and so far away from God.”

One of the souls we sat together with might have cried and said: “I would like to go back. I want to reverse the decision I made at that time. I would dearly like to say to God, our Father, that I am very sorry and that I love him. If only I knew how...”

And some of the others - might - have agreed.

Dear reader, if you never heard anything like this before, you probably find what I write here very difficult to imagine. Only a few have ever written about this. But those that have done so did *not* gain this knowledge *from this world*. These messages clearly come from “the other side”. But if we can assume that this, “our history”, is roughly correct, we will begin to understand more and more.

The parable of the prodigal son

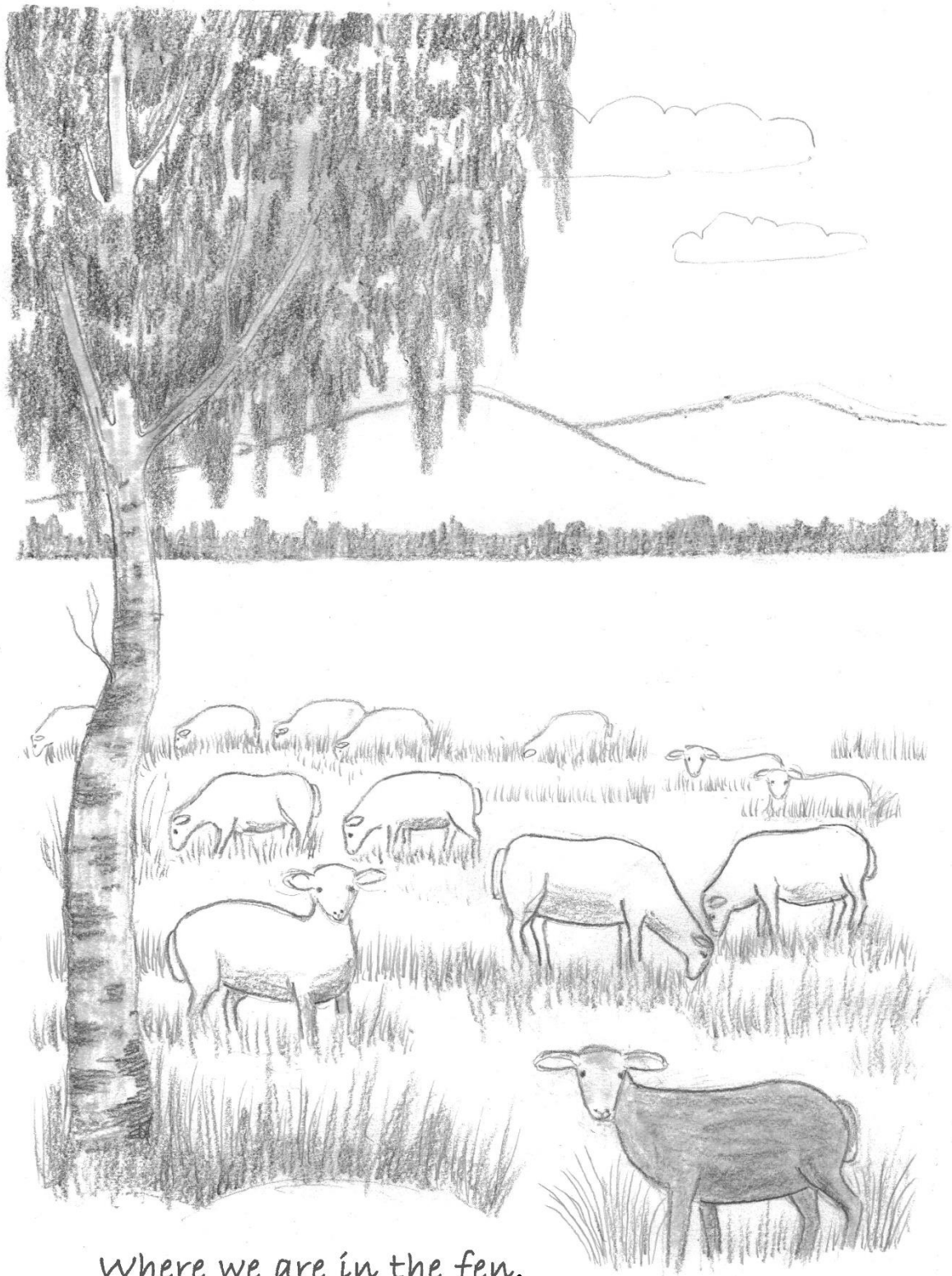
Do you know the parable of the prodigal son? (Luke 15: 11ff) This well-known story was told by Jesus and it is almost 2000 years old. It describes our situation, more precisely, the situation of our souls in regards to the *Fall from Grace*. I will narrate it here in my own words:

A man had two sons. The younger one no longer liked it on the farm of his father. He apparently found it too boring. He told his father that he wanted to go away and he asked him to pay out his inheritance. The father must have been sad about this, but that didn't trouble the son, he wanted to go and experience things. We can well imagine his levity and his arrogance. He gathered his things together and he went on his way. He was filled with optimism and thirst for action.

Everything must have worked out well to begin with, out there in foreign lands. But things soon turned bad for him. Once he had frittered away the money his father had given him, he got into great difficulties, because a famine gripped the land. At the end there was nothing left but to hire out his services as a swine herder. (This was not just a human but also a lasting religious humiliation for a Jew in those days, because pigs were seen as culturally unclean.) He received so little food for his work that he was tempted to eat from the carob bread husks the pigs received as feed in order to still his hunger. But he was not allowed to do this. Things were desperate. He could hardly sink any lower.

Well - he finally started to reflect: "I must have been stupid to leave the house of my father! How fatuous! My father's day labourers are a hundred times better off than me, They can eat their fill every day, they have clothes and they have a shelter. And I go to waste here. I am deeply ashamed, but I want to go back to my father and I will ask him to engage me as a day labourer."

And so, it came to pass. He made his way back home, in rags, feeble and miserable as he was. It was a long and arduous path, but he went back. He approached his father's house. Something surprising happens now in this parable:



Where we are in the fen.

His father, who had apparently kept a lookout for him all this time, espied his son from a distance and saw how he laboriously and half starved came closer. The father felt pity for his returning son. The disappointment he had caused him, was no longer important. The father ran towards his son and embraced him. The son was overwhelmed by the love of his father and stammered his plea for forgiveness. He implored his father to employ him as a day worker. But he was so infinitely glad, so glad to have his son back that this was out of the question. He fully restored his rights as his son...

We are this son in the form of a soul.

We left our home and our Father. We are indeed on our way back, but we still have a long way to go.

Our soul has made the same decision as the son in the parable: “I want to return to my Father and my homeland.” It is akin to the yearning of a lost child: “I want to go home.”

But why isn't this a simple thing to do?

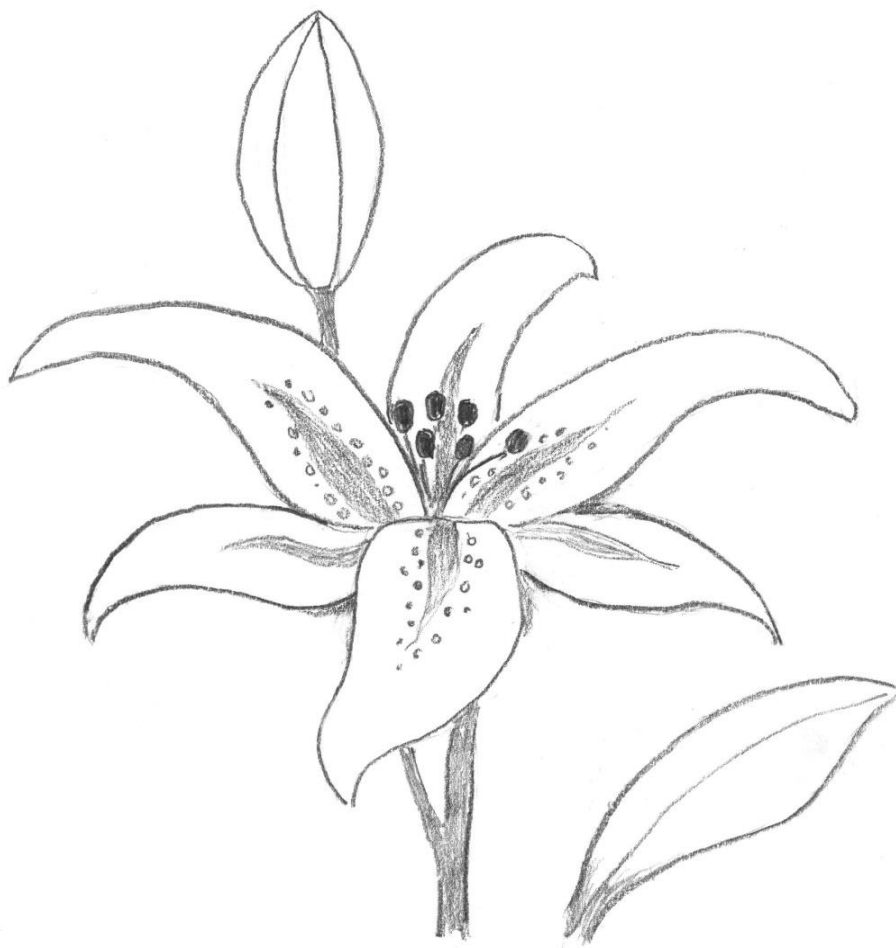
As I said before: Our soul is no longer the way it was before. It lost its purity and its innocence far away from home. Lucifer's seductions and the separation from the homeland “darkened” it. Its beauty has gone. During its time under Lucifer's regime, it severely burdened itself through many misdeeds, it burdened itself with guilt as it were. It was now far from being the pure love it once was in paradise. But it has to regain it in order to be allowed back into its former homeland. It would not be viable there in its present condition. It would be impossible for it to bear the “Light” there. This is naturally symbolically expressed.

And how is this going to continue with us as souls? The return can in fact only be facilitated through the path of reincarnation. Ergo, through many lives here on Earth.

Every human life involves joy and suffering and often also catastrophes. It gives us the opportunity to collect experiences, to improve ourselves and to progress along our paths. All the experiences that we make here help us to improve and to perfect ourselves, ergo to really *discern*. By making a great effort and suffering great difficulties, we get ever closer to our aim, step by step.

Let us equate the idea of reincarnation with the parable of the prodigal son: The son in the parable also had to arduously find his way back. To make the decision to return did not suffice. This did not make them send a carriage to collect him. He had to place one foot before the other. But then, once he had finally achieved it, he was welcomed with joy and love and he received a new garment, new sandals and the signet ring he was entitled to as a son, and he was again as he was before. This was made possible through the incredible love of his father.

One day, we will also have perfected ourselves to a degree where we will no longer have to return to Earth as newborn children. We will then be back home and in the Light. We will once again wear our original, bright and beautiful garment.



How far does God's almightiness reach?

Dear reader, we have now been able to understand a few more things. Our *Why* question has now *nearly* been answered. We can now better understand why we as human beings, often have arduously struggle through life. The answer would be: Because we, as souls, have detached ourselves from our beautiful life with God and our homeland. And because our way back is only possible through many lives on Earth, they are often everything else but easy.

But now a completely different thought: It had always been asserted that God represents Love - and that he is also almighty into the bargain! But a lot of people cannot believe in this Love at all. They substantiate this as follows:

If God was indeed Love and almighty into the bargain, how could he possible put up with what's happening here on Earth?!!! Why doesn't he interfere seeing all this adversity and misery, crime, wars, catastrophes (floods!) and illnesses? The abuse of children! Therefore, there is no God! And that's the end of it!

This is the disappointment people feel when they have lost their faith during the course of their life and probably after some very sad experiences, a faith they probably still had during their childhood. To believe in "dear God" and to trust in him was a lot easier then. But as you are aware yourself: A lot of things are really incredibly terrible and cruel here on this Earth! We can often hardly fathom the things that people and animals have to suffer! I myself often thought in desperation in the past: "I don't understand this! If he really has the power! Why doesn't he intervene?"

Dear reader, what this chapter deals with is not all that easy to understand. We are actually dealing with a very serious theological question here. If it should become too difficult for you, I suggest that you put it aside for now and continue with the next chapter.

A lot of people have already contemplated this question and there were famous philosophers and theologians amongst them. But they could not find satisfactory answers. They had indeed man's free will in their sights, but not man's long period of existence before birth - and the darkening of the soul.

We can only find satisfactory answers within the highly placed messages from the world of spirit. Both are taken into the equation there, the free will and the long period of existence of the human soul before its birth.

A Protestant parson gave a remarkable answer during a lecture he gave in Bielefeld in 1991. It was Pastor Dr. Phil. Günther Schwarz (1928-2009). He was an ingenious, intrepid and sharp witted theologian and linguist, he also *avowed to the idea of rebirth* and this got him into trouble with his superior Church authority! He spent his last days not far from here, in Wagenfeld. I have read some of the things that he had said and written. I cannot tell you how much I respect Günther Schwarz for what he said! The title of his lecture was:

Suffering! Injustice! Violence! War!
Why does God allow this?

How could Günther Schwarz dare to deal with this difficult theme, something famous theologians kept quiet about?

Because he had answers!

It is my desire to put some of it to paper. Günther Schwarz only briefly touched upon the theme of rebirth in this lecture, but he delved more elaborately into this subject in his next lectures. In this lecture he centrally dealt with the question of God's "almightiness" in relationship to us as human beings.

He therefore narrows down his question by asking: Why does God allow all of what's happening *in regards to our Earth*? Why doesn't he interfere? Why do his infinite powers *not* come into play *here with us*?

Günther Schwarz answered analogously as follows:

God curtailed his powers over us by giving us, as souls, *free will* right from the start in our eternal homeland. Günther Schwarz maintains that our free will was his greatest gift to us. We as human beings, are able to decide what we wanted at a moment's notice. We possess the "freedom of choice".

A lot of the things that take place on our planet Earth on a daily basis was naturally against God's will. But God affords us the freedom and does not interfere, because we were given our free will and he does not infringe upon it.

Furthermore: We are here on Earth in order to gradually find our way back to God and to our eternal homeland, to "earn" this return like the prodigal son. Günther Schwarz thought that one could therefore call our planet a "schooling planet". And through *the way* we pursue our path here, conduct ourselves, chose and decide, we would learn and *gain insights*.

He accordingly also said: We are not hindered by God from committing injustices and crimes, because we do indeed possess our free will. (I find what I write here quite shocking, but we experience this on a daily basis: Nobody is stopped from doing evil deeds.)

After these words we naturally ask ourselves: Yes, but why did God give us this free will, if it results in such horrible disadvantages for all of mankind and the whole planet?

The answer given by Pastor Günther Schwarz is accordingly as follows:

God wanted *children* and not robots. He could have simply programmed us. But this was not worthy of him, because he wanted *children* that could freely unfold and develop as individuals in his expansive spiritual realm. All within the parameters set by him. Günther Schwarz said that there were no restrictions within God's expansive realm except the ones that "love imposed".

God therefore wants love and harmony in his realm and the kind of order that existed at the beginning. But we, as human beings, could and can freely choose and we can decide unhindered against any of it at any time. God didn't know that we, his children, would break out and rebel. He is not omniscient in regards to the future!

If he were omniscient, everything would be predetermined and the future would not be free and thereby, our will would also not be free. God is naturally able to predict, based on the actions of his children, the consequences well into the future in spite of this. (We human beings also possess the gift of foresight, even if only to a more restricted degree.)

Günther Schwarz said that evening that: *Injustice, violence and wars are naturally against God's will.* But God affords us the freedom so that we can *follow* our path *to the end* and so we can recognise in the process where our separation from Him and His order takes us. Our self-inflicted suffering leads us to insights, it educates us and teaches us. Taking this path would bring us one step at a time closer to our eternal homeland.

If God were almighty in dealing with us, *He would be responsible for everything* that happens here on Earth. But as we have our free will, something he doesn't infringe upon, *we, as human beings, bear the responsibility ourselves.*

Thus far with the lecture given by the theologian Günther Schwarz. As you can see, it is indeed a very difficult subject.

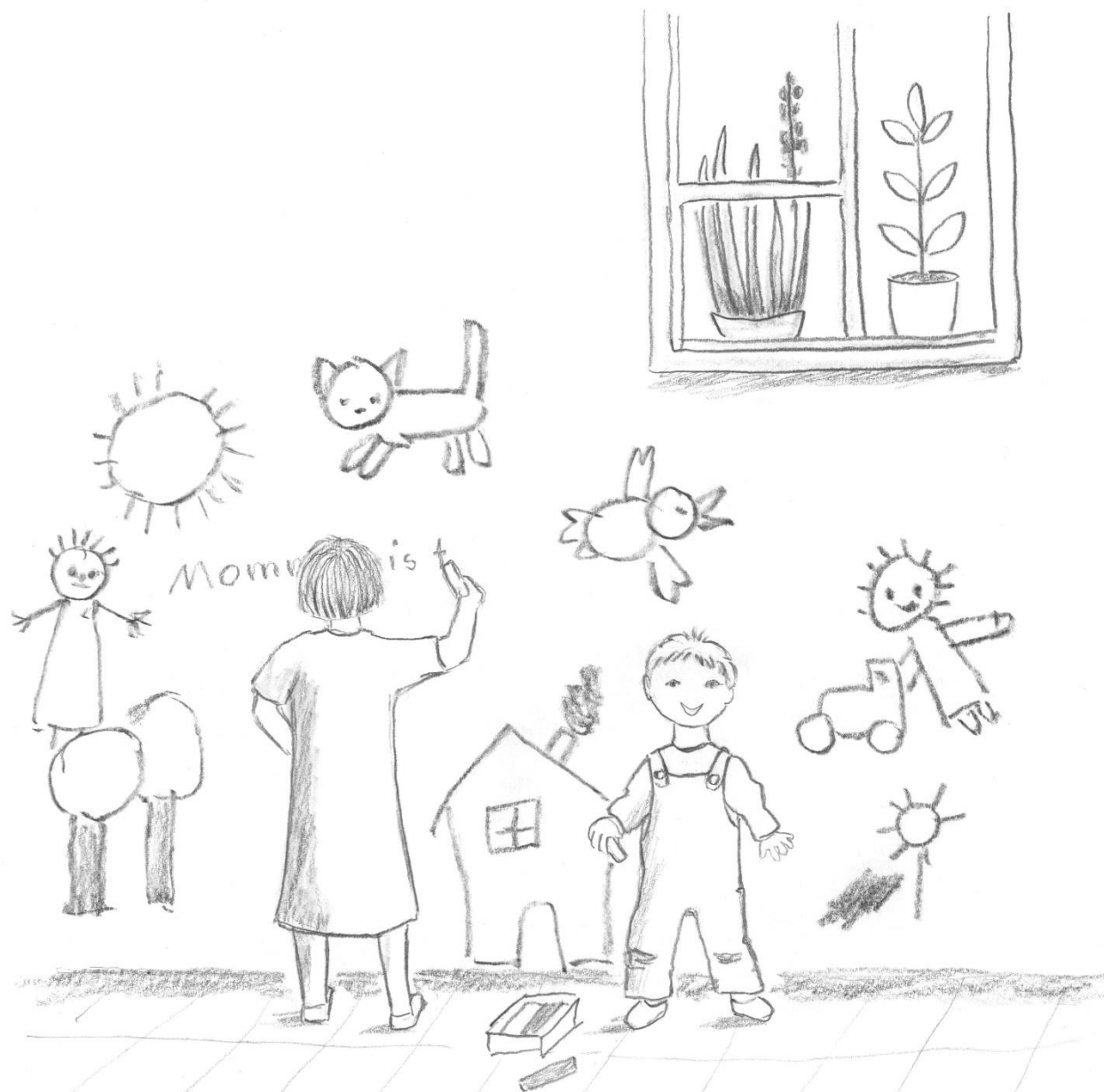
This theologian admits that he wrote a lot of things that didn't develop from thin air, but was received from "the other side", ergo through inspiration from the world of spirit.

"God didn't want robots, he wanted children". This is such a wonderful saying. The word "the other side" also falls into this category.

"God does not want underlings, he wants co-workers."

Dear reader, do you have an inkling of what this means: No subordinates, no robots, but beloved children and mature co-workers! Isn't this just wonderful? This changes our image of God and also our own.

Co-workers? Can we little people on Earth actually be God's and the angels' co-workers? To put it very simply, isn't it always a case of amplifying good on our planet Earth and avoid evil? We make a contribution with every good word, every loving deed, no matter how insignificant they are. There is a huge difference between whether people love or hate, whether they assist another human being or an animal or whether they harm or exploit others. We decide the direction we want to develop every day. We can in fact be God's co-workers!



WE CAN PAINT JUST AS BEAUTIFULLY
AT YOUR PLACE TOMORROW!

Accompanied and protected

I have thought about this in the past, namely that people above everything are the ones that cause all this suffering. We cause ourselves a lot of harm by for instance not looking after our health. But we also do it to one another, consciously or unconsciously. As we know these days, we can even be blamed for a large part of the natural catastrophes happening around us.

But in spite of this, I still find it difficult to deal with the fact that children are exposed to such a lot of suffering and injustice. And old, helpless people! Also, animals! I always feel pain inside of me when I think about it. A lot of you probably have the same reaction. It still really hurts.

But in spite of all of this, I am completely sure: We have certainly not been written off by God, us here far from our homeland. This is my faith, something that I always had. The father in the parable of the prodigal son also never stopped thinking about and keeping a lookout for the son that had left him. And God, our Father, also waits for us.

And I am also convinced that we are constantly, invisibly accompanied and observed. I encountered people that assured me that they were not very religious, but that guardian angels existed in any case. This was usually followed by a fascinating story wherein they barely escaped with their life and the fact that they were still alive today, could hardly be described with purely terrestrial explanations.

We always talk about guardian angels because we believe that everything invisible must be a guardian angel. As I said before, this isn't actually correct. We simply cannot imagine that we are dealing with helpful spirit friends without wings, but with an assignment to protect, accompany and support us.

Through their nearness, we can also be "inspired". This means that thoughts can be introduced into our mind and we suddenly know how to solve a problem. Or were to look for our lost car keys.

Or when we have an important encounter where we say: What a coincidence! But it was no coincidence, but providence. Our invisible companions must often have arranged encounters for us that, when looking back, turned out helpful or even life-changing for us. Or they organised a book to cross our path, one that was important for us.

This means that a lot of things would have taken a different turn in our life without the attentiveness of our invisible companions. According to my experience, we do well to team up with them, to trust them and to consciously take advantage of their help. Besides, this doesn't infringe upon our free will whatsoever. Because *we* always decide whether we want to accept a "recommendation" by our invisible companions. As it happens, we don't do often enough.

Over again I hear and read that it would be a good idea to consciously talk to our invisible helpers and to ask them to come to us. It is said that they like to be asked and invited - to make it so much easier for them to help and to intervene. I have been doing this for years. I find that as an older person, it is indeed wonderful to feel accompanied day and night.

Again, I expose my inner feelings when I confess here: For at least 15 years I have been saying every morning: "Dear brothers and sisters, I greet you and I welcome you with an open heart," or I say something like that. With "brothers and sisters" I mean angels and invisible helpers. They are my siblings because we have the same Father. I therefore call them brothers and sisters. I am absolutely sure that they are here. Don't think that I am alone - a lonely old woman - when you see me walking through a meadow. The fact is that I am never alone. It is my firm belief that I am always accompanied.

*

I hold in my memory a long series of experiences that I equate with my invisible companions. One thing is for sure, I would not be sitting here so peacefully at my computer without them. I would have departed for the other world a long time ago. Why didn't I drown back then? Why did I escape from having a frontal collision in such a wonderful way? Why didn't I fall to my death at that time? Why have I escaped death so often?

I see it in this light these days: My time was not up. According to my life's plan, I was supposed to live a little longer and this is why my invisible companions saved me so I could live on.

This raises the question: Does a plan for our life really exist? Is it possible that a lot of things are predetermined? Isn't everything coincidence or simply one's fate, as some maintain? There are voices that assert that a plan actually exists for each of us. But how does our free will tolerate such a plan?



Nobody is alone while dying...

Our life's plan

Isn't it terrible how we have gotten used to all these terrible news items? So many people die of starvation and this includes children. A lot of refugees have once again died in the Mediterranean Sea! Wars annihilate whole families, villages and cities and districts! One refrains from showing corpses during the news. And we sit on our couches and remain quite calm when faced with all that misery. There is nothing we can do.

I myself can only cope with this because I know that no soul is ever annihilated, not one single soul! People die, that much is true. But only their physical body is dead and it is then no longer of any concern. But they will naturally survive as souls. Everything inside a human being that is *not physical* continues to live within the personality. And this is a lot. It is the actual, the essence of a human being.

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Dear reader, we have already discussed a number of themes and there was a lot amongst it that takes some getting used to, am I right? But I now have to familiarise you with this last point. It so to speak represents the icing on the cake, the thing still missing in regards to answering our major question: *Why does God allow all of this?*

Ergo, there are many voices that say: Something like a *life plan* exists for every human life. And if you like, you can also include the idea of a "life plan" into your view of the world.

When the soul is still in the hereafter and before it incarnates back on Earth, it approximately knows what it can expect in its new life. It roughly knows how it will be: The living conditions and its life's tasks.

And it will have agreed to it! It will have consented to experiencing this new life.

During its time in the other world, it will actually have learned more and understood more and it will have designed its life plan for its future incarnation with the co-operation of higher entities. It is also aware that there is probably also suffering and difficulties involved. Our soul has given consent, because it *has something different in mind* than simply well-being and happiness.

We find this strange, but we are already in a position to understand the gist of it.

The soul has one aim: I would like to go home. It would like to return to God, like the prodigal son and it knows: It is not the wonderful feeling of wellness that will further its progress on its path, but work, working out problems. The painful experiences, the difficulties, the struggling and the disappointments - all of these difficulties help the soul to develop, to grow and to mature.

This is probably new to you, so leave it be as it is and take a little breather. The *asterisk means: Take a break and breathe deeply.

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We, as souls, do therefore not simply jump into a new life on Earth with the thought: "Let's see what develops this time!" No, one cogitates first: What is next "in line" for us as a soul? What are we going to "deal with" in this next life? Wherein do we want to have our experiences and what do we want to improve within ourself? Are we perhaps urgently trying to atone for something?

*

Ergo, higher entities do help us to establish a suitable life plan. In which country and into which family do we want to be born? What is our physical constitution going to be and how long should our life last? What are we going to look like outside, tall or small, good looking or rather inconspicuous, filled with vitality or rather weak and sickly? Do we choose rich or poor parents?

*

Even though we possess our free will day after day and even though this gives us our choices - certain things within our new terrestrial existences are predestined, but they have been part of our choices during the planning of our next life. We concurred from within our free will.

You have probably never heard any of this before. This must be absolute new ground for you, but to know this is *ever so helpful*. Anyhow, this has been my own experience.

*

Can a soul agree to be born into a disabled or even a deformed body? This does seem unthinkable!

Yes, this is indeed unthinkable to us to begin with. Because we, as human beings, want to always be happy above everything else. Or we want at least be well off to some extent, us and our family. And we know exactly what we wish for: Health, making a good living and have people around us that we really relate to. We also want good weather (no climatic catastrophes!), rain at the appropriate time, hopefully during the night, good harvests, happy faces around us etc. etc. And as we have to die, our heart should simply stop during the night as we sleep!

But our soul has something different in mind. It wants the opportunity to grow and to develop itself. It has, as mentioned before, an aim in mind: To reach perfection so that it can return to God and its original homeland! And it is aware that this path cannot only lead through blooming meadows. Our soul is aware that it can progress the best when the path through life is not all that easy, when challenges have to be overcome.

*

And our soul prevails! This is something we have already noticed: Life isn't really always easy all the time, and a lot of it is caused by ourself. This is when we have to mobilise all of our strength, again and again, just to get through. We suffer, but we confront our problems, bravely fight our way through and we grow and evolve in the process!

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But what do the parents of a disabled child experience for instance? The worries and the pressures involved are often hardly manageable. But imagine how the father and the mother grow in the process! How inventive they become in order to do justice to their child with its disadvantages. Their capacity to love grows exponentially! This is what spiritual growth and maturity are about!

*



But what is the situation like with people where everything seems to go smoothly for them? They are healthy, they have the necessary small change to survive and everything seems to go according to plan. We know of such people.

But when we take a closer look, we discover that their seemingly easy life has one or two painful problems. Ergo: “Everyone carries their own package.”

Once again: All people of good will have, as souls, given their consent when their life plan was decided upon. They agreed with it, because they wanted to progress as a soul. They knew that this could be achieved if they had to battle with difficulties. (Whoever thought that this could be the case?)

They might have had the desire to atone for something. Because, as mentioned before, we were not only victims in our past lives, we were surely also perpetrators. We might also have had power and we misused this power? Did we deride and disadvantage poor and crippled people? Did we rob others of their possession through slyness? Whether it's stealing, cheating, ripping off or even murder - all of this could be on the cards.

Many a difficult and disadvantaged life could be explained with this in mind.

*

Our free will in regards to our life plan does not just show itself through the fact that we agreed with it before we were born. We naturally have our free will in our new life on Earth also and we can be deviated from our life plan. This happens through numerous events within our life on Earth and often only minor parts of the life plan are implemented. Very much to the regret of the soul, once it had returned to the realm of spirit. But the soul picks itself up most of the time and renews its effort in the direction of its perfection.

The law of sowing and reaping

One also calls this the law of cause and effect. It states: The good that we planted on Earth will one day produce a good harvest for us, if not in this life, then after in the hereafter or in another life.

The bad that we planted on Earth will one day return to bite us. It is akin to a law of nature. This is irrefutable and it has to be taken seriously!

Does this sound dismaying? I find that we do not have to regard it dismaying, but it is really something serious. It is plain and simple the highest justice that reigns over us.

We encounter people in the news that seemingly get away with everything without ever being held accountable. The way they behave so autocratically, the way they walk over corpses to enrich themselves and do not recoil from committing any injustice, is hard to comprehend. And they seemingly get away with it!

This might really seem unjust to us when it happens. “Why does God allow this?” But have no fear, life goes on, here and in the hereafter. They will have to own up to everything one day and they will have to atone for it. Sooner or later, justice catches up with everyone, in this life or in the next.

But every guilt, even the severest, will one day be expiated. There is no eternal hell and no eternal damnation. But that fact that one has to pay one’s bills, that one has to balance one’s accounts, is only fair, don’t you think?

*

We somehow always knew that this “higher justice” exists. I imagine that there are some kinds of offices in the hereafter where “higher entities” sit to make sure that a good seed will be recompensed with a good harvest someday. And the reverse also: That the “last Penny is paid” when somebody has severely stepped out of line!

If we can consider this law of sowing and reaping as true, we might find it easier to accept our own fate with all its challenges. I myself, have come to the conclusion that: If I cannot change severe challenges, I accept them without

complaining. I might be getting rid of a guilt that I am presently not aware of. This attitude seems to serve me best.

Has this *all-important Why* question been answered in the meantime? What I have written here is my contribution. It has turned into a bundle of answers:

- That the essential is our *soul* and that it continues to live in the form of a spirit person. That death only concerns our physical body.
- That we are born anew over again and that we have been in transit here on Earth often and this for a long time.
- That we have an eternal homeland and that we are bearing down on it through many incarnations (reincarnations).
- That God does not intervene in our fate in spite of all his almightiness and love, that he accords us our freedom, because he doesn't infringe upon our free will.
- That we, as souls, consented to our present life within a life plan that often includes difficulties for us.

And the law of seed and harvest. "... what you sow you shall reap." (Gal. 6,7)

We now also know that we will no longer have to be born on this planet someday in the future once we have learned and experienced what we can learn and experience here on Earth. When we have learned to serve. And when we have atoned for everything that we have missed and neglected to do.

We, as souls, will once again be pure, beautiful and *full of love*, the way we were once in the eternal homeland!

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To be able to love unconditionally is our most important task of learning as far as I am concerned. We tend to do so by thinking: "Yes, I could really like these people, if they wouldn't talk so much, if they were not so vain, if they were not so lazy, arrogant and dishonest. I could probably show them all my sympathy."

Did you notice that *we set conditions* in regards to loving and liking people? It is not hard to love those that are the way we imagine they should be.

If we are truthful, we realise that most of us are still far from being able to accept others the way they are and still like them just the same. We always want to change them. No tolerance whatsoever! Can you see how much more we have to learn?



Learning tolerance

Dear reader, you are probably wondering why I neither talked about faith nor religion. This was intentional. I know people that have a hard time with religion and with faith. I did not want to make it even harder for them to read my writing. Most of what I have written is therefore logical and comprehensible and it has little to do with creed or belief.

It is simple, spiritual knowledge and one can read about it at various other sources.

And I live with this knowledge. My way of believing developed from this. I deliberately say “my way of believing”, because there are thousands of ways of believing. And everyone has the right and the freedom to follow their own understanding and feelings and believe *or not believe* accordingly. It is important to finally comprehend this.

Right up to present, modern times, people fight one another to the bitter end, because they think that God (they might call him Allah) expect this from them. They feel that they must defend their faith against all other faiths with all available means. What a fallacy!

Once we can recognise that all of us are on the path back to our original homeland, like the prodigal son, we can concede to ourselves that everyone has the right to believe what they feel is right during their present incarnation. (For as long as it doesn't adversely affect anyone else.) It is their right and nobody may intervene.

I used to have strict ideas about how one should believe and how not to believe. I have distanced myself from this notion ever since the idea of rebirth anchored itself inside of me. I now know: Every soul will develop further without fail. All of them will gain more understanding and more insights from one life to another.

(“In brackets” I would however like to express one more thought: If you find yourself in a religious community that takes your freedom of thought away from you, that tries to scare you with the idea of eternal hell and eternal damnation and that puts constant pressure on you so that you walk around with a guilty conscience and makes you lose your *joie de vivre* - you must seriously consider whether this community is the right one for you at this point

in time! Because solely through the fact that you read a script like this, must tell you that freedom of thought must reign above everything else. To use fear in regards to belief is absolutely out of order! But we unfortunately find the fear factor in almost all religions,)

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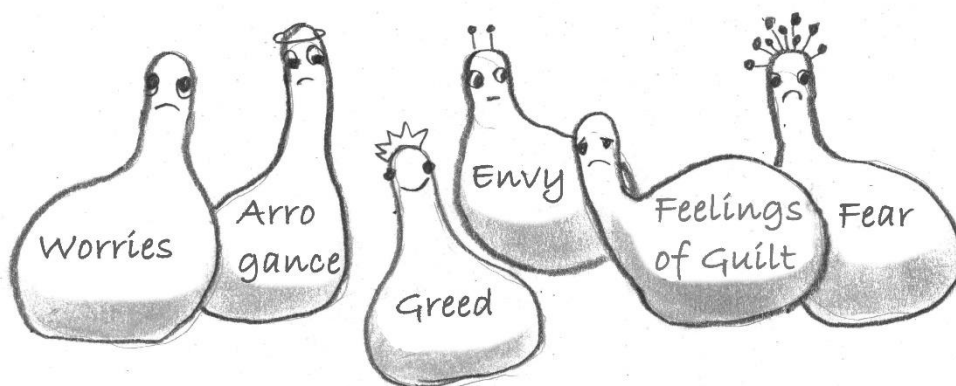
Fear represents a huge factor in many people's life, particularly now, in times like these. The fear of being infected by this new virus, the fear of calamity for one's family, the fear of ending up in an intensive care unit, the fear of climate change etc. Images on television and in the news also stoke these fears.

Fear is naturally a part of our human existence, it isn't just negative, it also protects us because it makes us proceed more cautiously and more thoughtfully with what we do. But there is also this creeping, dull fear about the future. Us older people feel it. "What will become of me? What will happen to me? What happens if I have to go to hospital? And what about if something happens to my children? My grandchildren? How are they going to manage in times like these?" We know all about this.

This type of fear weakens us and does not make sense. These are fantasies, because they *only take place in our mind*. Let us do something against this type of fear!

Everyone must tackle this in their own way. I simply tell you how I deal with it. Due to the fact that I understand more now, I see myself within a bigger picture (and naturally also my relatives and all my fellow men!). I make it clear to myself: I am on the road, the road back to my actual home. When my present life comes to an end and I die, I know that a new stage of life begins for me in the world of spirit. This is why I am completely at ease with my death, (particularly as I am not leaving any underage children behind) as my existence will naturally continue unabated.

Dear reader, if we are able to accept our transientness calmly and serenely, without turning it into a drama, we will have accomplished a lot. "Yes, but what about the time *before*?" I hear you say. I say to myself, I will survive that time also. I live through it now with the prospect that it will be got through one day. A new part of my journey into the world of spirit will then begin and it will be without the hardship and the pain of a physical body.



'To fear the future is not a worthwhile exercise for me. A lot of things turn out differently from what we expect. I sit back and wait. Everything will find its way. The way I experience joy, I also experience suffering and sadness and all other possible problems. This is normal. This belongs to our human existence. I except things as they eventuate.

And worries? Oh, I know, worries are sometimes justified, because some kind of dangers lurk constantly. But have our worries ever helped us in any way? They are actually also mere fantasies.

Make provisions? - Yes! We should be prepared for eventualities as best as we can. Our healthy human mind advises us to do so. I even placed a packed bag in the corner of my bedroom in case I have to unexpectedly go to hospital. This saves others to have to rummage around. But to worry about all the things that *could* happen, no, I don't do that, I simply refuse to do that.

I say to myself: Whatever happens, will happen, in this life and also in the next, whether I worry about it or not. Illnesses, accidents and strokes of fate - I have to expect all of those. This is what life is all about. But its far better for me to remain completely at ease and confident in regards to these things. I simply have this trust in myself, namely that everything will pan our fine in the long run. For our planet Earth and for every individual human soul. Even if the path forward is ever so rocky.

Worries also only happen within our thoughts. And I have learned to not take any notice of any eventual worries. They only sap my energy. Brooding will not take me forward. I prefer to do something worthwhile instead and save my energy for the times when things do actually get difficult.

But I can tell you dear reader, I took me a long time to find this relaxed attitude.

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These were just a few thoughts in regards to fears and worries.

You have now read about a lot of new things. You could now deal with this new spiritual knowledge. Something like this takes time. It could take years. But if you could gradually accept it, you would probably undertake your journey calmer, more hopefully and more confidently. You now know the meaning of your life. And when thunderclouds gather in the sky, you can say to yourself: There is a deeper meaning behind everything and suffering also has some

meaning. And I am invisibly accompanied and guided. This would constitute trust and it would be a valuable part of dealing with life.



Pausing

Does the word “pause” mean anything to you? With pausing I mean keeping still, a coming-to-a-stop and to reflect.

I simply stop once in a while during my everyday life. I am then completely within myself and I review what I am doing at that moment. But I might also review who I actually am and that I only temporarily live as a human being here on Earth and above all, that I am a soul. That I am invisibly accompanied and that my guardian angel is near me. Yes, this is what I also think about at times.

Or I very deliberately become quiet, switch of my mundane thoughts and simply immerse myself into the presence of a blossom, a tree or a cloud... I always feel that this pausing does me the world of good. It is free medicine. To breathe quietly and to arrest the chatter of my thoughts strengthens my soul and it even strengthens my health.

I sometimes stop when I go for a stroll and look over a garden fence. I find that looking peacefully at flowers and plants is wonderful. Or my eyes go to the firmament and I allow the view, the colours, the clouds and the atmosphere to wash over me. And the Wiehengebirge lies so blue in the distance and I think it is wonderful to have healthy eyes to be able to see all of this! I often refuel with so much joy during a walk, something the people that see me could probably not even imagine when they think, “this old woman is standing there again and she just looks.” I have years of experience in regards to charging myself with joy and energy.

But I can tell you something else too: To lean back and do nothing, to simply remain still, to ponder, to think and to feel, can be difficult, more difficult than some of the work we do - but it is a requirement in our humanness.

Why is it difficult? Do we not like to be confronted by ourself, our thoughts and our feelings? When we have time to spare, our hands automatically reach for our mobile phones or a newspaper or the remote control of our television set. But we need to pause, well, that has been my experience. Without “pausing” we are just a leaf in the wind. When we become still and when we “go within”, we connect with our real self, with our soul. And we can smile at it, talk to it and give it courage... This is when we do something really worthwhile.

Do these words mean anything to you? They are unusual and maybe also difficult to understand. But a lot of people have taken to pausing in our troubled time. They say that they need this and call it meditating.

You have probably asked yourself the whole time what religion or confession I belong to. I say to you quite openly: None at all! I have been undenominational for a long time, because my inner attitude has changed in the interim, yes, and I am not into pretending. But I believe with all my heart that this is true. I believe in my own way. Everyone has the right to believe and to talk to God - or not - in their own way.

I am used to talking to God. I talk to him as the highest of the highest, but also as my friend who knows me better than I know myself. I address him as Father, something I copied from Jesus. Everybody is entitled to do so, whether they pay their church taxes or not: We can quiescently address the highest power in the universe as Father.

I also call my talking to God “dialogue”, even though, like you, I seldom perceive an answer. My conversation is less of a pleading, but simply making contact, establishing a connection upwards. It is usually quite easy, but it does at times get more difficult because all the mundane, everyday thought are so intrusive. I tell him about what goes on inside of me, about my experiences, what presently occupies my mind, my thoughts and also about my little problems. Or I simply sit still.

Dear reader, don't feel bad if you are not used to praying! You might do something different? It could be that you stand still and look at a sunset or a butterfly or the funny root of a tree. You might observe how the Moon inexorably rises in the evening sky. A feeling stirs inside of you. You might feel adoration for what you see. You take your mobile out of your pocket because you would like to record this moment. Isn't what you feel inside like a prayer, one without words?

At this point, I would like to tell you a story that I read some time ago:

An elderly lady goes to her pastor and says to him: “Pastor, I have been praying twice a day for the last 13 years, but I have never had the feeling that God is anywhere near me.”

The pastor looks out the window for a while. He then asks: “Can you knit?” - “Yes, I can.” - “Well then, simply sit there and knit away! And whilst you do this, imagine that God looks down on you.

Nothing else. Do this twice a day every day. Each time for a quarter of an hour.”

This lady returns after four weeks and she is very happy. “Pastor, I just wanted to tell you: I can *now* feel that God is with me at times.”

What might initially read like a joke is actually not that facetious. It simply states: One does not have to use all that many words...

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Dear reader, I have a genuine desire inside of me: I wish I could pass on to everybody *that needs it* something of what’s inside of me. This quiet confidence, this trust. I feel that I enjoy great protection. I live with the certainty that nothing is without meaning and that everything will turn out well.

I would also like to pass on to everyone *that needs it* something of “the way I believe”: The certainty that a great love reigns over us, no matter how terrible, ungodly or malicious things are on Earth. I find that this attitude to life made my life easier, in the past and specifically now at my age and in these troubled times. I specifically wish for all of my older fellow human beings a relaxed life devoid of fears.

Something goes through my mind again: We can assure ourselves as much as we want to, but we will never have complete certitude. Even the richest man in the world does not know what’s going to happen to himself or to his family. To have to live with this uncertainty is part of our life, part of being a human being. This is really hard at times, because there is nothing, we would like more than certitude. I myself have suffered from this uncertainly often enough.

At some stage, it was in 2006, something fell into my lap and it happened to be a very clear feeling:

“Everything is arranged in such a way that I can deal with it.”

This is the best thing that could have happened to me! In place of “I want certainty” I have placed this *trust*, namely “Everything is arranged in such a way...” But I can also not simply pass this on to others. It will eventuate within others some time, actually the moment they are open to it...

But don’t worry! Even if you have not yet got to know this trust, you are in any case loved and invisibly accompanied without ifs and buts, for the sake of your

soul. Because you are an immortal soul and you are expected back in your eternal homeland. Really take this to hearty! Right now, as you are reading this, your guardian angel is surely at your side reading this also. Isn't this a wonderful notion? This being-cared-for!

And you are being looked after. And because you have the good will to do the right thing, you inevitably progress on your soul's journey. It couldn't be any other way and it matters not whether you are a Protestant, a Catholic or a Mennonite. Do not allow anyone to scare you! There are people that can corner you with their quotes from the Bible. Don't take offence, because they do not know what you know now. Remain completely calm. Listen inside of yourself. Your soul is your compass. It guides you so that you cannot fail to find your way back to our past homeland. And besides, you do have your guardian angel. Everything will turn out fine.



And Jesus?

If you had a Christian upbringing, you might ask, where does Jesus fit in in regards to this spiritual knowledge?

Oh yes!

I will tell you to what conclusions I have come in the meantime. Careful, because this also deviates considerably from the usual. I will only tell you the things that seem important in relationship to our questions, very plainly and in rough outlines: This is knowledge that comes “from the other side”.

Jesus noticed our misery, our ungodliness, our darkness, lovelessness and our depravity a long time ago - when he was still in heaven - and he was appalled about what had happened to his once loving and beautiful siblings. And he thought - put in human terms - that: “They need help! They will not find their way back by themselves. They distance themselves ever further. They sink ever deeper into darkness.”

After some lengthy cogitation he knew what he wanted to do. He wanted to incarnate on Earth in order to be very close to his departed siblings and to stand by them. He wanted to become a human being like us and to bring us Love and Truth *as one of us*. He wanted to help us recognise our situation so that we would resume our contact with God and find our way back to Love. This was a huge risk, because nobody knew in advance how he would fare amongst us here on Earth.

If we as souls had not left our homeland such a long time ago, Jesus would have had no reason to expose himself to the incalculable dangers here on Earth!

I love and venerate him with all my heart for having taken this risk on our behalf and for having suffered so much here on Earth. And I am prepared to take his words very serious and to abide by them. The focus of his message was Love - Love for the Father and for people. And this also includes the Love for every living being.

As you know, most rejected him 2000 years ago and they treated him badly, very badly! (We might also have been present there ourselves! This is theoretically possible if we take the idea of reincarnation into consideration.) But in spite of all the resistance, Jesus succeeded in sowing his message of Love

You should not be afraid!
He loves you!
He is your Father and
you are his children!



here on Earth. He was the first to talk about God as our Father. We can thank Jesus for the feeling a lot of people have, namely “He is my Father and I am his child.” We also know through him that God is Love. We only felt fear of God before and the thought of punishment and revenge burdened us.

Do you have a Bible or a New Testament? I know that most of us find the Bible old hat and balk at its ancient writing style. But if you like, you could read three chapters in the Gospel of Matthew (Matthew Chapter 5 - 7) that are called the Sermon on the Mount. Even if one has to assume that not all of it are the words of Jesus - we are dealing with a nearly 2000 years old accounts - you might sense this vision of unconditional love, faith and trust in God that is contained therein, something that has never been expressed in this fashion on Earth before. And what was the price the Son had to pay for coming down to Earth and confront the people here, to expose himself to their derision, contempt and mistreatment!

But Jesus did *not* take away our “sins”, our misdemeanours, as some of the Christian communities have us believe. I hear people say in all seriousness that he took our sins to the Cross and washed them away with his blood. How was he going to do that?

As souls, we once opposed God and his order and left our homeland. This is something Jesus could not reverse. He couldn’t simply turn us back into the innocent children we once were. He couldn’t perform magic and simply change our inner attitudes.

Of what use would it be to us, if our misdemeanours were taken from us, if they were simply erased without us recognising and rueing for them and above all, change ourselves? Jesus could not take over our efforts to change ourselves.

We ourselves must do the work and change ourselves, to change ourselves towards goodness.

The fact is that we are “outside” and the coming of Jesus could not change this. But because he has dwelled and *suffered* on Earth on our behalf, the spell has been broken: Lucifer may no longer (forcefully) retain us in his domain! The doors to our homeland are open to all that would like to go back! This is what we can rightly call *salvation* according to my insights.

Every soul that expresses the wish, like the prodigal son, “I would like to go back” can now do so. The path has been cleared. We can thank the coming of

Jesus for this. The tackiness that often binds mankind to Christmas and Easter does not change the fact that the birth of baby Jesus was and is a milestone for all the souls that strive to go back to their homeland.

I have to once again interrupt here and emphasise: This is the insight that has grown *inside of me* and also in lots of other people. But it does not have to become your attitude! Everybody has the freedom to reach their own conclusions. What I am writing here deviates severely from the usual Christian doctrines, I am naturally aware of this.

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Let's continue: We, as souls are in the same position as the prodigal son: By making a great effort we can return, to develop towards being the way we were before, step by step: pure, innocent, filled with love and perfect.

If we are of good will, I repeat this one more time, we are certainly helped and supported by invisible hands. This is the great blessing that reigns over us. This is the help from God's good spirits, "God's world of spirit" that is positioned around us. The Christian doctrine call this the "Holy Spirit".

I realise that you have probably never heard anyone speak about Jesus in this fashion. You do not have to accept everything that I write here. But at the same time, do not simply reject it. You have the freedom to contemplate and to test it. You might understand my words a little better a few years down the track, as my dear mother always used to say "good things take time".

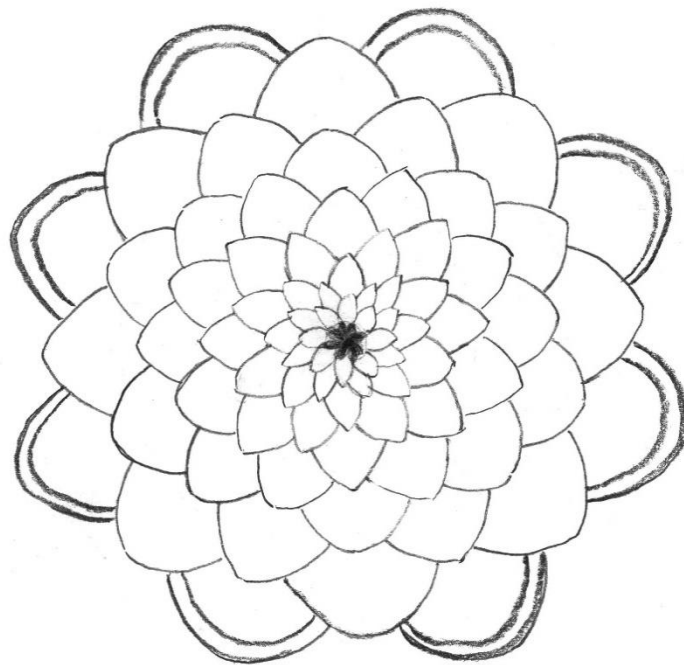
You might ask me now: And what about those that know nothing about this, those that have never heard anything about Jesus?

Don't be concerned. We now know that we repeatedly return to Earth and if we make an effort, our understanding and our insights will become richer in the process. Nobody misses out if they are willing to develop further. Everyone received the spiritual knowledge that they require at this point in time.

And the one or the other Buddhist, Moslem or Hinduist might come across Jesus and his message about the Father-Son relationship during their next incarnation. Who knows?

And what happens to those that are *not* of good will? We once again think about some of the things we come across in the news where we spontaneously say: “My goodness, look at the guilt some people burden themselves with!”

As souls, these people find that their journey takes quite a lot longer. They probably require more incarnations to atone for their actions and this will not happen without additional, painful experiences. This is not such a wonderful image, but according to the law of cause and effect, they will probably have to suffer and to learn a lot in order to finally gain a more loving, more philanthropic inner attitude. They will surely become quite humble one day.



“Outlines of the Truth”

Dear reader, what I am writing about here might read as if I knew everything. This is of course not true. Therefore: And I would like to emphasise this again, my knowledge can only be partial knowledge. Pastor Günther Schwarz talked about this at some stage, namely that we as human beings can always only recognise the *outlines of the truth*.

Therefore, no matter how hard I try with my writing, the things that I can record here can only be outlines. But such outlines of the truth can indeed help us, based on more understanding and recognition, to progress in our endeavour to undertake our journeys in a more quiet, relaxed and confident manner.

Let's look at our opening topic one more time: Somebody close to us suddenly dies, something I recently experienced myself when my nearly blind 93 years old friend died. I was startled, affected and sad, because I knew that he would dearly like to have lived a little longer. But at the same time, I was instantly aware: He naturally lives on. I wonder how he is faring now? He is actually still here, *he only changed sides*. I miss him very much and I regret the fact that I can no longer talk to him and play music with him. When I walk past his room in the nursing home - I realise that he is no longer there...

On the other hand, I don't begrudge him that he could enter a new stage of his life and that everything is better for him. How good must he feel to be able to see clearly again and that to see his wife again! I can send him tender blessing with my thoughts. "Things should be good for you in the world that you are now in! And we will surely see each other again!" I expect that this "letter" will get to him...

"He just switched to the other side." Dear reader, if one can imagine this, one is already better off. The soul naturally lives on! It just switched to the other side! It now lives in the hereafter, it will recuperate, it is fine and it has the opportunity to gain more insights. I can send it my good wishes, my friendly thoughts. And when I switch sides one day after a long life, I will probably immediately recognise the soul of this harmonica player and will be pleased to see how he has recuperated and rejuvenated. And because he was unable to recognise faces during the last eight years of his life, he will see me for the first time and we will be able to talk to each other face to face! I am already looking forward to this!

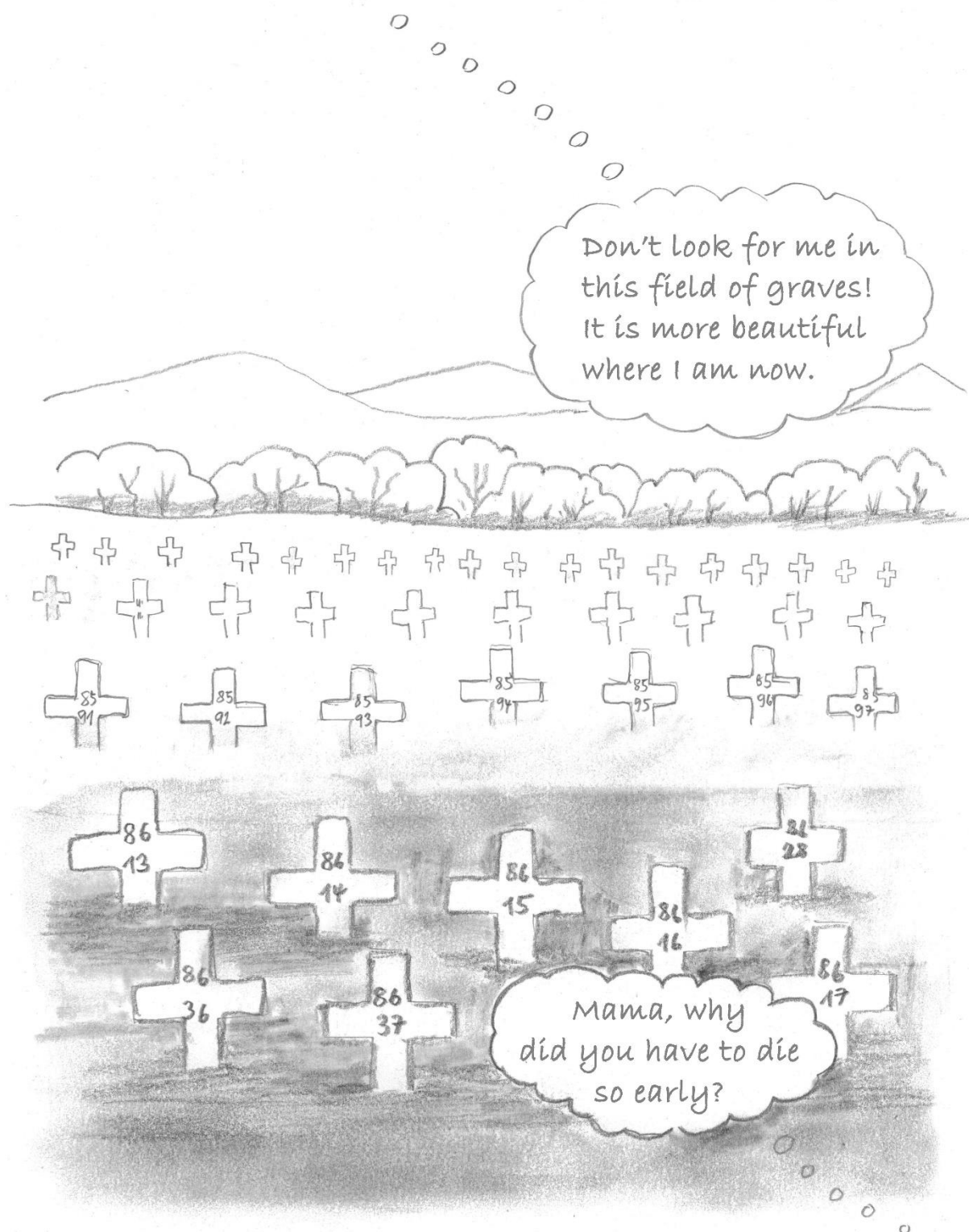
Some time back, I saw Brazilian burial grounds in the news, rough and hastily prepared like a field ready for cultivation, and it was filled with makeshift crosses. All of them victims of the Corona virus. Isn't this a misery? There were four numbers on each cross, nothing more! We don't see the tears of those that are left behind, we don't see their grief and desperation either.

But every cross and every number also tells us: "Do not look for me here! I am already in the other world. I can see you, but you can unfortunately not see me. I have to recuperate now and I have to learn a lot here, namely the things that I could not learn on Earth. Do not grieve too much over me! I am already a lot better. I will return to Earth one day and I will make a new start. And I am sure that we will meet each another again..."

The handsome large and small gravestones here in our beautiful, wooded cemetery in Lübbecke say the same. They say: "You think that you visit your dear departed here. This is well meant, but none of them are here. They have gone up and away to the world of spirit a long time ago. They continue to live and they have their assignment there. You plant the flowers for yourself! And please give the bunches of flowers to someone who still lives on Earth and is in need of some joy and cheering up. Sit on one of the benches and look up to the sky and allow your thoughts to grow wings! You will probably be closer to your dear ones then at the graveside..."

Dear reader, this is spiritual thinking and feeling in my eyes.

Just take as much from this, as you can digest and use! You will only gradually discover the value that my script has for you. Allow the new knowledge to settle down. It only goes step by step. Read some of the chapters again and contemplate them. You will gain a different view of the world after a few years and you then look upon our lives on Earth with more understanding. You will be calmer and more relaxed in spite of all the human dramas and tragedies happening around you. You know that life goes on and on. It is just a coming and going.



BRAZIL 2020

About dealing with oneself

Dear reader, I believe that we have dealt with the essential spiritual themes now and thereby answered the *Why* question. I can however not imagine that you could understand all of it on your first attempt, not to mention accept it and see it as the truth. I certainly don't expect this from you, particularly if you have never dealt with these questions before. As I said before: Understanding and recognition take time. It only goes step by step. Therefore, take from my thoughts the things that are good for you at this time.

But there is something else on my mind, something that has always moved me and something that I would like to get off my chest. It isn't directly connected to the *Why* question, but it is incredibly important. How do we deal with ourselves?

I know of people that do not actually like themselves, that find it difficult to respect and to love themselves. This is not good! This hinders us on the path that we should and want to go. And there is something else I would like to say.

Within our Christian occident, we have been taught for centuries above everything else: Do not take yourself too seriously! Give and serve those around you. Even: Give everything that you have, disown yourself and your needs, like Mother Theresa. Your own welfare is not that important - those around you have priority. And if you cannot be like Mother Theresa, then at least have a guilty conscience!

Do you find this okay? I do not! I find that it is completely over the top.

We should naturally develop ourselves to become emphatic and helpful, really loving and compassionate and above all, also tolerant. These are our most important learning tasks and we deal with them all our life. This is part of being a human being. But the overemphasis of the demand that "only the others are important - serve them" had the result that some people appreciate and respect *themselves* all too little.

Are you familiar with sayings like these?

- "Aren't I stupid! I completely forgot about this!"
- "This silly knee is bothering me again. I can't come with you today."
- "You go ahead. I will never learn this! I am too stupid."

– “He is driving me crazy!”

To be honest, one should not talk about oneself like this, it is damaging.

Have you ever heard anybody say:

– “I like myself the way I am!”

– “I have to take care of myself first.”

– Or: “I am number one.”

– Or: “I am content. I have really done this well!”

Nobody dares to say this, because one would say that they are a vain, conceited egotist.

I also never say this, but I know inside: I always have to take care of myself first. Who will do it, if I don’t do this myself? I like myself and I appreciate myself! I have been keeping my own company for a long time so I know myself.

To think like this adds greatly to my inner and outer thriving. And I do not do everything badly, I actually do a lot of things really well and correctly! I then praise myself and give myself courage.

Therefore, I consciously deal with my well-being. Naturally also the well-being of my body, because I only have the one. I carefully nourish it, attend to it, dress it and take it out into the fresh air. Is this egotism? No, it is simply my self-preservation instinct. This should be normal.

That I grant my body and my soul sufficient sleep and rest is also normal. It would be against the natural order to turn night into day. I cannot ask my body to function trouble-free day after day if I constantly hinder it with my free will and my irrationality.

Do you remember the name Heiner Geissler, the politician, former Jesuit and book author? I actually heard him say on television a few years ago that he thanked his organs every evening for the good work they did. Because he had realised with advancing years that nothing should be taken for granted.



You now roughly know my view of the world and my understanding of the world. Being in possession of this understanding I could never again get real inferiority complexes. I may make mistakes, I may grow older, more clumsy and more unsightly - but as a soul I can shine and be strong and beautiful. As a soul I am precious and the soul is what it is all about. I am precious due to what's inside of me. And I am also immortal into the bargain!

And you are exactly the same! Are you actually aware of this?

This is why you are attentively accompanied, guarded and protected. And so are all of our fellow men.

Once again: As souls, all of us are created equal: Flawless, beautiful and prone to seek perfection. We left our homeland and wandered through many lives on Earth ever since, we developed and we collected experiences and we accomplished good and bad things in the process.

Now, at the present time, we find ourselves in this life on Earth, in this incarnation, a situation we essentially chose ourselves. If you belong amongst the people that cannot respect and love themselves, I would absolutely like to give you courage. You carry perfection inside of you - but it has been spilled. And do you know that you are something special? - You might say: "So what is special about me?"

So, I say to you: You are unique in this whole world. You actually know this. There is nobody that is exactly like you. And there is nobody that, as a soul, has experienced the same that you experienced. All the many incarnations, the numerous experiences that you had in the past! Added to this is the fact that a lot of effort and love has been *invested* in you. You might say: "Why this? Apart from my mother, hardly anyone has ever loved me."

I then say to you: Your guardian angel and other spirit helpers have faithfully looked after you as a human being and as a soul, in this life and also in past lives. They have sent people your way that you had frictions with, but they have also helped you grow. And other people also, people that have helped you to progress. If we consider that we have lived so often on Earth, we can easily imagine that we have probably been rescued from lots of dangers and that we have been imperceptibly *guided* so that we could develop further and further.

Do not look so spellbound at your external image that you might not (no longer) regard as particularly beautiful! It is just your packaging and your

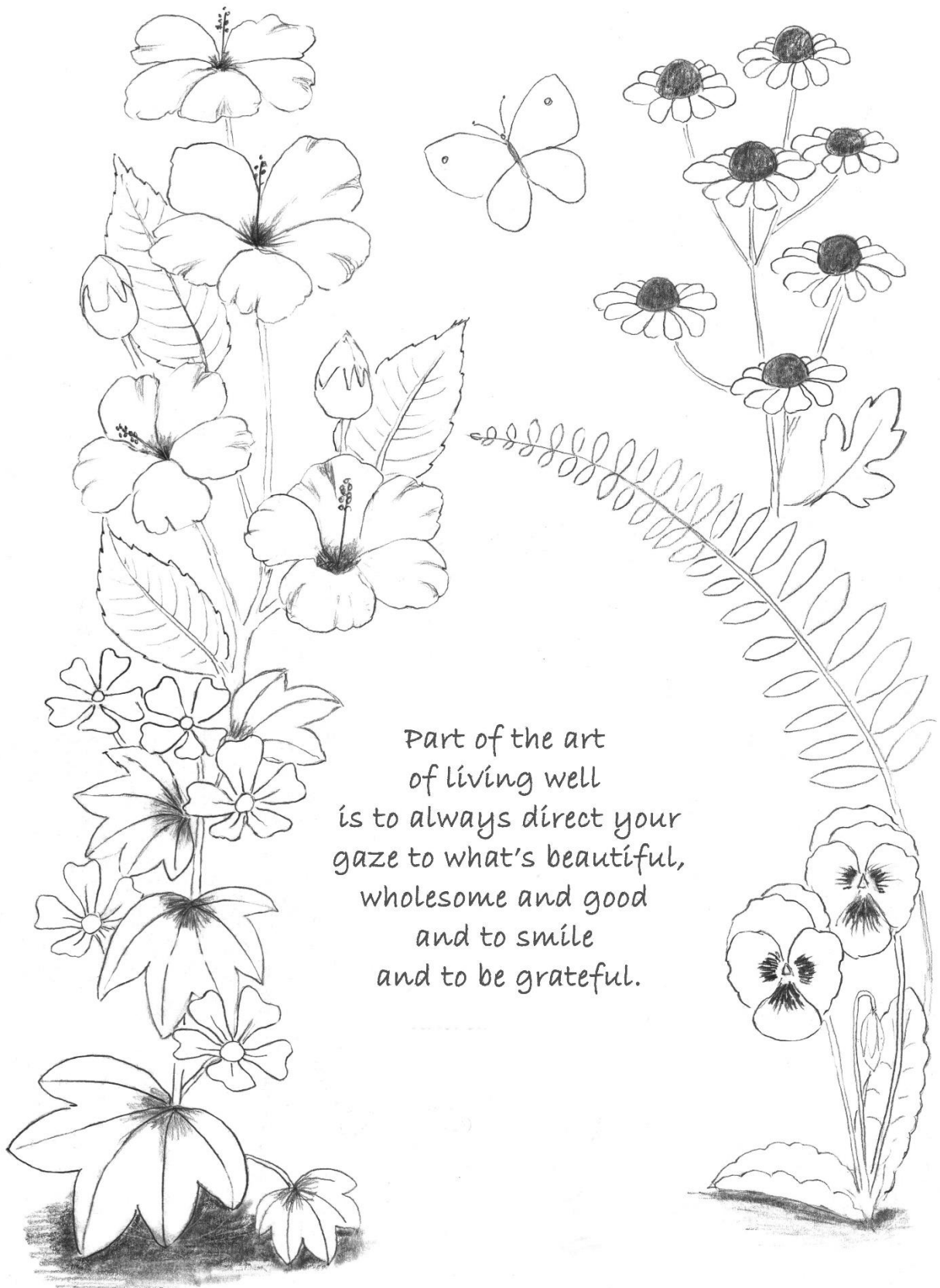
vehicle! Your inner person is what's essential and that is what you must care for and tend to. Smile at yourself, praise yourself and give yourself courage! Life is hard enough as it is.

Only have positive things to say about yourself and your abilities, about your body and your organs. This will give you a lift and it will strengthen you. The situation with me is: Now that I am old, I have made it a habit of only saying good things about my body, about my organs, my eyes and I praise them for the good work that they do. "My dear brave feet, you have been carrying me for many decades!" Is this naïve? If you like! But it feels good and it gives me a good feeling in regards to being a human being.

And remember the blessing of gratefulness! Gratefulness lifts up. Believe me when I say that those that live with the basic attitude of gratefulness live better and easier! You think that you have nothing to be grateful for? Look around! Have a good look! You will then see all the things that you could be grateful for! Do you have water on tap like me? Even warm water? And electricity? Or do you have to carry the ash outside and fetch wood inside so that you can start cooking? Something my generation knows all about?

To find something to be grateful for every day is part of the art of living well! My dear, strong mother mastered this very well, even during the time right after the war as a widow with four children and suffering great poverty.

*



Part of the art
of living well
is to always direct your
gaze to what's beautiful,
wholesome and good
and to smile
and to be grateful.

The value of positive words

I will continue with this theme, even though it has strictly speaking nothing to do with our *Why* question, but rather more with the way we treat ourselves. To correctly deal with oneself is the “art of living well” and certainly beneficial for our spiritual development.

Have you ever come across the word “affirmation”? It is about being careful of what we say and think about ourselves. Because words, even unuttered words (thoughts), can have more of an effect than we give them credit for.

There is a great difference between whether I think: “I hate this job”, or whether I think: “I am really getting better at this job”. The first thought has negative energy and the second positive energy. And both of these energies have an effect on me, on my psyche, my body and my soul.

All that talk about “affirmation” work from within this insight.

What are affirmations? They are short sentences most of the time, one could call them assertions. They express something positive, something rousing. For instance:

“I am full of hope.”

“I trust in my future.”

“I am relaxed.”...

You positively persuade yourself with such phrases, you influence yourself. One could also say that you program yourself. This is possible because words have a special energy when they are thought or expressed with conviction. This is a simple way of helping yourself.

The phrases you express in the process must always express something positive. You speak or think slowly but with conviction, awareness and confidence. Simply try it. How do you feel when you say: “I hate that person.” And how do you feel when you say: “I am genuinely prepared to forgive.”

The fact that you use the words “genuine” and “forgive” is balsam for your soul and even for your body. It allows your life energy to rise considerably. One can actually verify that this is so these days.

In case you want to deal with such affirmations *for yourself*, it is best to proceed as follows: You select a good and positive sentence. You say it calmly, consciously and full of conviction and you visually imagine the result, for instance:

“I am basically a nice person and I am devoted to my fellow men.”

“But wait a moment!” you might say, “this isn’t really correct. I am not really that friendly and my fellow men actually go on my nerves. All I see are mistakes everywhere.”

This is indeed honest, but it doesn’t get you anywhere. What would actually get you somewhere? The good will to change yourself. But to speak this sentence, this assertion, with good will and with conviction will. And this over again, every day. You will gradually become more friendly towards your fellow men and they will no longer seem as abhorrent as before.

Through your own words and your positive imagination, you will change and turn positive and your own health will also improve. And it is quite possible that your stomach and your bile will also soon improve - as an example.

Therefore, if this theme interests you, take a piece of paper and write down your personal affirmations (programming). But be mindful, they must always be positive and they cannot include any negations like: “I *no* longer hate my neighbour!”, but “I tolerate my neighbour” or “I wish my neighbour a good day.”

Then deal with these phrases the way I described it above. You can write yourself a little program of phrases that appeal to you and then repeat them over again, also in your mind.

I myself deal with such phrases. They elevate my sense of well-being, by momentarily dragging myself away from my mundane thoughts and by reinforcing the goodness inside of me. *They bring me into my center.*

I simply give you a few example phrases and you can select the ones that you can use and you can also invent your own.



This house of thoughts - Isn't it furnished very well? - One could live with it. To entertain such thoughts and feelings is part of the art of living well. They possess a bright, positive and life-promoting energy. But now read:

Hatred - *Thoughts of revenge* - Envy - Resentment - Avarice - *Meanness* - Contempt - **Fear** - Malicious glee - Malice - PESSIMISM - Conflict ...

You immediately notice: Such thoughts and feelings drag you down and weaken you. One is aware these days that they can even make you ill...

I have sufficient energy to get through this day.

I am humble. - I am grateful. - I am tolerant.

I trust my body.

I trust that my body, in its wisdom, does everything correct.

I respect myself as one of God's former creatures.

I trust.

I am calm and content. - I am relaxed.

I am basically philanthropic.

I have a feeling for when people or animals need help.

I willingly forgive. - I am always ready to immediately forgive.

I now send all of my love to... (for instance: ... my granddaughter who is presently sitting for an exam; our grandmother in hospital that I cannot visit; the parents next door who just had to bury their daughter; my son who is already in the hereafter...).

I grant everyone their joy and happiness.

I am generous.

I trust in my future.

I am basically of good will.

*

Dear reader, you feel how good it is to read such phrases, because they only contain positivity. Such phrases, repeated over again, can change your life in a positive way. As I said before, they strengthen you and this also health wise.

All tried and trusted words, sayings and texts can make a similar contribution to one's well-being. One should use them assiduously. To sing a song, recite a

poem or read a lovely text - will simply make one feel good and support our precious thoughts and feelings, our joy - confidence - hopes - faith - courage - peacefulness - brotherly love ...

As we have read in this script, we still have a worthwhile goal ahead of us. But the path leading to it is not easy. This is where we can make good use of this “extra” energy and inner support.

To undermine one’s energy is on the other hand quite simple: One only has to allow the evening news to have an effect on us *unfiltered* and to throw in a few reports and videos about catastrophes, wars and Covid-19. All of this will then *subconsciously* work inside of us and we should not be surprised that we sleep so uneasily and wake up in the morning unrefreshed and without real vitality. It is imperative that we avoid too much of this negative information. It isn’t good for us!



Two seriously meant questions

A few days ago, a friend asked me over the telephone: “How can I become perfect? And how can I get closer to God?” She asked this in all seriousness. The reason for both of these questions is probably: Her life is presently very difficult for her, so difficult that the wish to die arises within her again and again, but she would not like to have to be born again.

We had to interrupt our conversation and leave the answer for later. This gave me time to think about it. I could well imagine why she had asked this question about perfection. She must have contemplated in her despair that: If I reach perfection, I will not have to go through such a miserable, difficult life on Earth again.

“How do I gain perfection?” What answer can I give her? What answer would you give to such a question?

I contemplated this. This question actually concerns all of us, even if we are presently not experiencing such a serious crisis as my friend.

I mean: If we want to reach perfection, we would actually have to start *with our thoughts*. Because everything else depends on our thoughts: What we say, what we do or omit to do and also our feelings somewhere down the track. The way we deal with ourself and with our fellow men also depends on it. Thoughts come first and feelings follow later. This is a really important theme. An example:

When I start with myself - I sometimes catch myself wondering about other people. And if I am honest, I have to say: I am very quick to evaluate or sometimes even assess and criticise others. Such thoughts can linger completely uncontrolled for some time whilst I look after my household. Why do I do this? Do I really imagine that I know this or the other better?

Such nonsense! Such thoughts are nothing but mental environmental pollution!

Dear reader, do you have such thoughts? And? Do they help anyone? Naturally not! They improve nothing! They are simply negative everyday thoughts and they *could* poison my feelings towards my fellow human beings and they can also drag me down - ergo a complete waste of time! And besides, how embarrassing! Because my thoughts and my feelings are always observed - namely be the world of spirit. My invisible friends there must surely shake their heads in disbelief!

In regards to the theme of evaluating: Sometimes, when I feel an urge to evaluate and criticise within me, I sense a blessing against it (for a youth, for the neighbour or a politician):

“Bless you and walk your path in peace!”

This does at least show my good will. I also say this internally when I meet somebody who is obviously in a bad way and who drags himself arduously through life. I thereby place something positive into the world and this is something everyone can do.

When I internally balk at the behaviour of a fellow man, it sometimes helps me to think: I surely cannot resent a child for being a child. I can also not resent an immature person for still being immature. This person is on the way, *its* way, as is everyone of us. The way I respect a child in its wonderful childishness, I also respect the immature fellow man in his present stage of being human.

*

We ourselves must make sure that our house of thoughts and feelings becomes and remains clean. We already know the things that we should not have inside of it: Naturally no hatred, no envy, no jealousy and no greed - we naturally don't want any of these things. But also: Worrying, avarice, contentiousness, assess and condemn others etc.

But we also know what we like to have in our house of thoughts and feelings: First and foremost, love, joy and gratefulness, but also friendliness and goodwill towards other people, animals and the whole wonderful nature.

To do this, we have to go within ourselves at times, remain still and check ourselves. To charge ourselves with a really positive good will and with good thoughts. Because our thoughts and feelings, they represent *invisible energies*, are

forces that emanate from us and from our fellow human beings like a haze. Does this haze have beautiful, friendly colours or is it grey or even black?

Everything depends on our thoughts.

With our well-intended and philanthropic thoughts and feelings we release positive energies into the world. We thereby provide a service to our whole environment and even our planet Earth.

*

And now to the other question of my friend: “How can I get closer to God?” This question can only be asked by someone who believes in God, which ever way, and who would like to go to “Heaven”. Back to this land where they once were as a soul, something they carry a subconscious memory of and where they would like to return. It is said that every soul has this memory within itself and with it, this certain yearning for the eternal homeland.

There are those that say that we are in any case never separated from God, whether we believe in him or not. That we would not be viable without the power that flows from him that penetrates through and encompasses everything. I also see it that way.

“Perfection?” Is there actually a reason for us to strive for perfection? We are indeed a long way from it! Words from Jesus’s Sermon on the Mount spring to mind: “You should therefore be perfect the way your Father in heaven is perfect.” (Matthew 5: 43-48) This conjures up the following thoughts in me:

When a child has a father who is really admirably good and charitable and when it loves him above everything else, the child will say to itself: I want to be just like him one day! It will then constantly observe and take notice of how its father behaves.

And our Father in heaven Jesus talked about is, above everything else, a caring Father. (He is not the God of revenge and punishment the way the Old Testament describes him over again!) He does not distinguish between good and evil people. He loves them all. He allows the sun to rise over all of them and the rain to fall on them all. This means that he gives his love and bestows his blessings and the will to thrive *on everyone*. This is a part of his perfection. He completely disregards badness. **He loves.**

And this is how we should turn out said Jesus.

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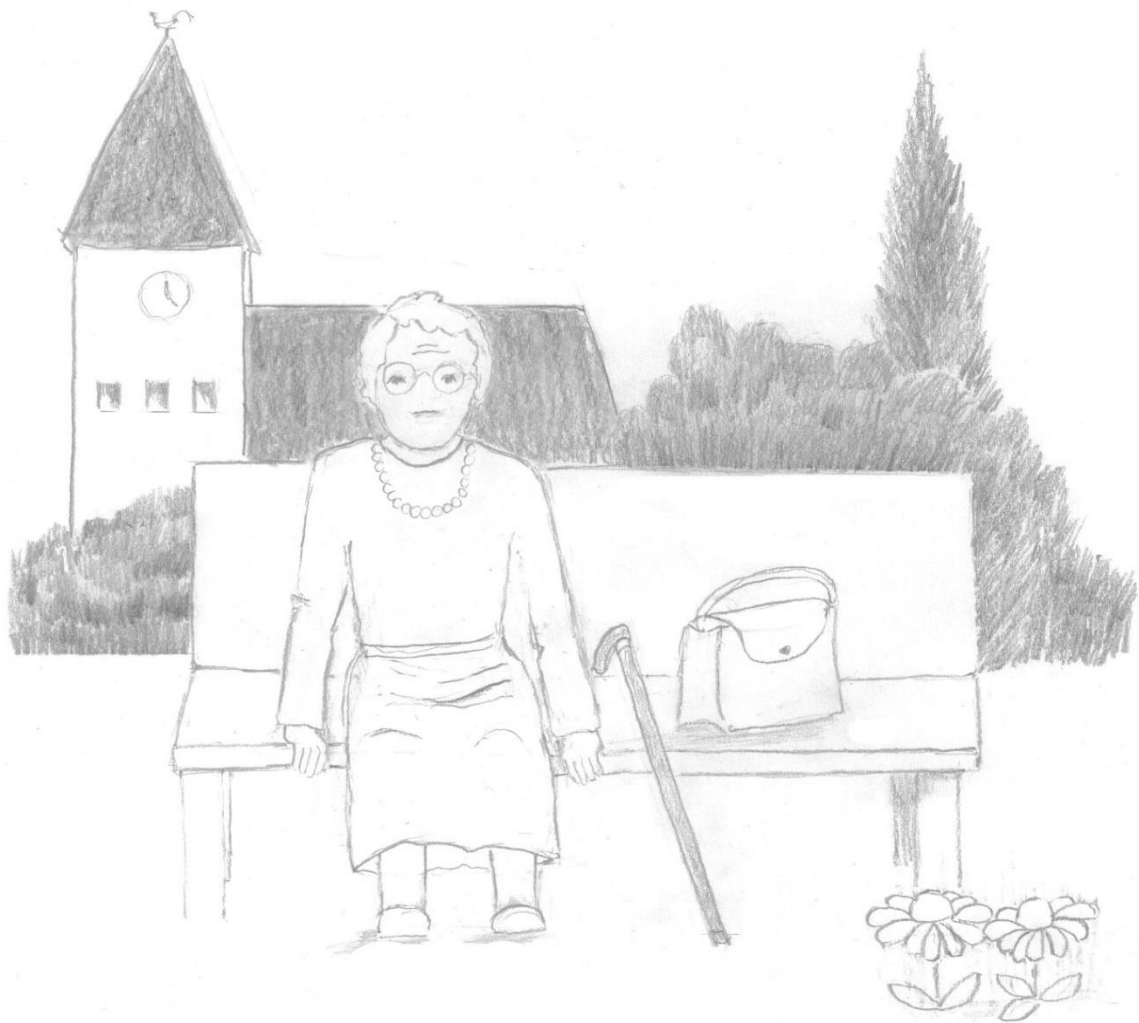
But what do I say to my friend? I might ask her: “What do you feel when you think about God?” And she might say what she said before: “To be honest, I am at a loss. I have never done anything evil in all my life. How can he ask me to live such a life with so many misfortunes, worries and humiliations?”

I can certainly understand what she means seeing her battle with such a difficult life. But there is something else: You noticed that she does indeed believe in reincarnation, but she has not yet correctly understood the concept of this theme. She apparently thinks that her present suffering and the suffering of the last few years comes directly from God, but this is naturally not the case. The saying “God has given him or her a heavy cross to bear” is a widespread belief.

So that she can understand a little more, I would explain the *law of sowing and harvesting* to my friend and that her present life must not necessarily be the result of the way she behaved in *her present life*, in this incarnation. I would remind her that she has already lived a number of lives and that she decided to fulfill certain tasks and maybe atone for something, before she entered this life. But who thinks about something like this?

I would also try to comfort her by saying that God loves her and his angel accompany her in spite of her difficult life. I would say that she could see this by the way things have at times unexpectedly resolved themselves during her life, something that would in turn represent some help and alleviation for her. She will probably admit this and calm down a little.

I will then probably introduce her to a completely different thought. I will say: “Look at this from a different point of view, from God’s point of view! How does a father feel when his children separate from him and run away from him in droves? (I am thinking of the original Fall from Grace and the prodigal son.) He endowed all of them with the wonderful free will.



I am also more than flesh and blood.
You might think "Cemetery vegetables".
The cemetery doesn't interest me whatsoever.
I was born a few years before you and my
body will soon be spent.

So what?

Myself, I will naturally live on, on and on.
I still have so many lives ahead of me,
something you have no inkling of!

And he had to observe for a long, long time how his children turned loveless and malicious, how they inflict so much suffering on one another, how they destroy arduously constructed things and even kill one another.” I am looking forward to finding out what kind of conversation will develop between us from this.

Dear reader, you can see that it is a long path and we require a lot of time until we finally and only approximately understand the whole major coherences. Not until we comprehend the meaning of our life and can answer this *all-important Why* question. We may therefore never tire of gaining more understanding and more insights. It only goes step by step. We are still far from being done with it, but our endeavours are worthwhile in any case!



Suggested books and videos

Of the many books that deal with “our theme” I have naturally only read a small section of. And from these I only list a few here. All of them have their pluses and their minuses, that is quite normal. But all of them are suitable to expand and to solidify our understanding about life after death and reincarnation. So, for instance the following children’s book:

Sabrina Fox: „Der klitzekleine Engel hilft beim Abschied“

(Translated Title “The tiny Angel helps saying goodbye”, The book is not available in English)

A black tomcat lives for many years with a family, father, mother and little daughter, and he is now very old and eventually stops eating. One has to assume that he will soon die. A tiny angel is sent to help so that saying goodbye will be easier.

This book contains a number of very beautiful images that I find helpful and applicable to give a child its first understanding of what dying is all about. How the tomcat continues to live after its demise is wonderful to observe. I also like the text.

Francisco Candido Xavier “Message from a Teen in the Spirit World”
Dictated by the spirit entity Neio Lucio.

I have already written about the origin of this book in the chapter “A letter from the Hereafter”. I feel that it is suitable for more mature children, particularly then, when the situation arises within the surrounding or the family when the theme of death is discussed. It is a thin publication with drawings and it is easy to read.

Joy Snell “The Ministry of Angels – Here and Beyond”

Experiences of a nurse at the bedside of the sick and the terminal ill.

I have read this inexpensive booklet at least five times. It was written over one hundred years ago but one can still obtain it just like that. This is astonishing. I find that it has been written honestly and humbly. It is a simple read up to the last ten pages, but the last pages somewhat overtax our power of imagination.

I wrote a little more about this booklet in the chapter “When somebody leaves us”.

Besides her observations during her work, Joy Snell also writes about what she saw and experienced during her “journeys” to the world of spirit. Because she was often granted the privilege of being collected on a soul level at night by angelic beings and allowed to look into the “other world”. The things that she saw there and conveyed to her readers still touches me deeply over again.

Penny Sartori - “The Wisdom of Near-Death Experiences How Understanding NDE’s Can Help Us Live More Fully”

This book is the PhD thesis of an English nurse. She talked to hundreds of terminally ill patients about their near-death experiences and she is the leading near-death expert in Britain.

Penny Sartori particularly directs her attention to the *effects* near-death experiences had on people and how this radical experience changed their attitude to life and often the rest of their whole life. This book is comprehensive and somewhat exacting to read.

Considerably more tangible are, according to my opinion, the numerous interviews one can see and listen to on the internet. There are apparently lots of people that are keen to tell their fellow men about their experiences when they were clinically dead. Enter in Google:

Near-death experiences YouTube and somebody will tell you instantly about what they experienced during the minutes between life and death.

Paul Meek „Der Himmel ist nur einen Schritt entfernt“

(Translated Title “Heaven is only one step away”, The book is not available in English)

I have already extensively dealt with Paul Meek in the chapter “A boy from Wales”. This here is his first book and it is followed by three more. Paul Meek narrates about his childhood and the discovery and development of his psychic gift. He also gives us a detailed account of what is being taught at the British “Spiritualistic Church”. Some of it is a little unusual, but one can easily follow what this humorous and humble man has to say in spite of this. If one wants to see him, one only has to Google:



When BABIES or LITTLE CHILDREN die, it can be a case where only a short life was allocated in the first place. They are being taken care of in otherworldly children's homes, lovingly looked after, nursed and also reared. They also go to school. Or they are incarnated into a new family after a very short period of time, sometimes into the same family as before.

Paul Meek YouTube, and one can then experience him at work as a medium with a group of people or listen to one of his interviews.

Beatrice Brunner “Life after Life - A Selection of Individual Experiences in the Beyond”

This little booklet originated in the Geistige Loge Zürich. The Geistige Loge Zürich calls itself a *Christian Community*. Its focal point between 1948 and 1983 was the very capable medium *Beatrice Brunner*, through which two teachers from the world of spirit announced themselves. At times, deceased human beings also talked about what they experienced after their demise. This book has been composed from twelve such reports. So, for instance:

“My name is Katrin. I died with my little daughter in a car accident and I now report from the world of spirit about life after death...”

Most of what's in this book is easy to read.

Estelle Stead “The Blue Island: Experiences of a New Arrival Beyond the Veil”

This is the book that came into being in 1912 after the sinking of the “Titanic”. The journalist T. W. Stead, who lost his life during the sinking, transmitted it after his transition to the hereafter to his psychically gifted daughter Estelle.

He *doesn't* report about the events during the sinking of the luxury liner (many reports exist about this and at least one movie), he rather writes about what happened to him and a lot of other deceased immediately after his death, his observations and experiences after and the conclusions he was able to come to. This paperback is relatively easy to read.

Beat Imhof “Wie auf Erden so im Himmel. Wie das Leben als Mensch das Leben im Jenseits bestimmt”

The Swiss psychologist Beat Imhof (born 1929) says about himself in a video that he had been searching for and researched the theme of “dying” and “what

happens after” all his life. He summarised and underpinned the results of his research in this bulky volume with a myriad of citations, documents and a bibliography. We are dealing with a scientific work and it is at times not quite that easy to read.

In the first part of his book “Die andere Wirklichkeit” he writes extensively about philosophical, psychological, theological and historical questions in regards to dying and what we can expect after.

He calls the second part “Ausblick ins Jenseits” and he very clearly writes - something that is probably the more important part for most of us - just how far “research into the hereafter” has progressed, ergo what one can say these days about dying and about life in the hereafter.

I really like to listen to this old man, the way he speaks about his insights: Calmly, deliberately but forcefully. I get the impression that he wants to utilise the time he has left to perform an important service for his fellow men. This is why he published a series of books in spite of his advanced years and there is something about them. You can see and hear him on the internet under: *Beat Imhof YouTube*.

Francisco Candido Xavier “Nosso Lar. Life in the Spirit World”
A description of our future life by the spirit entity André Luiz.

This book came into being the same way “Message from a Teen in the Spirit World” did. It has come about psychically through the Brazilian writing medium Xavier. It was published in Brazil in 1944 and in its German translation in 2008.

The author here is the former Brazilian doctor André Luiz. Via the medium Xavier, he writes from the hereafter about what happened to him after his demise.

He confesses that he had been very careless about his health during his time on Earth and that he had also led a loveless, godless and egotistical life. When he died during an operation, he found himself in a dark, boggy, terrifying environment amongst people and monsters that were even worse than himself and they caused him fear and horror. This is when he remembered the lovely family that he had left behind and how thoughtless and superficial he had lived.



A near-death experience: A senior citizen reports that she was clinically dead after a stroke in 2002 and that going through this "tunnel", she came into the light ("It was so beautiful there!") and that her deceased mother had sent her back.

André had to remain in this darkness for a long time before he was finally fetched by bright and loving beings and taken to a bright, clean and well-ordered world. It is the spiritual settlement called “Nosso Lar”, “Our home” in English.

This is where he experiences thoughtful support and healing, learns to become humble and to fit in with the order that reigns there.

In this book, Nosso Lar is an “astral” city near Earth (ethereal and not physical) that receives, consoles, looks after and provides for souls (released from Earth through their death) and helps them gain the first perceptions. - André recuperates somewhere along the line and he goes through important but also painful learning processes and is soon allowed to make himself useful, even work as a doctor later on.

From this book one can gather that things in such a *near-earth* sphere run along in a similar fashion as the ideal situation here on Earth should be: The coexistence has its order, one assiduously works, one helps one another with consideration and one gives one’s supports with lots of love and patience. One serves one another, shows consideration for each other and one has the wellbeing of everyone there on one’s mind.

A movie developed from this book can be purchased in DVD form. Or one can Google “Astral City YouTube” on the net for free, it is however interrupted by commercials. Don’t get scared! The beginning of the movie, the first five minutes, are somewhat scary, a little exaggerated I find. But the knowledge and the living in the hereafter portrayed in this movie can really adopt form. I was certainly impressed by it.

K. O. Schmidt ”Kehret wieder, Menschenkinder”, Reincarnation and karma from a Christian point of view. (This book is not available in English)

K. O. Schmidt (1904 - 1977) was a very successful author and life adviser. In this little booklet he explains, at times “textbook-like”, how understanding reincarnation can help us progress. The story of the little Burmese also stems from this booklet.

Ian Stevenson “European Cases of Reincarnation Type.”

Ian Stevenson (1918 - 2007) was a Canadian psychiatrist and he is regarded as a co-founder of reincarnation research. In his comprehensive book he documents cases wherein the reincarnation of some people can be clearly verified. And he wrote about cases where the idea of reincarnation was at least a possibility. His examinations were often lengthy, always very thorough and always endeavoured to find the truth.

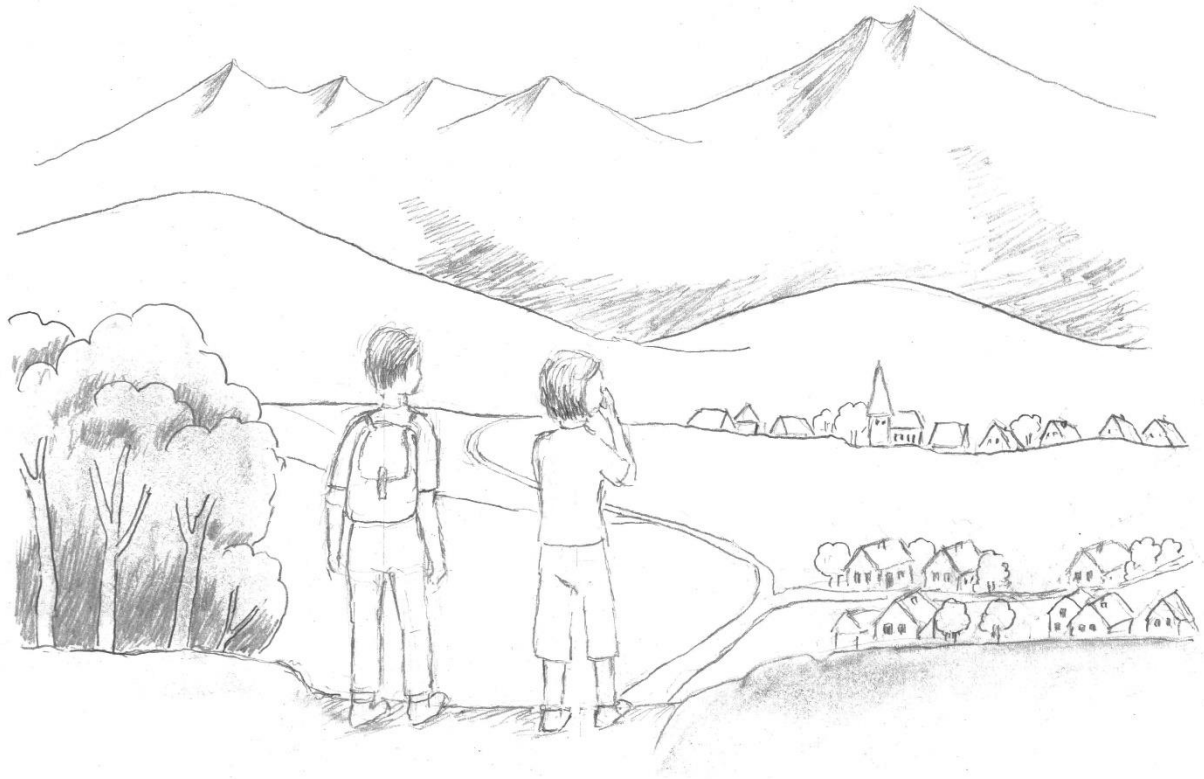
This book is very interesting, but due to its size, can also be tedious.

Wayne W. Dyer “Memories of Heaven”

Wayne Dyer (1940 - 2015) was a psychologist and a successful American self-help author and speaker. He was the father of eight children. He was fascinated by children, particular when they were still small. When they were young, he listened to them with devotion. He had listened to them carefully and came to the conclusion that they knew more than we adults: They still know thing from before *they were born*. When they were still “in Heaven”.

He also discovered that some *little* children could suddenly talk about it, as if the veil of oblivion lifted for a moment and they were able to see where they come from clearly. The parents couldn’t always do anything with this, because they could not imagine a life *before they were born*. But Wayne Dyer could clearly see from the statements made by the children that there must be more than just this one short life.

He must have mentioned this during his lectures, because he received thousands of letters from all over the world dealing with this theme. Parents wrote to him about their observations and experiences with their children and this book eventually developed from these letters. It is easy to read. I find it is a good book and it can certainly make a contribution towards making the idea of reincarnation more objective for us.



"Oh God, there is my village, Thomas!
This is where I lived! All of it looks so familiar to me!
As if I was coming home.
There! There was my home, Thomas!
Behind it flows the creek, the Enns. How often have I rinsed my washing in it!
And I was married in the Church up there..."

What this woman experiences here is a "Deja-vu" experience (from French for "already seen"). One comes to a region one knows from a past life.

Beat Imhof “Warum wir mehr als einmal auf Erden leben” The maturing of the soul through reincarnation. (This book is not available in English)

Beat Imhof holds the opinion that the important questions of our existence cannot be answered if one ignores the idea of reincarnation. And this is why he published a book with the theme of rebirth - reincarnation when he was 91 years old! As with all his books that I am familiar with, he is very comprehensive and approaches the history, philosophy, theology and literature with his usual thoroughness by providing a plethora of citations and evidence. This book can only be recommended to readers that are patient and prepared to take the time to learn more about reincarnation.

Jenny Cockell “Past Lives Eternal”

This book by an English woman contains a really special reincarnation story. I have been able to listen to Jenny Cockell on a video in the internet.

She was born in 1953 and she tells us that she had vivid memories of a past life in Ireland as a “Mary” from when she was a child. She said that she had always drawn street maps of the village that she believed she had lived in. She clearly experienced the joys and sorrows of this Mary and finally reached the conclusion that she must have been this woman, married to an alcoholic and the mother of eight children, and that she had died in hospital from the consequences of giving birth to the eighth child. She always felt the anguish of having to leave her children behind.

In 1989, when she was 35 years old, the wish to get to the bottom of this grew stronger and stronger and this included seeing the children from that time again. She procured maps of Ireland and eventually found “her village”, its name was Malahide. It actually had the same layout as on the drawings that she had made during her childhood.

She eventually travelled to Ireland, arrived at the village and immediately recognised it again. To find her home was easy, but it was completely in ruins. She was told that it had been occupied by a family by the name of Sutton. Church records showed: Yes, a Mary Sutton had died after giving birth to her

eighth child. The children were then accommodated in various hostels and placed with families.

She managed to get in contact via telephone with her “former oldest son”, who was now an old man. He had been 13 years old when his mother died. They could indeed entertain a conversation and through further telephone conversations, managed to exchange shared memories from “that time”. One would start with talking about a specific event and the other could finish the story. This convinced Sonny, the son of Mary, very quickly that this 35 years old woman had indeed been his deceased mother.

A search found another four of the eight siblings, three of them had already died. The siblings had not seen one another since the death of their mother in 1933 and had to get reacquainted over again as old people. Only Sonny, the oldest, could very quickly accept that he was dealing with reincarnation and with his reborn mother. The other seemed to have had a more difficult time with it.

You will find the interview that I am talking about here when you Google: *Jenny Cockell YouTube*.

In order to read about it, one has to type:
Reincarnation of Jenny Cockell.

Dear reader, you might ask yourself now why on earth are there people that can so accurately remember a past life? What is it all in aid of?

I know of only one answer: So that you comprehend that life continues on and on and above everything else, so that you tell it to your fellow men. So that the knowledge about reincarnation is spread amongst people. They are to pass it on to others so that it promotes the insight that we are no “mayflies”. So that we begin to see ourself and our fellow men within the important coherence of *many lives on Earth*.

And so that we do not constantly and narrow-mindedly only see our current state of mind and our belongings and possessions. We must learn to look further afield, because we have a past that reaches way back and we have an infinite future ahead of us.

I remember some very good words from the author Beat Imhof (from an interview, analogically):

**We are citizens of the world of spirit.
We live here on Earth
with a limited residency permit.
When our time is up, we go back to our homeland.**

Dear reader, I find that this is a really good notion. To feel as a *citizen of the world of spirit* - here on Earth for a short time - pleases me.

It reminds me of someone who had visited us two thousand years ago and said:

“My realm is not from this world...”

It was Jesus and even though he was human, he never pursued any *mundane* goals and aspirations.

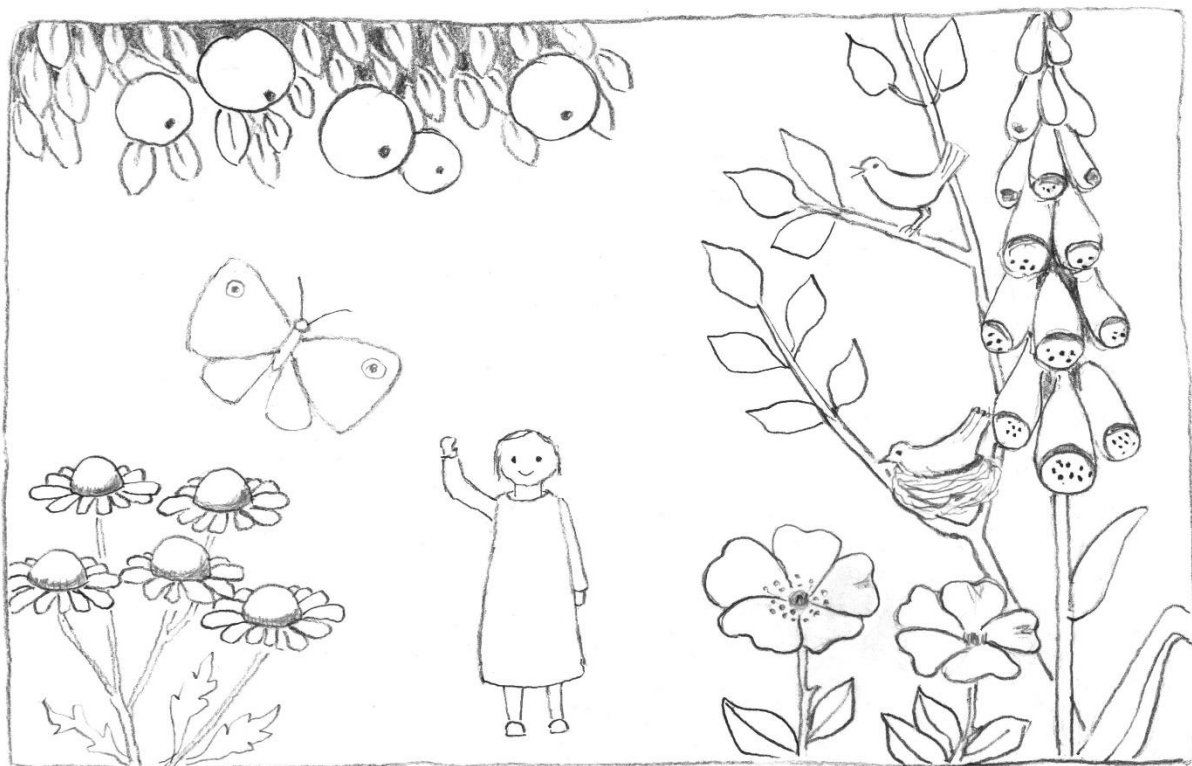
If we can keep this in mind once in a while: We are here for a limited time only and our actual home is “up there” in the world of spirit, we can deal with climate change, the pandemic, catastrophes and all the others things that personally affect us somewhat more relaxed.

*

I now say goodbye to you, dear reader. May all the things that you heard from me here benefit you, but also the things that you could not understand or were willing to accept.

You can call me if you like. I would be happy if you did. You will find my telephone number on the last page.

Erdmutter Tannhäuser



Epilogue:

Dear reader, my writing was at times a really difficult job for me. But I have now completed it. I am far from feeling proud about it, but I am pleased and very grateful and this for a number of reasons: I have a number of dear friends around me that encouraged my writing for month, particularly when I was racked with self-doubt. They constantly gave me faithful advice and helped me.

Besides: I am sure that invisible help was often present near me. You can now understand how I mean this - they were my spirit friends. They inspired and supported me when I came to a stop. Therefore, what you now hold in your hands, or read from a screen, stems from team work and my contribution was my good will and my love.

Something that was extremely helpful was the fact that I had the opportunity to learn stenography when I was young. I still find it easiest and more fluent to express myself through stenography. All of my drafts were penned in stenography first and this was a wonderful relief in regards to my writing this. I end my epilogue with a blessing - in stenography.

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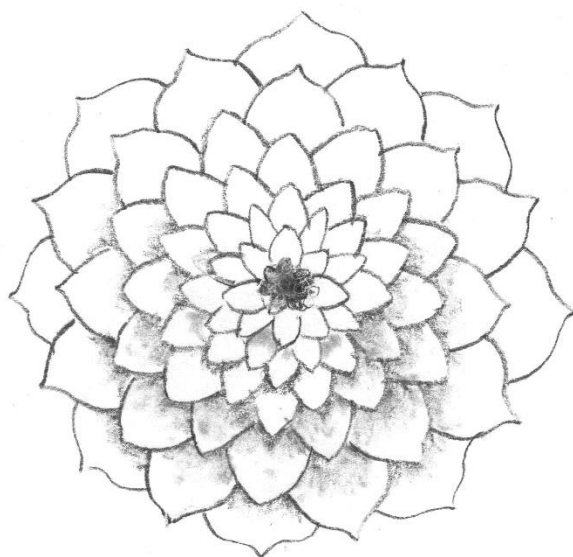
22. a, 2d, e, f, g, h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w, x, y, z!

22. The subject! 22. a. 22

in, c. p. 2nd q. 2 b. v. - g. d. d.

$$x^2 \sim -\frac{1}{2} \eta - \frac{1}{2} \nu \sim !$$

n *U* *e* *o* *y*! *n*.



My friend tells me that she thinks that it isn't fair to my readers to close my scripts with such a "cryptograph". I will therefore translate it into normal script:

Oh Lord, I had the strength to complete this work. I thank you for it and I thank those from your world that have helped me! May my words find their way to my brothers and sisters to give them more understanding and hope during times like these! Bless each individual that comes across my words and reads them! May they have the help from your realm at their side! May they open up to the unusual! May they take from this what they need at this point in time in order to gradually overcome their insecurities, fears and doubts. Please give your blessing!

Amen.



"She is leaving now, Tina. will she never return?"

"She will, Tim, she will certainly return. She only went to sleep."

"Well, this is okay then."

"But Tim, the time has come, we must go home."

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