

The Holmes Research Team

**AS WE SEE IT
FROM HERE**



AS WE SEE IT FROM HERE

**Dr. Jesse Herman Holmes
and
The Holmes Research Team**



**Life's Energy Fields
Vol. IV of a Series**

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**Vol. I From SEANCE to SCIENCE (England)
From ENIGMA to SCIENCE (USA)**

Vol. II Healers and the Healing Process

Vol. III After We Die, What Then?

Vol. V Collapse and Comeback

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Dr. Jesse Herman Holmes
(1864—1942)

(From an oil painting presented by his
students to Swarthmore College)

Special note to the reader:

This book can be read with profit by any open-minded reader. However, it will have far greater significance if the reader is fully familiar with the material presented in the preceding volume in this series—

Vol. III—AFTER WE DIE, WHAT THEN?

DEDICATION
(As dictated by Dr. Holmes)

We dedicate this book to our beloved friend, George W. Meek, and his associates: Lillian Scott, Paul Jones, Hans Heckmann, Riley Brown, and Will Cerney, and to our own beloved friend and Associate in Spirit, Melvin Sutley, with feelings of deep friendship and overflowing love from Spirit toward all those who make this book possible.

We thank also one whose experience and kindness make it possible for us to use her voice to communicate these words of teaching from our dimension to yours.

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WHO'S WHO

(The Persons—Living and Dead—who Created this Book)

Dr. Jesse Herman Holmes—
Dictated the Dedication, Preface and Chapters 1
through 15
Eugene Field—
Dictated Chapter 16
Sarah Gran—
Telepathic Channel and Transcriber of Several
Chapters
Hans Heckmann—
Fellow Researcher, General Editor
John Paul Jones—
Fellow Researcher, Co-author of Chapter 1
Lillian Scott—
Fellow Researcher, Transcriber of Several Chapters
George W. Meek—
Co-author of Chapter 1. Conductor of the seven
transmission sessions in the Metascience research
laboratory. Editor and publisher of the series LIFE'S
ENERGY FIELDS

The following personalities—and many others—are
members of a team of authors, artists, composers, poets
and religious leaders now very much alive in the worlds of
Spirit. For the purpose of this book Dr. Holmes acted as
their spokesman.

F. Scott Fitzgerald (1896–1940)
Kathleen Norris (1880–1976)
Eugene Field (1850–1895)
Rufus Jones (1863–1948)
Mary Roberts Rhinehart (?–1958)
Dorothy Parker (1893–1967)
Alan Seeger (1888–1916)
Edgar Rice Burroughs (1875–1950)

STRANGER THAN FICTION!

*Why, When, Where and by Whom this Book
was Brought into Existence*

George Meek and Paul Jones

Thomas A. Edison, Guglielmo Marconi and Nikola Tesla, three of the world's great inventors, had an unusual goal in common. Each tried to invent a device which would permit conversation between the living and the "dead." Having arrived at the conviction that death was just a doorway which the individual's mind and soul passed through before continuing life in another realm, it seemed logical that it would be possible to fabricate an instrumental method of conversing between the different dimensions of life. Not having the electronic technology of today, none of the three is known to have succeeded in accomplishing his objective.

But is it only in earth life that such innovative minds have contemplated direct interplane communication? Could it be that the "dead"—those living in other realms—would like to talk to us who are presently "alive" on our planet Earth?

It seems that the answer is a resounding "YES!" And it is because of just such an interest on the part of a "dead" scientist that this book has come into being. Here is the story:

Dr. Francis G. Swann, English-born cosmic ray scientist and former professor of physics at the Universities of Yale, Minnesota, Chicago, and Swarthmore, was a close friend of Melvin Sutley, a fellow Quaker, Administrator of Wills Eye Hospital, and one of the founders of Spiritual Frontiers Fellowship. Sutley recalls conversations with Dr. Swann in which he gave his thoughts on "interspersed planes of existence," and referred to "the almost infinitesimal amount of material that makes up what we think of as *solid matter*." Thus, Dr. Swann theorized, "the chances of two dimensions colliding would be about as little as two mosquitoes colliding in Grand Central Station."

Dr. Swann died in 1962. Ten years later, with Swann operating in another plane of existence and Melvin Sutley acting as an intermediary, plans were made to bring minds in

two dimensions together for a research project such as those of Edison, Marconi, and Tesla, mentioned above. This is where Paul Jones came into the picture.

Jones, a physicist, electronic engineer, manufacturer of electronic devices and inventor with over one hundred patents, had been collaborating for some time with Hans Heckmann and me in pursuing all manner of metaphysical phenomenon—with particular interest in the work that had been done by Thomas A. Edison on electronic interplane communication. Jones, when he first contacted Melvin Sutley, thought that he was searching for technical guidance and protective control from the "other side," for conducting communication experiments.

Meanwhile, over two years before this contact, Dr. Swann, communicating through a mediumistic person, had told Melvin Sutley that an electronic engineer *would come to him*—a person with whom Dr. Swann and his group could collaborate on electronic communication. (This electronic communication endeavor will be the subject of a later publication.)

Here is Jones' own account of the first contacts he had with Dr. Swann and with Dr. Jesse Holmes, whose book, in effect, this came to be:

It is difficult now to separate the actions that I took in my search for knowledge in the field of mediumship, and the actions that happened by chance meetings, discovery of relative material, etc. When fully played out, these were to become a model of how our material plane and the higher mental planes of existence can be linked together through inspirational thoughts; provided there is the willingness of a person to cooperate as an instrument or channel for such inspirational "impingements."

Our first contacts with Dr. Swann and Dr. Holmes happened during a period in which my personal search had centered on questions such as: "How do we know when we are being creative or when we are simply channeling ideas that are impinged upon us?" "How does one become a willing channel for outside thoughts, but remain in conscious control?"

In one of the first meetings at Melvin Sutley's home, when Dr. Holmes spoke through Melvin's medium friend, Holmes said to me, "I will show you how inspirational guidance works. Also, if you are looking for evidential material, I will give you all you need. Pursue the following facts: My first name is Jesse, although my intimates would refer to me as 'Ducky.' Few people knew that my major was not actually in philosophy but in chemistry, and that I took my courses at Johns Hopkins University. There was a painting made of me, with a cape, while holding a book. This painting was recently moved from its original place at Swarthmore College to another building."

Several week later a series of "coincidences" occurred. An evening appointment was cancelled—I had the strong thought that this would be a good evening to drive to the Swarthmore College Library—my wife called to say she would not be home to make dinner—I decided I was not hungry anyway, so I should start the long trip immediately. When I left the office I went back to get my Polaroid camera, but I did not know why.

When I arrived at the Swarthmore College Library, I immediately found that the librarian had known Jesse Holmes. She showed me the card file of his published papers, and described his cavalier mannerisms on campus—how he went "swishing about with his cape", how he admired the ladies, how he would get involved in political races as an outside runner in order to dig up and debate critical issues.

When the library closed at 10:00, the campus was quite dark. I did not think it unusual that I should walk back to my car to get my Polaroid camera and strike out across the campus to a particular building which "might contain Dr. Holmes' picture."

The moment I opened the door to Parish Hall, I could see, through two doorways and a side room, a large picture of a white-haired man with a small goatee, black cape and book in hand. I immediately knew it was Jesse Holmes!

As I readied my camera to take a photograph of the picture, a resident professor walked up and said, "I see you are taking a picture of 'Ducky'."* I asked, "How did you know that his nickname was Ducky? Not many people knew that, or that he went to. . . ." (He then finished my sentence for me) "Johns Hopkins University and majored in chemistry."

All of the evidential material came through in the first sentence he spoke! How did he know? His wife had recently written a paper on Dr. Holmes and had contacted one of his surviving relatives for personal anecdotes!

In the months that followed, evidential material, so important and necessary to the scientific researcher, became so abundant that we did not even find time to categorize it. Most noteworthy was the *perfect continuity* of the communications with Dr. Swann, Dr. Holmes and others of their group *through more than one telepathic channel*—and at *locations from Philadelphia to Little Rock, Arkansas, to Fort Myers, Florida.*

Periodically Dr. Holmes would bring up the matter of collaborating on a book, which was so close to his heart. One such instance was on September 26, 1976, when we used a conference-type telephone hookup between Jones and Heckmann in Philadelphia, Meek in Fort Myers, and our current telepathic channel, Sarah Gran, in Fort Smith, Arkansas. Our intended purpose was to discuss our laboratory efforts with Dr. Swann and his spirit team. I quote from the transcript of that session:

Swann: I am Dr. Swann.

Paul: Greetings, Dr. Swann.

Swann: Greetings to you, Paul, and all the others of the group from those of us assembled for the purpose of continuing our joint project. First of all, let me bring you up-to-date on what has been happening in the three different groups which are working on this project. We have evolved an

*The color picture of Dr. Holmes taken by Paul Jones appears in black and white on page 3

equation which we believe will fit the purpose and express mathematically that which we are attempting to accomplish.

Secondly, through Dr. Roberts*, we have evolved certain experiments we desire to perform with the machinery in your laboratory when you tell us it is ready.

Thirdly, through Dr. Holmes, we have some varied philosophic sayings which he desires to share with you—not this evening, but perhaps another time. He is very proud of these and would like to have them published if possible, or circulated, shall we say, as there is no question of monetary reward!

Does this fit with your expectations?

Paul: Yes, Dr. Swann, exactly. But may we suggest that we start our session this evening with questions that would be directed to you by George Meek regarding the series of experiments he would want to perform at the lab in Fort Myers. We expect. . .

Reluctantly, once again we had to tell Dr. Holmes that we would take up his project with respect to the book at some future date, but the impetus was fully established for those of us who would be instrumental in bringing it about.

It was not until November, 1978, that time permitted and conditions were right to begin. In a series of seven sessions, lasting a total of ten hours, Dr. Holmes, Eugene Field, and Alan Seeger dictated the material which follows. Present were Sarah Gran, the telepathic channel, Lillian Scott and George Meek.

Portions of the verbatim transcriptions are included so that the reader may see the way in which the text was produced. It will be readily apparent that the conversation and the participation of Dr. Holmes, as spokesman for his team of authors, composers, poets and religious leaders, could not have

*Dr. Silas Roberts, previously Professor of Chemistry, Piedmont College. Died in 1947.

been any more "real" than if had he been present in the physical body which he discarded thirty-six years previously.

An example of the informality—and reality—of these proceedings is given by this incident: We assembled for the second session and naturally expected Dr. Holmes to start dictating Chapter Two. Much to our astonishment, he announced "Chapter Three," and proceeded to dictate it. When he concluded, we asked, "What happened to Chapter Two?" He replied, "Well, we are still having some discussion about the material to be put in Chapter Two. I suggested that the team continue their discussions, and tomorrow I will be in a position as their spokesman to give you Chapter Two."

Stranger than fiction? Perhaps it will seem so to many readers not familiar with the *reality* of life AFTER death. But of the hundreds of books dictated over the past century by dwellers in the worlds of Spirit, few have had the communicators so well identified and documented by evidential data—nor has there *been so much material directly relevant to man's needs today*. I believe the messages presented by Dr. Holmes and his spirit friends will speak for themselves.

A POST-MORTEM PREFACE

(Dictated by Dr. Holmes, Thirty-six Years After His "Death")

It is our purpose in dictating this book to explain some of the matters which tend to worry the minds of you who are still in your physical bodies. It is our purpose to give an understanding of the natural gifts of life that reside in each of you. It is also our purpose to explain what fear is, and how it can blind the physical and spiritual eyes of those who dwell in physical bodies. Finally, our purpose is to explain our own experiences in laying aside the physical body and stepping through the door into another dimension of life.

Many are worried about the teachings of everlasting fire and damnation. Many are worried about the possibility of meeting supernatural beings; about judgement; about the Kingdom of God and how it is reached.

Unfortunately, too many have focused their physical eyesight and the desires of their hearts upon the acquisition of material wealth and power. Looking about planet Earth today we can see in government, in society, and in different religions, the striving of the mass consciousness toward POWER—power over masses of people, over possessions, and over the minds of individual men. We see this striving in the spoken and written word and in the field of broadcasting. The airwaves are filled with entertainment aimed at the lowest level of mental and spiritual development. (We do not believe for one moment that the common man in the street has any idea of the impregnation of the ether by the influence of the lower astral entities and thought forms—and the impact of these upon the thinking of individual people, upon family life and upon business.)

Rapid social changes, advances in technology, and a widening of the horizons through space science, all have tended to make the world smaller and to enlarge the thinking of mankind. But these have not had the effect of drawing mankind together as one people. *Divisions, animosity, controversy, worries and fears are still the prevailing influences among the people in all nations.*

If people of earth today could view their planet and themselves in perspective, and if they were sensitive and alert to all influences in and about them, doubtless *they would be in for a great shock*. Life goes on apace: one is born, one learns, one develops—and as a collective process, so do all who choose to come this way.

The Great Souls have voluntarily come into life upon this planet to give guidance and assistance along life's pathway to all who choose to listen. Unfortunately for us all, those who have had a great—a burning message—to give to the masses, have already finished their work at this level and have gone on to greater work. Their followers on earth have gathered together what they *understood* to be the teaching of the Master and have built temples. They have built according to their understanding, and gradually over the years *much of the meaning of the symbols has been lost*. Unfortunately, man in his material body, limited as he is to the five senses, tends to view everything according to the world of form in which he lives.

Hence, there are many today who grapple with the vast forms of fear and worry. People meet in some churches across the land and listen to the teachings of hell-fire and damnation for anyone who does not walk the rigid moralistic path.

In spite of this, we can see that evolution has been speeded up through the process of social changes and through a greater understanding of the needs of people. For example, the needs of minorities are just beginning to be considered. What are these minorities worth to themselves and to society? In part, their physical needs are now met through the expenditure of large sums of money so that they may not view themselves as being slaves to lack and to poverty. But many do not know where and how to seek the means to combat the fear in which they exist, and there is no sufficient agency of government or religion which will provide these means.

A great poet and thinker once wrote, "Man's inhumanity to man makes countless thousands mourn." How true. In modern times we have had the unspeakable experience of beholding cruelty in the name of power. We have witnessed the ruthless extermination of millions of individuals while the

killers did not know that although they might kill the body, the *individuals still continue to exist*. This is a point that we want to stress in the material that follows—*life is continuous! The circle of eternity is infinite*. As for immortal life, those of us *here* know that you existed in the beginning and you will also exist into infinity.

We *know* that life itself is immortal, but we will tell you about the difference in types of life. There are many differences in the worlds of Spirit that you will inhabit during your journey through time and space. We wish to come to an understanding with you friends by which we can show you that there are *certain laws which govern all life*—and life on all levels. We wish to help you gain more understanding of your identity: where you are now and where you are going.

In this book we will not venture into the rights and wrongs of anything. *We will deal only with what we call "polarity."* We will deal only with the misuse and subordination of those things which are a part of life as it is lived by a majority of people in this day and time on planet Earth.

While we speak of the planet Earth as an identity, this does *not* mean that we are from other planets. We have been human beings like you, and have lived full lives on PLANET EARTH. Each of us has built experiences which contribute to that maturity of viewpoint and vision and the treasure which we brought through that door men call death. In the chapters which follow we want to speak of the influences which molded us and made us what we are today in this different dimension of life in which we are living—a dimension that definitely belongs to this planet.

It is our hope that in the following chapters we will ease the tension in which most of you readers are now living. It is our hope that once this tension can be released and the importance of the *whole being* is understood, that the resulting relaxation and knowledge will bring an acceptance of your true identity—an identity of which you have not been aware in your journey through life.

You are living in a physical existence at a very crucial time in this planet's history, both past and future. There will come a time *very soon* in which a great decision must be made:

the decision as to whether this planet will go back into the dark ages or if it will use the experiences and lessons of the past to bring about an age of the greatest progress that has ever been experienced on this world.* Hence, we need more thinking people . . . we need more enlightened people. We need more of those who are aware of the natural laws and whose strength and power can help bring about this greatest age the world has ever known.

These are the reasons for our sharing the following thoughts with you.

PART I

FEAR

1. As We See It Now
2. Mass Fear—The Molder of History
3. Individual Fear—The Scourge of Man
4. The Antidote for Fear

PART I—FEAR

Holmes: We are delighted that the time has come to put our heads together. I have been very busy about the task of assembling what seems to me to be an index of material that could be used, and it is gratifying to know that you are able to be of service in fitting these things in order. We are aware that the opportunity of collaboration does not come often. Many times we have despaired of inspirational and collective collaboration. We feel that it would be better and less conducive to misunderstanding to give the material in this manner through a good telepathic channel.

G.M. Fine, let's just say that you have the floor. Are you organized to the point that you can tell us the general topic or heading under which the material would be assembled, and about the structure and organization of the book as you visualize it?

Holmes: Fear is perhaps the greatest enemy which man has to overcome, the fear of the unknown. A lifetime spent in material pursuits does not enable man to look beyond the horizon and anticipate what may be ahead. This is one of the areas we had planned to explore.

G.M. Excellent.

*The extent, timing, and nature of the cataclysmic changes to which Holmes is referring have been the subject of communications which have in the last ten years been coming from enlightened beings through sensitive persons all over the world. One effort to summarize some of these communications is described on pages 140-141. (A small booklet entitled COLLAPSE AND COMEBACK, Vol. V in this series.)

1

AS WE SEE IT NOW

While living upon earth, it was my experience to have come in contact with many people and to have had a share in molding the minds of young people. I hope that it contributed to their growth and enlargement of intellect and has brought about some changes in the viewpoints of those with whom I became familiar and could call my friends. It was also my privilege to have made many forays into the byways and hedges of religion. I found, over a period of time, that there was no influence *outside* myself which I could *really trust*. Digging into the history of religion and studying the formulated ideas and ideals of many philosophers, I eventually came to the conclusion that my own philosophy was as valid as any of them. I found that in the development of my inner self, I came closer and closer to the ideas and ideals with which I felt a familiarity and a ring of truth. Eventually I came to know that *all things are within the individual*. I read Hindu philosophy, I studied Existentialism, I had read many of the works of the Western philosophers and investigated every teaching I could find. I could testify that only in the expression of love and understanding of fellow men and the seeking deep within myself, I found peace. I found the ability to relate to other people, no matter how controversial the situation, with a feeling of understanding, knowing that as I found the divinity of my own spirit *within me*, also that same divinity lived, breathed, and had its being in *every other human being*. I believe that this is the true way of preparation for a fuller, more expressive life while still in the physical body and living upon the physical plane of existence.

Let me go back to the teachings of a former century. Here we find, two thousand years ago, a group bound together with love, sharing all things in common, living in love and understanding with each other, setting up a vortex of power in a lonely little land surrounded by enemies and under the power

and rule of the greatest force in the world at that time—the Roman Empire. Much emphasis has been put upon the fact that this group shared all things in common.

The symbolic meaning, my friends, was that this group shared appreciation for each other. They beheld each other as sons of God. They expressed this divinity in one degree or another, but were bound together by the common expression of spirit and by the greatest force in the universe: *impersonal and unselfish love*. So they brought all they had, all the possessions which are important: love, understanding, knowledge, wisdom and the desire to climb ever higher into the sunlight of that love. *These* are the possessions which you should learn to share. You may be poor or ragged, but once you learn to share the little bit that you have, according to the law of the universe this little bit of love, knowledge, understanding and appreciation and loving kindness will be increased and your light will grow—that light which is love.

People of earth do not understand that the power guiding all universes, all the great emanations from the source of all these great universes, all the great central suns and their accompanying solar systems and all planets manifesting life in one form or another, are governed by these tremendous forces of love.

It is divine love expressing in gravity, expressing in form, expressing in light and heat, expressing in the clearer crystal waters of a world manifesting all types of life. Therefore, you are happier when you understand that this should be the way of life for man.

When you become angry and upset and worried and fearful, you descend below the demarcation line into the areas where negative forces dwell which are engendered in the mind, the negative forces. *Anger* is the dividing line. Above anger are the clear realms of love, beauty, understanding, unselfishness and their positive values. *Below this line lies death*. When the lower emotions take hold of the rational thinking mind, creating controversial ideas and resentment, the mind distributes it in slow poison throughout the body. Each cell of your body suffers, and eventually, if this activity is continued, it will give rise to disorders in the body. And descending far

enough and continuing far enough along this path, the eventual end is *the destruction of the cellular functions of the human body*—what you call illness or eventually death.

Many people wonder why their limbs and joints suffer with deposits of calcium which is not used or excreted by the body when it is not needed. It is caused by the same thing of which I was speaking, the focusing of negative thoughts, a one-pointed resentment toward life, toward situations, toward anything. Keeping it concealed within the being is slowly poisoning the body and subverting the functions of the organs of circulation and excretion. I cannot offer you proof of this in this volume, but it is an incontrovertible fact. Many possible causes of death such as heart disease, cancer, and emphysema have their origin in the slowly-spreading poison from the mind. The rational, thinking mind is out of control, unable to repulse the feelings that beat in upon the consciousness of mankind. I assure you, these thought-forms created by the vast majority of people on earth are all around you. They not only cluster about the individual as he creates them but also break off from the originator and drift about, entering the consciousness of those who are not aware of their sensitivity to thought creations of others. As a seed planted in fertile ground, these little thought forms take root, grow and influence the individual unless, as weeds in the garden, they are pulled out and discarded.

The negative thought-forms of men, the desire for power, and the inordinate ambitions of those in control result in man as a species hurtling toward catastrophe. For surely they will not only affect themselves, but also everybody else upon this planet. However, it is our hope that, reading these words, you will stop to *think* about what we have said. We would ask you to take these ideas into your consciousness and consider them thoughtfully. The bright and shining ones* are continually walking among you trying to avert catastrophies.

We have been speaking mainly in general terms that will let you know that the situations *can be changed*. We recommend that it be done by each one of you being personally

*Dr. Holmes, who will repeatedly use this term, is referring to evolved spirit entities who may or may not have come up through human evolution.

responsible for chasing the money-changers out of your own temple, *that temple deep within you*. Open the doors. Let the fresh air of love shine through. Let there be light within. The altars of the heart have long been closed and are dusty and musty with disuse. Let them be regenerated, renewed and rebuilt, and let there be a fire of desire kindled upon the altars within each one. It is up to the individual to awaken and learn that his feet are treading a path inexorably toward the future. It is within the power of the individual to choose what that future will be. Many will say: "What can I do? I am only one person," but consider that all life begins with one cell. A change in your life can begin with one idea which you take into your consciousness and consider prayerfully. Ask for answers, and listen for the answers.

There is, fortunately, within each human being a great curiosity which, if unleashed and nurtured, can lead into many of the great paths walked by the Masters of Wisdom. Sacrifice some of the time you now spend in pursuits of intellect, finance, family activities, or sport. You will find that the results will be greater than you could ever imagine in giving you an opening into the world of reality. The greatest Master, the expression of anointed divinity upon the earth, told His disciples that God is *Spirit* and they who worship Him must worship Him in spirit and in truth. Therefore, the time you take to fan the flames of desire for spiritual food within yourself and the exploration of your inner depths of being is the way to abodes of Spirit and the *final realization that you yourself are a part of that Spirit*.

Surely as you pursue this path you will receive the anointing that will bring you into your full heritage as a son of God. Today many on earth see themselves as small parts in the many little compartments of life. We are suggesting in this book that you learn to *put yourself together* and see yourself as a *whole*. We have at another time discussed the fact that in the realm where we live there are *no* polarities because there is *unity*, unity of Spirit, unity of all spirits with the whole. In contrast with this unity, polarities of light and dark, polarities of cold and hot, black and white, anger and joy, hate and love, all tend to divide the divine Spirit that is embodied in every human being upon earth.

The pursuit of the fullest life in the physical involves learning by experience. As a young man or young woman with the fires of physical life burning brightly, there is a need for decision, the need to find a mate, the need to experience physical love, which is the reflection of divine love. As great philosophers have said "as above so below." All things expressed above emanate in the lower plane of appearances which is the physical world. As time goes on you experience the love of children, the joys and problems of parenthood, the need to provide for your family, the agreement or disagreement with mates, the searing experience of lack of trust or loss of faith in people. All these things added together bring about a certain growth in spirit. The effects of this should contribute to a wider understanding. It should better enable you to give other people the *right to live in their own manner* without interference from you or from anyone else, just as you claim for yourself the right to make decisions and to formulate your own life.

At this stage of development, when man begins to understand that he is a force unto himself and has no right to interfere with the lives of others, he has come to a certain goal of achievement, and from there may walk in many directions. If the upward paths are chosen, they will lead him to still greater understanding and to an awareness that there is much more to life than the physical needs of the body. There is more than the physical love in which man and woman find expression and fulfillment, more than the task of raising and guiding children. From there on, the way could be a royal road always leading upward into greater and greater understanding of the kingdom of life.

In India long ago when a man reached the age of forty or forty-five he called his sons and gave to each a portion of his business and his possessions and retired within himself. He shut out the world to pursue the inward path of development of life and understanding of spiritual things which he considered to be the greater reality of life. We are saying that once you have learned to acquire an understanding and a degree of maturity there comes a time when it is necessary to consider the remainder of your life and what lies beyond it. This is what we wish to deal with as we go along.

Some people come to an understanding through religion, some through philosophy, but the problems of these paths may well balance the good that is achieved. Some understanding can be gained from certain books or taped talks. Unfortunately, the human mind becomes involved with this and finds great satisfaction in it. There is a tendency among people to become very occupied with what they have learned. The understanding and knowledge become a garment fashioned for themselves, under which they find shelter and warmth against the winds of disillusionment and doubt. Pride takes over, and the human ego begins to grow. There comes into the person a feeling of authority. He has accomplished, and men recognize his accomplishments. He has learned, and other seekers and searchers along the way pay tribute to him. *At this point all growth stops*, and if the ego with its power deals out the truisms it has learned, he becomes revered as a teacher and may begin to reflect in the brightness of his own knowledge. There is no more growth, and perhaps he will stay there until the end of his earthly journey. But the law of the universe is *change*. Everything in its expression is only energy in one form or another, and so my friends are you. If that energy does not continue its move and momentum in the direction toward greater refinement, knowledge and understanding, then the forces of life are arrested *and spiritual death sets in*.

Let me add here a few words about the importances of balancing your spiritual progress. Just as hypertension of the body—that is, high blood pressure—leads to physical ailments, so the hypertension of the spiritual retards progress and leads to spiritual ailments. Learning relaxation of the spiritual attributes is the way to growth and further understanding. Learn to be a completely relaxed instrument, and let that divinity which you cultivate within yourself flow out in all directions to touch and uplift those who have broken hearts and heal the wounded spirits and the weary minds. Let the light that you have become shine its soft white beams into the dark places of the world that these may be illuminated *by the love from within yourself*. This is truly the way to walk upon the highest summits of life while *still on earth*.

2

MASS FEAR—A MOLDER OF HISTORY

We wish to give a brief summary of events which would not have occurred if those involved had not been drawn into the negative thinking of the masses. One of the incidents we have observed was the peace flirtation between the nations of Egypt and Israel. From our vantage point, the atmosphere was poisoned by hostile thoughts from the surrounding areas of the Arab nations. It was obvious that the Arabs at this time were opposed to the ideas of a solid and lasting peace in the Mid East because of their own interests. We point out that the trip to Jerusalem of the leader of Egypt was a very courageous act. We also point out for your consideration the atmosphere of extreme hostility of all peoples surrounding the nation of Israel.

There was a lack of knowledge of how to deal with these thought-forms of racial egotism and the desire of all the nations involved. This overture of beginning peace negotiations was only symbolic of what the people on both sides of the fence knew could be accomplished. There were fears of what might happen . . . fears of the temper and the intentions of the surrounding small nations . . . fears of what their own people thought. So this is an example of the national picture in which people cannot—or did not—accomplish their goal because of these unseen, *but very real*, emotional factors.

We have observed other meetings with examples of the lack of fear and a point of courage. When the leader of your nation (U.S.A.) invited the heads-of-state of Egypt and Israel, he established a common ground whereon the two could meet—where they were not surrounded by the thought-forms of fear, of hatred, of national egotistic feelings and all the negative forces that accompany such a saturation of the atmosphere by the darker areas of human feelings.

Going back through history, an astute student could perhaps find many similar instances of such influences on human life and behavior. Many battles have been lost because

fear caused hallucinatory images in the minds of the warriors. Many nations have lost their status and their national pride because of fearful leadership. All across the world there are ambitious people who desire to be leaders. But many times they are not of such stature and maturity and understanding that they are able to safely guide a ship of state. The battle is not for the weak and the wavering. The victory is not for the fearful and the slave. One great writer said in a very forceful poem, "I am the master of my fate. I am the captain of my soul," and yet for many, these are merely words. I am trying to show you now that the fears and baser emotions apply to the members of nations, armies, navies, parliaments, all as *collective beings*.

In another chapter we examine the application of these facts to the *individual*. Here we are trying to take a look at the greater picture of what goes on in many areas and nations. There is a tendency in war for each side to be fearful of that which they do not know. There is the tendency to overestimate the strength of the enemy. When one great mass of people deals with another, there is the tendency to be tense, calculating, and fearful to the extreme. In such atmospheres, there is little likelihood of just negotiations and treaties. There is little hope for the representatives of nations to meet one another on common ground and realize the identity and the rights of the other, especially if one is a conqueror. We refer in this instance to the heavy burden placed upon the people of Germany in the treaty of Versailles. As I said, we could go back down the pages of time and see in history over and over again where *fear* has conquered armies, *fear* has abased nations, *fear* has made slaves of people.

It was courage of one sort that brought the columns of Moslems marching across Northern Africa and attacking the strongholds of Europe from the East and from the boundries of France and Spain in the 700's A.D. It was only the tremendous courage in the face of an overwhelming fear that led the French army to defeat the advance guard of the Moors. It saved the civilization of Europe, such as it was, from an entirely alien type of life. One wonders what would have happened had the Moors won and poured their civilization, their religion and

their courage into every country of Europe. How different would our own lives have been in the twentieth century upon earth!

All these things may seem of little importance to the individual, but society is made up of individuals. Individuals follow leaders. Individuals cling together for safety, for laws to govern life, for order and peace—and, at times, for war.

We might take one more look at a modern problem—the problem of the darker-skinned people who were brought to the U. S. A. through no fault of their own and enslaved for years. Finally, certain leaders found the courage to rise up and demand what they felt was their right. Why was it not done before? There were leaders and great minds before. Was it the feeling that the time was not right? Or was it that monster of fear inherent in the heart of every one of these peoples because of the authoritarian rule they had lived under? Some of them were sons of chiefs and rulers, children of rulers in their own land. Slavery engendered fear. Slavery brought about a false respect and obeisance to the authoritarian rule of other human beings. Slavery brought about a base picture of their own reality of life. In their own minds were they not different and inferior to the people and leaders in a society of another race? Finally, with courage enough to make demands, they found that the barriers they had imagined fell before them faster than most of them had dreamed possible, and there was chaos among them because they were not ready. They had held on too long to these ideas and had lived too long with this fear nourished by slavery. Fear, when resulting in hallucinations of mind, will rob entire nations and whole races of their human rights: the right to live, the right to have the things that make life comfortable and safe in this world, the right to enjoy the fruits of their labors, and the right to pursue their own intellectual, emotional and spiritual growth.

This we ask you to consider thoughtfully, for it is the basis of our further excursions into the areas of individual reactions and individual possibilities.

3

INDIVIDUAL FEAR — THE SCOURGE OF MAN

[When the telepathic channel, Mrs. Gran, is fully relaxed, a spirit entity known by the name Samarca takes over the control of Mrs. Gran's vocal cords and looks after her overall physical and mental wellbeing. Such a being is commonly referred to as a guide, a control or a protector.

Samarca—as we have learned over many years of research with Mrs. Gran—is a very evolved intelligence who did not come up through the human line of evolution. He says he can best be described as “an interplanetary being.”]

Samarca: I am Samarca. Again this afternoon we welcome those who are assembled here. We pray that the current of loving power you manifest may flow from one to another and ring this room about with the white light of protection and power so that all currents may flow toward the speaker and give him the grace to communicate that which he desires to make plain.

May the light uplift all present into a higher level of consciousness and remain constant during our speaker's attempt to communicate his ideas for publication. Dr. Holmes, will you please continue?

We are going to look briefly at the widespread population around the world. We shall try to find possibilities for better communication and unity among the members of the family of man. While delving into the studies of philosophy during our physical life we soon found that there are several classes of people in all areas of life. They range from those who no longer

INDIVIDUAL FEAR—THE SCOURGE OF MAN

need the niceties and comforts of the material world and are so elevated in learning and spiritualization that many times only their bodies remain upon this world, to those who far down the scale are abasing their more noble instincts in the darkest areas of negative living. Sometimes these on the lowest scale are motivated by feelings of inadequacy in trying to bolster their natural egos. Some turn to alcohol and other drugs in an attempt to get relief from all the problems which beset them. In the middle, and by far the most numerous, we find those who conform to the age-old customs and traditions of life upon earth. Among them are many who engage in intellectual activities and at one time in their lives have paid homage to the intellectual giants of the past. While striving to saturate their minds with the accumulated wisdom of the past, they are unable to adapt these wisdoms to everyday living or to molding the life of the future. Also in this large middle category we find those who are content to live from day to day, secure in the petty routines they have established for themselves. They worry about such things as “What did my neighbor mean by buying a new motor home or going on such an expensive vacation?” and “Did so and so really mean to leave his wife or was he pushed into it by a scheming woman?” “Poor little Geraldine, she was so mousey when she came to church after the divorce, how do you think she felt?” And there are also those who have a genuine interest in the welfare of the physical body and the mind, devoting many years of study, experiment and time in the treatment of physical and mental diseases. So, as I say, there are many ranges of experience and life styles in between the two extremes we have mentioned. This pertains to every land and society. You may be a member of a sophisticated jet set, you may be active in the political scene, or working in the agricultural or the business segment of a society. You may live in a distant land as a member of a tribe which has gained little beyond the experiences and necessities of hunting and gathering food which has been the habit of their people through centuries.

There is one great common denominator which applies to people all over the world and that is the emotional level—a very obliterating force of higher feelings, a deterrent, a heavy

cross to bear, a heavy load no matter where the projector of these feelings is living or in what society. We refer to that *subtle poison* called fear which permeates the atmosphere of the world. Fear is a native of the lower levels of material thinking but is present no matter where on earth or in which activity you spend your time.

There may be inner voices to tell you: "Speak up, say what you think, write what you think, go ahead and do it!" But you rebel and hold back, you are afraid—afraid to speak, afraid to register your opinion, afraid to depart from the plainly marked pathway set by the past, afraid of what others will think and afraid of what others will do.

Fear is the opposite polarity of that which is called courage. These two polarities also have their extremes. There is extreme fear which makes a cringing slave of a free human being, afraid to do anything, may it be considered right or wrong. Then there are others who dare to be a little different, who follow a style a little less slavishly. They venture occasionally to raise their voices in the legislature, in the church or in their place of business to register an opinion, to defend a belief or to suggest something a little different. These often retire hastily when the noise and fury of public opinion comes down on the ideas they dare to advance. There are those who are afraid of violence, allowing other human beings to raise their fists against them and abuse them; afraid of what may happen to the children if the wife should cross her husband's desires; afraid of the loneliness after a separation or divorce.

So many of these fear-filled people reach out for help, not to other humans, but to the bottle of alcohol. So many of these find escape in drugs. Out of fear, they create for themselves another master. They become slaves to habits unthinkable in their past. We cannot begin to catalogue all the different shades and extremes, the broadness and the wideness of the emotion called fear. We realize that its end result is the same! *It is a deterrent to growth.* It is a force that *holds back the individual from accomplishment.* It results in stagnation and in all the baser aspects of life causing withdrawal from the mainstream of life and from the experiences which would broaden and mature one's outlook.

A rational use of courage is the opposite of fear. However, we hold no brief for the *extremes* of courage. Extreme courage is what our grandmother called "fool's courage." It enables the person to rush out brashly and lay himself on the line where he may get his head chopped off by public opinion or may actually be physically harmed. This brashness is not necessary and does not advance the cause for which one works. We are speaking of these two extremes because of the need of balance in the thinking of man. There needs to be brought about a balance in the acceptance of the problems and solutions of life experiences besetting human beings.

In these extremes of fear and courage we have found a level of thinking, feeling and emotion which is the common denominator of earth life. We have felt these things ourselves. We have experienced the little voice that says "rise and speak" and another voice saying "sit down, who is going to listen to you? They'll laugh at you. They'll make fun of you. They won't pay any attention to you." This is the atmosphere which most weaker minds will accept. They allow the chains to close about them inhibiting their growth and causing a deterioration of their being which leads to the point of lack of accomplishment, lack of growth, lack of understanding and lack of maturity in their daily lives.

Hospitals, prisons, halfway houses and the sanitariums, *all* of these institutions are necessary because man has not learned to overcome the destructive and death-dealing influences of these many gradations of fear. On the other hand, there is man's need for liking himself, for approval of his decisions, for the approbation and love of others. His outreach toward others must be met with love and help from those about him. There is always, for everyone, someone whose association means much. Many in the latter years of life are left alone and forgotten in nursing homes and other places that are provided for such people to go and die.

It is our hope and prayer that in the coming days of the upliftment of the world into a different area of time and space, the polarities we are discussing will become more condensed. We hope and pray that the interaction of human beings, one with another, will be such that these polarities of fear and

courage may be understood and finally integrated into a whole.

The original purpose of Man's existence is the upliftment of the human race into higher, finer lives in which the human body will become imbued with vibrant health. It was not meant that mankind's physical body should deteriorate. Since coming here we have learned that the bodies of men were built originally so that there is rejuvenating energy coming into each cell to feed and to help in its regeneration. *This process should continue indefinitely.* Yet with the acceptance of fear, hate, jealousy and anger, prominence is given to things on the negative scale of life. The ignorance of mankind causes the continual generation of negative thought forms. These thought forms are of such magnitude and enormity that they cluster about and over and among the sons of men causing their influence to be perpetuated. They influence the inner man and poison the being so that the physical body is affected and dies. *I wish I had known more about this before I departed the physical world!*

Time is another factor in understanding fear. The human being may see time as a madly rushing river bearing him away as a leaf floating on the current. He may see time as a wild and restless ocean beating forever on the shores of what he fondly thinks is eternity on one hand and the physical life on the other. In between are the rocks of problems, miseries, egotism, and the failure of others to appreciate him. All these things beset him and cause emotions to run rife. Unless the captain of the ship is a firm individual and adept at steering the middle course, the wrecks of these ships upon the rocks may be crippling to the soul that has ventured out across the physical life. We could use many metaphors here, but we feel that you get the picture that the individual living within the human body is the captain.

The Apostle Paul, a great writer and pioneer of the Christian religion, wrote that we have this treasure in *earthen vessels*. Truly, he spoke as one who knew. He understood the ways in which this treasure, this being, this spiritual life that lives in the physical body is subject to the vicissitudes of life: problems in enjoyment, relationships with others, emotions, reactions and interactions. Truly, when you become knowl-

edgeable of *what* it is that is living in this physical body and learn the secret of relaxation and control of the emotions, then you can prepare yourself more fully for life not only on the physical plane—you are better equipped for the understanding needed to progress in life beyond the door that men call death.

We have done much research since we first conceived the idea of this book. We have spent much energy in recording the reactions of people in many situations. We saw from afar at times and sometimes nearby as we practiced the lowering of our vibration in order that we might walk among mankind along your crowded streets, in meeting halls and areas of congregation of people from every walk of life. We wished to see and understand how people across the world are dealing with emotions, are dealing with opportunity, to see how people are using their mental and intellectual assets to assist in the training of others, to see the sharing of abilities, and the sharing of beauty in any form.

We have stood in the courts of man where personal emotions have much to do with the cases at hand. We have been in divorce courts and seen the death of the physical love of one human being for another. We have seen the interplay of emotion and the struggle to be realistic and rational in the jury rooms across the world. On our side of life we have visited many who left the world through violence and in accidents such as fires, drowning and, particularly, in automobile accidents. We find that a great number of happenings which took their lives came through the magnetic effect of fears that they felt. *For the negative emotion of fear is the most magnetic of all the lower emotions.* It is as if this force when sent out, not only poisons the human body and binds and cripples the human spirit, but paradoxically, like a giant magnet, it inexorably draws those things of which the person is afraid. In our research we have found that many beings who have left this world—by their own testimony—attracted the violence of the accidental deaths they suffered.

We leave these findings of ours on the destructive nature of fear for your consideration. In closing, we will remind you only that in one of the great poems of old, the patriarch who had been a very wealthy man and possessed much of the world's

goods is saying: "That which I greatly feared has come upon me."

At the conclusion of this, the third chapter dictated by Dr. Holmes, G.M. had a delicate and difficult task. He felt that the sentences which Dr. Holmes was using were much too long and involved for easy reading when issued in book form. He decided that unless Dr. Holmes could modify his delivery, a massive editorial or re-write job would be required. This would mean that perhaps some of Dr. Holmes' thoughts would be lost or given inadequate treatment. Therefore, G.M. told Dr. Holmes, as delicately as possible, that he sounded as though he were still delivering lectures to his students at Swarthmore. Dr. Holmes said he would consider the matter. The next day when we assembled again in the laboratory, Dr. Holmes commented on this, as we shall see.

4

THE ANTIDOTE FOR FEAR

G.M. gave the Twenty-third Psalm as the prayer in a somewhat revised version, illustrating how he thought of the "shepherds" as being his personal friends in the world of spirit.

Samarca: I am Samarca. We thank you for this beautiful meditation. It is very fitting and very comforting. We trust you will share it with many as you go onward through the days of your life. Dr. Holmes is ready.

G.M. Good morning, Dr. Holmes.

Dr. Holmes: Good morning. We have considered very carefully your requirements and decided that the most we can do is try to watch our sentences, cut them shorter and state our facts a little more clearly. As we become more accustomed to using this method of communication it should be easier to put these together in the manner you describe.* You may feel free to edit as required.

G.M. That will be fine. We are very happy to have you proceed.

Having considered that magnetic monster of the mind called fear, we now must consider what *antidotes* and *remedies* can be used. How do we deal with fear? The individual must learn to understand that this world is the plane of non-reality. *These physical areas of life are only temporary.* The things which the individual prizes so much are but temporary: his new car, the remodeled house, the beautiful yard, the growing business he has built. His career, his political affiliations, his church, all these things are but temporary. *Ideals, thoughts, the use of the mind and that which can be built eternal in the*

*Unfortunately, Dr. Holmes was only partially successful! Hans Heckmann, providing experienced editorial service, has done this instead.

heavens, the development of the human being himself, these are the only things that are considered treasures here where we live. These are the only treasures you can take with you when you come here.

Nothing in the human world is lasting. This fact is nothing to be afraid of. It should not cause fear. It should rather beget in the human heart a vast thankfulness for the use of these things, for shelter, for food, for company, for human love and for opportunity to be of service to mankind. You should be thankful for the training and ability to use your hands to play that beautiful concerto on the violin, to make glorious music with the piano or the organ. You should be thankful for the gift of speech which enables you to speak the words of courage and comfort that will uplift the hearts of others. Whatever gift or ability you have, you should be most thankful and joyful in its use. For all things, my friends, *exist within the whole of everything.* And by being of service in the spirit of joy and happiness, one is uniting oneself even more usefully with the whole.

Many great masters sojourning upon earth have given teachings. As the greatest among them once remarked, "The little leaven is hidden in the dough and it leavened the whole loaf." The symbolic meaning for mankind is to hide in the depths of the mind the spark of compassion, the light of living consideration and unselfishness. See others as expression of spirit, just as you are yourself. This consideration brings about compassion for fellow pilgrims and travelers and gives understanding of the motives for their behavior. We suggest that all thoughtful people should see this life as a time of preparation for lives in other realms.

Learn to carry on a continuous love affair with all humanity and all expressions of life. Let the little seed of outreach to others be planted within the depths of the mind. Let that seed grow into a joyous, harmonious feeling toward all other life. I am not saying that one should leap into a consciousness of love and compassion toward fellow beings overnight. I am merely suggesting here that a small seed of unselfishness and consideration for others should be planted deep within, fed by adherence to what the great Master called the Golden Rule:

"Love God. Love your neighbor." The ramifications of all this polarity will bring about a balance within the individual minds of men. When this is achieved, a defense is built against the thoughts and feelings of lower emotions: hate, jealousy, anger and FEAR.

It has been said by wise men that a "man is what he thinks he is" and "what a man sows he shall reap." These are merely statements of universal law. They suggest that mankind has total control of his destiny. If this be so, man will grasp this control and use it for his own growth and his own gathering of understanding. So we say that balance must be achieved. The negative polarity called fear must be balanced with an unselfish regard for other people and all life on this earth. It will lead to such values as honesty, compassion, truthfulness and a desire to be of assistance.

Sages and mystics throughout the centuries have spoken of joy. The joy of salvation is how it is expressed by the great song writer, David, four thousand years ago: "The joy of thy salvation." What is implied here is the happiness, the peace, the serenity that mankind gains by living in the upper region of that emotional divide. Many benefits are to be found in these upper levels of positive living. There is a lessening of tensions, resulting in better health to the physical body. There is a sweet flowing of existence and a receiving of blessings of love from others, a joy in a task well done. There is less of that desperate clinging to the achievement of material goals.

And does one lose? No indeed. In releasing that desperate hold and attachment to material gains you find that you have all that is needed. This follows another law of the universe that "unto him who hath shall be given." All attempts to gain material wealth defeat their own purpose, for they are directly in contrast to the law of the universe.

We find that ancient wisdom is replete with sayings such as the ones expressed by the great Master: "One must die in order to live" and "One must give up in order to gain." We give due consideration to these facts because they represent a definite step in preparation of the individual consciousness for life beyond that door called death.

There is an inherent fear in the human mind concerning

things of the unseen realms. To overcome this fear, one must gain somewhere an idea of faith, an idea of love, an idea of total trust. These are necessary as a firm platform and a base from which to step out in the upward journey into the greater realities of life in other dimensions.

Looking about, we see too many eyes totally fixed upon the physical tasks at hand, too many eyes and ears assaulted with material information of little value, too many wills set to follow a limiting routine which gives no time for the inward development of the individual. *Time has a very elastic quality.* It depends upon the will and desire of the individual as to what he can accomplish within the time allotted. We suggest a relaxation of the rapid thoughts which pursue each other, if there is to be a lessening of tension within the physical body and a clearing of vain and useless thoughts within the mind. There will be a greater flow of life-giving currents within the astral counterparts of the physical body, and the deep inner recesses of the mind will become more and more available to the full consciousness of the individual. We suggest that for the sake of balance and better health each individual take ten to twenty minutes twice a day to pursue this complete relaxation of body and mind and thus contribute to the building of the joy within.

Balance is very necessary, not only in preparing for life beyond the grave, but for the greater expansion of life in the material world in which you find yourself today. The great Master told his disciples "Seek first the kingdom of God and its righteousness, and all things will be added unto you." *This is the time-proven way to overcome fear.*

[Immediately after Dr. Holmes stopped using the vocal chords and mind of Mrs. Gran, Samarca used them to announce that one of George Meek's friends had arrived and would like to converse. The resulting conversation will be found in Appendix A.]

PART II

DEATH - A GATEWAY TO LIFE

5. Problems of Age and Human Relationships
6. Facing Death
7. The Dignity of Death
8. Passing Through the Gateway

5

PROBLEMS OF AGE AND HUMAN RELATIONSHIPS

Young people full of health and vitality seldom think of the termination of life. Gaining adulthood, seeking mates, going into parenthood and the relationships with children, and trying to handle the reins of authority bring them finally to an age where they begin to realize that *two-thirds of life is gone*.

As I look now about the physical world, I am aware of many changes in society. Formerly, families were more closely-knit. The extended family consisted usually of children, mother and father, perhaps a maiden aunt or bachelor uncle, the grand-parents, perhaps an orphaned cousin, and usually some live-in help. All these beings within the family were useful. The interactions were helpful to each other, and relationships were respected. No one was greatly over-burdened by the problems of living, for there were many hands for the tasks.

As times have changed we are aware of the nuclear family establishment in society. We see home life disrupted. We see a grasping toward masculine prerogatives by the female half of society in the name of freedom. Yet in *physical* life it is necessary that *two* poles exist, the negative and the positive, the objective and the subjective, the feminine and the masculine, and these represent the creative force. One of the great problems of modern society as we see it, is that *many have lost the way*. They no longer understand fundamental polarity of male and female. Mankind exists as male and female. These are the *positive and negative energy poles* that alone have the possibility of creative action that is the source of life and happiness—freedom from fear. The vehicle for another human being can only be created within the physical body—although it may have its beginning outside as is pioneered today. The male and female principle and the energy which they represent

must be combined in order to form the new vehicle of flesh for another spirit to inhabit. There are many who are defying the creative principle which has operated since the beginning of time—that of the negative and the positive energies coming together for the creative function. *The present-day habit of putting together two positive poles and two negatives poles in violation of natural law is one of the deterrents to the inward development of the individual.* "As a man sows" the Master has said, "so shall he reap." This is the law, the law of cause and effect. We will leave it here and proceed with our remarks.

The dissolution of family life, the lack of training of children, the reaching out of the subjective areas of physical life for greater expression, and the need to prove equality of the sexes are very hard for us to understand. We know that there is a need for expression of life as both positive and negative, both subjective and objective. Male and female have their own individual characteristics, which cannot be achieved by the other. Natural law, *when accepted by the individual*, adds beauty, growth and an understanding of the eventual completeness of the individual.

We say these things because we want to express the fact that there are many complications with which one must deal when approaching the last third of life. One has become accustomed to certain routines and regulations. Work becomes very important. Pouring the energies into routine work schedules is very important. But at retirement there comes a relaxation of these schedules and one finds himself cast adrift, no longer able to walk in familiar paths, no longer needed by those with whom he usually associated. Statistics today show that sixty-five per cent of the working force of this country who retire at age sixty-two or sixty-five suffer physical death within five years of retirement. What a waste! This illustrates my point that the mind of man in imbalance becomes too firmly attached to the routine way of work and the material life. These ideas of balance we have offered should be taught and put into practice along with methods of meditation, especially by all human beings who have reached the age of forty-five or fifty—in preparation for the days when society considers them no longer able to work.

The trend today is toward giving the older worker more time. The older professional man has more outlets than the worker. Many times an interest in areas of his profession, which he has not had time to consider before, serves to keep his mind busy. We have observed the golf courses full of older people who have nothing else to do. The highways are filled with the vehicles of people on recreational trips they have perhaps postponed for years. We have observed great gatherings known as Golden Age Clubs and Senior Citizens Clubs. Unfortunately, we have also observed the petty gossip, the small talk, the lack of concern for greater realities of life which might be found in more spiritual pursuits.

As time goes on, the lack of support for the older person is becoming very apparent. We speak of support in the emotional sense, a feeling of being able to depend upon the love and the care of younger people. We have seen across the world the establishment of institutions to which many people come in their older years. Having failed to establish good physical health, they sit about and are waited upon by nurses, checked by doctors, and left alone except for short visits by those who should care more and should make an effort to provide a better way of life. There is need for much compassion for these who are beginning to prepare for leaving the physical plane. Those who previously have not learned the vast resources which lie within their own spirit and have not experienced the beautiful reunion with that which is called the higher self are to be considered objects of deep compassion by beings on our realm, as well as by some of you who are thinking and compassionate beings upon the physical plane. (We desire to go into this further in the next chapter.)

Government and sociologists today are attempting to do something about the emotional support of older people. If there is any way possible, the older persons who are approaching the time of their departure from this life *should be allowed to remain in their own homes among familiar surroundings.* They can see more often the dear ones who are living nearby and can have the society and friendship of their own neighbors. This is a great necessity for the well-being of these people. The so-called "golden years" are all too often a fertile field for fear.

As time goes on toward the end of this present age*, the number of people in this category will increase by the millions.

The greatest advent of spirits into physical bodies upon this earth occurred some years ago during the so-called baby boom of World War II. This segment of society now is some thirty-eight to forty years of age. Soon, the great majority of this wave of population will find itself in the last portion of life experience. Already, today, there are some twenty million people in the latter years of life in the U.S.A. Preparations, knowledge and understanding should certainly be applied toward the easing of fears, physical necessity, and poverty of mind and spirit which these millions of people face. Their physical means of life should be a concern of those persons in government and other service organizations in their capacity as spiritual comforters.

*Probably 1982-2000 A.D. as per data in Vol. V, COLLAPSE AND COMEBACK. Dr. Holmes gave additional comments on the past and coming cataclysms of planet earth. These will be found in Appendix D.

6

FACING DEATH

Dr. Holmes: Any comments, George?

G.M. No, I think that things are going well. I would like to ask one question about chapter titles. Do you propose at the end to give us suggested titles for the chapters?

Dr. Holmes: No, we plan to leave that to you. You will see the material in its entirety and I am certain that you will have the appropriate heading for the chapters.

G.M. All right, thank you. Now we are very pleased by the way things are going. We still have additional time within this allotted period of communication through our instrument. If you care to continue, we would be pleased to have you do so.

Dr. Holmes: Let us see now. We have covered five chapters?

G.M. Yes, right.

The average person who in older years finds himself seriously ill experiences shock when told that the physical illness has gone beyond the capacity of the doctors and that available medicine can no longer affect a cure. There are many today who are accustomed to ignoring the danger signals from the body, so that a certain disease may have made progress beyond cure. The question arises, "What to tell the patient?" How may we comfort him for what is about to take place? What of the attitude of the patient himself?

Usually the first reaction of the individual is one of anger, resentment and frustration. There is a tendency to cling to the well-known avenues of the physical life. Even among some spiritual healers there is a great denial of death: death which seems to wipe out all that the individual has achieved, to wipe out all he has acquired and to leave behind even the physical body as an empty shell. He has to leave behind many relatives

or friends and his own immediate family, who will feel that something has been taken from them—mixed with feelings of relief that the ailing loved one must no longer suffer pain.

An individual facing termination of life goes through certain stages. Beyond anger, frustration and determination to "beat the rap," as it were, comes bewilderment and an inward searching as to why this should happen. Sooner or latter the individual will come to some type of acceptance and resignation.

The influences of knowledge and enlightenment at this point can be very great. Usually the individual will fall back upon the concepts of religion he has accepted, his ideas of a personal savior or God—whom, usually, he has built in his own image. Then comes the self-condemnation. At this time if one can cross this deep gulf of feelings of guilt and self-condemnation, the thoughts of the person wander back and the involution of the mind and spirit begins—quite in contrast with the evolution it has experienced continuously since birth.

There are many who do not face death in their older years by some special terminal illness, but rather just through the failure of a worn-out body. The mistreatments of the body in the past are taking their toll. Sometimes in the process of involution, the spirit—engrossed in the depth of old experiences, reliving, re-experiencing in retrospect all these things that have happened in its life, seeking explanations, making excuses, trying to rationalize and justify its career through life—will enable the physical body to temporarily go on existing. At this time an older person becomes more or less helpless. Sometimes a condition of senility exists, which is merely a lack of attention of the mind to the conversations and ordinary life of the day due to its extreme preoccupation with the past.

This involution of being is not usually openly discussed. When it is, when things are brought up in a faltering voice from far in the past, people say, "He is living in the past," and this is not too far wrong. It is an extreme preoccupation of mind and spirit with all that which has unfolded in life experience from the very beginning.

There is very little interrelationship between people who

are thrust together in the impersonal institutions which men call nursing homes. Sometimes the minds of the older ones may be so occupied that there is little recognition of anyone or very small attention to the controlling of the physical body and its functions. The withdrawal of spirit is not from the inside out at this time. It is the deep—I emphasize, the deep—preoccupation of all the faculties, including that of the subconscious. *All* faculties are preoccupied with the unfolded events in one's life: the decisions that have been made, the choices that have been forced upon one, the relationships with many who have already passed on. There were the times when one felt he was the pawn of fate or the mere toy of destiny. Ways suggest themselves in which one might have managed better; feelings of regret; emotions of horror at the vast mistakes that have been made. Yet actually this is the time in one's pilgrimage from birth to the grave when there is need of the feeling of joy and accomplishment. At this crucial time of life one needs feelings which *should have been* built into the subconscious of the individual: the loving relationships, the consideration for all others, an appreciation of the vastness of the universes, the groping toward the source from which all life proceeds, and the knowledge of the unity of being one with all life.

When these teachings have been accepted and absorbed in an earlier lifetime, the person will not face the long dark pathway on which walk demons of the darker side of his life. I am reminded here of the alchemists of old who followed a process in their attempts to turn the baser metals into gold. *The true meaning of their magic was the changing of the base nature of man into the light and golden consciousness of higher level spiritual consciousness.* This process involved drawing up from within their beings demonic forces of the baser nature, banishing these forces into oblivion, and then invoking angelic forces of light, love, joy, happiness and accomplishment into the depth of their being. Ancient alchemy was true in process, for one must get rid of the base nature before one can fill the void with the gold of true value and true reality in this life.

Those aging persons who experience the involution of spirit into the past and grappling with despair and horror and feelings of insufficiency are human beings who struggle in the

mire of the material world and have not learned during their lifetime to come to grips with their lower, baser instincts and eliminate them and their effects from their consciousness. They are the objects of great solicitude among the beings of light—shining ones who come from other realms to assist them in their efforts.

Thus I am again stressing that there are treasures that can be built up during the earthly life which can be carried through the gate of death by the individual. We have been speaking here of those who have not collected these treasures and who, in involution of spirit and mind, turn inward to contemplate the lack of these treasures they have failed to gather throughout their physical life.

Others who have quietly and patiently labored have acquired that seed of compassion and unselfish understanding of their fellow beings. They have quietly nurtured amid their everyday tasks the growth of this lovely plant. They may now in the late stage of life and the involution of mind and spirit, contemplate the beauty of that which has grown and bloomed and filled up the inner being. *Life at this juncture—for those who have sifted and discarded the baser from the true treasure—is a period of reflection and contemplation in a joyful and serene atmosphere.* Deep within, they find the images of loved ones who have gone on and who return to comfort them. They find that the association of love and light which they have built is attracting from other realms those forces of love and light *which will walk with them and talk with them along the way.* There may be an insensibility of the physical and a lack of control of the physical being, but inside there is joy, peace, and serenity.

Preparation for death, especially in the case of terminally ill individuals, usually starts with a debate among the members of the family and the medical team. Should the individual be told? If told, can he understand what is being said? There are many who believe that a terminally ill patient should most certainly be told and allowed to use his time to prepare himself for transition. Others feel that to negate death completely is to give force to life and that they should not tell anyone of approaching death. Many such decisions are made

daily in all great hospitals and nursing homes across the land.

Here let us say a word about the right of human beings to approach death with dignity. Some feel that discussing approaching death with an individual lowers his dignity and focuses his mind upon negative aspects. However, it is true that human beings in their minds and spirits are so sensitive at this time of life that the individual already senses and knows that death is approaching. In many cases his attention can be turned outward when the aspects of approaching death are discussed with him. He should be given a chance to discuss this with others who also know that death is about to occur. Ministers regularly visit hospitals and nursing homes, where they are closely in touch with the patient and can do much to reinforce the good thought-forms that have been built into the consciousness in earlier years.

The Catholic church offers through its priests an assurance of protection for the journey, a last blessing, a forgiveness of those things which the spirit and mind in the period of involution might tend to dwell upon.

There are many ways of preparation. There are many decisions to be made, such as the disposition of earthly goods. The ability to discuss what is going to happen seems to free the mind of apprehension. (We are speaking, of course, of those who have not consciously turned inward to contemplate their past life at this time.) Where the mind is free and still full of activity on the physical plane, it is well to go through a type of catharsis: talking about the unknown gives some assurance and gets it out into the open where it may be contemplated more calmly. Even the knowledge that *others* know brings some resignation to the materially-oriented person.

Facing the experience of the step into the unknown naturally causes much trepidation and apprehension.* It is an experience that the human being must undergo which is akin to the birth process. *Many have not been told that birth into a physical world is a death in the spiritual worlds from which they came.* Hence most are never aware that death in the physical world is merely a *birth into other dimensions of life.*

*At this stage a reading of AFTER WE DIE, WHAT THEN? can be comforting.

7

THE DIGNITY OF AGE

To conduct our research for this book we have lowered our vibration rates in order to travel into various areas of physical life and refresh our memories of many things that occurred and still do occur there. We have walked the streets; we have entered nursing homes; we have stood by bedsides in hospitals; we have seen patients who had been told that their illness was terminal and who became very angry. We have listened to the conversation between the nurse and the doctor at the desk and listened to the debate as to whether a patient should be told, if he really *wished* to know . . .

We found that in cases of terminal illness the patient is usually aware deep down that all is not well within the body. Occasionally there may be some slight resurgence of hope, and then there is an upliftment of spirit into light—which gives what medical men call remission.

In our observations we have concluded that *it is better that medical men be truthful with such patients*. A kind and conscientious physician will not leave it to the nurse to tell the patient. He will sit down by the bed, take the patient's hand in his and tell him as gently and kindly as he can just what the physical situation is, what the changes are, what treatment is needed, and what can be done to ease the discomfort and the pain. We feel that honesty is the only decent way of dealing with such a situation. The Golden Rule applies: what you would want done to yourself, that is how you should treat others.

We feel that the advent of death for older people should be managed in such a way that the individual feels no great loss of dignity. Dignity should be the total experience of one's learning that the physical body will soon be no longer fit for habitation. (On the other end of the line, birth into this world, which meant death in the spiritual worlds, is certainly not accomplished with a great degree of dignity. The common habit

of doctors and nurses in inducing a small body to breathe by swatting him across the posterior certainly cannot be called a dignified entrance into the physical world.)

We feel that the human being has earned the right to some dignity in the preparation for his journey into the world of spirit. Younger people working in hospitals and nursing homes find themselves repelled and disgusted by older people who can no longer control their bodily functions and do not have the strength to take care of themselves. Thus, many times, these workers neglect the patient's need for cleanliness, comfort or any other physical necessities.

But the great problem is *the deep loneliness* that causes the being to turn inward and to live in the past, reviewing continually from birth to the present predicament all those things which have happened to him. *We view this as one of the things which must be corrected*. Too many times, older people feel that a sign should be placed over the entrance of the institution to which they are taken: "Abandon hope all ye who enter here." Among older people today the idea is prevalent that the nursing home or hospital is a place where one goes to die. I need not remind you that this negative situation many times brings about a premature dissolution of the physical body which might not otherwise happen, all things being equal.

Many ideas have been advanced by various health groups on how to deal with the problems of health for minorities and for older people through government action. I am, therefore, going to suggest something that we ourselves have discussed many times:

Editorial Comment: The following suggested plan of action has many problems which we feel present-day man is not qualified to handle. However, we did not feel we could take the responsibility of deleting this proposal. Moreover, its inclusion may stimulate discussions which will result in some betterment of our methods of dealing with the elderly.

We are suggesting that a law should be passed, money provided, and facilities set up for people approaching helpless-

ness, extreme loneliness, and perhaps terminal illness. A person who feels that life is over, that there is no more work here to be done, that his physical condition is such that it will lead to death, and that there is little possibility of a cure, should find assistance in such an institution. The individual should be interviewed by a board prepared to evaluate the reasons why the individual wants to die. This board should consider the points brought out in the interview and the facts stated in the application and make recommendation to the medical staff. If the board, after careful and impersonal consideration, finds itself in agreement with the request of the individual, the person should be able to enter the medical facilities of the institution.

Over a period of several months, perhaps, a feeling of help could be assimilated by the patient. The medical staff should proceed to make a careful physical and mental examination and see what the possibilities are for curing the ailing body or regenerating the ailing emotions, desires and feelings. Allowance should be made in cases where one has no relatives left and no purposeful work. If the medical staff is in agreement that there is no help for the physical body, that a great long period of suffering is in the future, or that the being truly has no desire to live and that there is nothing to be accomplished by his further life in his present physical body, then the individual should have the privilege of being quietly and gently put to sleep.*

This would allow the spirit to escape the body and come on into the worlds of spirit without the trauma, without the physical suffering, and without the great struggle that many undergo in attempting to be free of the physical body. We give this for your consideration.

To us, this proposed procedure does not seem far-fetched. We know from experience the great relief of leaving behind all the traumas involved in our departures from the physical life.

*A form of "Living Will" prepared by the Euthanasia Educational Council will be found in Appendix C. This provides for a method of accomplishing the very objectives which Dr. Holmes has outlined.

8

PASSING THROUGH THE GATEWAY

Often as the individual contemplates completely the life he has lived, the experiences he has undergone, he finds periods of merciful release. A visitor coming into the room may find the patient still and lifeless with a faint smile upon the lips as though peacefully asleep. It is during this time when the body is still and the consciousness is not active, that the envelope called the astral body departs and explores realms outside our everyday physical world.*

An observer may also note (if he is psychically sensitive enough) a change in the human aura. The aura is not only a reflection of the vital energies within a human being but also of the spiritual condition of the inner self. These emanations have gradually faded during the period of involution and become drawn more and more into the astral body. This vital energy normally extending outward from the physical body is now needed by the spiritual body in order to complete its energies and balance its being. A visitor may observe while walking through a nursing home that many patients are preparing for the important step to be taken. The life force about these patients is greatly diminished.

There are, as I have said, varying degrees of sensibility in those about to make the transition. Those who have prepared themselves and who are *not* dwelling in those dark areas of anger, hate, despair, despondency and depression, attract forces that will assist them. There are bright and shining ones in the worlds of Spirit who—in deep compassion and by reason of their vibratory loveliness—may cut through the darkness and attempt to vitalize the sensibilities of an individual. The objective of these beings is to help the patient so he may see beyond the sight of the physical eyes in the last moments and

*Described in detail in Vol. III of this series, AFTER WE DIE, WHAT THEN?

recognize the forces of positive energies about him. There will be loved ones and friends ready to help him gently through the gateway.

LEAVING THE BODY

There are ways in which people can be helped while still in the physical body. Too many times the aged, the infirm, the institutionalized are left alone and struggle to be rid of the physical at the bidding of those energies of light and love which they see about them. Too many leave this world during such struggles. But there are ways that assistance *can* be given. If these in the older years could have some instruction in the ways of *self help*, it would be well for them. Unfortunately, society today seems interested only in ways and means pertinent to the material life. Even the churches which many attend throughout their lifetimes, although giving much opportunity for building helpful thought-forms, offer *no practical* instruction in the ways of leaving the body.

Ordinarily the spirit withdraws *after* that period in which the mind turns inward, shutting out the material world. The spirit then begins its withdrawal *upward*, beginning at the lower extremities. This upward passage is a doubling or condensing of those energies of which the human spirit consists. It rolls upward from the lower extremities, and passing through the long length of the body, it enters what was called by the ancients the "Kingdom of Heaven through the narrow way,"—that small passage at the top of the head which is softer and less dense than other portions of the physical skull. It is the way in which spirit *enters* the newly prepared body at the beginning of life. It is the way in which spirit *leaves* the aged, infirm and physically insufficient body at the end of life.

Simultaneously there is a major change in the person's sight. The eyes of the dying become sensitive to the energies about them, and this causes the physical eyes to roll backward and up into the head as the spirit withdraws through the narrow way. The mental screen becomes illuminated at the last breath or two, and the person catches a slight glimpse of surrounding astral areas and the lights. These lights maintain

more or less the appearance or form of bodies, hence can be recognized by the departing spirit as those who have gone on or who have been near and dear and who now reside in other dimensions.

As the breath fails, the spirit is released from the body. The bright and shining lights of which we spoke are the beings who gather the upper consciousness which resides *outside* the human body of the patient, that which is called in some philosophies the super-conscious. If the spirit is sufficiently illumined and enlightened so that the joining of these energies may take place immediately, well and good. If not, then the super-consciousness must wait to rejoin it beyond the gates of the area which has been called the purgatorium (or cleansing period) and the nurturing period.

When the individual approaching death feels the coldness of lower extremities of the body, he should breathe *deeply, evenly, calmly*, with the eyes *shut* and let the consciousness reach upward, feel the upward tug, the tug of the upper levels of the spirit towards the narrow way through which it will escape the body. *To be completely relaxed, to breathe deeply, evenly and to resist not the upward tug of the spirit is the way of self-help for the individual.* An eager anticipation of this experience with the fire and enthusiasm of ideals is the best self-help that one can have. When one has prepared in this fashion, the demons of fear are exorcised and banished from one's being. There is only love, anticipation, and eagerness to step through the door into other dimensions—a most beautiful experience!

PART III

LIFE IN THE WORLDS OF SPIRIT

- 9. Life in the Astral Dimension**
- 10. Astral Phenomena**
- 11. The Lower Astral Planes—Missing the Mark**
- 12. The Cycle of Birth and Death**

9

LIFE IN THE ASTRAL DIMENSION

There are many areas or planets of life *around, about* and *interpenetrating* the physical domain of life upon this planet. These are areas or "worlds" of spirit activity frequented by beings whose material attachments and uncontrolled emotions keep them close to the physical, so-called earth-bound spirits. They are so attached to the physical that they cannot get too far away, although they exist in another dimension of space. The worlds interact because they are telescoped within each other. There are still other realms which interpenetrate and co-exist with these, but this second category constitutes spirit dimensions of higher and finer energies.

Among those who after death enter the astral world, we can distinguish approximately six different types at any given time.

First, we refer to a vast number who lose their lives in some violent happening, such as automobile accidents or plane crashes. These are usually so traumatized that they must be cared for very gently and very lovingly. There is a group of evolved spirit beings here whose work it is to reach these immediately and bring them into the area where sufficient rest and care may be lavished upon them.

Next, there are those who, attached by emotional strings to material wealth or relationships or work, brace themselves against the magnetic pull of the life beyond and go reluctantly through the gate of death with their eyes still turned toward their possessions. Their eyes are not opened to the gentle love and mercy activating the shining ones who would care for them. The veils are so thick over their sight that they cannot see that which is all about them. Once out of the body they go wandering about the areas they once frequented, attempting to speak to people they know, touching the things they loved, seeking for some reassurance, and wondering why no one speaks to them. There is nothing to which they can reach out

and find an answering note of friendship or comradeship or even acquaintance. Many of these wander off into the dark areas and seek, over long periods of time, to find their way in incomprehensible darkness.

Yet others passing through the gateway have built for themselves many rigid patterns of thought. In their older years they say to themselves, "Look how well off I am. I am leaving my family well cared for. I have contributed much to my church. I am well acquainted in my lodge and practiced brotherhood with my fellow lodge members. I have a family who respects me. Many admire me for my management and for the worldly goods I have gathered." These have built many thought forms of such ideas gathered during their physical lives. The fundamentalists among them have very definite ideas of their place in the hierarchy, and claim that they are "saved." They made their regular contributions to their church. They visualize the coming of Jesus the Christ and a personal God who is much concerned for them. They do not have too many ideas of eternal life except that perhaps they shall find on crossing the river of death those bright planes leading to that golden city where the streets are of gold, the gates of pearl, the choirs of angels and the beautiful figure of a savior waiting to greet them and lead them to a place on the right hand of the Father.

That which a man brings with him is what manifests when one walks through the doorway into the astral worlds. There will surely be the city of gold, there will surely be the angels and their harps. There will surely be a figure waiting to meet them. But these are all insubstantial, and gradually one will come to realize that something is wrong as the thought-forms grow less substantial in the dark areas of the astral borderlands. It will seem that some portions are melting away and are not real. And then, if the being cannot cry out for help as he sees all he had visualized and built fade away into nothing, he needs assistance very badly. Someone near who is concerned will surely give the help that is needed.

Then there are some who tread the intellectual path upon the world's stage, having no time for anything other than what may be seen in black and white, what can be proved in

experiments, and what other scholars throughout the ages have learned and taught. These beings also have built their own particular type of thought-forms and are truly poor and destitute when these fade away.

And, there is the average man upon the street, devout, good, kind to his neighbor, to his employees or to his coworkers. Having built a good life, having loved his children, having done the best he could, he will walk through the door to find many awaiting him. The eyes of these are open. Their friends who have gone before, their relatives who are concerned for them, meet them at the gate and together they go forward into that bright and beautiful area where the colors of the grass and trees are very intense. The sky is a beautiful blue, the clouds are as fairy clouds, tinted with pink, purple, gold and white, that float in the beautiful deep azure blue skies. The hills are covered with a deep green of the grass on the astral plane. This is what was long ago christened as the Summer Land. This is the area where homes have the appearance of the homes they loved and left behind on the material plane of life. Here are all the things they loved. As time goes on, these homes are inhabited, and individuals pursue the work they loved and the association with friends and neighbors and their relatives. Here they may be content for many long years by your time. It is not until there is desire for further growth and development that one may see records of one's accomplishments. Judgment day for this category is only when one asks for it!

Another type that comes through the gateway are those who tried seriously to grow in spirit while still in the material world: those who have pursued the spiritual way of acquiring knowledge, that of asking, seeking and knocking according to the Christian terms. In their search they avoided straying into the lower paths and becoming affected by low, negative influences. For these, life became what is known as "walking in the light." They radiate etheric light to such an extent that it is clearly seen by us.

Their lives are those of action, the doing and then the being. And the spiritual light and understanding they maintain within themselves is that which they brought from a previous life, augmented and amplified by the knowledge they

have practiced until it has become a part of their being. These are individuals who are not strangers to this world. They find as they come into the astral plane, the bright and shining ones, who are their friends, and many whom they know. They soon bypass the lower astral areas as well as the Summer Land and proceed immediately to the great library and hall where are the evolved beings or "great ones" who have long since fulfilled all the requirements of lower areas of life.

At this time determinations are made. The individual's life purpose is reviewed—all wealth he has brought with him in the form of amplified knowledge, of truth, and the understanding of how to transmute the basic energies into the higher energies of manifestation and accomplishment. The treasure he has brought with him is credited to his account. He looks at his record of achievement, and rather than dwelling in the past, *he rejoices that another adventure lies before him.* The choice is made. If he would give consideration to yet another earth life, then preparation is made. If he wishes to go on and work in the worlds of Spirit for the good of mankind and for enlargement of his own light, assistance is given for that course of action.

We have also coming into the area of middle astral life many little beings, pets, which are dear to those who have cared for them on the physical plane. Although the animals have departed the physical plane, the love and image of a beloved canine companion may exist in spirit with the one who cared for him during physical life. It is very easy for these to follow about a beloved master or mistress though the physical animal body has long since vanished away. Many of them gradually lose their attachment to the ones they loved and manifest in more reality in their new area of existence. We will not go into any further discussion of this. Let us say that the beautiful green fields, the trees and streams of the astral plane, are not without life. The animal forms do exist. Birds sing in the trees in most beautiful songs, much more beautiful and entrancing than the birds on the physical plane. Colorful fish swim in the crystal-clear waters and the little ones find much happiness in playing about in the shade of the trees. Life continues just beyond the gates in much the same fashion as it

did upon the earth during the physical life. *This is fact, not fiction.*

Many coming through the gateway into these realms are those who have minds adjusted to the daily routine of going to work in the morning and returning home in the evening will seek some form of employment. Many of these volunteer their services in the special areas where help is given to the disabled who come over with lack of energy or with some type of ailment. Many doctors from higher levels come down to these areas in order that they may learn the damaging effects of negative thinking and indulgence in emotional orgies upon the physical plane.

Let me mention here problems of mental confusion and other ailments that deplete the physical strength and unbalance the physical being, or accidents which deprive the physical body of arm or leg. In spite of such accidents, the etheric mold does not become deprived of its members. However, since there is no contact with the physical energy, the etheric mold is very weak in these body areas that have suffered loss of arm or leg or large traumatic wounds. There are some doctors in my area of existence who continually work with the energies available to us in the hopes that one will be found which will stimulate the cell growth of the leg or arm stump so that the cells may learn to reproduce rapidly following the pattern of the etheric mold. This is one of the developments of the future that a certain team of specialists here who were dermatologists, pathologists and bio-chemists in their former lives are working on.

Among the new arrivals are individuals in a stunned or trance condition due to having lost their physical lives in accidents or in traumatic happenings. Victims of murder are usually very pale and trembling and full of fear. Sometimes they are full of horror. Emotional traumas characterize this type of arrival here and sometimes it is necessary to carry them to special areas where extended help is readily available. Suicides, especially, are often very weak and full of emotions of regret and self-hatred.

Help is given to all of these with the spirit of tender, loving compassion. Help is available to all those who can be persuaded

or brought into these special areas which are generally spoken of as the *gateway houses*. There are many bright and shining beings on the upper planes who expend their energy to cleanse and purify the astral bodies of these new arrivals of the dull effluvia or energy radiations emanating from emotional contagion and disease. Some of these are coming from a physical life where illness has long since sapped their physical strength. As the physical bodies have deteriorated, the etheric mold has disintegrated, and their actual bodies are sometimes very feeble.

Physical illness is akin to great emotional disturbances. It has somewhat the same effect upon the astral body. Those who have engaged in a projection of hate, disillusionment, jealousy or anger are very weak and find that they are greatly in need of assistance. We have observed cases where there has been an accumulation of great emotional power through the practice of meditation and concentration, and when such a person has projected *negative* thought-forms the damage to his astral body is severe. The strength, force and will of such a person who projects only *negative* forces results in a tremendous illness!

Such a being must now be brought to a realization of that which we here know to be the truth: *what is sent out from the mind of a being still in the physical body is exactly what he will reap if he continues this way of life.* In a case where the weakness is intensified, before he can make any progress a great deal of treatment is necessary. For these, tender loving care is especially needed from those who may have some reason to care for him and to assist him to overcome the diseases to which he fell heir because of his negative emotions.

Finally, we have the problem of how to meet with and change those who want to continue to wander about in the physical areas of life. There is a great desire on the part of many workers here, to bring these beings into the light. Many of these are confused because of their long continued use of alcohol and other drugs. Alcohol is a great relaxant, but after continued use, even the mind suffers because the brain cells normally used by the mind are not any longer capable of giving the proper response.

As I said, the problems we encounter among the new arrivals

on the astral level of beings are many and varied. We shall have more to say about it in another chapter.

[When Dr. Holmes finished his dictation of this chapter, we had a pleasant surprise. Samarca announced the presence of Melvin Sutley, the first member of our research team to depart the physical body since the formation of our research team seven years ago.

Melvin died in November, 1977, at the age of 85. He had long been active in the field of hospital management and served as president of the College of Hospital Administrators. He was active in this country and abroad in the work of the Friends Service Committee. For many decades he had been involved in psychic research.

Since the conversation which followed with Melvin referred to the subjects which Dr. Holmes has been discussing in the foregoing chapters, we think the reader will find it of value. It clearly shows that because of Melvin's long life of useful and unselfish service to his fellow men, *he found himself in the situation in which Dr. Holmes has just described in detail in the second paragraph on page 65.* (For the reader who can refer to Fig. 30, the large colored diagram at the rear of Vol. III—AFTER WE DIE, WHAT THEN?, it will become apparent that our beloved colleague finds himself in the area colored yellow—the Summer Land of higher astral plane.)

The conversation with Melvin will be found in Appendix B.]

10

ASTRAL PHENOMENA

First we refer to a phenomenon observable in the astral realms which might humorously be termed the "Unrelated Flowing Objects." These are visitors that do not remain with us, and their appearance may last only a few fleeting moments. In these areas—the low and middle astral planes—there are observable from time to time various "bodies" which seem to be on a leash. Many of these who are still tied to that glowing and glistening cord of life, are pale and wane, and show very little vitality. This leash, the "silver cord," is the link to the physical body of a patient who is still lying in a hospital bed in a coma. Some of these persons, with severe brain damage, still show some kind of life in their physical bodies.

These persons are not *consciously* present on your plane though their bodies are alive, the hearts beat, the blood is in circulation slowly—but still circulating, still breathing, still existing. Sometimes only a breathing apparatus keeps them alive. Often these physical bodies are not able to eat and must be fed intravenously. No attempt is made on their part to move a muscle or lift an eyelid. There is no way to tell that they are alive except that the heart still beats as long as the life support systems are being applied to keep the body alive.

These beings at times are seen in the astral regions, and then they have the tendency to fade out, only to be seen again shortly thereafter—perhaps some distance away. They do not readily communicate to anyone accosting them.

A slightly different phenomenon involves beings whose cord of life is still attached, bright and shining, full of energies. These beings are full of energy. They hurry about for short periods among the inhabitants asking questions, seeking faces that were familiar long ago. As they look about on the scenery, their comments are characteristic of those who store memories to be relived later. They have a tendency to disappear while in

ASTRAL PHENOMENA

the midst of a conversation or while strolling along an avenue or standing beside a stream. Where one did appear, suddenly there is nothing, keeping in mind of course that beings on this wavelength are fully visible in their astral bodies and usually are quite busy. It is difficult, at times, to believe that one has actually seen this being and talked to him, because he vanished so fast!

Another evanescent type of being who visits these planes is one whose bodily structure is very fragile and sometimes seems in the process of disintegration. Truly, at times one may see one of these literally fall apart. Some of these are gross, some are moderately large, some are small, very dainty and very beautiful. These are *thought-forms, created by very strong minds*. In concentration and day-dreaming such strong minds create innumerable forms. When released, their substance and quality brings them into the astral plane of being. It is quite common to see great clouds of these. It has become well known that these objects are not of lasting matter and crumble away. A very interesting type of thought-form is built by minds working in the technical fields such as a designer putting together ideas for various types of machinery. These mental images project into the lower and middle astral areas as black and white combinations of lines and energies. These too gradually fade out, change shape, and finally disappear.

Drugs, including alcohol, open windows into the astral area, *usually in the lower areas*. Sometimes the dope-taker may see exhibitions of bright and beautiful colors, or there may be the stilling of the physical body so that the mind itself can amble off and explore some astral areas. But this is an artificial wandering into astral life and is a great strain on the physical body. Therefore, they can say, "this was a bad trip." Such drug-induced trips will eventually dull the mind so that it is not able to be of assistance to the astral body in getting out into the *higher areas*.

We have seen many of these as unrelated flowing objects coming into the astral plane at times. These are the jerky ones. Those who surge forward and jerk backward . . . surge forward and jerk backward. It is easy to identify them because as this continues—and we continually see the same ones come—we

see the lack of vitality in their astral bodies and the slow pulsation of life through the forms.

Last but not least among the unrelated objects invading the lower astral areas, we see types of intellectual minds which seek out various areas of the astral planes where they may find simulations of historical events. In the lowest level of vibrations there is what has been termed "the wheel of life"—the past, the present and the future—continually revolving in the lower ring. [Could this be the Van Allen belt of magnetic energy which encircles the earth?] On this revolving band there are many areas which continually pass through cycles because they have been created and recreated over and over again upon the physical plane. These images lie here, and the minds accompanying the astral forms frequent these areas, trying to get the feel of the historical events which took place in the locations portrayed by these areas. *Everything which ever existed on the physical plane of life has its counterpart here and may be seen and examined by anyone curious enough to seek out the area in which they exist.* Therefore, we have visitors to these areas who are history professors, archaeologists and anthropologists trying to re-establish in their minds the exact picture. We also see many poor history students, who otherwise could not remember whether Caesar's legion occupied this or that country!

This short description of beings who come into this lower plane or area and the things that go on here indicate some of the phenomena observed by the inhabitants of this region. We did not include in this listing the advent of visitors from far away regions; the bright and shining energies which come; the members of various research teams from my plane which go down into these regions; or anyone from any of the great, great areas of higher life. It is *only the astral bodies still connected to their physical counterpart and different types of thought creations from the physical plane* penetrating into this area that we consider *astral phenomena*. Next, we will consider the *major inhabitants* of these lower astral planes.

11

THE LOWER ASTRAL PLANES—MISSING THE MARK

Unfortunately, at this time, there still exists adjacent to the physical world—and interpenetrating the physical world—a great area of spiritual darkness. There is one condition which contributes to this darkness, a condition which the bright and shining energies from above and all of the workers of the astral worlds have not been able to combat. This condition is created by the fact that mankind has the *will to do* and the *will to choose*. The universal law is that one must not impinge on this free will given to man. Unfortunately, it is obvious from what we have said so far, man does not always use this free will to make the best choice.

We have discussed those who have left the physical body and who, because their eyes were closed or because they did not want to see, have become lost in these areas of darkness on the lower astral planes. They are all about you and beneath you, even on the physical plane of life! There are voices crying out, arguments, fights, all types of would-be violence, which cannot be carried out in actuality because of the non-physical strength of the energies involved.

From time to time, there are troubles caused by those who cluster, unseen by you, in areas such as saloons and cocktail lounges, and those who drift along the dark and crowded streets in the slum areas of cities in loneliness and despair, trying to find bodies in which they can *once more indulge their physical appetites*. Problems of alcoholism, drug abuse and other sicknesses of physical bodies are increased on earth by these beings lost in darkness, carrying with them the symptoms of their disabilities and perverted minds. We know that many times when the physical body faces death, any such intruder into the physical consciousness will leave at once, but as long as it is possible for him to stay, there he will stay.

There is a great need for more and more of what we call "rescue stations" and of compassionate people of understanding who will build an organization in spirit on the astral planes. The compassionate souls work to gather up misguided entities and assist all those who will come into the light for understanding and give up their wandering in the darkness.

It is not possible for the brighter energies to work in these areas to assist these beings unless they *call for help*. We wish to say to all who read this book that *if you should suddenly find yourself in an accident and out of your physical body and in an area of darkness, cry out loudly for the light*. Petition for the light immediately, so that you will not drift down into the darker areas of despair and lack of hope which are there. We speak of such things because they exist. There is no use denying the existence of such areas of life in the lower astral worlds. There is no use denying the fact that misguided beings will take over physical bodies if they can overpower the resident therein in order to possess it and its consciousness. *It is time for man to learn these things!*

Another thing for man to learn is the reality of what relates to "black magic." There are people on the physical plane who by various means such as flattery, exercise their influence over others, tying up another's will and manipulating him into servitude. They entangle another human being in the sticky cord of authoritarian influences and not only abuse his will but also use his energies and the energies of his aura to supplement their own. We are speaking here of a practice which is altogether more common on the physical plane than you would imagine. (The great teachings of Ancient Egypt which spread to other lands spoke specifically about this condition.)

The ordinary individual, confident in his good will toward all, may go about his work and his life, unconscious of the forces of hate and violence which are conspiring to do him harm. Some people, especially among primitive societies, feel that the ultimate power in physical life is that which they can put together as symbols of power. We are speaking here of certain curses used to bind the person toward whom they are directed. These thought-forms can be attached to symbols, which are then buried where one must step over them and pick up the radiations from the

poisoned atmosphere. The thought-forms which have been created are attached to the aura of the victim with the intent to harm severely or kill.

Although he does not know where the feelings come from, and he is not aware of any malicious intents, the poisons permeate the physical body and he may soon find that his health is fading and his physical body is beginning to deteriorate. This use of the forces of nature and the negative inversion of spirit to cause harm or death is practiced in many parts of the world, even today. Just because you may now live in a civilized country, do not for one moment believe it could not happen to you. We sound a note of warning about this, because it is a chain reaction to a long list of causes resulting in what the ancients called "karma."

The innate goodness of man is not protection. A man must be *spiritually active*. In the books written by the great missionary saint to the early Christian churches he had established, he advised them to "put on the whole armor of God." He specified in the ancient writing, some of which has been lost in translation:

On my head is the Helmet of Salvation.
I wear the Breastplate of Righteousness.
I buckle my waist with Truth.
My feet are shod with Peace.
In my left hand is the Shield of Faith.
In my right hand is the Sword of the Spirit.
I seek and I find the Peace of God.
There shall no evil come nigh my habitation.

The indulgence in the lower forms of negative thinking and the use of negative energies against others is truly "missing the mark." [Note: The Greek word for sin is Homortia . . . "missing the mark."] Such feelings and thoughts subvert the feelings of man. This total perversion—inversion of all the forces and powers available to man on the physical plane—is altogether too common across the world. We warn you that not only the physical use of power to harm others, but even a thought of hatred toward another, is a misuse of spirit power. It is the opposite of everything that should be good.

MENTAL DISEASE

We have spoken of harm to the physical body, but we also want to call your attention to the effects of feelings on the consciousness and mind. There are mental institutions across the world which have been established for the treatment of such unfortunate ones. We are not speaking at this moment of possession, nor of the alcoholic who died in drink, nor of the drug addict who died in great agony desiring a "fix," nor of one who abused his body with the ingestion of harmful drugs, nor the glutton who has overloaded his body with calories and poisons from intemperate eating. Rather, we are speaking of those lonely ones still alive in their physical bodies who with eyes shut, wander about in the spirit world seeking a place of comfort. This results in such afflictions of the mind as manic-depressive disorders, schizophrenia with its various attitudes and misunderstanding, which psychiatrists, psychologists and therapists attempt to treat today.

We wish to say in utmost seriousness that so far as we have been able to ascertain, *there is no such thing as "mental disease,"* our friends Jung and Freud notwithstanding! I say to you that what they have observed, and what we have found in our research, *is the inability of the human being to deal with certain conditions which evoke highly explosive reactions.* We have found that many people's coping abilities are definitely limited. Withdrawal and the turning inward away from activities, from life, underscores or reinforces the negative energies which cause these conditions. We could write another book about such things as we have seen and observed in some institutions. However, we merely mean to issue a word of warning.

Any emotion which causes one to rage against a situation or another human being, or any emotion which causes one to turn upon one's own psyche in frustration and anger, is very dangerous to the equilibrium of spirit which must be maintained in every physical being. Mental health is a misnomer. *Balance and equilibrium of spirit, enthusiasm, zeal, and outreach to others are the proper conditions of the mind of man.* Anytime this condition is perverted and man lays himself open to the destruction and poisonous explosions of these lower

emotions, he is getting away from that which is healthy and contributes to growth.

We do not expect to set ourselves up as critics of psychiatric, psychological and therapeutic intervention, but we do want to make this point: mankind, clinging to an ideal established far in the past and endorsed by that great religious institution which considers itself both the mother and father of man, has suffered from a lack of growth and understanding. We speak of the theories of Aristotle, which have permeated and retarded the growth of all sciences. The observations of psychiatrists and psychologists, the work of therapists, all these have "missed the mark." This is true in many ways, because of the old idea that the objective areas of life are all there is, and the subjective, or unseen or spiritual does not exist. *That I speak to you today from my vantage point in the spirit world, using as a means of communicating a physical voice belonging to someone else, is to my mind sufficient proof of the subjective worlds of this planet.* However, scientists among you will say: "Take me to this world you are speaking of and I will acknowledge its existence."

My friends, have patience, YOU will find out for yourselves soon enough! The greatest "missing the mark" of all is the closing of minds to expanding experiences, the lack of ability to use the flying carpets of imagination to steer one's way into areas where new and stimulating ideas are to be found. The shutting out of all subjective or spiritual experience has held back the progress of mankind for many years. If this progress had been the rule of thumb among the scientists of earth, the fact that I, who speak to you, am a resident of a world in the spiritual dimensions of life on your planet would be sufficient proof. As it is, you will come into the astral worlds. You will see for yourself. The rule of thumb in the scientific areas of life is still "Find out for yourself."

VARIETIES OF LIGHT

All energy manifestations in the spirit are *perceived by us as light.* As you well know, the colors of the light are distinguishable by the eye because they consist of different wavelengths of light. These wavelengths are energies which

can be put to good use to accomplish certain tasks. For example, disintegration of poisonous thought forms can be accomplished through the visualization and the mental outpouring of the color red. You can imagine the pollution of the airways above a city the size of the one where you are now. Anywhere you live, where there are people, you can easily imagine that the creative abilities of these people are manifesting great amounts of these thought forms continuously. The wavelength of the color red is the particular energy used to disintegrate these before they can attach themselves to someone's aura and cause a changing of the mind and poisoning of the will.

The color purple is the color of the cleansing fire. This can be used to change undesirable conditions, to clear out from one's own mind the dark poisons of any ideas that were allowed to enter the mind.

Blue is a good and useful color. It is the vibration of protection. Using it to encase the body from head to the feet gives a seal to the human aura. This will assist in protecting the being who lives within the body, and protecting his aura energies from being drained and depleted by others with weaker auras.

The white light visualized in its shining perfection is the color of the shining energies from the higher levels of spiritual life. It is the light in which all colors are present in a spiritual blend. This white light, when one is able to practice its visualization is not only protection, but is also energizing, calming, peaceful and serene.

The green ray is used for healing a situation or treating a physical condition. The visualization of the green ray while in deep meditation, and the holding of the ray steadily on the physical body in need of healing, will bring results. It should be continued until results are apparent and the condition stabilizes, so that the illness is completely eradicated and does not return.

G.M. Dr. Holmes, I am sorry to break in, but I think I see signs that our instrument is tiring. What with the preceding chapter, we have gone on for almost

two hours this morning. If you do not mind, we would like to terminate this dictation.

Holmes: Let us say this is the end of chapter eleven.

G.M. Thank you.

Holmes: Thank *you*, friend George.

G.M. (Chuckle) All right, we will resume Monday and look forward to continuing this wonderful collaboration.

Holmes: We are deeply appreciative. We will be ready.

G.M. Thank you again. We close this morning session with heart-felt thanks to our Creator for this knowledge which is being given to us by these shining ones with whom we have come in contact while *we* are still very much alive in our physical bodies. Amen.

12

THE CYCLE OF BIRTH AND DEATH

We have spoken of several aspects of life on the physical plane and of things which are accompaniments of old age. Now we would like to speak concerning children. Of course there are children in the astral plane, but very few ever penetrate beyond the bright and beautiful areas of life called the Summer Land. This is due to certain conditions.

We have so far tried to stay away from controversial issues which are not acceptable in many parts of the material world today. However, truth cannot always avoid these areas. One such area is reincarnation. When it is necessary in the plan of evolutionary progress for a being to have certain experiences by which he may learn most readily while in a physical body, it is usually customary to accept the process of reincarnation by regaining life upon the physical plane.

There are many in the spirit worlds who have great desire to go forward to learn, to accomplish and to make a contribution to the masses of people still struggling in the physical existence—a contribution that perhaps may add to their comfort, to their knowledge, or to the prolonging of physical life. But there are some who are not advanced intellectually or spiritually, who are constantly seeking adventure and constantly striving to reach out in many ways. They have not brought with them the treasures of mind and spirit they *could* have found on the physical plane. There are some who are motivated by the fact that they seem to be able to gain more through experience in the physical than in any of the areas of spirit which are available to them because of their progress or lack of progress through the evolutionary processes. Therefore when all has been explored that is available and all beloved ones have been greeted and news exchanged, when one has met many of the bright and shining energies which assist in removing all the scars of pain suffered in the physical, then some go into the places that hold the vast

libraries. Some work for awhile in the gateway houses to help their arriving brethren regain their strength and astral vitality. Some decide to learn from beings who come down from the area in which I now exist, to teach great classes. Years and years of time—as you measure it—may be spent in these endeavors. But sooner or later there will be the desire within the individual to accomplish *more*, to put what he has learned *in effect*, to get back where he has more *control of life energies* and live in a more *exciting and adventuresome manner*.

Also to be considered are records of the "Judgment Book," or, rather, the records of a man's life and his accomplishments. With the help of the great beings who will assist in counseling and planning, sooner or later—having decided that he must do something more than what he has so far accomplished—he makes a request for energies which will enable him to return to physical life.

After all the facts are reviewed, and when these energies are requisitioned and granted, the being sinks to lower and lower vibrational levels until he is able to see once more the physical plane and views the mating of those whose physical energies will provide him with a new body. He becomes attached to the mother's aura during a certain period of time when the body is formed; he becomes the new inhabitant of a body as it is born and is launched again on a new round of earth experience. I myself have had that experience many times. The great desire that I brought to earth with me led me to accept an outlook of unselfish service in cooperation with many others who function as the same type of energy I am.

Sometimes the body of the child is not physically strong, or there is some disease which will take the life of the child before the complete term of generation, or a few days or months after birth. Usually there is a reason for the entity's having chosen certain experiences. Perhaps he has not completely understood or did not know how to enter this feeble body very efficiently. Perhaps he may already be full of fear and longs to depart back into the freedom of spirit. There are various reasons. Younger souls, those who have not gained the maturity of spirit from many life experiences, may choose to remain as small spirit beings because the astral body for which they have traded their

old garments of spirit is itself small. Thus they *remain* in the areas of spirit life and once again grow up here until they sometime decide to make the transition into physical life.

Frankly, I do not fully understand exactly all that I myself have observed about this. Right now there is a great movement underfoot here. I am a member of certain teams who, having been trained in psychiatry and psychology upon the physical plane, are inquiring further into this matter.

However, the majority of those who seek rebirth are usually successful in transferring their being into the small human body of the baby, and each one learns anew the confinement of the flesh—the cross upon which life of spirit is crucified.

Never mistake the intelligence and the knowledge that a small baby brings with him into the physical plane. It was formerly thought by some deluded physicians and psychologists that a baby coming into the world is a *blank page* and one must be very careful how one treats the child for fear of riding some lance on him which will distort his future life . . . *not so!* This little one who looks at you with fixed gaze and sometimes gives you a toothless grin is a very knowledgeable being. He has behind him records of vast experience in many levels of physical life, from slave to king, from beggar to prince, from harlot to queen. And perhaps if truth were known and he had the means of speaking, he could tell you many details of your own past!

These truth memories remain with the child until in very fast growth in younger years he begins to relate to the life in the newest physical plane in which he finds himself. Many of those parents who sorrow because of a child lost before the full generative term was finished and who feel that the little one is gone forever need only look at the child which is born within a few years after the miscarriage occurs. Whatever the little one needed of life experiences in a certain cycle of his past was not accomplished by the brief period of growth within the womb or the brief time of life after a premature birth. Thus he will almost immediately return to the same parents as a child of another sex. *We are only stating what is a matter of common knowledge here.* It is one of the avenues through which a being

may gain just the little bit of experience which he needs to finish a cycle and to begin a new cycle of life. (We cannot go into much of the science of life upon this plane and the laws thereof, which are only the higher counterparts of the laws which govern physical life. At some other time, perhaps, it may be possible to go into the details that would explain such laws of life as they relate to each entity which is a *dweller in two worlds*—the physical *and* the astral or etheric.)

The problems of the energy involved in such early death are twofold. First, there is the fear to proceed with plans for another physical life. Then there is the matter of the rejection of the physical and the resulting death of the little body which was designed to be the vehicle for one who has instead returned to spirit without completion of the cycle for which he requisitioned the energy. There are two important points here. If this experience of briefly inhabiting the small body is to complete a cycle of experience and the energy used for that, then it is permissible. But where energy is requisitioned and wasted because of fear and distrust of the physical and a longing to return into spirit, that is another matter! Sooner or later in this second case the energy debt must be paid. The energies must be spent profitably and multiplied and used for the purpose for which they were given. This discussion of energies may seem strange, but *this is the scientific basis for understanding these matters.*

The understanding of many people coming into this area has been changed and has evolved over a period of human life years. There are those who *cannot accept* the fact that *evolution is progress* and that progress is necessary for the perfection of being which *is the purpose of life in the first place.** They do not accept this position because of the teaching of others over the centuries who closed the doors to what many minds and intellects could not accept. It is a vast heresy, according to many of those who practice religion today, even to suggest that life could return to the physical plane after it has departed the physical body and gone on into spirit. There are many who have the audacity to try to instruct others to designate certain

*Graphically depicted in Fig. 30, Vol. III, AFTER WE DIE, WHAT THEN?

information as false and blasphemous. Where did they get their information? Is it merely the conclusion of mind on the physical plane, or is it acceptance of the thoughts and words of authoritarian teachings of religious and church leaders? We do not know entirely where such boldness as the denial of ancient truth had its beginnings in the human mind. *Ignorance is the enemy of knowledge.* Ignorance would even drag Truth down into the mire and besmirch her shining garments.

The physical world has existed through many cycles of civilization. There have been times in the earth's long history when the spiritual realms were able to extend into the conscious knowledge of all mankind. The earth was young then and had not been polluted with various thought forms, uncontrollable emotions, tragedies and other astral pollution that today makes it impossible for the average human being to reach into the world of spirit consciously and in full knowledge. In ancient times there were many who knew the truth of being. Such persons learned that an idea which exists in the spirit realm can express upon the physical plane. *The spirit is the realm of reality.* The physical plane is the *plane of appearances.*

For example, nothing lasts upon the physical plane. There is no way that the mind and skill of mankind can construct a building which will last throughout all times. There is no way at present that physical man can regenerate his body continually as time goes by so that he may remain alive in the same body for countless ages. Life will continue to feed upon life. The vegetable kingdom feeds upon the mineral kingdom, the animal kingdom, and mankind feeds upon the vegetable kingdom. And mankind, God help him, feeds upon the animal kingdom as well as the mineral kingdom. So it is a fact that in order to live, one must die. In order to get, one must give. In order to achieve one must give up the present level of achievement and walk boldly forward reaching out in great desire, concentrating all energies and all efforts in a one-pointed outreach toward a higher level of achievement.

IF THERE WERE NO DEATH

Have you ever considered what would happen if from this moment on there would be no more physical death on this

planet? Where there have been countless expressions of spirit within bodies of men walking bravely forward from the cradle to the grave, what would happen if this procession suddenly stopped and death no longer released the spiritual beings from their physical bodies into the world of spirit? We leave you to ponder that!

Frankly, we cannot say, because if that happened in your plane of life there would be a rearrangement and a great change in the world of spirit. The gulf between your world and ours would grow wider and wider because of the lack of *continuous* interchange of spirit. It is said that should birth continue at the present rate in many countries man will reach a point where there would be standing room only on the planet within some decades—and this would upset the "balance" between the worlds of spirit. The result of this understanding, as we have learned here, is that there must be *continuous interchange between all areas and worlds of life* belonging to the planet Earth—from the higher realms beyond our knowledge from where the bright and shining ones come, down into the dismal darkness which interpenetrates the earth and where vibrations are nearest to physical life. This need for interchange further extends into the physical world, and all races: the separation of people through lack of communication and ignorance, the inability to understand each other, whether it be the misunderstanding of the young or the aging, the cruelty to which people are subjected, the cruelty of dictators and genocide of wars, and even the specter of nuclear holocaust which could knock the planet out of its orbit into a wide-spread path of destruction among the members of the solar system. Truly, should the latter happen, all life, spiritual *and* physical would be removed from the planet immediately. But this emergency no doubt will be prevented by those higher beings to whom the safety of this planet is entrusted.

There is a vast realm of possibilities as mankind continues to live on the physical plane of this planet. We work in our area to perfect inventions of things which will make life easier for you and will do away with the hard physical labor in which man has lost a great deal of his opportunities for gaining spirituality. As all this goes on, physical life will grow easier.

AS WE SEE IT FROM HERE

And—as the planet hurls forward with the rest of the solar system and the members of all other solar systems of the great central Sun of Life—sooner or later areas of timelessness will be approached. In that time of existence it will be possible that the most elevated of the bright Beings of energy will walk visibly upon the planet earth. There will be no more bloodshed, there will be no more wars because the greatest of all forces governing the universe will have made Itself visible and effectual *in every being* inhabiting the earth—and in all of the spiritual areas of life.

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PART IV

EXCELSIOR!

13. The Mental Plane—Source of Inspiration
14. Love—Power of the Universe
15. What is Spirit?
16. This is the Way of Life (By Eugene Field)

13

THE MENTAL PLANE—A SOURCE OF INSPIRATION

We find that by the time the entity has reached the point of desire to go on from that which is called the Summer Land (higher astral), much of the memories and thought forms of physical life have melted away or have been purged from his being. For many, death has been a birth. All have gone through the stages, more or less, of being born into the astral area and slowly and surely developing into the full stature of what they should be when they come into this realm. Once the choice is made to go on to a higher level of spirit and work for the good of mankind and for the enlargement of the light that he is, the being becomes irradiated in this choice with the light from on high.

This light is the total love, the creative word, the light of which we call the Solar Logos. It penetrates every atom of the astral body, which is the sheath for the mental body, and that which goes beyond and is of the total formless essence. The astral body melts away, and one emerges in as pure a form as possible—almost beyond recognition, still in form, but very ethereal. The being is uplifted and joins those to whom he is attracted and who form on this plane of noetic* energies the great vortex of power through which all inspiration on the earth plane is given. *Everything that is accomplished in manifestation as an idea on earth begins here.* The beings work within the vortex of power as various divisions, and they are limitless. Those who are drawn together through common interests and common wavelengths of energy, work with common purpose in mind to help improve life on the physical plane, to devote their energies to the creation of ideas and their manifestation and accomplishment to enhance life on Planet

*Noetic: Comprehended only by the intellect.

Earth, to give the children of man more leisure in which to pursue their own mental, intellectual and spiritual growth. There are many here who work together to relieve suffering caused by physical and mental illness. Many of the great ideas in medicine were born here during the research of groups who are tuned to the medical necessities and ways of healing upon the earth.

I have already mentioned a research group that is hoping to be able to stimulate the cell growth of the stump of amputees with the final goal of regrowth of the amputated limb. They have achieved a certain type of acid which is very promising and should enable doctors in orthopedic clinics and other specialists in this line of work to experiment. They believe that this type of acid will also stimulate the aging cells of the physical body and rejuvenate the nuclei of the cells, the marrow of the bones as well as the calcic structure, so that life can be prolonged in a vibrant physical body. We mention this as one of the areas of research here because when the paraplegic and quadraplegic come over to the astral planes they have some difficulty, depending on the number of years they have been lacking those limbs—in learning to use them sufficiently again. When the physical limb is amputated the etheric mold is not changed. But as I said, due to the lack of the physical energy in that area, it becomes depleted and weak. Therefore this is one of the first concerns: to meet those who are in need of regeneration and see that they get the treatment required.

Help is given to suffering beings on the physical plane in all ways possible. There are those spiritually enlightened ones on earth who walk in the light and who have the ability to open themselves as channels for spiritual healing. Many beings in the area just beneath this level (higher astral or Summer Land) work with conscious human channels. We also want to mention those spirit surgeons and doctors who find it possible to work through trance channels on earth. Those spirit doctors who work through the mental facilities of healing channels reside in the area of the early noetic energies, or the beginning of the realm in which we live. Those who work from levels of the astral plane use many methods. Some of these are not in the

way of teaching and uplifting others, but merely in overcoming physical difficulties. Many of these methods are concerned with the etheric mold which out-pictures in the physical. By changing the etheric mold the physical body can be made to adjust accordingly, and ailments can be eliminated.

We speak also of many engineers here who pioneered ideas of changes in energy production and storage, and those who put their time and attention to the building of machinery which will eliminate the great need for physical labor. All these ideas, especially among teams which have no contact with beings in the physical plane who are working on such projects, are passed on through the usual channels of inspiration and intuition. In this manner it may be given to such people on earth who are able to understand and build this machinery and who can tune into such inspirational channels. We believe that in the future, when there will be a conscious two-way transmission and communication between dimensions whenever desired, there will be great changes in the human work pattern on earth, less physical labor and the necessity of spending time in gainful employment in order to purchase the necessities of life and support families. We feel here that the great vortex of power that continuously circulates and refreshes and replenishes all mental effort—the energies of intelligence—will in time be brought closer and closer to those on earth who can reach up and feel and understand these things. Then the time will come—and we see it not too far beyond the gate of the turn of the age—when it will be possible for more and more of these energies to descend into the realms of earth life to assist and teach the children of man to use these things which we are here working now to complete.

We know that as time goes on and this planet is being carried along in the movement of the universes, there will come a time of great changes upon the earth due to the fact that there will be no necessity for much daily work—only that which is to take care of needs for food and shelter. The earth will by then be going across an area in space in which there will be complete timelessness. All things given will be used for growth and acquiring knowledge. As foreseen by those of old, there will be a period of tremendous growth. It will be a time of

translating the "doingness" of man into *being*, and the understanding of that transition.

We look forward to a time when, as a result of greater understanding, those who walk through the door of physical death will come with their heads held high and a smile upon their faces. They will be ready to meet the great adventure of a new life.

We look forward to a time when there will be control of accidents upon the physical plane so that all who come here will come with their eyes wide open and there will be no more need for the tender, loving care now required by those who are weak or weary or who come here overloaded with feelings of anger and hate.

We look forward to the time when there will be closer cooperation, when the lower astral areas of darkness will be completely cleared and those lost ones who wander about in the darkness close to the vibration of physical life will be rescued and brought into the light. Then, when there is a complete knowledge of the positive values of experience upon the physical plane, the time of peace promised by prophets long ago will be at hand.

We look forward also to achieving on our level of existence the more powerful spiritual bodies toward which we are working. This is one of our concerns here, that we build positively. As we work to serve and to help our brothers and friends in the material world, we are also building for ourselves more energetic bodies of light. Thus, as we have the choice to go forward, our energies will be uplifted, and we will again go through purification on a higher level than we experienced upon leaving the higher astral plane.

COMMUNICATION WITH "SPIRITS"

Now, there are many areas we would like to touch on. One such is communication between the material and the spiritual world. The average person on earth has been told that communication with the "dead" is a "no-no." Long ago, due to the lower vibrational level of the physical plane, it was possible to contact those who had gone into other areas of life. But in those days there was also great danger in contacting lower

vibrational negative forces diffused upon the physical plane. *This is the reason for the taboo on communication.* Later on, in the early Christian era when the doors of the spirit world were wide open, this communication was carried on in many ways. And once the total experience of deep spiritual awakening began, mankind could communicate across the borders of dimensions without much trouble.

Later, as the organized church began to work, many church fathers felt that to communicate very often with loved ones in spirit tended to tie the latter closer to the physical existence. The departed lingered near their families and hence did not make progress in the spiritual areas of life as their evolutionary plan called for. This is true, for human beings on the plane of earth grieve and are very emotional at times. And such deep emotion, grief and sorrow reaching out toward the loved one in the astral plane is often as if a lasso had been swung and caught that individual. He desires to go on, but concern for the grief and sorrow of those he loved will inhibit growth and bind a human being who has achieved the astral plane to the physical levels of life. There are many who linger here—since they feel that time is of no effect—merely to comfort and help to strengthen those whom they have left behind. Therefore the energies which should be used to pursue their own learning are dissipated and they continue life on one level longer than desirable.

There are others who are concerned with the work they have done in organizations set up in spirit for the purpose of channeling higher knowledge and wisdom to the earth plane. Sometimes one of the masters from the formless area of spirit, in view of the weakness of the physical communicant, needs a means of stepping down the power so that communication can be accomplished. So he invites those who seem to be working on the same wavelength in several areas of spirit to become transformers of the power.

It has been said, and it has been hotly debated, that there is *no regression* in spirit. Evolution proceeds, for evolution is progress. And true it is that the greater evolution of spirit proceeds. But there are infinitesimal ways in which a spirit may regress. The constant dwelling upon the negative areas of

life, the projection of emotional reactions using negative forms, and the failure to apply teachings that have been given will create a state in which the astral body becomes very weak. It needs rest and loving care before it can gain strength enough to be the light which it should be. Lights become in this case very dim. (I am speaking of the light which a person is, the little light seen as a tiny star off to the left in the spiritual vision when one is younger.) As the years go by—fed by knowledge, understanding, wisdom and the ability to become detached from the little things which cause frustration and aggravation—this light should grow, becoming greater and greater in brilliance until at the end of life's journey one should walk through the gateway of death illuminating the path with this light. So few there are who accomplish this. Hence for many thousands and thousands of years it has been necessary to set up a plan by which the many who falter and fail along the way may be met and assisted. Earlier we have described how this is done—with a lot of love and gentleness and kindness.

There are no *negative* planes *above* the area of entrance into the Summer Land. There are no areas of dark energies beyond the Summer Land in the plane in which I dwell—what we call the mental and causal planes. All is more or less as an ever expanding vortex of power with many wavelengths of energy working together for a common purpose. That purpose is *the pioneering of ideas in all fields of knowledge for the upliftment of life upon the physical plane.*

There is great satisfaction on all levels of spirit in efforts which add to the knowledge, comfort of life, and safety of the children of men who are still struggling on the physical plane. *As long as there is an idea in existence at our levels, it can be brought into manifestation on the physical level.* The seeking and searching upon the physical plane is only the lower level of the great desire which becomes awakened as one travels upward through the astral worlds.

It is possible for beings in the astral world and other worlds of form to lower vibrations and travel backward and forward into these other areas, as well as into the physical world. Many times we meet with individuals with whom we may be concerned as they travel into the astral areas during sleep or

unconsciousness. Sometimes a person will say: "Oh, I had a dream, and in this dream I saw mother and cousin so-and-so." And this is true. They did see the ones who had gone into spirit. If they would but remember, some point was explained, some loving association was given. Whatever purpose there was to the encounter, that purpose was accomplished.

From these brief comments we hope you will have gained some additional insight into the extent to which persons dwelling on what you term the mental and causal planes have a very real part in providing help and inspiration to beings on the physical plane of life.

LOVE—POWER OF THE UNIVERSES

We have spoken of a certain type of energy which, descending from the Source, embodies itself and is *available in all areas of life*—a type of energy which does *not* descend into the lower levels of emotional violence and destructive tendencies of negative forces. We are speaking of an energy polarity here, the *particular polarity* that mankind calls *love*.

Man does not have the slightest idea of the extent and power of this force! Now let us say that the term "polarity" is commonly accepted as a part of physical life. Man speaks of hot and cold, of negative and positive, of light and dark, of hate and love and all such emotional opposites. I want to state a fact. It may surprise you and be difficult to accept, but it is a fact. *These "opposites" do not exist anywhere in the environment of this planet except as the physical being in his mind accepts and applies these concepts to himself.* All things are integrated, all polarities are *the whole* of whatever they are. But when you separate them *in your mind* and apply these concepts to your own life, *then you must deal with them as separate forces.*

And how can you integrate all these things and deal with them as a *whole*? This is one of the areas which is most interesting to the spiritual scientists. The spiritual chemist knows that with this energy emanating into all areas of life, both physical and spiritual, there are different levels of understanding of these energies. For instance, as one gains more understanding it is easy to see that unless these energies are applied and used, one cannot experience the regenerating force he carries as a part of his own wavelength.

The term "love" is a very pale and weak expression. Mankind uses it to express the attraction and attachment of male and female to each other. Man uses it to express the friendship between two *physical* beings; he uses it to express the emotion which he should feel toward the Great Creator and source of all life, even if he does not know what that force is. It is

set forth in the scriptures of many nations and the ancient races as a thing of total sacrifice, a willingness of divine spirit which is pure light to enter the physical and become confined by the physical life and eventually to suffer shame, humiliation and degradation at the hands of those who cannot bear the presence of pure light but must fight it because they themselves within are all darkness. We are speaking now of using this force, which is the energy force that binds the planets in their places and sways them in their orbits about the sun; which causes a sun to burn with great heat to supply life and light to the physical worlds; and which is the beautiful, uplifting and the total self-sacrificing principle of the universal law. This is all energy that comes down from the highest sources and permeates every level of physical and spirit life.

To use this type of energy on the lower physical planes results in living at the highest vibrational level possible. The mind and the being accept nothing of negative forces, accept nothing of the lower planes of being, accept only the good, the positive, the regenerating and the total consideration of life as a part of himself. It is the energy of wholeness. It is the holistic knowledge that life cannot exist independent of others. You can put a baby into a bed, stick the nipple of a bottle in its mouth when it is hungry, change its diapers when it is wet, but, figuratively go away and leave that baby in the bed by himself until he is able eventually to climb out of it. If so, it will be years before he climbs out of it. He will not learn. He will be dwarfed in spirit. He will be dwarfed in intelligence. He will be dwarfed in physical development because *no love* has been given to him. The extension of energies between one human and another such as between a mother and child and the interplay of affection between parents and children, the interest and affection between man and woman and the interest and affection between friends, all of these things are expression on one level and another of this energy *which is the total source of our life and all light and all existence in all the universes.*

When mankind begins to realize that this divine force is already within him and that it is the energy which he has been misusing in one way or another, then he will begin to

understand that these energies exist in all other human beings and it is the same energy and the same life. Therefore, he will understand that that which he calls God is part and parcel of *his own being* and that this energy exists in everything and in everyone else. Then truth will exist. The illumination will dawn that all life in all areas of life and all creation are *all one and the same*—that you are part of me and I am a part of you and we are parts of everything else. Individualized spirit is what we are. But we are individualized for growth and expression of life and the learning of which we are capable. Man's soul, or spirit, is capable of great expansion—expansion of all attributes which will help its evolution and progress—and all life is evolving continually, moment by moment, toward a greater expression of life in every way on every level. *All is a total of each individualized part.* Only when you begin to comprehend this fact can you begin to grasp the all-prevailing aspects and importance of love as a universal energy.

I want you to ponder these facts.

15

WHAT IS SPIRIT?

The earlier peoples of North America lived close to nature. Their religion was an understanding of their relationship with what they called the Great Spirit. Other people have had other names for this Great Spirit. Too many people on earth are so attuned to material surroundings that they have no understanding of what *we* mean by "Spirit." *Essentially, spirit is energy.* Scientifically, it is the wavelengths of different vibratory forces of light. The scriptures, taught in churches across the world, refer to the fact that (and I quote) "God is light," "God is Spirit," "God is Love." The great Master who came to show the way told his disciples: "I am in my Father and you are in me, just as I am in you," thus creating a trinity of completeness.

Religion today has not progressed even unto the understanding of the Red Man who lived in the area of the Continental United States. The relationship with the Highest Source that mind can conceive is very, very important, but not so important that mankind must neglect the practice of understanding. The Master came to give advice for everyday life and for man's relationship with others. It is in these little ways that one learns to understand the ability of the human spirit to lift itself up out of depression and despair. We speak of this specifically because there is a relationship of the realms in which we dwell on our side of life to whatever belief or understanding a person has on the physical plane of life.

Let us simplify things a bit in thinking of spirit. The Great Spirit is understood by the Indians as the Creator, the Father, the authority in the world of spirit. They had a share in that world because they worked across the borders of the spiritual dimensions. They worked with the different spiritual energies which were necessary for their healing and other activities in ritual worship. For modern man, encased in a physical body, it is very difficult to relate to anything that is purely idea and

essence. We understand how easy it is to accept teachings from one source or another and then stay with this or that teaching and cease to grow spiritually, intellectually or otherwise. It is not so easy as it seemed to be in the past to go to church, to accept the teachings and to feel secure that one is already sitting "in the Amen corner," ready to be handed a harp and crown upon arriving in the spirit world. Most of the great teachings were given in symbolism, in parables and in stories illustrating the truth. *Too much of symbolism has been lost.*

The good and the positive which permeates the upper levels of spirit life can be found by turning *within* to search for that divinity *which resides within oneself*. In this path lies power. In this path lies understanding and the knowledge that leads to wisdom. As man walks along, he tries to maintain a balance between the physical life and the life which is beginning to unfold before him, as he earnestly asks for knowledge and seeks to attain spiritual understanding.

One of the facts which made the lives of the Red Man noteworthy was his closeness to the power of nature. Ancient wisdom has taught that there were four kingdoms: the mineral, vegetable, animal and human—and the corresponding fire, water, air and earth. Ancient myths, fables and legends tell of other beings and other powers which existed in and among the people of earth in deserts, mountains, forests. We find that mankind here has so long been immersed in the material circumstances of life that the old teachings of the mythologies and the stories of dwarfs, trolls and leprechauns, etc., have almost been forgotten—or, at most, are considered imaginative fairy tales. Mankind is so self-centered in many ways that he really believes he is the only life-stream of evolution evolving on earth. *This is not true.* There *are* four great kingdoms, and there are actually beings therein who wield the power of their domain. They are the primary powers of nature and operate independently of all other forces. Thus, humans are only one of the races of beings evolving upon the earth in particular lifestreams of evolution.

SPIRIT IS LOVE

Universal Spirit—or the essence of that power which is the

lifestream of life itself—is what, in a watered down version, men call love. As the human mind gets immersed in the forces of emotions, as the human being experiences the violence of dealing emotionally with his environment and his neighbor, he is forced to flee for safety to this great force which rules the universe. I speak of resolutely turning one's back on all negative forces. I speak of living the Golden Rule, doing unto others (not only to humans, *but unto all life*) as you expect them to do unto you. I speak of the forgiveness of the neighbor, the brother, the friend, and the enemy—a forgiveness of everything and everyone who may have transgressed against you or injured you.

In the annals of faith this is called the "baptism of repentance," to set all things right with the world around you. It is the sweet water of repentance and forgiveness that washes away the old emotional holds upon your being which have existed so long. Only then is it possible for man to tune into this great life-wave of Love or Divine spirit circulating throughout the physical and spiritual worlds of this planet. This is a total lack of resentment towards anyone. This is a total, positive good, loving and kind feeling toward everyone and everything, whereby you bless those with whom you come in contact. When violence or insult is offered, you continue to bless the misguided one who gave these. This is the ultimate and the ideal that causes men to beat their swords into plowshares, to become productive rather than destructive, to be constructing rather than indulging in the poisonous concepts and feelings that lead to death of the body, and warping of the mind and spirit.

When this light is firmly established within man, then it is possible for him to perceive many of the beautiful Beings of spirit, those of inspiration and the sweetness of spirit which is Love. He will be attuned with this Great Spiritual Light which uplifts, strengthens and energizes his whole being. His spiritual bodies—and especially his physical body—begin to feel the stimulation and the surrounding energies which pour from cell to cell throughout the body, giving health and upliftment to body, mind and spirit. When this Light is firmly established within the being, he begins to attract others.

Especially does it make him visible to these beings of the elemental forces to which we referred earlier. The only way man can control or in any way manipulate these elementary kingdoms for good *is to make contact with them*, because they are as unaware of you as you are of them.

By tuning into these areas of life, one can become well acquainted with these beings, these people, if you will. They too, are on the path of spiritual evolution. Such evolution lifts them up into beings of pure spirit and evolves them eventually into existence as interplanetary beings and bright, constructive forces of energy which assist the master builders in the construction of new planets, suns and stars. Some of these become what men call angels.

Mankind can also become attuned to that Great World Spirit, which surely exists whether you believe in Him or not. This world is his body. He has evolved to a great extent throughout the ages, in spite of man-made pollution, violence, warfare and the constant threat of nuclear explosions. The most beautiful aspect of the rebirth of man as a spiritual being is the awakening of his spiritual eyesight so that he may see into other dimensions and may travel among the astral cities and fields and the beautiful mountains of the higher astral worlds at will. He may converse with the beings of other dimensions and with the bright forces of pure spirit at any time. There are adventures beyond your knowledge, adventures your imagination cannot encompass at this time. I tell you that there is so much mankind can achieve—so much you can learn and know and ennoble yourself with! It is all the more pitiful to see the sons of men walk the ways of the materialistic world, not knowing nor caring about anything except their own desires, appetites and emotional reactions. There is a great deal of work to be done in the ways of teaching man while he is still in the physical body. There are many teaching teams to be set up in order to accomplish this. But it has not been possible to do this on a large scale and only occasionally with small groups. Many messages have been sent through by stepping down the energies from the higher realms, which even I am not permitted to enter. I have already mentioned the means by which this is accomplished. These teachings will reach those

who are seeking and asking for help and enlightenment. All this is possible because of the changing vibratory levels and changing aspects of entering into the new age. More doors are open now than have been open in the past centuries.

What is the benefit, you may ask, of learning these things, of contacting other lifestreams and spiritual beings? My friends, *you will realize at last WHO you are and what your own identity is*. Religiosity, as we call it, has no place in the worlds of spirit. *You cannot use preconceived ideas, dogmas and doctrines when you come into spirit life*. The only thing that counts is pure intention and the love you bear toward others, the fact of how great your own light is. Observe your light today, and if it is very small, then it is time to do something about it and cause that light to grow. The more you learn, the more you practice, the more you work toward achieving a balance of spiritual and physical accomplishment, and the more you open yourselves to that great flow of spirit, the greater your light will grow and the faster your progress will be when you pass through that gateway into the great dimensions of spirit.

RELEVANCE OF RELIGION

We want you to understand before you come here that *progress in spirit does not depend on ritual*. It does not depend on routine or doctrine, nor the opinions of society. It depends entirely on the understanding of the human being and his willingness to accept, and the true intention of his searching and his acceptance.

In the realms where I live, we are not especially concerned with knowing. We are concerned with being. We have long since left behind us the physical ideas and ideals of service. Service on the physical plane is that service you do "unto the least of these"—in the name of love—that cup of water, the crust of bread you share with another. It is the service of giving of your own energies to help others, serving unselfishly and not for material gain. Here, where I live, we are not so concerned with doing and knowing. Truly, it is good to know, but we automatically learn as we continue the practice of BEING . . . being that which we desire to be, having that great desire to

continue our upward progress and to be the means by which all mankind may be blessed. We desire to give that which we have. In so giving, we become richer for the giving. As I told you before, it is only in dying that you are born into the greater life. It is only in giving up the level of achievement you have reached that you can reach a higher plane of achievement. It is only in giving up the doing and the knowledge that you become the ultimate of BEING.

Religion, per se, has many tools, Rituals help to turn the mind of man into channels in which he can achieve some of the spiritual energies. Using words of power assists in raising the vibrations to the point where one is able to become one with higher-level energy. Songs help people to lay aside all divergent thought. It is helpful to be attuned with one another in the singing of beautiful hymns so that spirit may flow and understanding may be given. (Too bad so many of the "popular" songs contain such negative suggestions!) We believe that as time goes on, these ways of religious practice will become more spiritualized.

The practice of meditation with which I was familiar in my last earth life, is the greatest of methods to prepare for that walk through the gateway.* The process of becoming acquainted with one's inner being, of seeking the light and divinity within one's self causes a growing and blossoming of man's inner spirit. Look at the water lily whose roots are in the mud and muck deep beneath the surface of the water. But when the sun shines through and the desire for growth is there, the stems grow upwards and the leaf unfolds on top of the water. And finally the bud opens and reveals the beauty that is within. This is the most beautiful expression those dim areas of mud and mire could possibly achieve. There is the lotus, a beautiful symbol of the spirit of man growing out of the muck and mire of the physical world.

Ambition and ego have no place in the growth we are suggesting to you. The *laying aside of selfishness and ego* is the first prerequisite to becoming a channel of the greatest power that exists in the universe. See the good, and practice the good

*Dr. Holmes refers to the Quaker practice of going into one's self in "The Silence."

in every situation and everything. It sounds paradoxical when I say to you that one must be thankful for experiences which seem inimical to one's well-being. Nevertheless, one should be thankful for these experiences because on the plane of physical being this is the greatest opportunity for learning that mankind has—that of learning through experience.

The baptism of repentance of which we spoke to you, is the counterpart of that cleansing which spirit beings receive when they are ready to progress upward in astral worlds or "worlds of spirit." The spirit within says, "Come up higher!" "Come up higher!" And in obedience we submitted ourselves to this experience, which refined us and made us ready for living in an area of finer energies, and gave us the Oneness of purpose by which we may work together to be the means of blessings for our brethren still on the physical plane of life.

16

THIS IS THE WAY OF LIFE (By Eugene Field, American Poet)*

- G.M.: (Opens the session with a prayer.)
Samarca: I am Samarca. We have one here who will introduce himself. He is a polar anchor of the organization of which Dr. Holmes is the anchor of the intellectual energies. So this one is the anchor of the softer, more subjective energies. The two poles are the "battery," the negative and the positive. All the other energies, flowing together, create the vortex through which this material has been collected and is being transmitted. I myself am what is known as the conductor. I form the conducting channel through which the energies bearing this material can flow into conscious communication. Are you following me?
- G.M.: Yes, I certainly am, Samarca. I am fascinated by this development in the transmission of the book. I was expecting Dr. Holmes to dictate the final chapter.
- Samarca: So we will, for the last chapter, give you communication with the one who is opposite polarity of the energy you know as Dr. Holmes. The group is formed in such a way that in putting the energies together, there results great creative ability for the purpose of experiencing and assimilating knowledge, intelli-

*Eugene Field: (1850-1895) born in Missouri. He was educated in the East, but he loved his West and preferred to live there. He is known chiefly as a poet of childhood, but is also known for a book of Western verse, which has been very popular with the American public. He was also a newspaperman.

THIS IS THE WAY OF LIFE

- gence, love and the energies of helpfulness to other planes of life.
- Field: I am Field.
- G.M.: Good morning, Field. Welcome.
- Field: It is not necessary to introduce myself, since you perhaps will guess from the information I give you who I was and what I did during that time long ago when I, too, wrestled with materialistic thinking and emotional responses on the physical plane of life. Perhaps you recall my poem:
- And as he was dreaming, an Angel song
Awakened our little Boy Blue.
Oh, the years are many. The years are long,
But the little toy friends are true.
Aye, faithful to the little Boy Blue they stand,
Each in the same old place,
Awaiting the touch of a little hand,
And the smile of a little face.
And they wonder, as they wait the long years
through
In the dust of the little chair,
What has become of little Boy Blue,
And why he put them there.
- I quote this poem because it expresses in the attitude of the toys the bewilderment and faithfulness of the minds of men on the physical plane, bowing before the "deep mysteries" as it were, of physical death, wondering, grieving, sorrowing. Often the eyes are so full of tears that one cannot see the light shine through the cypress trees.
- There is a glow and a heavenly light, soft evanescent, opalescent, shining from the doorway through which a spirit goes who has left behind his earthly body. He is not bereft of body. He carries with him five more bodies when he walks through the doorway called death. There is within each individual an ability to see this glow, the promise of resurrection. There is the ability of mankind to wipe away the tears and lift his sorrowing heart up into the higher areas of Faith, Hope, Love and Trust . . . Trust in that great Spirit of

Being, the love which holds the world together; the love that provides a way for mankind. *There is a way.* Love has provided that way.

The mysteries of death are not mysteries when seen in the clear golden light of illumination. The admonition to seek, to search, to ask, holds out the promise of knowledge, gives wisdom to the seeker and the searcher. Doors of other worlds open wide to the spiritual sight that man can acquire. Birth and death are two wonderful, marvelous examples of the provision for the upliftment and enlargement of men's knowledge for adventure and outreach to others. Mankind chooses to experience life and death, love and hate, friendship and enmity. All these things exist only in his own world and experience as it applies to him.

Truly, there is available to mankind the experience of seeing the shadows flee away when the sun arises and sheds its glorious golden light over the lives, the feelings, and the emotional upsets that man experiences. In this light all things become One. Mankind can live above the storms and the tempests. This prepares him for the greater life. This prepares him for seeing, as friends, those great Beings who govern the doorway into physical life and the doorway into all other worlds. These Beings are the liberators, guardian angels, angelic energies whose love and compassion for their younger brothers and sisters on the physical plane know no bounds. The Great Being who opens the door to physical life already possesses the greatness of being many are striving for when they desire accomplishment and growth through battling the illusions and unrealities of the material plane. His is a totally loving service for those who want to grow and find within themselves the necessity of further experience and adventure in the material world. The Great Being who opens the door at the end of physical life is full of great love and sensitivity. He is the truest friend that spirits have when they dwell in the physical bodies. And of course there are the beings who are expressions of love, mercy, grace, comfort and total concern for the little children who go out to play in the material world for awhile and find many dangerous or beautiful toys with which to enlarge their knowledge.

There is really no mystery to death. It is a blessed release from a prison in which divine spirit is caught up into the frustrating period one often experiences as the body becomes older. It is a blessed release for those who can no longer function in the material world. It is a friend to those who are wounded. Death opens the door to freedom. Spirit, within the physical, is a crucified spirit. The body is truly the cross and the means of the descent into the depths of experience and learning. The darkness that prevails is largely the creation of the one living in the physical body. The bright areas of sunlight are the normal and natural experiences. Inversion of power is that which is known as the fall of man. It is the "missing the mark" by using the energies wrongly—as the chemist in the laboratory, seeking to accomplish a chemical marriage, sometimes uses the wrong chemical and the power of creation is subverted into the powers of destruction. We are saying that death is not an absorption of spirit into those shadows that play across the mournful marble statues and markers in a graveyard. The cypress trees that surround the tomb are not weeping with sad and dismal rain of fallen hopes, despair, frustration and ignorance. A long, long sleep, separations . . . all these things are only shadows along the way. Death is an open gateway into a bright and happy and joyous experience. Death beckons all those who are weary, all those who are ready to return home for a rest.

Now let me give you a few thoughts about those who have "died" but who still linger nearest the plane of physical life and whose attention is riveted upon the sorrow and loneliness of their family and friends whom they have left behind. Such a being is weighed down and drawn magnetically nearest to the plane of physical being, after death, because of the outreach of the living physical beings toward the one who has departed. To encourage freedom from these ties and these magnetic attractions, it is necessary for you to remain loving and unselfish toward this departed loved one. It is very helpful that the family and friends remember all his good and positive attributes. The ceremonies of various religions are based upon the direction of good, positive energy and the asking for the

Angelic light to minister to those who have gone on into other worlds. It is the action of Love.

Information concerning the worlds of spirit has been given through many years. This information is diversified and relates to experiences of various entities who have found themselves, or elected to be, in any one of the various wavelengths of the spiritual energy, in one of the worlds of Spirit. Therefore the information from such persons will not be consistent in all points. It is merely an expression of signposts along the way. *Communication with loved ones who have departed the physical plane is not recommended for at least six months to a year afterward.* It has the effect of a magnetic pull back toward the areas closest to the physical plane.

All of us who work together in this group have experienced life on the physical plane within the twentieth century or the latter part of the nineteenth century. We, too, have gone forward one at a time through the door of physical death. We, too, know the kind and loving care of the bright Angelic Beings whose task it is to open that door. Helpers from many levels of spirit have also ministered to us. Within each of us has been the deep desire to go forward, to understand, to know and to be the level of loving energy that can best be the expression of blessing on all planes of life. We are working toward a degree of Masters of Wisdom. The same spirit filling all space in the universe also animates and enlightens all of us. We have the liberty to search, to seek, to be the brightness of golden illumination and the purity of the clear blue light . . . the seeing light. We feel that everything of goodness, of desire for greater growth is expressed in our determination to learn, to grow and go forward, onward and upward to achieve our goals of being the brightness of the solar polarities which lie ahead of us.

We tell you this because these realms into which you will come are at your determination—that which you desire to be and which you desire to see. Lay aside all those things you are creating of the lesser polarities and learn to live in the bright and happy levels of Holy Spirit . . . that spirit who is *the Being* of the universe.

As time goes on, greater knowledge and enlightenment on

your plane will bring the need for adjustment or modifications to life on earth. By this I mean you may have the need for a longer span of life. You are creating the condition of your body. You are creating the life that you are. It was not intended for mankind to misuse the physical body. There is a need for future men to finish more work than they have been able to accomplish in the past. Therefore, as you learn to live in the upper consciousness of the spirit, you will be able to achieve a balance which will give total health to the body and enable you to use it as long as necessary, many hundreds of years—as in the days of the Old Testament.

You can learn to work together through this living in the upper consciousness. You can relate to one another more easily, more cooperatively, and in working together, be able to hold the goal in view. The perspective of greater cooperation and the goal of collective effort is that which was meant by the Great One when he said: "Where two or more are gathered together in my name, there am I in the midst of them." It is not only in times of need that this is true. It is not merely for the time when you petition Holy Spirit to be in your midst for guidance and for strength. There is strength and power in living in the upper consciousness, for here flow the currents of Divine Love and understanding for one another.

This is the way of life.

This is the way of spirit.

The physical body, as you know, is just a temporary house in which you live on a physical plane. We would like you to see. We would like you to open your eyes and look. Try to gain the greater vision which gives you the perspective of the Whole, the journey through the physical world from *the bright door called Birth*, to that gateway into other worlds which you call Death.

The END and the BEGINNING

[A few seconds after Field stopped speaking another voice came through and we continued as follows:]

Seeger: This is Seeger.

G.M.: Seeger? Welcome, Seeger!

Seeger: Thank you. Our team feels that it would be

altogether fitting to close the transmission of the information in this book with these lines:

Oh, violets round the tree of life!
 Sweet violets round the brim
 Of ever-welling water floods,
 Where day grows never dim
 And so for you and me
 This light will burn
 This light will live
 Through all Eternity.

G.M.: Thank you, Seeger. This is a beautiful and fitting thought. However, I will need some guidance on the name Seeger. That name can be spelled many different ways. SEEGER? SEAGER?

Samarca: I am Samarca. The name is Alan Seeger. S-E-E-G-E-R, that was the name of this entity upon the physical plane.

This is the end of the book so far as Dr. Holmes and his friends are concerned. They feel that portions of this may be a little beyond the understanding of some readers, but they felt an overwhelming compulsion to share this material and this level of understanding.

They have worked together as one and feel so blessed that they have found the outlet for the energies they have used and the energies of these worlds which they believe will be of great assistance to many in the decades ahead. So we are happy to have furnished the line through which these beings can come to you and express this energy of love, compassion and knowledge they have acquired since last shedding their physical bodies.

[For the lover of poetry—we reprint below Seeger's best known poem. In comparing it with the lines he gave above, the reader will note the similarity in feeling and the sensitive choice of words—even though what he gave through the

telepathic channel in our laboratory was composed sixty-five years *after* his death on the battlefield in France.]

I HAVE A RENDEZVOUS WITH DEATH

I have a rendezvous with Death
 At some disputed barricade,
 When Spring comes back with rustling shade
 And apple blossoms fill the air—
 I have a rendezvous with Death
 When Spring brings back blue days and fair.

It may be he shall take my hand,
 And lead me into his dark land,
 And close my eyes and quench my breath—
 It may be I shall pass him still.
 I have a rendezvous with Death
 On some scarred slope of battered hill,
 When Spring comes round again this year
 And the first meadow flowers appear.
 God knows 'twere better to be deep
 Pillowed in silk and scented down,

Where Love throbs out in blissful sleep,
 Pulse nigh to pulse, and breath to breath,
 Where hushed awakenings are dear . . .
 But I've a rendezvous with Death
 At midnight in some flaming town,
 When Spring trips north again this year;
 And I to my pledged word am true,
 I shall not fail that rendezvous.

ALAN SEEGER*

*Alan Seeger: Best known for short poem "I have a Rendezvous With Death". Born in New York, June 2nd, 1888. Lived in New York, and Staten Island, Mexico City, and spent a summer in California with tutor's family. Couldn't seem to connect . . . but went to France in 1914, to join the Foreign Legion in defense of France in WWI. He loved living, yet met death as a man meets a challenge . . . a winner in the game either way, whether he won the toss of the dice or death won. He was America's answer and gift to France in payment for the great service of LaFayette to this country. He was killed July 4th, as he went into the village of Belloy-en-Santerre in the first wave of the attacking Legion, which had orders to clear the village of Germans who held it. The succeeding waves were successful, but for some reason the battlefield was not visited nor the dead and wounded removed until the morning of July 5th. Alan Seeger was dead when the helping squads arrived. His poems consisted of two divisions—JUVE-NILIA . . . his early poems, and the poems he wrote during the war years.

ABOUT THE AUTHOR

New York Times Obituary, May 28, 1942
A Memorial Statement—Brand Blanshard
Review of Albert J. Wahl's Biography of Dr. Holmes
A poem JESSE H. HOLMES, by E.C. Walton

New York Times 5/29/42

DR. JESSE HOLMES, QUAKER LIBERAL, 78

*Professor of Philosophy and
Religion at Swarthmore for
37 Years Dies in Home*

FOUNDED FRIENDS AGENCY

Predecessor of Service Group
Active Throughout the World—
Socialist, Ran for Governor

Special to THE NEW YORK TIMES
SWARTHMORE, Pa., May 28—Dr. Jesse Herman Holmes,
noted Quaker liberal, Professor Emeritus of Philosophy and

the History of Religion at Swarthmore College, and former Socialist candidate for Governor, died suddenly last night at his home in Moylan. He was 78 years old.

Dr. Holmes had retired seemingly in good health. Later he called Mrs. Holmes and as she and her daughter-in-law, Mrs. Herman Holmes, reached the room, Dr. Holmes died.

The educator was born in West Liberty, Iowa, on Jan. 5, 1864, his family being members of that community of Friends to which President Hoover's family belonged.

Dr. Holmes early showed aptitude as a student and was graduated from high school at the age of 15. After his graduation his family moved to Lincoln, Neb., so that he might attend the university, but as his father's health was poor this plan had to be abandoned, and for the next few years the youth's education depended on his own efforts.

Railroad Surveyor in West

Later he was graduated from the University of Nebraska and spent more than a year in postgraduate work. After a year tutoring he came East, entering Johns Hopkins University in 1885. It became necessary for him to go to work again and, following employment as a surveyor with a railroad then doing construction work in Colorado, he went to Washington, D. C., and taught in the Friends Select School there. Returning to Johns Hopkins, he took his doctorate degree.

Nine years later Dr. Holmes was called to the chair of religion and philosophy at Swarthmore College. Before entering upon this work he spent a year in special study at Oxford University and made an extended trip through Europe and the Orient. He took up his duties at Swarthmore in 1900 and remained actively in service until 1937.

In 1916 Dr. Holmes founded the Friends Peace and Emergency Committee, which served during the World War and which was the predecessor of the American Friends Service Committee, which serves as a relief and reconstruction agency in all parts of the world.

Active in Teachers Union

He was also active in the Teachers Union and worked to improve conditions for instructors in the Philadelphia public schools. Other organizations to which he belonged are the

American Philosophical Association and the Association of Religious Liberties.

Dr. Holmes was chosen as Socialist candidate for Governor of Pennsylvania in 1934, running with James H. Maurer of Reading, candidate for United States Senator.

He leaves a widow, the former Rebecca Webb; two sons, Robert, serving with the Securities and Exchange Commission, and Herman, of Birmingham, Ala., and a sister, Mrs. John Dryden of Kearney, Neb.

A Memorial Statement

Jesse Herman Holmes

By BRAND BLANSHARD

In a main reception room at Swarthmore College there is a full-length portrait of Jesse Holmes. He is standing bare-headed on a hilltop with the blue sky as a background, his white hair and his cape caught by the breeze, a suggestion about him of freedom and far spaces. It is a true image of the man, and it is so that he will live in many memories.

He will live in my own memory in many other ways as well, and first of all for a generosity that never failed or wavered. Seventeen years ago I joined his department as a junior colleague; and because I had had some experience with new methods then coming in, it was not long before I replaced him as chairman of a department of which he had been the head and the sole member for twenty-five years. Here was a perfect prescription for trouble if the older man had not been magnanimous to the roots of his being. But the trouble never came. In all my years of association with him, I did not get one bitter word or sullen look or grudging gesture; never anything but a good will that was whole-souled and even gay. Of course that made the conquest over his lieutenant complete. I vowed that any request from Jesse Holmes should be a command.

After his generosity, what stands out is his chivalry. It was the key to his political radicalism. His typical role was that of leader of the opposition; and there were people who, hearing him once or knowing him slightly, thought he stood for negation merely. They were wrong; that was far too simple a formula for him. For on one side he was a Utopian, a sort of

knight of the Grail, who was following always a gleam that came from another and juster world. He used to give a college course in the history of Utopias; and it was because he saw so vividly what might be that he was so impatient of what is. And on the other side there was a dash of Don Quixote in him. He was ready to champion anyone who could prove that he was the underdog, and he loved to set his lance in rest against the irresponsible great of the earth. It did not matter how great they were; and since he was a democrat by principle and instinct, it did not matter to him how lowly his clients were. Sometimes they were Negroes who had no one to speak for them. Sometimes they were teachers who need organization in self-defense. Sometimes they were workmen who were getting less than a square deal, or share-croppers in the south, or unenfranchised Indian natives. Whoever or wherever they were, if they were dispossessed of their rights and needed a spokesman, his voice was theirs for the asking. And what a voice it was! It could cut like a whip into the flesh of complacency; it could stab and sear and wither; it could also bring political idealism to earth as irresistible common sense.

Jesse Holmes was an iconoclast in religion as he was in social matters, and for the same generous reasons. He was at war with all that was at enmity with joy, even if it were an ancient and established theology. It must be remembered that he was born just midway between the appearance of *The Origin of Species* and that of *The Descent of Man*, that his early life was filled with the noise of the prodigious battle between an old and tyrannical theology and a new, exultant science, and that when he took his doctorate at Johns Hopkins, it was in science and not in philosophy. He was quick to see on which side the victory was bound to lie. But he was also determined that when the old theology went, religion should not go with it. So he set about to introduce into religion the fidelity to experience, the strong sense of reality, and the honesty of utterance that he had found in his science at its best. He wrote one of the most persuasive tracts produced by American Quakerism, the "Letter to the Scientifically Minded." He was forever impressing upon his students that the Bible was the expression of the real loves and hates and aspirations of those who wrote it; that

to be as good as those old writers we must be different and better; that we must write our own Bible in all that we are, in the achievement of an inner light as clear and authoritative as theirs, in speech faithful to our experience, and above all in concrete errands of mercy and good will. The language of religious mysticism and of traditional theology was never natural to him; he refused to use it because to do so would have been humbug, and he hated humbug in all its forms. But no teacher that the college has ever had possessed his power to make religion come alive in altered social attitudes and action.

And then there were his inexhaustible zest and vitality. When I knew him first, he was sixty; but he still took delight in getting out with a lacrosse stick and coaching the college players in that strenuous sport. His interest bubbled over into all fields adjoining his own—politics, biology, physics, astronomy, chemistry, psychical research. Probably no teacher in Swarthmore history has taught such a variety of subjects; as he said, he didn't occupy a chair at the college; it was a settee. The fact that a subject was looked at with lifted eyebrows did not, of course, frighten him away from it. He had an intense interest in the phenomena of spiritualism, and I have more than once attended a seance with him at which amazing results gained by the mediums were quietly punctured by his sympathetic but exacting criticism. He had been a botanical collector, a railroad surveyor, a chemist, a preacher and teacher; he had been round the world, had visited Tagore and addressed the Indian National Congress; he made an extensive collection of the curios of eastern religions which he brought back and gave to the college. His retirement only released him for new experiments and adventures. He planted gardens and transplanted trees about his attractive house in Moylan; he designed and constructed a swimming pool in a little glade on his property; when I called on him a few weeks ago after a period of illness had kept him quiet for a time I found him chuckling over a new-found skill; he was carving a set of chess-men, expertly designed by himself. In intervals of leisure he used to weave rugs; and one of them, a particularly fine specimen, contained his autobiography in symbols. Among these woven symbols was a splendid big red rose. People

naturally asked about that. It meant his little daughter, he explained. He had lost her many years ago. It was the one overwhelming sorrow of his life.

He was quick to wrath, but like other men who think more of their causes than of themselves, he was slow to take offense. His bursts of anger were not vindictive; they were impersonal like summer storms, and left the atmosphere clearer; the climate of his life was sunny. It was more than that. He was constructively, imaginatively and unobtrusively kind, with that best sort of kindness that has no sentimentality about it and no self-righteousness, but quantities of plain sense. I have come upon two people in one day who were former neighbors of his and who told me that when their families were in distress he had rung their doorbells and proposed loans of a hundred to five hundred dollars. He had William James' generous confidence in the insights of the plain man. There are dozens of amiable eccentrics about, who found in him a confidant for their odd enthusiasms and hope from his large tolerance.

He was a gay, brave, lovable, intensely human being. Perhaps in the end what stands out most is his courage. With the support of a gallant ally at home, who largely made him possible, he fought innumerable winning battles. To be sure he was not seldom on the losing side. But he had something of the happy abandon of the old Elizabethans; whether he won or not, he enjoyed the battle; he would probably have said, with Stevenson, that "the business of life is not to succeed, but to continue to fail in good spirits." Certainly his own high spirits were tonic and infectious. A year or so ago he came back to speak to the student body, assembled at collection in Clothier Hall, a student body that had not known him as a teacher. I have forgotten now what he talked about, but when he sat down the students went on applauding and applauding till he was embarrassed and hardly knew what to do. It was obvious to all but himself that it was not his case they were applauding but himself, that indomitable good white head of his, unbeaten, lusty, and unbowed. They knew a man when they saw one.

I have sometimes thought that, both in body and in temperament, Jesse Holmes bore a certain resemblance to

Robert Browning. At any rate, it is to Browning that I should go for the best thumb-nail sketch of him:

"One who never turned his back, but marched breast forward,
Never doubted clouds would break,
Never dreamed, though right were worsted, wrong would triumph,
Held we fall to rise, are baffled to fight better,
Sleep to wake."

Jesse Herman Holmes was born January 5, 1864, in West Liberty, Iowa. His father, also Jesse Holmes, came originally from Loudon County, Va. He was of Quaker stock and had been teacher, farmer and country doctor. His mother, Sara Morgan Paxson, also of an old Quaker family, came originally from Pennsylvania.

In 1879, the family moved to Lincoln, Nebraska, so that Jesse and his sister might enter the university. He received an A.B. and B.S. from the University of Nebraska in 1884. It is noteworthy that he specialized in chemistry and physics.

He then entered Johns Hopkins University, receiving a Ph.D. from that institution in 1890. Again his major was chemistry with a minor in philosophy. For the next three years he taught in the Sidwell Friends School in Washington, D. C., during which time he married Rebecca Sinclair Webb, whose father was a prominent Friend in Philadelphia. From 1893 to 1899 he was a member of the original faculty at George School where for six years he taught chemistry and physics.

Swarthmore College in 1899 offered him the chair of religion and philosophy, with a year's leave of absence during which time he studied at Oxford and traveled extensively in Europe and the Holy Land. From 1900 to his retirement in 1937, he taught continuously at Swarthmore in the fields of philosophy, religion, ethics and psychology.

He had been an active member of the Society of Friends both as a speaker and in connection with the work of the American Friends Service Committee. In 1920-21 he traveled abroad, visiting Friends Centers in many countries as a part of the post-war reconstruction work.

From 1912 and thereafter for some fifteen years, he spent most of his summers on the Swarthmore Chautauqua

platform, lecturing on a wide variety of subjects. From 1915 to 1925 he was President of the National Federation of Religious Liberals, an office which reflected his real interest in interdenominational cooperation. During the 1930's he was active in the Socialist party and ran for Governor of Pennsylvania and for Congress. He consistently attacked corruption in the local political scene.

One of his principal interests during his entire career was the removal of racial discrimination, particularly with reference to the Negro in America. He frequently spoke in Negro institutions and counted among his best friends many persons of that race. Another field in which he was very actively interested was the labor movement. He was President of the Pennsylvania State Federation of Teachers and was active in labor union circles. He taught a number of classes in the Labor College in Philadelphia.

Jesse Holmes' interests and activities were so wide and so varied that it is not possible to give a complete record of them. His death occurred suddenly on Wednesday, May 27th. In addition to his wife, he is survived by two sons, J. Herman and Robert Sinclair Homes and by two grandchildren.

* * *

Many friends of Jesse Herman Holmes gathered in the Swarthmore Meeting House on Sunday, May 31st, at four o'clock to express gratitude for what his life had meant to them. The meeting had an extraordinarily happy tone, as though the joy that such a man had lived outweighed for the moment the sense of grief at his loss. Friends rose to speak in numbers that were themselves a tribute.

Speakers included Jesse Holmes' colleagues on the Swarthmore College Faculty with which he had been connected since 1900: Brand Blanshard, his successor as chairman of the department of Philosophy; Ethel Brewster, his former student, chairman of the department of Classics; Everett Hunt, his next-door neighbor for many years, one of the Deans of the College; John Nason, who had come to Swarthmore as a member of the department of Philosophy, now President; Patrick Murphy Malin, his associate in many activities of the

Society of Friends, on leave from the department of Economics for service in Washington. The Friends Service Committee was represented by Clarence Pickett; the Yearly Meeting by J. Barnard Walton; the Advancement Committee by Herbert Way. Leslie Pinckney Hill, President of the State Teachers College at Cheyney, spoke for his Negro friends, Leslie Chrismer paid tribute for groups in Chester. There were old students and friends and neighbors, many of them members of Swarthmore Monthly Meeting to which he has contributed so much. His old students praised him for prodding them into thinking for themselves. His friends and colleagues bore loving witness to his courage, originality and kindness; to his passionate campaigning against injustice and corruption; to his impatience with hampering traditions; to his zest and humor, and joy in life.

Rebecca Webb Holmes was present with her two sons and their wives, Herman and Eloise, Robert and Grace, and one grandson, J. Herman, fifteen years old.

A Review of a Biography of Dr. Holmes

Jesse Herman Holmes

1864-1942

A QUAKER'S AFFIRMATION FOR MAN

by

Albert J. Wahl

"Ducky" Holmes was undoubtedly Swarthmore College's most picturesque professor—an image not weakened by his Mephistophelean beard, wind-blown hair, and flowing cloak. He had a unique combination of interests, training, and activities. A birthright Hicksite Quaker from Iowa and Nebraska, with a Ph.D. in chemistry and biology from Johns Hopkins, he traveled through England on a bicycle, was a student of philosophy, Greek and Hebrew at Oxford, and studied Christianity, Judaism and Islam in the Near East. He brought an unparalleled variety of backgrounds to his classes in philosophy and religion at Swarthmore. Here, from 1900 through 1937, he became a beloved teacher, combining a

psychologist's insight into his students' problems with an educator's vision as to their needs. An ardent moralist, he sought to reconcile science and religion even as he pursued religion as reform, and reform as religion. Practicing his doctrine of involvement, and often easing group activities with his wit and humor, he helped to form the American Friends Service Committee, was president of the National Federation of Religious Liberals, served as president of a teachers' union in the Philadelphia area, and ran for local, state, and national office on the Socialist ticket. In the twenties and thirties he loomed ever larger as a leader in the Friends' progressive movement.

It was as an historian of the Longwood Progressive Friends that Albert J. Wahl became absorbed in the many accounts of Jesse Holmes as a leader. Following his retirement (1971) from the department of history, Indiana University of Pennsylvania, Dr. Wahl pursued research among Jesse's former students, colleagues, and critics in order to give a dramatic and memorable account of his subject's life and times.

The biography is primarily a review of "Ducky's" reform efforts in the period 1900-1937. But it is much more than that: It is also an analysis of his personality, plus that of his gallant wife Rebe; it is a nostalgic view of middle-class family life in that period; and it is a recall of how interesting life could be on Swarthmore's campus in the days of Presidents Swan, Aydelotte, and Nason.

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Jesse H. Holmes

He kept his faithful vigil from the heights
Above his flock; the struggling, human kind.
Nor high nor low escaped his vigilance.
Come ye to harm or serve? Answer me that;
For these my people are my only care.
And be ye king, or president, or chief,
I name but one requirement, do ye serve?

Longwood has closed its doors, and he
Who graced its stage, he too has passed away.
Each stood for freedom, for humanity;
This one outstanding motive was their own,
And for it each was criticised in turn,
As those have always been who strove to help
Their fellows; a strange fact to face,
But such has been the record of the race.

E. C. WALTON.

APPENDIX A

An Unexpected Communication from a Deceased Friend and Former Fellow Researcher—Henry A. Mandel of St. Petersburg, Florida.

As was mentioned at the conclusion of Chapter 4, when Dr. Holmes discontinued using the mind and vocal chords of Mrs. Gran, Samarca announced that one of George Meek's friends had arrived and would like to converse.

This turned out to be Rev. Henry A. Mandel of St. Petersburg, Florida, who, until his death in 1977, at the age of 83, had helped hundreds of patients with his healing abilities.

A portion of the recorded tape transcription is given here:

Samarca: I am Samarca. We have a guest here, George, who asked to come. We will let him introduce himself.

Dr. Bernard: I am Dr. Bernard. [A New England physician who died about 100 years ago, the medical helper of our healer friend Henry A. Mandel.]

G.M.: Dr. Bernard, greetings! This is a pleasant surprise.

Dr. Bernard: Hello, George, it is a pleasure to be with you. We have asked for this opportunity because we have one here whom, as you know, we have been taking care of for some time. [Chuckles from George who is well aware of why Dr. Bernard used the phrase "taking care of."] He is very anxious to take this opportunity to speak to you briefly.

G.M.: Very fine.

[What followed was a dialogue between Henry A. Mandel, who had lived in St. Petersburg, Florida, until his death at the age of 83 in 1977. During the many years of world-wide research by G. M. into the work of healers, he visited Mandel dozens of times and witnessed many healings of patients who had received little or no help from traditional medical practitioners. A deep bond of friendship grew up between Mandel and G.M. Hence it was a great pleasure and surprise to G. M. to

APPENDIX A

have his first opportunity to talk to Mandel since his passing more than a year earlier. Their discussion is slightly extraneous to the themes which Dr. Holmes is developing in this book, but for those readers with little or no knowledge of the thrills, satisfaction, and usefulness of the level of communication which is possible through a superb sensitive, we continue with a small portion of the exchanges which followed delivery of Chapter 4 by Dr. Holmes.]

Henry: [Gruffly] This is Henry talking.

G.M.: Hello Henry, greetings. [More chuckles] This is *quite* a surprise.

Henry: [Still gruffly] This is new to me. I have always been on the *other end*, as you know. [Henry is referring to the fact that in 15 years he was in the role G.M. is playing in this session—and accumulated perhaps a half-million feet of recording tape of conversations *he* had with and discourses from people in the world of Spirit.]

G.M.; [Happily] You certainly were on the "other end" for a long time! What's been happening with you, Henry?

Henry: Well they won't let me do the things that I intended to do. [still gruffly] They think I'm . . . [pause] . . . not able yet. What's all this stuff and equipment you have around us here? Is this a laboratory?

G.M.: Well, Henry . . . ah . . . as you know we had some differences of opinion—in fact some real arguments—about the desirability of developing an instrumental, an electronic, means to communicate with other planes of existence. I intentionally refrained from telling you that my friends and I established a laboratory several years ago—and *went ahead in spite of your advice to the contrary*. While we have had some small successes we are a long, long way from the goals we have set for ourselves—but I will tell you now that the idea is to someday have communication with very high levels of beings without distor-

tion through the minds and memory banks of mediums or sensitives.

Henry: [very softly, begrudgingly] Well, I still think that the individual way of working is best, but—[airily] good luck. [Small indistinguishable sound from Henry.]

G.M.: All right. I well remember you always argued that the communication should be "soul to soul," but we are moving into times when we should be able to communicate with *many, many* souls if we are to help the masses to lead more effective, more spiritual lives. We look upon this as a way of helping people on the earth plane of existence to learn the *reality* of the worlds of the Spirit . . . far more rapidly than could be done on a one-to-one basis.

Henry: Well, there was a time *we* thought *we* could contact anybody, just anybody. Things are different here from what I thought they would be. They tell me I will be able to do more later, but I want to tell many things. [Weakly] I just don't have the strength to do it now.

G.M.: Well, now that we have made this contact with you Henry, this is wonderful and we will look forward to talking to you when you have gained strength. I am sure the loving care that Loraine [his daughter] and Dr. Bernard and the others will give you will help you gain strength quickly.

Henry: [Weakly] Yes, things are different. Goodbye.

G.M.: Goodbye, Henry. Thank you so much for coming in.

Samarca: We felt this might be very beneficial for Henry since we and you have been associated with him in the past, and we could not deny him this opportunity which he had asked for

[Samarca continued discussions with G.M. for another thirty minutes and then arrangements were made for a session in the afternoon so that Dr. Holmes could continue his dissertation on fear.]

APPENDIX B

An Unexpected Communication from Deceased Friend and Former Fellow Researcher—Melvin Sutley of Philadelphia, PA.

Samarca: I am Samarca, we have here your friend and former researcher, Melvin, who feels quite elated and very happy to have this opportunity.

G.M.: Good morning, Melvin.

M.S.: Good morning, George.

G.M.: This is a very special occasion. This is the first two-way communication between two astral dimensions by members of our group, i.e., Metascience Associates. I bring you greetings from all of us, Paul, Hans, Sarah and myself, even though Sarah and I are the only ones present at the moment. But we will certainly share with our friends whatever follows in this historic meeting.

M.S.: This has been something I have been waiting for a long time. Yes, I think back to the days when we worked together and I had the privilege of sitting in on the information that was given us from these dimensions and the times you visited me when I was in bed at the nursing home and I was unable to get up and go to your meetings in the Philadelphia Laboratory. This is marvelous! It is difficult to communicate in this manner, and I must get used to the "equipment" the channel. [Mrs. Gran.] This place where I have been living is so beautiful, George, so beautiful. I know that all that beautiful country that you brag about living in Florida cannot possibly measure up to this.

G.M.: Good!

M.S.: The trees are so green, grass is so green and so velvety, air is just like breathing wine, if you could do such a thing. The sun is not too hot, the

breezes have fragrance on them. Oh it is MARVELOUS. I don't know why I hung around that place Philadelphia so long. I didn't know it would be like this.

G.M.: That answers a question which has been in my mind. I frankly wondered why you *did* stay so long in that nursing home when we could see what a terrible strain it was on you. When you were alone, you couldn't have the best of attention and help, those last few months particularly.

M.S.: Yes, if you and Paul and Hans had stayed there with me, I think I would have made it a few more years. But I'm sorry I hung on so long⁴ because this is—oh, they tell me I'll forget all about those trying experiences you know, and I will.

G.M.: I looked at the early transcripts from the Philadelphia lab and saw references to the name Margaret. I am ignorant in this situation. Was she your wife?

M.S.: Oh yes! That's my wife [with great pride in his voice]. You know what, George, she waited for me [sounds almost like tears]. I kept her waiting all that time, I didn't know. [He really feels sad about that.]

G.M.: She's there with you now, isn't she?

M.S.: Oh yes, she's here.

G.M.: Are you just resting now, or has any activity caught your interest?

M.S.: Well, we have a house here in a lovely neighborhood in beautiful surroundings. It is just gorgeous and I haven't had to mow a lawn yet! People around go to business every day. I haven't decided what I want to do. I have books here—lots of them—and have all the time in the world to read if I wanted to, but I must first find something to be interested in. I want you to know that I am *still* interested in what Metascience is doing.

G.M.: Do you remember from the sittings in which you participated, that for several years, Dr. Holmes was talking about the book that he and others would like to write?

M.S.: Yes, I remember.

G.M.: Finally this seemed to be the appropriate time to carry on that project and in recent days he and his team members have been bringing through the chapters of this book from which I am sure that more and more people in the passing years will be able to benefit.

APPENDIX C

[This is one possible way of carrying through the idea proposed by Dr. Holmes in Chapter 7, The Dignity of Age.]

A LIVING WILL*

To My Family, My Physician, My Lawyer, My Clergyman
To Any Medical Facility in Whose Care I Happen to Be
To Any Individual Who May Become Responsible for My
Health, Welfare, or Affairs.

Death is as much a reality as birth, growth, maturity and old age—it is the one certainty of life. If the time comes when I, _____ can no longer take part in decisions for my own future let this statement stand as an expression of my wishes, while I am still of sound mind.

If the situation should arise in which there is no reasonable expectation of my recovery from physical or mental disability, I request that I be allowed to die and not to be kept alive by artificial means or "heroic measures." I do not fear death itself as much as the indignities of deterioration, dependence, and hopeless pain. I, therefore, ask that medication be mercifully administered to me to alleviate suffering even though this may hasten the moment of death.

This request is made after careful consideration. I hope you who care for me will feel morally bound to follow its mandate. I recognize that this appears to place a heavy responsibility upon you, but it is with the intention of relieving you of such responsibility and of placing it upon myself in accordance with my strong convictions that this statement is made.

Signed

Date

Witness

Witness

Copies of this request have been given to

*Prepared by the Euthanasia Educational Council
250 West 57th Street, New York, NY 10019

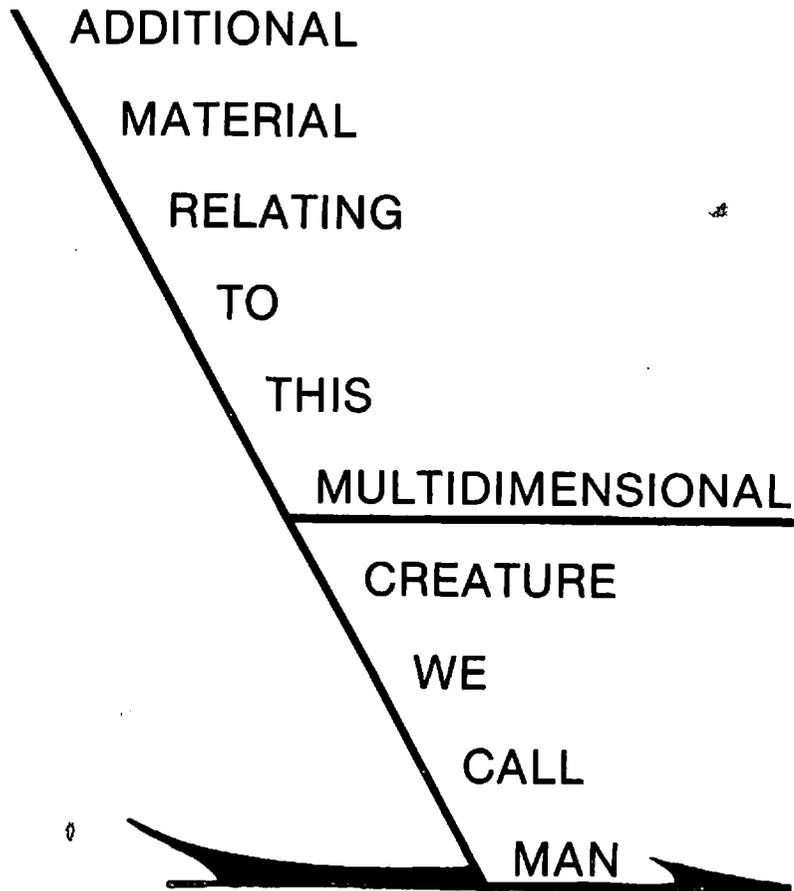
APPENDIX D

[This material did not relate directly to the chapter in which it was dictated but is included here because of its obvious value.]

Dr. Holmes' Comments on the Age of the Planet Earth, Prior Civilizations and Pending Changes

We have spoken before of the period of time in which this planet is existing. Physical life on the planet is now feeling the effects of the last age which started about 2000 years ago, when there was a period of upliftment. We speak of this as the result of "unseen energies." These energies are unseen by human eyes, but felt by human bodies. In following the planet's pattern of evolution and growth, which is the same as that of any other physical body, there are certain periods of growth which are greater than others. At this particular time the earth is about to enter an adult period. Four hundred billion years is the estimated age of this planet. Civilizations have been born, flourished and passed away. Mankind has caused great cataclysms, which at times have all but wiped out the human race. Mankind has recovered and civilizations have sprung up again. In the last 100 years great changes have taken place. They are indications of the new age which is rapidly approaching. The earth is already shivering in the cusp of the beginning of the transition across the mark which is the end of the dark age. It will be going, within a few short years, into a New Age. Many cannot take the vibrations of this period, which are greatly increased as the earth becomes uplifted into the newer energies.

APPENDIX E
RELATED METASCIENCE PUBLICATIONS



SHARE THESE BOOKS WITH
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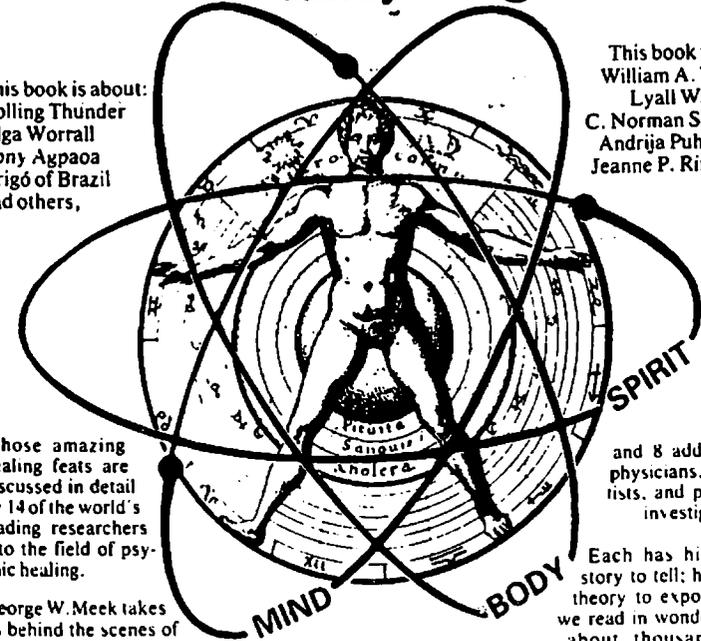
This book is volume II in the series: LIFE'S ENERGY FIELDS
Illustrated, 304 pages, quality softback only.

HEALERS AND THE HEALING PROCESS

ED. by George W. Meek

This book is about:
Rolling Thunder
Olga Worrall
Tony Agpaoo
Arigó of Brazil
and others,

This book is by:
William A. Tiller
Lyllal Watson
C. Norman Shealy
Andrija Puharich
Jeanne P. Rindge.



Whose amazing healing feats are discussed in detail by 14 of the world's leading researchers into the field of psychic healing.

George W. Meek takes us behind the scenes of actual healings. We read in disbelief of bloodless, painless, non-anesthetic operations.
HOW CAN THIS BE?

and 8 additional physicians, scientists, and psychic investigators.

Each has his own story to tell: his own theory to expound as we read in wonderment about thousands of people who walk away from "hospitals" moments after being cured of "incurable" ailments.
HOW CAN THIS BE?

Many readers, including physicians and psychiatrists, have said, "Chapter 17, 'Healing Yourself and Extending Your Life Span' is worth several times the price of the book." It shows how to avoid 75% of all major and minor illnesses, including flu, the common cold and many types of cancer. It reveals the basis of all healing — Divine, Spiritual, Spirit, Mental, Psychic, the Laying on of Hands and Christian Science.

Quest Books

METASCIENCE
CORPORATION

HERE ARE A FEW COMMENTS ABOUT THIS  BOOK

Books

West Coast Review of

memo from Clarence Pederson

George:

Thought you might like to put the HEALER review in proper context by seeing the entire magazine. You will note that not too many of the books that got reviewed received four stars.

4/7/78

Congrats.



Healers and the Healing Process

Edited by George W. Meek. Quest Books. \$5.25 ★★★★★

NO MATTER WHETHER YOU BELIEVE IN Psychic Healing, the report you will read here by 14 famous investigators (famous to those in the field of psychic research) seems to attest to the validity of holistic "medicine." Cures, say the researchers, have been achieved, but, and this is to the credit of this book, they admit that a lot of hocus-pocus and "sleight of hand" is taking place. Matter of fact, the skeptical side of the researchers permeates the material so when they are convinced, you've got to be convinced! A lot of research is going on and this book at least allows us to look in on what is being done. It isn't just humans who are being scrutinized. Plants, the ones which some people believe grow better through dia-

logue, also are being analyzed. For this reader, the chapter worth the money of the book, is the one on self-healing. The researchers have shown that the mind, the imagination, all have a hand in healing although the healed individuals need not be intellectuals nor do the healers have to be of a scholarly bent. Here we find ways to heal ourselves, to psychologically attune ourselves away from illness. This is not to minimize any possibility of energies coming from the healers, but we have testimony to our own capability to turn our energies toward our own bodies. "Skeptics have long doubted the very existence of psychic, faith, and mental healing," says the editor. "Now serious scientific research in several countries has revealed the existence of energies that emanate from a person serving as a healer. Additional developments in the area of sophisticated electronic equipment add still more to our growing understanding of the natural forces that operate in and through the human body and are involved in the whole process of illness and health." Obviously, this work is the most worthy one on the subject.

A serious attempt to scientifically analyze the processes taking place in healing

— S.S.C. Booknews

A Pandora's box of mystifying phenomena

New Realities

Much of the material is astonishing. It is treated with discrimination however, and with regard for the stringencies of science. — The Christian Parapsychologist, London, England

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This book is volume III in the series: LIFE'S ENERGY FIELDS 208 pp., 34 illustrations including a 7 color fold-out diagram 11"x17". Available in deluxe softback and hardcover.

After We Die,
What Then?

ANSWERS TO QUESTIONS
ABOUT
Life After Death

Long sought by
scientists, philosophers, theologians,
physicians, educators, ministers, priests,
rabbis and most lay people.

George W. Meek

HERE ARE A FEW COMMENTS ABOUT THIS BOOK

Rev. T. N. Tiemeyer, Congregational minister, Miami, Florida

Brilliantly conceived, well organized and boldly presented. I will recommend it to my classes.

Glen F. Hamilton, M.D., Winnipeg, Canada

It is brilliant. I would not change a word. It is written in simple fashion - much like the King James Bible, except in modern language.

Hiroshi Motoyama, Shinto priest and Scientist, Tokyo, Japan

Should be of great interest and help to Christians who have no clear teachings about reincarnation, their lives after death, and the existence of the astral body.

John White, Author, Cheshire, Connecticut

The author has tapped into the highest planes of inspiration and creativity. Really!

Sir Kelvin Spencer, Scientist, Devon, England

An impressive summary of knowledge in a field neglected by science and too often misinterpreted by, or unknown to, practicing theologians, psychiatrists and philosophers.....An easily read and fascinating account of knowledge that finds no place in the curricula of schools and colleges.....Will help many to find a philosophy of life that brings back meaning and purpose in facing life's challenges.

Robert R. Leichtman, M.D., Internist, Author, Baltimore, Maryland

A great job on a complex topic. This book tells the simple and basic truth about life after death without all of the pompous weight of dogma and fear that usually surrounds this topic.....Have seen nothing else that has so many good ideas in such succinct form.

Joaquin Cunanan, Foundation for Holistic Living, Manila, the Philippines

If man would live his life guided by the knowledge that his soul does not die and that he cannot escape the immutable law of what he sows he shall reap, as discussed so lucidly in this book, then he will not only be happy but a new era will dawn for humanity.

Hans Naegeli-Osjord, M.D., Psychiatrist, Zurich, Switzerland

From the vantage point of my many years in the practice of psychiatry and as a parapsychologist, I recommend this book as necessary reading for my colleagues.

Donald & Shirley Shultz, Healers and Psychic Investigators, LaGrande, Oregon

The degree of correlation with our research is remarkable.

Robert J. Jeffries, Scientist and Educator, Virginia Beach, Virginia

The questions and answers about life after death are superb!

Hans Heckmann, Electronic Specialist, East Lansdowne, Pennsylvania

The first book that I would consider recommending to my charismatic friends.....have started a list of friends to whom I wish to give a copy.....Truly a beautiful and inspired book.

Margaret Hamilton Bach, Author and Musician, Winnipeg, Canada

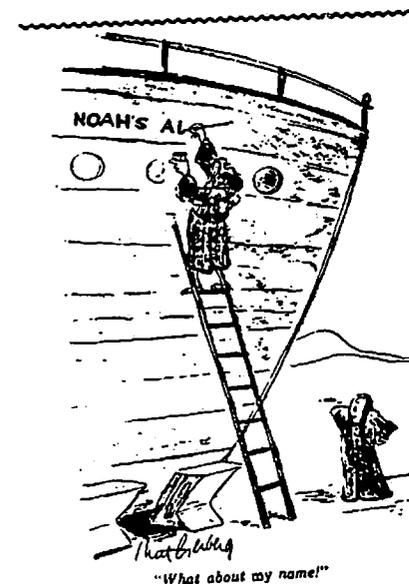
After reading the manuscript several times I say with the utmost conviction that this should be required reading for senior high school students and all students in theology. All humanity desperately needs the life plan this book offers.

Douglas E. Dean, Physical Chemist & Parapsychologist, Princeton, New Jersey

.....puts the wisdom of the ages and the intuition of our best psychic people into simple everyday language. Listen carefully to what it tells about how to live NOW.

This is volume V in the series **LIFE'S ENERGY FIELDS**
Bound manuscript, 64 pages, 8½ by 11 inches.

COLLAPSE & COMEBACK



INFORMATION RELATING TO THE
CATAclysmic SOCIAL, ECONOMIC, POLITICAL
AND EARTH CHANGES WHICH WE ALL WILL
ENCOUNTER IN THE YEARS
1979 THROUGH 2000

The message of this book is most unusual. Many will be inclined to dismiss it as utter nonsense. Most readers will find it disquieting and even shocking. The material is presented as a public service and is made available at cost. There is no plan at this time to make it available through bookstores.

HERE ARE A FEW COMMENTS ABOUT THIS BOOK

The Bible and other religious books throughout the centuries recorded examples of seers, saints and prophets receiving guidance from "God"—and from other intelligences in the world of Spirit. Such messages came via dreams, visions and communications through types of people we today call psychics.

God and the intelligences in the world of Spirit are just as interested in helping us today as they were in alerting Noah to build a survival means for himself, his family and animals—and in helping Moses lead the Israelites out of slavery.

In the 2,000 years since the Nazarene channelled his spiritual wisdom, Man has continued to slaughter Man. He has not only refused to "beat his swords into plowshares" but has created weapons of such destructive force that he is on the verge of destroying the planet on which he rides through space—or making it unfit for human life. The economic, social and political systems Man has developed are unable to curb his ruthless desire for personal gain at the expense of his neighbor. Man has failed to grow spiritually to a level where he can **constructively** utilize his God-given creativity and productive capabilities.

Messages channelled during the last 25 years through some of the world's most spiritually sensitive psychics have sounded a clear warning: **time has almost run out for modern man.** Man's economic, political and social structures will come tumbling down—and the planet itself will be subjected to cataclysmic changes which will be **far more severe** than the flood in Noah's time. **UNLESS** Man immediately uses his God-given ability of self determination to correct the failures.

This small booklet presents messages from "God," that is, from kindly, loving and helpful intelligences in the world of Spirit who serve as God's helpers. As in ages past, these helpers transmit their comments through psychically sensitive persons. To make certain that the story is a correct one, we present and compare seven different messages received in different geographical areas and through different sensitivities.

Though received through different channels, the story is about the same: the "times of the end" predicted 2,000 years ago in the Bible are upon us—**RIGHT NOW!** And solely because of Man's failure to learn how to live in accordance with natural law, great will be the tribulation and suffering. However, such collapse of our institutions and the cataclysmic earth changes are not sent as punishment. They result from the immutable law of cause and effect. They are necessary to sweep away the old and put the survivors into a position to start building the long hoped for Golden Age.

In the context of the Christian Bible, there is every reason to now expect a second and far more effective "coming" of the Christ Consciousness—and a **COMEBACK** for the human race.

But be of good cheer. **No matter what cataclysmic events you personally encounter—**

YOU CANNOT DIE.

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- Hundreds of books of so-called "Spirit Communication" have appeared. None has the laboratory documentation of this one and none so effectively rends the veil between our physical world and the realms in which we will be living after death.
- Dr. Jesse Herman Holmes, a leading Quaker and for twenty-five years Head of the Department of Religion and Philosophy at Swarthmore College, died in 1942. Since then—through a superb telepathic channel—he dictated this book. In it he tells how he and a team of well-known writers, philosophers, artists, theologians and poets-(brought together since they died) have returned in spirit to walk our streets, visit our nursing homes and hospitals, and observe in our courts of law, business headquarters, universities, churches, halls of government, etc.
- From their excellent vantage point, these researchers evaluate our prevailing attitudes and actions. Then they tell us how to enrich and add joy to our *present* lives—and assure bright and endless horizons for the life each will be living *after* shedding the present physical body.

A few of the research team members:

Mary Roberts Rhinehart (?—1958)
 Dorothy Parker (1893-1967)
 Alan Seeger (1888-1916)
 Edgar Rice Burroughs (1875-1950)

F. Scott Fitzgerald (1896-1940)
 Kathleen Norris (1880-1976)
 Eugene Field (1850-1895)
 Rufus Jones (1863-1948)