

## Introduction

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Life and Death are two sides of the same coin, two halves of the full circle of existence. But we who are alive at this moment can only see one side, one half. What do we know about the shadow of life—death? Our normal five senses only observe the animate, physically alive side. How can we know the other?

From time immemorial, there have been ways and means of garnering impressions from sleep and the spiritual worlds, which is also where death resides. These worlds are imperceptible to the senses and ordinary conscious thought. However, when the ability to see into the spiritual worlds is awakened and disciplined, and our mental processes expand beyond material limitations and focus on the dimensions beyond the perceptible vibratory range of the five senses, incredibly vast arenas of existence and experience open up.

The secret mystery schools of the past and the various initiations into priesthood stimulated the perceptive organs of the soul of the candidates, so that in dreams and vision quests, neophytes could experience spiritual realms, and understand their inherent meaning and relationship to human, earth-bound life. The practices that awakened the subtle organs of spiritual perception were based on an esoteric understanding of the nature and constitution of the human being, which include faculties, organs, and energy fields beyond the mere physical body; these are the etheric, astral, and spiritual Ego/I. These integral, though invisible, parts of every person are what leave the body at death and move out into the unseen realms

of their origin. There they are resolved within the parameters of their native realm, dimension or vibratory range, just as the material body remains on earth and eventually returns to the constituent elements of the physical plane such as carbon, oxygen, nitrogen and iron.

In our day and age, 2000-something AD, humanity as a whole has evolved the possibility of perceiving spiritual realms. Meditation, the near-death experience (NDE), fasting, yoga, breathing techniques, and mental activities such as sacred geometry, are a few of the practices, activities, and experiences available now that exercise the subtle fields and awaken the functioning of the inner organs of perception. These organs are the third eye or spiritual pineal, the preceptor of imaginative insight or clairvoyance; the inner ear of inspiration or clairaudience; the spiritual pituitary of inner knowing, intuition or clairsentience; and the spiritual heart, the generator and chalice of love, our truest human quality.

With these awakened organs, one can perceive the spiritual motivation behind the worldly state of being and activity, both in nature and the human being. These are the faculties that expedite self-realization and self-actualization. Of course, in the meantime, all through and in between, we are simply and compassionately and absolutely human, which means that we are fine, wonderful and successful. But we also fail and “blow it,” and live messy human lives fraught with hope and despair, illusion and cold reality, love and hate; that is, every duality, which we must learn to balance. The biggest duality to realize and balance is life and death. So this is a book about that very thing: learning to embrace consciously the light *and* the shadow—Life and Death.

A bit of a personal confession is appropriate at the beginning. As a child, I saw fairies, gnomes, ghosts, and angels, and it hasn't stopped. Not all the time, mind you; but

it still happens in moments of greatest delight, profoundest sorrow, or deepest meditation. I am grateful for these glimpses beyond the veil of outer appearances. They have come as the fruit of disciplined inner work and as gifts of grace. From them I have gained a sense of solidity, a feeling of security, in that I know through my own experience from an early age, that there is more than meets the physical senses. I don't just hope or wish; I know!

I have recently come to realize that "I" am the thread that ties the varied parts of my lives and experiences together. At first, I tried to remove myself from this book and let the stories and experiences speak for themselves, but it felt incomplete. Having gone through the academic system, I had been impressed with the idea that I had to remove myself from my work to be accurate, accepted, and taken seriously. This troubled me. There is something in academic bias that does not apply to life itself, to art, or experiences in the spiritual world. In non-academic social circles, I had to distance myself from my experiences, or appear conceited and selfish. I trust I have found the balance in this book. My consciousness and clear thinking are the ties that bind it all together into a comprehensible whole.

After writing my academic master's thesis, I edited it for book publication and cut out almost everything but the stories. I have now matured through the grace of time, and with a little help from my friends, I have come to realize the validity of my own authorship, and the duties there of. I must and do claim my experiences and honor my process. It is not only the information about life after death that is important. The methods for exploring these worlds are also valuable. The tools by which one perceives the spiritual worlds are publicly available and by my example, prove effective when practiced diligently and with moral fortitude

(an old fashioned term, but still current in the spiritual worlds.)

Human consciousness is evolving toward greater, more profound interaction with spiritual beings of other hierarchies and dimensions. We humans have tasks awaiting our arrival and participation in the multitudinous planes of our earthly, solar, and galactic environments. In this book are some of my other-worldly adventures and the path my friends and I have taken. We bushwhacked our way into the spiritual world and then found vast cities, realms, and worlds already there and flourishing. We followed some known trails and some time-honored exercises and practices, like meditation and yoga, and the indications of Rudolf Steiner. I created my own meditative practices and did them rigorously through all kinds of metamorphoses over decades. Each step on this self-chosen (and sometimes self-created), path brought me to higher places and broader vantage points.

Various workshops and trainings from contemporary seekers and finders added to my spiritual tool box: Inter-dimensional Consciousness Training and Sound Healing with Tom Kenyon, Alchemical Hypnotherapy Certification by David Quigley, Reiki, Tai Chi, and Emotional Freedom Technique (EFT), to name only a few. I subsequently chose bits and pieces from nearly every one as they fit my personal needs on my own individual path. There is no “one size fits all” spirituality. Only we, ourselves, guided by our own specific guardian angel, and our own discerning, pure, sense-free thinking can find the most appropriate access and connection to the spiritual worlds and the diverse beings who reside there.

A word of cautious consideration is perhaps appropriate here. The spiritual worlds all have laws and conditions that are very different from physically based, earth life. It is advisable

to be informed. From time immemorial, the knowledge of the cosmic truths underlying the spiritual worlds has been revealed to humanity in visions and teachings appropriate to the age and stage of human development. There are time-honored principles which form a grounding anchor-point and guide for discernment when crossing the threshold into the spiritual worlds, such as: goodness, beauty, and truth; nobility, compassion, and morality.

I personally am steeped in the world view of Anthroposophy (or Spiritual Science) as expressed by Rudolf Steiner. His methods of clear thinking clairvoyance, clairaudience, and clairsentience are the blossoming in modern times of the wisdom of the western occult traditions; from Plato, Aristotle, the Rosicrucians, and Theosophists into Anthroposophy, the divine wisdom of humankind.

From many years of patient study and practice, I have developed an intelligent, balanced basis for conscious journeys into the spiritual worlds which seems to work in the twenty-first century. From my perspective, humanity needs to journey beyond the threshold, now. Now is the time. Future frontiers are not only on distant stars, but also deep within the human soul. In an encouraging spirit of good will and support, I offer this book *Lucid Death, Conscious Journeys Beyond the Threshold*. May it enrich your life, and guide you through your adventures in death's domain.

The hypnotherapy journeys (also referred to as spiritual regressions) that I facilitated and those I experienced myself are further glimpses into the other worlds. These journeys are best described as gently facilitated inner explorations, with the client/subject in a profoundly relaxed yet conscious state. As time is immaterial, especially in the spiritual worlds where space is immaterial as well, verb tenses sometimes shift about. Logical sequential time is often presented simultaneously

or instantaneously. An earthly human being is challenged to express these amazing and often non-verbal states and experiences in normal language. I shall refer to the client/subject of the sessions in this book as the “traveler,” since that person is journeying in other dimensions to retrieve memories of past lives, deaths, and rebirths.

*Spiritual Regression: Pre-Earthly Experience of the Author* I include a personal journey here as explanation for my interest and involvement in this work, which explores the journey of the soul between death and rebirth.

I went into the heaven world, just before this lifetime, and there I was, a little disheveled angel child with bare feet. I was arguing with three large luminous beings. “I don’t want to go down to earth again—at least not so soon. That last short life and that hideous death in Auschwitz was toooo traumatic. I am NOT ready for another life! I want to stay here in the warm baths!! I wanna heal some more!!! I DON’T WANNA GO!!!!” But the big angels just shake their heads sweetly and say that there is a wonderful opportunity waiting for me—the perfect parents who are gentle and kind, and it really is a good time. If I stay here and heal, then I will not have the “properties” or the right constitution to do what I need to do.

So I say, “Okay, what is it that I need to do in this next lifetime that’s so darned important that it just can’t wait?” The angels lovingly gather me up in their collective arms of compassion and take me to a room to see a living movie on a living screen about all the many exciting possibilities for the next life. When it is finished, I know that what I need to do next time is: remember through everything, and that my job will be to bring other worlds through into this next life coming up. I am still feeling raw from that dreadful last life, but waiting and healing aren’t right, because

I won't be able to remember through everything if I am all healed up; and I won't be able to even see the other worlds, much less do anything about them, unless I have some broken and unhealed places in myself.

I wasn't too crazy about the idea of hanging on to my broken spots, much less getting any new ones, but the scenario didn't look too bad, really. I would need some minor childhood trauma; not violent abuse, like last time, but just my dear Grandmother's instability—she wandered between the worlds but couldn't handle it. When she came on the screen, she was so sad and sweet, and wounded herself, that I loved her anyway. I was so damaged already, that even gentle trauma would keep me open. I wouldn't fit together perfectly and seamlessly like normal people, so there would be cracks between the worlds. If I were to have a perfectly lovely childhood, I might get complacent—I would, in all probability, forget. So Grandma agreed to play this part in my life—to help keep me off balance so I can remember, and see the other worlds, and tell the truth. My Mom and Dad-to-be are there too. They were chosen and agreed because they are good, open-hearted, spiritual people. They won't need to patch up the cracks. They are pretty stable, centered souls who aren't afraid for themselves, and so they will allow me to be the way that I am, or will be, or at least could be. Anyway, they won't try to "fix" me.

By the time the movie was over, I got it—the big picture, I mean. I still didn't feel ready, but it's hard to argue with big angels and win, and besides the whole plan made perfect sense. So I agreed.

This book is one of the results.