

Greetings from Light!

And this beloved is what death is. (*Referring to something that happened before the channeling*) Where do 'they' go? 'They' are always with you as you are always with them. So why don't we talk of death? The more you know about death the less you shall fear it - your own death and death of the ones you love. Death for you is 'painful' because you must say goodbye, but for the soul who exits it is a celebration. In fact for a soul the process of birth is far more difficult. Brave, brave souls choose to be born.

Once you have chosen to be born, before you can create your life plan along with help from masters and guides, the soul is brought into the earth's energy system; not quite into the human realm for that would be too traumatic, but into the earth's energy system. Why? Because the soul has to experience what it has forgotten - that the earth's energy system is heavy with all those energies that you call negative, just as you in your embodiment have forgotten what you experience over and over again - the purity of light realms and how refined they are, how light. The soul, which is disembodied, forgets how heavy this realm is. So the soul that has decided to take birth is made to remember so that if it wishes to rethink its choice it can. Do you see now why we have called you brave? You were made to experience the earth's energies, which are so much heavier, denser, greyer, than the light realms you left behind for a short while, but you still chose, and each one has their own reason for this choice. The soul is made to experience this energy, and the human energy, and then the energy of the family it has chosen, and then the energy of the mother it has chosen before the nine months are over so that if at any point the soul wishes to rethink its choice, it can.

As the time of birth comes closer the soul's experience of energies get thicker denser and darker. The soul must know what is the energy system it shall be dealing with so that it doesn't come as a traumatic realization. The last 3 months the soul spends more hours in this thick dense energy system than it does in its light realm for soon it shall have to spend all of its time in this thick energy system. When you sleep and visit your light realms again don't you feel more vital? Understand why those who do not sleep for days on end go into what seems like a state of depression, for there is no respite from the dense energy system. The soul's natural energy system aligns itself with light so although the soul has adjusted with this energy system for nine months it still needs to disappear into its light realm so that it can rejuvenate and return. That is why babies sleep so much. They need to be in their embodied state, but they need to return for several hours to the light realms. As the baby grows, it learns to adjust to the body first, and then to the energy that comprises that day, and the energies around that body. Birth is certainly more difficult. Yet for you it is a time for celebration and death, which is easy, seems so painful, filled with fear and uncertainty.

So let us take you to the few days and hours just before death. Now do not misunderstand that this process that we explain is relevant only to a person who is unwell. It is relevant to all except those who die a violent death. Just as a soul decides to enter this world, a soul decides to exit. Is the soul born as soon as it decides to enter? No. There is a time period that has to pass for the soul to get acclimatized. Or to rethink its decision to be born. So also when a soul decides to exit, it doesn't happen in that moment. It could happen months later. Someone might need months for the exit, some might need weeks and some might need days. What happens in this time period? In that time, very gently, the energies of the human being are 'detached' from the world. It happens so gradually that even the human is not aware of the process. It is detached from the earthly energies like color, sound, taste, and smell. Just as birth is made as less of a trauma, so is death because both processes are transitions, and transitions can be traumatic.

Very often human beings who are sensitive to energies or nature, or angelic energies, might get an inner awareness which their brain cannot process but they might say things like 'let me have a party and invite all my friends and family members' or they might revisit a place they haven't visited in years. You are all aware of these experiences. This is because a very subtle, almost silent, awareness has begun in the energy system of the human being and the human being is now revisiting to say 'thank you, I am sorry I love you'. This awareness gradually gains in strength, and as it gains in strength the human being, on a soul level, revisits its chosen method of exit. We must here remind you that as of years ago moments of exit, already as many of you know, have become fluid. Due to this current energy evolution, the soul revisits its chosen method of exit and the moment of exit. Of course the human brain does not have a knowing awareness of this. It is the awareness of the soul, which is transmitted into a gentle deep inner awareness of the human being.

Having lived its life and having experienced whatever it has, and having evolved through its experiences (for that is the purpose of embodiment), the soul might change its planned method or its chosen moment or it might choose to continue with what it has chosen. Can you begin to see how much faith and trust the Universe is now placing into your hands as human beings, giving you the right to change an extremely vital pillar of your blue print plan? And this is not the only pillar you can change. Once the soul has chosen the method of exit and the moment of exit, the human consciousness is made aware of the method and the moment so that the human energy system begins to gear itself and move towards that chosen method.

Let us give you an example. You might know of those who may have passed into light in an airplane crash but that was not even the plane they were supposed to take. Maybe they were planning to go by train and at the last minute went to the airport instead. The human energy system is geared to move in the direction chosen by the soul.

Now let us come back to the time a few weeks before the passing over. By now the human energy system has raised its consciousness of its passing

over and though the brain might still not process it, the human consciousness level of this event is rising gradually but surely. At this time there is the first reviewal. You are aware of the reviewal of the soul when it passes over, but the first reviewal takes place before the soul passes over, and this happens in those hours when the human being is asleep or in a state of no conscious awareness that you have sometimes called coma. The first reviewal takes place as a reviewal of the life that is just about to end, seen in the light of the blue print that it had chosen. This reviewal is different from the reviewal of the soul when it passes over. In this reviewal there is no recognition of the hurt or pain caused to another; there is only a reviewal of events...events that could've been joyous or painful. Once that reviewal is over, the soul and the human being himself or herself is in a state of excitement because after the reviewal, the energies of light flood the human being. Why? The same reason as to why the soul was made to experience the denser energies; in order to adjust. You might think it might be easy to adjust to the light and refined energies but not so. Light in its purity, without passing through the ego filters of the person, floods the energy system of the human being, creating a joy and bringing down resistance. Fear of death and the survival instinct are the strongest to overcome. Those very few who pass over with this fear or instinct within them even by a minute quantity, need to be held in healing light for a long time.

When the light floods the human energy system it breaks the fear of death, for there is recognition that where 'I am journeying to is a place of light and love and brightness and radiance and joy', and the fear is replaced by an expectation of this wonderfully grand event. And that is why you see the smile on the faces of those who have passed over in bliss. Do they know this bliss only when they pass over? No. They have begun to know this bliss weeks or days or hours before the exit, depending upon the human being. With this recognition and with this experience of the light, and with the recognition that this energy that you call 'God' has no threat whatsoever, the human being begins to micromanage his exit. All decisions are then handed over to the human being with the guides standing by. Who shall be present and who shall not? When and how will it be? Shall it be quick or will the breath go slowly? These are the decisions made by the human being.

In those few moments before there is no more breath, the human beings exits, and what you see is only a body that is still breathing. The human being, the element of the soul, has exited already, and in that state of disembodiment the human soul cuts the silver cord. The human soul cuts the silver cord with its body, in full gratitude to this matter that had housed it for so long. A master or a guide does not cut the silver cord. It is the holiest of holy moments. The soul stands bathes in white light, already being healed, and in honor of the journey that it has just completed, the guides bow as they wait for the cord to be cut. It is the holiest of holy moments, and in those moments we urge you let there be joy, for often the loud wailing and the tears detract a little from this holy experience. Remember the soul still has its emotional and mental body with it. It has shed the physical body, and now moves into the astral realm, and here the soul is ready to thrive.

(We shall not speak here of the sad souls who cannot make this journey.) The soul journeys to the astral and even before you can count to three the soul is welcomed by a sea of friends and loved ones. Now here is something that might surprise you. Many times the energies of a dearly beloved who survives the soul also joins in the welcome and the greeting so that the soul realizes the joy it waits for. So friends and family come, and whether they are so called alive or dead is immaterial. There is a celebration and sometimes there are also those who may have crossed your path for just a short while. As are pets. As are loved teachers of the earthly realm. There is such excitement at meeting all these you feel so loved by; such a tremendous sense of belonging and oneness. Who can be sad when they experience this?

The guides and masters then gently escort the soul to rest for every transition from energy to energy is difficult. And those souls that need more healing than others are made to rest and heal for as long as their memories release the ill health they may have been burdened by in embodied form. They do not take with them the disease and the bruises, the hurts, the wounds. What they take with them are the memories of these. They have lived with these for so long that they become a part of their memory system, and in the astral world the memories do not fade easily. So a soul might continue to feel 'sick', might continue to feel 'pain', or feel old and weak, because that is their freshest memory. And so the healing is necessary in order to erase the memory of the illness, hurt and pain, old age. Once the soul has no memory, and has awareness that it was an experience, but the memory no longer clings to the soul, the soul comes out of the healing chamber. And like a child is given the liberty to create any environment that it chooses.

Before any kind of serious work of reviewal is undertaken, the soul is allowed to have fun. So one soul might create a magnificent garden, whilst the soul of a scientist might create the best lab there could be, and the mathematician will surround itself with numbers and equations, all of this that might excite him and thrill him. The soul is allowed to create. There is one more purpose to this creation. Fun, of course, is a big reason, but there is another reason. In creating joyfully, lightly, happily, the soul begins to remember how to create with light. When you are in human form, you forget how to use the bricks of light, and this is what the soul must remember again. In that playful creation, the soul experiences its divine power. It feels strong and mighty. This feeling is important. It is with that power, and experience of the power, that the soul enters the reviewal chamber.

The soul reviews its journey from the moment it chose to be born till the moment it entered the reviewal chamber. This is an intense experience. At this time earthly communication with the soul is not permitted for the soul cannot be distracted. There has to be a pinpoint focus on this reviewal. No soul can enter the reviewal chamber till it has cut all mental and emotional cords with those on earth. There is no right or wrong or appropriate time period; the soul can take as long as it wishes in the astral realm. There are certain souls that take a long time. As the soul experiences the happiness and the joy of creation of the astral realm, the soul detaches from earthly

relationships, desires, and addictions, and till that is complete no soul can enter the reviewal chamber.

In the reviewal chamber, the soul is supported by a guardian angel and a master energy. And then (let us for your understanding call it a film) a film is played, an unusual film where you can see yourself watching the film, and experience yourself in the film at the same moment. It is even more unusual than that, for you can see and experience yourself playing all of the roles in the film. So you see yourself in your last body that you left behind, but you also see yourself in all those whom you called friends, family, and foe, and that is why, beloveds, the harsh word that leaves your mouth is experienced by you not only as the spoken word but as the word that has been heard and experienced. There is only one energy, and this is the experience the soul gets in the reviewal chamber. The experience of ONE.

The soul has remembered how to create with light, and now realizes that all is light. That is why this reviewal chamber is an intense experience. But with each experience the emotional and mental body energy that is still attached to the soul begins to fade away. At the end when the soul reemerges it emerges as pure light. No filters, no emotional or mental body energy, no memory of events. It is the reviewal chamber that begins the process of assimilation into the central core. But though the soul reemerges as pure light do not think that it emerges 'perfect' or 'Omniscient'. The soul still has more assimilation to do. Frequently when you ask those who have passed over to give you information of much higher realms than it has access to, the soul will have no answer, but it can certainly give you a far greater and higher perspective of what you are asking about. A perspective that is higher than your own.

At this point there is a decision the soul must make ---To remain in the astral or to move in to the realm of higher light. There is no right and wrong decision about this. Those who desire rapid rebirth shall not move into the realm of higher light because the process of rebirth starts in the astral realm. Those who chose to move into the higher realm for reasons their souls know best, will take time before they take rebirth if they choose to rebirth.

Now lets move on to an important aspect of karma. The reviewal chamber is your place of karmic balance. It is here that you are shown your Akashic records. The Akashic records are an energy of full recall. The soul is shown its chosen blueprint, the soul mission, direction of growth, and the ultimate goal. The intense process in the reviewal chamber is the process of karmic balancing. There is no punishment, whip, and sin. Do not make yourselves scared and others scared with these completely erroneous myths.

*Question from a sitter: When our loved ones who have passed over tell us that they are always with us, what does it really mean?*

Let us understand the wider picture presented by this question. Those souls who communicate with you, tell you 'we are always with you', are these erroneous messages? No not at all. Souls who have passed over could've taken rebirth without your awareness and other souls who have passed over

might be in the higher light realms still not reborn. A 3<sup>rd</sup> category are souls in the astral realms who seek rebirth. Your connection is to the energies of these souls in all realms, your connection to these energies is as strong as it always has been for they are 'you'. How can that connection break? It doesn't break when you live or die. You are connected to every single living being on this earth. You know certain energies because you have been connected with them through human connections. But in the astral realms or higher realms it realizes that the last incarnation is only a drop in the ocean. That energy whom you call your son would be saying the same thing to you as that energy would be saying the same thing to her as her husband. You are never alone. In the widest and narrowest sense of the word, you are never alone.

We hope that death shall now genuinely seem to you as a celebration. Live the rest of your years in full contentment. Never wish for it to be cut short by even a moment for the years that you live are your years of wisdom, assimilation, growth. Why would you wish that they be cut short by even a moment? Do not pray for death, wait for death or wish for it, but welcome it when it comes to you.

We must tell you very briefly of those who exit in a violent manner. Light is the most compassionate as soon as such an exit takes place without the choice of the person being that method. Yes, sometimes death happens without that choice being present. But when such a death takes place, Light creates an environment exactly as the safe environment left behind by the human being. For a while the human being doesn't realize it is not 'human being' anymore. Awareness is gradually brought in by other so-called 'humans' that are only creation of light but which gradually begin to look 'not solid'. Objects look slightly fluid. Like a trick of the eye. In such a gentle and easy manner the soul is introduced to its own death. Every soul (and hear us well), every soul is made to visit its last rights. It must do so, so that all bonding with the body is finally eliminated. You may ask, 'but what about those who are living in this 'created' environment? They shall visit their last rights when they have acknowledged their own death, even if the last rights took place months earlier. Remember beloveds, time is your creation; it is not a creation of higher light, and events can thus be experience whenever needed.

*Question from a sitter: What about ghosts?*

Sometimes you call your sensitivity of vision as 'seeing a ghost'. It is your vision getting sensitive to other energies. The ones who are truly in that sad place of not journeying towards the astral can easily show themselves to you for they are still caught in their dense state. They don't need to make a great effort to convert from light into dense but no such lost soul is ever alone so you should never fear a ghost, for remember where there is a ghost there is a higher light being as well. The higher light being envelops the 'ghost' but even though the light being is constant, it cannot help, for it has been rejected; the ghost might have chosen to be alone or might have chosen to be with dark energies, but whatever might be the choice, the light being is always present. The reason for this light being present is because as soon as the tiniest awareness of the light shall be evinced by the 'ghost', the light being can take

that as its permission to enter the energy system of the lost soul and take it towards its higher journey. The ghosts fuel themselves with negative energy. Fear is a negative energy. Do not fear a ghost. Instead send light to the ghost. Whether it accepts or rejects the light is not your problem. Also instantly call out the light being that is present. In that invocation the light being shall not only support the ghost, but shall envelop you in protective light as well.

*Question by a sitter: Those who die not believing in the presence of light, or do not believe there is anything after death, what will their experience be?*

Those who do not believe in light, and believe that death is nothing, shall experience that belief in 'nothingness' but not as a fear filled experience. It will merely be an experience of their belief. Slowly they shall see the glimmer of light. Those who did not believe in life after life but do not believe in nothingness either, are met by loved ones like the souls who believe in life after life. Even those who believe in nothingness are surrounded by friends family and loved ones and guides and angels, but don't see them initially.

*Question by a sitter: What about near death experiences?*

Near death experiences are deliberately managed by the realms of light so that more and more people become aware that there is life after death. Sometimes near death experiences are vital to break personal thought patterns that there is 'nothing'.

*Question by a sitter: How do we protect ourselves from negative energies that feed on weak people? And how can we help them?*

First understand that when they attach themselves to a human system they can only do so if there is a 'glue' available; if you provide the glue then they can stick to you. What is your glue? Your addictions, power abuse, dishonesty, corrupt practices, criminal tendencies, hatred, rage, violence, revenge. Whatever energies are strong in that lower force, it will look around for a human being in whom those energies are prevalent as well strongly, even though they may not be predominant. So if one lower force seeks revenge it shall look for a being whose energies seek revenge as a significant energy strand and if that human being has provided the glue by all of these negative energies then these lower energies shall conveniently attach. But again we remind you where there is a lower energy there is always a light being so beloved the light being shall protect you if you ask for it. We cannot stop you from befriending anyone you choose to befriend. No friend is right or wrong but if you should ask to be protected then you shall be protected.

How will you help was your next question. You cannot help the lost soul but you can volunteer to add your energies to the light being once a small opening is seen. You may make your offer now and the opening might come 10 years later in your human time frame. It matters not; your offer stands valid. And you shall not be aware that your energies are added but they have added to the light being's power.

Hold your beloved friends in your arms for they are all here with you. They thank you and they love you and yes they tell you, you are never alone.

Be light!