



## *A Practical Guide to the Next Life*

– by E. B. Morgan

In an uncertain life one thing is certain - you will die! You may say: "I am young; death is far away, I need not to think of it yet!" Maybe, yes; maybe, no. But sooner or later you will die. In the meantime, what you do is going to make all the difference to what happens to you after death.

For when you die, you do not cease to exist. After all, does anything cease to exist? Coal turns into smoke, water into steam. Matter is indestructible. Why should we be different? When you die you take on a light, etheric body, similar to the human body in all respects, with skin, bone, flesh and nails, except that is lighter and of a much finer essence and a vibration invisible to the ordinary human eye, although a medium with developed psychic sense may be able to see it. You are just the same in character as you are now, except that your body has changed into a finer and lighter form.

In the next world you will find the scale of human values completely changed. Rank and social position count for nothing. The only question is, have you lived decently and tried to help people or, have you lived selfishly or, worse still, deliberately hurt or injured others? At first, your form is just the same as in life but soon your real nature and spiritual standing are revealed either by light and beauty, grey drabness or dark hideousness, and you automatically drift to whatever sphere is most congenial to your real self. You feel pleasure and pain far more keenly than you do now. This is perfectly logical, since even on earth sensations of pleasure and pain are purely mental and, in the next life, mental sensations are stimulated to a much keener degree, being no longer dulled by the material body.

You will probably ask: "When I die, where do I go?" Your destination will depend on how you have lived. For practical purposes (excluding the higher regions,

concerning which little really definite is known) there are four major spheres to which to go. The highest is the Summerland, below which are the Grey Twilight Lands, the Earth Sphere, and the Hells.

The Summerland is an enchanting region where there is neither day nor night, but a glorious light, with lovely parks, lakes, rivers, seas, woods and mountains. There is no need to work, the body does not really need food, but if you want it, there is a pleasant light spiritual food and drink. You can live in a cottage or a palace according to your desire. There are Churches, Schools, and Universities where one can learn. There are places of healing where those who cannot forget their infirmities of earth life are made to realise that their new etheric bodies are now perfect and free from pain. Here everything is tangible and solid, but there is an infinitely greater vitality and *joie de vivre* than on earth. The flowers are most beautiful and splendid and emit a soft music to those that love them, and music is visible in colour form.

Locomotion is easy since one can move one's body with the speed of a thought. Here the ruling powers are primarily Love, and secondarily Prayer and Thought. By Prayer one can obtain help from Higher Powers; by Thought one can create whatever one wishes. But one's abilities to use these powers naturally depends on practice and the state of one's spiritual development.

Wonderful facilities are also given for those who wish to continue the studies or occupations of their earth lives under pleasanter and easier conditions, and new inventions are passed down to earth from people in this plane. But, earthly genius does not give an automatic ticket to this sphere, unless one has been a really decent, unselfish person, for a genius who has led a wicked life on earth will find himself in one of the Hells as surely as a vicious beggar.

Animals are quite common in the Summerland, particularly dogs, cats and birds, on whom human affection has been lavished during earth life. This is logical, since the power of mutual love and affection is in these realms a very strong magnet. For instance, a circus manager who had trained his animals by love and kindness was met lovingly greeted by his animals when he passed over.

But the real business of the Summerland is helping others. There are innumerable ways in which this is done and everyone does it in the way suited to his desires and abilities. It may be in helping newly-arrived souls to realise they are "dead" and free of earthly ailments assisting repentant souls to struggle from the darkness of the lower regions, helping people on earth or acting as guides or guardian angels to people on earth.

To this bright Summerland go those who had lived ordinary, decent lives, those who have tried to help others. Creed and religion not matter, except that belief in God is a very great help and will have to be acquired if one does not possess it on earth. Dogmatism is a hindrance which retards the soul. Dogmatic worshippers continue to practice their religion in the next world until their minds become broadened and enlightened. Deathbed repentances do not prevent people paying for their sin, since what we sown we must also reap, and we cannot go to a higher sphere than the one we have earned by our deeds and thoughts.

In this world we do not sufficiently value the power and effect of thought. It is vital for our state in the next world to think cleanly and kindly, to wish well to unpleasant people. For them we should be sorry rather than angry since they will in due course pay heavily enough for their unpleasantness. Motive, too, counts for a great deal and a man cannot buy his way into the Summerland by gifts to churches or charities if his real object is self-advertisement.

You may ask why one cannot go to a higher sphere than the one to which one is entitled. The answer is that if a soul tried to rise beyond his proper and natural sphere (unless his degree of spiritual development warranted it) the dazzling light of the

higher sphere would drive him back by blinding his eyes and causing intense pain.

If we have lived narrow, selfish lives immersed in our own concerns and have been completely material, or worse still, if we have indulge in dishonestly, greed, envy, spite or meanness, we shall find ourselves in grey, drab and dreary, sunless lands, sentenced to live with like-minded people until we repent and seek forgiveness and try to help others. For in these grey lands there are drab villas and slums where material minded people often continue to carry on their earthly occupations mechanically and without pleasure, many not realising that they are dead. The Twilight Lands like the Summerland contain varying degrees of vegetation and light and are graded according to the spiritual development of their inhabitants.

The next region is that of earth-bound spirits whose attachment to earth is so strong that they cannot get away from it. These souls hang round their former habitations, unwilling to leave. Or, worse still they may try to enjoy again their former pleasure of greed, lust, or cruelty through the medium of living people. These earthbound spirits will sooner or later find their astral envelopes dissolve and go to whatever hell caters for their particular vice-lust, miserliness, cruelty, black magic, worship of evil, or worst of all, inducing others to worship evil.

As for hells themselves, all accounts agree that they are characterised by a terrible oppressive darkness which deepens as they go lower.

The first hells are those of lust and drunkenness, whose inhabitants are tormented by continual repetition of their former desires. Acts of lust are repeated until they become nauseous. Drunkards quarrel and drink spiritual drink which only makes them thirstier; misers grub for gold which disappears when they have found it.

Cruelty obtains a sever punishment. Those who have indulged this most unattractive vice are punished by their former victims if the latter are still out for revenge, or else by other souls as cruel as themselves. For instance, an animal-trainer who trained animals by cruelty was himself whipped round by animals. Those who reveled in the guillotine in France, are guillotined themselves in a slower and more painful manner, for never forget it

is the mind and not the body that registers pain and since the soul cannot die there is no death to afford a means of escape. Only repentance can bring relief and when a soul does repent a spirit messenger helps him upwards, but the ascent is usually a slow and painful business.

There is no eternal damnation, but there can be punishment which may last for centuries. As the Bible says, "Vengeance is mine, saith the Lord, and I will repay". Truly the Lord doth repay, and any man is a fool who tries to take vengeance into his own hands, for this only drags him down to the sphere occupied by his persecutors and until he forgoes his vengeance and forgives, he himself cannot progress into the higher spheres. This may seem tough on the victim, but it is a well-evidenced fact.

And now, a few practical hints. First, and above all, be kind to people and animals, and forget yourself as far as you can. Secondly, believe in God. It doesn't matter very much what your religion is, yet belief in God is essential for you to progress spiritually both in this life and the next. But neither faith nor absolution will prevent your paying the penalty of your misdeeds, while a rigid dogmatism may imprison your soul within the unreality of a narrow belief. For no religion possesses a complete knowledge of Truth, and God is so high that He is unknowable and unimaginable to the human brain, blazing, blinding, dazzling Light and Love - Light so bright that the human imagination is hurled back by impenetrable brightness. And if you think of Christ, do not think of Him merely as a Person. He too is greater and different from the orthodox figure and do not try to measure Him by human imagination.

And when it comes to the business of dying, fix your mind on Love and Light and whoever is dearest to you, who has passed over. You will know when you are dead, because when you speak to the living they will no longer hear you. You will probably see your body. But, get away from it as soon as you can. Forget it. This is important. If you do not see any friend or dear one who has passed over, pray to God for help and a messenger will come to help you. Forget your body and forget earth, since it is terribly dangerous to get tied to earth. If you have left someone you dearly love you will be helped to

communicate, if the one left tries to contact you through a reliable medium.

Do not go spirit-hunting and table-turning out of curiosity. If you do you will only meet lower spirits from the astral plane who will amuse themselves by deceiving you, and if a person is weak and at the same time mediumistic, it is quite possible that evil spirits will do their best to get possession of him. Do not take seriously any fortune-telling that purports to come from a soul in the next world. It is usually rubbish. The only justification for trying to communicate with the next world is if you have lost somebody you really love, then communication through a medium is possible, although a reliable medium will usually tell you that he or she will do their best to contact the one you want, but cannot guarantee success. When a person has died, wait five or six days before you bury or cremate the body since this gives the necessary time for the etheric body to withdraw from the physical body all the elements it needs to build itself up.

Deliberate suicide is a great sin and plunges the soul into prolonged darkness, but if due to the balance of the mind being disturbed, it is not so regarded, since the decisive factor in all cases is intention.

In conclusion, one can only say, our future state depends entirely on our deeds and thoughts. If they have been kindly and unselfish, we shall go to beautiful shining lands where there are only kind and beautiful. But the selfish and evil will go to those dim, dark, and often horrible lands where they will really feel at home until there comes to them a decidedly painful repentance.

If the forgoing strikes you as nonsense, "Wait and See". If you are interested, go to a recognised society, if possible, to the Spiritualist Association of Great Britain, 33 Belgrave Square, London, SW1X 8QB, United Kingdom, telephone 020 7235 3351 [www.sagb.org.uk](http://www.sagb.org.uk), and ask for further information and access to their library.

Above all, remember life is short, you cannot die, and your thoughts and deeds automatically determine whether your existence in the next and much longer life, will be pain or joy!

-- E. B. Morgan --