

# What will happen after Death

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## Abstract

Nowadays one frequently hears about past lives and reincarnation. If such phenomena do exist, why can't we remember them? What is the mechanism that causes such forgetfulness? What has occurred along the route from one's last death to one's present birth to bring this about?

This paper will attempt to give an answer to this question. The journey from death to life is described. The observations presented here have been confirmed repeatedly in the course of the last 25 years. They are based on some thousands of session hours with hundreds of session partners. Further it ought to be emphasized that it isn't only the author himself who has encountered this material but also other practitioners trained in the method of "MindWalking".

## How Disability is Acquired

One's behaviour is largely the result of lessons learnt. There is also a genetic factor involved yet the aspect of learning undoubtedly ranges higher. Some of those lessons were learnt under traumatic conditions. Much as one would prefer to forget them they have left their stamp upon one. The shock of the trauma, left unreviewed and as it were "encapsulated", eventually leads to disabilities which have the form of compulsive avoidance or compulsive involvement. Before that traumatic lesson everything was fine, after the lesson things changed to the worse. Which is to say before disability there was ability. It can be restored by finding the underlying "primal incident", i. e. the incident which started the aberrated behaviour.

Our actions, fears and desires duly reflect our unresolved past. One's unresolved past keeps re-appearing in one's present. How long ago a particular lesson was learnt is of no significance. It might have been a few years ago or in a past life.

In the process of MindWalking sessions one aims at personality development and restoring ability. Naturally the question would have to be asked how disability was acquired in the first place. Through what lesson was a particular disability learnt?

Looking pointedly for causes by means of recall procedures one is led into rather deep dimensions of memory. Traumatic experiences are encountered, violence, death. More often than not the end of a past life was marked by the severe thwarting of highly important purposes. That was hurtful. Accordingly the subject, item, place or person in question or anything reminiscent of it, will be avoided in the future, i. e. in the present and in future lives. Withdrawal and constraint ensue. This way, on the basis of pain and violence, disability is acquired.

## In-Depth Recall as a Method

A MindWalking session guide ("therapist") as distinct from practitioners of other regression methods, does not aim at purposefully initiating past-life memories or contact with astral worlds and angelic beings. This happens by itself "on the side" whilst one is working towards bringing to mind the traumatic primal incident which is the

cause for the session partner's (client's) disability. A strictly problem-oriented approach is used. There is neither trance nor suggestion, nor any symbolic or metaphorical interpretation of the session partner's memory images. The wakefulness and critical awareness of the session partner is maintained throughout.

The session partner describes his memory images, the session guide restricts himself to asking for a description of time, place and sequence of event. Only through this, and through nothing else, is an intense re-experiencing of the original traumatic "primal incident" brought about, quite often accompanied by tearful emotions and painful somatics.

At the end of a session sequence the session partner will no longer react to the contents of a primal incident. He or she will be able to recall its contents with serenity. Concurrently he will have come to the realization of the cause of his particular disability. This would mark the end of a session sequence on the subject or item that was originally presented by the session partner. (Please note that session sequences are typically done on an intensive scheduling of up to six hours a day for one to three days in a row.)

### **Perceiving from outside the body**

Let us now take a look at the process of dying. The spiritual being (or "spirit") separates from the body and in the case of a traumatic death, sees his emaciated, mutilated or broken body lying below. He sees it from a bird's eye perspective. The "camera" appears to be positioned outside the body.

Sensational as this may sound it is still something that many people experience even in their normal run of life. It's quite a common thing to happen. It is one of the two perception modes we as spiritual beings happen to have, one being the internal perception point ("looking through the eyes"), the other the external one.

In the external perception mode, whether during one's life or after one's death, emotions are still felt and actions still intended. Examples for this are to be found in high-speed team actions such as in sports or eastern martial arts. The lightning-fast interactions required can only be performed by maintaining a perception point external to the body. Which is not to say that the people involved would be aware of this. This is because their five senses which are still functioning, offering a much more convenient and obvious means of orientation than the more subtle signals received from the external "camera". Which is why the latter is followed intuitively rather than with full awareness.

Only very few people are conscious of their external perception point even whilst it is going on. An exception can be found in extreme sports activities such as Alpine mountain climbing. Here external perception points of fearful clarity are quite often reported, making the mountain climber involved become doubtful of his sanity. Nevertheless this perception mode is nothing to be afraid of, it can be habitualized and intensified through training.

### **After-death experiences different from near-death experiences**

After physical death the departed spirit will start on a journey which as a rule will end with reincarnation (other destinations are also possible, see further down). Of near-death experiences it is known that the wandering soul rises up to translucent angel-worlds where it is greeted graciously, to be then sent back to Earth. Or the soul is welcomed by its ancestors and comforted by them.

According to the relevant literature a near-death experience appears to consist of a number of standard phases appearing in more or less this sequence: Perceiving the body from an external perception point. Feeling of painlessness, peace, stillness, happiness. Entering a dark tunnel or funnel, moving upwards towards a light which appears to get larger and larger, often accompanied by "angel choirs". Meeting wise and benevolent beings made of light. Wallowing in the comforting safety of love and light. Viewing landscapes of supra-natural beauty, meeting more light-beings. Encountering one's ancestors or important religious personalities. Then there seems to be a border which one doesn't transgress but from which one returns and slips back into one's life on Earth. In this last phase one often receives moral instructions by "angel gremiums" amounting to one feeling rather terrible about one's sins, to one realizing that one isn't sufficiently matured yet to transgress the border for which reason one is sent back.

The middle phase with its route to the light and its angel choirs has deeply inspired baroque art. It's well worth visiting a southern European church or chapel, if one desires to view near-death impressions but doesn't wish to get all too close to death oneself. People in those days must have had an astonishing number of near-death experiences for a whole culture to pick up that theme.

The difference between a near-death experience and the sinister and dangerous character of an after-death experience is rather marked. They are quite obviously not identical. Those who die only half-ways appear to receive a lovely introduction to heavenly spheres whereas those who die all the way must to their horror discover what it looks like behind the stage. It's not for nothing that in traditional Tibet one used to read to the departed spirit from the "Bardo Toedol", the Tibetan Book of the Dead. This book serves as a navigational map through the dangerous and confusing waters of the after-life so as to keep the departed spirit from running into trouble. This is because the journey after a complete death doesn't appear by far as glorious as a near-death experience. The more violent that death was, the worse the shock and confusion of the departing spirit, and the more unpredictable and dark the journey to follow.

One might think that a being who has left his body should be wiser and more serene than he ever was during his life, yet this is not the case. Because if one during one's life used one's body as one's major orientation point, one will carry on through with this attitude even after death. "Life without a body is impossible", that's what most people think before their death – and so after it. Existence without a body is horrifying or at least peculiar. One isn't prepared for it. Which is why in some cases reincarnation as soon as possible seems to solve the problem, and that's where the spirit's intention would go right after death.

Thus the reincarnation-bound spirit will therefore more often than not wind up in a family which does not correspond at all to what should be desirable. Because of his confused and horrified state, to be expected after a violent death, he will feel attracted by persons who are emotionally and spiritually not much better off than that spirit itself. "Birds of a feather flock together" applies here also. It is a phenomenon of emotional resonance and alignment of attitudes.

The fate of a departed spirit appears to be determined decisively by his poise and also his spiritual education prior to and even after death. This is the reason why many cultures had the traditional custom of "death accompaniment" for days and even weeks beyond the actual moment of death. Even the unenlightened and the uneducated who during their lives had no opportunity to study these matters, were to be assisted in their confrontation with the unknown and fear-inducing world after death.

## Downloading mental images from the Akasha-Field

The journey after death could be divided up in three categories. In the first category you'd find the spirit visiting places and persons who meant a lot to him during his life. Often he will stay around to witness his own funeral. Only then he will float upwards, usually as high as 25 to 30 km. In this zone the disembodied spirit will encounter images stored in the "morphogenetic Earth field" (to use Rupert Sheldrake's term in an enlarged sense). These images are self-contained energy fields loaded with information. Their content are the experiences of organisms throughout the millennia. It is a record of everything that ever happened to men and women, plants and animals, particularly the traumatic. This phenomenon probably corresponds to the "Bardo" of the Tibetan Book of the Dead, to the "Akasha-Chronicle" (Helena Blavatsky) or "Akasha-Field" (Ervin Laszlo), to the "Earth Belt Zone" (Franz Bardon) or the "collective unconscious" (C. G. Jung).

The disoriented, confused and because of its recent death disturbed spirit cannot help but interact with the contents of these collective informational fields. Due to similarities with respect to thought, emotion and content resonance builds up. This again leads over to an unconscious and unwanted "downloading" of the collective material. The spirit in his unpreparedness identifies with those contents and believes the downloaded images to be his own. Who is who and what is what? His already extant confusion worsens.

The duration of one's sojourn in this state is quite variable. In some cases it is years and decades, in others it is centuries, even millennia. At some point in time the spirit will feel a pull down to Earth, be it gently or rapidly, where he will incarnate once again (the mechanism involved here will be covered further down).

In the second category of after-death experiences a floating further and further up is described, with the spirit going way beyond the Earth Belt Zone, and eventually entering astral worlds. Word like "above", "beyond" and "further up" are of course ill put insofar the astral world cannot be described in geographical terms. Nevertheless, wherever it might be, that's where one would encounter "healing spirits". Many clients have (of course independent of each other) described in great detail how some sort of "Red Cross Emergency Unit" appears to look after ailing spirits coming up from Earth, taking them in, comforting them, healing their mental and spiritual wounds, until they feel ready to go back to Earth for yet another mission. This is when they are lucky. The less fortunate ones won't encounter helpful angels but evil demonic beings who "brainwash" their victims by various techniques. Various types of spaceships with all sorts of futuristic technology way beyond of what Sci-Fi-movies would have to offer, are described here, but also formless black shapes with evil intent.

This brainwashing – since the victim of course has no brain – is done by processes one might call "mental implanting", i. e. breaking the will of the victim and forcefully implanting thoughts and images into his energy field (his "mind"). This way specifically designed disabilities can be purposefully generated in the being.

Both after-death categories have in common the eventual return to Earth. Unfortunately the healing influence received from the "powers of light" gets lost to a great degree as the spirit on his way down passes through the image-infested world of the Earth Belt Zone, of the Akashic Field. The "spiritual wellness treatment" just received did not prepare him for this. In contrast the destructive impact of the "dark powers" becomes further worsened when the spirit during his passage downloads further material in resonance with what was violently imparted on him "up there".

## **The Nirvana World**

Only rarely – and this is the third and final after-death category – would a being float up “all the way” into a nothingness which is described as “pure, abstract but nevertheless loving”, a zone of “living stillness” and “consummate wakefulness”, a state of pure being. No particle motion, no energy, no time, no spatial dimensions. This zone probably compares with what in Buddhism is termed “nirvana”.

Also there the duration of one’s sojourn is variable. It may last a few years or hundreds of years. The spirit involved wouldn’t notice as in absence of particle motion there is no time (one can only find that out after one’s return to Earth).

However, some beings decide not to return to Earth at all but rather move on to an astral plane to do some sensible work there. (Such information can of course not be obtained from a client who sits there in his body since he obviously did return to Earth, but through telepathic contact with a spirit who has remained “out there”. This happens rather frequently in sessions due to personal links made by the client whilst out there.)

## **Back to Earth**

The way back to one’s next incarnation is frequently initiated through a telepathic “call” by a member of one’s future family. This call appears to exert a pull on the spirit, bringing him down to Earth. How this call is brought about has not entirely been cleared up yet (more session material needs collecting.)

The selection of one’s future family is nearly never done purposefully and deliberately, rather the opposite is the case: the aimlessly erring spirit all of a sudden finds himself with full perception in the vicinity of his future parents without knowing how he ever got there. This may occur days and weeks before conception, during conception, any time during pregnancy, during the ongoing birth or even as late as in the early years of one’s life.

Sooner or later, after a passing phase of awkwardness, the firm decision is made to definitely take this particular body on. Even here the point in time is variable. In some cases a sceptical distance to that new body is upheld for even years after birth. Occasionally a body that is already owned by another is taken over, usually at a moment when the actual owner because of illness, accident, or injury, doesn’t consider his fleshly home all that desirable any more, and is at the point of giving it up anyway (for example at a point near physical death). For this category of take-over the term “walk-in” is often used.

There are even occasional cases of forceful and violent actions between competing spirits who fight over a body. Mothers sometimes become aware of this during pregnancy.

Characteristic for the state “inside” is the onset of forgetfulness. The “other world” one came from just recently gradually disappears from memory.

## **Forgetfulness**

Forgetfulness can begin a lot earlier, though. As a rule, one specific traumatising event is mentioned which appears to account for it: the passing through a vortex.

Contact with the embryo inside mother is usually made after the spirit has passed through an energy vortex or whirling tunnel. It is usually positioned at the outside surface of the Earth Belt Zone or anywhere inside it, so this is what you would see when you are coming in from outside Earth. The spirit is pulled in and sucked up by this vortex, be it as high as 20 to 30 km above Earth or even quite close to his future body.

The passage through the vortex is accompanied by extreme unconsciousness. The increasing pressure and condensation creates a feeling of narrowness, panic, and confusion. This is the reason why we forget our past incarnations and the astral worlds we came from. It is the result of an overwhelming power crushing one to nothing. One's defense is complete withdrawal, is "becoming nothing in order to be safe". A spiritual trauma of the highest degree.

In the course of a session it is generally possible to penetrate this veil of unconsciousness. Recalling the vortex passage makes it apparent how patterns referring to sex, gender, culture are impressed on the spirit with such tremendous speed and force that he cannot help identifying with them. And so the spirit without any regard to his previous form of existence as a bodiless astral being, will identify with being masculine or feminine, with being European, Chinese or African. Due to the apathy induced during the vortex passage this patterning is accepted unthinkingly and unconsciously.

### **A new Life**

After emerging from the lower, thin end of the vortex the spirit wakes up like from deepest anaesthesia. He finds himself inside a tiny, new born body amongst strange people. He doesn't know how he got there. He feels confused, shocked, and helpless. Much more than milk and nappies he needs love, care and understanding.

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### **Further reading:**

On the method "MindWalking":

[http://www.mindwalking.de/en/04b\\_MindWalking\\_Concisely\\_Stated.htm](http://www.mindwalking.de/en/04b_MindWalking_Concisely_Stated.htm).

Some case histories: [http://www.mindwalking.de/en/02\\_inner\\_world.htm](http://www.mindwalking.de/en/02_inner_world.htm).

A case history on the passage from one life to the next:

[http://www.mindwalking.de/en/11x\\_article\\_05\\_Dark\\_Passage.htm](http://www.mindwalking.de/en/11x_article_05_Dark_Passage.htm).

A case history on coming from an astral plane to one's first incarnation:

[http://www.mindwalking.de/pdf/11xe\\_MWU\\_homepage.pdf](http://www.mindwalking.de/pdf/11xe_MWU_homepage.pdf), p. 30.

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